



UNITARIAN SOCIETY OF HARTFORD

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Revs. Cathy & Heather Rion Starr

USH-Enews August 12, 2015

Worshipping Together Since 1830 - Sunday Service 10:30 AM



image found at www.redbubble.com

The Seventh Principle: Respect for the interdependent web of all existence of which we are a part. - Pulpit Guest: UU Intern Minister Kayla Parker

- Is respect enough? Our seventh principle reads: "Respect for the interdependent web of all existence of which we are a part." Is respect a strong enough verb to describe our relationship with the web we are a part of? What is our reality, and what should we be striving for? Join us for a spirit-filled exploration of these questions.

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



Welcome Back!

August 23: Rev. Heather Rion Starr will be back in the pulpit.

August 30: Rev. Cathy Rion Starr will be back in the pulpit.



Sunday, August 9th Recap by David Newton - The Sixth Principle

It would be tough by any measure to put together an August Unitarian Sunday service on the Sixth Principle: The goal of world community with peace, liberty and justice for all. Team leaders Patrice Fitzgerald & Richard Leslie, ably supported by team members Ann LaPorte-Bryan, Worship Associate; and Sarah McKenzie, guitar/vocal; Stephanie Briggs, vocal; and Pi-Hsun Shih, piano not only did it, but did it with true excellence.

You might ask, what is a good service? An answer is one that touches the emotions through words, music and poetry; suggests how to face the winds of trouble; references the past; relates to your life experiences and thoughts, while leaving you in a better place at the end of the service.

The service began with a table setting rendition of Imagine, by John Lennon. Early on Patrice told us she would deal with world community and peace while Richard would deal with justice, and they did!

Richard began with a poem by Debra Spencer, At the Arraignment

In part: .."The judge asks,

What is your monthly income? A hundred dollars.
 How do you support yourself? As a carpenter, odd jobs.
 Where are you living? My friend's garage.
 What sort of vehicle do you drive? I take the bus.
 How do you plead? Not guilty. The judge sets bail
 and a date for the prisoner's trial, calls for the interpreter
 so he may speak to the next prisoners.
 In a good month I eat, the third one tells him.
 In a bad month I break the law.

The judge sighs. The prisoners are led back to jail with a clink of chains." Patrice followed, noting how she has come to generally avoid TV, with its daily focus on murder, ISIS atrocities, yet another theatre shooting, and black lives lost. Heavily armed, we seem to have arrived at a societal status where we kill the guy who looks like he might kill us. As she spoke, she stopped from time to time to sing a part of the hymn we had sung earlier, I Got Peace Like a River, underscoring the gulf between our hopes and dreams contrasted with the world about us.

What can I do? She asked. “Small things,” she said. We can march, love, be kind, give money, give time and work for peace. It seems so little, but perhaps together... She ended her reflection with, “ May you have peace in your soul, and spread it throughout the world.”

I Got Peace Like a River

Richard reflected upon the current status of justice in the US. He cited several statistics, lamentably noting we have a larger proportion of our population in jail than most other countries and many of them are minorities. The way things are going, for black men born today, one out of three will spend time in jail. He described his personal experience where his son got into trouble and after a time with no results using a public defender, the family hired a lawyer, and off to see the judge with straightened tie and jacket. The charges were dropped. What, he said, of similar cases where, for example, the accused appeared, shuffled before the judge in a hoddie, and was “defended” by a public defender. Is this equal justice? “Where would I be,” he said, “if 50 years ago my father had not stood in court with me after I made a foolish decision at age 14.” What then?

He further described his experience with Doug on death row in San Quentin, husband of his sister, a man who may not have been guilty of the crime, but who has lived thirty years on death row with no hope of release. Doug requested that Richard sing Danny Boy for him, which Richard did. Doug was looking out a small window in the tiny room where they were. Doug reported that for a moment, the song had transported him beyond prison walls.

And, Richard sang Danny Boy for us. It hit the emotions.

During the offering, Sarah, Stephanie and Patrice sang One Voice. But wait, there was more: We sang a closing hymn, We Are A Gentle, Angry People followed by a reading of Wendell Berry’s The Peace of Wild Things and the Postlude with Patrice singing, I Wish I Knew How It Would Feel To Be Free, by Billy Taylor. That, you see, was a very good service! The seventy-five in attendance were silent for a moment, then began to clap enthusiastically before moving on in their lives, determined to make the world a better place.

...a world community with peace, liberty and justice for all. – David Newton
Photos by Harriet Gardner



the agenda will be:

Board News - The USH Board will meet on Tuesday, August 18 at 7:00. All are welcome to attend! The meeting is tentatively scheduled to be held off site, but if anyone who wants to attend would prefer the facilities at the meeting house, we will change the location. If you are interested in attending, please contact Virginia de Lima (vadelima@yahoo.com). The main topics on

- 1) a report from the Nominating Committee including their candidates for the Endowment Committee and their proposal for starting an initiative on leadership development.
- 2) Instruction from our Treasurer, Louise Schmoll, on how to interpret and use our financial reports.
- 3) identifying what we need **to do to make Board meetings interesting and energizing;**
- 4) **choosing one or more goals for the current church year. You may see the detailed agenda here: <http://www.ushartford.com/boardagendacurrent.pdf>**



Get Well Soon Josh! - Josh Santana-Gonzalez had surgery on Friday to mitigate pain in his wrist from his last surgery in January. He is recovering at home, and welcomes cards. We send Josh and Daniel, Vanessa Gonzalez Rivera, and Helen Koulidobrova our love and prayers.



RE News You Can Use! - This Sunday, August 16, 2015, the nursery will be available from 10:15-11:45AM at no charge for infants and toddlers.

Children and Youth will be in the classrooms off the Fellowship Hall continuing our Harry Potter Series.

I would like to thank all of our volunteers who have agreed to teach or assist in RE next year. We have almost everyone we need! I am still looking for two assistants in our 3rd-5th grade class. The curriculum is Faithful Journeys. You would just need to be there to assist the main teacher. I also need one more assistant for our middle school students who will be studying World Religions. Again, you would just need to assist the main teacher. I have copies of the curriculum if anyone would like to review it before making a decision. **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.

Building Your Own Theology - Unitarian Universalism differs from other denominations in that the church does not provide a ready-made theology. Instead, each person has a right and an obligation to determine the truth for him / herself. It can be a daunting task.

Building Your Own Theology (BYOT) is an intensive 12-week program that uses readings, written reflections, discussion and fellowship to help participants travel down the road of spiritual discovery. So, join us in January for a very deliberate look at who we are, what we believe, and who we, individually and collectively, can become.

Participants must sign up for the program and are expected to try to attend every session. There is a small amount of weekly homework in the form of reading and reflection. The program culminates in the development of a personal spiritual manifesto.

Parents are encouraged to attend. Childcare will be available. (Please let us know if you desire childcare.)

Dates: Every Tuesday from January 12 – March 29

Time: 7:30 – 9:00 PM

Where: Servetus –USH Meeting House

Class Size: Limited to 10 participants

Fee: \$5

Contact: Tom Gervais at: tom.j.gervais(at sign)mail.com or 860-558-3000



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

Love to sing? - Interested in joining the USH Choir for the 2015-2016 season? Join us on September 2nd for our first choir rehearsal of the season! Choir will begin singing on Sundays on September 13th and will continue through June. **Please feel free to contact Choir Director Rebecca Pacuk at pacuk@hartford.edu if you have any questions. We hope to see you there!**



A Movement Grounded in Love by Meck Groot, New England Region Justice Ministries Lead - Except for the day of Michael Brown's funeral, there have been protests in the streets of Ferguson every day since August 9 when he was murdered. Among the chants reverberating in Ferguson and cities around the country this year is this one - a quote from Assata Shakur:

It is our duty to fight for our freedom...

"It is our duty to fight for our freedom.

It is our duty to win.

We must love and support each other.

We have nothing to lose but our chains."

Black Lives Matter is not only a political movement - it is a deeply spiritual one. With a bow to ancestors and forerunners, this chant itself makes plain that this movement is rooted in the spiritual principles of sankofa, self-determination, collective liberation and love.

Though the mainstream press repeatedly highlights moments of antagonism and destruction, examples that love grounds this movement are abundant.

Here are just a few:

The Deep Abiding Love Project provides "training and resources for activists, organizers, rabble rousers, and trouble makers of all kinds...building community and organizing from the 5th dimension (love) while amplifying the voices of Black and non-Black people of color."

The Heartbeat of Democracy - Ferguson: a video demonstrating the use of non-violent direct action to de-escalate protesters' encounter with police in Ferguson.

A Facebook post by Aisha Shillingford, cultural organizer at Intelligent Mischief, in which she writes: "Our movement needs all of us and we need to come in to it with an ever expansive love that sees the value in all our approaches."

At this year's General Assembly, delegates adopted three Actions of Immediate Witness (AIW), one of which is to support the Black Lives Matter Movement. This AIW outlines numerous ways in which systemic racism plays out in Black communities including police brutality, mass incarceration and the school-to-prison pipeline.

In adopting the Black Lives Matter AIW, Unitarian Universalists have committed to supporting and participating in this movement. How we do that as individuals and congregations requires discernment, intention and follow through. As noted in an interview with Rev. Sekou, it will also require our willingness to follow the leadership of people who are young, Black, female and queer.

However we respond, we are being invited into a movement grounded in love - the energy that seeks connection and unity over disconnection and separation, the wisdom that remembers we belong to one another despite our divisions.

#UnitedWeFight has organized protests, arts events, concerts, and other activities to mark this anniversary. They have asked us to hold silence at 12:55 PM for four and a half minutes, representing the four and a half hours Michael Brown's body lay in the street after he was killed.

Let us hold silence.

Let us #SpeakTheirNames.

Let us remember Michael Brown's family and all those who grieve losing beloved people to systemic racism.

Let us keep in our hearts those gathered in Ferguson and cities around the country for Black Lives Matter this weekend.

Let those of us participating in Black Lives Matters actions today and in the future draw on the power of love day by day.

Let us take up the commitments made at General Assembly.

Let us each endeavor to be creative, resilient and loving as we imagine and work for a future in which systemic racism is undone.

Congregations seeking regional staff support to discern how they might engage in working for racial justice are invited to be in touch with Meck

Groot, mgroot@uua.org Justice Ministries Lead for New England Region UUA.

SPIRITUAL AND WORSHIP RESOURCES

Spiritual Resources on Ferguson from the Standing on the Side of Love campaign

Ferguson Worship Collection from the Ohio River Ministers' Study Group





SENEXET HOUSE RETREAT - 11/6 to 11/8

Our annual Women's retreat is scheduled for November 6-8 at Senexet House in Woodstock, CT. Sign up will begin about October 1, but put this on your calendar now so you don't miss out.



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 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.

Facilitator: Ginny Allen, fiddlenurse1@gmail.com

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



Programs for Adults and Families Fall 2015

September is almost here and, along with your favorite programs, there are several exciting new ones. Judy Robbins will be facilitating Your Written Legacy, a daytime program beginning September 23. Diana Heymann is offering a weekend workshop Healing Arts of Emei Qigong in October and November.

Looking ahead to the new year, Tom Gervais will lead a group through the process of exploring one's beliefs using the book Building Your Own Theology by Richard Gilbert. Go to January 12. 2016 Calendar for more details: <http://ushartford.com/>

For those interested in Ballroom Dancing, don't miss the Free Kick Off Class Thursday, September 10. Stop by the Programs Table for more information about these and other programs offered at USH.

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, 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:

Your Written Legacy: 5 Wednesdays, 12 – 2 PM, September 23 – October 21.

USH Ballroom Dance Lessons: Thursdays, 10 weeks starting October 1, 6:00 – 7:30 PM. Free kick off class Thursday, September 10.

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

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—An Extension

The children from The Village for Families and Children send a big Thank You to all of you who have already given to the Back Pack and Uniform Program. Because we are long time friends and neighbors of The Village, you have an extension until Monday



August 17th, to give to the program. As of Tuesday August 11th you have raised \$ 875 - last summer USH raised a total of \$1,635. Many things have changed: the children's need remain the same. Please help send over 800 children back to school this month filled with pride and confidence. The children from The Village look upon USH as a group

they can count on for support and love. Keep their confidence alive.

Mail your checks to Brian Mullen attn. Louise Schmoll at the Meeting House Make sure Backpack and Uniform Program is in the memo line. Alternatively, leave cash or checks in the envelopes at church making sure to put your name on the outside. These donations count toward your total giving. - **Joanne Orlando, Liaison to the Village for Families and Children.**





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
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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 sermon this morning:

'Jesus Walks on the Water.'

The sermon tonight: 'Searching for Jesus.'

A Technical Cyber Note for Gmail Users - Several users of Gmail have noted something they have not encountered previously when reading the USH-Enews.



Here is what happens: they are reading along through the Emma USH-Enews email and after 2/3 to 3/4 of the newsletter have scrolled up, the email stops scrolling and words appear telling you to click "here" to see the rest of the email.

When you follow the directions the screen is painted once more with the USH-Enews issue and this time it is all there. It is somewhat annoying to find your previous place in the document and continue reading to the bottom.

A bit of research explains what is happening. There are two kinds of users of Gmail. If your computer uses a resident program, like Applemail, Outlook Express, or several other client software choices, you probably never noticed any such problem. Your software downloads the entire newsletter into your computer memory and displays it just like any other email. Such software mirrors the server account information in your local computer files.

However, for those of you that use Gmail by simply logging into your server account using a browser such as Firefox, the issue occurs.

It turns out Gmail has a limit on how much email code (the code your computer uses display text and images on your screen formatting pictures, text and diagrams just so) it

will allocate to a given email. When it reaches the code limit, the link appears offering you the choice of seeing the entire document. Presumably this allows some sort of efficiency in email reading when you browse by limiting lengthy emails you would not wish to read anyway, and providing an opportunity for you to take action if you wish to see the entire document.

While anything is possible, in this case you probably will be best served to live with the issue. If it really annoys you, you can use one of the software choices that download email to your machine such as Outlook Express or similar program. Because you probably use Gmail in what is termed an Imap account, you would not lose any of the significant capabilities you have become accustomed to seeing in the browser display of your email. **So, there you have it. - David Newton**

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.