



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.

July 18, 2018

Worshipping Together Since 1830

Revs. Cathy & Heather Rion Starr

Please note: There will be no Enews on July 25 or August 8th.



Image: <http://www.newyorkbuddhistchurch.org/>; [Shinron Shonin](#), the founder of Shin Buddhism

**Worship Service: Sunday, July 22, 2018
10:30am**

**“Inner and Outer Transformation:
Spiritual, Societal and Environmental Practice”**

**Rev. Mark Unno, Pulpit Guest
Julie Grace, Worship Associate**

Rev. Mark Unno will speak on the relation between inner spiritual transformation and outward engagement with society and the environment. He

will speak from the perspective of Shin Buddhism, the tradition of Japanese Pure Land Buddhism in which he is ordained. He will incorporate stories and insights from other traditions and perspectives to explore a vision of outer transformation grounded in inner awareness. He will be sure to keep his presentation within time limits!

After the Service, there will be a gathering in Emerson at noon with the Friends of the Way Sangha. Mark is the facilitator of this group and invites those interested to join in.



Pulpit Guest: Mark Unno is an ordained priest in the tradition of Shin Buddhism, of Japanese Pure Land, one of the largest sects of Buddhism in the world. He is also Associate Professor of East Asian Buddhism in the Dept. of Religious Studies at the University of Oregon. His research examines such areas as Comparative Religion and Buddhism and Psychotherapy. He has published books and articles on these topics including his edited volume, *Buddhism and Psychotherapy Across Cultures* (2006). He is a regular contributor to leading Buddhist journals such as Tricycle,

Buddhadharma: The Practitioner's Quarterly, and Lion's Roar. You can find these articles and other information on his web site: <http://mtunno5.weebly.com/>.



Photo: Stone wall in Concord, Massachusetts; Provided by Judy Robbins

Worship Service: Sunday, July 29, 2018

10:30am

**“A Transcendentalism for Today:
one woman’s contemporary interpretation”**

Judy Robbins, Lay Leader

**Rick Tsukada, Worship Associate
with Meeting House Folk**

Transcendentalism was a movement in the mid-1800s that grew out of the philosophy of a group of prominent Unitarians in Concord, MA, including Emerson, Thoreau and Margaret Fuller. It espoused an embodied spirituality that did not deny rationalism but went beyond (transcended) it. Many of the elements of Transcendentalism are relevant today and can form the basis of a modern spiritual practice.

Spiritual Practices Summer at the Meeting House

This summer, our worship series explores 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:

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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/>

From the Revs. ~

RevHeather and I were on vacation for the first two weeks of July, replenishing our spirits. We'll be in and out of the office and pulpit until late August. We will be on call for pastoral and congregational emergencies. For non-urgent pastoral issues, or to share a concern or joy with the Caring Network and/or broader congregation, please contact Janice Newton at 860-677-1121 or janicecnewton(at)gmail.com. If something urgent does arise, please do call our cell phones (Rev. Cathy 541-390-7553 / Rev. Heather 541-390-6052). ~Be well, Rev. Cathy, with RevHeather
For the full blog click [HERE](#).

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



During the summer the nursery will be available during the morning worship service from 10:15—11:45am for infants and toddlers. There will be RE classes for children and youth in the Library. We are continuing our look at spiritual practices. There is still time to sign up and share with them this summer. Please speak to the DRE.

Rayla and her children are away this week. They are once again visiting Star Island for their Liberal Religious Education week. They were invited back to observe some of the changes the island has made and will continue to make to dismantle white supremacy on the island.

Bradshaw would like to thank everyone who has been supportive of his trip to THRIVE in California in August. He will be meeting with other UU youth and color and is excited to share about his experience upon his return.

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.



Social Justice at USH



The Village Uniform Fundraiser

Going back to school can be an exciting time of year for children and teens, but many families served by The

Village for Families and Children can't afford the uniforms required by Hartford schools. The cost of just one uniform—one top and one bottom—is \$40.

YOU CAN HELP

Please consider a donation of any amount to help Hartford families prepare their children for school. A check made out to USH with "Uniform Fundraiser" in the Memo Line can be mailed to Brian Mullen at The Meeting House, 50 Bloomfield Ave., Hartford, CT 06105. Cash or checks may be put in the Sunday offering basket during worship. Make sure to identify yourself.

DONATION DEADLINE IS AUGUST 10, 2018

Thank you for all you do for The Village for Families and Children.

-Submitted by Joanne Orlando

Americans of Conscience Checklist

By [Jen Hofmann](#)

The checklists feature 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.



Americans of Conscience Checklist Week of July 15, 2018

By [Jen Hofmann](#)

I value secure, convenient voting and fair elections. *Democracy thrives when all citizens can freely elect those who represent their values.*

Action 1: Give required IDs to disenfranchised voters.

Gearing up for the November election, Spread The Vote is helping [disenfranchised people](#) get the IDs [they need to vote](#). Let's support their work.

Donate: At [Spread the Vote](#).

Volunteer: [Help register voters](#) in VA, GA, TN, TX, and FL.

Action 2: Encourage your elected officials to hold town halls this summer.

Call: Your one [House](#) rep and two [senators](#) ([look up](#)).

Script: Hi. I'm a constituent from [ZIP]. Can you tell me whether [name] is planning to hold town hall meetings during August recess?

- If no meetings planned: Can you let me know when s/he plans to meet with his/her constituents? [For all house members and for Senators up for reelection: It's important for citizens to meet face-to-face with people who want our votes in November!]
- If meetings planned: Thank you—I plan to be there.

I value showing respect for all people, no matter where they were born.

We oppose inhumane treatment of all people and the government agencies that perpetuate it. [People who immigrate](#) to the US make our country stronger and are entitled to basic respect.

Action: Advocate to decriminalize border crossing.

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

Script: Hi. I'm from [ZIP], calling to ask [name] to work on [repealing two laws](#) dating back to the [Immigration Act of 1929](#): Title 8 U.S. codes [1325](#) and [1326](#). These laws [criminalize crossing](#) the US border without authorization. Repealing them would decrease family separation and stop wasting taxpayer dollars on mass detention. I would like [name] to repeal these laws and restore humanity to our immigration policies.

Acts of Gratitude

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

Thank Sen. John Kennedy (R-LA) for his [clear statement](#) to the Russian government not to [hijack American elections](#). I am one of many Americans who believe the current president is not holding Russia accountable for its acts of aggression.

Address: SRB11, Russell Senate Building, Washington, DC 20510

Thank Rep. Carolyn Maloney (D-NY) and **New York City Council Member Robert E. Cornegy, Jr.** for their [outspoken opposition](#) to the U.S. delegation's efforts to undermine accepted science regarding breastfeeding in favor of corporate interests at the WHO summit. Thank you for using your influence to do good.

Addresses:

CM: 2308 Rayburn House Office Building, Washington, DC 20515-0001

RC: 1360 Fulton Street, Suite 500, Brooklyn, NY 11216

Thank Rep. Elijah Cummings (D-MD) for [pursuing a whistleblower's claim](#) that the administration's recent domestic gag rule policy proposal was influenced by a private, faith-based, anti-choice organization. I believe citizens have the right to know who is writing federal policy that affects their health care. Thank you for continuing to ask.

Address: 2163 Rayburn House Office Building, Washington, DC 20515

Thank Walter Shaub for [calling out the false equivalency](#) of white supremacy and anti-fascist protest that is at the foundation of the "[Unmasking Antifa Act of 2018](#)." Thank you for using your position to call attention to citizens' right to protest.

Address: 1411 K St. NW, Suite 1400, Washington, DC 20005

Thank singer Father John Misty for [donating web store profits this week to RAICES](#), the nonprofit that provides legal aid to immigrants. Thank you for bringing beauty into the world in more ways than one.

Address: 807 Airport Access Road, Traverse City, MI 49686

Thank New York City Councilman Francisco Moya, for [encouraging love and acceptance](#) by asking New York City to co-name the Answer Triangle on Roosevelt Avenue the Trans Latinx Triangle. When we see, we begin to accept. Thank you for raising the visibility of Latinx trans communities in our neighborhoods.

Address: 106-01 Corona Avenue, Corona, NY 11368

Thank Alabama Secretary of State John Merrill who [offered home visits and his own mobile phone number](#) to help register and obtain ID cards for citizens who cannot get to registration centers. Thank you for going the extra mile to ensure all people can vote.

Address: P.O. Box 5616, Montgomery, Alabama 36103-5616

Thank Bill Frist, Senior Fellow at the Bipartisan Policy Center and former Senate Majority Leader (R-TN), for [putting country over party](#) and defending the Mueller investigation. Thank you for having the

courage to reject blind party loyalty in order to protect the continuity of the rule of law and fair elections.

Address: 1225 I St NW #1000, Washington, DC 20005

-Submitted by Judy Sullivan, USH Social Justice Chair

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

-Submitted by Judy Sullivan, USH Social Justice Chair

Sunday Service Photos

Worship Service: Sunday, July 15, 2018

10:30am

“The Moving Meditation of Tai Chi and Qigong: an experiential sermon”

Margaret Leicach and Laurie Kelliher, Lay Leaders

Tai Chi is often described as a moving meditation. Though its origins were martial in nature most current practitioners enjoy the process of focusing the mind solely on the movements of the form to bring about a state of mental calm and clarity. A series of flowing movements are sequenced to create a continuous form in a variety of styles, some lasting only 5 minutes while others take half an hour to perform (and years to learn).

Laurie and Margaret began their Tai Chi exploration 20 [25??] years ago. The long form, short form, Chen and sword forms have been a forever part of their Wednesday evenings in Fellowship Hall. Four different teachers have brought their own perspectives to the practice and all these years later the class is again taught by their original sifu.





Worship Service: Sunday, July 1, 2018

10:30am

"The Art of Maintaining A Loving Focus"

John Bengston, Lay Leader

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? We explored these questions together to see how this strategy might change our lives and the world around

us. A YouTube video has been posted of John's reflections, click [HERE](#) to view.

Photos by Harriet Gardner

Church Business News



Church Business News

The Memorial Garden at the Meeting House Needs Your Care -

Do you have a little time to devote to a good deed that will also get you some exposure to the joys of summer sunshine in a garden setting? Our Memorial Garden's weed production is far exceeding the capacity of our limited team of weeders (the two of us) who are working hard to fulfill the commitment to the families who have chosen this place of quiet reflection and remembrance for their loved ones. Please, consider donating a gift of time and a bit of energy to keeping the garden weeded. On Monday, our daughter, Carol, joined us and we have now gotten the Garden presentable. If you could help weed just for an hour or two, please let us know so we can be sure we have the help spread out from mid July to the end of September. And, while you are thinking of the joy of gardening, maybe you would be able to also spend some time

weeding the USH Labyrinth in the Knox Gardens at the base of our parking lot. Thank you!

-Janice and David Newton

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



Living Your Faith! is an intensive and interactive 12-session 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. **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**. Facilitator is USH member, Tom Gervais: 860-558-3000; tom.j.gervais(at)gmail.com.

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.

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, 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 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



Hiroshima-Nagasaki Annual Remembrance

**August 6, 6:30-9:00pm
at the Unitarian Meeting House
50 Bloomfield Ave, Hartford**

Sponsored by UN Association of CT, Unitarian Meeting House of Hartford, No Nukes, No War, and Hope Out Loud.

Facebook event search : Hiroshima/Nagasaki

Remembrance 2018

In a decades long tradition, Hartford area residents gather to make a shared call for Nuclear Weapons Abolition. August 6 is the 73rd anniversary of the atomic bombing of Hiroshima. We will host a pot luck dinner at 6:30 at the Unitarian Meeting House, followed by a program of music, spoken word, and an anniversary candle-lighting ceremony from 7 to 8:00 pm. The event is free. For information call 860-561-1897.

-Submitted by Ed Savage

Lupembe Village Update from USH Member: Yakhonda Edith Mwenelupembe

People in Lupembe are moving on after the the February 2018 flood. Family and friends have welcomed the victims who remain homeless. I visited Lupembe this June and met with the village headman and some of the victims. Upon discussion with the Village headman it was determined that the money donated be used towards rebuilding the school. The block that was occupied by seventh graders sustained damage due to the flood. The students have been taking their lessons under the tree. I dedicated myself to rebuild that building block with the help of the money you donated. On behalf of the people of Lupembe, I thank you for your generosity.

The pictures below are of me consulting with the Village Headman, seventh grade students posing in front of the building I plan to rebuild and the tree where they are having lessons. Should you have questions regarding this project feel free to contact me @ 860-725-2085. ~Yakhonda Edith Mwenelupembe



Meetinghouse

free live music!

THURSDAY AUGUST 16, 2018 - 7 PM
BLUE BACK SQUARE, WEST HARTFORD, CT

A promotional graphic for a music event. It features a photograph of six people (three men and three women) standing together outdoors. Below the photo is a red banner with the word "Meetinghouse" in a white, stylized font. Underneath that, it says "free live music!" in a smaller, orange font. At the bottom, it provides the date and location: "THURSDAY AUGUST 16, 2018 - 7 PM" and "BLUE BACK SQUARE, WEST HARTFORD, CT".



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 in late June. 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

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.



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.



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

Upcoming Special Events and News in the Larger Community

Healthy Kids Summer Meals Campaign

Join us at a summer meals site near you for food and fun.

www.foodshare.org

Free Summer Meals!
Comidas de Verano Gratis!

Kids and teens 18 and under
Niños y adolescentes de 18 años y menos

EHC! **USDA**

FOR SITES NEAR YOU, CALL/LLAME **211**
TEXT **CTmeals** TO **877877**
www.CTSummerMeals.org

The State Department of Education has approved the Summer Meals sites in Hartford. There are 64 Open sites in the 15 "residential" neighborhoods of Hartford. Remember that anyone 18 years or younger can receive a free summer meal at any Open site. There is no registration or ID required and meals are free.

For additional Summer Meals sites in CT, you can visit www.CTSummermeals.org or call 211 or Text CTMeals to 877877. NOTE: New sites across CT may still be added, so please check back often.

Contact Jim Palma if you have any questions and **email him for hardcopies of flyer(s)**.

Jim Palma, Community Network Builder, Foodshare
450 Woodland Ave, Bloomfield, CT 06002
(860) 856-4324 / jpalma@foodshare.org / www.foodshare.org



Thursday, August 9, 2018
2:00 -5:00 p.m.

Avon Senior Center
635 West Avon Road
Avon, CT 06001
860-675-4355



2:00 p.m. Welcome, Tour, beverages-water/juice, coffee/tea
2:30 p.m. Meditation with Diane Rho-Caputo
3:30 p.m. Snacks- Light finger food & beverages
4:00 p.m. Music performed by Chip Ames

LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among multiple Connecticut Senior Centers to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging!



The LGBT MSC 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 & was guided by CT LGBT Aging Advocacy



Third Age Initiative

A PROGRAM OF  LEADERSHIP GREATER HARTFORD

Breaking Bread TO FOSTER CONNECTIONS

Come join us for a community meal — Breaking Bread to Foster Connections — that will focus on how to create pathways to success for returning citizens in Greater Hartford. This meal will bring together women and men released from prison, their families, service providers and the general public to share success stories as well as information about available resources to help returning citizens lead meaningful, productive lives. Equally important, the meal will be a way to meet each other face-to-face and share our concerns and our dreams for creating a more supportive, vibrant community.

Our first two community meals will be held in Hartford:

**Thursday, July 19, 6-8 p.m.
Asylum Hill Congregational Church
814 Asylum Avenue**

**Tuesday, August 21, 6-8 p.m.
Immanuel Congregational Church
10 Woodland Street**

There is no charge, but you **MUST REGISTER** to participate. To receive an invitation, please contact us at psbokros@gmail.com and include the date you

would like to attend. To ensure that your invitation reaches your inbox rather than your junk mail, please add invite@eventbrite.com to your "safe list" of email addresses. -Submitted by Virginia deLima

COSPONSORS

Medicare For All Connecticut

PNHP CT
Labor Council for Latin American Advancement
UAW Region 9A
CT AFL-CIO
SEIU/1199NE
Central CT Labor Chapter of the AFL-CIO

CWA Local 1298

(IAM) International Assoc. of Machinists & Aerospace Workers
Local Lodge 1746
Greater Hartford Central Labor Chapter
Hartford Catholic Worker

Healthcare NOW

Eastern CT Area Labor Federation
Greater Bristol Labor Federation
Moral Monday CT
CT Conference United Church of Christ
Voices of Women of Color

Our Revolution CT Team

League of Women Voters of CT
Democracy for America
DFA - Fairfield County TALK
DSA - Central CT
DSA - Western CT
New Haven Peoples Center
Western CT ALF

MEDICARE FOR ALL

TOWNHALL

PANELISTS



GERALD FRIEDMAN
Professor of Economics, UMASS



BEVERLEY BRAKEMAN
Director UAW Region 9A



CARLOS MORENO
State Director, Working Families Org



BENJAMIN DAY
Exec. Director, Healthcare-NOW

July 21st, 2018

1:30PM - 3:30PM

Goodwin College Auditorium

1 RIVERSIDE DR. EAST HARTFORD
DOORS OPEN 1:15
BRING YOUR FRIENDS AND YOUR QUESTIONS

<https://www.facebook.com/Medicare4allCT/>
ctsinglepayercoalition@gmail.com



Save The Date:
Thursday, August 9, 6-10pm
at the Meeting House!
The Annual KNOX Hartford
Garden Party @Twilight
 Click [HERE](#) for more
 information.



Highlights from General Assembly, our
annual denominational conference
Unitarian Universalist Association President's
Report
Ware Lecture with Brittany Packnett
"No Time for a Casual Faith" Sunday Worship
UU World highlights from GA 2018
 Access the full collection of [GA videos and transcripts](#)



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 similar programming is planned and with more venues. **PrideFest will be 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.

Judy Sullivan, USH Board Social Justice Chair, has agreed to coordinate our first-in-memory UUs of Greater Hartford booth! Members of the Fern Street (West Hartford), Manchester and Meridan

UU congregations will all be joining us. Please let Judy know if you can participate on September 8 and "represent!"
 (jasullay08(at)yahoo.com or
 (860) 719-9886.)

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/>

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 revcathy@ushartford.com | 860-233-9897 ext 103

Rev. Heather Rion Starr, Co-Minister
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 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.