



50 Bloomfield Avenue, Hartford, CT 06105  
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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00  
or call for appointment

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



Image: Winter Sun by Leonid Afremov, [afremov.com](http://afremov.com)

**Winter Soul Food in Poetry & Music with Rev. Cathy Rion Starr, Co-Minister and Judy Robbins, Worship Associate** - Join us for a special Music Sunday of winter poetry set to music to feed your soul as we enter the darkest days of the year. Come immerse yourself in beauty and community in these days when we most need it. We will collect a special offering for our Friends of Music Fund. We hope to see you all here! All are welcome!

The USH Regifting Sale is also on December 4th during coffee hour. Do your shopping here and support the work of this congregation!



### The Quiet Room for Sunday Coffee Hour:

We enjoy visiting each other in Fellowship Hall, but as the noise level rises, it becomes hard for people with hearing loss to hear what individuals say to them. We hope to minimize that problem by turning the room next to the nursery into a small "quiet room" - a space where members who hear poorly can sit to enjoy refreshments and conversation and still be near the rest

of the congregation. Watch for it soon. **-Submitted by Rayla Mattson**

We're looking forward to seeing you at the Festival of the Season!



## The 39<sup>th</sup> Annual Festival of the Season Saturday, December 3<sup>rd</sup>, 2016



**A day of gingerbread houses, making wreaths, decorating cookies, a holiday shop, music, dinner, community and much more!**

3:30 – 5:00 Crafts in multiple classrooms,  
munchies in the Chapel,  
Art & Craft Gift Shop

5:15 - 5:55 Carols & messages of the season

6:00 - 7:30 Potluck dinner in Fellowship Hall

### Important Notice!!

Feel free to register at the door, but if possible, send an email to Sarah Cassidy ([saracassidy27@gmail.com](mailto:saracassidy27@gmail.com)) or Nina Elgo ([ninaelgo@comcast.net](mailto:ninaelgo@comcast.net)) so we can better anticipate our needs.

For everyone contributing a potluck dish, please keep in mind that we cannot heat or chill your food offering.

Suggested price: \$10 for ADULTS and \$20 for families . No one turned away for lack of funds. - **Submitted by Nina Elgo**



**Help Us Create Community at the Meeting House on Christmas Day** - Christmas Day is a Sunday this year. Are you going to be here in the area on Christmas Day, without other morning plans or commitments? Would you be interested in helping create a simple worship service and community energy here on Christmas morning? Rebecca Pacuk, our Choir Director, is available to help with music. The morning could take many forms--meditation, story, simple breakfast, singing, poetry sharing. Please let us know if you would like to be here and/or can help in any way on Christmas morning. Will you be coming? --Rev. Heather, [revheather\(at sign\) ushartford.com](mailto:revheather@ushartford.com), RevCathy, [revcathy\(at sign\) ushartford.com](mailto:revcathy@ushartford.com)

**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:**

A Note from the Revs. | Sunday Service Recap | RE News You Can Use

Church Business News: Open Board Conversation - All are Welcome, Dec. 4 | USH Dec. 6 Board Meeting Agenda

Festival of the Season - December 3, 2016: Volunteers Still Needed, Please sign up Here.

2016 Programs for Adults and Families: Great Discussions Back Soon | Check out the many offerings throughout the year

Things You Can Do in response to the Election Too much to list here...Scroll down and see!

Upcoming Special Events and Other News: Art News

Upcoming Special Events & News in the Larger Community: Next Waking Up White Discussion at Fern Street Dec. 11

Missed Last Week's Enews? Click Here:

<http://www.ushartford.com/nourishing-spirit/newsletters/>

See Articles and News for USH and the Surrounding Area you may have missed or find a link on the USH Facebook Page Here.

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 look at the calendar the day you email a request to reserve space to make sure the space is available. This will help me to avoid double booking rooms. Thank you. 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! ~Linda

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



**How goes it with your spirit? How goes it with your faith?  
-- A note from the Revs.**

"My heart is moved by all I cannot save: so much has been destroyed. I have to cast my lot with those who age after age, perversely, with no extraordinary power, reconstitute the

world." ~ Adrienne Rich

I have this quote on my home altar right now because it comforts me. My heart is broken -- that is how it goes with my spirit. And so I turn to the deep truth of my faith: that there are those who, "age after age, perversely, with no extraordinary power, reconstitute the world," and I do indeed cast my lot with them -- with you. Our Unitarian Universalism supports this perverse truth: that we ordinary people can reconstitute the world; indeed, we are called to do this work of healing the world. We may not always feel like it in our hearts or believe that we have the capacity to effect change -- and that is when we need one another to rekindle hope and action.

Each week, we offer so many opportunities to rekindle hope, nourish your spirit and live out our faith -- from weekly meditation to the annual Festival of the Season (this Saturday!) to our commitment to being Green and supporting refugees and so much more. This year, we add trying to make sense of the political realities of an incoming Trump administration on top of the usual December challenges of busyness amidst shorter, darker, and colder days. In these times, we need each other and we need spiritual grounding more than ever.

So next week, we're adding a special gathering called "Spirit and Action," that may well become a series. This will be a time to come together to have your spirit nourished in brief worship and circle sharing, followed by a facilitated open space to talk about what individuals are doing to live out our justice principles right now (and what support you need to continue those) as well as begin talking about how to deepen and build on our work as a congregation (e.g., becoming a Sanctuary Congregation, letter writing campaigns, building more bridges with impacted communities, deepening our refugee support and racial justice work,

etc). Come with your spirit (however buoyant or broken), come with your longings, come with your ideas and energy, come with your questions. Spirit and Action will be Thursday, December 8th from 7-9pm - let RevCathy know if you'd like to help.

Do take care of yourself this month, and reach out to friends or to us if you need support. Celebrate the season at Festival of the Season on Saturday, bathe yourself in poetry and music in worship on Sunday December 4th, and keep an eye on the USH Calendar ([www.ushartford.com/events](http://www.ushartford.com/events)) for the many other opportunities to feed your soul and inspire your actions. And do let us know how you are living out your faith this month! **With love, The Revs., Cathy and Heather Rion Starr**

### **Sunday Service Recaps by Kayla Costenoble**

**November 20 and November 27, 2016**



**Photos: Harriet Gardner**

#### **“Thanksgiving and Thanksgrieving” November 20, 2016**

“That’s the way I wake up!” Rev. Heather said after we sang a very spirited opening hymn, “Come and Go with Me,” (where there’ll be freedom/justice/singin’) to start our November 20, 2016, four-days-before-Thanksgiving service.

Our minister offered some words and thoughts by Rev. Ashley Horan of the Minnesota UU church, who talked about the “holy work of showing up.” We feel more rooted and less alone when we do something again and again and again and find greater connection and compassion. Rev. Horan asked, “How is it with your soul?” (Ministers are so skilled in the asking question department.)

Rev. Heather called Thanksgiving an “ever-more complicated holiday” when we respond with gratitude to our family and community connections. And then she proceeded, to tell us the truth about some cherished “little” myths: There were no cranberries at the first Thanksgiving. Most likely there were no turkeys either (goose, duck and pigeons were available). No pies either, since there was no butter or wheat flour, so any pie would have been gluten-free. White or sweet potatoes were also not available. Her research included the Smithsonian and Catherine O’Neill’s juvenile literature, “1621, A New Look at Thanksgiving,” which begins with some background of the Wampanoag Indian tribe who helped the colonists before subsequent wars.

We were warned by Rev. Heather that talking about politics might inevitably come up during the Thanksgiving holiday, and she asked us “to be kind-hearted and gentle” when we’re de-mythisyzing (can’t find her word in my dictionary, but I really like it) things. She also asked us to start where people are, let go of one-on-one sparring and listen to people’s hearts and minds. She reminded us of Garrison Keiller’s useful response to a difficult conversation, “Well, you might be right... Is there any more pie?”

Sunday’s Child Dedication was an unusual one. The three being dedicated—Xavier Murray, son of Valerie Klokow and Sydney Murray; Bradshaw M. Mattson and Kennedy D. Mattson, son and daughter of Rayla D. and Kenneth J. Mattson—had all chosen by themselves and had asked to do this. Rev. Cathy led the ceremony, as each child was blessed, using a lighted candle symbolizing the “divine spark that resides within you” and a thorn-less rose for the beauty of life.

Adding to our growing list of meditations to use during the Sunday Turning Inward part of the service was a new one, “Take Five,” which comes to us courtesy of Robin Rion Starr’s school teacher. This one helps calm the spirit and heart as you close your eyes and slowly run your thumb up and down each side of each of your fingers. We tried it.



**Photos: Harriet Gardner**



There were several activities at USH on Sunday, November 20th: Board Under the Stairs, Waking Up White, Women’s Alliance Program just to name a few. - **Photos Harriet Gardner**



**Photos: David Newton**

**“One Love” - November 27, 2016**

Sunday’s November 27, 2016 service was a welcome respite from the possible strain of Thanksgiving and politics (although not completely absent) as we welcomed back Pulpit Guest Lee Mixashawn Rozie, who turned the congregation into a wonderfully large group of “vocable” chanters “being on the one.”

If we didn’t know until this service, we speedily learned that a vocable is a word composed of sounds and/or letters without meaning. And “being on the one” means being on the beat, which, Mixashawn assured us, “is always important.” A multi-discipline artist for three decades, Mixashawn, known as a Wave Artist, combines indigenous and African roots of “American” music and culture, Jazz, maritime arts, hip-hop, rock and roll and percussion to develop a system of “Hemispheric Principles.” We used many of these on Sunday.

He’s also a great instrumentalist and soulful singer. The prelude that opened the service was the sweet sound of his saxophone; during the meditation, his haunting music came from a recorder-type instrument. During the Time for All Ages, he had the kids and the congregation singing, standing and stomping, as we learned the vocables for “Witchi Tia To.”

In his reflection on “One Love,” Mixashawn said parables are things that make us think, guide and inform us, such as “All good things must come to an end.” Sometimes, we say them so often they become clichés. But there is one central truth—Love—the “universal power that holds the world together...and is the immeasurable equation.” During his reflection, we joined him in singing Bob Marley’s “One Love.”

One love, one heart

Let’s get together and feel all right.

As it was in the beginning

So shall it be at the end

Let's get together and feel all right.

We concluded Sunday's service, of course, with another song—"Coming and Going"—by the late Jim Pepper, a man much admired by Mixashawn. Pepper, also a Native American, is considered the pioneer of fusion jazz. He also wrote the "Witchi Tia To" we learned earlier in the service. Some words from "Coming and Going":

It's good when we're here,

Good where we're going...

If you get lost, just keep on moving.



### **RE News You Can Use!**

The nursery will be available this week from 10:15-11:45AM for Sunday, December 4, worship. There will be after care until 1:45PM in the nursery for children ages 10 and under whose parents want to attend a meeting or enjoy a longer coffee hour. Those children ages 10-14 whose parents are in a meeting or enjoying coffee hour, will meet in the Youth Group room for games and activities.

There will be A Time For All Ages followed by age appropriate classes for the younger ones. Those who are ages 10-14 and their parents and our RE teachers will have Chapel followed by COA and/or class. **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:**

**Open Board Conversation - All are Welcome**

**December 4 @ 12:00 pm - 12:30 pm**

**Time: 12 – 12:30**

There will be a discussion with members of the Board about the recent unrestricted donations to the congregation. This meeting is usually held 'Under the Stairs' but will in Servetus for Dec. 4. Any questions please contact John Brancato at jbranca2(at sign)mac.com. **-Submitted by John Brancato**

## USH Board Meeting Agenda: December 6, 2016 - All Are Welcome

### Discussion Items

- 7:09 PM Ministers' report (Revs Cathy and Heather)  
 7:24 PM 0:20 Discussion of proposed stewardship goals (Peter M)  
 7:44 PM 0:20 Discussion and action plan for Williams/Garvais donations  
 8:04 PM 0:10 Proposal to accept anonymous donation for RE sound buffer (John and Rev Cathy)  
 8:14 PM 0:10 Proposal to increase Childcare and RE assistant pay (Rev Cathy)  
 8:24 PM 0:10 Motion supporting goals of AIM project and application for congregational certification (John)

### Short Items

- 8:34 PM 0:05 Semi-annual meeting (Martha, Hank, John)  
 8:39 PM 0:10 Update on Nominating and Leadership Committee; and Stewardship, Audit, and Endowment Committee openings

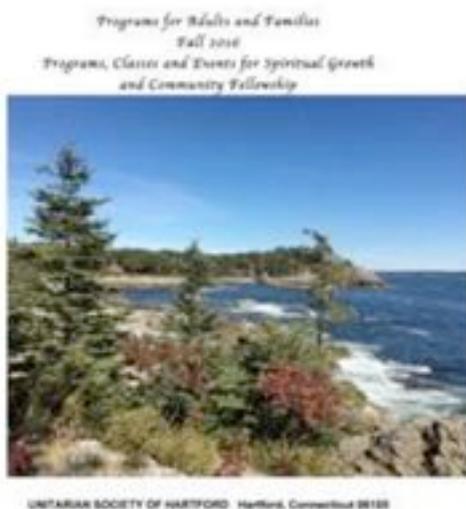
### Executive session

- 8:49 PM 0:10 Proposal regarding RE assistant hire (Rev Cathy)

### Closing Items

- 8:59 PM 0:05 Comments from guests and board members (if time allows)  
 9:04 PM 0:05 Review decisions and follow-up actions, incl. next council report, under the stairs  
 9:09 PM 0:05 Closing words

**-Submitted by John Brancato**



## 2016 Programs for Adults and Families

Stop by the Programs Table on Sunday to sign-up for the next Pizza and Movie Night on December 9th.

Now that the Fall Programs are ending, have you been thinking about a workshop or program that you would like to offer this Winter or Spring?

We'd like to include your program, workshop, or event in the listing of the 2017 Winter/Spring Programs for Adults and Families.

On Sundays, there will be handouts for your course, event, etc. at the Programs 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).

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

### **Programs**

Friday Pizza and Movie Night: December 9, 5:30 PM, featuring "Eye In The Sky".

USH Book Club: Thursday, December 8, 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.



### **Attention Visitors and New Members ==> TIME FOR GREAT DECISIONS --**

This FPA/World Affairs Council community discussion program has been held at the Meeting House for more than 30 years. We have met at 9:00 am on Sundays during the spring. This is a difficult year for canned discussion materials because of the international political changes, so we are asking for a show of interest in the 2017 program. More info. is available at Foreign Policy Association.

### **GREAT DECISIONS 2017 TOPICS**

We're pleased to announce the topics for Great Decisions 2017! This year's topics are as follows:

The Future of Europe

Trade and Politics

Conflict in the South China Sea

Saudi Arabia in Transition

U.S. Foreign Policy and Petroleum

Latin America's Political Pendulum

Prospects for Afghanistan and Pakistan

Nuclear Security

If you are interested in the discussions, we will order a \$25.00 briefing book in December, with delivery in January. The twice-monthly Sunday meetings would begin on the last Sunday in January and last until May. For more information, you may contact Ed Savage (edsavage(at)sign)ushartford.com or cell: 860-966-8155 and also register at the Programs Table. **-Submitted by Ed Savage**



**2nd Principle Things You Can Do** - We're adding a special gathering called "Spirit and Action," that may well become a series. This will be a time to come together to have your spirit nourished in brief worship and circle sharing, followed by a facilitated open space to talk about what individuals are doing to live out our justice principles right now (and what

support you need to continue those) as well as begin talking about how to deepen and build on our work as a congregation (e.g., becoming a Sanctuary Congregation, letter writing campaigns, building more bridges with impacted communities, deepening our refugee support and racial justice work, etc).

Come with your spirit (however buoyant or broken), come with your longings, come with your ideas and energy, come with your questions. Spirit and Action will be Thursday, December 8th from 7-9pm - let Rev. Cathy know if you'd like to help.

- "Like" the SURJ Hartford Facebook page or email [surjhartford@gmail.com](mailto:surjhartford@gmail.com) to find out how to be part of organizing White people to show up for racial justice.

- Check out [www.whatcanido.io](http://www.whatcanido.io)

Black Lives Will Always Matter #NeighborhoodLoveNotes

### What can we do....

Wear the safety pin then...

4 tips for dealing with situations where you see someone is being harassed:

- 1) Pay attention to what is going on around you. Approach the person being harassed and ask them “are you ok with this?” If they are not,
- 2) Stand or sit next to the person being harassed and tell them you will stay with them. Make some small talk to help calm them down.
- 3) If you have a cell phone, you may want to photo the harasser. You may also want to say in a firm voice, “She/he doesn’t like this. Please stop.” This is riskier for you and you have to decide if these are steps you can take. You can be a helpful presence even without this step.
- 4) Either way, offer to leave with the person being harassed. If the harassers follow you, call or ask others for help. Generally it is best to go to a store or other public place and reassess the situation.

**-Submitted by Marye Gail Harrison**

When shopping at Amazon, use their smile.amazon.com portal and they will donate a percent of every purchase to the charity of your choice. It adds up!

### Upcoming Special Events and Other News

★
USH ReGifting Sale
★

**Drop-off Dates: Nov 20 & 27, 2016**  
**Sale Dates: Dec. 4, 11 and 18 (after worship)**



Re-Gift?

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Find a new home for all your unwanted items (New, or like new, preferably smaller than a breadbox. ★ Do your holiday shopping. ★ Delight someone else who may love your item. ★ Clean out your closet. ★ Help the environment / conserve resources. ★ Make money for USH

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★ Look for new environmentally friendly products you can give as gifts this year.

★ **Sponsored by the Green Sanctuary Sub-council**





**Art News** - Peter Upton graciously altered his schedule to enable Deborah Sacks to mount her exhibit of Kiddie Friendly Kitties in time for the Festival of the Season on December 3. This talented very busy artist will be with us into January, hopefully, allowing us to meet her in person and share her art with the community. **–Submitted by Sara Sturges Image:**

[http://www.psgallery.com/artists/deborah\\_sacks](http://www.psgallery.com/artists/deborah_sacks)

**12th Annual Holiday Piano Concert presented by Benjamin Dix, Piano Soloist**

**December 10 @ 1:00 pm - 3:00 pm at USH**

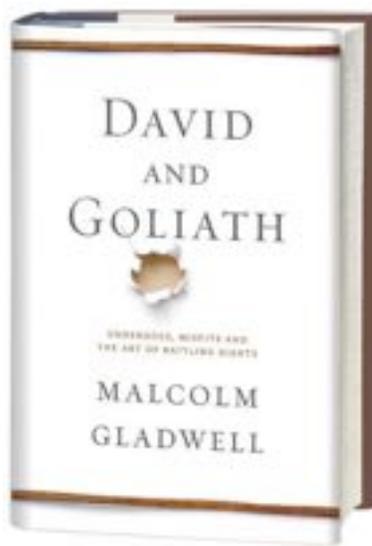
**Free Admission**



Featuring Mozart-Piano Sonata KV. 570, Shostakovich Andante from Piano Concerto # 2 in F, Pachelbel-Canon in D, Chopin Grande Valse Brillante Op. 18, "Heroic" Polonaise, Op. 53, Etude Op. 10 # 3, and Nocturne Op. 9 #2, Handel "The Harmonious Blacksmith"—as well as Holiday Favorites: Variations on I Saw Three Ships, Hanukkah and Christmas Medley, Fantasia on Angels We Have Heard on High & Silent Night, A Poor Wayfaring Man of Grief and "Send in the Clowns" from A Little Night Music.

Piano Soloist Benjamin Dix received a Bachelors Degree in Instrumental Music Education from the Hartt College of Music where he graduated Magna Cum Laude. Ben served as an Assistant Principal at the Burns Academy of Latino Studies in Hartford, Connecticut as well as the Director of Student Personnel Services in the Salem School District. Ben also served as Chairperson of Individualized Planning and Placement Services at James Hillhouse High School in New Haven, Connecticut and as an Assistant Director of Education at Adelbrook Behavioral and Developmental Services in Cromwell, Connecticut. Ben currently is a Coordinator of Special Education Services with the North Haven Public Schools in Connecticut and continues to be a local piano soloist.-

**Submitted by Benjamin Dix**



**USH Book Club Meeting: David and Goliath, by Malcolm Gladwell**

**Thursday December 8- 5:30 PM at USH in David's Den**

Gladwell examines and challenges our concepts of "advantage" and "disadvantage" in a way that may seem intuitive to some and surprising to others. Beginning with the classic tale of David and Goliath and moving through history with figures such as Lawrence of Arabia and Martin Luther King Jr., Gladwell shows how, time and again, players labeled "underdog" use that status to their advantage and prevail through the elements of cunning and surprise. He also shows how certain academic "advantages," such

as getting into an Ivy League school, have downsides, in that being a “big fish in a small pond” at a less prestigious school can lead to greater confidence and a better chance of success in later life. Gladwell even promotes the idea of a “desirable difficulty,” such as dyslexia, a learning disability that causes much frustration for reading students but, at the same time, may force them to develop better listening and creative problem-solving skills. As usual, Gladwell presents his research in a fresh and easy-to-understand context, and he may have coined the catchphrase of the decade, “Use what you got.” **Contact Richard Groothuis at [rgroopofus\(at sign\)me.com](mailto:rgroopofus(at sign)me.com) for more information**

**HOLIDAY LUNCH TUESDAY DEC. 13** The LUNCH BUNCH and WOMEN’S ALLIANCE invite you to join us in Fellowship Hall at noon on Tuesday, December 13 for a potluck luncheon.

Everyone is welcome, but sign up at the program table telling us how many will come and what you plan to bring. Cost is \$1 per person payable at the lunch.

We encourage you to brighten the holiday for someone else by bringing holiday gifts for Interval House or The Open Hearth. Gift Cards are always a good choice or you can go on line and check the wish list for these organizations.

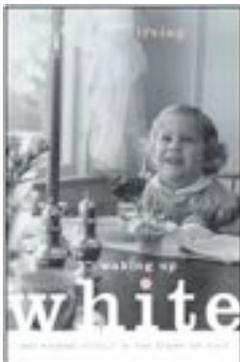
Alternatively, you can support Meeting House friends with checks made out to the USH, Ministers’ Discretionary Fund.

We will hear our traditional “A VISIT FROM ST. NICHOLAS TO A LIBERATED HOUSEHOLD”, which we have shared for over 30 years, and ask you to bring a short reading to share, if you wish.

**If you can help set and decorate tables at 10:30, or help with clean up after lunch, please contact Louise Schmoll at 860-242-2953.**



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



#### Waking Up White Book Discussion Series

The first of the series of Waking Up White dialogues was a rich sharing of ideas and reflections. The next sessions will be held as follows (both dates are Sundays):

\* December 11 at noon at UU Fern Street in the Program Center. A light lunch will be available prior to the dialogues. Read pages 157-255.

**Any questions contact Gloria Francesca Mengual  
@ gloriafmengual@gmail.com. Thank you for the great response and  
interest thus far. See you on December 11th! -Submitted by Gloria  
Francesca Mengual**



**Candlelight Festival of  
Lessons & Carols**

In the style of King's College, Cambridge,  
enjoy this spiritual respite from busy December.

St. John's Choir  
Scott Lamlein, choirmaster & organist

**Sunday, December 11, 3:00 p.m.**

**Free Admission, Suggested Donation \$20**

Reception and Art Show to follow  
featuring works by local artist **Lisa Bell**, whose art is inspired  
by liturgy, music, and scripture.

 St. John's Episcopal Church  
879 Farmington Avenue (near Priggett)  
West Hartford, CT 06119  
www.RedDoor@uuhc.org

**Music at the Red Door**

## Weekly Reminders



### Do you love music? Theater?

USH is looking for someone to head an Arts and Entertainment Committee.

I receive many requests from performers asking if USH would be interested in hosting them. We have recently had one person volunteer to help with this but would love to have a team. Please contact Linda Clark at ushlindaclark(at sign)gmail.com if you are interested in bringing many talented performers to USH. Thank you!

### 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) 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, of any of the USH Gardens--the Memorial Garden, Pet Memorial Garden, or Community Garden plot and Labyrinth.

Walking the labyrinth means walking over dark, uneven terrain. Please only do this if it makes sense for you, and know that it is not currently accessible for all. Perhaps, someday, with your support!

Additional Plantings that will winter over are welcome in the labyrinth. Thanks to all for your patience and participation. **-Warmly, Rev. Heather**



**The USH Wish List** - Hello Everyone! There are some items that we could really use at USH:

A Folding Lightweight Table to use at various events

A Vacuum Cleaner for general clean up

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)

**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

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**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.