



50 Bloomfield Avenue, Hartford, CT 06105
Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com
Website: www.ushartford.com
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for an appointment.

June 27, 2018

Worshipping Together Since 1830

Revs. Cathy & Heather Rion Starr



Worship Service: Sunday, July 1, 2018
10:30am
"The Art of Maintaining A Loving Focus"

John Bengston, Lay Leader
Sue Smolski, Worship Associate

Is it an art or a discipline? Or is it, perhaps, a discipline that becomes an art? Or, can it become an art? Is it possible that maintaining a loving focus can change our lives for the better and have a ripple effect for those with whom we come in contact? Is it possible to maintain a loving focus even when we are angry? Let us explore these questions together and see how this strategy might change our lives and the world around us.



John Bengston was born into the Catholic faith. After John's mother died when he was six years old, he was raised in various Protestant Christian faiths, including Congregational, Baptist, and Lutheran. His spiritual searching led him to this Meeting House and to Unitarian Universalism in 2005. He has worked within our congregation with the Youth Group in multiple roles since 2006. He has focused his efforts on the Soup Program which is the bridge between our youth and Church Street Eats which is one of several soup kitchen operations that benefit the poor and homeless of Hartford. He is very grateful for this opportunity. It has changed his life in many ways. John is one of our church Sextons. His carpentry business is now in its twenty-fifth year. Among the many projects he has crafted here is the Joan and Tom Kemble Peace Pole near the front entrance of the Meeting House.

Spiritual Practices Summer at the Meeting House

This summer, our worship series will explore a wide variety of practices that help to ground, center, delight, inspire, and strengthen us in times of peace and times of anxiety or stress. We kicked off the series on June 17th with a service by RevCathy that explored the purpose, power, and challenges of spiritual practices. Summer services are in Fellowship Hall from June 24th onwards and continue through Labor Day (September 2nd). Come join us every Sunday at 10:30am for spiritual depth and exploration together!

Click [HERE](#) to read more.

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:

From the Revs

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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 click [HERE](#).

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



Personal News of this Community

Marion Cook (July 30, 1940 - June 26, 2018) died last night, peacefully and at home. She

was a longtime member of the Unitarian Society of Hartford (since the mid-to-late 1960's). She had been stable these prior weeks; there was no sudden change. She had been declining and ill with Alzheimer's for some years. The memorial service will likely be on a Saturday in late-August or September, precise date TBD. Marion's daughter Jen

and son/brother Dave will be at Star Island from late this week through the July 4th week, and that will be a good and healing place and community for them to be and be among. Cards may be sent to

the Cook family home at 32 North Road, East Granby, CT 06026. Our hearts and thoughts are with the Cook family.

From the Revs. ~



General Assembly 2018

Thanks so much to Carolyn Carlson, Sherry Manetta, and Bruce Robbins (pictured at left), who joined me on Thursday afternoon last week for "GA Thursday!" to

view and engage with the afternoon sessions that were livestreamed from General Assembly, our national annual denominational conference. Together we watched the workshop: *"Made, Not Born: Cultivating Leaders In Our Congregations,"* as well as portions of a program called *"Anatomy of a Bailout: Panel Discussion"* and the Business Mini-Assembly focused on various components of the Unitarian Universalist Association Bylaws. You, too, can be nourished, inspired, and enriched by watching any of the many General Assembly 2018 programs that are now available for your free, anytime viewing online: <https://www.uua.org/ga/off-site/2018>.

The President's Report is here <https://www.uua.org/ga/off-site/2018/business/iii/presidents-report>

This was an especially rich and dynamic General Assembly and there is much still to mull on from it. Next year, General Assembly will be in Spokane, Washington, and I will again be hosting off-site viewing parties -- let me know if this is something you're interested in! I

welcome your help, interest and engagement! And mark your calendar for General Assembly 2020 in Providence, Rhode Island, June 24-28, 2020. Make sure it's on your "*Life List*" to experience worship, singing, inspiration and social witness with thousands of other Unitarian Universalists! ~RevHeather



The small congregation that RevHeather was consulting for in Massachusetts decided not to renew her contract, but, happily, another opportunity arose in Danbury, Connecticut, to "fill-in" as their half-time Consulting Minister for the coming year (they had an unsuccessful two rounds of search for a settled minister). This is a positive convergence. Feel free to share your stories of Fairfield County or contacts you have in the Danbury-area with RevHeather.

Also, on Monday, June 18 afternoon RevHeather was arrested while engaging in civil disobedience calling for a Moral Revival in our country, for our country to re-prioritize the lives of the poor, the working, the sick, and the immigrant. Here are more notes from that experience: "I was arrested for blocking the street, with 4 other

people, next to Connecticut's State Capitol building. It was the same action that the [CT Poor People's Campaign: A National Call for Moral Revival](#) has done for at least 4 other Moral Mondays over the past 40 days of the [Poor People's Campaign: A National Call for Moral Revival](#), so it was very smooth. We sat in the (sex/gender-segregated, and hot!) police wagon for a while, then in the jail cell for some hours, were processed ("booked"?), fingerprinted, fed some bologna sandwiches around dinnertime, allowed to talk and sing to our heart's content, and released around 9pm. There was a lovely crew awaiting our release and I was given a ride by the marvelous Rev. Erica Richmond back to my car. We have a court date at the end of the month and will probably get assigned 3 days of community service (litter pick-up and the like) around the city. I'd do it again in a heartbeat and only wish it had a whole lot more of an impact. I wish there were more things to DO! [#FamiliesBelongTogether](#) We need a [#MoralRevival!](#)" We are, thankfully, hearing from some colleagues around the country that local people and clergy engaging in civil disobedience can help elected officials feel they have the support and expectation to speak up and speak out in Congress. May that be so. Photo by Rev. Josh Pawelek

A note from the Revs about the Ministers' Discretionary Fund (MDF)~

Click [HERE](#) to read more...

RE News You Can Use:

Rayla D. Mattson, Director of Religious Education



This Sunday, July 1, the nursery will be available from 10:15-11:45am for infants and toddlers. There will be a one room lesson for the other children and youth in the library beginning at 10:30am.

This summer we are focusing on what spirituality means to us and in what ways we express it in our lives and every day practice. If you have a practice you would like to share with the children and youth, please contact the DRE as we still have several weeks available.

Rayla D. Mattson

Director of Religious Education, Unitarian Society of Hartford
[860-233-9897 ext. 104](tel:860-233-9897) | dre@ushartford.com

I only check my email on Tuesday, Wednesday, Thursday and Sunday.



Social Justice at USH

Turning Bad News into Positive Action... Click [HERE](#) to read more.

-Submitted by Judy Sullivan, USH Social Justice Chair



[Families Belong Together - Middletown](#)

Saturday, June 30 at 11 a.m.

Hosted by Stephanie P. Union

Green, Middletown, CT 06457

95 attendees

We will meet at Union Green 11AM-3PM for a peaceful gathering. All park rules apply.

This is a family friendly event. Please bring your own sign.

Directions: South end of Main Street. Lots of public parking between Court and Washington Sts. (East of Main) Take rt. 9 to exit 15. -

Submitted by RevHeather



**Connecticut Rally:
Abolish ICE.
Free Our Future!
Hosted by Women's
March CT -
We March
On Monday, July 2
9:00am-11:00am
ICE, 450 Main Street,
Hartford, CT**

As Connecticut organizations that fight for freedom for immigrants, we call on our allies to join us to Free Our Future and Abolish ICE.

In recent weeks, the caging and separation

of child migrants from their parents has inspired justifiable outrage from all people of conscience.

However, it is not enough to demand to keep families together. That allows for the indefinite detention of families in cages and internment camps. To stop child separation, we must stop criminalizing and sending their parents to prison.

We demand:

- Abolish ICE
- End immigration detention.
- Stop criminal prosecutions and End Sessions' "Zero-Tolerance" policy.
- End Operation Streamline.
- Divest from the Prison-Military-Industrial Complex.
- Break the prison to deportation pipeline in Connecticut: Pass legislation to stop deporting CT immigrants for a single misdemeanor.
- Make your town a sanctuary city that spends no resources caging people for ICE.
- Pass a Clean Dream Act.

- Change US foreign policies that are forcing people to migrate. Click [HERE](#) for more information.



[#AbolishICE](#)

June 23, 2018: Hi again from Kansas City! Today we witnessed our faith's ability to vision a freer future as our General Assembly

heard a proposed Action of Immediate Witness on ending family separation and abolishing ICE.

"...Unitarian Universalists are called urgently to prophetic witness and concrete action that would stop the incarceration and separation of asylum seekers and to call for the abolition of ICE. We are called to do this work in relationship with immigrant-led organizers, and to support and amplify their goals and their voices, through monetary donations and by showing up."

(draft [text as of June 23, 2018](#))

Abolishing ICE is a visionary demand. And we are required to match that vision with our commitment and risk. Mijente is offering that vision and sounding the call to direct action on July 2nd in San Diego to confront and address the immediate crisis of the criminalization of Black and Brown communities. Black liberation organizers, LGBTQ organizers and faith leaders are answering the call. We remember General Assembly 2012 in Phoenix and our long haul commitment to dismantle the systems that harm all of us who migrate. Rev. Elizabeth Nguyen reflects, "I am going to San Diego because my citizenship and father's access to a refugee visa are privileges to leverage and wield for the dignity of our communities and the freedom of our future." We called to respond today with the skills, power, courage and urgency of our commitment.

Join us Monday, July 2nd. RSVP [here](#).

Can't make it to San Diego in person?

- [Donate to support](#) Mijente's #FreeOurFuture work and make sure that frontline young people, immigrants (many undocumented), Indigenous folks and other working class folks who otherwise would not be able to attend, are there!

- [Learn more](#) about ICE and how they are harming our communities.
- [Follow, amplify and share widely](#) information about Mijente's #AbolishICE #ShutDownSessions #FreeOurFuture campaign.

Can you support with housing, transportation or other resources in San Diego or sponsoring a fellow UU? Let us know [here!](#) [Check out more here.](#) -Submitted by RevCathy



Americans of Conscience Checklist Week of June 26, 2018

By [Jen Hofmann](#)

This checklist features clear, well-researched actions for Americans who value democracy, equality, voting, and decency. We also practice gratitude, self-care, and celebration to stay engaged.

Click [HERE](#) for past checklists.

I value equality.

Stand with your rainbow of neighbors from every religion, race, ethnicity, culture, gender, sexual orientation, economic status, age, and ability. Out of many, we are one.

Action: Stand with people with pre-existing conditions.

Call: Your House rep, red or blue, and two senators ([look up](#)).

Script: Hi. I'm from [ZIP], calling about the Affordable Care Act. I oppose any effort to strip away protections for people with pre-existing conditions. The ACA ended this discrimination for [52 million Americans](#), but the current administration [wants to bring it back](#). Please assure me that [name] wants to protect all their constituents from discrimination.

Action: Stand with seniors, families, and people with high medical expenses.

Call: Your two senators ([look up](#)).

Script: Hi. I'm from [ZIP] calling to express my concern about HUD's [continuing plan to explore rent hikes](#). This would put housing security at risk for already economically vulnerable people including seniors, families with children, and people with high medical expenses. I want my tax dollar to support my neighbors in need. I am asking [name] to defend our vulnerable citizens and oppose efforts to strip funding from this essential program.

Acts of Gratitude

Get out your stamps, postcards, and sparkle markers for some gratitude mail.

Thank "First Person," PBS Digital Studios' [digital exploration of gender identity and sexuality](#), "What it's like to be queer and undocumented." I appreciate you telling these important stories. Thank you.

Address: Public Broadcasting Service, 2100 Crystal Drive, Arlington, VA 22202

Thank Rep. Joe Kennedy (D-MA) for spearheading the effort in Congress to [debunk misinformation](#) about transgender military service members. Your level-headed, science-based understanding of the medical needs of transgender persons honors the patriotism and sacrifice of all who serve. Thank you.

Address: 29 Crafts Street, Suite 375, Newton, MA 02458
-Submitted by Judy Sullivan, USH Social Justice Chair

Sunday Service Photos

Worship Service: Sunday, June 24, 2018

"The Shared World"

Sue Smolski and Judy Robbins, Worship Associates

Rev. Mara Dowdall, video from 2017 GA

For the full service from the 2017 General Assembly click [HERE](#).

As General Assembly 2018 is in its final day in Kansas City, Missouri, come share Sunday morning worship from last year's General Assembly... "The Shared World."

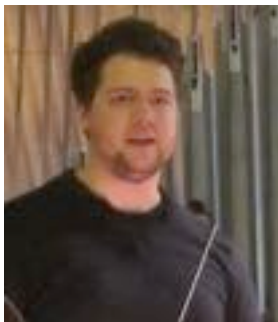
"The poet Naomi Shihab Nye speaks of 'the shared world', in which we connect deeply with one another in and through our differences. What does it mean to live in 'the shared world'? As we navigate this time of peril and possibility, beauty and anguish, despair and resistance, how might a theology and practice of 'the shared world' help us find the way?" ~Rev. Mara Dowdall

The Nominating Committee has nominated **Marye Gail Harrison** as Spiritual Life Council Chair and a member of the Board of Directors for a one-year term 7.01.2018 to 6.30.2019. A congregational vote to elect Marye Gail was held during the Sunday service.



Photos by Mala Matacin.

Church Business News



Choir Rehearsal MOVED for Fall 2018/Spring 2019

The choir rehearsals will be moved to Thursday nights from 7:00pm to 9:00pm for the Fall 2018/Spring 2019 season. If you are someone who was interested in joining the choir, but couldn't make Wednesday night rehearsals, this might be an opportunity for you! If you have any questions, e-mail Sam (pictured)

at smoffett@ushartford.com.

Please: Complete Your Pledge Commitment for the Current Fiscal Year!

The close of USH's fiscal year is approaching at the end of this month. This is a reminder to make sure you meet your pledge commitment for the year. The Giving Statement you recently received summarizes the status of your pledge. If for some reason you are having trouble meeting your pledge, please reach out to the ministers or a board member if you have not already done so. The income from our pledges accounts for 70% of the income in the church's annual budget. Each of our commitments forms an important segment of income and is relied upon to balance our annual budget. Our contributions to the church provide for a stimulating environment for all of us to engage in a variety of ways. We are grateful for your support for this beloved congregation.

-Submitted by Phil Gardner and Sherry Manetta

The latest financial reports have been posted, click [HERE](#) to view. The Board Meeting minutes for May have been posted, click [HERE](#) to view.

To view the USH Directory, reports, meeting minutes and other church business information online, click [HERE](#). Contact Linda Clark at ushlindaclark(at)[gmail.com](mailto:ushlindaclark@gmail.com) for the username and password.

Programs for Adults and Families

For more information on current programs please check the [online calendar](#) often as schedules can change, or contact the facilitator for more information. Contact information for programs is listed below.

Programs

Emei Qigong Cultivation: Tuesdays and Wednesdays, 5:00 – 6:00 PM. Contact Diana Heymann: 860-200-8525.

Tai Chi: Wednesdays, 5:30 – 7:00 PM. Contact facilitator before attending: Stephen "Lucky" Luckingham: 860-202-3404 or stephen.luckingham@gmail.com.

Meditation & Dharma Group: No gatherings until September. Contact Fred Louis at 860-223-2407 for information for when they will resume.

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. **Off-site for the summer**, contact Mark Friedman for locations: drmarkafriedman@drmarkafriedman.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 June 2018. For more information contact Ed Savage: ed@thesavagees.com.

Ballroom Dance: Thursdays, 6:00 – 7:45 PM. Contact Ron Friedman: 860-523-1105 or rsfriedman41@gmail.com.

USH Book Club: On break for the summer, our first meeting will be Thursday September 14, 2018 at USH. For more information contact Richard Groothuis: rgroopofus@icloud.com.

Living Your Faith! (formerly known as Building (and Living!) Your Own Theology) 2018-19, is an intensive and interactive 12-week program in which participants define/discuss their faith and its impact on their lives, taking a very deliberate look at who they are, what they believe, and who they, individually and collectively, can become. Please register by July 31st.

Program participants will be drawn from the three UU congregations in our area: The Universalist Church of West Hartford, the Unitarian Society of Hartford, and UU Society East. The group will be limited in size (like a Small Group) and meeting locations will rotate among the participating congregations. Sessions will be held twice a month, September - March on **Tuesdays**, from **7:30 – 9:00**. Contact Facilitator and USH member, Tom Gervais: 860-558-3000; tom.j.gervais@gmail.com for more information and to register.

Small Group Ministries:

What is Small Group Ministry?

This is a unique opportunity to strengthen your connections with USH members and friends by sharing your life experiences with them in a safe, confidential space—a covenant group. Get to know others better and you may also get to know *yourself* better too! A trained facilitator will have special readings and questions to guide your sharing and deep listening experience. Watch for announcements of Small Group Ministry offerings in E-News, during coffee hour after the service at the Programs Table in Fellowship Hall, or at the Welcome Table in the main lobby. Contact Esther McKone to register or get more information on Small Group Ministry, email: [estmckone\(at\)aol.com](mailto:estmckone@aol.com), phone 860 677 6682.



Participation & Planning for Small Group Ministries:

I am encouraging all those who have an interest in the Small Group Ministry (SGM) program at USH to contact me. Members and friends who would like to have input into the readings that inspire us to share during the SGM sessions should contact Esther McKone, email -

Estmckone(at)[aol.com](mailto:Estmckone@aol.com) or call 860-677-6682.

Planning future SGMs: I am considering having more focused groups for the future encompassing such issues as (1) Disabilities, 2) Structural Racism, 3) Spirituality of nature-based, earth-centered faiths and 4) A gender identity focused SGM. So the ideas are plentiful, but I also need people willing to contribute their skills and talents toward the goal of continuing a robust Small Group Ministry program at the Unitarian Society of Hartford. Let me know if you can help! - Submitted by Esther McKone

Events and Personal News of Our Community



Unitarian Society of Hartford Community Garden Plot and Labyrinth in the KNOX Watkinson Community Garden

It's the fourth summer gradually growing our Plant-based Labyrinth in the USH Plot of the Watkinson Community Garden! If you haven't ever made your way down

to the base of the Meeting House parking lot, do. There you will find an entrance to a magical world--a massive Community Garden where in the summertime, community and callaloo abound. Each of the past three summers, some progress has been made towards a plant-based labyrinth in our USH Community Garden Plot, and you can really feel that patience and perseverance down there, now! Take a walk, pull some weeds, ring the bell, breathe in deeply. If you are able and

interested in getting your hands in the dirt and supporting this effort, your participation is welcome. Here's a sign-up sheet for this summer to help space out our efforts (and most importantly, water the plants): <http://signup.com/go/mgdshSu>.

We continue to figure out how best to nurture this project in a low-key and sustainable summer way. Thanks to Susan Hope, Esther McKone, and Diane Cadrain for a lovely time gardening together last week. Just a few people working together for just a few hours can lift each other's spirits and make a little more green magic happen! ~RevHeather



The Village for Families and Children Uniform Fundraiser

The kids pictured attend Burns Elementary School in Hartford and are required to wear blue tops and black bottoms at school. Each school has its own colors: the clothes are practical, casual, cost-effective and ensure that apparel is not a cause for competition or ridicule. They also create a sense of community. The uniforms, while reducing the demands for the newest "in" clothes, can be a financial burden for some

families. For the fifth year, USH is participating in The Village for Families' and Children Uniform Fundraiser.

Checks can be mailed to Brian Mullen at The Meeting House, 50 Bloomfield Avenue, Hartford, CT 06105, with "Village Uniforms" in the memo line. Cash or checks may also be left in the envelopes at church, make sure to identify yourself Thank you for supporting the children served by The Village for Families and Children.

-Submitted by Joanne Orlando



Meeting House Presents!



2018-2019 Season



MHP concerts are co-produced by
The Sounding Board Coffee House

50 Bloomfield Avenue, Hartford, CT 06105 -The intersection of Routes 44 & 1

Meeting House Presents – A concert series at the Unitarian Meeting House, 50 Bloomfield Avenue, Hartford. All events begin at 8:00 pm (doors open at 7:30).

Click [HERE](#) to read the Blog. Contact Laura and Paul Cipriano (MeetingHousePresents@gmail.com or 860-298-9984) to contribute your ideas, volunteer time, pledge financial backing for the series, or find out more!

Thank you Laura and Paul Cipriano and all the other volunteers who made the first season of 'Meeting House Presents' a success. More details about the 2018-19 season will be coming up. Stay Tuned!

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

USH Needs You—

Get Active with USH! Committee and Sub-Council Openings

We are in process of filling open positions on various Board committees and sub-councils. If you are interested in becoming more engaged at USH, or just learning more about the activities of our congregation, we encourage you to reach out to a Board member, one of the Ministers, or the Chair of a particular Council, Sub-council or Committee.

Click [HERE](#) to read more...

Get more connected with this congregation through volunteering. Below are some areas, both seasonal and year-round, where Volunteers are especially needed and welcome:



The USH Sunday Welcome Team

The Welcome Team makes USH outstanding in its open and friendly atmosphere and helps newcomers find their way around our Meeting House on Sundays. Choose your Sundays based on your schedule! Duties include: Front and Side Door Greeters before the Sunday Service, Ushers, and Greeting folks at the Welcome Table before the service, and the Downstairs Visitors Table during coffee hour. Contact Linda Clark at ushlindaclark@gmail.com, phone the office at 860-233-9897, or talk to Brian Harvey (pictured) if you are interested in being part of this wonderful group of volunteers.



An Invitation to Join the Choir

The music ministry is in the process of further building the choir. Sam would like to extend an invitation to members and friends of the congregation who are thinking, or have ever thought about, singing with the

choir. Anyone interested in singing with the choir, please contact Sam via e-mail at smoffett@ushartford.com.



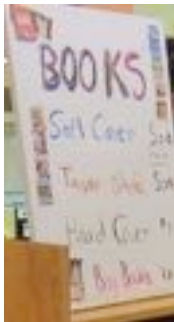
Office Volunteers

If you are computer-comfortable and familiar with Microsoft Word, Gmail, and data entry, the office is in need of you. How you can help: Inserting the Happenings/Orders of Service into the cover, making nametags, basic updates to printed materials on the computer, making copies of printed materials. Please let Office Administrator Linda Clark know if you're able to help out in the office during the week for an hour or two: email ushlindaclark@gmail.com or call 860-233-9897. Pictured: Phil and Harriet Gardner with their son Bruce, helping out with the Order of Service.



Small Group Ministry Host, Advisor or Facilitator

If you have participated in Small Group Ministry, you might be a candidate for Facilitator training. It involves an afternoon of formal training plus working with mentors who can advise you on your first couple of assignments. Or maybe you'd be willing to host an SGM group in your home. You may want to help select readings as an SGM advisory group member. Contact Martha Bradley or Esther McKone, SGM Co-Chairs. -Submitted by Martha Bradley



The Book Table During Coffee Hour

Everybody enjoys browsing through the books for sale 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.

Sunday Service Recap

If anyone is interested in writing a regular or occasional synopsis of Sunday Services, please contact Linda Clark at ushlindaclark@gmail.com. Thank you.

Upcoming Special Events and News in the Larger Community

HARRIET BEECHER STOWE CENTER
PROGRAMS & LEARNING
SALONS AT STOWE

SALONS AT STOWE

**LOCKING UP THE VOTE
FELONY DISENFRANCHISEMENT &
THE LEGACY OF SLAVERY**

June 28th, 2018

Did you know that when convicted felons re-enter society they may be forever barred from voting?

Proponents argue that persons who commit felonies have broken the social contract, and thereby given up their right to participate in a civil society. Opponents argue that the process restricts and conflicts with principles of universal suffrage and undercuts African-American political power.

Join the conversation.

Location Harriet Beecher Stowe Center	Doors Open 5 PM	Program 3:00-7 PM
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Come Out and Connect!


Call 860.693.5811 x4 to Reserve Your Seat!

Lesbian, Gay, Bisexual and Transgender (LGBT) Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging!

Thursday, June 28, 2018
12:30-3:00PM
Canton Senior Center
40 Dyer Avenue, Canton CT 06019

12:30PM **Welcome! Tour of the Senior Center!**
Tea & Coffee & Desserts Served

1:00PM




Tree of Life artwork ©-copyright 2017 Donna Gentile. All rights reserved.

Join us for **ZENTANGLE fun** and deepening connections! Learn how to draw Zentangle patterns in the shape of a tree, and then add your positive intentions and favorite colors! The “Wisdom Tree” holds much meaning. We’ll focus on the symbolism of rebirth and a fresh start on life, positive energy, good health and a bright future as well as the symbolism of your growth into a beautiful and unique person who has weathered hardships and who has broad experiences in life, which have made you who you are! You’ll receive guided instruction for drawing a tree, creating tangle patterns and techniques for applying colors, textures and power words. Recharge your battery, manifest positive changes and celebrate awesome you!

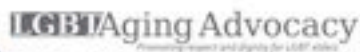
Instructor: Donna Gentile, conscious artist, designer and musician is the founder of Community Mandala Project, an initiative offering Mandala and other Meditative Art Workshops to inspire, empower, strengthen and transform people and communities by combining the power of our stories and creativity to vision, manifest, honor and celebrate our authentic selves, divine beauty and natural gifts.

ALSO!



Kindness Rocks Project –Create Kindness and Cultivate Compassion: <https://www.thekindnessrocksproject.com/>
BYOR (Bring Your Own Rock(s))! Paint an Inspirational Rock or two or three and then drop them randomly- let’s see how far the LGBT MSC can spread kindness!
 (all other supplies included)

The LGBT Moveable Senior Center is sponsored by CCC as part of “Getting it Right”: Creating an LGBT-Inclusive Organization, a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy





**Save The Date:
Thursday, August
9, 6-10pm
at the Meeting
House!
The Annual KNOX
Hartford
Garden Party
@Twilight**

Click [HERE](#) for more information



**Mark Your Calendar
for Hartford Pride
2018!**

Hartford Capital City Pride invites you to our 2018 PrideFest week celebrating the diversity and achievements of the Lesbian, Gay, Bisexual, Trans-gender and Queer (LGBTQ+) community across Connecticut. PrideFest 2017 was attended by over seven thousand people at a variety of venues. The events hosts speakers, entertainers and community events that make for a vibrant week in the city of Hartford. This year we

plan to do similar programming and with more venues. **PrideFest will on Saturday, September 8th, 2018** from noon to 6pm in Hartford's historical Pratt Street (pictured in 2017!). The September dates for the week-long pride celebration will end on Saturday,

September 8, 2018 with the PrideFest Celebration and after party.
For more information, visit at www.hartfordpride.com.

For Access to the Members Only Section on the Web Page:

For the username and password for the Members Only section of our USH website, 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 Rentals Manager, Rayla Mattson, if this is a one-time-open-to-the-public event. Thank you! ~Linda

Put in the Subject: 'Calendar'

Also: Cc Rayla Mattson requests: dre(at)ushartford.com

Event Title:

Room:

Time:

Date(s):

Is This A Private Event?

Include in Happenings/Enews?

Contact Person:

A Short Description:

Cost: (if applicable)

Is Childcare Provided?: (Note if childcare will be provided you must arrange it with the DRE.)



Lost and Found

There is a 'Lost & Found' box in the office on the bottom shelf of a storage rack near Linda Clark's desk. Items found in the building will be placed there. Please check in the office if you have misplaced something. **Please note: Items will be donated or recycled if no one claims them after a few weeks.** Thank you.

USH Staff:

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

Rev. Cathy Rion Starr, Co-Minister
revcathy@ushartford.com | 860-233-9897 ext 103

Rev. Heather Rion Starr, Co-Minister
revheatherriostarr@gmail.com | 860-233-9897 ext 103

Rayla D. Mattson, Director of Religious Education and Rentals
 Manager
dre@ushartford.com | 860-233-9897 ext 104

Sam Moffett, Director of Music Ministries
smoffett@ushartford.com | 860-233-9897 ext 108

Linda Clark, Office Administrator
ushlindaclark@gmail.com | 860-233-9897 ext 100

Brian Mullen, Bookkeeper
 Office Hours by Appointment | bmullen@ushartford.com

Rev. Cathy has a new scheduler!

No, we haven't hired a personal assistant for the Revs, but I am trying out a new online scheduler. If you'd like to set up a meeting, pastoral visit, or other conversation with me, you can see my availability and sign up for a time here: <https://RevCathyRionStarr.as.me>. Try it out, and let me know if you have any trouble!
 -RevCathy

***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.