



50 Bloomfield Avenue, Hartford, CT 06105
Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ July 20. 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr

NOTE: This is a 2-week issue. There will not be a July 27 ENews.



Image: www.lakepatzcuaro.org

Sunday Service 10:30 AM - July 24, 2016 - "Awe, Wonder, Love: Stories from the Field" - David Arfa, Maggid, Pulpit Guest and Sue Smolski, Worship Associate. - We'll begin with the creation of the world, move into the birth of love and end inside a butterfly migration. Through it all we'll explore

Judaism's vibrant and diverse storytelling heritage and the unique ways story is able to carry awe, wonder and love from heart to heart.

Source: Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;

David Arfa is a Maggid (Jewish storyteller) and an environmental activist who seeks to find ways to connect the power of stories with listener's emotional and spiritual lives.



“To Sauna or Not to Sauna”: Location of Summer Services

At the beginning of the summer, our plan was to worship in the sanctuary when weather allowed and to worship in the chapel when air-conditioning was necessary. The unknown factor was the pattern of attendance for this summer, given our growing congregation. It is a week by week decision; comfort and common sense are my guide posts.

The attendance for our last two services was 99 and 86...which is awesome...one held comfortably in the sanctuary and last Sunday's service held in Fellowship Hall, our other air-conditioned space that comfortably seats the number of people who have been attending.

Worshiping in Fellowship Hall requires even more organizational cooperation to create a workable space for worship. Ushers and greeters adapting to the change; others transforming the space for worship and returning it to baseline for other activities of the church... it has been wonderful and greatly appreciated.

Heads up---Next week, we will worship in Fellowship Hall...hopefully, with a center aisle. - **Sue Smolski, Worship Associate Coordinator**



September 18, 2016, 10:30am: "I Am One Thing. I Am Many Things. I Am Water. This is my dance through our world."

--Thomas Locker.

Join our Revs., Heather and Cathy, for our Annual Ingathering and Water Ceremony Service.

Remember to gather some water representing your summertime reflections and refreshments, whether they be at your own sink, a nearby park, or someplace far away, symbolic, or particularly meaningful. What's important about this service is our returning to be with one another again after summer breaks from routine, and our sharing with one another about how our spirit has been touched and nourished. Join us. All are welcome. **Image: www.stevenwubbleski.com**

Dear Readers: There will be no Enews next week: July 27th, Thank you!

E-News Contributors Please Take Note: The deadline for USH-Enews submissions is Tuesday at 12 Noon. Thank you for helping us get the E-news out in a timely fashion.

In This Week's Enews:

Summer At USH | Upcoming Services at USH this Summer | Sunday Service Recap | RE News You Can Use

Church Business News: Under the Stairs...

2016 Programs for Adults and Families: Soliciting Fall Programs...

Upcoming Special Events and Other News: Food Pantry Update | Knox Garden Party August 11th

Events of Note in the Larger Community: A Message from the Village-Fundraiser for Uniforms

Check out our online Calendar for Upcoming Events:
<http://www.ushartford.com/events/>

To submit a Calendar Request, please cut and paste the FORM at the end of the E-News into an email and send to calendarchanges@ushartford.com

(Please double check the calendar for your event 1 to 2 weeks prior to make sure it's correctly posted. Please email corrections to calendarchanges@ushartford.com -Thank you!)

Summer at USH - The Revs are at General Assembly, on Vacation & Study leave June 20 – August 30th - Once back from the General Assembly we begin our vacation and study leave with our annual trip to Oregon to see RevHeather's family. We'll be back in town from July 12th onwards doing a combination of play, rest, study, office cleanup, and more that we don't get to do during the flurry of the church year.

During this time, Rev Cathy will be completely off of email, and Rev Heather will be checking email periodically (revheather@ushartford.com). Please do contact us by phone if someone is in the hospital or otherwise significant things come up,

and please hold your non-urgent communication until we're fully back August 30th.

If you'd like Caring Network support or have a joy or sorrow to be shared in worship while we're away, please contact Caring Network Co-Chairs Eve Pech (elpech@sbcglobal.net, 860-379-5035) or Janice Newton (janicecnewton@gmail.com, 860-335-3742).

**Summer Worship & Religious Education: Six Sources Summer
Worship and Religious Education will continue every Sunday at 10:30am.**

Our summer is organized around the Six Sources of our faith (a companion to the 7 Principles). As UUs, we draw inspiration for our faith not just from one sacred text, but from direct experience, prophetic justice seekers, various world religions, Christian & Jewish teachings, humanist teachings, earth-centered traditions, and more. We have an incredible line up of guest speakers, including our kids, our young adults, our crones, and a few terrific guests (an atheist chaplain, a Jewish storyteller, and a Shin Buddhist teacher). Meanwhile, our children will be exploring the sources through interactive activities and play in the garden. Pi-Hsun Shih will be our Summer Accompanist. If you're in town, you won't want to miss these Sundays!

What are the Sources?

Here is the text about our sources. You can also find this in your Order of Service and at the front of the hymnal.

Unitarian Universalism (UU) draws from many sources:

- * Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- * Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- * Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- * Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- * Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- * Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

These principles and sources of faith are the backbone of our religious community.

Sunday Service Recap, Sunday, July 17, 2016 by Kayla Costenoble



Photos: Harriet Gardner

Revering Mother Nature - Pulpit Guest **Marye Gail Harrison** gave us so much to ponder during her sermon at the Meeting House on July 17, 2016, that we were glad it took place downstairs in our (relatively) cool and air-conditioned Fellowship Hall. Her topic was the sixth Source UUs affirm: Spiritual teachings of Earth-centered traditions that celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature. I was not aware that our core UU structure of Principles and Sources was not adopted until 1984, except, as Marye Gail explained, “for the source we are reflecting on today,” which was adopted in 1995.

The well-constructed sermon included musings on (1) The Women’s Movement (2) Earth based spiritual traditions (3 Outer space and (4) The environment. Whew!

The Women’s Movement. Marye Gail was not only a member of the Manchester Universalist Society: East for about 25 years, but also, in the early 70’s was chosen President elect—the church’s first woman in that level leadership role. “Desperately tired of running pot luck suppers, RE programs and fund raisers,” she attributes her election and involvement in the Women’s Movement being about “women claiming our full human capacities and contributing as equals with men...This movement happened in my coming of age as an adult woman.”

Earth based spiritual traditions. Coming to the USH in the late 1980’s, Marye Gail joined “Rise Up and Call Her Name,” a UU curricula about Earth based spiritual traditions around the world. She learned “We were goddesses; we

embodied the divine life force. We moved beyond the 'Fatherhood of God and the Brotherhood of Man' that had grounded the UU traditions for centuries."

Not many of us would say, as Marye Gail did, "I could hardly wait to turn 55 in 1996 so I could create my own Croning ceremony...I wanted to re imagine an engaged older woman, full of life past family roles." She emphasized how difficult it is for women to "reclaim themselves from the dehumanizing commercial propaganda about womanhood over age 40."

Outer Space. Marye Gail turned 60 in 2001 and "fell in love with outer space," turning images from the Hubble Space Telescope into paintings on canvas (many of us have enjoyed them). "My resurrection story now" is the product of one single huge super nova star explosion and death. My gratitude for being alive "is at the heart of the source we are exploring this morning." she said.

Environment/Green Sanctuary. Some of the USH's Green Sanctuary folk attended a workshop run by Joanna Macy, based on her book "The Work that Reconnects." Macy, an environmental activist, Buddhist scholar, mother and teacher, offers an approach related to Earth Centered spiritual traditions. Her "interconnecting four successive stages that feed into each other" are opening to gratitude, owning our pain for the world, seeing with new eyes, and going forth. Gratitude involves staying in touch with what you are grateful for. Clarity of mind for reality comes when we are truly present and experiencing our pain. Grounded presence allows us to see with new eyes and to learn more about the issues causing the pain. A quote from Helen Keller was the answer to going forth: "...Because I cannot do everything I will not refuse to do the something that I can do,"

Marye Gail gave examples of how the USH Green Sanctuary is "already on board with her (Macy's) very participative approach" to struggling to live more in harmony and to do what we can to sustain the environment. This includes our new solar panels, our work in the community garden, our expanded welcome to marginalized people, and our participation in the Black Lives Matter movement.

More good stuff. I am constantly in awe about the creativity it takes to produce our USH services whose words and music create a seamless whole. As one of our wonderful Worship Associates, Rick Tsukada's words of welcome and introduction to the Offering (He sees the weekly offering as a "direct reflection of my life force") were smooth and gracious.

Sunday's music introduced us to The Meeting House Folk, a terrific trio of Stephanie Briggs and Patrice Fitzgerald, voice; and Sarah McKenzie, voice plus guitar. They will be singing during the service at the Universalist Church of West Hartford on August 7. Their voices during an anthem and the Offering were beautiful.

"One Voice" was the anthem: This is the sound of one voice...
 This is the sound of voices two...
 This is the sound of voices three...
 This is the sound of one voice
 One people, one voice
 A song for every one of us.
 During the Offering, they sang the plaintive folk song "Wild Mountain Thyme: O
 the summer time has come
 And the trees are sweetly bloomin'
 And the wild mountain thyme
 Grows around the bloomin' heather
 Will ye go
 Lassie, go?
Back to top

RE News You Can Use!

The nursery will be available from 10:15-11:45AM this Sunday morning for infants and toddlers.

There will be NO Time For All Ages. The children will head directly to the classroom off the Fellowship Hall for Summer RE. We will be working on our August 21st service and studying the sources of our UU Faith. Please note the DRE will be away at Star Island this week but the children will still meet.

The DRE is looking for some summer help. Both in and out of the classroom. If you are available to work with the children on Sunday mornings from 10:30-11:30AM or be an assistant, please let her know. - **Rayla D. Mattson**

Director of Religious Education Unitarian Society of Hartford

860-233-9897 ext 104 860-839-5001 – cell I only check my email on Tuesday, Wednesday, Thursday and Sunday. If you need to reach me outside of those times, please feel free to text or call my cell.



Church Business News



Sunday, July 24th "Board Under the Stairs" -

Immediately following the worship service, Board members will be available to gather input and answer questions about the Board's approved project to bring the physical aspects of our sanctuary into the 21st Century. The goal is to enhance the worship experience for all, meaning Sunday mornings, of course, but also for

artistic performances, ceremonial occasions, and for those who may want to rent our facility for their events. All are welcome! The Board welcomes your input -
Submitted by Margaret Leicach

Soliciting 2016 Fall Programs for Adults and Families

It's not too early to think about including your program, workshop, or event in the listing of the 2016 Fall Programs for Adults and Families.

On Sundays, when the Programs Table resumes, there will be handouts for your course, event, etc. at the Table for visitors as well as for members and friends. Registration for your program, course, etc. and any required payment can also be done at the Programs Table.

To obtain a Program Proposal form, you may go to <http://www.ushartford.com/> From the Building Community pull down menu at the top of the home page, click on Adult Programs. In the lower right corner, click on Propose a Program Form. The form is also available at the USH office. Please attach a detailed paragraph in Microsoft Word (if possible) about the program to the completed Proposal Form that can be used for promotion. Please email the completed Proposal to Janice Newton at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com).



2016 Programs for Adults and Families - Ballroom Dance is running a summer special during July and August – \$25 per month or \$10 per session. The July classes will feature the Salsa and the Hustle and in August the Swing and Cha Cha. For questions contact Ron Friedman (860.523.1105) or [rsfriedman41\(at sign\)gmail.com](mailto:rsfriedman41(at sign)gmail.com). We wish everyone an enjoyable summer. During the coming months, there may be an oc

casional Sunday Programs Table. We look forward to seeing you in the fall. You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com) for program information.

PROGRAMS:

Ballroom Dance: Thursdays, 6:00 – 8:00 PM..

Tai Chi: Wednesdays, 5:30 – 7:00 PM.

Emei Qigong Cultivation: Tuesdays and Wednesdays, 5:00 – 6:00 PM. Contact Diana Heymann(860-461-0908).

Meditation and Dharma Gathering: Wednesdays, 5:45 – 7:00 PM.

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM.

20s/30s Brunch: Sundays after worship ~ Meets at 12 pm in the USH Library, Open to existing members, friends, newcomers, and visitors in their 20's and 30's.

Contact: Stephanie Briggs (stephanie.e.briggs@gmail.com / (860) 716-1920)



USH Book Club:

1. Our first meeting will be on Thursday, September 8, in David's Den at the church.

2. Please read *Mothering Sunday*, the latest Graham Swift novel.

He is a Booker Prize winner; you will see why. It is short but full of discussion themes.

3. After our first meeting, continuing past practice, meetings will be on the first Thursday of the month and generally in members' homes. For books selected by the Ministers, we will meet at church. We will skip January to give everyone time for the holidays and have our last meeting in June.

4. For next year's book selections, please email me your suggestions by JULY 30, so that I can share them with you and then arrive at a list for the year.

5. I am asking Janice Newton to create a process at the program table so that individuals interested in participating can sign up by paying the normal \$5 fee for church programs.

A review of *Mothering Sunday*:

“There never was a day like this, nor ever would or could be again.” The day in question is Mothering Day, the day that servants were allowed off to visit their families. It is also the last time that Jane Fairchild, a servant girl, and Paul Sheringham, an upper-class neighbor, will meet for their tryst before he “marries up” and moves to London.

The day – a perfect sunny March day that feels more like June – will start off languidly and sensually yet will take surprising turns. The initial pace is unhurried, as we play voyeur to Jane and Paul who enjoy their lusty coital time together; after his departure, Jane is left to wander around in an unhurried manner in his wake. Gradually, as the novella reveals its intentions, we discover nuggets about Jane’s past and her future as a well-respected novelist.

There, too, the theme is profound self-discovery, leading to a career as a writer. And there as well, the focus is on how we remember and convey truths and how fiction can be used to get to “the heart, the nub, the pith: the trade of truth-telling” and what it means to be true to the “very feel of being alive.”

Please contact Richard Groothuis with any questions, rgroopofus@comcast.net

Upcoming Special Events and Other News

At the end of June, our Society began a new program for sharing our continually growing gifts of food and healthcare items with our community.



All of our shared gifts in both of the boxes will be picked up on the last Thursday of each month. Volunteers from the Horace Bushnell Food Pantry church now have a large van with which they shall pick up donations from many sites the same day each month.

Thanks again for all you, your family and friends continue to share! That's the true pleasure of giving: receiving so much good spirit from the energy all around us. - **Submitted by Deb Meny Image: emersonuuc.org**



**Garden Party @ Twilight – 50th Anniversary
Thursday, August 11, 2016 • 6 – 10 pm**

50 Green Years: 1966 – Today. A half century of leading the horticulture and urban agriculture movement in Hartford.

Immerse yourself in the local food scene. Enjoy a night under KNOX's signature tent. Sip wine and relax with live music. Local celebrity chefs showcase their Hartford flare. Tasting-size dishes served from the griddle to your plate. Ingredients sourced from Connecticut (and KNOX) farms. A silent and live auction highlights Hartford's culinary, environmental, and entrepreneurial scene.

Take a tour of our Watkinson Community Garden and meet some of KNOX's community gardeners. This garden is twice the size of a football field, and rarely toured by the public. With a history spanning over 40 years, the soil holds the history of urban agriculture.

At the Garden Party @ Twilight,
it's all about the local food and the people behind it.
For more info. go to: <https://www.knoxhartford.org/knox-events/garden-party/>



Hello USH Gardeners! Thanks to all those of you who have done some weeding and tending so far, of any of the USH Gardens--the Memorial Garden, Pet Memorial Garden, or Community Garden plot.

Please sign up on the SignupGenius if you wish to help out with the garden:
<http://www.signupgenius.com/go/20f094cafa92ba1f49-ushgardeners>

We are moving forward, bit-by-bit! Thanks to all for your patience and participation.

Warmly, Heather



Seeking Chalice Lighters!

Lighting the chalice on Sunday morning as an individual, a couple or a family is a way for you to take a small part in our shared worship service. It's also a way for all of us to see each other more fully and help everyone remember names more easily. Thanks for signing up to engage in this especially Unitarian Universalist ritual that begins our services.

If you haven't lit the chalice before, please plan to arrive by 10:10am so we can show you the routine before the service begins.

<http://www.signupgenius.com/go/8050b45a5ae2baa8-chalice>



The USH Wish List

Hello Everyone!

There are some items that we could really use at USH:

A Functional 21st century computer that could be used for volunteer tasks

- Donated - Thank you!

2 Microphone Stands (like this one pictured)

2 Floor Length Mirrors

New collapsible functional easels

Staples gift cards

Please contact Linda Clark at ushlindaclark@gmail.com or 860-233-9897 x100 if you have one of these items and would like to donate it to USH. Thank you.

A Call for Office Volunteers! - Could that possibly be YOU? We are in need of volunteers to maintain a friendly office presence. Easy work - or bring a book, knitting and a smile for any visitors or phone calls the office may receive. Please contact Linda Clark (at: [ushlindaclark \[at\] gmail \[dot\] com](mailto:ushlindaclark@gmail.com) or phone the office at 860-233-9897 and let her know if you can spend a few hours a week in the USH Office to help us keep our friendly and efficient office going!



Events of Note in Our Larger Community



Uniforms for The Village for Families and Children - Going back to school can be an exciting and anxious time of year for children and teens, but many families served by The Village can't afford the uniforms required by Hartford schools. With school starting in only six weeks the need to buy uniforms is upon us.

Please consider a donation of the cost of one uniform, \$30 for top and bottom to help Hartford Families prepare their children for school.

Checks can be mailed to Brian Mullen at the Meeting House with "Village uniform program" in the memo line. Cash or checks can be put in the envelopes at church with your name clearly indicated on the envelope. **THANK YOU! -Submitted by Joanne Orlando**



New World Trio Concerts

Colors in Sound

Thursday, July 28, 2016 • 7:30 pm

Trios of Tchaikovsky, Higdon, and Duo by De Falla

Sarah Porter Memorial Hall

First Church of Christ, Congregational, 75 Main Street, Farmington, CT

For information about tickets and performers (violinist and cellist), please visit our website at <http://www.newworldtrio.org/> or call NWT at (860) 586-8579 or obtain tickets at the door: Series Subscription \$60 General Admission \$25
Students with ID \$15 Children 12 and under, free

Hope to see you there. -Pi-Hsun

For Access to the Members Only Section on the Web Page:

For the username and password for the Members Only section, please email Linda Clark at ushlindaclark@gmail.com

Special Note: Hi Everyone! Please check the online calendar to make sure the Room and Time you wish to reserve is still available before you make a request. This will help in planning your event.

Thank you! Linda Clark, Office Administrator

For events for the online calendar please include the following information:

(Cut and Paste from the E news will work)

Put in the Subject: 'Calendar'

Event Title:

Room:

Time:

Date(s):

Contact Person:

A Short Description:

Cost: (if applicable)

Is Childcare Provided?: (Note if childcare will be provided you must arrange it with the DRE.)

Email Calendar Events to: calendarchanges@ushartford.com Thank you.

The deadline for USH-Enews submissions is Tuesday at 12 Noon.

Email to: ushenews@ushartford.com

Please note in the subject line, "USH-Enews". Thank you for your submission!

**Peace – as we come to the close of the USH-Enews week.
Be kind to others – and to yourself.**

Nuts and Bolts: The member congregations of the Unitarian Universalist Association covenant to affirm and promote: the inherent worth and dignity of every person; justice, equity, and compassion in human relations; acceptance of one another and encouragement to spiritual growth in our congregations; a free and responsible search for truth and meaning; the right of conscience and the use of the democratic process, within our congregations and in society at large; the goal of world community with peace, liberty, and justice for all; respect for the interdependent web of all existence, of which we are a part.

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