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

USH-Enews ~ April 12, 2017
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Image: hauus.wordpress.com

Worship Service: Sunday, April 16, 2017 ~ 10:30 AM ~ "Finding Hope in Many Sources" ~ Rev. Heather Rion Starr, Co-Minister and Peter Meny, Worship Associate ~ Join us this Easter Sunday and at the end of the week of Passover as we celebrate the resurgence of spring and our Unitarian Universalist commitment to see and find hope and new inspiration in one another. There will be an Easter Egg Hunt following the service!



Easter Sunday is April 16 this year! Unfortunately, because that falls at the end of spring break, some families will be away, including our Director of Religious Education's. We need your help during and just after the service this Sunday to help our Easter Egg Hunt happen. Are you going to be here on April 16? **Please let Rev. Heather know right away. (541-390-6052 / revheather@ushartford.com**

RE News You Can Use!



This Sunday, April 16th, the nursery will be available from 10:15-11:45AM for morning worship service. Please note that the DRE will be away this Sunday. Contact Sarah Cassidy, RE Assistant for any RE related matters at saracassidy27@gmail.com.

Sermon Writing for Lay Preachers, May 20, 2017 at the Unitarian Society of Hartford. Now is the time to register for the UUA WORKSHOP for LAY LEADERS and RELIGIOUS EDUCATORS. Registration ends on May 14. Click [HERE](#) to register. Cost is \$35 - contact Sue Smolski (sue.smolski@gmail.com) if the fee is prohibitive - our goal is to have everyone who is interested be able to attend. Click [HERE](#) for more details on the USH calendar. **Rayla D. Mattson, Director of Religious Education, Unitarian Society of Hartford ~ 860-233-9897 ext 104 860-839-5001 - cell**



E-News Contributors Please Take Note: The deadline for USH E-News 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:

RE News You Can Use
 Sunday Service Recap
 Church Business News
 Performing Arts at USH
 2017 Programs for Adults and Families
 Focus: Resistance is Daily Practice
 Upcoming Events and Other News at USH
 Upcoming Events & News in the Larger Community
 Hartford Stage "Absolute Brightness" Tickets Available!

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.

Please consult our Online Calendar regularly for all upcoming events at the Unitarian Society of Hartford:
www.ushartford.com/events/

To submit a Calendar Request go [HERE](#).

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

**Sunday Service Recap by Paul Cipriano
April 9, 2017
“Building and Living Your Own Theology”**





Photos: Paul Cipriano and Kate Gervais



Here is a cool shot from John Bengtson

Choir member Patrice Fitzgerald opened this past Sunday's service accompanied by Isaac Reguera on piano singing a stunning "O virtus Sapientiae" by Hildegard von Bingen:

O energy of Wisdom!
 You circled, circling,
 encompassing all things
 in one path possessed of life.
 Three wings you have:
 one of them soars on high,
 the second exudes from the earth,
 and the third flutters everywhere.
 Praise to you, as befits you,
 O Wisdom!

Bingen was a medieval composer and her poem and music "circles circling, uniting all in one journey that holds life"; according to Timothy Dickey in an article he wrote for AllMusic.

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path," said Worship Associate Margaret Leicach quoting the Buddha for her opening words.

“It isn’t easy being a Buddhist or a Unitarian Universalist” Margaret said with a smile.

With this song and those words the congregation explored the topic of Sunday’s service “Building and Living Your Own Theology.” Congregation members Helen David, Julie Grace, and Brian Harvey had done just that with the help of fellow Unitarian Tom Gervais, who said:

“This incarnation of Building Your Own Theology posits that it’s not enough to construct a faith statement – one must practice living this faith. We therefore might rename the program Building and Living Your Own Theology. Participants were asked to write – not a credo, or statement of belief – but rather a “manifesto” a call to action. For what good is it to have faith but not good works? Indeed, will faith alone ever save us? “

Brian Harvey said he decided that his manifesto “needed to be simple to understand and be adaptable to change. I intended to read it every day, so it had to be short. But it also had to include to the seven UU principles: “These statements about treating others with compassion, justice, and dignity seem to me to be the basic underpinning of any hope of ever achieving a more just and free community – at any level.”

“One of our first assignments was to make a timeline of our own lives,” Brian continued, and within that timeline I looked for the activities that brought me the greatest sense of purpose, fulfilment and identity. I found that these various undertakings could be grouped into three common threads or themes: building community through group activities, facilitating dialog and connection, and tutoring students through math, logic, and problem solving.”

Now that Brian had identified his goals he needed to find a way to keep them in focus on a daily basis so they matched his spiritual priorities. After some writing, rewriting and simplifying here is Brian’s manifesto:

I will:

"Live a life consistent with the 7 Principles.

Build community through group activities.

Facilitate dialogue and connection.

Tutor students in math, logic and problem solving.

Stay engaged with my life’s spiritual missions by planning and recording their related tasks - every day.

Review the direction of each mission at the beginning of every month."

Helen David was next and described herself as a “person who loves words and poetry” so she made her manifesto an acrostic-a poem in which each the first letter of each word or line spells out a message:

"HARMONY BETWEEN SOUL AND LIFE

HARMONY BETWEEN SOUL AND LIFE WILL BE MY GOAL WHILE TRAVELING MY SPIRITUAL PATH

ALIGN MY HEART YEARNINGS TO UNFOLD IN HARMONY WITH THE HAPPENINGS OF THIS MOMENT, THIS DAY

REST WITHOUT GUILT, REFLECT WITHOUT ANGER, RELEASE ANGER AND PAIN ~ HEAVY WEIGHTS CARRIED FOR A LONG TIME

MOVE FORWARD STEADILY, HOWEVER SLOWLY

OPEN DOORS, ESPECIALLY THOSE I'VE CLOSE(D) MYSELF

NEVER DOUBT MY DEEPEST VISCERAL "GUT" FEELINGS ~ THE TRUEST BELLWETHERS ~ WHILE REMAINING OPEN TO NEW AND DIFFERENT THINKING

YES ~ DON'T BE AFRAID TO SAY YES TO NEW OR UNCOMFORTABLE PATHS THAT CALL OR INTRIGUE

BRING MY HEART FIRST TO EVERY INTERACTION AND RELATIONSHIP

EMBRACE / EVOLVE / ENTER / ENGAGE / EXERCISE/ MIND, BODY AND SPIRIT IN UNISON

THANKFULNESS FOR LIFE

WALK SLOWLY WITH DELIBERATE ATTENTION TO AND APPRECIATION FOR MY SURROUNDINGS ~ A DAILY PRACTICE

ENGAGE IN QUIET MOMENTS OF INTERNAL EXPLORATION ~ IMMERSE IN AND EXTEND THEM WITHOUT IMPATIENCE TO GET UP AND "DO"

END NEGATIVE, LIMITING MANTRAS ~ LOOPS THAT PLAY IN MY HEAD ~ RECORD NEW POSITIVE, LIMITLESS ONES

NOURISH MY SOUL BY EMBRACING SELF WORTH AND MY RIGHT TO PURSUE A PILGRIMAGE TOWARD MY OWN "PERSONAL LEGEND"

SUMMON UP THE PEACE I FEEL WHENEVER VIBRATIONS OF A "SINGING BOWL" CARRY ME BEYOND MY MORTAL WORRIES AND CONFINES

OPEN HEART AND OPEN MIND ~ ALWAYS

U PLIFT MYSELF AND THOSE AROUND ME AS OFTEN AND AS LOFTILY AS POSSIBLE

L INGER IN SWEET MOMENTS, ALLOWING THEM TO RIPPLE OUT TO FULLNESS

A VOID SITUATIONS AND PEOPLE WHO BRING SELF DOUBT AND STRESS TO MY LIFE

N ESTLE INTO “COMFORT CORNERS” OF LIFE WHEN FEELING LOW OR VULNERABLE, BUT DON’T ALLOW COBWEBS TO FORM

D REAM BIG WITHOUT FEAR OR SELF DOUBT

L ISTEN TO MY OWN UNIQUE HEARTSONG ~ EVERY NOTE OF IT ~ DANCE AND VIEW THE WORLD WITH THE “FRESH EYES” OF A CHILD

I TRY. I AM TRYING. I WAS TRYING. I WILL TRY. I SHALL IN THE MEANTIME TRY. I SOMETIMES HAVE TRIED. I SHALL STILL BY THAT TIME BE TRYING. (DIANE GLANCY, 1941)

F EEL MORE DEEPLY ~ DIVE INTO THE SHALLOW NORMS ~ EXCAVATE TO DISCOVER MORE CHOICES, MORE PATHS, MORE JOYS

E MBARK UPON THIS CHAPTER OF MY LATER LIFE WITH ITS INCREASING PHYSICAL LIMITATIONS AND UNEXPECTED WORRIES IN THE MOST POSITIVE WAYS,

I WILL EMBRACE EACH AND ALL OF THESE LIMITLESS OPPORTUNITIES TO ALLOW FOR MAXIMUM **HARMONY BETWEEN SOUL AND LIFE"**

Julie Grace shared a story of how her personal theology has changed over time. She described her early theological beliefs from her childhood days as a born-again Christian in a Southern Baptist church. Then, she shared her current theology reflected in the words of a poem entitled “Just As I Am.” Here is an excerpt from that poem:

“Complete and whole
Sacred and Divine
Shining, sparkling,
Illuminating and
Bright in might
Just as I am”
(*author unknown*)

As a musical interlude, Isaac Reguera did a beautiful improvisational piece of his

own creation that was just what the title describes: improvisation.

When I talked with him after he showed me the notes he had made for the music and it was just a few lines laying out the circular structure of the piece—each separate section based upon a theme, some light and melodic, some darker and more chordal. In the end the music returned to the opening theme. No sheet music just a few words handwritten on an unlined piece of paper that Isaac used to fill the sanctuary with a hauntingly beautiful piece of the music that flowed and resonated from beginning to end. ~ **Paul Cipriano**

Church Business News

NOMINATING COMMITTEE SLATE OF CANDIDATES FOR 2017-2018 BOARD POSITIONS

The Nominating Committee is pleased to submit a slate of candidates for the Board of Directors for next church year. The Congregation will vote on these candidates at the annual meeting on May 21.

Katharine Ann Anderson – President	(term ends June, 2018)
Sherry Manetta – President-Elect	(term ends June, 2018)
Phil Gardner – Treasurer	(term ends June, 2018)
Sarah McKenzie – Secretary	(term ends June, 2019)
Hank Murray – Chair, Administration	(term ends June, 2018)
Chris Wilt – Chair, Community Within	(term ends June, 2018)
Valerie Klokow – Chair, Social Justice	(term ends June, 2019)
Stephanie Briggs – Chair, Spiritual Life	(term ends June, 2019)

The USH Constitution also allows for nominations for the Board of Directors by petition. Any nominations by petition shall be signed by at least five members and have the consent of the nominee(s). Such petitions shall be given to the Secretary at least fifteen days prior to the Annual Meeting (by May 6) for publication at least ten days prior to the meeting. Margaret Leicach is the secretary.

Bios:

Katharine Ann Buck Anderson (President, Term: 7.1.2017-6.30.2018) has been a member of USH since the fall of 2013. She is currently an active member of the AIM Task Force, (The Accessibility and Inclusion Ministry team), and she is the leader of the mental health sub-group of the NM task force. Previously, she has participated in small group ministry at USH, been an active member of the 20's/30's group, and served as a worship associate. Outside of USH, she serves on the board of CCIU, Connecticut Council for Interreligious Understanding. At the University of Saint Joseph, where she is a professor of human development

and family studies, she teaches a course on not-for-profit management. She works to harness these experiences to be an effective leader at USH. In her personal life, she likes to spend time with her husband Will Anderson. The two live in Suffield, CT.

Sherry Manetta (President-Elect, Term: 7.1.2017 – 6.30.2018) has been a member of USH for 6 years. She is currently a member of the Strategic Planning team, is active with the Welcome Volunteers, and is a regular volunteer at pancake breakfasts and picnics. In her nonprofit board service, she has focused on education and social justice, having served as board chair and chair of finance, audit, strategic planning and executive committees for various organizations over multiple decades in Chicago, New York and Hartford. She currently serves on the boards of Misericordia University in Dallas, PA and the Greater Hartford YMCA. In her business career, she recently retired as head of global operations for Conning's Risk Solutions business and has worked in financial, technology and operational management positions in the insurance industry and in public accounting and consulting roles. She is a board member and chair of the audit committee of Jewelers Mutual Insurance Company in Neenah, WI. Sherry and her husband Brian Harvey reside in Avon.

Phil Gardner (Treasurer, Term: 7.1.2017 – 6.30.2018) is a native of California. His career in developing and engineering laser products had stops at Florida State University; Queens, NY; Danvers, MA; Cupertino, CA; and then 14 years ago - Connecticut. He is now happily retired but enjoying the Connecticut Academy of Science and Engineering, as the past treasurer. He has shared this journey with his high school sweetheart, Harriet. They have three children - the oldest son is a research scientist, the second son is a computer and art specialist, and their daughter works in international public health – most recently in Africa. Phil enjoys activities with the Old Guard (a retired men's group in West Hartford), and watching sports, especially UConn women's basketball.

Sarah McKenzie (Secretary, Term: 7.1.2017 – 6.30.2019) first began attending services at USH in August of 2014 to check out the new ministers (although she had been here as a teen for YRUU conferences). Prior to then, she had been attending the Universalist Church of West Hartford sporadically, since she was in sixth grade (with a long break when she lived in Vermont). Since coming here to USH, she has been involved with the Choir, Meeting House Folk, and a couple of ad hoc committees. Along with her husband Owen, she is thrilled to have such a warm and supportive community here at USH for their family to be a part of, and appreciates the opportunity to serve the congregation as a member of the board.

Hank Murray (Chair, Administration, Term: 7.1.2017 – 6.30.2018) and his wife, Mary Sherwin, have been members of USH since 1991 where they raised their now-grown children, Liam and Fionna, at the Meeting House. Hank previously served on the Council in the mid-1990s and he and Mary taught for many years in the Religious Education program. Hank is a labor and

employment lawyer in private practice in Hartford and he and Mary have lived in Hartford's West End for 38 years. Hank was a merchant seaman for eight years and discovered that he and Rev. Teresa Cooley's father, a chief engineer, served aboard the same ship for nearly a year in the early 1970s.

Chris Wilt (Chair, Community Within, Term: 7.1.2017 – 6.30.2018) has been a lifelong Unitarian Universalist, raised in the Unitarian Universalist Church in Nashua, New Hampshire. Prior to coming to the Unitarian Society of Hartford, he has attended Unitarian Universalist churches in New Hampshire, Vermont, and New Jersey. In 2014, he finished his PhD in Computer Science studying artificial intelligence at the University of New Hampshire. He enjoys running, taking things apart, attempting to put them together again, and cooking (especially baking).

Valerie Klokow (Chair, Social Justice, Term: 7.1.2017 – 6.30.2019) is a nonprofit professional who studied philosophy at Yale and earned a J.D. at The University of Connecticut School of Law. Committed to the arts, creative expression and integrity, Valerie is a writer and a strong proponent of voice. Valerie's story (Homeless to Yale) was featured on the Oprah show in a 2002 "Graduates Overcoming Obstacles" episode. Valerie dropped out of school in the 7th grade, eventually living as a homeless person in California before finally, in her 30's, she made her way to Cabrillo Community College's campus – and later transferred to Yale. Valerie is committed to helping make traditionally silenced voices be heard and she looks forward to doing what she can to support social justice issues at USH.

Stephanie Briggs (Chair, Spiritual Life, Term: 7.1.2017 – 6.30.2019) has been an enthusiastic USH-er ever since she first came to the Meeting House in 2014. She has been extensively involved in leadership of the 20s/30s Group, and is especially proud to have established the group's weekly brunch program. Additionally, Stephanie serves as a member of the Stewardship committee, and she delights in sharing the gift of music as part of the Meeting House Folk singing group.



2017 Annual Report Submissions ~ Hello all, I sent email reminders 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: The 2016-2017 Annual Report 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**



A Big Thank You from Building and Grounds

Eight hearty retirees and one newcomer to USH braved the chilly conditions Saturday to spruce up our yard and cut more logs into firewood behind the chapel. Thank you to Fred Louis, David & Janice Newton, Stuart Spence, Ron Sexton, Jim Venneman, Deb Meny and Laurie Esposito. **-Submitted by Peter Magistri**



Your Help Needed & Appreciated!



The Stewardship Committee needs help to fill in all the leaves on our USH 'Sharing Tree'. So far we have received almost \$248,000 in pledges from 108 members and friends, a terrific start! We are already three-quarters of the way to our goal of \$327,000 after less

than three weeks.

If you are one of the 35 members and friends we are waiting to hear from, please make your pledge as soon as possible. When doing so keep in mind all the important things we want to do next year such as:

- * **Pay Fair Wages to Our Staff:** We continue to struggle to bring our staff wages up to Fair Compensation Guidelines. Help us leap this hurdle!
- * **Increasing Our Social Justice Efforts:** This year USH has been an increasingly visible voice for justice, environmental care, and helping those affected by war, poverty, and persecution. We need more financial resources to keep the momentum going.

* Building Improvements. Our beautiful but 'mature' 1964 Meeting House needs many upgrades to improve its appearance and functionality to keep up with 21st century needs.

* Filling the Gap: We have a projected \$25,000 income shortfall for 2017-2018 due to the end of a matching grant and a decrease in fundraising income. Help us make up this crucial difference!

Our goal **IS** doable. If you haven't yet made your pledge, you can do your part by stopping by the Stewardship Table in Fellowship Hall on Sunday and filling out your pledge card. You can also e-mail or call our Bookkeeper, Brian Mullen, directly if you would like to let him know of your pledge intention, set up monthly payments or automatic debits. He can be reached at bmullen@ushartford.com or 860-233-9897, ext 102. Peter Meny, Stewardship Committee Chair, would be happy to mail you a Pledge Card if you need one, or you can pick up one from Linda Clark in the USH Office on Tuesday, Wednesday, Thursday, or Sunday. Let's get this done!! -**Submitted by Peter Meny, Chair, Stewardship Committee**

2017 Programs for Adults and Families



There will not be a Programs Table this Sunday. Registrations will continue on Sunday April 23 for the Women's Retreat at the Senexet House May 5-7. The Green Sanctuary Sub Council will have a sign up sheet for those interested in attending the People's Climate March on the National Mall Saturday, April 29. 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, May 4, 5:30. For more info. click [HERE](#).

Friday Pizza and Movie Night: April 14, 5:30 PM, featuring "Spotlight."

Ballroom Dance: Thursdays, 6:00 – 8:00 PM. "Samba" featured in April.

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

2nd Principle Things You Can Do ~ "Focus: Resistance is Daily Practice" Each day we must choose to focus our energies. Each day we must take actions of resistance to tyranny & oppression; we must engage in acts of self-care & perseverance; we must reach out and connect with other human beings in building meaningful relationships. If you use Facebook, type the group name: "Focus: Resistance..." into your Search box and ask to join the group. 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 earnestly, now and in the days ahead. **Warmly—**
Rev. Heather, revheather@ushartford.com, cell/text: 541-390-6052, on Facebook & Twitter



Join the Spirit & Action ministry meeting every month on the first and third Thursdays, in Emerson/Meditation Sanctuary, 6:30-8:30pm. Our gatherings are open to anyone seeking spiritual sustenance and ideas for taking action during this time of chaos and change. For more information contact Julie Grace: jgbuko(at sign)yahoo.com. **For all dates for this event click [HERE](#).**



The signs are here!

Available in 3 sizes:
 Lawn sign - 18" x 24" (2 sided)
 Window sign – 11" x 17"
 Car sign – 5.5" x 8.5"

On sale Sunday during Fellowship Hour (11:30-12:15)

Suggested donation: Lawn sign - \$20
 Window sign – \$5 - Car sign – \$2






People's Climate March: Washington, DC, April 29

For more information click [HERE](#). – or contact Jeff Howard



Upcoming Performing Arts Series at the Meeting House

**Meeting House Performing Arts Presents:
Jack Williams – A benefit for the USH Meeting House**



Friday April 28, 2017 at 8:00 pm

Doors open at 7:30

Admission: \$15-Cash or Check only. For reservations email request to:

Laura Stewart Cipriano

ConcertUSHartford@gmail.com

“Jack Williams is one of the most eclectic singer songwriters going. You can hear both the white and black musical traditions in his writing. You can hear country, you can hear blues, you can hear jazz. He’s a poet who knows how to write simply. And he’s a remarkable, magical

performer, with graceful good humor, and a hot guitar style.” – Phil Shapiro, host, WVBR’s “Bound for Glory”

“.....fearless singer, inventive storyteller, forceful-yet-delicate guitarist, and near-legendary status as a modern-times troubadour.... precisely what kept him relevant to at least three generations of loyal fans.” -Keith Harrelson – Moonlight On the Mountain, Birmingham AL. For a song clip click here /

Website: <http://www.jackwilliamsmusic.com/> ~ **-Submitted by Paul Cipriano**

Please note that everyone is welcome to attend the following events at no charge! The donation amounts are simply suggestions.

Sunday, May 7 - 12:30 p.m.

BENEFIT CONCERT by Isaac Reguera for the Friends of Music Fund

Our own USH Accompanist Isaac Reguera will play piano solos from his final Hartt recital for a Masters of Music degree. Expect to hear gorgeous classical and modern pieces along with Isaac's delightful improvisational skills. This concert is Isaac's gift to the congregation as he finishes up his year with us, and is designed to replenish the Friends of Music Fund which will in turn help pay for next year's Choral Scholars and Accompanist. \$15 suggested donation which will go to the Friends of Music Fund.

Saturday, May 20 - 7:30 p.m. The Bill of Rights

A rousing choral presentation, accompanied by orchestra, of this nationally-recognized composition by Wesleyan Professor Neely Bruce. The Ten Amendments which make up the Bill of Rights will be proclaimed aloud before being sung. This piece has been performed repeatedly around the country to great acclaim... and we need it more than ever these days. \$15 suggested donation to go to a non-profit organization to be identified.

**Sunday, June 4 - Immediately after the service
Family Share Talent/No Talent Show**

Everyone with or without talent is invited to... sing, dance, play instruments, tell jokes, recite poetry, create drama, or otherwise entertain our very easily entertained USH family downstairs in Fellowship Hall. Be brave! The full title is "USH Family Share Talent/No Talent Show" -- remember, no talent necessary. (But please give us a heads-up so that we can put the performers in order.)
ALWAYS FREE!

Please be in touch with PatriceFitzgerald@gmail.com if you'd like to be part of the new Performing Arts Group Events which is now forming and is full of ideas. We want to have a lively slate of events for the 2017- 2018 church year. -
Submitted by Patrice Fitzgerald

Upcoming Special Events and Other News



Long time member, Peg Van Dyck, would very much like to receive phone calls or visits. For many years, Peg was very active in the USH community. She is at Avery and feels very isolated. Please, reach out to her. Her contact information is available in the USH Directory or by contacting me. Thank you! ~**Janice Newton, for the Caring Network**

**Women's Alliance
Senexet Retreat**

**Friday, May 5th through
Sunday, May 7th - 2017**

**Register at the program
table through April 30**



<http://www.senexethouse.org>

The cost for 2 nights and 5 meals is \$185, or 1 night 3 meals \$100.

This Retreat is an opportunity to step back from this chaotic world for a few hours, recharge your soul, feast on gourmet meals, and enjoy the sisterhood of UU Women.

Talk to past retreaters to get their comments. Most have come many times. A few names are: Kayla Costenoble, Flo Grieb, Joanne McClurg, Ruth Westervelt, Laurie Rollins, Paula Beck, Susan Hope, Marilyn Stockton, Diana Heymann. Web: Click [HERE](#). ~ **Submitted by Louise Schmoll**



AIM Workshop: Negotiating the Minefield of Language
Sunday, April 30th 12-1:30pm
Meditation Room
Facilitated by Katharine Ann Buck
 What this workshop is about: “People with disabilities frequently encounter

language that robs them of their humanity. This workshop seeks to raise awareness and encourage more thoughtful language choices... There is no consensus across disabilities on a single standard for preferred language. Most allies and some disability constituencies have embraced People First language, but there are cogent reasons why some communities and individuals with disabilities have not. This workshop encourages allies to adopt People First language generally, and to pay attention to how people self-identify. It also holds up the discomfort allies feel about the lack of a “right” answer.”
 (uua.org/accessibility/aim/workshops) -**Submitted by Katharine Ann Buck**

Lunch Bunch to Meet: We will meet at Concetta’s in Bloomfield at noon on Tuesday, April 18th. Our speaker will be former Congresswoman, Nancy Johnson. Please let me know by noon on Wednesday, April 12th 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 March lunch, contact me at 860/677-1121 or [janicecnewton\(at\)sign@gmail.com](mailto: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 April 18th. ~ **Janice Newton**



Weekly Reminders

USH Website Maintenance ~ As Office Administrator, Linda Clark is our primary in-house contact for website maintenance. Please contact her first with any website issues you encounter. There is a team of USH members (USH Editors) who are sometimes able to address issues that she e-mails them about. If neither Linda or the USH Editors are able to resolve or address the issue, we have an outside website consultant who handles our ongoing website maintenance and updates on a monthly contractual basis. Linda will e-mail our consultant about things that are beyond her or our congregational capability. Thanks so much for your concern and attention to the USH website and our current process.

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](#).



Greater Hartford Cohousing
Community – Sustainability – Life Enhancement

We are a group of households planning to build an urban cohousing project in Greater Hartford. We intend to create a project that fosters community bonds and sustainable living through thoughtful design. Our vision is to create an adult-centered community in or near the city of Hartford so we can enjoy its diverse amenities and peoples, become part of the fabric of our neighborhood, and encourage aging in place.

We currently consist of three households that have met weekly for a year. During that time, we have created a legal entity, completed a feasibility study with a nonprofit development consultant, consulted with architects who specialize in cohousing, and identified several properties that could work, while still on the look-out for other promising sites.

Our building plan will encourage sociability as well as providing ample opportunities for privacy. It will consist of 22 to 30 private living units with 1 to 3 bedrooms, clustered around a large outdoor courtyard that provides opportunities for socializing and gardening, as well as a large common house—the ‘heart’ of the project—which will feature a large dining area and kitchen for shared meals, and other amenities desired by the community.

Legally and financially our project will be structured as a condominium. Unlike a conventional condominium, however, we seek to build the community first and engage members in the project, both as early equity investors and as designers.

These early joiners will become co-creators of their cohousing community. For further information on cohousing see www.cohousing.org

We welcome your interest in our pioneering venture. Our current aim is to reach a critical mass of members who will eventually commit to joining us. If you think cohousing might be a good fit for you, let's get together.

For further information contact:

- **Toni Gold, Hartford, 860-232-9018, toniagold@gmail.com**
 - **Susan and LeRoy Spaniol, Bloomfield, 860-216-1391, sspaniol@comcast.net**
 - **Martha Bradley, West Hartford, 860-305-3307, marthabradley49@yahoo.com**
- Submitted by Toni Gold**



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) 817-0940*

We look forward to seeing you!



Would You Like to be Part of a Great Team?

Join the USH Sunday Welcome Team!
Please contact Linda Clark at [ushlindaclark\(at sign\)gmail.com](mailto:ushlindaclark(at sign)gmail.com), 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. The Welcome Team makes USH outstanding in its open and friendly atmosphere, and helps

newcomers find their way around our Meeting House.

Office volunteers are also welcome. If you'd like to help out in the office during the week for an hour or two, please contact Linda Clark. Pictured above: Phil and Harriet Gardner with their son Bruce, helping out with the Order of Service.

(Thank you!)

Do you love to sing? Have you ever thought about joining the USH Choir? The USH Choir is a fun way to make beautiful music with some truly incredible people. We are rehearsing on Sunday mornings at 9 am before church. If you have ever considered joining our group, we would love to have you come 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, who would help us record, upload and podcast services. There are also some physical 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

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 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



Photography by Ruedi Hofmann at The Bushnell
April 27 – May 25, 2017
Opening Event Thursday, April 27, 6:00 – 8:30pm
Revs. Cathy & Heather Rion Starr are included in this multi-media project.

The Golden Thread Gallery and photographer Ruedi Hofmann created an innovative and meaningful community art project titled “Pivotal Hartford: Faces of Change.” This multi-media project includes photography, film, and spoken word, combined in an exciting way that has yet to be seen in our region, creating an outstanding artistic experience. Pivotal Hartford celebrates a diverse collection of people that make an effort to create a strong and vibrant Hartford. Pivotal Hartford began pre-production in March of 2016 with an opening in April 2017. The opening will be held at The Bushnell in Hartford, with the ultimate goal of rotating the exhibit to new sites throughout Hartford. **Join Rev. Heather at the opening April 27th! For entire article click [HERE](#).**



New England Regional Assembly: Gather this month 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! Click [HERE](#) for more info. **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 is well underway for General Assembly 2017 at the Ernest N. Morial Convention Center, 900 Convention Center Blvd, New Orleans, LA 70130. Google Map. 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, either in person or as an off-site delegate, at home online.**

**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**

To submit a Calendar Event Request please cut and paste the text below into an email and send to: calendarchanges@ushartford.com. Please look at the calendar the day you email a request to make sure the space is available. This will help 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. Thank you! ~Linda

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.)

USH Staff:

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

Rev. Heather Rion Starr, Co-Minister

Email: revheather@ushartford.com | Phone: 541-390-6052

Rev. Cathy Rion Starr, Co-Minister (on parental leave until May 9)

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.**

Our Unitarian Universalist Principles: 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.