

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

USH-Enews ~ September 28, 2016  
Worshipping Together Since 1830  
Sunday Service 10:30 AM  
Revs. Cathy & Heather Rion Starr



Image: [www.imagekind.com](http://www.imagekind.com)

**Worship Service, Sunday, October 2, 2016 ~ “We Light This Chalice for the Warmth of Love” ~ Rev. Cathy Rion Starr, Co-Minister ~ Worship Associate, Margaret Leicach** ~ We say the same words in our chalice lighting every week, but what do they mean? Where do they come from and what difference does it make to say them week after week? This week, we’ll kick off a sermon series exploring our chalice lighting with a focus on the symbol of the chalice and the warmth of love.

**Rayla Mattson is now also serving as our Rentals Manager.** For new rental requests to use space at USH, please contact her at: [dre@ushartford.com](mailto:dre@ushartford.com) or 860-839-5001. For Rates and Rental Application, go [here](#).

**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:**

Sunday Service Recap | RE News You Can Use

Church Business News: Board Meeting Agenda | Hearing Loop Installed | Please take the AIM Survey

2016 Programs for Adults and Families: Check out the many offerings throughout the year

**Upcoming Special Events and Other News:**

First Sunday Connections Oct. 2 | Sid Gervais Memorial Service: Sunday, Oct. 9 at 1 | Worship Associate Anyone?

**Upcoming Special Events & News in the Larger Community**

Vendors Needed for Craft Fair at Universalist Church | ctEquality Community Conversations Oct. 6 | Night Fall Oct. 8 | Conference to End Gun Violence Oct. 8

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](mailto: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](mailto:calendarchanges@ushartford.com) - Thank you! )

USH STAFF <http://www.ushartford.com/about-us/staff/>

**Sunday Service Recap by Kayla Costenoble  
Whew, and...: Going Beyond Likeminded  
September 25, 2016  
Photos: Harriet Gardner**



**“Who are you today?”** Rev. Heather asked at the start of the service on September 25, 2016. She said we are all new arrivals into this day, and suggested we try on something new—a hope, a feeling, an idea. Rev. Heather longs for us to pause more often to just sit in one another’s company before we do anything, breathe more fully, and “let each other live.”

“What do we choose to see and focus on?” was another question. We are far different types in the evening than we were in the morning, she said. At the same time, we feel diversity gives us greater freedom, but likemindedness gives us comfort and safety. However, “Being likeminded does not mean all alike.” Using her great gift for telling true stories to enhance her point, she told us that in 2005, she was out West among the long line of “solemn, respectful, anticipating” people on opening night of the film “Brokeback Mountain.” She could feel the private pain as men wept and embraced one another. She went to see it a second time with her grandmother and other older ladies, wondering if some of these women knew what the film was about. She realized they did, when one woman who had forgotten the film’s title but remembered it was a “gay cowboy movie.” As they were leaving, but still in the theater lobby, Rev. Heather’s grandmother asked, and not in a whisper, “What is lesbian sex like?” Heather’s answer, “ Can’t we wait until we get home?”

Rev. Heather asked who is she more like, the gay men depicted in the movie, or her grandmother. She asked us to show respect and see each other as living

souls, all flawed but all connected in “new and mysterious ways.” Reminding us that there are 43 days until the Presidential election, she said there is a wealth of reflection out there “about the other.” She hopes we can agree to search for understanding, find out more about those feeling like “them,” and have the ability to see one another as living souls.

“Let us create a world where all of who we are and all we may become are welcome at the table.”

Religious education classes start today and there were many gathered by the steps of the Chancel as Rev. Cathy asked all RE teaches, helpers and kids to come forward for a blessing. The youth group couldn't be there; they were downstairs in the kitchen making their delicious soup for our lunch. We devour their soup and the proceeds from this sale, buy the next batch of ingredients for the soup that is delivered to a local soup kitchen. This great event has been going on for many years. RE Director Rayla led us in the blessing we said together, which included:

“...we shall value our Society's ministry of religious education and faith development.

We promise our support to you, as partners in the life-long religious growth of our entire community.”

Words written by Audre Lorde, a self-described “black, lesbian, mother, warrior, and poet” appeared on the cover of the Order of Service and in responsive reading 587:

And when we speak we are afraid our words will not be heard nor welcomed but when we are silent we are still afraid. So it is better to speak, remembering, We were never meant to survive.

Musically speaking, the USH choir, pianist Isaac Reguera, and flutist Alex Slap's performance of Craig Curry's worshipful anthem “Jazz Alleluia” demonstrated how magnificent one word can be. Using just the one word Alleluia and adding jazz harmonies, the music goes from quiet to soaring. We also continue to enjoy Isaac's inventive touches, as he did with “Go Now in Peace” and “My Favorite Things.”

Hear ye! Hear ye! And those of us who depend on hearing aids did, indeed, hear much better during the service, thanks to the hearing loop that was installed around the Sanctuary earlier this week and used for the first time Sunday. The Aim Task Force will be offering a workshop to the congregation with information on the loop, devices that can be used to take advantage of it, and their costs. So listen up!



**RE News You Can Use!** ~ This week the nursery will be available from 10:15-11:45AM for Sunday service. As it is the first Sunday, there will be extended child care for those under the age of 10 until 1:45pm.

There will be a Time For All Ages this week followed by age appropriate classes. Please note that the Coming of Age group will meet in lieu of their regular classes. **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 USH Board Meeting Agenda, October 4, 2016, 7:00 pm

Opening Words  
Board Covenant  
Review/approve minutes  
Discussion Items:  
Review MOU with Solarize with Faith  
RE update/Coming of Age  
Ministers' parental leave proposal  
Budget review  
Board job descriptions  
Stewardship goals

Short Items:  
Semi-annual meeting  
Leadership conference at UUSE  
Ministers' comments

**Closing Items:**

Comments from guests and board members (if time allows)

Review decisions and follow-up actions, incl. next council report, under the stairs

Closing Words

**All are welcomed and encouraged to attend USH Board meetings.**



**Hearing Loop Installed in USH Sanctuary**

On September 22 installation was completed on hearing loops in the USH Sanctuary. This will permit those with hearing aids equipped with telecoils to clearly hear all sounds carried from the audio equipment to the speakers on either side of the chancel.

What was actually installed was a copper antenna placed under the edge of the carpet around both Sanctuary pews adjacent to the middle aisle. These installations carry a signal to telecoils, a feature of most hearing aids manufactured these days. The sound is then transmitted to individual's ears incorporating the prescription correction appropriate to each. Thus, people with a variety of corrections for their hearing will all receive a clear sound from the pulpit or mobile microphones used during services.

Hearing loops are common in Europe and becoming more common in the US.

"Over the next 19 years, 10,000 Americans will turn 65 every single day. Of these aging Baby Boomers, as many as 50% will have issues with hearing loss," according to Shanahan Intelligent Sound & Video Integration, the company we selected to install the USH Hearing Loops. This installation realizes an important goal of AIM, and the Building and Grounds Sub-Council is happy to have arranged the installation.

One of the features of the hearing loop system is that it requires no adjustments under normal conditions. When the chancel microphones are working the loops will always be transmitting and therefore clear sound will be available to those in need.

For individuals who do not have a telecoil as part of their hearing aid or no hearing aid at all, we have two individual units that will receive the signal, and transmit the audio through earphones. The user will be able to adjust the volume. We have two such units available at this time for use during services.

The units are worth about \$103 and provide an opportunity to “try out the system” or simply turn up the volume for an individual who has not reached the point of acquiring a hearing aid. The try out might also help make a decision as to seeking a working telecoil for existing or new hearing aids or even acquiring such a unit for personal use.

Various individuals have offered to support this work with earmarked donations.

If you would like to do this, your contribution will be welcomed; just mark your donations to USH as for the Meeting House Hearing Loops. - **Submitted by David Newton**

**The AIM task force needs your help to complete our survey:** The members of the AIM task force can't do our job without you! We're responsible for coordinating the projects and workshops needed for our congregation to gain accreditation by the UUA as a church that's particularly accessible and inclusive for people with physical and psychological disabilities. But we can't do that without you ... and without knowing who we all are and what we all need with regard to disabilities.

Here's one thing you can do to help ... PLEASE COMPLETE OUR SURVEY.

Use this link [www.surveymonkey.com/r/Z99X2NN](http://www.surveymonkey.com/r/Z99X2NN) to get to the survey and submit your answers to us.

In a couple of weeks, we'll combine what you say with what we hear from everybody else, analyse the results and share them with everybody in our church. What we find out about what the congregation needs and wants will guide us as we think about our role in helping to put together the efforts of all of the groups, the ministers and members of the staff needed to make the Meeting House a place where everybody can come and play a part in what we do.

Thanks in advance for your help.

AIM task force: Rev. Cathy, lead minister; Bill LaPorte-Bryan, chair; Debi Gosselin, secretary

Chronic Pain and Illness: Briana Bittel, leader, Paula Bleck, Lisa Campo

Food and Chemical Sensitivities: Larry Lunden, leader, Lisa Campo, Edith Savage

Learning and Intellectual Disabilities: Owen McKenzie, leader, Edith Savage, Valerie Klokow

Mental Health: Katharine Ann Anderson, leader, Gloria Francesca Mengual, Valerie Klokow, Tom Reed, Chris Dilzer, Briana Bittel, Bill LaPorte-Bryan

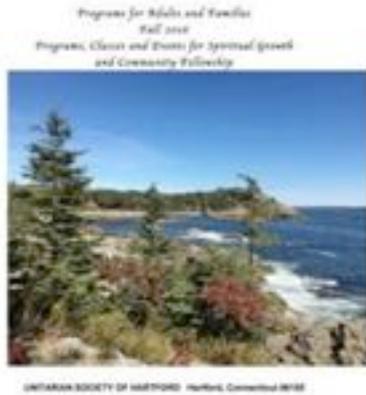
Mobility: Paula Bleck, leader, Briana Bittel

Perceptual (hearing, sight, sensory): Dennis Gallant, leader, Cat Lanser, Peter Magistri, Debi Gosselin, Briana Bittel, Edith Savage, Bill LaPorte-Bryan

"Nothing About Us Without Us"

... "the 'social construction' of disability ... means that the main challenges disabled people face come from societal prejudice and inaccessible spaces." - from a NY Times Disability essay.

**-Submitted by Bill LaPorte-Bryan**



**2016 Programs for Adults and Families ~** Stop by the Programs Table Sunday to register for the October 13 Oral History Workshop and the Friday Pizza and Movie Night October 14. There is one space open for the SGM starting October 13. Information about the USH Book Club and other fall programs will be available.

You may call Janice Newton (860.677.1121) or email her at [janicecewton\(at sign\)gmail.com](mailto:janicecewton@signgmail.com) to register or for program information.

## Programs

Small Group Ministry: Tuesdays, 7:00 – 9:00 PM, beginning October 11.

Oral History Workshop: Thursday, October 13, 1:00 – 3:00 PM.

Friday Pizza and Movie Night: October 14, featuring “North by Northwest.”

USH Book Club: Thursday, October 6, 5:30 PM.

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 – 9:15 PM



Every Sunday after worship – 12:00 PM

## 20s/30s Sunday Brunch

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The 20's/30's Group is hosting a weekly brunch Sundays at noon. It's open to existing members, friends, newcomers, and visitors in their 20's and 30's. Food will be provided but guests are encouraged to bring something additional to share.

\* Please let me know by Friday afternoon if you plan to join us so that we can be sure to have enough food for everyone. - Stephanie Briggs (860) 716-1920

In The Library  
@ The Meeting House

RSVP to  
[Stephanie.e.briggs@gmail.com](mailto:Stephanie.e.briggs@gmail.com)

We look forward to seeing you!

### **Hindsight, Humor, and Hope: Who, Me, an Elder?**

This workshop will help people as they begin to redesign their later years into a time of reflection, discernment, soul stretching, and new life possibilities. This gift of extended years finds many people becoming elders with deep personal questions such as, Who am I now? and What will I do that is meaningful? This class is full of interaction, humor, and reflection.



This class is designed for people ages 55 to 105. I hope you'll join me for it! – Rev. Cathy

Materials & Registration Fee: \$15

Dates: Thursdays 9/29 – 11/17, 11:30-1:30 PM (Bring your own lunch)

No class 10/13 so you can participate in the Oral History Workshop here at USH that day No class 11/3 because Rev. Cathy will be out of town.

Accessibility: Please let Rev. Cathy know asap if you'd like to participate but need transportation to get here, if you have trouble hearing (we can set up a microphone), or have any other accessibility needs. Image: [www.eldercareresourcesdelaware.com](http://www.eldercareresourcesdelaware.com)



### **ORAL HISTORY WORKSHOP**

We are delighted to host Bruce Stave, PhD, distinguished professor emeritus, former director of UConn's Oral History office and his wife Sondra who will present a 2-hour workshop Thursday, October 13, 1:00-3:00 PM at USH, on how to do an oral history. Among his many accolades, Bruce Stave was featured as one of Connecticut's premier story tellers in the September issue of Hartford magazine. Both Staves are wonderful speakers who will tell us how to prepare and interview family, friends, church members, or others. They will show us how to determine topics, ask the right questions, and gather the simple equipment needed. Don't miss this interesting and unusual opportunity! Fee: \$15

Sign up at the Programs Table or contact Janice Newton at [janicecnewton\(at\)sign@gmail.com](mailto:janicecnewton(at)sign@gmail.com)

**Submitted by Judy Robbins**





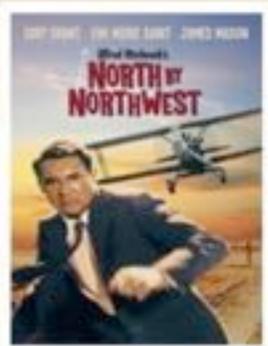
## USH Dinner & A Movie

### Friday, October 14<sup>th</sup> - \$10

**North by Northwest – Alfred Hitchcock (1959)**  
 Rated 100% by Rotten Tomatoes critics, it is frequently listed as one of the best American films of all time.

**5:15 Socializing with popcorn and drinks**  
**5:45 Dinner of pizza and salad**  
**6:30 Watch the movie / optional discussion afterwards**

This is a great way to have a relaxing and stimulating evening. Make your reservation at the Programs Table or call 860-677-1121 by Wednesday, Oct 12th. Indicate your choice of meat or vegetable pizza.




### USH Book Club, Next Meeting: Thursday Oct. 6, 5:30 in David's Den

We will be reading **The Sheltering Sky** by Paul Bowles, a classic novel of the Sahara.

The characters are absolutely real, and Bowles digs so deep into the American psyche with them the effect is, at times, horrifying. In this book of three American travelers who journey through North Africa, Bowles shows us, with gripping yet subtle tones, how rigid is our comprehension of foreign culture, and how incomplete is our knowledge of ourselves. It is a novel for the mind. As the journeyers separate, first from each other then from their own sanity, we understand how delicate our grip on reality is, especially when faced with the awesome spectacle of untouched nature. As dialogue and plot imperceptibly give way to long, lush interior landscapes, Bowles charts a course to the heart of human evil for us, much as Conrad did in "Heart of Darkness," but this time with more depth and more passion. **-Submitted by Richard Groothuis**

### Upcoming Special Events and Other News

**Remembering Sid and Betty Garvais: Sid and Betty Garvais' Memorial Service will be on Sunday, Oct. 9 at 1:00** - Thanks to those who have offered to help on Sunday morning before this event. For those who plan to attend this service, we still would like some additional contributions of finger foods. You can drop them off in Fellowship Hall before services at 10:30. **Please let us know what you will bring to avoid much duplication.**  
**Call or write to Louise Schmoll, 860-242-2953 or rdschmoll@comcast.net**  
**Or Nancy Reed, 860-521-1082 or ndreed35@comcast.net**

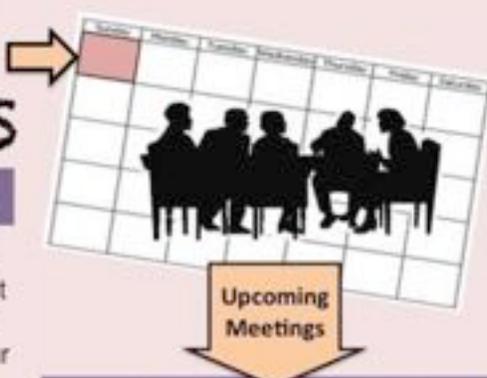
**1<sup>st</sup> Sunday CONNECTIONS**

**For Visitors & Newcomers**

Each month we host an informal gathering for visitors and newcomers to learn more about UU, USH, our mission, education program and membership. Ask questions, share your concerns, and meet others.

We meet "Under the Stairs" (Lower Lobby)  
15 minutes after the end of the service.  
Attend as many times as you wish.

Upcoming Meetings  
**October 2, 2016**  
**Free Childcare Provided**



**Worship Associate Anyone?** ~ Hmm...Have you ever imagined becoming a USH Worship Associate??? Now would be the time to talk about your interest with Sue Smolski, WA coordinator. Let's talk this week...(860 280-7250).

**-Sue Smolski**



**Please consider taking a meal one day soon to help two in our Society:**

- 1) Yamel Fernandez (of our Nursery Staff) who delivered a son, Julian Manuel, on Friday, September 9th; and
- 2) Jen Cook, who's helping Hospice care for her terminally ill mother, Marion, at home.

Connect online with [TakeThemAMeal.com](http://TakeThemAMeal.com) and put in their name/s. All of our Society's folks are under Code # 6152; each of their sites is immediately updated as meals are added or changed.

Feel free to call Yamel (860)967-8120 or Jen (860)653-6421 to discuss meal options, best times to deliver, etc. **Thank you! Deb Meny, Coordinator (860)523-7396.**

### Upcoming Special Events and News in the Larger Community



**Vendors Needed:** - Craft Fair at Universalist Church of West Hartford, November 12, 2016  
We are looking for vendors to participate.  
The entry is \$50 per table and that money will go directly to the church. All proceeds made that day by vendors are theirs to keep.

Please use this link to our vendor page. <https://www.facebook.com/UUCraftersArtists/?ref=bookmarks> If you have any questions at all, feel free to contact me at: [lmarks297@gmail.com](mailto:lmarks297@gmail.com) or 860-794-6320. **Thank you! Laura Marks**



*Leading the fight for equality and justice  
for LGBTQ people in Connecticut*

*Please Join Us*

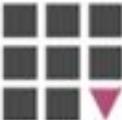
## COMMUNITY CONVERSATIONS

Join one of the conversations happening in four locations across the state  
and find out more about the work of ctEQUALITY!

**Thursday, October 6, 2016**

**6:00PM-7:30PM**

**At the location closest to you!**

 <p><b>True Colors</b> 30 Arbor Street, Suite 201A Hartford, CT 06106</p>	 <p><b>New Haven Pride Center</b> 84 Orange Street New Haven, CT 06510</p>	 <p><b>Triangle Community Center</b> 618 West Ave Norwalk, CT 06850</p>	 <p><b>Connecticut College</b> New London, CT 06320</p>
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**For more information or RSVP contact: [organizing@ppsne.org](mailto:organizing@ppsne.org)**

**Light refreshments available**

Our state has a proud history of winning equal rights for LGBTQ residents. We know there is more work to be done to create a safer and more just Connecticut for our community. Join us for a conversation about what is happening in the LGBTQ community. This will be a place to tell us what issues matter most to you, your families and your community in the realm of LGBTQ rights, and help us focus on policies and strategies that reflect the needs of the people most impacted.



We are excited to be involved in this year's Night Fall Hartford event on Saturday, October 8, in Elizabeth Park. Night Fall is a magical free outdoor community performance celebrating seasonal change through art, music, dance, and Anne Cubberly's legendary giant puppets. Check it all out at:

[www.nightfallhartford.org](http://www.nightfallhartford.org)

and then let us know if you can be a USH Volunteer! We'll help spread good energy. Grounds open at 2pm, show starts at 6pm. If you can help coordinate our USH presence, please let RevHeather know at 541-390-6052 or [revheather \[at\] ushartford \[dot\] com](mailto:revheather@ushartford.com). This is an annual, not-to-be-missed Hartford Community Celebration!

# How We Can End our Pandemic of Gun Violence

A Conference for People of Faith & Conscience

Saturday, October 8

9:00am – 3:30pm

Morning Speakers (coffee & pastries provided)

Afternoon Workshops (lunch provided)

Asylum Hill Congregational Church  
814 Asylum Ave. in Hartford  
(plenty of free parking)

**Registration \$20** (no one turned away for lack of funds — everyone is welcome)

To register and for driving directions:

- contact SUSOAHCC@gmail.com
- or call 860.709.1684

Please mail checks, payable to AHCC (Oct. 8 Conference in memo line) to  
814 Asylum Ave. Hartford, CT 06105

## Keynote speakers



Rev. James Atwood, retired Presbyterian minister, Coalition to Stop Gun Violence board member, and author of *America and Its Guns: A Theological Exposé*.

*How Did We Get Here? America's Fascination With Violence*



Rev. Matt Crebbin, Senior Minister, Newtown Congregational Church, UCC Newtown, CT

*Theology of the Gun — Faith and Policy*

ASYLUM HILL  
CONGREGATIONAL CHURCH  
1754



For more information: SUSOAHCC@gmail.com or 860.709.1684

**New England Region UUA Workshop:  
Cracking the Leadership Crisis  
Saturday, Oct. 15, 2016 10am-3pm  
UU Society: East in Manchester, CT**



Church leadership is not all it's cracked up to be. Too often, leadership looks like paying bills, reviewing minutes, and making decisions that at least some people won't understand, and many people won't even know about. At its best, church leadership is a profound experience of spiritual deepening. Bring a team to join other congregational teams in exploring how to:

- Release worry and anxiety about burnout and having "not enough" volunteers
- Anchor leaders in a profound sense of purpose
- Make leadership a personal growth experience
- Restructure church infrastructure to focus on meaningful work
- Liberate the energy of collaboration and covenanted community

We encourage your team to continue the workshop's strategic conversations once you return home.

**REGISTER YOURSELF OR YOUR**

**TEAM: <https://www.eventbrite.com/e/cracking-the-leadership-crisis-10152016-registration-27419006988>**

**\$50 per person. \$35 per person for the fourth and up member from the same church team.**



**Living into Right Relations  
Saturday, October 22, 9am-1pm  
in Barnstable, MA (Directions)**

For religious professionals, lay leaders and members at large. We encourage participants to come in congregational teams.

**PRESENTERS:** Hilary Allen and Meck Groot, New England Region UUA

At their best, our congregations are places where people can develop the skills and practices to bring the love and grace of Unitarian Universalism into the world. Developing these skills and practices, however, is not always our priority. Instead we sometimes find ourselves engaged in "fake fights" or other unhealthy behaviors to advance what we think is best for the congregation. In this workshop, we will explore the invitation of right relations, and how it allows us to stay connected, or reconnect, for increased potential for personal and congregational wellbeing. We will look at what it means to be in right relation - with oneself, with each other, as a congregation, and a religious movement - and

consider practices and strategies that help us live into right relation every day including teams and covenant.

LOCATION: Unitarian Church of Barnstable, MA (Directions)

REGISTRATION FEE: \$25 per person which includes morning refreshments and beverages.

USH TEAM is being formed; do you want to join us at this event ? Reply to Martha Bradley, Marye Gail Harrison or Ed Savage -**Submitted by Ed Savage**

# SINGING THE BILL OF RIGHTS

COMPOSER- NEELY BRUCE

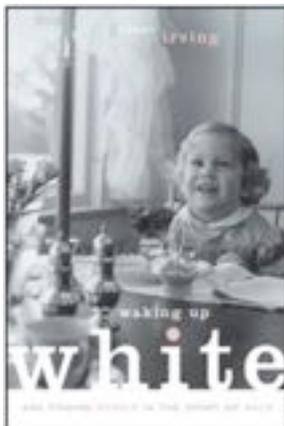
SUNDAY, OCTOBER 23, 2016 at 3:00 PM



THE UNIVERSALIST  
CHURCH OF WEST  
HARTFORD

433 Fern St., West Hartford

Fundraiser to benefit **STANDING ON  
SIDE OF JUSTICE** and **WELCOME  
TO CT. REFUGEE RESETTLEMENT**  
\$10 admission, \$5 student/senior



**Why “Waking Up White?”** Join us for a 3-discussion Series

Race is a topic that many find difficult to openly discuss. What if I say the wrong thing? What do I do if someone says something racist or tells a tasteless joke? What should I do if the employee at the deli counter waits on me

first, even though it is clear that the black woman next to inaction. But not taking action is an act, in and of itself.

There is much confusion and anxiety about race and productive ways to discuss this issue. Somewhere between fear and indifference lies the opportunity to reflect upon the fact that something is not right – innocent black people are dying at the hands of police - and addressing these injustices benefits all of us. Let's take that first step in a nonjudgmental way to better understand race and how each of us thinks and feels about the many issues surrounding it. Interested individuals from USH and the Universalist Church of West Hartford will meet together on October 30, November 20 and December 11th at noon for three two-hour facilitated dialogues to reflect upon *Waking Up White*, share our own stories and listen to those of others. We will read a portion of the book in preparation for each date. Locations will vary:

- \* October 30th    Noon    UU, Fern Street, West Hartford
- \* November 20    Noon    USH
- \* December 11    Noon    Location TBD

Look for USH members wearing the “Waking Up White” button and ask about this, or stop by the table with the sign up sheet during coffee hour to learn more and/or register to attend.

As *Waking Up White* author Debby Irving notes: “No one alive today created this mess, but everyone alive today has the power to work on undoing it. Four hundred years since its inception, American racism is all twisted up in our cultural fabric. But there's a loophole; people are not born racist. Racism is taught, and racism is learned. Understanding how and why our beliefs developed along racial lines holds the promise of healing, liberation and the unleashing of America's vast human potential.”

Join us for a rich, reflective conversation. For more information contact Gloria Francesca Mengual at [gloriafmengual@gmail.com](mailto:gloriafmengual@gmail.com) or call her at 860-729-2093. - Submitted by Gloria Mengual

### Weekly Reminders:

**Would You Like to be Part of a Great Team?** How about the USH Sunday Welcome Team? Please contact Linda Clark (at: [ushlindaclark \[at\] gmail \[dot\] com](mailto:ushlindaclark@gmail.com), or phone the office at 860-233-9897 or talk to Brian Harvey if you are interested in being part of this wonderful group of volunteers. It's what makes USH outstanding in its open and friendly atmosphere to help first-time and newcomers feel welcome, find their way around our Meeting House, and want to return. **(If you'd like to help out in the office during the week, please contact Linda Clark)**





**Do you love to sing?** Have you ever thought about joining the USH Choir? Well now is the year to turn that thought into a reality! The USH choir is an incredibly fun way to make beautiful music with some truly incredible people. Best of all, this year we will be rehearsing on Sunday mornings at 9 am before church with only one weeknight rehearsal per month, drastically limiting the time commitment needed to participate. If you have ever considered joining our group, we would love to see you now to laugh and sing together! **If you have any questions or would simply like more information, please feel free to contact our Choir Director Rebecca Pacuk at [rgpacuk@gmail.com](mailto:rgpacuk@gmail.com). (Formal music training is not required)**



**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, Rev. 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
- Staples gift cards

**Please contact Linda Clark at [ushlindaclark@gmail.com](mailto: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.**

#### **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](mailto:ushlindaclark@gmail.com)

**Special Note:** 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](mailto:calendarchanges@ushartford.com) Thank you.**

**USH Staff:**

<http://www.ushartford.com/about-us/staff/>

**Rev. Heather Rion Starr, Co-Minister**

**Email: [revheather@ushartford.com](mailto:revheather@ushartford.com) | Phone: 541-390-6052**

**Rev. Cathy Rion Starr, Co-Minister**

**Email: [revcathy@ushartford.com](mailto:revcathy@ushartford.com) | Phone: 541-390-7553**

**Rayla D. Mattson, Director of Religious Education and Rentals Manager**

**Email: [dre@ushartford.com](mailto:dre@ushartford.com) | Phone: 860-839-5001**

**Linda Clark, Office Administrator**

**860-233-9897 x 100 | Email: [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com)**

**Rebecca Pacuk, Choir Director**

**[rgpacuk@gmail.com](mailto:rgpacuk@gmail.com)**

**Brian Mullen, Bookkeeper**

**Office Hours by Appointment**

**Email: [bmullen@ushartford.com](mailto:bmullen@ushartford.com)**

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

Email to: [ushenews@ushartford.com](mailto: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.