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

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



Photograph by Heidi McCloskey

**Worship Service: Sunday, September 3, 2017 ~ 10:30 AM ~ “Continuing Search for Truth and Meaning” ~ Sue Smolski, Lay Leader, ~ Rick Tsukada, Worship Associate ~ Come, Come, Whoever You Are...** For our last summer worship service, a long time member of our congregation will answer the summer theme question "What Informs Your Unitarian Universalism?" Share a glimpse into a fellow seeker's search for truth and meaning.

**First Choir Rehearsal!** ~ Director of Music Ministries, Sam Moffett, is excited to work with the choir at USH this year. He would like to extend an invitation to all in the community who have thought about joining the choir, to come and sing! The first rehearsal will be Wednesday, September 6, at 7:00 P.M. **If you would like to join, or would like more info, please e-mail Sam at [smoffett@ushartford.com](mailto:smoffett@ushartford.com).**



**RE News You Can Use!** ~ This Sunday, September 3, the nursery will be available from 10:15-11:45AM for the morning worship hour for infants and toddlers.

The children and youth will meet in the library during the morning worship hour.

**Buddy Bags:** This year we are working to bridge the gap between our generations. We will partner one adult with one child. They will be secret buddies and for a number of weeks the adult will place get-to-know-you items or letters into the buddy bag based on the symbol they share. Then at the October pancake breakfast, we will reveal everyone's secret buddy. Hopefully they will then get to know each other more at that pancake breakfast and at other events we will have throughout the year. Please send an email to me at [dre@ushartford.com](mailto:dre@ushartford.com) and let me know if you or your child would like to participate. Please note it is open to everyone regardless of whether you have a child in the program or not. Thanks. ~ **Rayla D. Mattson**  
Director of Religious Education, Unitarian Society of Hartford ~ 860-233-9897 ext 104 | [dre@ushartford.com](mailto:dre@ushartford.com) ~ I only check my email on Tuesday, Wednesday, Thursday and Sunday.



**September 17 Ingathering & Water Ceremony: "The Well Is Deep, It Will Provide"** ~ With our Revs. Cathy & Heather, our Director of Religious Education Rayla, our (new!) Director of Music Ministries Sam, our dedicated staff and all of you active lay leaders, volunteers, members and friends, we will gather together and remind one another of how deeply and fully we are nourished and inspired by one another, by the natural world, by many sources of wisdom and many forms of spiritual practice. Mark your calendars, bring a friend or neighbor, gather your small container of water, "literal or symbolic," and come nourish your spirit at our well of community. 10:30am on Sunday, September 17! - **Image: [etsy.com](https://www.etsy.com)**

**Would You Like to be Part of a Great Team? ~** As Ingathering approaches on September 17, the staff and lay leaders at USH are preparing for another active year. We need your help to make this a spectacular year.



**Below are some areas where Volunteers are especially needed and welcome:**

**Office Volunteers:** If you are computer literate and comfortable with Microsoft Word, Gmail, and data entry, the office is in need of you. People to help with general office duties such as making copies, 'sweeping the pews' and refilling the welcome boxes are also welcome. **Please let Linda Clark know if you're able to help out in the office during the week for an hour or two:**  
[ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com) | 860-233-9897

**Pictured above: Phil and Harriet Gardner with their son Bruce, helping out with the Order of Service**

**Religious Education:** The DRE is very short-handed for teachers in our Pre-K3-2nd grade class and in our middle school class. We desperately need teachers and assistants. The commitment would be 1-2 Sundays every 4-7 weeks. **If you are interested, have any questions, or would like to see the curriculum, please let Rayla know:**  
 860-233-9897 ext 104 | [dre@ushartford.com](mailto:dre@ushartford.com)



**Programs for Adults and Families Sub-Council:** As of August 31, Nancy Reed and Janice Newton will be stepping down from the Programs for Adults and Families Sub-Council. The Programs for Adults and Families Sub-Council needs members to continue doing its work coordinating the programs many of us participate in and enjoy at the Meeting House.

Please step up and help if you are able! Nancy and Janice will be happy to help you get started. **For more information and/or to join this Sub-Council, please contact Council on Community Within Chair, Christopher Wilt. ~ Submitted by Christopher Wilt**



**The USH Sunday Welcome Team: 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.



**The Book Table During Coffee Hour:** ~ Everybody enjoys browsing through the books during coffee hour. In order to continue we are in need some help setting them up and putting them away. **Please contact Clara Horn if you are able to help out with this: [clara.horn@comcast.net](mailto:clara.horn@comcast.net)**

### **CALLING FOR COORDINATION! FESTIVAL OF THE SEASON SEEKING COORDINATOR**

For well over 30 years, the Unitarian Society of Hartford has held an annual Festival of the Season at the beginning of December. Many hands have held, coordinated, and contributed to this Festival, and now we're seeking your's! Please help us to keep this tradition going! Are you willing to take on the coordination of this much-loved, joyful one-afternoon-and-evening event for the USH community? There are thorough notes and many willing participants. All we need is someone to corral and coordinate the fete overall. **Please let Community Within Council Chair Chris Wilt ([chris.wilt@gmail.com](mailto:chris.wilt@gmail.com)) or our Co-Ministers know if you'd be willing to take a coordinating role in keeping this show on the calendar!**



**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

Church Business News: Board Meeting Wednesday, August 30; B&G Workday,

Saturday, September 9

2017 Programs for Adults and Families

Fall Small Group Ministries

Circle Dinners a Success

Upcoming Events and Other News at USH

Thank You from The Village

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  
August 27, 2017  
"Embracing Imperfection Everywhere"**



**Photos: Harriet Gardner**

"This is not a perfect sermon," Rev. Heather confessed during her return to the USH pulpit on August 27, 2017. And I was so glad to be assured by a person I respect and trust that all of us must expect and accept imperfections in our lives. She went on to quote Kathleen Noris in saying that "Perfect is one of the scariest words I know," and suggested a better translation of the word "perfect" would be "complete, entire," rather than the dictionary's "flawless."

In our "high speed consumer culture, accomplishment is more valued than our humanism." We set ourselves up for disappointment, Rev. Heather said. Our

quiet, private daily decisions are actually more important than large happenings; who you really are is when the lights turn off.

We must extend love and understanding to ourselves and to connecting to others. “Being humane is a first and foremost value.” And we have to find beauty, energy, promise, hope and resilience. She read these words from an eight-year old’s “How I Became Myself”—There’s always a part of you that is leaping with joy.

During the service, Rev. Heather gave us some disparate examples of others who espouse this idea. The 13th century Persian poet Rumi (whose wise words are often part of a USH service) wrote, in “The Guest House”:

This being human is a guest house.  
Every morning a new arrival...  
The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.  
Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

And then there was Marilyn Monroe, whose quote made today’s Order of Service: “Imperfection is beauty, madness is genius, and it’s better to be absolutely ridiculous than absolutely boring.” From a Jewish psychological perspective, we are told, “If one believes his good deed or holy study to be thoroughly pure and perfect, this is a sure sign that they are thoroughly bad.”

Rev. Heather introduced Sam Moffett, the USH’s new Director of Music Ministries, a second-year MA student at the University of Hartford, and well known to us as our former composer in residence last year.

As we have come to expect, music added so much to the service. Pi-Hsun’s playing of Philip Glass’s thunderous “Etude No. 5” was a WOW opening prelude. Our wonderful Meeting House Folk (Stephanie Briggs, Tom Gervais, Helen Koulidobrova, Sarah McKenzie and Mike Zanta) gave us Ruth Moody’s “Storm Comin,” a piece that won first prize in the 2012 International Songwriting competition Gospel category. Some words:

Don’t ever run from the comin’ storm...  
Let your spirit soar  
Open up your door  
You can’t keep the storm from comin’  
They also sang and played “By Way of Sorrow”, a splendid piece  
by Texas-born singer/songwriter Julie Miller.  
You have come by way of sorrow,  
You’ve come over a stony ground

But when love calls out your name  
You will lay your burden down.



Photo: David Newton

### **Catholic Beginnings—Reflection, from the USH, August 6, 2017 by Peter Meny**

#### **Phase 1 - Indoctrination.**

I was born into a working class Catholic family in Hartford. My earliest memories of church were the services at Our Lady of Sorrows on New Park Avenue. It was in a blue-collar neighborhood of Portuguese, Polish, and French-Canadian immigrants. On Sundays my two older brothers, my older sister, and later my younger sister would walk from Sisson Avenue to OLS. Mom and Dad stayed home – my guess is they were hoping for a different kind of religious experience, one without the intrusion of 5 kids in a small 3- bedroom apartment.

I didn't like going to church. It was uncomfortable - with hard wooden pews and frequent kneeling. At the time, the mass was in Latin so I listened to and recited words that meant nothing to me. Basically, it was an exercise in endurance and delayed gratification, which in retrospect may not have been a bad thing.

I remember the priests climbing up a staircase to a perch from which they looked down on the flock and delivered their sermon. The tone and content of their message was usually pretty grim. We were told to follow the rules unquestionably or suffer the consequences. For example, going to church every Sunday was an obligation, not a choice, and failure to do so was a mortal sin – a

serious offense which, if not confessed to and forgiven by a priest, would result in eternal damnation.

Our family followed the rules for the most part – no meat on Friday, going to mass every Sunday (at least the kids), and periodically confessing our sins to a priest and doing the penance he judged was appropriate. Though I didn't enjoy mass, there was a sense of majesty and mystery during the services, and the sensory experience was unlike anything else in my world. The architecture was medieval - lofty ceilings, grand arches, stained glass, and statues of the saints and the Holy family. The music and words reverberated throughout the cold and cavernous interior and the smell of incense wafted through the pews. All of these elements made me feel like there was something there – call it God – that was timeless, powerful and serious.

Another key connection to the church during my early childhood was Saturday religious education class. We called it Catechism because the core curriculum was rote study and recitation of the Baltimore catechism. Imagine giving up Saturday morning cartoons and TV shows in order to recite the answers to fascinating questions like – Who made me? and Why did god make me? This was truly a sacrifice. But there wasn't any choice – in order to be confirmed a Catholic – you had to go to Catechism class, and there was no question that I would be confirmed – that's what everyone in my family did.

So my initial takeaways from Catholicism were these: God was stern, judgmental, and punitive. He was watching all the time. Follow the rules, do what you were told, and believe what the church taught– and you would go to heaven. Stray from that path – and you would go to the other place reserved for unrepentant sinners. Of course, Catholics had a third possible destination after death called purgatory – a sort of celestial waiting room without amenities where you got to keep working on your piety until you earned your ticket to join the angels. But that could take centuries – not recommended.

### **Stage 2 – Piety and decadence.**

After confirmation, during my middle and high school years, I continued to go to church and catechism but with a different mindset. I had reached a point in my development where I began to question things and evaluate whether established beliefs and rituals made sense to me or not. Fortunately, the nuns and lay leaders who led our classes were receptive and kind to me. I guess they understood that skepticism was a normal stage for a teenager with a brain and they seemed to welcome the opportunity to listen to my questions and discuss Catholic beliefs and practices.

During my first couple of years in high school I went through a 'religious' period. I believed in the power of prayer and even went to church some evenings, to seek a closer connection with a holy presence. It was a period in my life where friends and impulses were urging me to go in one direction, and parents, teachers, and the church, were telling me something else. So, an internal conflict ensued

between the 'good catholic boy' and the 'boy who just wanted to have fun'. On these private pilgrimages I sought the quiet, mystical, and comforting space in the church where I asked for the Almighty's help.

Although I did feel a connection to a higher power, and even felt as if some of my aspirations to be a better person were sometimes strengthened, my piety was no match for the influence of friends and a tidal wave of teenage hormones and attitudes (blame it on Elvis). Maybe I was going to go to hell but at least I was going to have a good time. But while I headed down the road to perdition, an unwelcome guest was always at my side – guilt, good old Catholic guilt. The conflict continued.

### **Stage 3 – Redemption.**

In September 1967, I entered the freshman class at the University of Notre Dame in Indiana. The fact that it was one of the pre-eminent Catholic universities in the country had nothing to do with my decision to go there. My first two college choices were secular schools that failed to recognize my potential, but Notre Dame, my safety school, accepted me. The father of one of my friends, an ND grad, had urged me to apply. My decision to follow his advice was based on the fact that it was a big name school and had a great football team. My parents were thrilled.

Notre Dame gave me a whole new understanding of Catholicism. The clergy there were, for the most part, great teachers, progressive and liberal thinkers and activists, and compassionate people. Students went to church because they wanted to, not because they felt obligated.

As some of you will recall, the late sixties and early 70's were a time of great conflict and change in our country. The Vietnam War was raging and young people, college students, in particular, were questioning established political beliefs, moral values, and standards of behavior.

At Notre Dame, the clergy was often ahead of the student body. One prominent priest spoke out openly against the Pope's ban on birth control – a pretty gutsy thing to do in those days. Others were leaders in the anti-war movement. Father Hesburgh, the university President, was one of the most influential people in American higher education. He was consulted by leaders around the world and worked globally for peace and justice. So while other campuses experienced violent confrontations between students and university authorities, for the most part students at Notre Dame respected the university's leaders.

So, what I found at Note Dame was a community of liberal, progressive thinkers willing to challenge accepted beliefs, work for social justice, and support each other to become the best people they could be. I found that Catholicism was much richer than the narrow, conformist, and unquestioning faith I was introduced to as a child. Notre Dame was a place where I felt accepted,

challenged, and inspired and where my mind was opened up to see the world more clearly.

After college, I returned to Hartford but lost my connection to Catholicism. I didn't make a serious effort to find a religious community until I was in my mid thirties. I tried some catholic churches at the time. But the Catholic mass, even with folk groups and an English language liturgy did not connect with my brain or my heart and the conservatism of the Vatican in my view, was out of touch and irrelevant at best.

But I am thankful for my catholic background. It helped me clarify what I most appreciated and most detested about organized religion. It introduced me to beliefs, rituals, and practices that challenged people to strive to be their best true selves. And it got me started on **my** faith journey – a journey to find meaning, truth, inspiration, and support.

### **Church Business News**

**Board Meeting, Wednesday, August 30th, 6:30pm**  
**All are welcome to attend.**

#### Agenda

Learning & Exploration: Discuss Ministry & Governance  
 Mark Ewert follow-up: Strategic Plan  
 Mark Ewert follow-up: Stewardship  
 Mark Ewert follow-up: Capital Campaign & Endowment  
 Update on roof RFP findings  
 President Transition Plan  
 Mid-year Retreat Proposal  
 Performing Arts Board Support/Artist Guarantee  
 Thank-you cards



#### **Building & Grounds Workday** **September 9, 9:00 AM - 12:00 PM ~**

Each year in the spring and fall the Building and Grounds Sub-Council holds an official workday (they actually work on many other days as well). Our Fall 2017 B & G workday is scheduled on Saturday, 9/9 from 9AM to Noon. Volunteers are solicited by the Building and Grounds Sub-Council for general clean-up work.

Some of the work will be done on the edge of the woods to the east. We will

also concentrate on getting the Memorial Gardens ready for winter, so bring your gardening tools. This is a big job and we need your help!

There will also be general areas to clean up between the buttresses adjacent to the building and a variety of other tasks.

If you can attend, it would be helpful if you would inform David Newton at [dcnewton999@gmail.com](mailto:dcnewton999@gmail.com) or 860/335-3742 to help with the planning. Or, just come! All Are Welcome! If you have tools you believe would be helpful, bring them along ~ **-David Newton, Sec. Pro Tem B&G**

**Photo provided by David Newton from a previous B&G Workday**



## 2017 Programs for Adults and Families

For more information on current programs click [HERE](#) to view the Adult Programs catalog.

Contact information for programs are listed below.

### Programs

**Building (and Living) Your Own Theology:** 12 Sessions, Tuesdays, 7:30 – 9:00 PM, start date September 12. (waiting list.) Contact: Tom Gervais: 860-558-3000; [tom.j.gervais@gmail.com](mailto:tom.j.gervais@gmail.com)

**Arc of the Universe is Long: UU (Anti-) Racism History:** 4 sessions beginning September 27. Contact: RevCathy:[revcathy@ushartford.com](mailto:revcathy@ushartford.com)

**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](mailto:rsfriedman41@gmail.com).

**Tai Chi:** Wednesdays, 5:30 – 7:00 PM. Contact Ginny Hedrick: 860-677-9272.

**Emei Qigong Cultivation:** Tuesdays and Wednesdays, 5:00 – 6:00 PM. Contact Diana Heymann: 860-461-0908.

**Meditation and Dharma Gathering:** Wednesdays, 5:45 – 7:00 PM. Any questions please contact Jan Bennett: [chair2clinic@juno.com](mailto:chair2clinic@juno.com): 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](mailto:drmarkafriedman@drmarkafriedman.com) or Diana Heymann [heydiana42@gmail.com](mailto: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. For more information contact Ed Savage: [ed@thesavagees.com](mailto:ed@thesavagees.com).

**USH Book Club:** Next Meeting: Thursday October 12 at USH. "The Underground Railroad" by Colson Whitehead. For more information contact Richard Groothuis: [rgroopofus@icloud.com](mailto:rgroopofus@icloud.com).

**Small Group Ministries This Fall: ~ What is Small Group Ministry?** This is an opportunity to strengthen your connections with USH members and friends by sharing your life experiences with them in a covenant group. Your facilitator will have special readings and questions to guide your sharing and deep listening experience. You may sign up for this at the program table during coffee hour or contact Esther McKone, email: [estmckone \(at sign\)aol.com](mailto:estmckone(at sign)aol.com), phone 860 677 6682. There is a \$5 registration fee for the whole series.

**There will be a Fall Small Group Ministry (SGM) starting on October 4th** at the home of Kathie Ferguson in West Hartford. This SGM will be facilitated by Hugh Schweitzer and will begin at 7 pm, ending at 9 pm.

**Attention: For the first time ever, USH will offer an intergenerational family friendly SGM.** It is open to anyone age 10 and up. There will be 2 sessions running together at the same time. Children and youth can choose to be in the session with their parents or in the other one running at the same time. Younger siblings can attend as there will be childcare for those 9 and under. Dinner will be from 6:30-7:00pm and the SGM will run from 7:00-8:30PM. **You can sign up at the programs table or contact Esther McKone or Rayla Mattson. The cost is \$5 per family (total) for the series of sessions.**

**DISABILITY FOCUSED SMALL GROUP MINISTRY (SGM):** This small group ministry welcomes ALL - able bodied and those who identify as disabled - and everyone else in between! We will explore What Disability Means, Mental Illness, Depression, Silenced in Trump's America, Standing up for What I Need, A Diagnosis of Autism and more! This SGM will be facilitated by Bill LaPorte-Bryan and will meet on SATURDAY mornings from 10 AM to Noon. The START DATE for this SGM will be Saturday, September 23, running for 8 sessions ending December 2nd. Registration fee is \$5 for all 8 sessions. Please let us know if you need childcare. You can register for this SGM at the program table during coffee hour after Sunday service. **For more information, you may call or email Bill LaPorte-Bryan at 860-308-2688, email [b37bryan\(at sign\) gmail.com](mailto:b37bryan(at sign) gmail.com) or Esther McKone at 860-677-6682, email [ESTMcKone\(at sign\)aol.com](mailto:ESTMcKone(at sign)aol.com).**



**Circle Dinners 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 Brian Harvey or Chris Wilt. 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**

**Our heartfelt thanks** to all those who had something to do with our son Ken's recent memorial service and reception. We also appreciate the attendance of the many members and friends at the service and the cards sent to us. It is gratifying to have the support of so many of you during these difficult days.

**-Nancy and Tom Reed**

**Unified Theater Interactive "Get Included" Workshop on Sunday, September 10<sup>th</sup>** ~ You won't want to miss what's happening at our Meeting House on Sunday, September 10th! So bring your family, your friends and your neighbors and start out by going to the worship service at 10:30.

Then, after the service, from noon to 2:00 in the Meditation Room, Jen McCool, the Program Director of Unified Theater (see their website at [unifiedtheater.org](http://unifiedtheater.org)), has volunteered to lead one of their workshops called "Get Included" for us. It's open to the public, and middle schoolers, high schoolers, college students and adults of all ages are invited to participate. Jen describes the workshop this way:

"The arts are a powerful unifier. People of all abilities and backgrounds are able to find their place — big or small, quiet or loud, on stage or behind the scenes - through the arts. At Unified Theater, we create more inclusive communities through student leadership and the performing arts."

This workshop will take participants through a hands-on experience of our "Get Included" activity which has been provided to hundreds of student leaders and faculty advisors across the country. In it, participants will use acting techniques to define inclusion and the difference between inclusion, integration, partnership, segregation, exclusion, and invisibility. We will end by outlining ways in which a community can move themselves closer to the goal of real inclusion.

Child care for children younger than middle school age will be provided if necessary and we'll serve a light lunch for participants in the Meditation Room at 11:30 before the workshop begins.

So, put a big gold star on your calender on September 10th and invite a group of friends to come to church with you for the worship service followed by a Unified Theater workshop designed to help us all get a deeper understanding of what it means to get ourselves and everyone else included ... by having fun acting it out.

The USH AIM Team: Katharine Ann Anderson, leader of the mental health group; Briana Bittel, leader of the chronic pain and illness group; Paula Bleck, leader of the mobility group; Lisa Campo; Dennis Gallant, leader of the perceptual group (hearing, sight, sensory); Debi Gosselin, secretary; Flo Grieb; Susan Hope; Cat Lanser; Bill LaPorte-Bryan, chair; Larry Lunden, leader of the food and chemical sensitivities group; Peter Magistri; Owen McKenzie, leader of the learning and intellectual disabilities group; Tom Reed; Edith Savage; Rev. Cathy Rion Starr, lead minister for the AIM team ~ **Submitted by Bill LaPorte-Bryan**

**LUNCH BUNCH** - For the 2017-2018 year, the Lunch Bunch will meet at Concetta's, Italian Restaurant, 22 Mountain Ave., Bloomfield. In addition to lunch, there will be a speaker. We will continue our series "Who Am I?" You will be able to order off the menu. Separate checks will be provided. There is convenient parking. We will meet at Concetta's on the third Tuesday of the month through June (EXCEPT for the December Christmas party to be held at the Meeting House). The dates are: 9/19, 10/17, 11/21, 1/16, 2/20, 3/20, 4/17, 5/15, 6/19. Mark your calendars!

The first gathering of this Church year will be Tuesday, September 19. If you plan to attend, please let me know by noon on Wednesday, September 13. If you wish to attend you must see, call (860/677-1121) or email (janicecnewton(at sign)gmail.com) Janice Newton.

We are looking for speakers for this year. Are you interested or do you know someone who would be interested in speaking to the group? If so, please contact Maggie Greene at turtlepoem(at sign)yahoo.com. Reservations are necessary! **-Submitted by Janice Newton**



**Uniform Fund Raiser for The Village for Families and Children ~ THANK YOU: AFFIRMING THE BOND** ~ This year USH donated \$1,715.00 to The Village for Families and Children's Uniform Fundraiser. It is the largest donation in our four years of giving to this program and affirms the strong ties between USH and The Village.

In its Annual Report, The Village for Families and Children lists the Unitarian Society of Hartford as a significant donor. Your support through welcoming the children to Society events and your generosity is recognized and applauded.

Thank you to all who gave to the Uniform Fundraiser.

Thank you to all who continue to affirm the ties between USH and The Village.

**-Submitted by Joanne Orlando**



### **News from Patrice and Richard**

Patrice Fitzgerald and Richard Leslie send their greetings from Europe, and from the Unitarians in Edinburgh, Scotland. The duo gave a concert at St. Mark's Unitarian Church there as part of the Festival Fringe in early August, and were pulpit guests and sang in the service on August 13th, on the topic of "Music As a Gift." They've visited Ireland, Scotland, and France to date, and are headed to Amsterdam and Berlin next. If you're interested

in their adventures, follow their blog at [www.PatriceandRichard.com](http://www.PatriceandRichard.com). **-Submitted by Patrice, of course**



### **USH/Watkinson/KNOX Labyrinth continues "growing"**

KNOX ([www.knoxhartford.org](http://www.knoxhartford.org)) coordinated volunteers from Watkinson School to jumpstart the project of planting many more plants in the area between the labyrinth paths. 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, 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**



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](mailto: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

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

**"WALK WITH ME"**

A movie about Zen Master Thich Nhat Hanh

When: Sept. 13, Wed., 7:30 p.m.

Where: Bowtie Cinemas on New Park Ave. in Hartford.

Click [HERE](#) for more information and to register to attend the screening.

Please buy your tickets today. At least 83 tickets must be sold for the movie to be shown. A credit card is needed to reserve a seat but it will be charged only if the minimum is reached. If not, the reservation is automatically cancelled and there will be no charge to the credit card.



**-Submitted by Fred Louis**



**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.

**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/>

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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.