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Revs. Cathy & Heather Rion Starr

USH-Enews Week of July 5, 2015



Worshipping Together Since 1830 -

Sunday Service 10:30 AM – July 12 - 2015 - Speaker: Gerald Dillenbeck -
“Compassionate Seeds Flower as Polycultural Justice - 2nd Principle: Justice, equity, and compassion in human relations” - We seem to share a deep ecological bond between equitable justice on the left side of our brain, and, on the right side, compassionate empathy. Taoists may recognize this bipolarity of justice and compassion with the power of Yang, Left-hemisphere dominant, and the nurturing value of Right-brained Yin, without and within, convex and concave, Janus faces of natural systems, including human bicameral nature. This same equivalent natural-spiritual balance between bipolar functions of consciousness may also look and feel familiar as Universal Yang-justice meeting and gracefully greeting Unitarian Yin's compassionate mindfulness.



This primal relationship of natural-justice with spirited-compassion, when comprehensively comprehended across paradigms of logic, rationality, and ethical norms, may move us toward Buckminster Fuller's Universal Intelligent Synergy (unitarian energy), revolutionizing dynamic dimensions of consciousness. Worship

Associate: Sue Smolski

General Assembly Recap - General Assembly, Unitarian-Universalism's annual "gathering of the clans", is described as overwhelming — thousands of UUs, all in one place at one time. For a small denomination, we put on an impressive convention! Attendees coming from congregations of 30, or 75, or even a few hundred, report being awed at the strength and enthusiasm infusing the atmosphere. They return with new respect and appreciation for our movement.

This year, Virginia deLima, Esther McKone, Brian Harvey, and Edith and Ed Savage joined our co-ministers in forming a Hartford presence in Portland. Some of these folks kindly sent their brief impressions, sharing with us the flavor of their experience...

Here's one account: "There was so much to do at the Portland Convention Center we were busy with workshops in addition to worship services which were quite inspiring. UUs shared personal stories of triumph over terminal illness and overcoming difficulties life presents. Lots of spirited songs and singing, and much more. Since we were delegates, we spent much time in the general sessions (formerly known as plenary sessions) using rules of parliamentary procedure, amending amendments, voting, and sometimes becoming very confused as complicated examples of the democratic process played out."

And another: "The experience of GA is one that reaches deep into the heart. I hope fervently that I will be able to transform into good works the inspiration and motivation I feel as a result of participating in workshops, sessions, the choir, and services. So many people are "living it" — giving love, energy, and compassionate understanding to efforts on behalf of those peoples and movements which need voices and bodies. They are unsung heroes."

One image which often leaves an indelible impression on GA-goers is that of delegates lining up at microphones — a line on one side for the "pros", one on the other side for the "cons" — when a particularly thorny policy issue or by-law or stance is under consideration. However lengthy or potentially incendiary the discussion at hand, the process ensures that opinions are heard, viewpoints are valued, and discourse, while it may be lively, remains civil. Witnessing this model of reconciling dissent in a thoughtful, respectful manner is frequently cited as the big take-away by those who've had the opportunity to participate at GA.



We appreciate the time, energy, and financial commitments our delegates and attendees made to fly cross-country and spend a week embedded in what might be termed the central nervous system of Unitarian-Universalism. Now that our contingent is (mostly) back, why not ask them about their experiences, and be prepared to listen to their rich and vivid memories?? **Photo by Edith Savage**

Coming Home was the title “our” newly-ordained visiting minister Rev. Rebecca Bryan used for her sermon at the USH on July 5, 2015. The title in the Order of Service was “Universal Salvation in the Light of South Carolina.” Rev. Rebecca, a very active member of the USH for some 20 years, was giving her very first sermon since her ordination last month; we were pleased and proud of having that honor. Her sermon was the first of the USH summer services, which will focus on the UU Seven Guiding Principles, the first of which is the **inherent worth and dignity of every person**.

In her opening words, Rev. Rebecca quoted from President Obama’s eulogy on June 26 for the slain former Senator and minister Clements Pinckney in South Carolina: “...justice grows out of recognition of ourselves in each other...my liberty depends on you being free, too...An open heart...That, more than any other regular policy or analysis is what’s called upon right now.”

At the recent UUA General Assembly (June 24-28) UUA President Rev. Peter Morales called the killings in the South Carolina church an “unconscionable” act of hatred, intimidation and violence. He called on Unitarians to support the Black Lives Matter movement and fight for racial justice.

Rev. Rebecca’s reading was from Roxane Gay’s June 23 article in The New York Times: “Why I Can’t Forgive Dylann Roof.” An author and cultural critic, she wrote, “The call for forgiveness is a painfully familiar refrain when black people suffer. White people embrace narratives about forgiveness so they can pretend the world is a fairer place than it actually is, and that racism is merely a vestige of a painful past instead of this indelible part of our present...Black people forgive because we need to survive. We have to forgive time and time again white racism or white silence... We have had to forgive slavery, segregation, Jim Crow laws, lynching, inequity in every realm, mass incarceration, voter disenfranchisement, inadequate representation in popular culture, microaggressions and more.”

Rev. Rebecca defined the word “home” in her sermon title as a place where all are welcome and everyone is seen and treated as a person of worth and dignity. It is also a symbol for racial acceptance and inclusivity and an embodiment of our First Principle. “Accountability” is the guiding force in making our lives places where others know they are home. She asked some tough questions: Where are you being less than fully accountable? How are you being called upon to up your accountability?

Our seven principles, adopted in 1985, affirmed the worth and dignity of every human being. Rev. Rebecca said we hold ourselves accountable to truth and honest self-reflection. We see our blind spots and “do the hard work of changing them. We cannot do this alone. We need to be in community.”

Rev. Rebecca admitted that the horrific killings in South Carolina hit her harder than other killings, but she also realized why. Because, about three years ago, half way through her ministerial preparation, at a meeting of her credentialing committee, she was jolted by a request to “tell us about a time when you knowingly hurt a person of another race.” It wasn’t easy for her to remember such a time, but she eventually told of an incident when her preschool daughter Ginger asked her to arrange a play date with a new friend from Ethiopia. The friend’s name and address made Rev. Rebecca assume it was an apartment complex, and she wondered, “Would I have made that assumption if I knew the child was white? I don’t think so.” Ironic end of story: The child’s father was a top executive at a Connecticut corporation and their home was a mansion.

Although she had been working to develop a better understanding of “my white privilege and the systemic evil of racism,” her committee encouraged her to pursue experiential work in the area of anti-racism during her last two years. So she completed her parish internship in an urban setting, taught the UUA curriculum “Examining Whiteness” and met monthly to examine race issues. A defining moment came in May of this year when Rev. Florence Clarke, who grew up in Charleston, South Carolina, and is now Pastor of the AME Temple in New London, “came to share her life story with our group.” They prayed and worshipped together and a relationship began between the two congregations. The congregations worshipped together at the AME church on Sunday, June 21, four days after the South Carolina shootings.

Rev. Rebecca said she came to the USH more than 20 years ago, looking for a congregation of believers, a “place to call my spiritual home.” She found healing, love, her voice, became a leader (She is a past Society President.), and “heard a call deep within myself to ministry.”

As UU’s, she said, we are called to live our First Principle and, specifically, to put it into action by engaging with the Black Lives Matter campaign. We can start to do this by being aware of our own racism, developing a keen awareness of our privilege, and working until we can welcome all to our congregations and our homes.

Our final hymn of the service was from our Hymnal Supplement, which is being used more often these days. In this gospel hymn, we sang, “There’s a River Flowin’ in My Soul (heart, mind), And it’s tellin’ me that I’m somebody.” Rev. Rebecca’s husband, son, daughter and father (outgoing Society President Bill Laporte-Bryan) proudly occupied the second row in the Sanctuary during her very well-received first sermon. - **Kayla Costenoble**

August Small Group Ministry - There is only one space left in the August Small Group meeting at Linda Ericson-Ebel’s home in West Hartford. Ron Friedman will be the facilitator. The group will meet four Tuesdays (August 4, 11, 18 and 25) from 7:00-9:00 PM. If you would like to be part of this group, contact Janice Newton at 860.677.1121 or by email, janicecnewton(at sign)gmail.com. **Submitted by the Programs for Adults and Families Sub-Council**

Approved USH Budget for Fiscal 2015/16 - In mid June the Board approved a final budget for our next fiscal year. With \$374,000 in expenses, we were able to identify equal income and still reduce our draw on the Endowment by \$2000. (from \$45,000 to 43,000). We were able to provide an increase in hourly wages to some underpaid workers, a 1% cost of living raise to some, and an increase in weekly hours for our administrative assistant. Additional dollars for staff and professional development are also included.

We owe great thanks to the Stewardship committee that worked very hard to reach this goal. Many thanks, also, to Brian Mullen, our Financial Team & Board and our co-ministers for their work in this successful endeavor. And most of all, a rousing thanks to all of you who pledged your support to our Society. - **Louise Schmoll, Treasurer**



Our Buddies Studying

Our friends next door can find it difficult to do their schoolwork. Their lives are often chaotic; studying may be erratic with limited support. Please show your care and commitment by supporting the annual Village Backpack and Uniform program which provides backpacks, uniforms and all other needed school supplies.

Checks can be sent to Brian Mullen at the Meeting House, with Backpack and Uniform program in the memo line. Your cash or checks can also be placed in the envelopes at church with your name on the outside if cash and Backpack and Uniform Program on the memo line of checks. - **Joanne Orlando, Liaison to The Village for Families and Children** jrporlando@cox.net (860) 657-3711



Rebecca Bryan Returns -- A PDF for Rev. Rebecca Bryan's sermon, Coming Home, and associated readings is available on the web here (<http://www.ushartford.com/sermons.html>) and will remain until the web is replaced in the next few weeks. Rebecca Bryan was a member of USH for many years, was President of our

Society for a term, subsequently completed divinity school, and was ordained in New London recently. She returned to us on July 6th for her first sermon as an ordained UU minister. She is the daughter of Bill Laporte-Bryan, our Past President of USH.

Important addition to USH Kitchen article - An important item was left out of the “kitchen” article in the past two eNews editions. It is crucial that ALL THREE doors to the kitchen be securely closed whenever the kitchen is not being used. The doors have sweeps and will keep out the furry creatures. From time to time we have mice move in. The inspector has told us if any door is left open or any evidence of resident mice is found we surely would not have our certification renewed! **Thanks. Janice Newton**



The nominations are closed and the ballots will be announced soon and made available for voting.

Further information to be announced!
Please stand by!

Soliciting 2015 Fall Programs for Adults and Families - It's not too early to think about including your program, workshop, or event in the listing of the 2015 Fall Programs for Adults and Families.

This listing will be available at the USH website in September. On Sundays, when the Programs Table resumes on a regular basis, there will be handouts for your course, event, etc. at the Programs Table, for visitors as well as for members and friends. Registration for your program, course, etc. and any required payment can also be done at the Programs Table.

To obtain a Program Proposal form, you may go to <http://www.ushartford.com> From the Spiritual Life pull down menu (on the left side of the home page), click on Adult Programs. In the first paragraph, click on download the form in Microsoft Word. (We are bringing up a new website, so this procedure may change during the summer) The form is also available at the USH office. Please attach a detailed paragraph in Microsoft Word (if possible) about the program to the completed Proposal Form that can be used for promotion. Please email the completed Proposal to Janice Newton. You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com), for more information about the programs.

Programs:

USH Ballroom Dance Lessons: Thursdays, 10 weeks starting June 18, 6:00 – 7:30 PM, \$75.00.

Small Group Ministry: Tuesday evenings August 4, 11, 18, and 25 at 7- 9 PM.

TaiChi: Wednesdays, 5:30 – 7:00 PM. Beginners welcome.

Emei Qigong: Tuesdays, Beginning Learners: 6:15 PM, Cultivation: 6:30 PM, Deeper Learning and Understanding: 7:15 PM.

Emei Qigong: Wednesdays, Tutorial: 4:45 PM, Internal Cultivation/Practice: 5:00 PM, (also Saturday & Sunday at 12:00 PM).

Meditation and Dharma Gathering: Wednesdays, 5:45 – 7:00 PM.

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 PM.

CALLING ALL USH GARDENERS - Our recent USH plant sale generated a buzz among the gardeners among our congregation and has everyone wishing they could see everyone else's garden! For that reason, two of us, Martha Bradley and Diane Cadrain, are gauging interest in the idea of a USH garden tour, a series of Open Garden days to be held on two or three weekends NEXT June 2016. (The number of days would depend on the amount of participation). Those who are willing to participate would commit to a certain day and would expect garden visitors from the congregation on that day. We chose June because gardens are at their loveliest at that time, and garden enthusiasm is riding high (at least until the dog days set in).



Right now, we're trying to get a sense of the amount of interest in the congregation. If this sounds like something you would like to do, either as a gardener, or as a garden tourist, please contact: **Diane Cadrain, diane.cadrain@snet.net, or (860) 233-8766 Martha Bradley, marthabradley49@yahoo.com, or (860) 657-9140**

Thank you!



Buddha's Corner At the heart of all Buddhist wisdom lies one astonishing truth: that a way out of suffering and into a more deeply fulfilling life is not a myth, but a reality available to you through the power of skillful inquiry. With Buddhism for Beginners, celebrated teacher and author Jack Kornfield invites us to experience the gifts of this vast spiritual tradition. Created specifically to address the questions of first-time students, this full length retreat guides

participants through Buddhism's cornerstone teachings, the principles of meditation practice, wisdom stories, traditional parables, and inspiring true accounts distilled from Buddhism's far-reaching legacy. Join us any Wednesday night at 5:45 PM, or whenever you can arrive, for a combination of sitting, walking meditations, listening to the teaching, and ending promptly at 7:00 PM following a brief, silent, reflective mediation.



Larry Lunden to lead series of easy walks this summer. They should be fun and social. They are scheduled for July 11, 19, and 25. See this web site for the details:<http://www.meetup.com/Hartford-Area-Hiking/> USH folks are invited to come along.

USH Community Garden Plot Update

Be a part of a fun gardening project in the Watkinson Community Garden at the base of our parking lot. Here is what it looks like right now. There is a hose & water spigot right in our plot. If you've ever wanted to get your hands in the dirt, get thee to our Garden Plot and put some plants in! If you plants seeds, be sure to mark them somehow with something. Check next week for the latest update.



Sunday
June 5th,
2015



Thanks to everyone and all the positive feedback I received for my first E-News! - Linda Clark, Office Administrator

The deadline for USH-Enews submissions will be Wednesdays at 8:30 AM Email to: ushenews@ushartford.com Please note in the subject line, USH-Enews.

Peace – as we come to the close of the USH-Enews week. Be kind to others – and to yourself.

Nuts and Bolts: 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 of 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.