



UNITARIAN SOCIETY OF HARTFORD

50 Bloomfield Avenue, Hartford, CT 06105

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

Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

Revs. Cathy & Heather Rion Starr

USH-Enews September 23, 2015

Worshipping Together Since 1830 - Sunday Service 10:30 AM



Photo: www.57foxnews.com

Sunday Service 10:30 AM – September 27, 2015 - "How wide is our welcome?" A service exploring the edges of our accessibility and inclusion of people with disabilities with Rev. Cathy Rion Starr, activist & author Corbett O'Toole, and Unitarian Universalist Association Administrator of Accessibility and Inclusion Services Michelle Ferguson. After the service, all are invited to a conversation with Corbett and Michelle to learn more about the Unitarian Universalist Association's new Accessibility and Inclusion Ministry Certification program and to reflect together about the worship service. We are fully wheelchair accessible, and this service will be ASL interpreted and/or have open captioning. Children and youth are welcome to attend worship, and childcare and religious education classes are also available during the worship service. For more info or other questions about accessibility, call [860-233-9897](tel:860-233-9897)

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!

New Web Up and Functioning - The Unitarian Society of Hartford has a new look - online! The website can be accessed with the same URL (address) as the old one. In addition it can be reached by using the domain names hartforduu, ushartford.org, ushartford.com, ushartford.net, ushartford.us or simply use Google to look up Unitarian Society of Hartford.

Questions and comments can be directed to Bruce Robbins (bruce.robbins@snet.net).

For the username and password for the Members Only section, please email Linda Clark at ushlindaclark@gmail.com

IMPORTANT NOTICE ABOUT THE ONLINE CALENDAR: We are in the process of updating the online calendar on the new website. Please double check the online calendar to make sure your event is posted correctly. So far the new calendar is updated until February 2016. We are currently working on updating the rest of the events for the year. If a calendar correction is needed please email Linda Clark at calendarchanges@ushartford.com with the words: "Calendar Correction" in the Subject. Thank you.

A Call for Office Volunteers!

Hello all,
USH is in need of office volunteers especially on Wednesday mornings from 10:00 am to 1:00 pm. The volunteers play an important role in helping USH to present a welcoming and friendly atmosphere. Please contact Linda Clark at ushlindaclark@gmail.com if you are interested in helping out.



Also, pictured here, is a tray set up in the office of most of the printed materials for the Welcome and Visitor's Tables. If anyone has need of something, please check there and make copies as needed. See me on Sunday if you have any questions. Thank you!

Linda Clark



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 why racial justice is important to you.

More Black Lives Matter Signs are available in the Library with a suggested donation of \$20.00. Please stop in during office hours to pick one up: Tuesday, Wednesday and Thursday from 10am-2 pm. Or Pick one up on Sunday after the service.

Help pay for the Black Lives Matter lawn signs by contributing to our Faithify fundraiser. Faithify is a UU fundraising site like Kickstarter. Check it out and donate here: <http://www.faithify.org/projects/black-lives-matter-lawn-signs-conversations-3/>

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!



Sunday, September 20th Recap by Kayla Costenoble

Photos by Harriet Gardner Peace is an Offering.

Did you know that the Unitarian Universalist Association (UUA) created a "Statement of Conscience" in 2010 that offers alternative responses to world peace? I did not, until Rev.

Heather told us about it in her sermon on September 20, 2015. "Peacefulness should be the place where we begin, not the place we're trying to achieve," she said. The UUA statement, in its "Calls to Action," suggests ways to create peace in our world, in our society, in our congregations, in our relationships, and within ourselves. Copies of the document were available in Fellowship Hall after the service; thank you, Rev. Heather.



Did you know that Monday, September 21, was "International Day of Peace"? Established in 1981 by the United Nations General Assembly to coincide with its opening session, it was changed in 2001 to be an annual day of non-violence and cease-fire. This year's theme is "Partnerships for Peace—Dignity for All." UN Secretary General Ban Ki-moon said, "I call on all warring parties to lay down their weapons and observe a global ceasefire. To them I say: stop the killings and the destruction, and create space for lasting peace."

Rev. Heather said that the dream of peace pulses in the lives of people everywhere, although it may seem like an “impossible dream” when living in a moment of peril, but it is also an opportunity. Our UU faith teaches us that faith in the oneness of the whole human family is necessary—and possible. “Where are the partnerships we can explore? What peace-building can we offer the larger world, now?” she asked. She mentioned our current connection to the Knox foundation, showing up for racial justice, working with the Fern Street and the Manchester UU churches to be a stronger UU voice for peace.



Rev. Heather offered some examples of persons who have worked to find their personal peace. She spoke of Thich Nhat Hahn, the Vietnam Buddhist monk, teacher, poet and peace activist who began an internal peace program stressing nonviolent solutions to conflict in Vietnam but was exiled from his country. He stressed the importance of peace being created within. When you find conditions miserable, you become a victim. Don’t try too hard, but go home to your hermitage—your island of self, he taught.

Jill Bolte Taylor, a Harvard-trained brain scientist, suffered a massive stroke in the left hemisphere of her brain when she was 37. Within four hours, she lost the ability to walk, talk, read, write and recall any of her life. It took her eight years to recover; she documented the experience in her amazing book, “My Stroke of Insight: A Brain Scientist’s Personal Journal.” She writes, “Wow, how many scientists have the opportunity to study their own brain function and mental deterioration from the inside out?” Her former life in a left-brain dominated world had been intense and judgmental. After her stroke and recovery, peace, love, joy and compassion became her fundamental traits.

RE Director Rayla gathered her kids around her on the Chalice steps and read “Peace is an Offering,” a story written shortly after 9/11 by Annette LeBox, an environmental activist and award-winning author. In it, children of many nationalities find peace in a community of neighbors and find love in everyday things, such as holding on to one another and comforting a friend through a long dark night. Some words:

Peace is an offering.
A muffin or a peach.
A birthday invitation.
A trip to a beach.





Sunday's service at the USH was in the middle of the Jewish "high holy days of awe" during which, Rev. Heather reminded us, the lives of all human beings are considered and all are called to question themselves and ask for forgiveness. The thoughtfully-chosen music for the service took me back to an earlier life and brought tears to my eyes.

The choir's anthem, "Salaam," was a popular Israeli folk song representing a call for peace and an end to the Arab-Israeli conflict; it is often sung at peace rallies. The choir sang its words in Hebrew and Arabic and added drums and hand-held instruments and hearty foot-stamping by Choir Director Rebecca. Its words are "still indeed peace will come upon us, upon everyone, and upon all the world."

"Soon the Day Will Arrive" was our closing hymn (146). Rebecca sang it first in Hebrew; we responded with the English words:

Soon the day will arrive when we will be together,
And no longer will we live in fear...
Wait and see, wait and see what a world there can be,
If we share, if we care, you and me.

"Shalom Rav" was our postlude. It was written in 1974 by Jeff Klepper, a cantor, and Dan Frelander, a rabbi, and is sung by Jews around the world. At the USH, it was sung by Rebecca accompanied by guitarist Sarah McKenzie. Its words:

Grant abundant peace to Israel your people forever,
For You are the sovereign God of all peace. **Kayla Costenoble**

RE News You Can Use - This Sunday, September 27th, we will have a Time For All Ages followed by age appropriate classes. The nursery will be available from 10:15-11:45AM for infants and toddlers

ages birth to three. **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.





HELP WANTED

Minimal Experience Required

Fantastic Pay and Benefits

Job Description: Teacher Assistant in RE Classroom
(Our safe congregation policy requires 2 adults in each

classroom)

Requirements: Show up on the date that you sign up for and be in the classroom to assist the teacher. No lesson planning required. Must like being around children and be friendly! You may do this as a one-time gig or decide to be a repeat volunteer.

Pay: A wealth of gratitude and smiles from the DRE (Rayla) and others

Benefits: No need to serve for years to become vested. The benefits are immediate (such as a sense of achievement, satisfaction, joy....)

Teacher Assistants are needed on the listed dates, in the following classrooms. Please contact Rayla Mattson, DRE, at dre@ushartford.com with your name, email and phone number.

“Faithful Journey”: Grades 3-5

Lead teachers are: Tom Gervais, Ann Laporte-Bryan, and Rachael D’Agostino

Nov. 22

Nov. 1: (topic: Bahai faith)

If you have any further questions, please contact Rayla or Ginny Allen (fiddlenurse1@gmail.com) , Chair of the RE Sub-Council.

NOTES ON MUSIC DO YOU PLAY? DO YOU SING?

The Music Committee is putting together a list of musical resources here at USH. We'd love to hear from you if you play an instrument, have an instrument, teach, compose music, or sing. Any kind of singing! If you love rock, or rap, or country, or Gregorian chant, please let us know.

You never know when your precise talent might be the perfect note (get it? groan!) we need for a particular service or event.



Please drop an email to me at PatriceFitzgerald@gmail.com, etc.

We are eager to hear from you. **Patrice Fitzgerald, for the Music Committee**

A Message from Sarah Puckett: If any musicians in the congregation would like to provide special music for a service please talk to Sarah Puckett, USH Acting Accompanist, either after church on Sunday or through email at sarahwpuck@gmail.com. We welcome your musical gifts!



2015 Fall Programs for Adults and Families

USH Calendar of Events: www.ushartford.com/events/

There is still time to register for Visualize Your Life's Journey Through The Arts.

Coming in October, a new session of USH Ballroom Dance Lessons will begin on the first, Friday Pizza Dinner and Movie, Green Sanctuary is sponsoring a Saturday workshop, Active Hope:

Reconnecting With The Web of Life and Making A Difference, and Diana Heymann is offering a weekend workshop Healing Arts of Emei Qigong.

The Senexet Retreat will be held in November. Looking ahead to January, 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.

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:

DINNER & MOVIES SERIES OPENS FRIDAY, OCTOBER 9

The long-running USH Dinner & Movie series will open again on Friday, October 9, with the celebrated 1950 Japanese classic "Rashomon". The expression "the Rashomon effect", used when witnesses have conflicting recollections of the same event, rose from this movie by the celebrated Akira Kurosawa, in which four individuals recount differing, self-serving versions of a tragic event. English subtitles are provided in this 88 minute film.

"Brimming with action while incisively examining the nature of truth, Rashomon is perhaps the finest film to investigate the philosophy of justice."*

"A riveting psychological thriller that investigates the nature of truth and the meaning of justice, Rashomon is widely considered one of the greatest films ever made."**



You can watch the original black and white trailer here - <https://m.youtube.com/watch?v=mzK0ug1dqdk>

We will gather at 5:30 in Fellowship Hall for popcorn and socializing, eat pizza and salad at 6, film at 7, followed by optional discussion. You can reserve (\$10 each) (cash, check, or credit card) at the Programs Table during Sunday coffee hours or call 860-677-1121 (leave a message and pay with cash or check at the movie).

Please indicate your choice of meat or vegetable topped pizza; please reserve by Tuesday, October 6. If you have reserved but find you cannot attend on Friday, please call by noon on day of the movie (leave a message at 860-380-7062) so the pizza order can be adjusted.

Early birds to help with set-up will be greatly appreciated!

Also, the ballot for the D & M 2015-6 season was emailed to all on the D & M mailing list. If you would like a copy, please email [bonnieandroberta\(at symbol\)comcast.net](mailto:bonnieandroberta@symbol.comcast.net) or leave a message at 860-693-4269 (it can be mailed to you). Copies are also available at the Programs Table. Ballots are due October 9.



USH Ballroom Dance Lessons:

Thursdays, 10 weeks starting October 1, 6:00 – 7:30 PM.

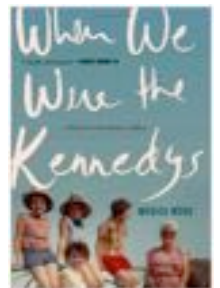
Ballroom classes will be held at 6:00 PM on Thursday nights, starting on October 1 for ten weeks. Thinking about taking ballroom instruction? Then this is the right place to start. Learn the waltz, rumba, foxtrot, tango, cha cha, and more in a casual and friendly atmosphere. One hour of instruction will 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](mailto:rsfriedman41@sign@gmail.com)

Submitted by the Programs for Adults and Families Sub-Council

USH BOOK CLUB: Thursday, October 1 -5:30 - 7:00 PM

When We Were the Kennedys Winner of the 2012 Sarton Memoir Award



“Every few years, a memoir comes along that revitalizes the form...With generous, precise, and unsentimental prose, Monica Wood brilliantly achieves this When We Were the Kennedys is a deeply moving gem!”—Andre Dubus III, author of House of Sand and Fog and Townie

Mexico, Maine, 1963: The Wood family is much like its close, Catholic, immigrant neighbors, all dependent on the fathers’ wages from the Oxford Paper Company. But when Dad suddenly dies on his way to work, Mum and the four deeply connected Wood girls are set adrift. When We Were the Kennedys is the story of how a family, a town, and then a nation mourns and finds the strength to move on.

“On her own terms, wry and empathetic, Wood locates the melodies in the aftershock of sudden loss.”—Boston Globe

“[A] marvel of storytelling, layered and rich. It is, by turns, a chronicle of the renowned paper mill that was both pride and poison to several generations of a town; a tribute to the ethnic stew of immigrant families that grew and prospered there; and an account of one family’s grief, love, and resilience.”—Maine Sunday Telegram (from Amazon.com)



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, 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.

VISUALIZE YOUR LIFE’S JOURNEY THROUGH THE ARTS

- This is a 12-week program to explore life events and express those memories and feelings through various art mediums, such as collage, painting, drawing, writing, music, dance, storytelling and mixed-media. Projects will be facilitated voluntarily by group members for varying lengths of time. It is not a drop-in group, but somewhat in the style of an SGM with artful camaraderie! The first



project meeting is on October 5. No specific text will be utilized.

CONTACTS: Sherry Williams and Helen David
 Day phone: 860/872-0949 (Sherry) 860/413-9240 (Helen)
 DATE: Mondays 10/5/15 through 12/14/15
 TIME: Currently, 6:00 PM-8:30 PM
 LOCATION: USH Library and David's Den
 FEE: \$5 course fee, plus each attendee will be responsible for providing certain supplies for the various art projects undertaken, or reimbursing the instructor, depending on the project.



**Active Hope: Reconnecting with The Web of Life and Making A Difference,
 Saturday, October 17, 9:45 – 4:30 PM.
 USH Meeting House - Library and David's Den**

It can be an overwhelming challenge to live in these times of climate change, social division and economic decline.

How can we feel hopeful, let alone mobilize the energy to face the crises before us and take useful action? We often disconnect, numb out and stay busy to just get by. Is there really another option?

This workshop offers an alternative – the path of reconnection. Using practices developed by Joanna Macy, environmental activist and Buddhist scholar, we experience our innate connections with each other and with the interdependent web of existence of which we are all a part. Through nurturing our gratitude for all that is, we are able to turn to face the challenges ahead and find new ways for going forth. We reconnect with our pain for events in the world and, in turn, with our love for our beautiful and precious planet.

Active Hope offers participants a fresh relationship with the living world: our caring, our concern, and our community become our allies, arousing our resilience and passion to protect life. We invite you to join us for a supportive and transformative day that strengthens our intention to act so that we can best play our part, whatever that may be, in the healing of our world.

\$20 registration fee. No one turned away for lack of funds. Please bring a brown bag lunch. Light snacks will be provided. **Registration is limited, email Lisa.Galinski@gmail.com to reserve your space today or sign up at the Programs Table at Fellowship Hour.**

**Building Your Own Theology:
 Tuesdays, 7:30 – 9:00 PM,
 January 12 – March 29.**

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](mailto:tom.j.gervais@signgmail.com) or 860-558-3000



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 & 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.

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.

2015-2016 USH Performing Arts Series Tickets Now Available!

All events will take place on Saturday nights at 7:30 unless otherwise noted.

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 5 – 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 12:30 P.M.

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.

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



A Grand Night For Singing!

Last Saturday night USH enjoyed a lively Benefit Concert given by the Greater Hartford Opera Ensemble. Many familiar faces, along with members of the outside community, came out for the event.

With the individual tickets sold and the series subscriptions purchased, we

have already made nearly \$2,000 for the USH General Fund! And that will be matched by our much-loved Anonymous Donor, to make \$4,000. Hurray!

Please join the twenty congregants who have already purchased series tickets. Only \$90 for six excellent programs, or \$180 if you want to be a premium ticket holder. Sign up at the Program Table after services. Of course, you are welcome to buy individual tickets at the door as well, for any of these events. - **Patrice Fitzgerald, for the Performing Arts Sub-Council**

Upcoming Special Events and Other News



**UU
&
YOU**

A Path to Membership

Free child care provided.

3 Sunday sessions
(Oct 11, Nov 1 & 8)
12:00-1:30 pm

Followed up with a
Membership Sunday on Dec 6th

Join us in our three-session workshop and examine how Unitarian Universalism and the Unitarian Society of Hartford relates to your spiritual growth, sense of community, and everyday life.



Rev. Heather will be present for all three sessions.

Sign up at the Programs Table or contact Brian Harvey at bharvey@ushartford.com



Buddha's Corner - This Fall, the Dharma presentation, beginning September 30th, will be from Pema Chodron's CD, "Getting

Unstuck". Chodron introduces a valuable teaching that has become critical to her practice-- what in Tibetan is called shenpa. "An urge comes up, we succumb to it, and it becomes stronger," she teaches. "We reinforce our cravings, habits, and addictions by giving in to them repeatedly." Here, Pema Chodron guides us through this "sticky feeling"-- exploring the moments when we get hooked-- and offers us a look at the freedom available when we uncover shenpa, and work with it intelligently and compassionately. Come learn ways to unravel patterns of self-denigration, cultivate acceptance of our irritability, insecurities, and other simply human traits. Practice to incorporate recognizing, refraining, relaxing, and resolving: the four R's of working with shenpa.

Starting September 30th, this presentation runs for 6 consecutive weeks, on wednesdays from 5:45pm- 7:00 pm, in the USH Meditation Sanctuary (Emerson). No need to sign up, just come join us!

Lunch Bunch to Meet - We will meet at La Trattoria in Canton at noon on Tuesday, October 20. Our speaker will be Patrice Fitzgerald. As part of our "Who Am I?" series, we will hear about Patrice's journey from law school to singing to writing, and maybe a little bit of a cappella singing. Please let me (Janice) know by noon on Wednesday, October 14 if you will be joining us. To register for the October lunch, contact me at janicecnewton@atsigngmail.com or 860/335-3742 or see Nancy Reed or me at the Programs Table during Fellowship Hour on Sundays. We will order from the menu and will be given separate checks. I am always happy to hear from you sooner rather than later!



I am looking forward to having you with us on October 20th **Janice Newton**



CALLING ALL COOKS
(OR FRIENDS OF COOKS)
NOW FOR SALE!
THE UNITARIAN SOCIETY OF HARTFORD COMMEMORATIVE
COOKBOOK
PLACE YOUR ORDERS ANY SUNDAY
AT COFFEE HOUR!
LOOK FOR THE SPECIAL "COOKBOOK TABLE!"
CASH OR CHECK ~ \$15 Per Copy

Cookbooks will not be sold through the USH office! Please contact Helen David or Sherry Williams, the "Cookbook Ladies", if you have any questions.

Great Discussion - The Unitarian Meeting House at 50 Bloomfield Ave, Hartford, is sponsoring a series of morning discussions on climate change and other topics. We will meet from 9:00 to about 10:00 am on the first and third Sundays of October. The climate discussions will feature Prof. Jeff Howard; his October 4 topic is "New developments and global prospects" and his October 18th topic is "What is Connecticut's Climate Change Status?".
The refugee crisis: ideas and actions.

We discussed the recent headline news about the European refugee crisis involving primarily Syrian families, more than 75% women and children. Folks felt that the United States should do more, definitely opening our doors to 100,000 refugees. As for our congregation, we should be seeking to work with other religious organizations in the area to host some refugee families. The IRIS resource Center in New Haven is a good place to go for more information: www.IrisCT.org. It is clear that our resources and language skills are limited, and in any case a "go it alone" strategy is inadvisable. However we can contact our federal and state officials to promote greater openness to the refugees from the civil wars in the Middle East. One clear obstacle to this opening of our borders is the law passed after 2011, requiring in-depth screening of new refugees; this is one reason that Iraqis and Afghanis who served the American military are still waiting for their paperwork to be processed. NOTE: 39 people signed a petition urging action to Secretary of State Kerry after church on Sunday Sept 13. It was also forwarded to President Obama.

Subsequently our next discussion focused on the broader picture of displaced persons – refugees and internally displaced persons (IDPs). United Nations High Commissioner for Refugees (UNHCR) is the main source of information and international coordination of services. The very least they can do in the hotspots around the world is to register refugees and IDPs, providing them with the necessary papers for migration into safer countries. It's noteworthy that the three "hotspots" are in Iraq, Columbia, and Sudan. American media has shifted focus so often that the deepest problems outside of the Mideast have totally disappeared from the news. In addition with a \$1.3 billion budget needed for relief in the Mideast, the UN HCR has only received 43% of these funds. The UUSC which works with refugees in Lebanon, called for \$214,000 to help; as of today they have gotten \$81,000 in pledges/donations. www.uusc.org has a donation link for our use.

Most importantly, we recognized that the IDP's are not covered by any international agreements, that refugees particularly in the Asian countries do not have a defined place in the law, and that even the UN statistics are probably wide of the mark, if not in some countries totally unreliable. We also recognize that the anti-immigrant sentiments rising in Europe are reflected in almost every other nation in the world, even Scandanavia and Canada. The situation is somewhat reminiscent of the migration of "displaced persons" at the end of World War Two.

Preview:

At the October 4 meeting Jeff Howard will give us an update on global climate change trends; on the 18th he will bring home the picture, outline what progress Connecticut is making. **-Submitted by Ed Savage**

MEET And EAT **DINNER DELIGHTS**
POTLUCK
POTPOURRI
CALL IT WHAT YOU LIKE....

but what it will be is a chance to share a meal with other UU's, getting to know each other better in a small setting. The hosts will contact you regarding dietary needs/restrictions and what you can bring.

Dine in the home of

Patrice Fitzgerald and Richard Leslie

319 Ridgewood Road, West Hartford

on Saturday, October 24 at 6:00 PM

There are 3 spaces left in this gathering.

To sign up, please contact Ginny Allen at fiddlenurse1@gmail.com or 860-231-1910.

Please include your email and phone number.



Walk to Defeat ALS - Wes Christensen, a long-time member and Board Treasurer at the Unitarian Society of Hartford, died of ALS. We have walked in his memory for several years past, and Jane appreciates our annual efforts though she is probably not able to join our trek this season.

See Ed Savage to support the team or go on line to sign yourself up !

Greater Hartford ALS Walk at Renschler Field, East Hartford,

Sunday | September 27, 2015, 10 am

http://webct.alsa.org/site/TR/Walks/Connecticut?fr_id=10966&pg=entry#.VfGPljfZWS0

Follow prompts to join a team- type in Walking for Wes & join/pledge!!

WALK CHECK-IN: 10:00 AM == WALK STARTS: 11:00 AM

DISTANCE: 3 miles

MANAGER: Jacky Rose jrose@alsact.org 203-874-5050

More than just a few-mile trek, the Walk to Defeat ALS® is an opportunity to bring hope to people living with ALS, to raise money for a cure, and to come together for something you care about. The Walk to Defeat ALS® is The ALS Association's biggest annual

event, which raises funds that allow our local chapters to sustain care services and support research for much of the next year. Image from web.alsa.or



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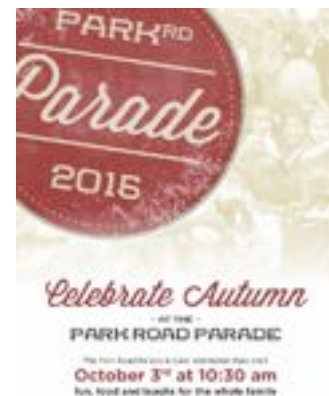
For more details visit: emeiqigongspirit.weebly.com
Start Now - Change your karma and transform your destiny!

Help us raise awareness of USH in the community by marching in the Park Road Parade!

This is a wonderful West Hartford tradition and a really fun time. All sorts of groups--serious and fun--participate and there is always a large turnout.

Rev. Heather and Rev. Cathy have graciously invited all USH marchers to their home (just blocks from the reviewing stand) for brief refreshments after the parade.

Please contact Virginia de Lima (vadelima@yahoo.com) if you wish to participate. We'd like to have a good showing, so please sign up right away. (If we don't get people, I'll have to let them know ahead of time.)



SENEXET RETREAT in NOVEMBER**REGISTRATION**

begins this Sunday.

Stop at the Program Table for details.

The theme for the ALLIANCE Retreat this year is: Contemplative Practices: Rev. Cathy will lead us in several contemplative spiritual practices with our voices, with our hands, and with our bodies. These practices will help us center down deep and remind us of who we are and how we wish to be in the world. These will take place Friday evening and Saturday morning.



We will also create “Wish Boats” from natural materials surrounding Senexet, and share them with memories.

The Saturday evening discussion will be Current Women’s Issues including the “Pink Tax”.

All this, plus hiking and gourmet food! What more could you ask for?

The retreat from November 6-8 will cost \$175 per person. This is for two nights, Friday and Saturday, and five meals beginning with supper on Friday. One night with three meals is \$100.(Scholarships available. Talk to Rev. Cathy.)

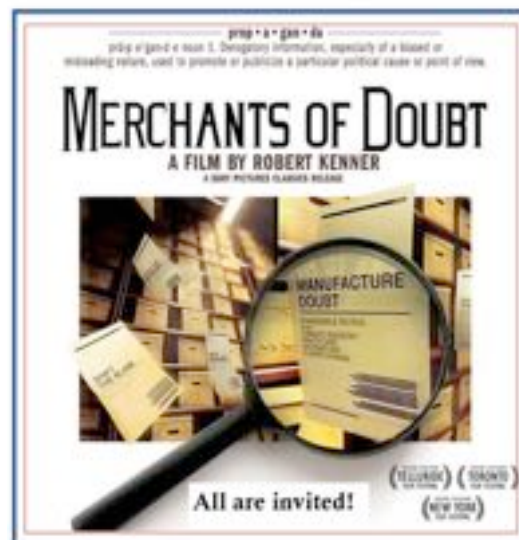
Come for silence and contemplation, come for deep sharing, come for rejuvenation, come for fun.

Sign up at the Adult Program table beginning September 27.

Free Movie

Friday September 25 at 6:45 PM

U.U.S.E* Main Meeting Room



Popcorn and refreshments will start at 6:45, with the movie beginning at 7:00 PM. Discussion will follow.

MERCHANTS OF DOUBT takes audiences on a satirically comedic, yet illuminating ride into the heart of conjuring American spin. Filmmaker Kenner, who produced and directed "Food, Inc.," lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves in the media as scientific authorities – yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change.

*153 W.Vernon St., Manchester

Authority & Power Then and Now -A closer look at issues of race in our community. Thursday, October 29th, 6:30pm

A discussion facilitated by Michele McFarland including Chief Paul Hammick, Bloomfield Police Department, Marie Robinson and Rev. Dr. Alvan Johnson, Jr.

All are invited to the conversation. Co-sponsored by the Bloomfield Interfaith Association.

Prosser Library, One Tunxis Avenue, Bloomfield, CT 860-243-9721

www.prosserlibrary.info

The deadline for USH-Enews submissions is 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.