



UNITARIAN SOCIETY OF HARTFORD

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Revs. Cathy & Heather Rion Starr

USH-Enews Week of August 5, 2015



Image found at www.pinterest.com

Worshipping Together Since 1830 - Sunday Service 10:30 AM

**Sunday Service 10:30 AM -August 9 - 2015 - The Sixth Principle:
"The goal of world community with peace, liberty, and justice for all."**

Pulpit Guests: Patrice Fitzgerald & Richard Leslie

Patrice Fitzgerald & Richard Leslie will be leading the service with Ann LaPorte-Bryan as Worship Associate. Patrice will speak about peace in the individual and peace in the world, while Richard will address issues related to the incarceration rate in the United States and his recent visit to San Quentin.

Music will include the Wailin' Jennys' "One Voice" with our resident USH guitar trio of Sarah Harmon McKenzie, Stephanie Briggs, and Patrice. Richard will sing the traditional Irish melody "Danny Boy" and Patrice will sing "I Wish I Knew How It Would Feel To Be Free" made famous by Nina Simone. Pi-Hsun Shih will accompany on piano and organ and play John Lennon's "Imagine" as the Prelude.

**Special Notice: Please send OOS information to ushlindaclark@gmail.com
Please include in the Subject: OOS and the date of the Sunday intended until
further notice, Thank you!**

**Sunday, August 2nd Recap by Kayla Costenoble - Living the Fifth UU Principle:
"The right of conscience and the use of the democratic process within our
congregations and in society at large."**



Photos by Harriet Gardiner

For those of us who have not had the opportunity to attend a UU GA (General Assembly), the service on August 2, 2015, gave USH members and pulpit guests Brian Harvey and Esther McKone a chance to show us what it was like. Both had attended their first GA in Rhode Island in 2014 (an easy commute) and were so impressed that they returned for the 2015 GA in Portland, OR, more difficult travel-wise. Building a New Way –

New Approaches for Working in Community, Engaging in Ministry was the theme of this year's GA.

Sunday's service successfully combined a discussion of our Fifth Principle (the Seven Principles are the theme of our summer services) and the GA. Brian said he avoided organized religion for more than 40 years, but when he went church shopping in 2010, the UU Principles "seemed like wise guidelines to aspire to" and gave him the freedom to search and question. He joined and became an active member after he was satisfied that the USH was "not a mirage or a fantasy." Our ability to unite in shared values allows us to move forward together, he said. We have "no tests of belief but agree on some rules of behavior."

Discussing the words "conscience" and "democratic process" within Principle Five, Brian quoted philosopher Immanuel Kant, "Two things awe me most, the starry sky above me and the moral law within me." Brian suggested things that make an organization "truly democratic" include:

- Governance is responsible to all,
- Tolerance, compromise,
- Continued maintenance,
- Engagement with others whose opinions differ, and the "biggest challenge,"
- Citizens must exercise the application of conscience.

Brian said his first GA in 2014 was "like a UU fun house," but the 2015 experience, when he was an official delegate, demanded a significant time commitment and challenged him, for example, to change his voting position after listening to all. He said the relation with sister congregations and associations is "nowhere more evident" than at the GA—a place to find guidelines for developing the conscience in Principle Five. The most important message he learned at the GA, Brian said, if we are serious about justice, equality, liberty and peace, "We UUs need to reach out beyond the walls of our church...and push back against what is comfortable and convenient to live the right of conscience."

During her first GA in 2014, Esther said, she felt connected with kindred spirits and found the worship inspiring and the programs fascinating. She described it as a "week

to remember...powerful and well planned.” This year, however, because there were so few USH members attending, she had to be a working delegate and knew it would be a challenge to be one of the more than 4500 UUs gathered for the 54th GA. She spent 14 hours in general sessions, which were confusing at first, but she learned the language and became comfortable with motions, amendments, etc.

The challenge actually began on her flight to Portland when her seatmate (a stranger to her) asked her what UUs believe. Esther told her about our freedom, respect for individuals, etc. And when it was Esther’s turn to ask a similar question, her seatmate replied, “I’m a Christian.” No other explanation was needed or given.

Esther reminded us of the words of Dr. Rebecca Parker, who served as president of the Star King School for the Ministry for many years. Dr. Parker said that being a UU requires trust in developing each individual’s conscience. At the GA, Esther was interested in how the UU Women’s Federation helped the UU remove sexist language from the bylaws and Principles. The Women’s Federation sponsors programs of special importance to women, and has changed its focus from providing direct services to congregations to funding women’s social justice projects throughout the world. “This is why we came,” Esther said, “to be in right relationship with each other.”

Also during the June 24-28 GA: The delegates celebrated the Supreme Court Justices’ June 26 decision for marriage equality, and the GA praised an “Action of Immediate Witness” to support the Black Lives Matter movement.

Brian offered small snapshots of the other USH members and delegates at the GA. Edith Savage was impressed by all the work done during the sessions. Ed Savage’s daily audiovisual work helped those not in Oregon participate via the Internet. Virginia de Lima called it her “most heart-warming experience at a GA.” - **Kayla Costenobl**



Best Wishes for Josh
Josh and his family will appreciate good thoughts and prayers: on Friday he is having surgery, and the following Monday his educational career is being decided as part of mediation.

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(at sign)comcast.net). We all wish Brian a successful surgery.

RE News You Can Use!

This Sunday, August 9, 2015, the nursery will be available from 10:15-11:45AM at no charge for infants and toddlers.

Children and youth will continue with our Harry Potter series.

This week the theme is Defense Against the Dark Arts. The final session for this series will be on August 30th.



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.

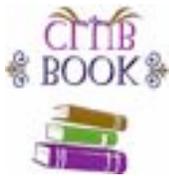
Last Sunday we had an amazing game of Quidditch. We had team Pegasus versus team Black Star. Aaron Bleck made us some amazing goal post that the kids used to score as they rode around on their broomsticks. The DRE filled in as referee and Annie Witzler kindly filled in as our snitch. We plan to play again so we are still looking for broom donations.



Last week Sarah, from the nursery, Limbani, Bradshaw, Kennedy, Sage and the DRE went to visit the Southpark Inn Homeless Shelter in Hartford. We dropped off the many socks that were kindly donated during Easter. The shelter was thankful for our donation and gave us a tour. They would enjoy having a larger group from USH tour the facility especially some of our high school students.

The shelter sleeps 120 men, women and children. They provide a continental breakfast, hot dinners, daily showers and laundry use. The facility has been opened for over 30 years and has served over 50,000 individuals. Each person who stays is checked for drug and alcohol use and can stay for a total of 28 days a year. The shelter also provides medical and dental check-ups and other services through volunteers and donations.

The shelter is always in need of new clothing items, diapers, new toys for children, food and hot meals. If you're looking for a place to donate your time, money or talents, please consider them. If you would like a tour, please contact the DRE for a group tour or speak with Dick directly at the shelter.



2015-2016 USH Book Club

The goals of the Book Club are:

- (1) to foster communication and community, as do our other small church groups,
- (2) to read fiction and non-fiction that raise issues of interest to Unitarian Universalists (recognizing that any and all issues are generally

interesting to UUs!)

Membership:

As with any continuing organization, consistent participation from a core of members is essential to the success of the group; i.e. regular members of the Book Club should attend meetings, read the book selected, recommend books for general reading or for a future meeting and notify the host of the next meeting if they are unable to attend. We welcome individuals who want to "try out" our sessions or are attracted by a particular book.

Meetings:

Meetings are generally held between 5:30 PM and 7:30 PM on the first Thursday of each month in David's Den at the Church.

Format:

At the beginning of each session, it has been our custom to share and discuss poetry of interest to a participant.

In our discussions we employ the rules for small group meetings as much as possible with the goal being to patiently hear everyone who wishes to share thoughts and to have as many participate as possible.

Members select the books to be read at the beginning of each year, but changes during the year are always possible. We seek to read fiction and non-fiction books that are generally available -- usually books that have been issued in paperback and therefore can be easily found in libraries. Generally, the proposer of a book selected serves as facilitator to pose questions/provide background.

Please feel free to "try out" the Book Club and see if it will meet your needs.

Please talk to Richard Groothuis if you have any questions. 860-678-1030; rgroopofus@comcast.net

Books selected and schedule for 2015-2016 book club year:

Our first meeting will be on Thursday, Sept. 10 to discuss whatever classics (however each of us chooses to define a classic) each of us has read over the Summer.

Oct 1: When We Were The Kennedys- Monica Wood

Nov 5: Mud Creek Medicine- Kiran Bhatraju

Dec 3: All Cry Chaos- Leonard Rosen

Feb 4: Being Mortal: Medicine and What Matters in the End- Atul Gawade

Mar 3: The Last Death of Jack Harbin- Terry Shames

Apr 7: The Shell Collectors: Stories- Anthony Doerr

May 5: The Little Friend- Donna Tartt

June 2: Spring Chicken: Stay Young Forever (or Die Trying) - Bill Gifford

Contributed by Richard Groothuis

New World Trio Concert



On July 23 Anhared Stowe (violinist), Pi-Hsun Shih (pianist), and Peter Zay (cellist), who, together comprise the New World Trio, presented a chamber music concert at the Porter Memorial in Farmington. Those people lucky enough to be in the audience were treated to inspired performances of the music of Turina, Kodaly, Smetana and Ravel.

Keep your eyes open for news of the next New World Trio concert and then run to buy tickets. We at USH have the good fortune of hearing the music making of Ann and Pi-Hsun regularly in our own holy space, a blessing on us.

- Edith Savage



The Library Van



100 Neighbors Eating and Greeting



Face Painting

The National Night Out on North Albany Avenue was a great success! Food and fun highlighted the program, but visits from ex-Mayor Eddie Perez, members of the Hartford Fire and Police Departments, and a prominent mobile Library van from the building across the street were almost as much fun to watch as the sport Bounce House!

This event to bring neighbors together continues to happen during the first week of August at 5 locations in the north end of Hartford and many other spots around the city.

The Unitarian role has included bringing hotdogs and helping set up, as well as getting up to date with local personalities. - **Submitted by Ed Savage**

A Family-Friendly Small Group Ministry

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

Participants will chip in to have a pizza or othsimilar 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.

Facilitator: Ginny Allen, fiddlenurse1@gmail.com

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



2015 Fall Programs for Adults and Families - Several Programs have been submitted for the fall and we'd like to include your program, workshop, or event in the listing of the 2015 Fall Programs for Adults and Families. The 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.

USH Book Club: Beginning Thursday, September 10, 5:30 – 7:30 PM.

Family Friendly Small Group Ministry, 6 Fridays 6 – 8:30 PM, September 11 & 18, October 2 & 16, November 6 & 20.

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. Will resume September 16.

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM. Will resume September 16.



Backpack and Uniform Program: Your Help Needed

Last year USH raised \$1,635 for the Backpack and Uniform Program at The Village for Families and Children. The fund raiser ends next Wednesday, August 12th. Our current total is \$600. The children's need is still great. Please open your hearts and support the more

than 800 children who need backpacks, school supplies and uniforms return to school with pride, and knowledge in our support.

Checks may be made out to USH and mailed to Brian Mullen (Attn: Louise Schmoll) 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. These donations will be added to your total giving.

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



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 Waji 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
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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> 
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For more details visit: emeiqigongspirit.weebly.com
Start Now - Change your karma and transform your destiny!



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.

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



Church Ladies with Typewriters Diana Heymann sent this in, typos from church bulletins: "The Fasting and Prayer Conference Includes Meals"

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.