



50 Bloomfield Avenue, Hartford, CT 06105  
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 Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00  
 or call for appointment

**USH-Enews ~ August 2, 2017**  
**Worshipping Together Since 1830**  
**Sunday Service 10:30 AM**  
**Revs. Cathy & Heather Rion Starr**



Image: <http://www.uua.org/beliefs/who-we-are/chalice>

The symbols of the Unitarian and Universalist faiths, before their 1961 merger, as depicted on the wall of First Unitarian Church of Albuquerque.

**Worship Service: Sunday, August 6, 2017 ~ 10:30 AM ~ "Our Catholic Beginnings" ~ Martha Bradley, Coordinating ~ Margaret Leicach, Worship Associate** ~ Do you find it hard to imagine how someone's deep affection for important elements of their Catholic up-bringing might lead them to embrace Unitarian Universalism? At this Sunday's worship service, Sherry Manetta and Peter Meny will help illuminate how much the rich traditions of the Catholic church and our own faith have in common.

All are welcome, please join us!

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

**A Note from the Revs:** As we continue through the 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!



on the 20th.

This Sunday, August 6th, the nursery will be available from 10:15-11:45AM for the morning worship hour. The children and youth will meet in the library at 10:30AM. This will be week 2 of looking at inequalities due to gender identification. We will also continue to prepare for our service



This summer the children and youth have explored the different aspects of discrimination in race, religion, gender, sexual orientation and class. We began with discussions on race which quickly led to the other areas. We realized we couldn't talk about one form of discrimination without including others. Discrimination and prejudices come in many forms and can be multi-layered. We looked at discrimination and prejudices from others but also from ourselves recognizing that sometimes we have prejudices that we didn't even know we had and working on ways to consciously be aware and work on them.

All the different labels that we use to categorize, explain, and quantify ourselves as well as all the labels others use to describe us can be true, false, limiting and right on point. But what really makes us who we are, and how does those labels we assign and others assign to us impact how we live our lives? One youth called it "all our many colors." So, please join us on August 20th as some of the children and youth share their thoughts and feelings about all that makes us who we are through song, dance, skits and the spoken word.

Image: <http://www.posizionamentomotoridiricerca.info>

**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.



**Memorial Announcement** ~ We send our heartfelt condolences to Nancy and Tom Reed on the death of their son Ken. All are invited to his memorial service here at USH on Saturday, August 12th at 11am.



Reed, Kenneth DeWitt 1962-2017 Kenneth DeWitt Reed, 55, of Irving, TX. passed away unexpectedly on July 13, 2017. Ken was born on May 5, 1962 in Hartford, CT. He attended West Hartford public schools and graduated from the University of Hartford with a Bachelor's degree in Economics and Finance. He was employed by Aetna for 27 years in various Underwriting capacities retiring in 2012. After retirement, he was an Independent Consultant for MedWise Partners, Phoenix, AZ. Ken had a wonderful sense of humor, enjoyed reading, and was an avid sports fan. He is survived by his wife of 27 years Virginia (Ginger), their two children Nicholas and Alexandra, and his beloved dog, Cindy Lou, also of Irving, TX. He is also survived by his parents, Nancy and Tom Reed of West Hartford, CT., his sister Patricia Tilley, her husband Ray, and niece Portia of Kissimmee, FL., and several aunts, uncles, and cousins.

A Memorial Service will be held at The Unitarian Society of Hartford, 50 Bloomfield Ave, Hartford, CT. 06105 on Saturday, August 12, 2017 at 11:00 a.m. with a reception to follow. Memorial donations can be made to Operation Kindness, an animal adoption center, 3201 Earhart Drive Carrollton, TX. 75006 or to a charity of your choice.

**Will you help with the Memorial Reception?** ~ The Reception will be in Fellowship Hall. Finger foods, such as crackers/cheese, quick breads, cookies, bars, and 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, punch, coffee, and tea.

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) to sign up for a food contribution or to help. You may also sign up with Janice at Fellowship Hour. Thank you in advance for your help. We can't do this without you! **-Submitted by Janice Newton**

**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.

**There will be no Enews for Aug. 23. Due to my upcoming short work week, I will need all submissions for the August 16th Enews by August 12th. Thank you. -Linda Clark**

**In This Week's Enews:**

RE News You Can Use  
Memorial Announcements  
Sunday Service Recap  
2017 Programs for Adults and Families  
Circle Dinners are a Success  
Upcoming Events and Other News at USH  
Uniform Fund Raiser for The Village  
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/](http://www.ushartford.com/events/)

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

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

**Sunday Service Recap by Kayla Costenoble  
July 30, 2017**

**"Integral Unitarian Universalism"**



**Photo: David Newton**

Marye Gail Harrison, Lay Leader for the July 30, 2017, summer service, showed us the path a seeker can wander to learn and approach the “one Greater Truth.” Integral, according to Webster, means essential to completeness. Integral, according to Marye Gail, means an “all inclusive model of everything.” It makes sense.

Using the mountain analogy of a Catholic nun she encountered during her studying to become a spiritual director, Marye Gail described the search for Truth is like climbing an enormous mountain where you can't see the top. People and religions around the world are at the base, each with their own ways and understanding of life and truth. Some stay there all their lives. Some start to venture up at about age 12. As the way gets steeper, they shed some things, holding on to what they feel is most precious. Some find and remain at a resting place they like. Others go on up the mountain and have to lighten their load even more to continue.

Eventually, “there is a circle of climbers who have shed so much that they see in each other's stories and in each other's eyes and hearts, that there it only one Greater Truth, with many ways to approach it.”

However, Marye Gail cautioned, we drop the line of spiritual development as rational independent thinking takes over, and we “may conclude inappropriately that we can either have spirituality or we can have reason but not both.” We don't accept any other possibilities that the ones we have experienced. Some Integralists think this shift happened at the time of the Enlightenment. Since then, reason alone has dominated meaning making and the search for Greater Truth.

Marye Gail described some paths she has explored in her own spiritual development. During her first twelve years, she was a baptized and confirmed Methodist. In college, she spent a “life changing year” in an extracurricular study of Existential Christianity. She and her first husband found a spiritual home in the Manchester UU church. She and her second husband tried Eckander (new religious movement started by Paul Twitchell in 1965 to define the nature of the soul), meditation, and “eventually came back to the UUs here at USH.”

But there's more. She has explored A.H. Almaas' Diamond Heart Training about relations between ancient spiritual teachings and modern psychology theories; been touched and awed by the pictures from the Hubble Space telescope; and learned “the limits of personality and the mysterious grace of compassion” by caring for her husband John through his dementia to his death.

Marye Gail reminded us, during their service in June, our own USH Youth Group gave us a lifelong charge: “Keep asking questions, maintain your curiosity, honor your intuition, and accept awe and mystery into your world view.” She asked, “If

we have the viewpoint of the Gods on Mount Olympus now, what would we see on earth?" Her answer? Nearer the top of the mountain, they would see a hardy few—they travel lightly, they are curious, open, grateful, awe-inspiring, sharing. They live from a simple place of compassionate caring. They risk their own safety to bring another up over a steep ledge. They all hold hands to bring everyone across the raging mountain waters.

"I think the Gods may smile when they see that some UUs have kept climbing on the spiritual development path until they experience that everything is holy now," Marye Gail concluded her reflection.

And then there was the dynamic Simpson-Hewey duo singing Peter Mayer's "Holy Now" using two voices and one guitar. Mayer, a Minnesota guitarist, vocalist and songwriter, writes songs for a small planet about the interconnectedness of the human journey. Its refrain:

How things have changed since then  
 Everything is holy now  
 It used to be a world half-there  
 Heaven's second rate hand-me-down  
 But I walk it with a reverent air  
 Cause everything is holy now

Earlier in the service, USH's fabulous Meeting House Folk, gave us another Peter Mayer classic which is now in our teal hymnal, "Blue Boat Home." Their plaintive, soulful voices blended with their two guitars, a drum and the lovely Irish penny-whistle.

I give thanks to the waves upholding me  
 Hail the great winds urging me on  
 Greet the infinite sea before me  
 Sing the sky my sailor's song  
 I was born upon the fathoms  
 Never harbor or port have I known  
 The wide universe is the ocean I travel  
 And the earth is my blue boat home

And, of course, there was Pi-Shun and the piano, holding it all together.



### **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



### Meeting House Sing-A-Long - All Are Welcome

Meets on the 2nd Saturday of each month, in Emerson/Meditation room (or Memorial Garden if weather / memorial service permits), except December 2017 & June 2018. The next sing-a-long is August 12 at 2pm. **For more information contact Ed Savage: ed@thesavagees.com**



**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. 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



**A Special Place: The Village Uniform Fundraiser ~** The Village for Families & Children thinks that USH is a special place. USH has great parties. According to a child who attended the Annual Picnic, it was “awesome”. His chaperone was glad to see a place where “kids could be outside and just be kids”. The favorite location at The Festival of the Season is the gingerbread house making room.

USH is a constant; building a relationship with The Village for over four years. When you give to The Village, be it with your time, attention, money, or food, it is always with love, care and support.



With only 16 days before the August 18th end of The Village sponsored Uniform Fund Raiser, please send your donations made out to USH, with uniform fundraiser in the memo line to Brian Mullen at the Meeting House. Cash or checks may also be left in the envelopes at church. Make sure to identify yourself. Any amount is welcome. **-Submitted by Joanne Orlando**



**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](http://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 RevHeather 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 RevHeather 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



In The Library  
@ The Meeting House

RSVP to  
[adambrown6@gmail.com](mailto: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!**



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

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

## 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"



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!)



## 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](http://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](mailto: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](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 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). 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](mailto:revheather@ushartford.com) | Phone: 541-390-6052

Rev. Cathy Rion Starr, Co-Minister  
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Rayla D. Mattson, Director of Religious Education and Rentals Manager  
Email: [dre@ushartford.com](mailto:dre@ushartford.com) | 860-233-9897 ext 104

Linda Clark, Office Administrator  
860-233-9897 x 100 | Email: [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com)

Brian Mullen, Bookkeeper  
Office Hours by Appointment  
Email: [bmullen@ushartford.com](mailto:bmullen@ushartford.com)

The deadline for USH-Enews submissions is Tuesday at 12 Noon.  
Email to: [ushenews@ushartford.com](mailto: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.