



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 October 7, 2015



Photo: <http://www.uusouthsuffolk.org>

Worshipping Together Since 1830 - Sunday Service 10:30 AM

Sunday, October 11 Service: Simply Pray: Rev. Cathy Rion Starr - "If you long to connect with the Sacred...simply pray. Pray without any preconceived notions of what you're doing and why. Simply do it, and see what happens." Thus writes UU minister Eric Walker Wikstrom, but it's easier said than done. Many Unitarian Universalists don't like the P-word, while others find it difficult to sustain a regular prayer practice. What might it be like to cultivate a practice of simply praying?

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 events for the online calendar please include the following information:

Put in the Subject: 'Calendar'

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.

What happened on Monday?



On Monday, 20 USHers joined a hundred others in marching for racial justice under the banner "Black Lives Matter" with Moral Monday CT. We gathered for centering here at USH, with words from me, Bishop John Selders of Moral Monday CT, and Rev. Terasa Cooley, a former USH minister who is now Program and Strategy Officer for the Unitarian Universalist Association. We then marched out to the corner of Bloomfield and Albany, where about 30 of us moved into the intersection and stopped traffic for

about a half hour. There, Vanessa Gonzalez and myself were arrested along with 4 UUs from Manchester and six others. After we were gone, Rev. Heather, Robin, lots of USHers and the rest of the protesters continued chanting and passing out fliers about why we were there to drivers.

You can see photos and video from the press here: (If you're on Facebook or Twitter, there's a lot more at Moral Monday CT)

<http://www.nbcconnecticut.com/news/local/12-Arrested-in-Black-Lives-Matter-Protest-in-Hartford-330770352.html>

<http://foxct.com/2015/10/05/protesters-chant-black-lives-matter-at-moral-monday-rally-in-hartford/>

<http://www.courant.com/breaking-news/hc-hartford-protest-1006-20151005-story.html>

Our neighborhood is the juncture where Hartford's poor, Black/West Indian North End meets the wealthy, whiter West End and West Hartford, and in blocking the street for a short time we sought to send the message that it's time for we white folks who live in the suburbs and work in the city to face the discomfort and dis-ease of systemic racism that's a daily experience for our neighbors in the North End and so many other places.

As Bishop Selders put it, "The wealth [these commuters] earn and build in Hartford, they bring it out of Hartford with no accountability to the city."



I got arrested on Monday because I want to use my white privilege to help end racism; because I am tired of reading of yet another homicide in Hartford; because it makes my stomach turn to learn of yet another young Black transgender woman killed (the average life expectancy for a black transgender woman is 35 years old); because I am horrified at the state of the neighborhood schools in Hartford; because I am

heartbroken that huge swaths of our community don't get the basic respect and dignity and opportunities that have been my birthright. I got arrested on Monday because I want to be a part of the solution, and in this political moment, I see a need for tactics that "turn up" the heat for change. "Power concedes nothing without a demand," wrote Frederick Douglas.

Some of you were there to cheer us on, some of you wish you had been there, some of you I'm sure question the choice to block an intersection, and some of you struggle with the message "Black Lives Matter."

Wherever you are on this spectrum, pause and take some deep breaths right now.

Take a moment to honor your own inherent worth and dignity. Breathe that in and out.

Honor the inherent worth and dignity of the protesters. Breathe that in and out.



And now picture in your mind's eye a young person of color – perhaps someone in your own life, or perhaps someone who served you coffee or food recently, and take a moment to honor their inherent worth and dignity. Breathe that in and out. Say their name out loud and send them safety and love.

And finally, open your heart to all people in our community and the world, and take a moment to honor everyone's inherent worth and dignity. Breathe that in and out.

The struggle to create a world where human dignity and opportunity for all is a long struggle, and we must nourish our souls and support one another to create that world. Our faith calls us to be in this struggle together – supporting one another with hope and laughter, with questions and respectful disagreement, with love and compassion. Let's continue in the struggle, together. = **Love, Rev. Cathy**

What's next?

Watch Rev. Cathy speak at the Press Conference this morning:
<https://www.periscope.tv/w/1IDxLZOPYamGm>

Here's what happened: Rev. Cathy and the others arrested were given 3 days of community service in Community Court this morning.

Come to an Under the Stairs conversation this Sunday, October 11th to hear more about Monday's action, share and listen to experiences of our Black Lives Matter lawn signs being both supported and stolen, and talk together about what's next for us at USH.

The Color of Justice – Unconscious Bias ...What is it and What can I do About it?

A forum to view and discuss the 30-minute CPTV documentary The Color of Justice will be held on Sunday, October 18, at USH at Noon. This brief film examines the role race plays in Connecticut's juvenile justice system. The state's own studies show that minority children enter the juvenile justice system at a higher rate than their white peers and are treated more harshly there. Research shows that these differences aren't because of how kids behave, but because of the decisions that adults make.

During this forum, we will discuss the role that implicit bias plays in all of our lives. We only have conscious access to about 5 percent of our brains. As this film depicts, there is a lot going on in our heads that we're unaware of – and that might even be at odds with our conscious decisions. For example, while more than 85 percent of Americans consider themselves to be unprejudiced, research shows that most of us harbor some implicit racial bias. (Source: Open Society Foundations). The good news is that most Americans of all colors consciously stand against racism. We need to work to make sure that our unconscious gets the message and aligns itself more closely with our values.

This short film and facilitated dialogue will focus on understanding the issue of implicit bias and on finding concrete ways that we can act to promote equality for all Connecticut youth. Enjoy a cup of soup prepared by our own USH Youth Group, learn more about implicit bias and share your thoughts. **For more information, please contact Gloria Francesca Mengual at gloriafmengual@gmail.com or Vanessa Rivera at vanessa.gonzalez.rivera@gmail.com.**



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/>



Photos by Harriet Gardner

Sunday, October 4th Recap by Kayla Costenoble

For the Sake of Whom? was the title of the sermon on October 4, 2015,

and was asked—and answered—several times by Rev. Heather. Rowe Camp, in Rowe, MA, is described as a “spiritual and educational organization offering workshops in a whole variety of ideas and beliefs consistent with UU principles and values.” Rev. Heather spent last weekend there and, last Sunday, was sitting knee to knee with a young woman named Lori. She realized that the youthful Lori was a person who would become the face of the future, the face of those who, in the pain of the 21st century world, need us to make life better. Lori was one answer to “for the sake of whom do we act now?”

Rev. Heather told us the “Parable of the Three Stonecutters.” A traveler came across three stonecutters and asked them what they were doing. The first said he was cutting stone. The second said he was a stonecutter working to get money to go home. The third looked up with a visionary gleam in his eye and said, “I am building a cathedral.” Although he knew that it would not be completed in his lifetime, he realized that the



hard work he was doing now would offer solace and sanctuary to those in the future.

Ta-Nehisi Coates, a national correspondent for the Atlantic, wrote “Between the World and Me” in 2015. It takes the form of a letter from him to his 14-year-old son Samori, and tells of the father’s fear, when growing up, of the police, of the streets, of rejection and the “need to be always on guard.” The Order of Service contained some words from his book:

“...There exists, all around us, an apparatus urging us to accept American innocence at face value and not to inquire too much. And it is so easy to look away, to live with the fruits of our history and to ignore the great evil done in all of our names.”

Rev. Heather said reading his book made her uncomfortable, but we will be reading it and talking about it here at the USH. She said she was raised not to anger others, to be polite, socially appropriate, and not to upset or offend. “I am afraid of making people mad,” she confessed, and suggested others in the congregation may have had the same upbringing. She said she would like to have a bumper sticker reading “Well-behaved women rarely make history.”

One of her first teachers at seminary, a strict Roman Catholic nun, asked the class, “You say you are called into ministry. But who’s calling?” And Rev. Heather asked us, “For the sake of whom are you here today?” She knows, she said, that “Who I am is welcome here...that this life matters, that the seed of who I was becoming began years ago.” Although our UU engagement with the world around us can cause us discomfort, we can agree to create and be in community with one another. We have to create something relevant for the future.



Rev. Heather said she wants to be part of the solution, not part of the problem and is willing to give up some time from her present privileged life to help, because so much is wrong. She told us that during her years in Oregon, she had led worship at the church in Roseburg, OH, where the most recent (as I write this...) school shooting/slaying took place at Umpqua Community College.

Special notes: Members of the USH Board of Directors lined up on the Chancel for the Chalice lighting and were told by Rev. Heather that we “appreciate your dedicated service.”

Many, many years ago, I saw and heard Simon and Garfunkel sing “Bridge Over Troubled Waters” and it touched me deeply. Until the USH choir did a magnificent job singing it Sunday, I had no idea it has been transformed into a gospel style piece with a capella vocals, lush harmonies and full piano accompaniment. Again, it touched me deeply.

It’s good to see new choir members and the (necessary) use of our back parking lot. –
Kayla Costenoble



RE News You Can Use! - This week, October 11th, the middle school students will meet at USH at 9:15AM and travel together to Fern St. Their Worship Service starts at 10:00AM. The group will aim to return to USH by 11:45AM. Please make sure you see the DRE or Bill LaPorte-Bryan if you have not yet received a permission slip as the DRE will need them prior to the group departing. The service topic will deal with pets. The students are allow to bring their pet with them provided it is on a leash or in an appropriate carrier.

Please see the DRE for additional information.

The nursery will be available from 10:15-11:45AM for infants and toddlers ages birth to three.

All other students will have a Time For All Ages followed by an all ages activity in Fellowship Hall or outside depending on the weather.

Image: <http://www.clipartpanda.com/> 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?

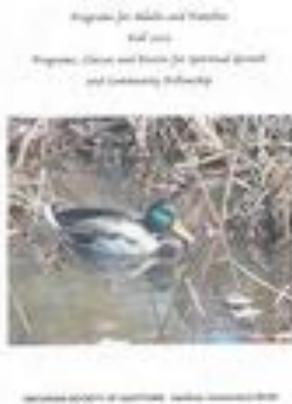
The Music Committee is putting together a list of musical resources here at USH. We'd love to hear from you if you play an instrument, have an instrument, teach, compose music, or sing. Any kind of singing! If you love rock, or rap, or country, or Gregorian chant, please let us know.

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.



2015 Fall Programs for Adults and Families

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

There is still time to sign up for the October 17th workshop, Active Hope: Reconnecting With The Web of Life and Making A Difference, sponsored by the Green Sanctuary. Diana Heymann is offering a weekend workshop Healing Arts of Emei Qigong in October and November and 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 such as the USH Book Club, Tai Chi, Meditation and Dharma Gathering, and "Authentic Connection and Communication" – an NVC Practice Group. **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:



NEW THIS FALL

SGM group will start October 26th.

This will meet on Monday evenings from 7 - 9 pm at the home of Kathie Ferguson,

98 Van Buren Avenue in West Hartford. If you're interested in signing up for this SGM which will meet for 8 weeks on Monday evenings, please sign up at the Program Table in fellowship hall during coffee hour or contact Janice Newton at

860-677-1121.

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@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

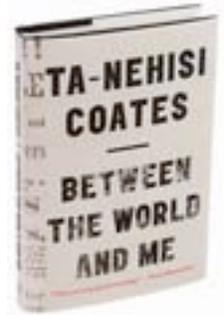
AN INVITATION:

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) 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.



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(at sign)gmail.com) or 860-558-3000

**Active Hope: Reconnecting with The Web of Life and Making
A Difference, Saturday, October 17, 9:45 – 4:30 PM.**

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.

**Authentic Connection & Communication:
An NVC Practice Group,** Wednesdays, 7:15 PM.



**Performing Arts Series Announced!
Regular series price \$90.**

Oct. 31 – Masked Ballroom Dance

On Halloween, head downstairs to a spooky and atmospheric Fellowship Hall at 7:30 for dancing and refreshments. There will be instruction from professional dancer Wendy Nielsen of Arthur Murray Dance Studios, dance demonstrations from the regulars, and free dancing in a variety of styles. Come in costume or a mask or just as yourself. \$15 at the door or as part of the \$90 series fee.

Bring your friends for a really ghoulish time!

Patrice Fitzgerald for the Performing Arts Sub-Council

Image: <http://www.clipartbest.com>



2015-2016 USH Performing Arts Series

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

Do you have your series tickets yet?

Join us for the 2015-2016 Performing Arts Series! Only \$90 for SIX wonderful events. All profits go to the USH General Fund, and are doubled by our amazing and mysterious anonymous donor!

(All events will be on Saturday evenings at 7:30 unless otherwise noted)

Nov. 7 - Underground Jazz Cabaret

Jazz pianist Alex Nachimovsky and his trio will 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.

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)

Come hear lively vocal music... including some performed by our choral scholars and featuring our new accompanist.

April 2 or April 16 - Jacques Lamarre Play Reading Premiere

Don't miss another exciting new play premiere penned by USH friend and supporter Jacques Lamarre.

Only \$90 for six events at the standard ticket price! Premium ticket price \$180.

Sales benefit the USH General Fund.

Tickets also sold at door. USH children under 18 free, always!

Patrice Fitzgerald for the Performing Arts Sub-Council

Upcoming Special Events and Other News

UU USH & YOU

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

Followed up with a
Membership Sunday on Dec 6th

A Path to Membership

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.

Free child care provided.

Rev. Heather will be present for all three sessions.

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



Food and fellowship build communities.

Please consider signing up to supply snacks for an occasional coffee hour following our Sunday service.

Any food item you would like to share would be welcome. Bring something that would give you joy in sharing it with others. You don't have to please everyone.

The youth group will continue to serve soup on the third Sunday of the month; no additional snacks needed that day. And our wonderful Sunday Sexton, Crystal, will continue to provide coffee & beverages. We're just looking for some extra snacks for those who would like!

Sign up by clicking on the link below~

<http://www.signupgenius.com/go/30e0c4faeae2ea3f58-sunday>

Once you sign-up, you will receive an email reminder two days before your scheduled Sunday.

Questions or Comments? Contact Kathy Payne at kthpayne@gmail.com

Image: <http://school.discoveryeducation.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.

Many of our Social Justice activists remember Rev Dr Alvan Johnson, pastor of Bethel AME, and a key leader of CUREJ and ICEJ. He's coming back for a talk ! Don't Miss it.

Thursday October 29 6:30 PM Prosser Public Library, Bloomfield.

Authority & Power – Then & Now:

Onlinesignup: <http://prosserlibrary.evanced.info/signup/EventDetails.aspx?EventId=5016&lib=>

A closer look at issues of race in our community. A discussion facilitated by Michelle McFarland, Branch Manager, Mark Twain Branch, Hartford Public Library. Including Chief Paul Hammick, Bloomfield Police Department Marie Robinson, Bloomfield Communications Liaison, and Rev. Dr. Alvan Johnson, Jr., Grant A.M.E. Church, Boston, MA .

All are invited to the conversation building on this year's ONE BOOK, The Invention of Wings, by Sue Monk Kidd. The Charleston, SC sisters, Sarah and Angelina Grimke are brought to life in the novel. They fight for abolition and women's rights. Co-sponsored by the Bloomfield Interfaith Association & Bloomfield Social & Youth Services-
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 their 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, Office Administrator**



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(atsign)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 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.- **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.

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)

An Ancient Path to Self-Healing

- Discover the healing power of Wuji Qi
- Understand the causes of illness

Secrets for Accelerating the Healing Process

- Find balance within and unlock your latent abilities
- Remove the blocks that keep you trapped in old habits

Open to All - Space is Limited



REGISTER by calling
 860-233-9897x102 or
 email heydiana42@gmail.com

Unitarian Society of Hartford,
 50 Bloomfield Ave. Hartford, CT

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.



For more details visit: emeiqigongspirit.weebly.com

Start Now - Change your karma and transform your destiny!



SENEXET RETREAT in NOVEMBER

REGISTRATION - 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.**

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.