



## UNITARIAN SOCIETY OF HARTFORD

50 Bloomfield Avenue, Hartford, CT 06105

Tel: (860) 233-9897 • Email: [firstunitarian@ushartford.com](mailto: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 14, 2015

**Worshipping Together Since 1830 - Sunday Service 10:30 AM**



Photo: <http://www.canstockphoto.com>

**Sunday, October 18, 2015 - "Send a postcard when..."** Pulpit Guest: Cori Mackey  
A professor of personal spirituality invited each of her students to send a postcard whenever they encountered injustice of any kind - a seemingly simple invitation that messed up my whole life!

Cori Mackey is the Executive Director of the Christian Activities Council, a United Church of Christ social justice organization that organizes for social justice in metro-Hartford. Cori earned a Master of Divinity from United Theological Seminary in Dayton, OH. She previously served as the director of social justice for the Catholic Archdiocese of Hartford before being exiled for marrying her wife, Megan. Cori, Megan and their two toddler sons live in Bloomfield and are members of the Asylum Hill Congregational Church.

**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 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:

Time:

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.

**Sunday, October 18th:** 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](mailto:gloriafmengual@gmail.com) or Vanessa Rivera at [vanessa.gonzalez.rivera@gmail.com](mailto: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 11th Recap by Kayla Costenoble**

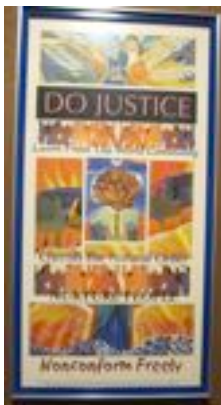
**Simply Pray.** “For a long time, I thought prayer wasn’t for me,” Rev. Cathy admitted during her sermon on October 11, 2015. When she entered seminary, she was worried that she would be asked to pray. Then she realized, “I prayed my whole life long, not in words but with music.” Music was what she needed to “center down,” and she could

honestly answer yes to “Do you pray?” She said she finds strength and comfort in prayer; it changes her and makes her a better person.

In the Turning Inward/Silent Meditation/Prayer part of our service, she invited us to “join me now in a spirit of prayer...prayer in gratitude for this community of faith, even when life is hardest and darkest.” Each of us, Rev. Cathy reminded us, is whole and broken, perfect and imperfect, and hurts those we love and ourselves. She asked us to open our hearts to that which connects us, extend love to all those we hold in our hearts and to send love to all the aching places (many of which she named) in the world.

In her strong, clear voice, Rev. Cathy sang the meditation hymn we had sung just prior to her sermon:

There is love holding us—There is love holding all that  
we love—There is love holding all—We rest in that love.



Because the Meeting House was close to where the October 5, 2015, Moral Monday “Black Lives Matter” protest took place (corner of Bloomfield and Albany Avenues) and because so many of the more than 50 protestors were Unitarians, they all gathered in our Sanctuary before it began. Rev. Cathy wondered what to do with this time, but realized, “I know what we need to be doing right now.” She asked them to put their feet firmly on the floor, get in touch with their bodies, and think about what brought them here and made them willing to put their bodies on the line. Then they said to one another, “I am glad you

are here.”

Rev. Cathy described a moment of prayer she was part of after her arrest at that protest. All of the women in her cell (including our Vanessa Gonzalez) had been part of the protest, except for one



woman, Linda, who had nothing to do with it and was frantic about getting her children. Although they had little to offer, when they asked her if there was anything they could do, she answered, “Would you pray for me?” So they, of many different faiths, prayed together that Linda would find the strength and courage she needed.

Prayer, our minister said, is a way of “centering down.” She quoted from Howard Thurman’s “Meditations of the Heart”:

How good it is to center down! To sit quietly and see one’s self pass by!...We seek a fresh sense of order in our living; a direction, a strong sure purpose that will structure our confusion and bring meaning in our chaos...For what end do we make sacrifices? Where is my treasure and what do I love most in life?

Rev. Cathy also read some words from Rabbi Harold Kushner's "When Bad Things Happen to Good People."

People who pray for courage, for strength to bear the unbearable, for the grace to remember what they have left instead of what they have lost, very often find their prayers answered.

Some need other words for "prayer," Rev. Cathy said. It is necessary to translate and redefine words to make them work for us. What matters is not what you call it, but that you have a practice of centering down, a spiritual practice to rely on which will always be there for you. What is important is to have something that grounds and connects you to the world around you and gives you the strength and courage you need.

Rev. Cathy said we hear the words "practicing Catholic" or "practicing Jew" but we don't hear "practicing Unitarian." "What might being a practicing Unitarian mean?" she asked. She suggested it requires nourishing the spirit, building community and working for justice.



It often takes RE Director Rayla several attempts to get a rousing "good morning" from the kids gathered around her on the Chancel steps. It worked on the third try Sunday after she asked, "Did you guys have a rough morning, like I did?" Prayer, she told them, comes in many forms. She showed them the prayer beads she had made; they remind her of what she believes in, what is important to her and help her remember her UU principles. She told them they would

be making prayer beads during their classes.

Rev. Cathy joined the choir for the anthem, "And So it Goes." Written by pianist, singer and composer Billy Joel (whose first of many hits was "Piano Man"), it is a song about doomed love.

In every heart there is a room  
A sanctuary safe and strong  
To heal the wounds from lovers past  
Until a new one comes along...

And every time I've held a rose  
It seems I only felt the thorns  
And so it goes, and so it goes  
And so will you soon I suppose... **Kayla Costenoble**



**RE News You Can Use!** - This Sunday, October 18th, the nursery will be available from 10:15-11:45AM for infants and toddlers.

We will have a Time For All Ages followed by age appropriate classes.

Here are some members from our middle school class heading to Fern St. Universalist Church. This was the final week of their lessons on UU. - **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 - 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 Fellowship

**2015 Fall Programs for Adults and Families**



**USH Calendar of Events: [www.ushartford.com/events/](http://www.ushartford.com/events/)**

After the service on Sunday, we will be participating in the "Find Your Match" Fair. Registrations will also be taken for a Small Group Ministry starting October 26<sup>th</sup>. the Senexet Retreat November 6 – 8 and Drum Circle at USH, Tuesday, November 10. You may call Janice Newton (860.677.1121) or email her at janicecnewton(at sign)gmail.com,

for more information about the programs.

**Programs:**



**Sunday Oct 18, 2015**

During Fellowship Hour

**Yes, there is soup  
for you!**

Each month our Youth Group produces soup for sale to our congregation at Fellowship Hour. The money raised pays for the production of about 10 gallons of hearty soup that is donated to the Church Street Eats Soup Kitchen in Hartford.

**Help support our Youth Group's efforts!**

**Spiritual Life Find Your Match Fair - Sunday, October 18th** - Come one, come all to the Spiritual Life Find Your Match Fair after the service on October 18 in Fellowship Hall. Get answers to your questions about how you can participate in Religious Education, Music, Worship Arts, Adult Programs, Small Group Ministry.



Whether you are interested in a one-time role helping to light the chalice, decorate the chancel or hand out candles, or a longer term commitment as a Religious Education teacher or assistant, Choir member Small Group Ministry Facilitator, Adult Program Leader or Worship Associate; whether you prefer to be a planner or a doer, there's a place for you to put your ideas and talents to good use. Please stop by the tables during coffee hour for more information.



In David's Den  
@ The Meeting House

RSVP to  
[bharvey@ushartford.com](mailto:bharvey@ushartford.com)  
or just drop in.

Friday, Oct. 23<sup>rd</sup>, 2015 – 6:30 PM

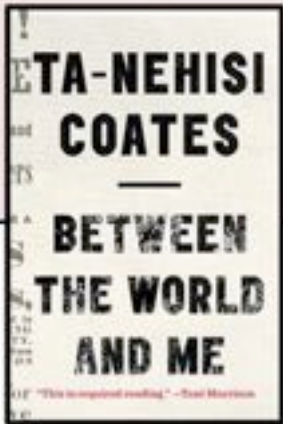
## 20s & 30s Gathering

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We gather monthly, usually on a Friday evening, for spiritual deepening and social connection. Friends and newcomers welcome! Our fall gatherings are Fridays, 6:30-8:30ish **Oct 23, Nov 13, Dec 18**.

Bring a snack to share. If you're a young adult and want to be in the loop, join our listserv (send an email request to [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com) or join our Facebook [group: Twenties/Thirties \(20s/30s\) at USH](#)

**Questions?** Contact Rev Cathy ([revcathy@ushartford.com](mailto:revcathy@ushartford.com), or [541-390-7553](tel:541-390-7553)).



## USH Book Group

**Thursday, Nov 5<sup>th</sup> - 6:30 PM**  
@ The Meeting House

*Ta-Nehisi Coates's new book is a monumental work about being black in America that every American urgently needs to read.*

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Please let Richard or Jean know if you will attend: [rgroopofus@me.com](mailto:rgroopofus@me.com)



*Tickets:*

*Premium- \$30 Standard- \$15  
Students with ID- \$10  
USH Children under 18 - Free*

**The Unitarian Society of Hartford  
Performing Arts Series**

Saturday, October 31, 2015 – 7:30 PM  
*To Benefit USH*

## Masked Ballroom Dance

*Dance demonstrations and teaching by a professional instructor from Arthur Murray Dance Studio, as well as free dancing. Refreshments included, costumes welcome!*

Tickets sold at the door.



## Halloween Breakfast Buffet 9:00 – 10:00 am Sunday, November 1<sup>st</sup>



- ★ Come enjoy the fun! You get pancakes with various ingredient and topping options, veggie sausage patties, bacon and beverage. Come in costume or just take in the festivities around you.
- ★ Tickets will be available October 18<sup>th</sup> during Fellowship Hour.
- ★ The cost is \$5 per person or \$15 per family. Proceeds will benefit the USH General Fund (plus matching grant).
- ★ We also have premium tickets at \$10 per person. It's the same food - but you'll just feel better knowing you're helping a good cause!





## NEW THIS FALL

**NEW SMALL GROUP MINISTRY** - There are a couple more openings in this Small Group Ministry which starts October 26th. Gloria Mengual will facilitate - don't miss this opportunity! This group 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.

**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](mailto:Lisa.Galinski@gmail.com) to reserve your space today or sign up at the Programs Table at Fellowship Hour.

**Drum Circle at USH: Tuesday, November 10, 7:30 PM.**

**USH Ballroom Dance Lessons: Thursdays, 6:00 – 7:30 PM.** Students of all ages are welcome. Contact Ron Friedman at 860-523-1105 or [rsfriedman41\(at\)sign@gmail.com](mailto:rsfriedman41(at)sign@gmail.com) for more information.

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

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

**Building Your Own Theology**: Tuesdays, 7:30 – 9:00 PM, beginning March 1.

**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! - series price \$90.**

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**



*Dorothy June Fowler*  
(September 15, 1921 - March 12, 2015)

Please join us  
Saturday,  
October 24, 2015  
At 11AM  
to honor & remember  
*Dorothy J. Fowler*

Reception to follow  
memorial service

Location:  
Unitarian Meeting House  
50 Bloomfield Avenue  
Hartford, CT 06105

(860) 233-9897

**Board News** - At the September meeting, the Board identified three goals that it will be working on during the current church year. These are:

1. Develop a long-range financial strategy as part of a plan for "Our Next Chapter"
2. Increase collaboration with our two sister congregations in the Hartford Area
3. Develop and try out the use of a "dashboard" of key indicators of congregational well-being.

In a nice coincidence, the current newsletter of the New England Region of the UUA has an article on Congregational Collaboration, which directly relates to goal #2. (you can see the current newsletter by going to <http://archive.constantcontact.com/fs184/1102593057446/archive/1122490216763.html>)

Karen Bellavance-Grace, author of the article and Congregational Collaborations Lead in New England, does a lot of work supporting congregations exploring intentional collaborations. These collaborations run the gamut from having simple neighborly relations to joining forces on a local justice ministry, to becoming so closely connected that they become "One Church in Two Locations."

Our co-ministers and members of the board will be talking with Karen and will use some of her ideas as we reach out to our counterparts at the Universalist Church on Fern Street and the Unitarian Universalist Society: East in Manchester. We will be exploring how we all might benefit from collaboration.

We will keep you posted on activities and welcome your input.

## **Women's Alliance Senexet Retreat**

**Friday, Nov 6<sup>th</sup> through  
Sunday, Nov 8<sup>th</sup> - 2015**



Many different activities including Rev. Cathy leading 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.

**The cost for 2 nights and 5 meals  
is \$175, or 1 night 3 meals \$100.**

**More details at the Program  
Desk starting Sept 27<sup>th</sup>**

**UU USH & YOU**  
**A Path to Membership**

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

Followed up with a **Membership Sunday on Dec 6<sup>th</sup>**

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](mailto:bharvey@ushartford.com)

**YOU ARE INVITED TO JOIN US**  
**Greater Hartford Multi-Faith Prayer Breakfast**

**Thursday, November 12, 2015**  
 Light Breakfast 7-15 a.m. - Program starts at 7:30 a.m.  
 The Artists Collective, 1200 Albany Ave. Hartford, CT (corner of Woodland St.)

**Greater Hartford Multi-Faith Prayer Breakfast**

*"There is Abundance in Hartford"*

Join us for a time of multi-faith prayer, music, education & reflection. Joining this year will be Rosanne Haggerty, Jackie Gorsky Mandyck, and David Fink who will discuss this year's theme: "There is Abundance in Hartford".

**David Fink**, Policy Director for the Partnership for Strong Communities  
**Rosanne Haggerty**, President and CEO of Community Solutions  
**Jackie Gorsky Mandyck**, Managing Director of the iQuilt Partnership

Please register by mail or online

Name \_\_\_\_\_  
 Email \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_

I prefer to be contacted by: \_\_\_\_\_ email \_\_\_\_\_ mailing \_\_\_\_\_ or phone or text (phone # \_\_\_\_\_)

Please register me a donation of \$10 (cover cost) or more \$ \_\_\_\_\_ in support of the Greater Hartford Multi-Faith Prayer Breakfast.

<http://ghpb.weebly.com/>

*(The Greater Hartford Multi-Faith Prayer Breakfast is run by volunteers)*

For More Information go to : <http://ghpb.weebly.com/>  
<http://files.ctctcdn.com/00fa79ba001/c59fe435-6e4c-4170-9adb-5b6e10a1e27e.pdf>

**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](mailto:kthpayne@gmail.com)  
 Image: <http://school.discoveryeducation.com>



**Festival of the Season is Coming  
 Saturday December 5th!**

**What do you love best about the biggest all-church event of the year at USH?**

- \* Making (and eating) a graham cracker house with sticky icing and candy...
- \* Putting together your own personal wreath or tree decoration...
- \* Hanging mittens and hats on the tree in the lobby for donation to chilly children without their own...
- \* Listening to the carolers as they stroll around the ambulatory...
- \* Discovering hand-crafted gifts at the Holiday Boutique...
- \* Relaxing in the Chapel with yummy snacks and seasonal movies... OR...
- \* Going downstairs after all the crafts are over and joining the 100+ other congregants for a delicious potluck meal, followed by our crazy traditional version of Twelve Days of Christmas?

Whatever it is, whether crafts or singing or the worship moment or telling Santa about your wish list, we'll have it all for you on Saturday, December 5th! The precise time is yet to be determined, but it looks like craft-making will begin around 3:30 and the dinner is likely to begin at 6:00. So what do we need?

We need volunteers! There is plenty of work and plenty of fun to be had at this congregation-wide, family-friendly celebration. **Please contact the 2015 Festival of the Season Chair, via [PatriceFitzgerald\(at sign\) gmail.com](mailto:PatriceFitzgerald(at sign) gmail.com), if you'd like to help. And thank you in advance!**



### Have you used Facebook to listen

**to the 9/20 sermon?** If so ....We 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](mailto: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](mailto: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". 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!



**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 presentations by Jeff Howard, Analyst at Office of Climate Change, CT DEEP.; his October 18th topic is "What is Connecticut's Climate Change Status"- **Submitted by Ed Savage**

**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)**

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<p><b>An Ancient Path to Self-Healing</b></p> <ul style="list-style-type: none"> <li>• Discover the healing power of Wuji Qi</li> <li>• Understand the causes of illness</li> </ul>	<p><b>Secrets for Accelerating the Healing Process</b></p> <ul style="list-style-type: none"> <li>• Find balance within and unlock your latent abilities</li> <li>• Remove the blocks that keep you trapped in old habits</li> </ul>
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..... Open to All - Space is Limited .....

	<p>REGISTER by calling 860-233-9897x102 or email <a href="mailto:heydiana42@gmail.com">heydiana42@gmail.com</a></p> <p>Unitarian Society of Hartford, 50 Bloomfield Ave, Hartford, CT</p>	<p>Emei Qigong teacher Diana Heymans, has trained since 2013 under Master Pat Bolger and in China with Grandmaster Fu Wei Zhong, 13th Lineage holder of the 800-yr-old Emei Lingji Qigong tradition.</p>
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For more details visit: [emeiqigongspirit.weebly.com](http://emeiqigongspirit.weebly.com)

Start Now - Change your karma and transform your destiny!

### **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](http://www.prosserlibrary.info)

**Peace – as we come to the close of the USH-News 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.