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 Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
 or call for appointment

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



Sunday, August 14, 2016 - UU Millennials: More Than Meets the Eye -
 Coordinated by Adam Brown, Lisa Galinski and Stephanie Briggs -
 Worship Associate Sue Smolski - The labels that we bear as young adults
 can weigh heavy sometimes -- lazy, entitled, job-hoppers. Come step in our
 shoes, take a walk in our lives, understand more about what's below the surface
 and what draws us to a UU faith community.

The service will be held in Fellowship Hall this coming Sunday.

Important Survey from our Congregational Strategic Planning Team!

Whether you come regularly to the Meeting House or just keep up with us via our newsletter, we are interested in hearing from you. Would you please respond to this Survey by September 25 at the latest (earlier would be great!)? Your input will be helpful to us as we undertake a Strategic Planning process and map out our future for the next 3-5 years and beyond. As the Board identified last year, there is a need for some fresh thinking about our coming years as a congregation. We want to hear from you!

<https://www.surveymonkey.com/r/K8Y2WYZ>

If you'd like to have a conversation about this survey, call or e-mail Tom Richardson (see his contact information in your USH Directory or respond to this E-news to ask for it. Thanks!) There will also be paper copies available on Sunday mornings--please ask for them if you have trouble finding them.

Thanks so much for your participation. --Your USH Strategic Planning Team, Tom Richardson, Sherry Manetta, Kate Gervais, Jack Almeida, Virginia DeLima, and Rev, Heather.



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.brookfieldnow.com

Please Note: Next Week's Enews will be a double issue, there will be no Enews on August 24.

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 |

The Village Update - Deadline for Uniform Donations August 15

Sunday Service Recap | Do You Like to Volunteer? | RE News You Can Use

Church Business News: June Financial Report Available | Meeting House Revolution

2016 Programs for Adults and Families: Soliciting Fall Programs |

Two SGM's Starting in the Fall

Upcoming Special Events and Other News:

Knox Garden Party August 11th | Meditation and Authentic Communication Groups to Start again in September

Congregational Personal News and Notes

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. Email corrections to calendarchanges@ushartford.com - Thank you!)

Summer at USH - The Revs are on Vacation & Study leave June 20 – August 30th

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

What are the Sources?

You can also find the six sources at the front of the hymnal or here:

<http://www.uua.org/beliefs/what-we-believe/sources>

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

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!



Let's Keep the Flame Alive - For the past two years the Unitarian Society of Hartford has been listed as a "significant donor" in the Annual Report of The Village for Families and Children. This summer's Village sponsored school uniform fund raiser ends Next Monday—August 15th. Thank you to all who have already given. Let's continue to show our support for the children of The Village, to try to reach last year's generous total.

Your gift of any size is appreciated. Please send checks to Brian Mullen at The Meeting House with uniform program in the memo line. Cash or checks may be placed in the envelopes at church with your name displayed. All donations count toward total giving. **-Submitted by Joanne Orlando**

Sunday Service Recaps by Kayla Costenoble - Photos: Harriet Gardner





Rhythms of Great Compassion: Seasons of Life and Death - August 7, 2016 - I'm not at all sure that anyone could have illuminated our third Source—“wisdoms from the world's religions which inspire us in our ethical and spiritual life” — better than Dr. Mark Unno, a professor, ordained Shin Buddhist priest, and Pulpit Guest on August 7, 2016. For me, and for many others I spoke to, his service was funny, honest, disarming, thoughtful, made us think, and left us with a warm and wonderful feeling of peace and oneness. Thank you, Mark; his attitude led to the feeling that using his first name was the right thing to do.

Leading our Turning Inward part of the service, Mark taught us an appropriate hand mudra, then led us in a basic Buddhist meditation which stressed our oneness with all in the world. Mark is a priest of Shin Buddhism, a branch of Pure Land Buddhism and one of the most widely practiced forms of Buddhism in Vietnam, China, Taiwan, Korea, Japan and Singapore. He is also Associate Professor of East Asian Buddhism at the University of Oregon.

Who knew? Mark is here today because of his long-time friendship with USH's Office Administrator Linda Clark, who has participated in his Buddhist retreats in Massachusetts for the last 10 years. Last year, after she described our congregation to him and invited him to come here, he said his immediate response was, “I can't wait!” Thank you, Linda.

There were many hands raised when Mark asked how many were familiar with the ancient Sanskrit greeting “Namaste,” which has many translations, such as “the spirit within me salutes the spirit within you.” In Shin Buddhism, which is more lay-oriented than the more familiar (to us) Zen Buddhism, there are two important aspects. One is to embody great passion; the second refers to the blind spots we all have. We have been fortunate to have had great storytellers among us this amazing summer (a Jewish storyteller, a humanist-atheist) and now Mark joins them in using personal stories from his own life to illustrate his message.

When he was a graduate student at Stanford in 1985, he was invited to a weekend seminar, and he and his family were with him in the “nice new red Ford Thunderbird” he had happily rented and was driving. Conscious and proud of how carefully he was driving, he kept seeing approaching cars without their headlights on (his were) and he attributed this, among other things, to pollution getting to the drivers' brains. Eventually, his cousin tapped him on the shoulder

and said, “Mark, you can take your sunglasses off now.” The moral? You can think you have all the right ideas, but you have to “let go of ideas of who I am or how others should be, so you can see yourself and others as they truly are” and also that he couldn't see his own 'foolishness' right in front of his eyes.

About twelve years ago, Mark was invited to be part of a conference on Buddhism and psychotherapy at Kyoto University in Japan. Knowing how grad students are treated on these panels, he expected a small audience and would have a small role to play. He was directed to a main hall with 2000 people waiting. Seeing the founder and president of the whole society also there, he still wasn't too concerned—until that august person said to him, in Japanese, “You do the main response.” Mark told us he was so nervous he didn't recall what he said. Same moral.

Another story (we could have listened all day) concerned a young, extremely talented teenager pianist who learned that both her grandmother and great aunt had gone deaf. Her tests showed she had the same gene and would go deaf in early adulthood. She said, “When I received this news, I died.” When the girl went into required counseling, she had nothing to say. Week after week, she and her counselor sat in silence. When she finally spoke, she said, “I'm going to the cemetery where my grandmother and great aunt are buried.” At the next session, she talked about sharing her anger and sadness with them and began to hear their voices, felt their strength and encouragement and a deep connection with them, as they gave her the courage to go on and lead her life.

Mark said we can hear the voices of our ancestors, the voice of life itself, calling out to us. Understanding this opens us to deep love and compassion. “Moments of gentle illumination come from deep within...if we open our minds and hearts to the truth of the universe...and become aware that the infinity of life and death are ultimately one.” Mark is the 14th generation Buddhist priest in his family. His father died a year and a half ago. As he sat with his father at the end of his life, he saw him sit up in a formal position to say what Mark realized he wanted to be his last words: “I am sorry to cause so much trouble. Thank you for everything.” And Mark said to us, “His heart is my heart and we are completely one for ever and ever and ever.”

Chanting was an unusual sound during the service. We followed Mark's deep voice in “Juseige,” (a copy of the chants can be found at the end of this Enews), a song of praise whose words are so old that even today's Japanese don't know what they mean. But that's not important; the rhythm and feeling are what counts. Following this long chant, our leader bowed deeply and said, “Beautiful. Beautiful.” And we closed the service chanting a recitation of the sacred name, the “Nembutsu” closed the service with “Echo.” The chapel reverberated with our sound.

Also. We were honored to welcome David Macbride to our service. A composer and professor of composition and musical theory at the Hartt School, he was invited to hear our incredible pianist Pi-Hsun perform two of his beautiful pieces:

“Mandala” and “Jampa.” Newsday said of him: “His music has a personal aesthetic that combines Western chromatism with a fascination for the music of China.” Perfect for today’s service.

We totally agree with Worship Associate Julie Grace’s “We are so thrilled to have so many visitors today.” We hope many return. We also are impressed by the care with which our worship associates choose their words. Julie used words from the Vietnam Buddhist monk and peace activist Thich Nhat Hanh to introduce the Offering: “The next Buddha may take the form of a community, a community practicing understanding and loving kindness, a community practicing mindful living.”



A quick note: Mark did not mention that the photo inside the Order of Service was that of he and his father, Rev. Taitetsu Unno, taken at the Barre Center for Buddhist Studies during one of the Shin Buddhist retreats I have attended there.

- Linda C. image: buddhistfaith.tripod.com



Do you like to volunteer? The DRE is looking for some help both in and out of the classroom. If you are available to work with the children or be an assistant, from 10:30-11:30AM on Sunday mornings, or come in a few hours during the week to help with office tasks, please let her know: dre@ushartford.com Thank you!

Church Business News

The Financials for June have been posted to the web. Below is the link. If you need the user and password to view it, please email Linda Clark at ushlindaclark@gmail.com. -Thank you

<http://www.ushartford.com/members/reports/financial-reports/>

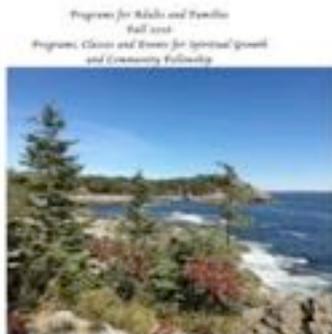
What really makes a great community? Let's create a Meeting House revolution by working on ways to sustain our community's health.

We will have an organizing meeting of a Healthy Relations group after services on Sunday August 28 in Servetus. Get coffee and sit with us at noon. If you are even more interested, some of us have already done some thinking on this idea, and you can get a copy of our report to the Board from Martha Bradley, Marye Gayle Harrison, or Ed Savage. **-Submitted by Ed Savage**

RE News You Can Use! - This week, Sunday, August 14th, the nursery will be available from 10:15-11:45am for infants and toddlers.

The children and youth will be working on finalizing our service for August 21st. It is important that everyone participating in the service be here. Thank you.

The DRE is still looking for teachers and assistants for every grade level for this upcoming year. The time commitment would be one Sunday every 4-6 weeks. We will be having a teacher training on Saturday, September 17th to prepare for the year. The break-down of classes are as follows: pre-2nd grades, 3rd-5th grades, middle school and high school. I am also looking for volunteers for one-time commitments with our one-room classes that happen every 4-6 weeks. Thank you! **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.



2016 Programs for Adults and Families

Fall is fast approaching and if you are thinking about offering a program, please see Soliciting 2016 Fall Programs for Adults and Families.

Sunday at the Programs Table during Fellowship Hour, there will be sign-up sheets for two fall Small Group Ministries. One is a daytime SGM to start

September 21 and the other is an evening one, to start October 17.

You may call Janice Newton (860.677.1121) or email her at janicecnewton(at sign)gmail.com to register or for program information.

PROGRAMS:

USH Book Club: Thursday, September 8, 5:30 PM. Featuring "Mothering Sunday", by Graham Swift

Small Group Ministry: Wednesdays, 1:30 – 3:30 PM, starting September 21.

Small Group Ministry: Mondays, 7:00 – 9:00 PM, beginning October 17.

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)

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**.



Daytime Small Group Ministry – A Daytime Small Group Ministry group will meet at the home of Bruce Robbins on Wednesday afternoons beginning September 21st. The group will meet from 1:30 - 3:30 PM for eight sessions. The sessions will be facilitated by Ginny Allen. Don't miss this opportunity to join a Daytime Small Group ministry!

There is a \$5 registration fee.

Register at the Programs Table or by contacting Janice Newton (860-677-1121 or [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com))

For additional information about Small Group Ministries, contact: Esther McKone – [estmckone\(at sign\)aol.com](mailto:estmckone(at sign)aol.com) or Bill Shoemaker - [wshoemaker17\(at sign\)comcast.net](mailto:wshoemaker17(at sign)comcast.net)



FALL 2016 Small Group Ministry – A Small Group Ministry group will meet in Farmington on Monday evenings beginning October 18th. The group will meet from 7:00 – 9:00 PM for eight sessions. The sessions will be facilitated by David Newton and hosted by Janice Newton.

There is a \$5 registration fee.

Register at the Programs Table or by contacting Janice Newton (860-677-1121 or [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com))

For additional information about Small Group Ministries, contact: Esther McKone – [estmckone\(at sign\)aol.com](mailto:estmckone(at sign)aol.com) or Bill Shoemaker - [wshoemaker17\(at sign\)comcast.net](mailto:wshoemaker17(at sign)comcast.net) - Esther McKone

Upcoming Special Events and Other News



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/>



**“Authentic Connection and Communication”, an Nonviolent Communication Practice Group
7:15- 9:00 pm**

Wednesdays beginning September 14 2016

Interested in joining this group? Please notify Jan Bennett prior to attending.

860-817-4900 or email: chair2clinic@juno.com

Based on the work of Marshall Rosenberg, this Wednesday night NVC Practice group welcomes anyone who has taken an introduction class, or read the book, *Non-Violent Communication, A Language of Life*, by Marshall Rosenberg (or equivalent book introducing the elements of NVC).

The Practice group meets weekly, to enhance the understanding and usage of the NVC components. By “practicing” with each other using such activities as readings, exercises, humor, and sharing personal experiences, our intention is to work together to improve our authentic communication skills. **Photo: L. Clark**

Meditation and Dharma Gathering 5:45 pm- 7:00 pm

Every Wednesday beginning September 14, 2016

Please Contact Jan Bennett at (860) 817 4900 or chair2clinic@juno.com, for more information.

Cost: \$5.00 registration per calendar year



Join us on any Wednesday night to participate in sitting meditation, walking meditation and contemplation of Buddhist teachings (Dharma) presented by various well known teachers such as Pema Chodron, Jack Kornfield, Thich Nhat Hahn, Sharon Saltzberg and Joseph Goldstein, among others. This is an opportunity to sit together as a community (Sangha) in silent or guided meditation, softening our hearts and minds as we listen together to the audio presentations. The ongoing framework for this gathering encourages you to “drop in” when your schedule can allow for it and join us in this exploration.

“...from this practice....We become part of a lineage of people who, against enormous odds, have stayed open to great difficulties and painful situations and transformed them into the path of awakening... the lineage of gentle warriorship.”
 ~ Pema Chodron, from Start Where You Are **Photo: L. Clark**

Weekly Reminders:



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>

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

Please sign up on the SignupGenius if you wish to help out:

<http://www.signupgenius.com/go/20f094cafa92ba1f49-ushgardeners>

We are moving forward, bit-by-bit! Thanks to all for your patience and participation. Come down and walk the red labyrinth path if you haven't already!

Warmly, Heather

The USH Wish List



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

2 Microphone Stands (like this one pictured)

2 Floor Length Mirrors

New collapsible functional easels

Congregational Personal News and Notes



Dear USH Members and Friends,

We sadly share with you that long-time, devoted member of the Unitarian Society of Hartford, Sid Garvais, died early Friday morning. He had been declining for some time. He was 91 years old, and died peacefully at Seabury Retirement Home where he was a founding resident with his wife Betty and where he had lived for 22 years.

Thanks to all for your visits with Sid and your support and friendship over the years. There will be a service -- quite possibly two services, one at Seabury and one at USH -- in mid-to-late September. The service will likely remember both Sid and Betty (his wife who died 4 years ago) as that was what they wished.

For now, cards and notes can be sent to Sid's cousin who has been his primary local family contact for the past several years, Kathy Bland:

Kathy Bland, 49 Cosgrove Road, Willington, CT 06279

If you or others you talk with have remembrances to share, please send them to me by e-mail or in my USH office inbox (snail mail or personal drop-off).

Rev. Cathy and I are holding the whole congregation in extra love during this time of transition and mourning. The song in our gray hymnal keeps coming to my mind--"The lone wild bird in lofty flight / is still with thee, nor leaves thy sight. / And I am thine, I rest in thee / Great Spirit come and rest in me."

Warmly, Rev. Heather

Events of Note in Our Larger Community

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.