



UNITARIAN SOCIETY OF HARTFORD

50 Bloomfield Avenue, Hartford, CT 06105

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Revs. Cathy & Heather Rion Starr

USH-Enews August 19, 2015



Image from the Movie Taare Zameen Par (Like Stars on Earth Every Child is Special)

Worshipping Together Since 1830

Sunday Service 10:30 AM - August 23 - 2015

Heart Places - Rev. Heather Rion Starr - As we all begin to return from whatever summer journeys or evening reveries have nourished us, let us take this morning to pause and ponder the way certain places fill our hearts and our soulful wells. Whether it's a popular place on the shore, a particular path we like to walk in all seasons, our own garden, a quiet altar corner we have created at home, or the view of a tree from behind a certain windowpane, what (and why) is that the place that nourishes you?

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 9th Recap by Kayla Costenoble - The Seventh Principle:

“Respect for the interdependent web of all existence

of which we are a part.” Pulpit guest Kayla Parker challenged the word “respect” in her sermon on our seventh principle during her stimulating service at the Meeting House on August 16, 2015.

About to start her final year as a seminarian at Yale Divinity School, Kayla (please permit my using her first name; it’s one of my favorites) serves as Ministerial Intern at the Meriden UU Church and as a Per Diem Chaplain at Griffin Hospital in Derby. She also edited the recently released *Becoming: A Spiritual Guide to Navigating Adulthood*, published by the UUA’s Skinner House Books.

Because her church in Meriden is a small one, our guest speaker wondered if our larger congregation would work with her on an interactive song—one of her favorite meditation hymns—and boy, did we ever. Three members of the congregation (Don, Reverend Heather and former organist Cheryl) volunteered to lead one of the three parts as we sang variations of the words “When I breathe in, I breathe in peace; when I breathe out, I breathe out love.”

Following our enthusiastic performance, Kayla suggested that probably that hymn was “not that realistic” and that we more often breathe in anxiety, anger, doubt, fear and guilt, while breathing out hurt, stress, pain, hope, frustration. So she had us perform a “much more realistic meditation on breathing” using some of these words. In the real world, she said, “breathing in only peace pretty much isolates us from all the pain in the world” and breathing out only love is unreal; anger and pain are also good and healthy.

In her sermon entitled Putting the “We” Back in Web, Kayla reminded us that we are not separate from the cosmos and the interactive web of life, “but often we act like we are.” We remove and protect ourselves from the environment and from something other than ourselves. But we are “really a part of it and not apart from it.” For her, the word “respect” in the Principle doesn’t seem like the accurate word for being a part of the world. It is too distant. She used variations of creation stories (Genesis 1 and 2 and the Babylonian story from the 16-18th century BCE) which all set humans apart and make them better than the rest of creation. We have to “acknowledge what we’re going against in our deeply ingrained cultural norms.”

It is no easy task, Kayla admitted, to truly live with integrity and to be part of the web of life. Perhaps thinking about it, being more aware, and making more conscious decisions are some first steps. We must treat all of creation as our kin and truly feel

their pain. When one part of the web is shaken, the reverberation is felt along the entire web.

How are we all contributing to this imbalance in the web? Some of the ways Kayla mentioned include the inequality of caring more about humans than other animals, global economic inequality, white supremacy, and oppression. “Until all beings are our kin, we are not truly being part of the interdependent, connected web,” she concluded. As we have come to expect, appreciate and enjoy from our Sundays at the USH, many parts of the service reinforce the theme. Last week, for example, USH member Ron Friedman read Rev. Gary Kowalski’s poem All Our Relations. Some words from it:

Yet we are not separate from the cosmos
 But have evolved and grown out of it...
 And our thoughts are its thoughts,
 Our lives a manifestation of never ending vitality,
 Our spirits a microcosm
 Of the beauty and creativity of the whole.

And in closing Hymn 298, in our Hymn book’s section on “The Life of Integrity,” we sang:

Wake now, my conscience,
 with justice thy guide,
 join with all people
 whose rights are denied,
 take not for granted
 a privileged place...

Pi-Hsun’s magical piano playing for our summer series on the UUA Seven Principles has added so much to the services. On Sunday, she played three sections from Egidio Flamini’s “Secret Garden”—Stone, Two Roads, and Colossus. A review I read described the piece as “dreamlike representation of an idealized Italian secret garden flourishing with a rich tapestry of herbs and foliage, and mystical creatures.” New visitors continue to add to the quality of the service. This week, we welcomed back some “old” members whom we rarely see since they moved south. It was good to see and hear from David Cook, son of Marion and Roy Cook, who grew up at the USH some 40 years ago and now lives in Atlanta. And who could miss the voice of Bob Chapman during our hymns? Bob and his wife Mary Lovelock are now active UUs in North Carolina. - **Kayla Costenoble**

RE News You Can Use! This Sunday, August 23, 2015, the nursery will be available from 10:15-11:45 AM at no charge for infants and toddlers.

We will have our 2nd to last session in our Harry Potter Series. We will conclude the series next week with our Feast!

I would like to send a huge thank you to Tom and Kate Gervais and to Annie Witzler for volunteering to work with me and our children and youth this summer in our Harry Potter series. Their help and input has been so valuable. Please make sure to give them a heartfelt thanks when you see them.

Annie jumped off the summer by agreeing to get the ball rolling while I was still away on vacation. She has stepped outside her comfort zone and really gone the extra mile. She was the first volunteer for the summer program and is a very active part of our Youth Group during the year.

Tom and Kate are new to USH and so I was very surprised when they volunteered for the entire summer! They come with such a wealth of knowledge about children and the UU Faith tradition. Kate is very kind and compassionate and wonderful with the little ones. Tom is wonderful with our large group of energetic boys who have grown very fond of him.



You too can make a meaningful difference in the RE program here at USH. We are still in need of assistants. Your commitment would be one Sunday every 4-6 weeks. Please contact the DRE for more information. - **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.



Performing Arts Series Announced! We are excited to present a full slate of seven events for the next church year, which include music, drama, and dance. Something for everyone!

Please join us by buying a series ticket beginning this Sunday after the service, simply by signing up at the Programs Table. This is a tremendous way to support USH. All profits go to the General Fund, and since nearly all of these events are benefits, most of what we take in is profit. And every dollar is matched by our generous anonymous donor! Note that this is the last year in which such a matching grant is available.

Early bird prices are a special bargain... see details below.

2015-2016 USH Performing Arts - Series Tickets Now Available! - All events will take place on Saturday nights at 7:30 unless otherwise noted.

Sept. 19 – Greater Hartford Opera Ensemble

Come hear soaring arias, swelling opera choruses, lively Gilbert & Sullivan songs, and other classical favorites with this accomplished and entertaining troupe.

Oct. 31 – Masked Ballroom Dance

Join us for a short lesson with pro teacher Wendy Nielsen from Arthur Murray and stay to dance. Costumes and masks are welcome, or just come ready to rhumba. It's Halloween!

Nov. 7 – Underground Jazz Cabaret

Jazz pianist Alex Nachimovsky will appear downstairs in Fellowship Hall to play with a variety of vocalists. Outside it might be chilly, but inside the music will be hot.

Jan. 2 – John & Katie Jesensky in Concert

Talented USH favorites Katie and John come back to perform for us and kick off the new year. John promises to sing and play some of his own music.

March 6 – Concert Pro Femina

Inspired by the 15th year of the Hartford Women Composers Festival, this concert brings a dazzling array of classical music written by women, featuring chamber groups, solo voices, and choral works.

Sunday, March 20 – Classical and Broadway Vocal Concert

Immediately after the service

Come hear some great vocal music... including, we hope, some performed by our choral scholars and our new accompanist. The program isn't finalized, but we guarantee it will be both entertaining and varied.

April 2 or April 16 – Jacques Lamarre Play Reading Premiere

Don't miss another new play premiere penned by USH friend and supporter Jacques Lamarre. He gets more successful every year, and we are thrilled to have the opportunity to present him again.

Series Ticket Prices

Early Bird Deal – On or before Ingathering Sunday (Sept. 13th), you can purchase the entire 2015-2016 season for only \$75. That's seven performances! Two events come free, as compared to the regular \$15 ticket price.

Standard price – Only \$90 for seven events! One event is free at that price.

Premium price for extra special supporters – \$180 for seven events. Show USH your love. You can sit in the front pews! (So can everyone else – we don't discriminate – but you'll know you gave that little bit extra.)

Tickets at the door will be \$15 Standard, \$30 Premium, and \$10 for students with ID. USH children under 18 free, always.

Please whisper something to us (we won't tell) if money would keep you from coming to any of these events. We want you there, even if you don't have the cash to spare!

Plenty of seats.

All profits go directly to the USH General Fund, to be matched by our amazing anonymous donor. This is the final year for that generous matching grant. Please do your part to help fund the bottom line by subscribing to the Performing Arts series. We make the most money for the Meeting House when members subscribe in advance. And best of all, it's great fun! Please join us. **Patrice Fitzgerald, for the Performing Arts Sub-Council**

BALLROOM DANCE - NOTE: There will be FREE Kick Off class on SEPT 10, so newcomers can try it out.



Fall Ballroom Classes Start October 1 - Ballroom classes will be held at 6:00 PM on Thursday nights, starting on October 1 for ten weeks. Thinking about taking ballroom instruction? Then this is the right place to start. Learn the waltz, rumba, foxtrot, tango, cha cha, and more in a casual and friendly atmosphere. One hour of instruction will be followed by a half hour of practice. Learn to dance with a professional ballroom instructor.

Cost is only \$130 for the ten classes, payable to USH by, cash, check or credit card. Students of all ages are welcome.

Sign up at the Programs for Adults and Families Table or contact Ron Friedman at

860-523-1105 or rsfriedman41(at sign)gmail.com **Submitted by the Programs for Adults and Families Sub-Council**

Your Written Legacy - We may leave our heirs grandma's rocking chair but it can be so much more meaningful to leave behind a legacy of stories that illustrate who we are and what we care about, perhaps most especially how we live our UU values. This class helps both writers and non-writers tell good stories using a series of short, fun exercises. The process is rich with self-discovery, humor and history.

Goal: To enhance personal growth, insight, enjoyment of life and the articulation of personal and family stories as well as UU values, using a process of guided autobiography.

Objectives:

- * To write five 2-page "chapters", one each week.
- * To learn the guided autobiography process so it can be continued afterward
- * To follow a structured series of themes that evoke memories
- * To learn one way of organizing a life on paper
- * Optional reading aloud enhances community and inspires the class



Facilitator: Judy Robbins is a UU psychologist who has been a journal writer her entire adult life. Before she became a therapist, she was teacher and professional writer/editor. She loves showing people how writing can add depth and meaning to our lives and be fun in the process. Contact: Judy Robbins 860-633-3348 (days and eves) judyrobb2(at sign)aol.com

Dates: Wednesdays – September 23 and 30; October 7, 14 and 21
 Time: Noon – 2:00 PM
 Fee: \$5.00

Library Aesthetics Updated - Sometimes it seems as if Building and Grounds projects take forever, particularly if you are involved with the struggles to maintain and improve the building.

One of the issues of recent years has been maintenance of the heavy red fabric covered chairs found in the library and elsewhere in various rooms. The fabric was very difficult to clean. Consequently, over the years of spills and drips, they became discolored and looked shabby. They were periodically scrubbed, a frustrating and not



particularly rewarding procedure producing marginal improvement.

As the photo above shows, the chairs in various rooms have been recovered with an artificial fabric that is waterproof and can be scrubbed clean. In addition, note the library files and related items have been removed from the west wall of the library in an ongoing project to relocate the archives to Fuller. And, we have relatively new carpet in the library as

well.

In unrelated activity, our roof sections have received two coats of special paint during the summer improving looks and extending the life of the roofing sheeting as well as providing opportunity to identify and correcting some leaks.

Join us in taking a moment to appreciate real improvements in our Meeting House home with thanks to workers and volunteers whose collective efforts made these projects possible.

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. Visitors to the Meeting House as well as Members are welcome to participate in the USH Book Club.

(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!

SENEXT 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 PM

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

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. For those interested in Ballroom Dancing, don't miss the Free Kick Off Class Thursday, September 10. A Friday Family Friendly Small

Group Ministry will be starting September 11. Stop by the Programs Table for 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. You can find the current 2015 Fall listing from the pull-down menu under Programs for Adults and Families at <http://www.ushartford.com/>. 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.

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.

Healing Arts of Emei Qigong: Saturday and Sunday, October 17 & 18 and November 14 & 15.

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.

THANK YOU - The children from The Village for Families and Children are grateful for your donation of nearly \$ 1,500 to the Annual Backpack and Uniform Program. The children can return to school with uniforms and all the school supplies they need to feel proud. They can return to school with the knowledge that their friends from USH continue to support them, care about them, and remain a constant in their often turbulent lives.



To The Unitarian Society of Hartford, Thank YOU so much!!
 We are so thankful for the ongoing and faithful support provided by your church community. You are the best of neighbors!
Rebekah Castagno | Development Coordinator
The Village for Families & 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 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 Heymans, 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

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.