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

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



Image: <http://www.fusden.org/Lokken> -First Unitarian Society of Denver

Worship Service: Sunday, July 16, 2017 ~ 10:30 AM

“Cradle UUs” ~ Martha Bradley, Lay Leader ~ Laurie Kelliher, Worship Associate ~ The commitment to become a UU is often born of a spiritual quest, a search for discovered meaning rather than

a prescribed dogma. For many UUs it reflects the difficult decision to leave the familiar religion of childhood and family while for others it is the first exploration of the embrace of religion. But, for some of us, the UU faith was the foundation of our religious understanding. We are the cradle UUs, born into the UU world of our families.

On Sunday Larry Lunden, Caron Lanouette and Laura Stewart join Worship Associate Laurie Kelliher to tell their stories of life as UU kids who transformed to UU adults and the realization that the spiritual quest travels with all of us from the cradle. **This service is coordinated by Martha Bradley, Cradle UU.**

All are welcome, please join us!

For more information about Summer Services at USH click [HERE](#).

A Note from the Revs: As we move into summer, we want to let you know our schedule. In July and August, we will be out of the pulpit and out of the office more-than-usual, taking our vacation and study leave. We will be working on a few projects, checking in regularly, beginning fall worship planning, and of course available for pastoral needs all summer. ~ **Revs. Heather & Cathy**



RE News You Can Use! ~ This Sunday, July 16, is our 3rd week into our summer session. The last two weeks we looked at race and how racism affects us. The next two weeks we will look at discrimination based on religion. The group will meet for the entire worship hour in the library.

The nursery will be available from 10:15-11:45 for infants and toddlers.

All high school youth and middle schoolers are also encouraged to sit in and enjoy our summer series in Fellowship Hall.

Summer RE will be more social justice based. The curriculum is called "Let's Talk About Race." The curriculum is written by black women who promote social justice in their area. **For more information contact Rayla Mattson, Director of Religious Education.**

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. Please include the dates that the submission should be included in the 'Subject' field.

In This Week's Enews:

RE News You Can Use

Sunday Service Recap

A Personal Note to the USH Community

Report Back from the General Assembly 2017

2017 Programs for Adults and Families

The July Circle Dinners are a Success

Upcoming Events and Other News at USH

Sign-up to Help Water & Tend the Labyrinth

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 in Photos ~ July 9, 2017

"To Everything There Is A Season"

Cantor Julia Cadrain, Pulpit Guest



Photos: Harriet Gardner

Julia Cadrain led a wonderful service this past Sunday.

She sang beautifully several times during the service, it was truly enjoyable.



A PERSONAL NOTE TO THE USH COMMUNITY

A beloved, so-low-key, dedicated member of our Unitarian Society of Hartford community could use any help you can contribute. Jan Bennett's groundedness in leading weekly Dharma Talks and meditation practice at the Meeting

House has helped many people quietly deepen their spiritual practice

and find good company on their journeys. She has spent hours with our children & youth during Sunday morning religious education classes as well. Now it's our turn to hold her in love! Please read and contribute to the following GoFundMe effort in any way that you can:

<https://www.gofundme.com/help-jan-bennett-beat-cancer>

With love & hopes for Jan's full recovery. Thank you so much.

--Submitted by Revs. Cathy & Heather



REPORT BACK FROM GENERAL ASSEMBLY 2017 IN NEW ORLEANS, AND NEW ENGLAND

From Rev. Heather: I had an amazing experience as an off-site delegate to our annual denominational conference,

General Assembly, this year. I had all the comforts of my own home - - even being able to arrange child care and outings for our older kid with people that our kid knows well -- while being able to fully participate in off-site discussions and probably take in more of the dawn-to-midnight conference than I would have been able to in-person. You, too, can view much of the most substantive pieces online from your home computer: General Assembly 2017 Online / <http://www.uua.org/ga/off-site/2017>

Worship Services, the extraordinary Ruby Bridges Suite, all the Business Sessions, even the Public Witness event (and New Orleans "second line" procession) are available for your viewing-from-home at the link above. What a marvelous collaboration of our Unitarian Universalist Association staff, leadership, and contemporary technology to make all of this available to us! Please take some time this summer to view these rich and inspiring services and materials.

I'm also thrilled to share with you all that the Rev. Susan Frederick-Gray is now the President of our Unitarian Universalist Association!

She is the ninth President of our Association and the first elected woman. You can read more about Susan here in the UU World. If you're at all into numbers, I find it fascinating to note that "the total number of delegates who voted this year, 3,252, represents 66.23 percent of eligible voters." What this reminds me of is that we are a small denomination in which just a few people -- the ones who get engaged! -- can have an enormous impact.

RevCathy and I would love for you of the USH community to be more involved in General Assembly and UU matters next year in Kansas City, or off-site from your home. Please let us know if you watch any of the General Assembly 2017 events and if you're interested in getting more involved with denominational affairs in 2017-2018!

Warmly – Rev. Heather



2017 Programs for Adults and Families ~ During July and August, there may be an occasional Programs Table for events requiring registration such as the Circle Dinners. You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com) for program information.

Programs

Building (and Living) Your Own Theology: 12 Sessions, Tuesdays, 7:30 – 9:00 PM, start date September 12. (waiting list)

Arc of the Universe is Long: UU (Anti-) Racism History: 4 sessions, fall dates to be determined.

Ballroom Dance: Thursdays, 6:00 – 7:45 PM, featuring the Salsa in July. For questions contact Ron Friedman 860-523-1105 or rsfriedman41@gmail.com.

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: No gatherings in August.

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Offsite in July and August - The practice group will be informally meeting off location. If interested, please contact Mark Friedman, drmarkafriedman@drmarkafriedman.com or Diana Heymann heydiana42@gmail.com



The July Circle Dinners are a Success – The first convening of the Membership Sub-Council’s Circle Dinners was held on Saturday, July 8th in the homes of Bruce Robbins and Virginia de Lima. Sixteen people attended and had a great time by all accounts. The dinners give all the participants an opportunity to expand their social circles at USH and learn more about some of the interesting people who call USH their spiritual home. The dinners are scheduled to be held on the 2nd Saturday of every odd-numbered month. (Sep 9, Nov 11, Jan 13, Mar 10 and May 12). The purpose of these Dinner Parties is to foster social camaraderie among new and more established members of USH. For participants, eight to ten adults will be randomly assigned in different groupings for each dinner. The host furnishes the entree, beverage and bread. Guests are assigned to bring appetizers, salad, side dish or dessert. Right now we are gauging the interest and demand for dinner locations. We would anticipate 2 to 3 locations for each date. Please let Chris Wilt know as soon as possible if you would be willing to host a dinner party at your home.

REGISTRATION: Participants can sign up for as many or as few dates as they wish. Register in Fellowship Hall during Coffee Hour or by contacting Janice Newton – [janicecnewton \(at sign\) gmail.com](mailto:janicecnewton@signgmail.com). The registration fee is \$5.00 per household for the church year (July 2017- June 2018).

QUESTIONS: Contact Chris Wilt, 603-401-5704.

The registration form contains a space for: 1) listing dietary restrictions, and 2) if you plan to bring your children. We will try to group families with kids together so that they have some playmates for the evening. We will discuss providing supervision for children where appropriate. **YOU ARE NOT REQUIRED TO BE A HOST IN ORDER TO PARTICIPATE IN THE PROGRAM.** -Submitted by Brian Harvey

Other News of Our Community and Upcoming Special Events



UNIFORMS NEEDED FOR 2017-2018

The first day of class for Hartford Public Schools is August 29th. Students arrive at their schools wearing their school colors, their uniforms. The children pictured above wear green tops and tan bottoms all year round. Uniforms maximize a sense of belonging - and

minimize off-heard requests for the newest, coolest clothes and shoes.



The Village for Families & Children has an annual Fund Raiser to help families in need buy school uniforms. USH has participated in this fund raiser for the past three years.

USH is known as a place that cares about The Village – we invite the children to take part in our activities and are a source of consistent support for The Village. Please help continue this support by donating to this years fund raiser, **WHICH ENDS ON AUGUST 18th.**

Checks may be made out to The Unitarian Society of Hartford with Uniform fund raiser in the memo line and mailed to Brian Mullen at the Meeting House, checks or cash may be left in the envelopes at church. Make sure to identify yourself. Any amount is welcome.

Thank you for your constant care of our friends next door. -

Submitted by Joanne Orlando



Mimosa Tree in Memorial Garden Blooms! ~ Several years ago, we planted a Mimosa tree at the southeast corner of our Memorial Garden.

This tree, also known as a Persian silk tree, or powder puff tree, is a legume attractive to hummingbirds, butterflies, deer, birds and bees. It grows leaves later in the spring than most of our trees. When it attains sufficient size, it is crowned by numerous pink blossoms during July. It also is noteworthy because it folds its frond like leaves at night and during rain storms, thus another of its names, sleeping tree.

In selecting a sapling to plant in the Memorial Garden, we discovered rabbits absolutely love to eat leaves from numerous seedlings that grow from seeds scattered under the parent tree. To raise one for transplanting, you need to protect it until its trunk is crowned by leaves at a greater height that a rabbit can reach! After that, the tree will grow rapidly.

A Mimosa is also characterized by graceful branching appropriate for a memorial garden. We are pleased to report in this space ours is blooming for the first time.

You may see it now outside the South Door of the Meeting House.

Look next Sunday. **–Submitted by David Newton**



**It's time for the Annual
Knox Garden Party again!**

Garden Party @ Twilight

SAVE THE DATE!

Thursday, August 10, 2017

6 – 10 pm

Click [HERE](#) for details and to reserve a seat.

Immerse yourself in the local food scene on the shared green between the Meeting House and the Village. Enjoy a night under KNOX's signature tent. Sip wine and relax with live music. Local celebrity chefs showcase their Hartford flare. Tasting-size dishes served from the griddle to your plate. Ingredients sourced from Connecticut (and KNOX) farms. A silent and live auction highlights Hartford's culinary, environmental, and entrepreneurial scene. Take a tour of our Watkinson Community Garden and meet some of KNOX's community gardeners. This garden is twice the size of a football field, rarely toured by the public, and at the base of our USH Parking Lot! At the Garden Party @ Twilight, it's all about the local food and the people behind it.



USH/Watkinson/KNOX Labyrinth continues "growing"

KNOX (www.knoxhartford.org) staff volunteered to help us move our USH Labyrinth along. They coordinated volunteers from Watkinson School to jumpstart the project of planting many more plants in the area between the labyrinth paths. Now that this is done, are you able to help us in any way to keep this community-building effort going? 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. Thanks so**

much to those of you who helped out in any way so far. See you at and outside the Meeting House.

Photo above 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. The two photos below are of the Labyrinth since the new plantings.



Sign-up to help water & tend the labyrinth on your own schedule.

We're using SignUp.com to organize the Labyrinth & Community Garden Plot tending. Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <http://signup.com/go/zSZZGfN>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will not need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

Thanks for signing up! The idea is simply that you sign up for a week to water & weed as best you are able and as is needed that week. We want to make sure to care for all the new plantings! **Warmly, - Rev. Heather**

Weekly Reminders



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

The 20's/30's Group is hosting a weekly potluck brunch Sundays at noon. It's open to existing members, friends, newcomers, and visitors in their 20's and 30's. Members and guests are encouraged to bring something to share. - Adam Brown (860) 817-0940

In The Library
 @ The Meeting House

RSVP to
 adambrown6@gmail.com

We look forward to seeing you!



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

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



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're able 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!)



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.

Thank you, Patrice Fitzgerald and Richard Leslie, for the donations of several musical items. They are very much appreciated.

Upcoming Special Events and News in the Larger Community



SAVE THE DATE! PRIDEFEST 2017

SATURDAY, SEPTEMBER 9, 2017 / PRATT STREET, HARTFORD, CT

12 Noon to 6 PM

Hartford Capital City Pride is the volunteer-directed committee behind the official Hartford Pride roster of events. The 2017 roster will include different pride events for LGBTQ+, the general public, and allies of all ages. PrideFest week takes place during the second Week in September. Hartford Capital City Pride's mission is to work toward a future without discrimination where all people have equal rights. We do this by promoting and producing LGBTQ+ events that inspire, educate, commemorate and celebrate our diverse community. For more information go to: www.hartfordpride.com or call Charlie Ortiz at (860) 841-2345.

If you'd be willing to "table" at Pride 2017 on behalf of USH and/or UU's of Greater Hartford, please let the Revs. know!

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 It's easy and if you're interested, please say so.

To submit a Calendar Event Request 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. Please make sure you also coordinate with our Rental Manager, Rayla Mattson, if this is a one-time-open-to-the-public event. **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

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.