



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 ~ September 6, 2017
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Image: www.uuworld.org

Worship Service: Sunday, September 10, 2017 ~ 10:30 AM ~ "Resist and Rejoice, Together!" ~ Rev. Cathy Rion Starr, Co-Minister ~ Lisa Galinski, Worship Associate ~ Rev. Cathy reflects on this year's General Assembly in New Orleans that was full of celebration, creativity and resistance. Come relish

in the culture of New Orleans and learn about the innovative collaboration at this year's GA as we introduce our themes for USH this year: Collaboration and Joy!
www.uua.org/ga

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.**



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

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) or our Co-Ministers know if you'd be willing to take a coordinating role in keeping this show on the calendar!**



RE News You Can Use!



This Sunday, September 10, 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 not in your family. 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 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 ~ 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
 Get Involved at USH: Many Ways to Volunteer
 Church Business News: B&G Workday, Saturday, September 9
 2017 Programs for Adults and Families
 Fall Small Group Ministries
 Circle Dinners a Success
 Meeting House Presents News (formerly USH Performing Arts)
 Upcoming Events and Other News at USH
 Deep Appreciation from The Village: Notes of Thanks From the Kids
 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 by Kayla Costenoble
September 3, 2017
"Continuing Search for Truth and Meaning"**



Photos: Harriet Gardner

Lay leader Sue Smolski recalled her reaction to some of long-time minister emeritus Nat Lauriat's sermons when she started coming to the USH in the 1980's: "At times, the sermons were confounding." There was no music, just reading and prayers. But in a memorial service for a friend's life she attended, she felt Nat had "captured the essence of her life" and Sue felt "held and captured by the inherent worth and dignity of every person." Sue's reflections took place during the last of our summer sermons (they were splendid!) on September 3, 2017.

"What informs your Unitarian Universalism?" was the theme of the summer services, Sue reminded the congregation. She told us she was the only church-going member in her family, and, in her youth, she went to the Congregational Church in New Britain because she wanted to sing in the chorus, and music helped keep her there. But she never quite felt as if she belonged there.

When she started coming to the USH, Sue said she was in a "period of upheaval" and needed guidance, personal growth and change. "Our" Betty Arnold (present during today's service) greeted her and made her first visitor's nametag. "Being here felt right," Sue said, and she became a member in 1985, and has been active ever since. Pivotal events in her church life that "deeply enriched my spiritual life" include a membership retreat, Small Group Ministries, being a Lay

Leader, and feelings of fellowship and relationships. To be a UU, she said, is to be part of a life-long, life-changing process.

Our seven principles are important to her, Sue said, and she asked us to join her in responsive reading 594, adapted from the UUA “Principles and Practices.” A few words:

We believe that our churches are places where all people are accepted, and where we keep on learning together.

Not only was today the last summer service, but it was also a time to give a heartfelt thank you to pianist Pi-Hsun, who has provided incredible music for all our summer Sundays. Today was no exception. Three of the piano pieces she played were by pianist/composer Doug Hammer. One critic described him thusly: “In the crowded field of contemporary pianists, Hammer stands out as one of the best, whether he is playing a gentle, ethereal piece or letting loose in a honky-tonk or gospel style.” I used Pi-Hsun’s playing from his “Haiku” album as a time for a personal meditation.



Church Business News



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 -to which you are all invited! (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 dnewton999@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

Get Involved at USH ~ Be Part of a Great Team!

As Ingathering approaches on September 17, the staff and layleaders 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:

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.



Office Volunteers ~ If you are computer comfortable 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 | 860-233-9897

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



The Book Table During Coffee Hour ~ Everybody enjoys browsing through the books during coffee hour. In order to continue we are in need of 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

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



Programs for Adults and Families Sub-Council Nancy Reed and Janice Newton have stepped 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**



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

Arc of the Universe is Long: UU (Anti-) Racism History: 4 sessions beginning September 27. Contact: Rev. Cathy: revcathy@ushartford.com

Ballroom Dance: Thursdays, 6:00 – 7:45 PM, For questions contact Ron Friedman: 860-523-1105 or 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

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Any questions please contact Jan Bennett: chair2clinic@juno.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.

USH Book Club: The first book club meeting will be Thursday September 14 to discuss everyone's Summer reading. Next Meeting: Thursday October 12 at USH. "The Underground Railroad" by Colson Whitehead. For more information contact Richard Groothuis: 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, phone 860 677 6682. There is a \$5 registration fee for the whole series.

There will be a Fall Small Group Ministry (SGM) on **Wednesday evenings** 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. Sign up now by contacting Esther!

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 or Esther McKone at 860-677-6682, email 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 Chris Wilt or Brian Harvey. 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 this program. **-Submitted by Brian Harvey**



Meeting House Presents (formerly USH Performing Arts)

The newly formed "Meeting House Presents" concert committee will meet at 12:30 (after church) on September 10 to discuss the concert series proposals, artists and fund-raising. If you are interested in jazz, folk, classical, vocal, and drama presentations, please come. If you cannot make this initial gathering, please contact Laura and Paul Cipriano (MeetingHousePresents@gmail.com) to contribute your

ideas, volunteer time, or pledge financial backing for the series. **-Submitted by Ed Savage**

Other News of Our Community and Upcoming Special Events



Summer Worship: Beloved Community in Action ~

This summer of 2017, there were 10 summer services in Fellowship Hall with an average attendance of 72; a total 58 visitors came to summer services and an average of 30 candles were lit.

The service with ordained Shin Buddhist priest Mark Unno had the largest attendance of 95, which included 18 visitors.

The most candles were lit on Labor Day Weekend Sunday - 43.

Special Fund Raising that occurred over the summer months was for The Annual Village Uniform Fund Raiser and Good Neighbor Offering for the UUA Emergency Response Fund for Hurricane Harvey.

Crafting and creating meaningful worship was definitely a community effort ---

Co-Ministers, worship associates, pulpit guests, pianists, Meeting House Folk, audio support, staff, volunteers, and visitors, all contributed greatly.

It was the beloved community in action.

In gratitude, Sue Smolski and Martha Bradley, Summer Worship Coordinators

Unified Theater Interactive "Get Included" Workshop on Sunday, September 10th, 12:00 PM ~ 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), 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."

Contact Person: Bill LaPorte-Bryan b37bryan@gmail.com.

For more information click [HERE](#) ~ -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](mailto: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](mailto:turtlepoem(at)sign@yahoo.com). **Reservations are necessary!** -Submitted by **Janice Newton**

WITH DEEP APPRECIATION – The Village Uniform Drive



Dear Neighbors,

I can't think of a better way to express our gratitude for your donations to The Village for Families & Children uniform fundraiser than to share some of the comments from the children and families you have helped during a time of stress and need:

A ninth grader: "I want to thank you for the gift card for my uniforms, knowing that I will be heading into 9th grade fully prepared is a stress reliever. So once again a very big THANK YOU!!"

A fourth grader: "Dear Generous person, Thank you for the uniform. Your friend"

An eighth grader: "I want to say we are very grateful of the thought. I would also like to take the time out to say that this is greatly appreciated. Thanks!"

A sixth grader: "Thank you so much you have no idea how this is going to help me right now!"

A mother, "Thank you for the gift cards for my family. I appreciate everything that you're doing for all the families. Thank you very much. God Bless!"

A father, "I would like to thank those people who work hard in trying to get things for kids for school. One of them was my little girl and she really needed that. So thank you to all of you."

While you may never meet the children you have helped, they are better because you cared. Because of your kindness, The Village continues to be a place where real change happens.

Jeff M. Aron, Associate Vice President for Development
The Village for Families & Children
-Submitted by Joanne Orlando



USH/Watkinson/KNOX Labyrinth continues "growing" ~

The USH Labyrinth in the Watkinson Community Garden always welcomes your time and presence. Ways to help can include: helping to sweep and clean up the plot overall, helping to tend the plants, planting extras from your garden or other plants you acquire in the rest of the large garden area, or helping our 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 plantings! **Warmly, - Rev. Heather**

Weekly Reminders



In The Library
@ The Meeting House

RSVP to
adambrown6@gmail.com

Every Sunday after worship – 12:00 PM

20s/30s Sunday Brunch

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

We look forward to seeing you!



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

SAVE THE DATE! ~ Immigrant Accompaniment Training ~ On Sunday, September 17 from 2-5 p.m. at The Unitarian Society of New Haven (700 Hartford Turnpike, Hamden, CT 06517), there will be an accompaniment training for those looking to accompany immigrants through their legal proceedings.

This training will also offer some of the lessons those in our network have learned over the past 6 months in accompanying undocumented immigrants facing the possibility of deportation.

Contact Rev. Megan Lloyd Joiner at rev.megan@usnh.org if interested in attending.

**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.



What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

Family-to-Family Classes Fall 2017

Contact us to register for these NAMI Family-to-Family classes!
 & don't forget to visit www.namict.org under Educational Programs



Sunday September 10th, 7:30pm

An Evening with



SHELLEY SEGAL

at The Unitarian Universalist Church in Meriden,
328 Paddock Ave, Meriden, CT



The Unitarian Universalist Church in Meriden is proud to host an evening with singer-songwriter Shelley Segal. Hailing from Australia, Shelley has carried her music across her home country to Hong Kong, China, Europe and 10 US tours, and is now making her FIRST EVER Connecticut appearance.

With her "mercurial voice and eclectic sound" (The Brag) and 'thoughtful lyrics celebrating life, love and reason' (The

Buffalo Spree), this spirited young artist creates a space for her listeners to engage with ideas, to question and to reflect on the everyday, to see its layers, its depth, its meaning.

Flirting with elements of jazz, folk, pop, blues, reggae, liturgical and electronica, Shelley imparts her performances with a pure joy of music and its power, "creating a ripple effect with her melodic vocals, heartfelt passion, thought-provoking lyrics." (Weekend Notes)

The Unitarian Universalist Church in Meriden is a small, intimate venue where every seat is a good one, offering an unusual opportunity to enjoy music up close, and creating a special sense of presence and engagement between musician and audience. Please join us for an evening of music, laughter and discussion. Light refreshments will be available for purchase. Doors open at 7:00, show at 7:30. See you there!

Unitarian Universalist Church in Meriden. 203-237-9297. www.uumeriden.org.
Tickets \$15 cash at the door or available in advance at Brown Paper Tickets:
<http://www.brownpapertickets.com/event/3073809>

Visit www.shelleysegal.com for a sample of her music.

Light refreshments will be available for purchase.

-Submitted by Randy Heath, Board Member of UU Meriden

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 | 860-233-9897 ext 104

Sam Moffett, Director of Music Ministries

Email: smoffett@ushartford.com | Phone: (860) 371-8880

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.