



UNITARIAN SOCIETY OF HARTFORD

50 Bloomfield Avenue, Hartford, CT 06105

Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com

Revs. Cathy & Heather Rion Starr

USH E-News July 29, 2015



USH members, co-ministers and former minister, Jon Luopa, at the 2015 UUA General Assembly in Portland, Oregon.

Worshipping Together Since 1830 - Sunday Service 10:30 AM - July 26 - 2015

Living the 5th Principle - The 5th Principle: The right of conscience and the use of the democratic process within our congregations and society at large.

On August 2nd Brian Harvey will be speaking on the process that takes us from learning this principle to actually living it, as illustrated through the thoughts and experiences of 2015 UUA General Assembly delegates: Esther McKone, Virginia de Lima, Edith and Ed Savage and himself. Join us on Sunday to learn more.

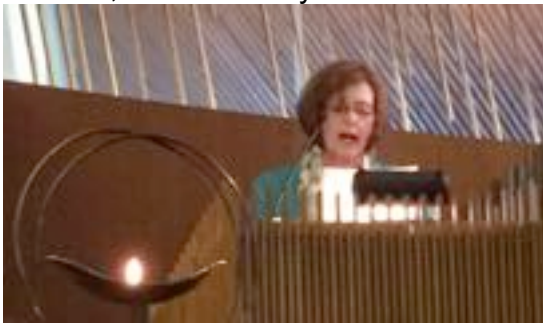


Notes from Life-Long UUs - We Unitarians are a mixed lot, and Sunday speakers Martha Bradley, Rick Tsukada, Rob Spector and Christopher Wilt confirmed that nicely as they reflected on our

“4th Principle: A free and responsible search for truth and meaning,” one of the Principles confirming in its own way the need we Unitarians have experienced for defining ourselves more effectively.

The Principles were adopted in 1985.

Our speakers were unusual because each was a life-long Unitarian, and, truth be known, we have only a few.



Martha Bradley described her early religious education in Detroit, including a study of the metamorphosis of egg to frog. What other children were experiencing anything like that in their religious education?

By Junior High, she had encountered Twain’s Letters from the Earth. Suppose humans are not ultimately responsible for their actions? What then?

Later as she visited other churches, as part of the RE curriculum, she asked herself, what things are common or different among various religious flavors?

And, she inspired a chuckle among congregants as she described how she and a friend went undercover to visits Catholic churches where they asked themselves, Why all the rules? And, went to confession worrying about being discovered as UU spies and being promptly ejected. By the time she was at university, she was perplexed by the gulf between science and religion, something Einstein seemed to underscore when he said, “Science without religion is lame, religion without science is blind.”

As a life long Unitarian, she is happy to continue the search.



Rick Tsukada began his presentation, which he termed, “Throwing The First Stone,” noting that he had asked himself, “What, if anything, is interesting about being a lifelong UU?” Answering, his own question, he mentioned the unique attribute of being born without sin. He took the position that this not only left you to take actions impacting others for good or ill, but the

absence of original sin was a “really big deal.” It becomes your business to determine your place in the universe and the nature of God while you become your own world’s creator.

Here we interrupt ourselves, as there was a pause in the orderly progression of the service items, to note with universal approval the attainment by Ed and Marion

Richardson of a 70th anniversary later celebrated in Fellowship Hall with cake. Well Done Ed and Marion!



Rob Spector began his narrative, noting his father, before he was born, determined to have done with his Jewish religion and its rules, and Rob's early years were spent among several Unitarian groups but by the time he was 13 his Jewish friends and their parents were always asking when he would have his Bar Mitzvah. At length, he would confess to being a Unitarian, experiencing some further difficulty because of the shock

with which it was received, and his inability to really define what a UU might be. When he and Gretchen, a Catholic, were married, he described with good humor their attempt to have a Catholic Service where the Priest might not mention God or Jesus prominently. To make a summary comment, let's just say his many Jewish friends and relations were somewhat shocked by the ensuing service. When the family found USH, he was comfortable with what he found and it seemed in keeping with his father's notion, that you should live your life meaningfully. He concluded mentioning his father had recently attended the Welcoming Ceremony service. The Bottom line for his father, God did not get mentioned by name.



Christopher Wilt described his early UU religious education. Yes, his parents made him attend. As he progressed along the way, at one point, he accepted an assignment of teaching Sunday school rather than attending the youth group alternative. He developed into an adult attending UU services along the way with a particular fascination with the phrase, "truth and meaning." And, within that phrase, the word "meaning" became more and more important. "Why do we do what we

do? It would be silly to say, I live to play computer games.” he said. He concluded his remarks saying the church community is the meaning I have been searching for.



In their own way, these speakers answered the questions, why are there so few life-long UUs, why we now have Principles, how our religious education does provide both understanding of other religions, and a better grasp on ours, and how being free of certain rules including the concept of original sin, is helpful to living a meaningful life in the here and now. In fact, as Rick pointed out, it might make it more difficult to get into Hell, were there such a place.

We were honored to have the privilege of hearing Pi-Hsun Shih playing Philip Glass' It's a Life, and, Dreaming of Fiji, from the motion picture, The Truman Show.

– **David Newton** **Photos by Harriet Gardner**



First Sunday Connections Gathering - August 2, 2015 - For newcomers and not-so-new visitors interested in learning more about the Unitarian Society of Hartford, its values, programs and members.

We encourage folks to attend multiple times, as each session has its own distinctive direction based on where attendee questions and interests lead.

The discussion is held in the lower lobby “under the stairs” and will start 15 minutes after the service and last for 30 minutes.

There are light refreshments and an open “drop-in” format, which means you can come and go as your schedule dictates. Childcare will be provided.



Meals for Brian

Brian Mullen, our business manager, will be having surgery on August 7th. One small way we can be helpful to him is to provide some meals during his convalescence. He has written the following explanation of his medical situation.

Two years ago I was diagnosed with these things called Low Pressure Headaches. They occur when I bend over to say pick something up off the floor – something like a brain freeze from eating ice cream too quickly. The situation causing these headaches is a lower than normal level of fluid in my spinal column, caused by a tear somewhere on my spinal column. Your body can often times heal itself in these situations, mine however has decided not to.

I've spent the last two years going through a myriad of tests and progressively more invasive procedures in an attempt to find and heal this tear. Having exhausted all other alternatives, a surgical procedure has been scheduled (08.07.2015 @ New Britain General) to locate and repair this tear.

I'm told that the first two weeks I'll need nothing but bed rest and that the month following that will be a progression of getting back to a normal routine. These meals will be most helpful indeed as my husband and I move through those first two weeks. The following website has been set up to provide meals for Brian August 10 - 21. The website is <http://www.TakeThemAMeal.com>
 Recipient Last Name: Mullen Password: 2881.

If you prefer not to use the website and would like to be added to the meal schedule, call Nancy Reed at 860 521-1082 or email [ndreed\(at sign\)comcast.net](mailto:ndreed@comcast.net). We all wish Brian a successful surgery.



Family-Friendly SGM - This Fall on Friday nights (dates below) from 6-8:30 PM.

Participants will chip in to have a pizza or other similar dinner from 6-7 PM. The adults will then move into the SGM from 7-8:30.

Childcare will be provided, at no charge, during this time.

The dates have been set based on other activities at USH.

There are 6 sessions instead of the usual 8 so a commitment to these dates is important. The dates are: September 11, Sept. 18, Oct. 2,

Oct. 16, Nov. 6 and Nov 20.

Group size: 10 adults.

There is \$5 registration fee. You may pay it at the Programs Table during Fellowship Hour.

Small Group Ministry to meet in Farmington in October - There will be a Small Group Ministry at the home of David and Janice Newton on Monday evenings beginning October 26. We will meet from 7:00-9:00 PM. If you are interested in signing up for this group or learning more about Small Group Ministry stop by the Programs Table during Fellowship Hour or call Janice Newton at 860/677-1121 or email at janicecnewton@gmail.com

There is \$5 registration fee. You may pay it at the Programs Table during Fellowship Hour. **Submitted by the Programs for Adults and Families Sub-Council**

Conscious Aging Small Group Ministry

FACILITATOR: Susan Spaniol, 860-216-1391, sspaniol@comcast.net

HOSTESS: Esther McKone, 250 Waterville Rd. Avon

860-677-6682, estmckone@aol.com

TIMES & DATES:

Thursdays, 7 to 9 pm; Oct. 8, 15, 22 & 29, Nov. 5, 12 & 19, Dec. 3

What is Conscious Aging?

Conscious Aging brings awareness to the inevitable passage of time as we age. During this SGM, we will examine our hopes and fears related to aging... its blessings as well as its burdens. Our goal is to identify our personal values, relationships and beliefs, and

to learn from the collective wisdom of the group. Our hope is to develop a sense of meaning and purpose that is authentic to who we are and who we are becoming.

- * Those who did not attend the 2014 SGM
- * Those anticipating or grappling with the consequences of retirement
- * Those who wish to bring awareness and intention to their third phase of life
- * Anyone who faces, or expects to face, the challenge of aging

There is \$5 registration fee. You may pay it at the Programs Table during Fellowship Hour.

RE News You Can Use!

This Sunday, August 2nd, the nursery will be available for for infants and toddlers from 10:15-11:45AM. The children and youth and any others that are young at heart will be playing Quidditch. Please come dressed appropriately for outside play.



We are also looking for 4 more classroom assistants beginning in September. The commitment would be 1 Sunday a Month.

Thank you. **Rayla D. Mattson, Director of Religious Education Unitarian Society of Hartford** 860-233-9897 ext 104 860-839-5001 - cell

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

If you need to reach me outside of those times, please feel free to text or call my cell.



Happy Birthday Sage! Sunday, July 27, 2014 was a normal work Sunday for me. We had summer classes as usual and everything was great. I spent the rest of the day celebrating my aunt and uncle's 50th wedding anniversary. I never would have guessed that the following day I would be giving birth. And now, Sage is 1! It's hard to believe that one year has already gone by.

From a babe in arms to a feisty spirited child running the halls at USH. I would like to sincerely thank all of you for your love and support during my pregnancy and during her 1st year of life. I am looking forward to having her grow up here.



RE Create (contributed by Diana Heymann)

Summer is a great time to bring UU faith into family life. Start the summer reading list with the recently published "Creating Justice Together" by Susan Dana Lawrence. From the description on the UUA Bookstore's website:



Parents and caregivers are the primary religious educators of their children. This collection of multigenerational service projects from the Tapestry of Faith curriculum series, suitable for families and other multigenerational groups, helps adults engage with children in

practicing and exploring a living faith that is active, expresses caring intention, and changes the world. Each project offers a conscious, intentional experience for all ages, from cooking in a homemade solar oven, to writing to a soldier serving overseas, to making a welcome kit for a new neighbor. Each project guides adults and children to connect experiences with values and to share or journal reflections so that growth in faith can be rich, personal, and long lasting. Also check out actionable social justice issues on the UUSC website

I Have Mine

"I have my brand new Back Pack, full of stuff. I'm ready to go back to school next month. A lot of my friends don't have back packs or anything to put into them."

Please help our neighbors return to school confident and proud by donating to The Village for Families Backpack and Uniform Program. Checks may be made out to USH with Backpack and Uniform program in the memo line and mailed to Brian Mullen at the Meeting House. Checks or cash may also be put in the envelopes at church, making sure to put your name on the outside of the envelope.



Joanne Orlando

Liaison to the Village for Families and Children
jrporlando@cox.net



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 September 1 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

Meditation and Dharma Gathering: Wednesdays, 5:45 – 7:00 PM. will resume September 16th

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM. Will meet July 22, 29 and then resume September 16.

Discover the Healing Arts of Emei Qigong

Simple techniques for improving your health and finding contentment

LEVEL I 4-DAY TRAINING: Oct. 17-18 and Nov. 14 -15, 2015 (\$99)
 (Oct. 17, Nov. 14-15: 9:00 am - 5 pm; Oct 18: 9:00 am - 3:00 pm)

GROUP HEALING: Oct. 18 at 3:30 PM (\$30)

<p>An Ancient Path to Self-Healing</p> <ul style="list-style-type: none"> • Discover the healing power of Wuji Qi • Understand the causes of illness 	<p>Secrets for Accelerating the Healing Process</p> <ul style="list-style-type: none"> • Find balance within and unlock your latent abilities • Remove the blocks that keep you trapped in old habits
---	--

Open to All - Space is Limited

 <p>REGISTER by calling 860-233-9897x102 or email heydiana42@gmail.com</p> <p>Unitarian Society of Hartford, 50 Bloomfield Ave. Hartford, CT</p>	<p>Emei Qigong teacher Diana Heymann, has trained since 2013 under Master Pat Bolger and in China with Grandmaster Fu Wei Zhong, 13th Lineage holder of the 800-yr-old Emei Linji Qigong tradition.</p> 
--	---

For more details visit: emeiqigongspirit.weebly.com

Start Now - Change your karma and transform your destiny!



**West Hartford's Hall High School Theatre
Selected to Perform at
Edinburgh Fringe Festival**

**The Largest Arts Festival
in the World**

(July 28, 2015 – West Hartford, CT) West Hartford's Hall High School Theatre Program has been chosen as one of just 40 schools from throughout the United States to perform this August at the

world renowned Edinburgh Fringe Festival.

Our own Caroline Kriesen, USH Youth Group member, is part of the company of ten student performers from Hall who will be performing the original play "Kissed the Girls and Made Them Cry" – a collaborative effort about teen life developed by the Student Company and Award-Winning Playwright Arlene Hutton.

Directed by Sean Harris, head of the Theater Program at Hall High, "Kissed the Girls and Made Them Cry" is a bold and thought-provoking new play about objectification, harassment, assault, date rape, shaming, mascara, video games, and sports.

Before traveling to Scotland, previews of the play can be seen Sunday August 2nd and Monday August 3rd at 7:00 PM at the Playhouse on Park, 244 Park Road, West Hartford, Connecticut. A New York City preview will also be held on August 4th at 3:00 PM and 7:00 PM at The Barrow Group Theater, 312 West 36th Street, New York, New York. Suggested donation for all performances is \$15 and proceeds help support Hall High Theater.

The World Premiere of "Kissed the Girls and Made Them Cry" will then be August 16-20 at The Edinburgh Festival Fringe in Edinburgh, Scotland.

Photo Courtesy of Rayla's Facebook



About The Edinburgh Festival Fringe:

The Edinburgh Festival Fringe is the largest arts festival in the world and takes place every August for three weeks in Edinburgh, Scotland's capital city.

Every year thousands of performers take to hundreds of stages all over Edinburgh to present shows for every taste. From big names in the world of entertainment to unknown artists looking to build their careers, the festival caters for everyone and includes theatre, comedy, dance, physical theatre, circus, cabaret, children's shows, musicals, opera, music, spoken word, exhibitions and events.

In 2014 there were 49,497 performances of 3,193 shows in 299 venues, making it the largest ever arts festival in the world.

CALLING ALL USH GARDENERS



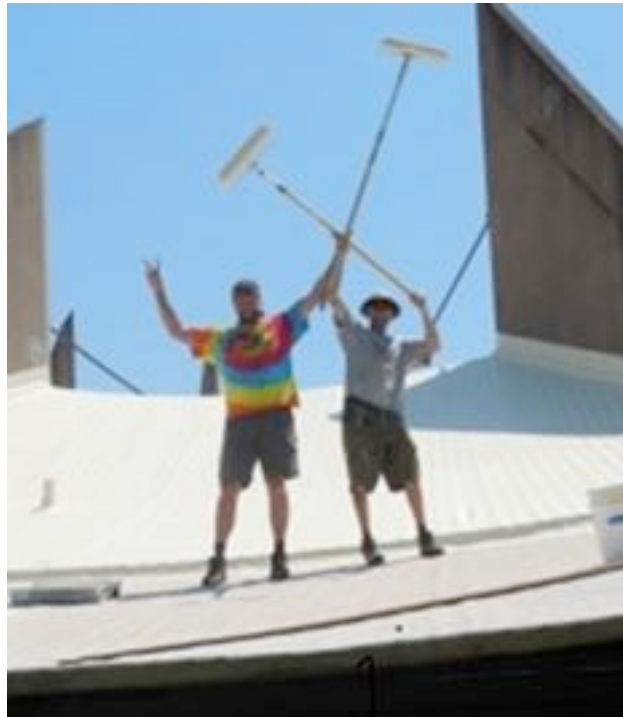
Want to be part of a USH garden tour?

Already five gardeners have signed up, one each in Avon, Bloomfield, Glastonbury, Granby and West Hartford!

There are lots of dedicated gardeners among us, and a tour of their gardens will give them...well, their--our--day in the sun. We're calling all gardeners, and garden tourists, to take part

in a this new congregation-building event, which will happen next June, 2016.

If you would like to plan or participate, as either a gardener or garden tourist, please contact Diane Cadrain (860) 233-8766; diane.cadrain@snet.net, or Martha Bradley (860) 657-9140 ormarthabradley49@yahoo.com.



**Up On the Roof.....John and Kevin struck a pose while painting the roof.
Great Work Guys!**

ArtAround the West End

CALL TO WEST END ARTISTS There's still time! Still time to plan your exhibits for ArtAround the West End 2015. This year's event will take place the last weekend in September, with the opening exhibition and reception scheduled for Friday, September 25th, to be followed by two days of open studio exhibits on the 26th and 27th. The event welcomes all artists who live, work, worship and study in Hartford's West End neighborhood. It's also time to contact Cathy Bates at cathy@cbates.com or sign up on the event website at www.artaroundthewestend.com

Hiroshima-Nagasaki Remembrance A Call for Nuclear Weapon Abolition



August 6th 5:30 – 9 pm
Unitarian Society Meeting House
50 Bloomfield Avenue, Hartford, CT
www.hopeoutloud.org

USH is pleased to host this pertinent and poignant event for the second consecutive year. Please join us in a shared call for the abolition of nuclear weapons and promoting vision of a nuclear-free world.

Doors open at 5:30 pm

Potluck at 6 pm -- Please bring food to share

Program of music, speakers and poetry begins at 6:30 pm

Candle-lighting Ceremony at 8 pm (outdoors, as weather permits) Info: 860-561-1897;

www.hopeoutloud.org

Sponsors: Hope Out Loud, No Nukes/No War, Unitarian Society of Hartford,
UN Association of CT

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.