



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 ~ May 17, 2017
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Image: qz.com

Worship Service: Sunday, May 21, 2017
10:30 AM
Flower Communion Worship: Beauty in the Rubble
Rev. Cathy Rion Starr, Co-Minister
Carol Simpson, Worship Associate

Beauty appears in the most unlikely of places and after even the most devastating disasters. Come celebrate nature's beauty and community resilience

at our annual multi-generational Flower Communion service. Flower Communion is a Unitarian Universalist tradition begun nearly a hundred years ago in which we exchange flowers to celebrate spring and reflect on the resilience of nature's beauty. Please bring a flower or bouquet to share!

After worship, we'll have an all-congregational photo followed by the Annual Meeting. (For the Annual Report click [HERE](#).) ALL are encouraged to join in the All-congregational Photo! We will be voting on the slate of USH nominees for board positions starting in July as well as for UUA Board President. Please come and exercise our 5th principle, "the right of conscience and the use of the democratic process within our congregations and society at large."

Bring your sack lunch and/or a coffee-hour snack to share.

The University of Hartford will also be having their graduation ~ allow extra time in the morning for the drive to USH.





**Let us know
if you're coming!
RSVP to Brian Harvey at
harvey.b@comcast.net**

Newer Member & Newcomer Potluck (most recent 5 years)

Friday, May 19, 2017 - 5:30 pm

A very special evening to celebrate all our new members and newcomers from the past 5 years.

A fun time that includes outstanding food, conversation and laughter. Always a great night!

Attention!

Please note: Janice Newton will no longer be setting up the 'Happenings' insert found in the Order of Service.

Thank you Janice for all of your help with this and for waiting until after the Annual Report before handing it over to me :) - Linda

Please email Linda Clark any information to be included in the 'Happenings' by noon on Tuesday at ushenews@ushartford.com.

Please put 'Happenings' in the subject line.

RE News You Can Use!



This Sunday, May 21st, the nursery will be available from 10:15-11:45AM for the morning worship service. There will also be extended care after service for children under 10 until 1:45pm. Please plan to stay and attend the Annual Meeting and participate in the all congregational photo. This week is our annual Flower Communion and all ages service. Please plan to come and join us.

Rayla D. Mattson, Director of Religious Education, Unitarian Society of Hartford 860-233-9897 ext 104 I only check my email on Tuesday, Wednesday, Thursday and Sunday.



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

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 to 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
May 14, 2017
"I'm Not Your Mother, But I Play Her In Real Life"
Kamora Le'Ella Herrington, Pulpit Guest**





There is no written recap this week. Enjoy the wonderful photos Harriet Gardner took. Thanks so much to our Guest Speaker, Kamora Le'Ella Herrington, and all involved in a lovely service!

Church Business News



Staff Update from Rev. Cathy: I want to let you know that Choir Director Rebecca Pacuk has given notice that this will be her last year with us and she will be wrapping up in late June. We are so grateful to Rebecca for her 5 years of service with USH and sad that she will be leaving! However, I am not surprised by this news - Rebecca has been commuting 2 hours each way to us this year on top of her full-time teaching job.

Rebecca began her service with USH as a Choral Scholar and freshman at UHart, then she generously and graciously jumped in to temporarily conduct the choir 3 years ago and soon became our permanent Choir Director. In the nearly 3 years since then, Rebecca has grown tremendously as a choir director and provided continuity and stability with our choir and beautiful, faithful, creative music to all of us. I hope you'll join me in appreciating Rebecca for all she's given to our USH community!

I am meeting this week with choir members and would be happy to talk with any of you as well as we discern our needs for staffing moving forward. After reaching out for stakeholder input, we'll put together a hiring team and job description. Stay tuned for more details on the hire and ways to appreciate Rebecca in the weeks to come! -- **Rev. Cathy, Lead Co-Minister for Music**



Stewardship Committee ~ We are pleased to announce that as of May 8 we have received \$276,407 in pledges from 129 members and friends. This is a very encouraging result! A BIG thank-you and hug to all who have made a pledge! By comparison, around

the same time last year we had received \$223,000 from 98 pledges. We anticipate we will receive 30 additional pledges or more, so that our final total should reach \$300,000 and quite possibly beyond. Can we reach our crucial goal of \$327,000? Contact our Office Administrator Linda Clark, Bookkeeper Brian Mullen or Stewardship Chair Peter Meny to get a pledge card. And thank you! YOU make it happen here at USH! Only time and you (if you have not yet made your pledge) can tell if we will be able to accomplish our 2017-18 goals.

So, if you haven't yet pledged, please do so. **The Stewardship Committee: Peter Meny (Chair), Stephanie Briggs, Carolyn Carlson, Kate Gervais, Ginny Hedrick, Laurie Kelliher, Deb Meny, Rev. Heather Rion Starr**

COMING UP AT GENERAL ASSEMBLY 2017: A NEW UUA PRESIDENT!

Are you ready to practice our Fifth Unitarian Universalist Principle, "...the use of the democratic process"? We have a Presidential Election coming up--for President of the Unitarian Universalist Association. This will be a historic election no matter what--all three candidates are women, and we have not yet ever had a UUA President who is a woman. Based on our current membership number (206) the Unitarian Society of Hartford is granted five member delegates. Delegates do not have to travel to General Assembly (in New Orleans this June) or even register as off-site delegates (a small cost) in order to vote. Voting will start online on June 1. Would you consider being one of our five member delegates? We want to make sure to vote early and use all our votes!

Most everything you could want to know about the Presidential Election can be found here: <http://www.uua.org/uuagovernance/elections/president>

There are three candidates running (in alphabetical order):

The Rev. Susan Frederick-Gray: <http://susanfrederickgray.com/>

The Rev. Alison Miller: <http://www.alisonforuapresident.org/>

The Rev. Jeanne Pupke: <http://www.jeannepupke.com/>

At our Annual Meeting on Sunday, May 21, following the service, we will ask you to vote for UUA President so that our delegates may then vote on behalf of our congregation. Please take the time to read up on each of the three Candidates for UUA President and let Rev. Heather (revheather@ushartford.com, 541-390-6052) know if you would like to speak briefly on behalf of any one of them at our Annual Meeting! This is a particularly pivotal time for our denomination and your engagement matters.



2017 Programs for Adults and Families

During Coffee Hour Sunday, there will be sign up sheets at the Programs Table for two programs beginning in the fall: Building (and Living) Your Own Theology to be held jointly with our 3 local UU churches, facilitated by Tom Gervais, and The Arc of the Universe is Long: UU (Anti)-Racism History, a four session class to be led by Rev. Cathy Rion Starr. 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 to register or for program information.

Spring Programs

USH Book Club: Thursday, June 1, 5:30 PM. Showdown: Thurgood Marshall and the Supreme Court Nomination that Changed America. By Wil Haywood. Click [HERE](#) for more information.

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.



Ed Grant Applications: May 15 – June 15 ~ Educational Grant Applications - The USH Women's Alliance is proud to announce that applications are now available for the Women's

Alliance Educational Grants. Applicants should be pursuing study at a post high school level, with priority given to those with minimal scholarship aid or loan sources. Grants are small (generally under \$500), but may be used for expenses such as tuition, books, child care, and transportation. Affiliation with USH is not required, though will be considered.

Applications, by postal or email, are due June 15. Applications are available HERE - or call 860-693-4269 and leave a message or any questions. In past years, these grants have been welcomed by those pursuing graduate and undergraduate study, members and friends of USH. Last year, one grant of \$500 was awarded.

Applications and grants are confidential. The Alliance has been awarding these grants for many years and is pleased to be able to continue doing so, realizing that these small monetary awards help women in pursuit of their educational goals. ~ **Submitted by Nita H.**

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**



LOVE your neighbor*

* your black, brown, immigrant, disabled, religiously different, LGBTQ, fully human neighbor

The Alliance Society of Hartford

While our supply lasts!

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

LOVE your neighbor*

LOVE your neighbor*

Contacts:
Lindsey Jones-Rowell lejrowell@gmail.com or
Krisine Glenney kristineglenney@comcast.net

Upcoming Performing Arts Series at the Meeting House



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

"If you want to affect political change, songs are some of the best means of getting your point across. This 40-minute piece changes people, both singers and audience alike. You can see in their faces that they get it! And that's all I wanted."
— Neely Bruce, composer

The Bill of Rights

Ten Amendments in Eight Motets

Festival Harmony—
Chorus of thirty-three singers accompanied by eight instruments, conducted by the composer.
Reception immediately following.

**Saturday,
May 20, 2017
at 7:30pm**

Unitarian Society of Hartford
50 Bloomfield Avenue
Hartford, CT 06105
Phone: 860-233-9897

\$15 goodwill offering suggested.
All Proceeds to benefit the Integrated
Refugee & Immigrant Services (IRIS)

IRIS is a non-sectarian, independent nonprofit refuge
resettlement agency that has welcomed more than 5,000
refugees to Connecticut since its founding in 1982.

The First Amendment:
Congress shall make no law respecting an establishment of religion,
or prohibiting the free exercise thereof; or abridging the freedom of speech,
or of the press; or the right of the people peaceably to assemble,
and to petition the government for a redress of grievances.

Sunday, June 4 - Immediately after the service

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 IRIS (Integrated Refugee & Immigrant Services) in New Haven.

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 of Our Community

Will you help with the Memorial Reception? ~ On Friday, May 26, we will have the Memorial Service and Reception for Jim and Ellie Vennemans's son, David Venneman. The service will be at 11 AM and the Reception will follow in Fellowship Hall. Finger foods, such as crackers/cheese, quick breads, cookies, bars, other munchies are needed. We also need a fruit and a veggie platter. Food should be brought on plates ready to serve. Please be sure to label the plate with your name and include a list of ingredients. Please no peanuts or peanut products. We will supply the sandwiches and punch.

In order to help us plan, it is important that we know what foods will be contributed. We could also use a couple of helpers during the reception. Please contact Janice Newton (860/677-1121 or janicecnewton@gmail.com) or Nancy Reed (860/521-1082 or ndreed35@comcast.net) to sign up for a food contribution or to help. You may also sign up with Nancy or Janice at Fellowship Hour on May 21. Thank you in advance for your help. We can't do this without you! ~ **Submitted by Janice Newton**



USH/Watkinson/KNOX Labyrinth continues "growing" in 2017!

Wonderful news: KNOX

(www.knoxhartford.org) staff have volunteered to help us move our USH Labyrinth along! They are coordinating volunteers from Watkinson School to jumpstart the project of planting many more plants in the area between the

labyrinth paths. By the time they do this on June 7, Rev. Heather will have retaped the paths. Are you able to help us in any way with this truly community-building effort with our neighbors? Ways to help can include: helping to sweep and clean up the plot overall, helping to tend the plants that have wintered over, planting extras from your garden or other plants you acquire in the rest of the large garden area, helping to tend the plot as a whole over the summer, or helping our summer Religious Education program coordinate making Mosaic Stepping Stones. **Please let Rev. Heather or Rayla Mattson know how you'd like to be involved! See you at and outside the Meeting House! Photo of Kayla Angeletti and Ron Pitz of KNOX Hartford, meeting with Rev. Heather in our USH Labyrinth and Garden Plot of the Watkinson Community Garden.**



ATTENTION!! AIM (Accessibility and Inclusivity Ministry) is having a workshop called: STANDING UP FOR WHAT I NEED, May 28th at the Meeting House.

For more information click [HERE](#).

Co-facilitated by Susan Hope and Esther McKone. For more info, contact Susan: susanhope51@gmail.com or 860 463 6407. -Submitted by Susan Hope

Image: <https://goo.gl/images/N5odFr>

USH Annual Picnic
 Sunday, June 11, 2017 - 11:45 am

Just a few weeks away!

**Food.
Games.
Fun for All Ages.**

Mark Your Calendar.

Volunteers needed: Contact bharvey@ushartford.com

Weekly Reminders

Rayla Mattson is our Rentals Manager. For new 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**



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

In The Library
 @ The Meeting House

RSVP to
 adambrown6@gmail.com

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, 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.

Upcoming Special Events and News in the Larger Community



Annual Taste of Ramadan Event Save the Date: Sunday, June 4th Peace Be With You

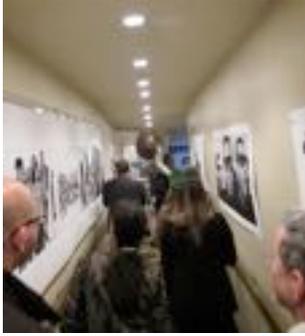
Dear Friends, You are cordially invited to attend the Muslim Coalition of Connecticut's annual "Taste of Ramadan" experience. This interfaith event highlights the fasting traditions of the three Abrahamic faiths.

The Taste of Ramadan event will be held at the Waterbury Career Academy (175 Birch Street, Waterbury, CT 06704) on Sunday, June 4th from 5:00 pm to 9:00 pm. Please save the date

and invite your co-workers, neighbors, congregations, family, and friends. The breaking of the fast is at sunset which is around 8:30 pm, and the meal will be served at this time. This free event is for those who would like to experience the "breaking of the fast" in Ramadan, and hear about the tradition of fasting from the Muslim, Christian, and Jewish perspectives. We would love to see you there!

To RSVP please click [HERE](#). For more information, email us at TasteOfRamadan@mcct.us or call us at 860-242-1707.

**Thank you for your support and participation!
Wasalaam/With Peace, Muslim Coalition of Connecticut**



Show Hartford Some Love! Get yourself down to The Bushnell Center for Performing Arts in May and take in the awesome Pivotal Hartford: Faces of Change exhibit. Remaining Gallery Hours are only Tuesday, May 23, from 10am-2pm. Make sure to take in this show before it's over! There is also a smartphone app called Live Portrait that you can use, if you have a smartphone, to view the video clips that go with each photo. You may also enjoy perusing the beautiful exhibit book in our USH Main Office! We are delighted and grateful that our Revs.

Cathy and Heather, were included in this Pivotal Hartford project.

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.

General Assembly 2017 will be at the Ernest N. Morial Convention Center, 900 Convention Center Blvd, New Orleans, LA 70130. [Google Map](#). **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

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.