



UNITARIAN SOCIETY OF HARTFORD

50 Bloomfield Avenue, Hartford, CT 06105

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

Revs. Cathy & Heather Rion Starr

USH-Enews September 2, 2015



Image found at <http://www.shutterstock.com/>

Worshipping Together Since 1830 - Sunday Service 10:30 AM -September 6 - 2015

Sunday, September 6, Poetry Sunday: Being In Transition Pulpit Guest: Sue Smolski Worship Associate: Ann Laporte-Bryan Accompanist: Sarah Puckett
The last church service of the summer is an ideal time to focus on transitions. The nature of transition will be considered and enhanced by the poetry of Jenny Joseph, John O'Donohue, Mary Oliver, H. Victoria Morgan, Shel Silverstein, Peg Van Dyke and others. **Ultimately, to be in transition is to be alive!**

Special Notice: Please send OOS (Order of Service) information to ushlindaclark@gmail.com as well as Brian Mullen Please include in the Subject: OOS and the date of the Sunday intended until further notice, Thank you!



Screening of Anne Braden: Southern Patriot

Following up on Rev. Cathy's sermon on Sunday, Rev. Cathy is working with others in the community to build a base of committed White folks to challenge and transform racism on all levels. Join us for a film screening of Anne Braden: Southern Patriot and learn/share ways to connect and get involved.

When: Thursday, Sept. 10th 6:00pm-9:00pm

Where: Unitarian Society of Hartford

50 Bloomfield Ave. Hartford, CT

See details of the event and RSVP here:

<http://bit.ly/SURJkickoff> If you'd like to volunteer/help make this event happen please sign-up here:

<http://www.signupgenius.com/go/20f0e45afae2ba0fe3-volunteers>

Questions? Contact Rev. Cathy - revcathy@ushartford.com / 541-390-7553



Black Lives Matter Lawn Signs: If you'd like a lawn or window sign for your home, please come get one at the office! If you take one, please do 3 things: 1) Be sure to put your name on the sign-up sheet so we know you took one. 2) Leave a donation in Rev. Cathy's box with a note to help pay for the sign (\$5-20, pay what you can) 3) Have at least 3 conversations with neighbors or friends about why you put the sign up and racial justice is important to you.

We're also planning a door knocking session with SURJ on Saturday, Sept. 19th 12:00-4:00pm, beginning and ending at USH: We'll practice talking with other white folks about #BlackLivesMatter as we door knock Albany Ave in West Hartford - a corridor that thousands of suburban folks drive on as they commute in and out of Hartford each day through the majority Black North End. We'll work through our anxieties & fears and support each other to go out and ask Albany Ave residents to put a Black Lives Matter lawn sign in their yard. (Read more about it here:

http://www.showingupforracialjustice.org/surj_yard_sign_faq)

A note from Ed Richardson, longtime member and tree expert: During Ed Richardson's explorations of the tree map for the society, he found an enormous crabapple buried in suckers (stems growing out of the ground) in the upper corner of the parking lot. After removing some of the suckers, he discovered a splendid, big, old crabapple tree, probably 100



years old! Subsequently, Ed noted that it had the greatest crop he'd ever seen on an apple tree! It is likely in the top five largest crabapple trees in the state. Marty Aligata of the Notable Trees of Connecticut photographed it and it now has gone viral! **You can see the photos here:**

<http://oak.conncoll.edu:8080/notabletrees/ViewTreeData.jsp?selected=225916>



The Greater Hartford Opera Ensemble is coming to USH! Saturday, September 19th, at 7:30 p.m. we will kick off the USH Performing Arts series with a rousing concert featuring soaring arias, lively opera choruses, fun Gilbert & Sullivan numbers, and a bit of Broadway. This is a Benefit for the USH General Fund.

GHOE was established more than thirty years ago as a summer outlet for members of the Connecticut Opera Chorus, and its performers have been entertaining at private parties, in assisted living facilities, and in concert ever since.

Series tickets (for all seven events) are \$75 until September 13th, \$90 thereafter, and \$180 for premium subscribers. Details on the season are available at the USH website. There will be a reception afterwards.

Tickets at the door will be \$30 for premium tickets, \$15 for standard, and \$10 for students with ID. USH children are always free. - Submitted by Patrice Fitzgerald



September 13th, "Come to the Water" -

Annual Water Communion Service, Revs. Cathy & Heather with Rayla Mattson and Rebecca Pacuk

Let us kick off a new year with an intergenerational worship of welcome and celebration!

Please bring a bit of water from one of your heart places, whether it be your kitchen sink or the ocean for our water communion ritual of mingling our waters.



Seeking Chalice Lighters for Fall 2015 - We'd love for you to come up and light the chalice on Sunday morning! Lighting the chalice as an individual, a couple or a family is a way for you to take a small part in our shared worship experience. It's also a way for all of us to see each other more fully and help everyone remember names more easily. Consider signing up to engage in this especially-Unitarian Universalist ritual that begins our services. If you haven't lit the chalice before, please plan to arrive by 10:10am so we can show you the routine before the service begins. You can sign up, here:

<http://www.signupgenius.com/go/8050b45a5ae2baa8-chalice>

If you have questions or would prefer to sign up in person or by phone, please speak with Rev. Heather (541-390-6052). Thanks for adding yours to the faces we see participating in worship on Sunday morning!



Photos by Harriet Gardner

Sunday, August 30th Recap by Kayla Costenoble - It's Always the Right Time.

“Let’s talk!” Rev. Cathy exhorted us several times during her first post-summer sermon on August 30, 2015. But this was not just any talk; it was a plea to talk about racism in general, racism here at the USH and white privilege. It will not be easy, she said, and we will “inevitably put our foot in our mouth” but it will result in a “collective liberation for all.”

Using their voices and their guitars, Sarah McKenzie and Helen Koulidobrova moved us with “Ignorance and Privilege,” a song from John Gorka’s 11th album *So Dark You Are*. Some words:

I was born to ignorance, yes, and lesser poverties
 I was born to privilege that I did not see
 Lack of pigment in my skin, won a free and easy in
 I didn’t know it, but my way was paved...

If the wind is at your back and you never turn around
 You may never know the wind is there
 You may never hear the sound.

Rev. Cathy said she, too, was born that way, and grew up assuming she would go to college or would not be followed when she walked into a store. Some of have the wind at our backs, but many others are pushed back. We need to turn around and talk with each other about racism and white privilege and what can we do about it. “Too many don’t have a whole lot of privilege,” she said.

Our ministers often use personal stories to strengthen their sermons. Today was no exception. Rev. Cathy said our society is at such a segregated stage that in her new neighborhood she did not expect her white neighbors to have black friends. So she was surprised—and maybe a bit anxious--when she saw three young black men sitting on the steps outside the home of her neighbors, who were not home. When she returned from her errand, they were all inside, chatting with her white neighbors. “This is what racism does to our heads. We use misplaced fear and ignore our moral integrity,” she said.

“For those of color here today, I ask your pardon,” Rev. Cathy told the congregation, saying that her sermon was “primarily for white folks.” So much is misunderstood

because of race. “We must work together to change institutional structures. White privilege makes it easy to ignore our racism,” she said.

Rev. Cathy asked us to publicly declare our support of the Black Lives Matter movement, to talk with families, friends and co-workers, to have conversations with unexpected allies, to erase our own silence. To that end, she asked us to take Black Lives Matter signs home to put on our windows or lawns. Many joined her immediately after the service to erect Black Lives Matter signs on the USH lawn close to Bloomfield Avenue.

Our Sunday Order of Service (OAS) inserts may feel thin, but they are crammed full of words to ponder, and they lead us to meaningful words to say and hymns to sing.

Today was no exception.

Alicia Garza, co-founder of Black Lives Matter, wrote, “There are one million of us in jails and prisons, and nine million under state supervision. Our children are not allowed to grow up as adults.”

Dr. Brene Brown, research professor at the University of Houston, has spent the past 13 years studying vulnerability, courage, worthiness and shame. Some of her words in our OAS: “When we dare greatly we will err and we will come up short again and again...We can’t equate defeat with being unworthy of love, belonging, and joy.”

We often do responsive readings from the back of the hymnal. Today we did a Unison Reading written by Edward Everett Hale, one of the most prominent exponents of liberal theology in New England Unitarianism. Together, we read:

I am only one, but still I am one.

I cannot do everything, but still I can do something.

And because I cannot do everything, I will not refuse to do the something that I can do.

Verse four from our gathering song started us off:

Don’t be afraid of some change.

Don’t be afraid of some change.

Today will be a joyful day,

enter, rejoice, and come in.

Verse four (again) from “Wake, Now, My Senses” echoed the theme of today’s service:

Wake, now, my conscience

with justice thy guide;

join with all people

whose rights are denied;

take not for granted

a privileged place

God’s love embraces

the whole human race.

Today was the last day for pianist extraordinaire Pi-Hsun Shih, who provided music for our Sunday summer services. Determined to leave us smiling, she played wonderful selections from George Gershwin and Scott Joplin, ending with Joplin's rousing "Maple Leaf Rag," which had USH members dancing up and down the aisles. Rev. Cathy assured us that although we are sad to see her go, she will be back again. - **Kayla Costenoble**

RE News You Can Use! - This Sunday, September 6th, the nursery will be available from 10:15-11:45AM for infants and toddlers ages birth to three. During worship service, the children and youth will be preparing for In-gathering on the 13th. They will be making rain sticks in the Fellowship Hall with our nursery staff. Please note the DRE will be on vacation this day.

Reminder: Please contact the DRE if your meeting or event requires childcare. At least one-two weeks notice would be appreciated. Thank you.



Teacher Orientation September 13th

We will be having a teacher orientation on September 13th to prepare for the first week of classes on the 20th. We will meet briefly from 12:00-1:00noon. We are also still in need of 3 assistant teachers. If you are willing to help 1-2 times in a 4-8 week period, we would greatly appreciate your help. No prior experience needed. Just a willingness to help!

I would like to thank the nursery staff, Tom and Kate Gervais, Leslie Waite and Kristen Pildis for the amazing job they did preparing our classrooms and storage area for this year!



POTLUCK DINNER

We ended the summer with a great Harry Potter Feast! Thanks to all our parents who donated food to make the event a great success. Thanks again to Kate, Tom and Annie for all their hard work this summer! - **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.

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



YOU ARE WONDERFUL

Like all stubborn Unitarian-Universalists you ignore deadlines yet create wonderful results that support, care and show your love for others.

Last weeks E-news informed you that you had raised “almost” \$1,500 for The Village for and Families Children’s Back Pack and Uniform program.

The final total was \$ 1,639! Your support and caring for the children at The Village is a true example of Unitarian Universalist faith and belief. It is who we are and what we do. **YOU ARE WONDERFUL! Submitted by Joanne Orlando**



‘EVENT AT HERRING COVE’ - SOLO EXHIBITION BY SUSAN SPANIOL AT THE MAIN LIBRARY IN WEST HARTFORD, ON 20 SOUTH MAIN STREET

Dates: September 1 to 30,

2015

Hours: Mon to Thurs, 10am - 10am to 5pm



9pm; Fri, 10am - 6pm; Sat,

This exhibition is a series of my response to an encounter with the battered body of a beached whale at Herring Cove Beach in Provincetown, MA. When I returned to my studio, I felt the need for a cathartic method of drawing to represent the intensity of this event. I began by creating dense thickets of energetic charcoal markings. Next, I sought out latent forms within the chaotic lines. I defined and animated these 'found forms' with luminous pastels to suggest a sense of the sacred. You can view the entire series, as well as a range of my other mixed media works, on my website at

www.SusanSpaniolStudios.com

Art pictured: Requiem, mixed media, 17 x 22



Interested in Joining the Choir?

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!

Plan to Join Building and Grounds Work Party 9/12 - Each year in the spring and fall the Building and Grounds Sub-Council holds an official workday (They actually work on many other days as well). This fall the event will be held on Saturday, September 12, 9 AM to Noon.



Participants are solicited. Plan to attend by marking your calendar now. We will tidy up the grounds and building. If you have some garden tools, bring them along and they will be put to good use.

It helps in planning if we have some idea of who will attend. You can let Peter Magistri 860.683.0311 or Ed Sax 860.286.9688 know of your planned attendance, but do plan to come in any event. We of the Building and Ground Sub-Council firmly believe participants will be rewarded by a flood of good feelings and sense of accomplishment, as befits the sedulous workers of our USH community! - **David Newton, Secretary Pro Tem**

Saturday Morning Salon: What Moves Us

Join with Rev. Heather in a powerful small group class about transformative experiences in our lives. We will use the "What Moves Us" curriculum as our guide. "What Moves Us" is a program that explores the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart, a new direction, new hope, and a deeper understanding of their own liberal faith. These workshops offer participants a chance to engage with and bring your personal experiences to bear on the very questions explored by each theologian in turn. The program offers a pathway for developing not only one's own personal theology but also one's deep understanding of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage." You are welcome to attend one, two, or all ten sessions that will offered monthly, on Saturday mornings, over the course of 2015-2016. Please RSVP to Rev. Heather (at revheather@ushartford.com) by the Tuesday prior to each session so that the appropriate number of copies can be made.



Saturday mornings 10am-noon, dropping in for one session is welcome, you don't need to come to all of them (but you can!)

Dates and times for the first four sessions:

Saturday, September 19, 10am-12noon

Saturday, October 10, 10am-12noon

Saturday, November 14, 10am-12noon

Saturday, December 12, 10am-12noon Location: Servetus and the Memorial Garden (at the Meeting House)

Fee: \$5 for one or all the sessions

Please RSVP to Rev. Heather (at revheather@ushartford.com) by the Tuesday prior to each session so that the appropriate number of copies can be made.

You can also sign up at the Adult Programs Table, downstairs after the service.



Speakers needed for the 2015-2016 Lunch Bunch series:

We will continue our series "Who Am I?" Are you interested in sharing some interesting events and experiences you have had? If so, please contact Tina Davies ([daviesush\(at\)sign@gmail.com](mailto:daviesush(at)sign@gmail.com)) or Janice Newton ([janicecnewton\(at\)sign@gmail.com](mailto:janicecnewton(at)sign@gmail.com)).

For the 2015-16 year, the Lunch Bunch will meet at La Trattoria in Canton at 12 noon. LaTrattoria is on Route 44. In addition to lunch, there will be a speaker. You will be able to order off the menu. Separate checks will be provided. There is convenient parking. We will meet on the third Tuesday of the month September through June (except December) ~ 9/15, 10/20, 11/17, 12/15 (at USH Meeting House), 1/19, 2/16, 3/15, 4/19, 5/17, 6/21. There will probably be a potluck picnic scheduled at the Meeting House in July or August.

MEMBERS, FRIENDS AND VISITORS ARE WELCOME!!

Reservations are necessary!

If you wish to attend you must see, call (860/677-1121) or email (janicecnewton(at sign)gmail.com) by noon on Wednesday, September 9.

Contributed by Janice Newton

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 Next session begins on October 1

NOTE: There will be a FREE Kick Off class on SEPTEMBER 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

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)gmail.com or 860-558-3000



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.

2015 Fall Programs for Adults and Families

There are several exciting new programs this fall for you to consider.

Reverend Heather is offering a Saturday Morning Salon: What Moves Us – the first session is September 19.

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.

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

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.

Stop by the Programs Table to register and 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. 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.

Saturday Morning Salon: What Moves Us, Saturdays, 10 – 12 Noon, September 19, October 19, November 14, December 12.

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.


 The logo for 'ArtAround the West End' features the text in a white, hand-drawn, chalk-like font. The text is set against a dark, textured background that resembles a blackboard or a piece of rough paper. The words 'ArtAround' and 'the West End' are written in a slightly larger font than the word 'the' which is smaller and positioned between them.

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

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!

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.

Hi Everyone! Hope all is well. I am continuing to refine the E-News and hope to make it easier to navigate in the near future.
Thank you all for the positive feedback!-Linda Clark, Office Administrator

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.