



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 30, 2015



Photo: www.57foxnews.com

Worshipping Together Since 1830 - Sunday Service 10:30 AM

Sunday Service 10:30 AM - October 4 - 2015 "For the Sake of Whom?"

Rev Heather Rion Starr - Who do you consult--in your life, in your mind and heart, before deciding whether or not to take a certain action, or while you are dwelling on what "the right action" is? To whom are you committed and accountable?

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.

For new events for the online calendar please include the following information:

Event Title:

Room:

Date(s):

Contact Person:

A Short Description:

Cost: (if applicable)

If a calendar correction is needed please email Linda Clark at calendarchanges@ushartford.com with the words: "Calendar Correction" in the Subject. Thank you.

**All Lives Are Worthy....and why it matters to say “Black Lives Matter” -
A Reflection by Rev. Cathy**



I've been thinking about Oscar Grant lately. Grant is the young Black man who was killed by BART (Metro) police in Oakland on New Year's Eve in 2009. The response in Oakland, where I lived at the time, had many similarities to Ferguson in the wake of the killing of Michael Brown: many protests and much anger at the taking of a life, in this case captured on video.

I remember going to the protests, and I remember hearing the helicopters over my house 24-7 for days after Grant was killed, and at various points later as the officer involved was charged and tried. The photo here is from one of those protests, and here I am in the company of fellow seminarians and members of my congregation in Oakland, carrying signs we made that said “UUs fighting racism,” and “All Lives Are Worthy.” This message that each and every person has inherent worth and dignity was and is an important one. In 2010, it made sense to carry that sign as an act of faith and in support of racial justice.

But I won't carry that sign in 2015, because saying “All Lives Matter” has taken on a different connotation in our current context of the Movement for Black Lives. With the

movement surrounding the slogan “Black Lives Matter,” saying “All Lives Matter” negates the point that that movement is trying to make: that for too long, Black Lives have not been included in the “all,” and thus saying “All lives matter” takes race and racism out of the conversation.

Let’s say your house is on fire and the fire trucks come and spray all the houses on the block equally, rather than focusing on your house that’s on fire. Ridiculous, right? Well that’s what saying “All Lives Matter” feels like to many Black folks whose communities were enslaved and since then have been systematically denied access to the American Dream in so many ways (unequal education, denial of fair housing, discrimination in employment, outright bigotry, to name just a few).

“All Lives Matter” has come to represent an intentionally glossing over and retort to the particular racism faced by Black Americans, which is really different from the meaning of the sign I carried at the Oscar Grant protest 5 years ago.

Yes, it’s still true that each and every person has inherent worth and dignity, and it’s still true that Black and brown people are being killed and oppressed while most White Americans are silent. And yes, the Movement for Black Lives makes me uncomfortable sometimes with its tactics and message. But you know what? Living as a person of color in a racist world is uncomfortable (to say the least).

The question for us to look at collectively is not “Why are they using those tactics,” or “Why do we have to talk about race so much,” but rather “What is it that I/we can do to deepen my own understanding of how racism impacts me and you?” and “What can I do – small or large – to help bend the arc of the universe toward justice?”

Let me know your thoughts and questions! I’d love to hear your questions, concerns, ponderings, and more.

Here are a couple of reading recommendations:

What’s the Matter with “All Lives Matter” http://www.huffingtonpost.com/david-bedrick/whats-the-matter-with-all-lives-matter_b_7922482.html

Ta-Nehisi Coates’ *Between the World and Me* – to be discussed at our Book Group on November 3rd. **With love, Rev. Cathy**



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/>



Non Violence Action Trainings
Friday, October 2, Trinity College Chapel, Hartford
6:30-9 pm
Saturday, October 3, UUS:E, Manchester
2-5 pm

Rally
October 5, 2015
3:00 pm
Unitarian Society of Hartford
50 Bloomfield Avenue Hartford

For More Info: www.moralmondayct.wordpress.com

Join Moral Monday CT, our leadership and supporters as we gather for our next rally/gathering!!!! We will also sponsor a number of Action Trainings.

* October 2nd, @ Trinity College Chapel, 300 Summit St., Hartford, 6:30 pm to 9 pm

* October 3rd, @ Unitarian Universalist Society: East, 153 Vernon St. W, Manchester, CT, 2 pm to 5 pm



Photos by Harriet Gardner

Sunday, September 27th Recap by Kayla Costenoble

How Wide is Our Welcome?

“We are the wandering tribes; you see us and you don’t see us,” Pulpit Guest Corbett O’Toole said during her splendid sermon at the USH on September 27, 2015. The “us” she referred to are those with disabilities, both seen and unseen.

Ms. O’Toole has an amazing resume: educator, historian, mother, author, filmmaker, artist, organizer of worldwide conferences on disability. She knows whereof she speaks; she addressed us from her wheelchair (she has had polio since 1952). There were a few scary moments when our chair lift to the pulpit was not cooperating, but with Stu Spence’s help, it provided a lift—up and down.

Our speaker thanked us for a wonderful welcome and said she was ‘thrilled to be in a congregation willing to talk about abilism.’ Knowing that the USH has already done much in several areas— elevator, automatic door opener, special bathroom, chair lift and has gone through the required steps to become a Welcoming Community and a Green Sanctuary—she said she was not going to go into the nitty-gritty details of our latest venture into EquUal Access (more about this later in this report) but would, instead, share her thoughts and stories with us.

Society, she said, thinks being disabled is a “problem,” rather than “just a different way of being,” so tries to correct or get rid of the problem. The medical profession has the idea that it can cure disabilities and considers those with disabilities “sick.” So they—and we, at times—focus on our differences rather than what we have in common.

Because we with disabilities at times look different, Ms. O’Toole said, we are often seen as incompetent, needing help or needing others to speak for us. Although it is hard to unlearn the messages society gives us, we must start seeing commonality and shared humanity rather than differences.

Those with disabilities are often hassled, oppressed, and struggling daily to survive. What does it mean to welcome someone different than yourself into your world? It means that in your heart you believe that we are all equal, and you welcome people “all the way in.”

If telling your story is how we learn from one another, today’s service was especially meaningful. Can you even begin to imagine that, at the age of 64, it has only been in the past six months of your life that you have (finally) found a social club where you are welcomed, accepted, and your disabilities are not ever mentioned? This is what has happened to Ms. O’Toole. Steeling herself because of previous experiences, she said she was shocked by how welcome she felt. She discovered that this group had written guidelines on how to welcome people and only focused on what they had in common. She now feels like an “equal and welcome member of the group.”



Sunday's service was different in many ways. USH member Cat Lanser and her colleague Patrice Barges alternated in donating their ASL (American Sign Language) interpretation services. (ASL is such a beautiful language.) In addition, a large, well-lit screen on the Chancel displayed the words of the service as they were being spoken, thanks to Jacquelyn Sesa from RealTime Captioning for donating text interpretation. As I looked around the Sanctuary, I saw several conversations in ASL going on—what a wonderful sight.

RE teacher Helen Koulidobrova gathered the many children around her on the Chancel steps, gave them large colored blocks, divided them into two teams, and asked them to build a wall. Then she reminded them that they had created a problem by creating a wall between themselves and the people they love. So then they knocked down the wall (they loved doing that!) and built a bridge instead to make room for people to come through.



Sunday's service was to introduce and kick off the USH's desire to become part of the Accessibility and Inclusion Ministry AIM Program. AIM is a joint program of EqUUal Access and the Unitarian Universalist Association. It is a certification program committed to "welcoming, embracing, integrating, and supporting people with disabilities and their families in our congregations." Co-chairs of the AIM Task Force Briana Bittel and Bill LaPorte-Bryan welcome those interested in joining the task force to contact them. Sunday's offering will benefit EqUUal; a total of \$828.90 was donated.



Michelle Avery Ferguson, Administrator of the UUA Accessibility and Inclusion Services, spoke briefly during the service and, with Ms. O'Toole, led a conversation in the library after the service to reflect on the service and learn more about the AIM program. (Unfortunately, your reporter was unable to attend.) During her remarks, Ms. Ferguson, who has been at the USH a number of times, said sharing stories helps us break down the barriers between us. She spoke openly about her own and her child's disabilities. Her program helps support congregations working to become more accessible and inclusive. She told us, "Inclusion is a journey, not a destination."

I'm beginning to think that I should not be so often amazed at how well the hymns fit our services' themes but, instead, be amazed and awed by the fact that all these wonderful words are right there in our hymnals for our use. Our gathering song was "We're Gonna Sit at the Welcome Table." We also sang "We Would Be One" and "How Could Anyone" (How could anyone ever tell you-- you were anything less than whole?) The postlude, "Some Walls," was sung, with guitar, by Helen Koulidobrova:

How will you ever know what might be found
 Until you let the walls come tumbling down
 If there's any hope for love at all
 Some walls, some walls must fall. - **Kayla Costenoble**

RE News You Can Use! -This week, Sunday, October 4th, the Youth Group will meet at 10:00 to head to Southington for apple picking. Please make sure you bring your permission slips. The nursery will be available from 10:15-11:45AM for infants and toddlers ages birth to three. The children will meet in the chapel for our first Chapel Service. The children will then depart to their classes at 10:45AM. **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.



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.

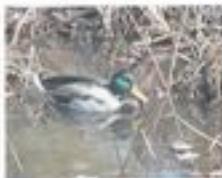
You never know when your precise talent might be the perfect note (get it? groan!) we need for a particular service or event.

Please drop an email to me at PatriceFitzgerald at gmail, 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!

Programs for Adults and Families
 Fall 2015
 Programs, Classes and Events for spiritual growth
 and community building



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.

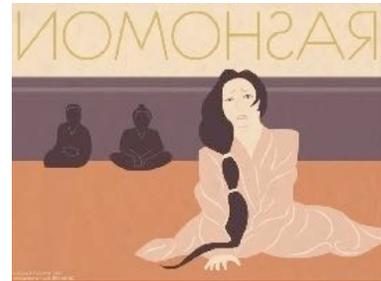
Stop by the Programs Table to register and for more information about these and other programs offered at USH.

You may call Janice Newton (860.677.1121) or email her at janicecnewton(at sign)gmail.com, 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!

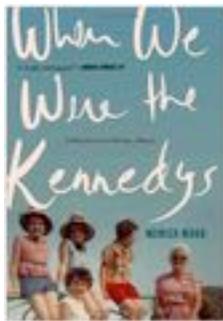
Also, the ballot for the D & M 2015-6 season was emailed to all on the D & M mailing list. If you would like a copy, please email bonnieandroberta(at symbol)comcast.net or

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 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**

“[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 SundayTelegram (from Amazon.com)

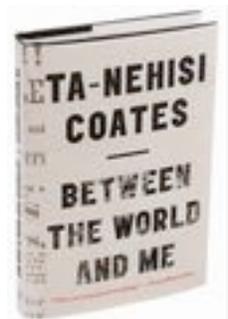
**AN INVITATION: Join us at the Meeting House at 5:30 on
November 5.**

Dear Members and Friends,

We invite you to join us in reading *Between the World and Me* by Ta-Nehisi Coates during the month of October.

Rev. Cathy Rion Starr will facilitate our discussion of this book at the November meeting of our UU Book Group.

Between the World and Me was chosen to enhance our understanding of black families as we focus on Black Lives Matter.



In a profound work that pivots from the biggest questions about American history and ideas to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation’s history and current crisis. Americans have built an empire on the idea of “race,” a falsehood that damages us all

but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?

(from the book jacket)

According to Toni Morrison, “The language of *Between the World and Me*, like Coates’s journey, is visceral, eloquent, and beautifully redemptive. And its examination of the hazards and hopes of black male life is as profound and it is revelatory. This is required reading.”

Please RSVP to Richard Groothuis at [rgroopofus\(at sign\)comcast.net](mailto:rgroopofus@signcomcast.net) if you plan to join us, so we can schedule the right-size room. If you can’t be with us on November 5, we hope you will make time in your life to read this book.

Image from: abagond.wordpress.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 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.



Performing Arts Series Announced!

Bargain Price extended to Saturday night performance!

Regular series price \$90.

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

Upcoming Special Events and Other News

1st Sunday CONNECTIONS

For Visitors & Newcomers

Each month we host an informal gathering for visitors and newcomers to learn more about UU, USH, our mission, education program and membership. Ask questions, share your concerns, and meet others.

We meet "Under the Stairs" (Lower Lobby)
15 minutes after the end of the service.

Attend as many times as you wish.



Upcoming Meetings

October 4, 2015

Free Childcare Provided

**UU
USH
&
YOU**

A Path to Membership

Free child care provided.

Rev. Heather will be present for all three sessions.

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.

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




The USH Board of Directors Meeting -Tuesday, October 6, at 7:00 in the Library. All are welcome to attend. We will be working on the board goals identified at the last meeting and discussing how we see ourselves as a Congregation and as a landmark building. For a detailed agenda, please email Virginia deLima: vadelima(at symbol)yahoo.com



MEMORIAL SERVICE HELP NEEDED

DOROTHY FOWLER'S memorial service will be held October 24 at 11:00. If you are willing to donate finger foods for the reception, please contact Louise Schmoll and tell her what you will bring. 860-242-2953 or rdschmoll@comcast.net

We are also looking for help making sandwiches that morning and serving at the reception.

Image from: <http://www.free-nature-animal-butterfly-wallpaper.com/flower34.html>

USH TABLECLOTHS - White tablecloths are now stored on hangers in the wooden closet in the storage room. If you use any, please launder and return to their hangers. Soiled cloths were found in a heap on the closet floor this week! Leaving your dirty items for others to clean is not appreciated.

Last Sunday, we supported another effort to raise awareness of problems with access. Thanks to UU Meetinghouse contributions we raised \$ 270. for the "Walking for Wes" team this year. More walkers and contributors than ever took part in this event, an estimated 800+; and we stretched in a queue nearly halfway around Rentschler Field. As in other years, the walk was lined with photos and names of ALS sufferers, and Wes Christensen, a former leader at the Meetinghouse who died of ALS a few years ago, was prominently displayed on a banner at the Advocacy shelter. Some photos from the event are on the USH Facebook page.

Look forward to the next walking opportunity -- the spring 2016 Kidney Walk which often includes Gail Syring and other friends. - **Contributed by Ed Savage**



Have you used Facebook to listen

to the 9/20 sermon? If soWe can use your help.

A pair of volunteers have been recording services in 2015 during thier summer vacation. We will need some more help, and that will take extra enthusiasts to pitch in. Here's what's needed:

1. This applies ONLY to the Sundays that our ministers preach, unless the speaker gives permission to put the sermon on social media.

2. You will apprentice to Ed or Chris for a couple of sessions to be sure you feel comfortable with the process. Thereafter, ONCE A MONTH (if we have enough help) --
- A. Spend about 20 minutes after the service or during office hours the following Tuesday-Thursday, saving versions of the service – CDs and MP3s
 - B. Version 1- the whole service saved to CD; Version 2 = a MP3 version of just the sermon.
 - C. Mail the MP3 of just the sermon as an attachment to ed@thesavageES.com
3. Ed will make the MP3 into a video and post it on Facebook and Google-Plus. Then the ministers can use the file to strengthen their outreach efforts.
Call or e-mail Ed Savage with your ideas. (Cell – 966-8155 or use the above e-mail).
LET'S GET SOCIAL!

A Call for Office Volunteers!

Hello all,

USH is in need of office volunteers. The volunteers play an important role in helping USH to present a welcoming and friendly atmosphere. Any amount of time you are willing to help out would be greatly appreciated. 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**



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\(at\)sign@gmail.com](mailto:janicecnewton(at)sign@gmail.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 Discussions

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.

Meeting House Sing-Along – October 10

Contact: Maggie Greene turtlepoem@yahoo.com or Ed Savage 860-966-8155 (mobile) edsavage@ushartford.com if you have any questions about Hootenany stuff that are not answered in this invitation:

Join us at the next Meetinghouse Sing-Along! Maggie Greene and Ed Savage are offering an opportunity to CT Singing families, singers, song-writers and audience members to join in song on the second Saturday of each month from 2 to 5 PM. We will have song-sheets and some loaner copies of Rise Up Singing available. Bring along your own 'Rise Up Singing' if you have one, as we have used it a lot in other months. We will also be previewing the NEW "Rise Again" sequel – 1200 more songs to sample.

We'll put some chairs in a circle and take turns singing or playing, with those who know the tune or words joining in as they wish. You can come early or come late, whatever fits your family schedule. The UU Meeting House is at 50 Bloomfield Avenue in Hartford. Some of us bring snacks, but that is not required (or organized). Look for a sign near the door if you can't see or hear us right away.

The second Saturday of October is 10/10/2015 - 2 pm to start



Discover the Healing Arts of Emei Qigong
Simple techniques for improving your health and finding contentment

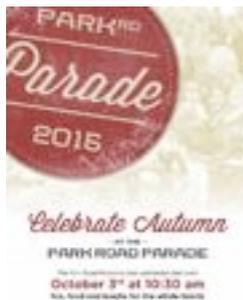
LEVEL I 4-DAY TRAINING: Oct. 17-18 and Nov. 14 -15, 2015 (\$99)
(Oct. 17, Nov. 14-15: 9:00 am - 5 pm; Oct 18: 9:00 am - 3:00 pm)
GROUP HEALING: Oct. 18 at 3:30 PM (\$30)

<p>An Ancient Path to Self-Healing</p> <ul style="list-style-type: none"> • Discover the healing power of Wei 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
--	--

----- 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>
---	--	---

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



HERE COMES THE PARADE!

Don't miss it!

Join fellow USHers in the Park Road Parade, THIS Saturday, October 3.

This is a fun, West Hartford tradition.

Meet at the intersection of Tobey St. and West Beacon in West Hartford at 9:30.

If you have a USH tee shirt, please wear it. If you don't, that's OK.

Look for us under the yellow USH banner.

Revs Cathy and Heather have invited us to their home (just off the parade route) for light refreshments after the parade.

Contact Virginia de Lima (vadelima@yahoo.com) with questions or for more information.

PS: Non- marchers. If you have a tee shirt that you are willing to loan to a marcher, please let Virginia know.



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 Programs table beginning September 27.

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.