



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 ~ February 1, 2017  
 Worshipping Together Since 1830  
 Sunday Service 10:30 AM  
 Revs. Cathy & Heather Rion Starr



Image: <http://hrostoski.com/>

**Worship Service: Sunday, February 5, 2017 ~ /10:30 AM ~ “Some Times In Our Lives” ~ Rev. Heather Rion Starr, Co-Minister ~ Lisa Galinski, Worship Associate** ~ One of the hardest things we human beings--and especially New Englanders--struggle to do can seem so simple: ask each other for help. What keeps you from saying "help" when you need it? Knowing ourselves and each other well is essential to navigating these turbulent times. Come help(!) us do what we strive to do: "nourish spirit, build community, and work for justice"...together. **This Sunday's offering will be a dedicated**

**offering for the Ministers' Discretionary Fund, the primary purpose of which is to support congregational members and friends with urgent needs. Thank you so much for your care for one another!**

**Get Involved. Find Your Niche. Help Us Out.**

**Come to the All-Councils Fair, February 5, during coffee hour**

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 to 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 Virginia de Lima**

**New Current Happenings Deadline:** The deadline for material to be included in the Sunday OOS insert "Current Happenings" is 8 AM Wednesdays. Please send any information to janicecnewton(at sign)gmail.com Put "Happenings" in the subject line. Please understand that space is limited and information should be short and concise. Include event title, date, time, room location and contact information. Thank you! ~**Janice Newton and Linda Clark, Office Administrator**

**Parental Leave Contacts** ~ While Reverends Cathy and Heather are both on parental leave -- planned from February 13 to March 13, members of the Parental Leave Team will be available to field your questions. Please don't hesitate to contact us and we'll do our best to get you a prompt response or refer you to the person who can help.

General information: Martha Bradley, marthabradley49(at sign)yahoo.com, call or text, 860-305-3307 (Martha will be visiting her son in Arizona from Feb.16 - Mar 6. If you want to contact her by phone, please allow for the 3 hours earlier time difference for Arizona. Thanks.)

**Pastoral Care:** Eve Pech, elpech(at sign)sbcglobal.net, 860-379-5035

**Business or Building:** Phil Gardner: gardnerpj(at sign)comcast.net, 860-313-4455

**Worship:** Sue Smolski: sue.smolski(at sign)gmail.com, 860-280-250

**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. USH will give the Courageous Love Award to the organization True Colors. Come be here and find out more! In faith and love, - **Rev. Cathy**

**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](#)**

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**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  
New England and General Assemblies Approaching

2017 Programs for Adults and Families  
Focus: Resistance is Daily Practice  
Upcoming Special Events and Other News  
How We Can Help the Rion Starr Family During Parental Leave

Upcoming Special Events & News in the Larger Community

Missed Last Week's Enews? Click Below:

<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](#)

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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 make sure the space is available. This will help me to avoid double booking rooms. Double check the calendar for your event 1 to 2 weeks prior to make sure it's correctly posted. Email any corrections to [calendarchanges@ushartford.com](mailto:calendarchanges@ushartford.com). Thank you! ~Linda

USH STAFF <http://www.ushartford.com/events/>

**Sunday Service Recap by David Newton  
January 29, 2017 ~ “The More of Less”**



Photos: Harriet Gardner

**Kayla Costenoble would like to share the Sunday Service Recap reporting. Are there any budding writers who are interested? Please contact Linda Clark at [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com). Thank you. Special thanks to David Newton for the recap this week.**

To the USH members and friends of the future, the past sends along its greetings. It has been quite a week in USH land. Reverend Heather led a service on January 29, 2017 before a packed Meeting House, packed because of the time in which we live and our message about Unitarian Universalism focus on the here and now. And, let it be said, our here and now is like no other in recent years. The ill-prepared President Trump, winner of a tainted election, has embarked on making changes to our country quite clearly contrary to the desires of more than half the population.

Faced with this political environment, Rev. Heather took note of President Trump's actions, mostly in the last week, including an instant removal of all government web references to climate change, removal of references to transgender and related concerns, his clamping down on media outreach by Environmental Protection, and the institution of antiabortion policy exceeding previous high water marks. She noted one evaluation reference to the lack of birth control funding projecting an estimated 6.5 million unintended pregnancies, 2.2 million abortions and about 2,100 deaths of women from the complications of pregnancy and birth. Further, additional presidential actions fast tracked two pipelines, initiated building the now infamous border wall, and finally, instituted extreme vetting of immigrants from several Muslim countries resulting in the maladroit detaining of those in transit at airports, an action enraging our good citizens across the nation and offending our traditions as well.

Most of you know all this, you lived through the same week, and in frustration, numbness and anger, attended the service. And, we now find ourselves in week two. Our Principles, Lisa Galinski our Worship Associate pointed out, are being trashed by current events. She did not say exactly that, but rather it is just the facts of the environment about us. And these are not alternate facts, the new verbal cloak being used to cover outright lies, a tactics of our Washington "leadership team" a team making the novel, 1984 current and relevant yet again.

So, what to do? Perhaps the ginormous banner Rev. Heather noted dangling from a crane in Washington said it all. **RESIST**

In so doing remember the words of Martin Niemoller:

When they came for the Socialists, and I did not speak out – Because I was not a Socialist

When they came for the Trade Unionists, and I did not speak out – Because I was not a Trade Unionist, etc...

Then they came for me – and there was no one left to speak for me.

To the original list, Rev. Heather added, Muslims, Indigenous People, Scientists, Refugees and The Undocumented.

She further urged us to become minimalist by sorting out the essential, discarding the rest, working on listening more and saying less with an emphasis on understanding one another better, and moving forward together.

As Edward Everett Hale put it:

**I am only one,  
But still I am one.  
I cannot do everything,  
But still I can do something;  
And because I cannot do everything,  
I will not refuse to do the something that I can do.**

**Perhaps we should remember these two words, RESIST and RESILIENCE.**

A hearty thanks to Choir, Stewardship Testimonial Author & Reader, Ushers, Candle Holders, RE Teachers, Cleaners, Coffee Makers, Roof Patchers and all the others who make Sunday's service exemplary. You know who you are. It is your collective efforts that will make this service echo through the years.

**Well done! -David Newton**

Click [HERE](#) to read Rev. Cathy's sermon from January 22nd "Courage & Compliance"

**RE News You Can Use!** ~ This Sunday, February 5, the nursery will be available from 10:15-11:45AM for morning worship. There will be a Time For All Ages followed by age appropriate classes. There will also be after care until 1:45 PM this week.



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 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.

Wonderfully, the RE program is growing, and we need additional teachers and assistants for the remaining year. Help is needed in our 4rd-5th grade class as well as in our prek-2nd grade class. The commitment would be one Sunday a month. If you are interested and or available, please contact the DRE.

**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

### Autumn Request – Successes ~ Phil Gardner, USH Treasurer



The USH Board extends its gratitude and thanks to the membership for their donations to the Autumn Request. The final results are that \$7260 was contributed in a short period of time. These donations covered a majority of the decreases in income from this year's various fundraising activities. As a result, we can continue with our programs as originally planned. A big "THANK YOU!" to our congregation for their support of the Autumn Request. -Image: fineartamerica.com

### USH Board Meeting Agenda, February 7, 2017, 7:00 PM

7:00 Opening words  
 7:04 Board covenant  
 7:07 Review/approve minutes

#### Discussion Items:

7:09 Strategic Plan  
 7:24 Budget review  
 7:39 Stewardship update  
 7:49 Budget draft highlights 2017-18  
 8:04 EXECUTIVE SESSION  
 8:19 Donation Policy Proposal  
 8:34 Green Sanctuary update and Lead by Example Proposal

#### Short Items:

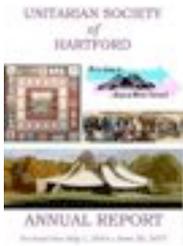
8:44 Ministers' Report  
 8:49 Sponsorship for ministerial student  
 8:54 Regional and General Assembly

#### Closing Items:

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

Adjourn

**-Submitted by John Brancato, Board President**



**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 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 the 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**



**New England Regional Assembly:  
Awaken! April 21-22, 2017**

**Regional Assembly: Awaken! New England**

Gather this spring in Woburn, Massachusetts with Unitarian Universalists across New England to celebrate our faith. Come for inspired worship, engaged learning, community singing, UUA Presidential Candidates Forum, regional workshops, fellowship and fun. Awaken your spirit! UUA Presidential Candidates Forum with Rev. Susan Frederick-Gray, Rev. Alison Miller, Rev. Jeanne Pupke, moderated by Rev. Manish Mishra-Marzetti. Reception to follow. For more info. click [HERE](#). Please let John Brancato, USH President, and Revs. Cathy and Heather know if you are able to attend!

**General Assembly 2017, June 21-25, New Orleans, LA**

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates.

Planning has begun for General Assembly 2017 at the Ernest N. Morial Convention Center, 900 Convention Center Blvd, New Orleans, LA 70130. [Google Map](#). Steeped in a history of influences from Europe, the Caribbean, and Africa, it is one of America's most culturally and historically-rich destinations. It is a city known for its music, food, architecture, and festivals. New Orleans is also known as a place of re-birth following the devastation of Katrina in 2005. Many Unitarian Universalists have contributed time and funds in the effort to rebuild both the city and the congregations in the area. By going to New Orleans, we can both celebrate our successes and recommit to the relationships that have been forged with this community. For more info. go [HERE](#). **Please let John Brancato, USH President, and Revs. Cathy and Heather know if you are able to attend!**



## 2017 Programs for Adults and Families

Stop by the Programs Table during the All-Council Fair on Sunday. We'll be happy to answer questions about the Programs for Adults and Families Sub Council. You can also register for the next Friday Pizza and Movie Night February 10 or a daytime Small Group Ministry starting in March. Handouts for other programs at USH will be available including a "Mental Health Ministry" Webinar sponsored by AIM and a workshop "Healing Arts of Emei Qigong" offered by Diana Heymann.

The Winter Spring 2017 Programs for Adults and Families catalog is now available online. Go to <http://www.ushartford.com/>. At the top of the page, click on Building Community and then Adult & Family Programs. In the bottom right corner, click on Current Adult Programs Catalog.

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".

Small Group Ministry: Mondays, 7:00 – 9:00 PM, starting February 27. (waiting list)

Small Group Ministry: Thursday, 2:00 – 4:00 PM, starting March 16.

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](mailto: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](mailto:chair2clinic@juno.com)

### **Daytime Small Group Ministry in West Hartford Thursday afternoons beginning March 16, 2017 2:00 – 4:00 PM      8 sessions**

This SGM will meet in the afternoons, 2 – 4 PM. The group will practice deep sharing and deep listening inspired by specially selected readings and questions.

If you've never been in a covenant group before, this is your opportunity to join one! Get to know who is showing up at Sunday services and make connections with friends and members of USH. There is a \$5 registration fee.

The group will be facilitated by Martha Bradley at the Bradley home, 44 Huntington Drive, West Hartford. The location is accessible and near the Meeting House.

Register at the Programs Table or by contacting Janice Newton (860-677-1121 or janicecnewton(at sign)gmail.com). For additional information about Small Group Ministry, contact: Esther McKone - estmckone(at sign)aol.com or Bill Shoemaker - wshoemaker17(at sign)comcast.net Group size limited to 10. -  
**Submitted by Esther McKone**



## USH Dinner & A Movie

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

**Romeo & Juliet (1968)**

“Classic” loved by critics & audiences

Franco Zeffirelli’s acclaimed adaptation of Shakespeare’s timeless love story.

**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, Feb 8th. Indicate your choice of meat or vegetable pizza.



## USH Book Club

Thursday, Feb 9, 2017 – 5:30 PM @ USH

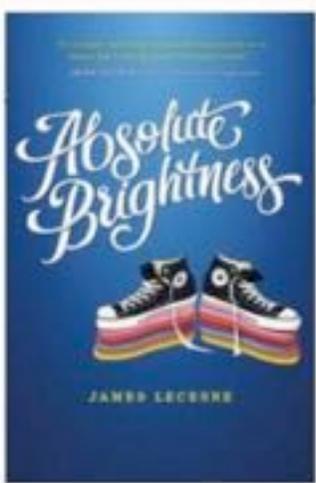
**All are  
welcome!**

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**Absolute Brightness** by *James Lecesne*

*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.*

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



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Please let Richard or Jean know if you will attend: [rgroopofus@me.com](mailto:rgroopofus@me.com) or 860-678-1030

**2nd Principle Things You Can Do** ~ Rev. Heather continues building & deepening "Focus: Resistance is Daily Practice" online group updated / January-February 2017: Each day I must choose to focus my energies. Each day I will take actions of resistance to tyranny & oppression; I will engage in acts of self-care & perseverance; I will reach out and connect with other human beings in building meaningful relationships. Will you join me? If you use Facebook, type the group name: "Focus: Resistance..." into your Search box and ask to join the group.

If you'd like to be added by e-mail, e-mail RevHeather at [revheather@ushartford.com](mailto:revheather@ushartford.com) with "Would like to join Focus!" in your subject heading.

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. ~ **Warmly—Rev. Heather, [revheather@ushartford.com](mailto:revheather@ushartford.com), cell/text: 541-390-6052, on Facebook & Twitter**



**Spirit and Action Meeting at USH  
Wednesday, February 8, 6:30-8:30 PM**

In the midst of the rapid and dramatic changes at this moment in time, it is easy to become disoriented. Gather together as we tend to our spirits and identify our personal values. By naming our values, we can align our actions with the causes and organizations that support them, to make the road ahead more clear. Bring your open hearts, your ideas, your passion, and your presence. - **Submitted by Julie Grace**

**Upcoming Special Events and Other News**



**Speaking tour from the front lines of  
Standing Rock at USH  
February 6 @ 7:00-9:00pm**

Water protectors and indigenous warriors are coming to the east coast, STRAIGHT OUT OF STANDING ROCK. These Black Snake Killaz have been fighting for sacred water and are now on the road spreading knowledge and sharing their stories of resistance fighting the DAPL.

Mothers Against Meth Alliance has been fighting the Dakota Access Pipeline from the very beginning, fighting the results of the black snake and addiction in both bodies and minds, beyond Standing Rock and long before, from the Pine Ridge reservation to wherever resource extraction is imposed onto our land and our people. For more information about M.A.M.A. and the Ride For Resistance tour send us an email to Julzzzzric(at sign)gmail.com. Our warriors are faceless. They do not take credit for their hard work. They are not on NGO payrolls. Your donations are what keeps this movement and defense going! To support this tour with donations: PAYPAL: Julzzzzrich(at sign)gmail.com Childcare will be provided! -**Submitted by Laura Kerith Rozza**



# USH Game Night

**Saturday - Feb 11, 2017  
4-7 PM**

Bring a snack, drink and game to share!  
Pop in or stay for the whole event!  
Fun for the whole family!

RSVP to Rayla, [dre@ushartford.com](mailto:dre@ushartford.com)  
so we can plan appropriately

UU  
USH  
&  
YOU



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

Followed up with a  
**Membership Sunday** on **Apr 23**

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

**A Path to Membership**

**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](mailto:bharvey@ushartford.com)

The AIM team is offering this free webinar to anyone in the congregation who would like to join in on a facilitated discussion about mental health and our church. Contact Bill LaPorte-Bryan if you have any questions.



New England  
Region

~ SAFE CONGREGATIONS WEBINAR ~

MENTAL HEALTH MINISTRY

Wednesday, February 15, 2017 @ 7-8:30pm  
Servetus



*A Webinar for Lay Leaders, Ministers, Religious Professionals, Safe Congregations Committees -- ideally, three or more lay and professional leaders will attend together as a team.*

For more info. click [HERE](#). - Submitted by Bill LaPorte-Bryan

**Lunch Bunch to Meet:** We will meet at Concetta's in Bloomfield at noon on Tuesday, February 21st. Please let me know by noon on Wednesday, February 15th if you will be joining us.

Would you be interested in sharing your life's adventures with us? If so, please contact Tina Davies or me. To register for the February lunch, contact me at 860/677-1121 or janicecnewton(at)sign@gmail.com You may also sign up at the Programs Table during Fellowship Hour. We will order from the menu and will be given separate checks. I am always extremely happy to hear from you sooner rather than later!

We will gather at Concetta's Italian Restaurant, 22 Mountain Avenue, Bloomfield. We will continue to meet at noon on the third Tuesday of the month ~ through June. I hope you will be able to join us on February 21st. ~ **Janice Newton**



### **How We Can Help Revs. Cathy, Heather and Robin During Parental Leave!**

The Rev's personal food info and meal calendar is online at [TakeThemAMeal.com](http://TakeThemAMeal.com). Their personal site is under the name Rion Starr with the password 6152 which has everything we need to know - and more! (If you're already familiar with this handy site, just type in [TakeThemAMeal.com](http://TakeThemAMeal.com) and enter your meal/s.) Key Info Follows!

"Cathy, Heather and Robin welcome your help, care, and support keeping them fed as they all adjust to having a new life in their house! We would like to start taking them a daily meal on Thursday, February 21.

Cathy is severely allergic to peanuts and peanut oil, so please make sure there is no interaction with peanuts in the food you prepare. Robin is gluten-sensitive so they prefer gluten-free versions of entrees. They are not vegetarian, and in fact protein is much appreciated! Foods they tend to like include: enchiladas, little burgers, mashed potatoes/casseroles, salads of all kinds (pasta, bean, green), chicken, tofu, etc. They love to try new things and try not to be too picky! That said, in addition to peanuts and gluten, they tend to avoid: mushrooms, eggplant, olives, and nutty things.

They live at 113 Washington Circle, the little circle-street off Park Road (think: A.C. Peterson's) in West Hartford. They have an enclosed front porch--when you take them a meal, plan to leave it on the front porch. They'll have a note up about whether they are sleeping or not. Please label your dishes with your name if you'd like them returned, keeping in mind that things can get a little disorganized in New Baby-Landia!

Thank you so much for helping our Revs create a time of nourishment, privacy and quiet as they adjust to their new family and schedule. Keep an eye on your E-news for others news and updates. Thanks again for your support! For further questions about bringing our Revs a meal, please talk with Eve Pech of the Parental Leave Team. (RevHeather will be back with us Tuesday, March 14.)" - **Submitted by Deb Meny**



**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 Schmol

**Discover the Healing Arts of Emei Qigong**  
Simple techniques for improving your health and finding contentment

**LEVEL I 3-DAY TRAINING: Feb. 18, 19, & 20 (\$99)**  
Sat. and Mon., 9:00 am – 5:00 pm; Sun., 9:00 am – 3:30 pm  
**GROUP HEALING: Feb. 19 at 3:30 PM (\$30)**

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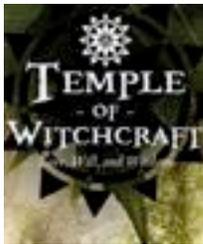
<p><b>An Ancient Path to Self-Healing</b></p> <ul style="list-style-type: none"> <li>• Discover the healing power of Wuji Qi</li> <li>• Understand the causes of illness</li> </ul>	<p><b>Secrets for Accelerating the Healing Process</b></p> <ul style="list-style-type: none"> <li>• Find balance within and unlock your latent abilities</li> <li>• Remove the blocks that keep you trapped in old habits</li> </ul>
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**Open to All - Space is Limited**

 <p><b>REGISTER by calling</b> 860-461-0908 or email <a href="mailto:heydiana42@gmail.com">heydiana42@gmail.com</a></p> <p>Unitarian Society of Hartford, 50 Bloomfield Ave. Hartford, CT</p>	<p>Emei Qigong teacher Diana Heymann, has trained since 2013 under Master Pat Bolger and in China with Grandmaster Fu Wei Zhong, 13th Lineage holder of the 800-yr-old Emei Linji Qigong tradition.</p>	
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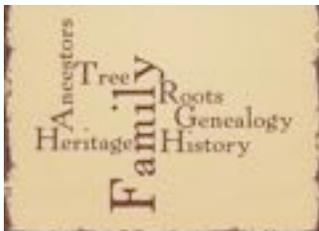
For more details visit: [emeiqigongspirit.weebly.com](http://emeiqigongspirit.weebly.com)  
**Start Now - Change your karma and transform your destiny!**



**Join the Temple of Witchcraft for their second Sabbat ritual held in Hartford, Connecticut!**  
**February 4, 2017, 7:00 PM**

Light refreshments will be served for grounding after the ritual. A sliding scale donation of \$15-\$25 is requested to cover the cost of the Hall and supplies. If you have questions about the ritual, please email [jford@templeofwitchcraft.org](mailto:jford@templeofwitchcraft.org). For more info. Click

[HERE](#) - Submitted by Ralya Mattson



**ASK A GENEALOGIST!**  
**SUNDAY, FEBRUARY 19**

Interested in genealogy? Stumped or befuddled in your research? USH's Marilyn Giese will help you initiate or continue your work in a talk at 12:15 PM on Sunday, February 19, in the Chapel.

Marilyn has over 30 years of genealogical research

experience. She hosts regularly scheduled advice sessions at the Avon and Simsbury Libraries and also works as a private consultant. The talk is open to all friends and members of USH, free admission, with no registration required, sponsored by the USH Women's Alliance, to help nurture community. The third presentation in this series will be on April 16. -  
**Submitted by Nita H.**

### Weekly Reminders



**Show your  
support!**

Lawn Signs - \$20 Each

Now is the time for building resilience & deepening relationships that will enable us to better defend and protect all the marginalized communities we know are at greater risk in the present political climate.

If you would like to reserve a sign for your lawn or window, please make checks out to USH and put "Love Your Neighbor sign" in the memo. Brian Harvey is ordering more signs. Give the checks to Brian Harvey or Linda Clark.



In The Library  
@ The Meeting House

RSVP to  
adambrown6@gmail.com

## 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

*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](mailto: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, Wor Millennials, who would help us record, upload and podcast services. There are also some physical items that we could really use at USH:

- Small to Medium Soup Bowls for the Kitchen
- A Folding Lightweight Table to use at various events
- 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.

The Archives Team is hard at work and has added this to the USH Wish List: Shelving for 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.**

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

**There are a number of great events coming up that we'd like to share. Please remember to "like" the hosting organizations on Facebook to stay in touch with their work. Also please consider supporting them in other ways (donating, volunteering, etc.). Now more than ever is the time for us to show up!**

#### **West Hartford Rally for Immigrant and Refugee Rights**

Wednesday, February 1, 4:30-6:00 PM

50 South Main Street, West Hartford, CT (Town Hall, outside)

<https://www.facebook.com/events/1855575204720384/>

### **What is a Sanctuary City? A Community Conversation**

Sunday, February 19 at 1 PM - 3 PM

Sacred Heart Church- 160 Main Street Hartford

Hartford City Councilwoman Bermudez and CT Students for a Dream are partnering to organize community conversations on what it means to be a sanctuary city and how we can support each other during times of crisis. This event is open to everyone who is interested in learning more about their rights as residents and how we can work together to make every family feel safe in our community.

<https://www.facebook.com/events/1827263740886798/>

Patrisse Cullors, Co-founder, #BlackLivesMatter

Tuesday, February 28 at 7:00-8:30 PM

Connecticut College- 270 Mohegan Ave, New London

A keynote address by Patrisse Cullors, Co-founder of the global movement Black Lives Matter.

<https://www.facebook.com/events/1237139766370157/>

If there are other actions that you are aware of please share them with us and we can add them to our calendar. Looking forward to seeing you at these events!

**- Rev. Cathy**

### **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

Email: [revheather@ushartford.com](mailto:revheather@ushartford.com)

Phone: 541-390-6052

Rev. Cathy Rion Starr, Co-Minister  
Email: revcathy@ushartford.com  
Phone: 541-390-7553

Rayla D. Mattson, Director of Religious Education and Rentals Manager  
Email: dre@ushartford.com  
Phone: 860-839-5001

Linda Clark, Office Administrator  
860-233-9897 x 100 | Email: ushlindaclark@gmail.com

Rebecca Pacuk, Choir Director  
rgpacuk@gmail.com

Brian Mullen, Bookkeeper  
Office Hours by Appointment  
Email: bmullen@ushartford.com

**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.