



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

USH-Enews ~ January 18, 2017
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Worship Service: Sunday, January 22, 2017 10:30 AM
"Courage and Compliance" ~ Rev. Cathy Rion Starr, Co-Minister and Rick Tsukada, Worship Associate ~ As a new administration moves in to the White House, the strength and vision of progressive religious institutions is even more important. We need one another to cultivate courage, and support each other when we inevitably and unintentionally comply with injustice.



A note from the Revs. ~ As the Rev. Meg Riley recently put it, “If we are to be strong in these difficult days, we need to do three things: Deepen our spiritual practices, take concrete strategic actions, and stay united with beloved communities of resistance.”

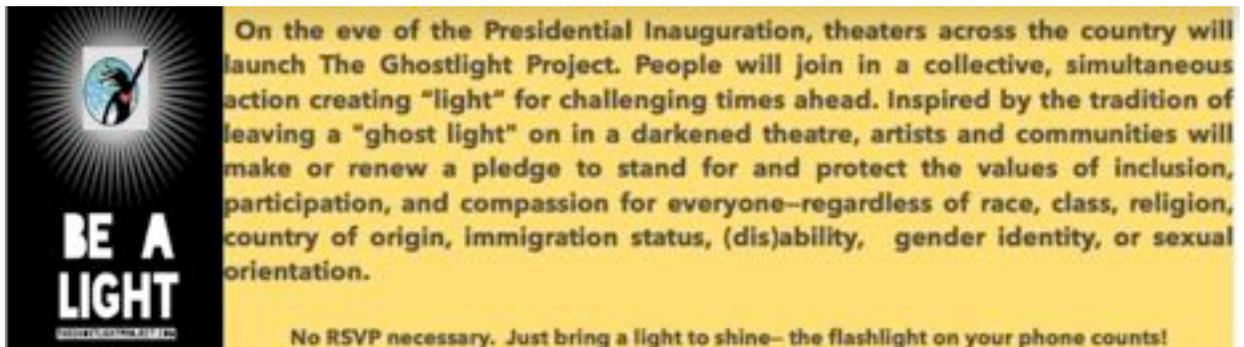
This week, we have opportunities to do all of these. We’d like to highlight some local events, and encourage you to

check out the breadth of Unitarian Universalist opportunities at home and throughout the country here.

We send our blessings to all those who are travelling to the Women’s March in Washington DC (as well as those going to New York City or Boston). If you’re going, you can link up with Unitarian Universalists in Boston here, or DC here.

Locally, here are some of the events we encourage you to check out:

- **Wednesday, January 18, 4:30-6 PM:** Rally & Speak Out for Reproductive Freedom at the Legislative Office Building, 300 Capitol Avenue, Hartford
- **Thursday, January 19, 5:30 PM:** Ghostlight at the Carriagehouse Theatre, Theatreworks, and Hartford Stage
- **Friday, January 20, 6-8 PM:** Spirit and Action Inauguration Day Potluck at USH in the Library to feed our bodies & souls and support one another in taking action this month and mark the end of 40 Days of Focus, transitioning to ongoing action



- **Saturday, January 21, 1-3 PM:** Women's March on Hartford, CT.,: in solidarity with Washington D.C. on the North side of the Capitol Building in Hartford. In solidarity with the 200,000+ expected in Washington, D.C., let us meet on the North steps of the Capitol Building in Hartford for a rally, providing a local option

for those who cannot travel to D.C. that day. Like many cities and states around the world, we will join in calling for honoring EVERY voice that upholds dignity, justice, unity, and equality for all. Share your views and show support for the ideals and principles behind the Women's March. If you are interested, please learn more about the values we are trying to express at <https://www.womensmarch.com/mission/>. ALL are welcome! Specific information about parking in the post pinned below. Speakers include Governor Dan Malloy, State Representative Hilda Santiago, Victoria Christgau: CT Center for Non-Violence, Sarah Croucher: NARAL Pro-Choice CT, Natacha Jaboin: Advocacy Unlimited, Hartford's Proud: Drill, Drum and Dance Corp, Grace Academy Choir

· **Sunday, January 22, 10:30 AM:** Come Worship Together as we reflect on the spiritual resources we need to fully live out our Unitarian Universalist Faith

If going out to these events isn't your thing, then we encourage you to check out 30 Days of Love, a project of Standing on the Side of Love. Here you'll find spiritual nourishment, ideas for action from home and out in public, and more!

We're also accepting nominations for this year's USH Courageous Love Award, which we'll give to an individual or organization at our February 12th Share the Love Sunday Service. **Please send nominations to Rev Cathy (revcathy@ushartford.com) and Gloria Francesca Mengual (gloriafmengual@gmail.com) as soon as possible.**

Whatever you do, and wherever your heart is, remember that our faith calls us to live out our values and know that you are not alone. The only way forward is together. **With love, Revs. Cathy & Heather**

Wednesday, January 18 ~ [Rally & Speak Out for Reproductive Freedom](https://www.facebook.com/events/175054639636614/)
<https://www.facebook.com/events/175054639636614/>
Wednesday, January 18 at 4:30 PM - 6 PM

Legislative Office Building, 300 Capitol Avenue, Hartford, CT

Join the CT Coalition for Choice for our day of action which will include a visibility event within the Legislative Office Building (300 Capitol Ave. Hartford) from 12:00-4:30 followed by a rally and speak out for reproductive freedom.

We need your voices in Hartford to loudly demonstrate to our state lawmakers that we will not stand for any restrictions to reproductive health, rights and access in our state. We have the power to stop the attacks and we are ready to fight back with your help to say #WeWontGoBack!

Tell us when and how you can join us on January 18th by signing up at: <http://bit.ly/reprodayofaction>

For the rally, we will gather at the Legislative Office Building at 4:30, then we'll march to the capitol.

Saturday, January 21 ~ Women's March on Hartford, CT: in solidarity with Washington

<https://www.facebook.com/events/1144298879019419/>

Saturday, January 21 at 1-3 PM; Capitol Building, North Side, Hartford For all of those with parking questions! <https://hartfordparking.com/map/map2009.htm>

Wednesday, January 25, 6:30-8:30pm - David's Den ~ Spirit and Action

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. Families welcome (let RevCathy know asap if you'd like childcare). **Let Rev. Cathy know if you'd like to help.**

Also, save the date: Sunday, Feb 12 is our second annual Share the Love service -- the culmination of Standing on the Side of Love's 30 Days of Love. If you have a local group you'd like to nominate for this year's "Courageous Love Award," please let Gloria Mengual and myself know soon! **In faith and love, - Rev. Cathy**

A Note of Big Thanks from Your Revs.! ~ Thanks so much to all of you who organized, supported, attended, participated in, or in any way contributed to the baby shower for our family this past Saturday. What a delightful afternoon. We loved the thoughtful blessings, your playful spirits and getting the chance to be together for a simple, sweet, and purely positive occasion. Thanks to Katharine Ann Anderson, Joan Nicoll-Senft, and Rayla Mattson for all your organizing, to everyone who helped with setup, cleanup, and refreshments, to Martha Bradley for special desserts and Linda Ericson-Ebel for flowers that are continuing to lift our spirits. Thanks to all who contributed to our 2nd Parent Adoption Fund so that we might continue to travel without worrying about being equally regarded as our childrens' parents. We look forward to sharing with you good news when the time is right. For now, we simply appreciate your warmth and good cheer as we embark on our next big adventure! (For any questions about our Parental Leave, please speak with Martha Bradley, Chair of the Parental Leave Team, or others members of that team listed elsewhere in this E-news.) **With deep gratitude, Revs. Cathy & Heather**

Baby Pool for Baby Rion Starr ~ Have a hunch? Make your best guesses about Baby Rion Starr's arrival and you could win half the pot! (The other half will go to USH.) Make your guesses on the form and bring your bid to USH. (\$5 suggested per bid) or you can mail it to USH*. The pool will close January 31, so start guessing! **Reminder: If you were one who put your baby pool bet on a piece of paper in the bowl, we will need you to complete the online betting pool as well.** The online betting pool requires additional information besides the due date (e.g., length & weight of baby). **YOU MUST COMPLETE THIS LINK IN ORDER TO BE CONSIDERED AS A WINNER!** -*Checks should be made out to USH with "Baby Pool" written in the memo section. - **Submitted by Katharine Ann Anderson**



Photos: Harriet Gardner

Rayla Mattson is our Rentals Manager. For new rental requests to use space at USH, please contact her at: 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
 2016 Programs for Adults and Families
 Things You Can Do in Response to the Election
 Upcoming Special Events and Other News
 Upcoming Special Events & News in the Larger Community

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. 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. Thank you! ~Linda

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



Indoor Cleanup Day Planned - On Saturday, January 21, from 9 AM to Noon there will be an opportunity for volunteers to generally clean up Meeting House spaces.

Take note! if you have, how shall we put it, junk or stuff stashed in various spaces, you will need to label it, or otherwise identify who wants it and that it should be preserved. Otherwise, it very well may be tossed out. There is a tendency for the Meeting House spaces (rooms, shelves, closets, refrigerators, to become everyone's place to leave things behind for later or other folks to use. Such accumulations need to be periodically cleaned out. That will occur on Saturday,

January 21. Please consider showing up to give us a hand in dealing with the task. Many hands make light work. - Submitted by David Newton on behalf of Building and Grounds

**Sunday Service Recap by Kayla Costenoble
January 15, 2017**

“Commitment, Courage and Resistance: Making Real the Promises of Democracy”



Photos: Harriet Gardner

Words in Dr. Martin Luther King Jr.'s "I Have a Dream" speech in 1963 not only outlined his vision of the world as an oasis of freedom and justice, but was also a call to action, Pulpit Guest Janee Woods reminded us during her talk at the USH on Dr. King's birthday.

A former attorney, Ms. Woods is Director of Organizational Culture for a non-profit organization focusing on racial and economic justice. She writes and speaks on social justice issues, has been jailed, and takes part with Moral Monday CT and Black Lives Matter in acts of nonviolent resistance.

As an African-American woman, Ms. Woods said, "The founding fathers' ideals were not promised to me. We still have far to go. Seeking justice is chaotic and painful. It requires courage, boldness, faith, resistance, knowing the game is rigged, and leadership."

Ms. Woods stressed that we can and must resist “before it’s too late...Passive acceptance is not the way to go; Hope is not enough.” Her guiding principles to achieve justice and reclaim Dr. King’s legacy include the following five touchstones: 1. Seek and honor the truth. 2. Justice requires sacrifice. 3. Ask, accept and give help. 4. Be alert, disruptive. 5. Give more love.

Ms. Woods closed her Reflection at the USH with words Dr. King used during a rally in April 1960, at Spelman College, a four-year liberal arts women’s college in Atlanta, GA:

If you can’t fly, run;
If you can’t run, walk;
If you can’t walk, crawl;
But by all means keep moving.

Sarah Cassidy, recently appointed as Rayla’s RE assistant, gave the Time for All Ages part of the service. She received some meaningful answers when she asked the kids crowded around her on the Chancel steps what Dr. King’s “I Have a Dream” meant: “So black people don’t get treated badly.” “Black and white boys and girls join hands in equality.”

Rev. Cathy’s Reflection during the Tuning Inward section reminded us that we are honoring the legacy of the great Dr. King, who gave his life for justice and equality. “We have come so far, but have so far to go,” she said. We are apprehensive, scared, full of hope, committed to courage and resistance (“some more than others”). “May we create a circle of love to hold all our struggles.”

Music played an important part in the service, as we delighted in the appearance of the Meeting House Folk, (Stephanie Briggs, Patrice Fitzgerald, Helen Koulidobrova, Sarah Harmon McKenzie and Mike Zanta) who brought their voices and their instruments (guitar, banjo, tambourine and percussion) to sing both as a group and with us with toe-tapping, hand clapping songs of yore. This included African-American spirituals, Pete Seeger’s “Quite Early Morning” and “Ain’t Gonna Let Nobody Turn Me ‘Round”—sung by the Freedom Singers during Dr. King’s 1963 “I Have a Dream” speech from the steps of the Lincoln Memorial.

Extra note: I found these words of Dr. King’s when he delivered the Ware Lecture at the UUA General Assembly on May 18, 1966 in Hollywood FL: “The next thing the church must do is remain awake through this revolution is to move out into the arena of social action...As long as problems are with us, it will be necessary to call attention to them.”

RE News You Can Use! ~ This Sunday the nursery will be available from 10:15-11:45AM for morning worship. There will be a Children’s Chapel in the Payson Miller Chapel from 10:30-10:45AM followed by age appropriate classes.



The DRE is also looking for some residential assistance. USH will be hosting a Renaissance Module for UUA on Feb. 3rd and 4th. A few participants from out-of-town could use a place to stay the night of the 3rd. If you would be willing to open your home to one of our participants for the night, please let me know. Thank you so much. **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.

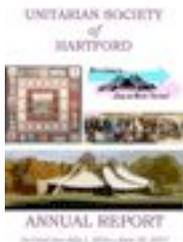
In RE today with the 3-5th graders, we created rocks with words about something we do that's good. I try to remember to wear a "half smile", because it's very difficult to feel negative emotions when you have a half smile and it often leads to people smiling back at you. Try it! In the words of the Buddhist monk, Thich Nhat Hanh: "A tiny bud of a smile on your lips nourishes awareness and calms you miraculously...your smile will bring happiness to you and those around you." **-Submitted by Susan Hope;**



Image: <http://www.earlywomenmasters.net/>



Church Business News



2017 Annual Report Submissions: Hello all, I sent an email reminder to everyone who will be submitting a report this year. If you did not receive this reminder but will be sending a report, please contact Linda Clark at [ushlindaclark\(at\)sign@gmail.com](mailto:ushlindaclark(at)sign@gmail.com) or call 860-233-9897. Below is an excerpt from the email reminder:

"It's time to begin collecting submissions for the 2016-2017 Annual Report which will be distributed prior to Annual Meeting on Sunday, May 21, 2017 ***The deadline for submissions is Sunday, April 23, 2017.** This will enable us to have the reports available the Sunday before the meeting on May 14. Earlier is greatly appreciated. Please send in a separate email with 'Annual Report -the Title of Report-' in the Subject."

-Thank you, Linda Clark, Office Administrator

Financials are posted on the website

Click [HERE](#) to view.

If you need the User Name and Password please contact Linda Clark at ushlindaclark@gmail.com



Have you ever wondered how you could get more involved with what goes on at USH? Perhaps you just started coming a few years ago or maybe you've been around for a long

time but, in any case, it's not easy to figure out what you could do that would be the best fit for you and where you could help the most. There's so much going on. The opportunities seem to change almost every day. You're not alone if you aren't sure what to do. But ... have faith ... there's help on the horizon. In fact there's help right around the corner on February 5th.

So ... what's happening on February 5th, you ask? An "All-Councils Fair" in Fellowship Hall after the worship service!

Want to know what our church is doing to promote social justice and how you can get involved? Grab a cup of coffee and go to the SJ table and ask.

Want to get your own copy of our new Directory or carry one around with you as you visit the tables, each with someone from one of the many groups doing something? Come to the fair.

Want to find out who you can contact to get more information about what some group does or when their next meeting is? Come to the fair and get a list of names and contact information.

Have you ever thought about singing in the choir? Come to the fair and find out when they practice and how you can see if that's something you'd want to do.

Perhaps you've been thinking about doing something to help the teachers and students in our rapidly growing Religious Education program. Come to the fair and volunteer to be an Assistant in one of the upcoming classes when the scheduled Assistant will be out of town and can't make it.

Have you ever wondered what the Caring Network does? Come to the fair, go to their table and ask and find out.

What the heck is AIM? The answer is waiting for you at the AIM table at the February 5th fair.

You get the idea. The fair will give you the information you need to turn your vague feeling that you'd like to get involved (or more involved) in something in the church into a very real chance to try something out ... something specific that meets your needs and the time you have available. What do you have to lose? Not much except for your indecision and confusion. But, if it works, you and your church have a lot to gain. If it doesn't work, at least you'll know that and can try something else.

Come to the fair and see what happens! If you have no idea where to start, there will be a few guides wandering around to help you. **-Submitted by Bill LaPorte-Bryan**



Get Involved, Find Your Niche, Get Psyched, Help Us Out!

Come to the All-Councils Fair on February 5 during coffee hour. Sub-Councils will have information on what their committee does and how you can get involved. Learn about all the wonderful things that volunteers do for USH. COME! **-Submitted by Virginia deLima**

A Message from the Archive Team: ~ The archive team is looking to collect any board and committee minutes and reports. Please put a copy of your minutes in the archive mailbox in the office. This should be the final version with corrections applied. It helps if you print on both sides of the paper. **-Thanks, Larry Lunden**



Parental Leave Notes

The Parental Leave Planning Team (Martha Bradley, Phil Gardner, Eve Pech, Sue Smolski, and Revs Cathy and Heather) has been at work to make sure, as much as possible with the uncertainties involved with babies and due dates, that all bases are covered when Revs Cathy and Heather are away.

Based on a due date of 2/14 (what a Valentine!), both Cathy and Heather will be off for 4 weeks after the baby arrives. RevHeather will return half time for the second 4 weeks, and then full time for the next 4 weeks until RevCathy comes back, at which time they will both resume their normal half time schedules.

All the Sunday services during the Revs absence have been planned with either a guest or lay speaker. Watch your enews for some interesting and thought provoking speakers and topics. **USH Associate Minister, Rev Erica Richmond, will be on call for hospital visits and pastoral emergencies while both Cathy and Heather are away. Erica can be reached at:**

reverendrichmond@gmail.com or 860-929-9429. While Cathy and Heather will want some uninterrupted private time after the baby is born, you can bet they will be keeping in touch on Facebook and through the weekly E-news as able.

Speaking of betting, you might want to start thinking about your entry for the lottery for closest guess as to the exact date and time of baby Rion Starr's arrival. See the earlier blurb in this E-News to place your bet!

During the Revs' leave, Parental Leave Team members will be available to field and refer questions and concerns as follows:

Worship, including music and RE; Sue Smolski
 Business, building, personnel; Phil Gardner
 Pastoral Care; Eve Pech
 General issues; Martha Bradley

See your USH Directory for contact information: Click [HERE](#) for the directory online.



2017 Programs for Adults and Families

Stop by the Programs Table on Sunday to register for the next Friday Pizza and Movie Night February 10 and also to reserve a copy of the 2016 USH Photo Directory for \$5.00.

Have you been thinking about a program or workshop you would you would like to offer in the coming months?

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

USH Book Club: Thursday, February 9, 5:30.

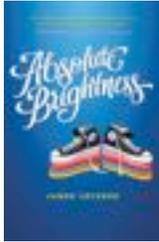
Pizza and Movie: Friday, February 10, 5:15, featuring "Romeo and Juliet".

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. Any questions please contact Jan Bennett, chair2clinic@juno.com
 Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Any questions please contact Jan Bennett, chair2clinic@juno.com



USH BOOK CLUB: Next Meeting - Thursday Feb 9 at USH at 5:30 PM

Book: Absolute Brightness by James Lecesne

(Rev. Heather's choice because it will be the basis of a play at Hartford Stage in the Spring, and a service here at USH!)

Mr. Lecesne writes a harrowing story of how a community can react to someone who comes off as different. Leonard infuses joy in all he does, and only too late does Phoebe realize the effort that Leonard put into showing the world such a positive face. **-Submitted by Richard Groothuis**

2nd Principle Things You Can Do ~ Rev. Heather continues "40 Days. Focus!" effort

Recognizing my own need to not get overwhelmed, scattered, or be constantly in reactive mode, I thought of using the 40 Days leading up to the January 20 Presidential Inauguration as Days for Focusing: shoring up our energy and resources, building resilience and deepening relationships that will enable us to better defend and protect all the marginalized communities we know that are now at greater risk. If you are on Facebook, type this Group name into your Search box at the top left: Focus / 40 Days to Focus...and Beyond and ask to Join. If you'd like to be added by e-mail, e-mail Rev. Heather at revheather@ushartford.com.

And for all of us: we are in this mess together. People are seeking out this congregation as a basecamp for connection, direction, relationship-building, solace, and clear ways to organize action. Your support for the work of this congregation is crucial right now. Perhaps more than ever, and certainly more than in recent years, people need this congregation as a conduit--a way to respond, make sense out of things, find community, build resilience and strength during difficult times. Let us support one another more than ever, now and in the days ahead. #40Focus is ongoing through January 20, 2017. Join us!

Warmly—Rev. Heather, revheather@ushartford.com, cell/text: 541-390-6052, on Facebook & Twitter

Upcoming Special Events and Other News




4 Sunday sessions
(Jan 29, Feb 5, Mar 5, Apr 2)
12:00-1:30 pm

Followed up with a
Membership Sunday on May 7th

A Path to Membership

Join us in our three-session workshop and examine how Unitarian Universalism and the Unitarian Society of Hartford relates to your spiritual growth, sense of community, and everyday life.

Free child care provided.



Rev. Heather will be present for these sessions.

Sign up at the Programs Table or contact Brian Harvey at bharvey@ushartford.com

SENEXET RETREAT 2017 ~ LADIES, our beloved Senexet Retreat has moved to SPRING! And we want you to come. So mark your calendar now for April 21-23. Details and registration information will be published in early March.
-Submitted by Louise Schmoll



A great documentary that explores the bottled water industry and its effects on our health, climate change, pollution, and our reliance on oil.

PLEASE JOIN US! The Green Sanctuary sub-council of the USH along with Save Our Water CT will be showing the award-winning documentary film “Tapped” on **Sunday, January 29 starting at 12:15 in Fellowship Hall.** After the showing, members of the Save Our Water CT committee will lead a discussion about protecting Connecticut’s public water. “Tapped” is an award winning

documentary that shows the effects of the bottled water industry on our health, climate change, and environment. The film is particularly relevant as California company Niagara Bottling builds its plant in Bloomfield, CT. This event will be an opportunity to educate ourselves about the impact of the water bottling industry on our local water supplies and our environment. Members of Save Our Water CT will also give updates on efforts to protect CT’s water at the state legislature this session and what citizens can do to help. Questions and comments about these issues are welcomed. -Submitted by Mary Sherwin



**Speaking tour from the front lines of Standing Rock
7:00-9:00 PM on Monday, February 6th at USH.**

Come join us to hear from the Red Warrior Society who were at the front lines of Standing Rock, and from the Mothers Against Meth Alliance who are fighting meth addiction on the Pine Ridge Reservation. Suggested donation \$5-\$15 /

Childcare will be provided

For more information about M.A.M.A. and the Ride For Resistance tour send us an email to vpuestas@live.com. For info about childcare, please contact Laura at Lkerith (at sign) gmail.com -Submitted by Laura Kerith Rozza

<https://www.facebook.com/events/182002078944931/>

Upcoming Special Events and News in the Larger Community

Local Events
January & February

| | | | | |
|---------------|--|--|---|-----------------|
| Jan 20 | GENERAL STRIKE - NEW HAVEN | New Haven Green Temple Street, New Haven, CT | https://www.facebook.com/events/581383692058254/ | 9:00am starts |
| Jan 27 | DR. MLK JR. LEGACY SYMPOSIUM (WITH CHRIS CRASS) | Johnson Chapel Amherst College Amherst, MA | https://www.facebook.com/events/129653260858486/ | 1:50pm |
| Jan 28 | RACISM 101 | St. James Episcopal Church, 1018 Farmington Avenue, West Hartford, CT | https://www.facebook.com/events/1801022096816845/ | 10:30am to Noon |
| Feb 28 | PATRISSE CULLORS, CO-FOUNDER OF #BLACKLIVESMATTER | College Center at Crozier-Williams, 1962 Room, New London, CT | https://www.conncoll.edu/equity-inclusion/programming-and-events/ | 7:00pm |

Weekly Reminders



Every Sunday after worship – 12:00 PM
20s/30s Sunday Brunch

The 20's/30's Group is hosting a weekly potluck brunch Sundays at noon. It's open to existing members, friends, newcomers, and visitors in their 20's and 30's. Members and guests are encouraged to bring something to share. *-Adam Brown (860) 847-0940*

In The Library
 @ The Meeting House

RSVP to
 adambrown6@gmail.com

We look forward to seeing you!



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! -Linda Clark**

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 are 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. (Formal music training is not required).**



The USH Wish List

Hello Everyone! We mostly need People--those who are tech savvy, social media gurus, or Millennials! Those who are good at getting the word out. There are also some items that we could really use at USH:

A Folding Lightweight Table to use at various events
 2 Floor Length Mirrors
 New collapsible functional easels (Thank you Ruth for the one you donated!)
 Staples gift cards

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

The Archives Team is hard at work and has added this to the USH Wish List: Shelving for the Worship Arts and Archives for organizing the materials stored in the Fuller room. Our materials in there are overflowing the available shelving and cabinets. This will allow us to better use the limited floor space that is available. We are looking for two more metal units just like the six foot, six shelf one in there now. No casters.
 Brand HDX, model 6T60184872C, stock number 100655787, or equivalent.

Thank You, Larry Lunden, on behalf of the Archives Team

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

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.

USH Staff:

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

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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.