



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 28, 2015

Worshipping Together Since 1830 - Sunday Service 10:30 AM

Sunday Service 10:30 AM - November 1 - 2015

Revs. Cathy & Heather Rion Starr

**Don't forget to "FALL BACK" This Weekend!
Daylight Savings Time Ends at 2:00 am
Sunday, November 1**



“Remembering Our Ancestors” In many traditions and cultures, this is a liminal time when the veil between the living and the dead is thin. We take this Sunday to honor, celebrate, remember, and mourn those who have died in the last year and others we hold in our hearts.

Please bring an object or a photo to remember a deceased loved one for our collective altar.

Special Notice about the Order of Service

Anyone contributing information for the Order of Service (OOS), please include Linda Clark at ushlindaclark@gmail.com, Please put in the Subject: "OOS and the DATE" Thank you!

New Web Up and Functioning: Has everyone checked out the New Website? Please send Questions and comments 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:

For events for the online calendar please include the following information:
(Cut and Paste from the E news will work)

Please Note: New information added at the bottom: "Is Childcare Provided"

Put in the Subject: 'Calendar'

Event Title:

Room:

Time:

Date(s):

Contact Person:

A Short Description:

Cost: (if applicable)

Is Childcare Provided?: (Note if childcare is provided please confirm with the DRE.)

Email Calendar Events to: calendarchanges@ushartford.com Thank you.

Sunday, October 28th Recap by Kayla Costenoble



While Still There is Light -- "Everyone wants to go to heaven, but nobody wants to die," Rev. Heather sang from the pulpit early in her reflection/sermon on October 25, 2015. This came after her opening words, "Let's get right to the heart of the matter."

And so we did, with helpful readings from Mitch Albom's "Tuesdays with Morrie;" Nancy Shaffer's "While Still There is Light: Writings from a Minister Facing Death;" and some honest and helpful words from Rev. Heather.

Rev. Heather insisted we must honor, explore, acknowledge and anticipate death. Our time here, between worlds, is so poignant and beautiful, but so is anticipating what's ahead. Fall would be her favorite season, she said, if it were not a reminder that winter lies ahead. Fall is a season of "shifting," a time to enjoy the sweet tone of lovely leaves

but also to be aware of what the season portends.

Nancy Shaffer, a UU minister and poet, died on June 5, 2012, one year after brain surgery and her diagnosis of death from cancer. Her book of reflections and poems during that year was finished and put together by her close friend Rev. Mary McKinnon Ganz (I've ordered the book; it's on its way.). Rev. Ganz said Nancy "wrote with a terrible and beautiful honesty of her grief over the probable outcome of her cancer." Some words from her poem "After the Pathology Report:"

"When first I am realizing
 I may die from this and there may come a day
 when I can no longer rise from my bed
 I cannot tolerate seeing in my mind that not rising
 and how instead of rising, I fade into another realm
 in which I do not walk, think, breathe
 but am dead...
 and
 ...The only question large enough
 is how to give enough thanks for our lives.
 That's the beginning: large enough thanks.
 and
 That distillation of soul—which, of all possessions,
 is most precious—comes, if we are faithful, out of sorrow.
 This is the gift with which we escape, stumble out:
 we know the essence of this life and who we are.

Ever after, whatever we have, we have enough: begin complete, even with nothing, even though aching. In our lifetime, we learn this, while still we can cherish. Come complete to the end, and are full."

Writer Mitch Albom learned much during the Tuesdays he spent with his former teacher. These are some of the gems Morrie shared with him:

Everyone knows they are going to die, he said, but no one believes it. The question that should be asked is "Am I being the person I want to be?" Once you learn how to die, you learn how to live. Unable to go out and be in it, Morrie sees the world through his window; this causes him to see everything differently and realizes he might have to make room for more "spiritual things."



Rev. Heather suggested some things we might think about in this period from now through the mid-December solstice: What might you do differently if you knew you had one year to live? What to do with the time you have left? She urged us not to live in denial or defiance; we should let universal mortality be a cause for community. We should create something that gives us a



purpose and refuse to blame ourselves or others. Although it is awkward to talk about how we will all die, it is good to think about the extraordinary mystery of our lives. We should be determined to savor and celebrate our lives, to share and move together on this journey.



Mike Winterfield, former chair of the USH Social Justice Committee, spoke about his work with the Tree of Life Foundation, an organization that focuses on education about the injustice in Israel and Palestine. "The land must be shared," Mike said. He has been on trips to both countries and finds working together with both sides "inspiring." Sunday's offering of \$731 will go to benefit the Tree of Life Foundation.

Sunday's incredible anthem, Franz Biebl's "Ave Maria," was sung acapella and featured both solos and choir. It was chosen with Nancy Shaffer's journey through her experience of living with cancer in mind. Music kept her company all through that journey.

This weekend has been a journey for me. Saturday's celebration of Dorothy Fowler's life and Sunday's service have given me a lot to think about. **Kayla Costenoble**



RE News You Can Use - This Sunday, November 1st, please join us in your costumes for our pancake breakfast at 9:00AM. Cost and additional details can be found in the E-News.

Nursery care will begin at 10:15AM this week and continue until 1:00PM for those of you staying to attend the after service activities this week.

There will be a Time For All Ages followed by age appropriate classes.

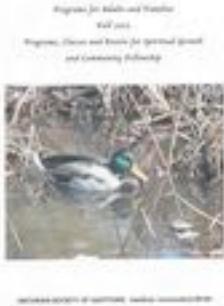
RE is also looking for some artists to work with the children later this year. If you are artistic and would like to work with the children, please contact the DRE.

Image: clipartsheep.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.





2015 Fall Programs for Adults and Families

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

Sunday will be the last day to register for the Senexet Retreat, November 6 – 8.

You may also register for the Friday Pizza and Movie Night, November 13 featuring

“The Imitation Game”, and the Saturday Morning Salon with Rev. Heather, November 14. A sign-up sheet will be available for the

Drum Circle, for all ages and abilities, to be held Tuesday, November 10.

Information and handouts about these and other programs offered at USH will be available at the Programs Table. You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at\)sign@gmail.com](mailto:janicecnewton(at)sign@gmail.com), for more information about the programs.

GREAT DISCUSSIONS, Sunday, Nov 1. 9:00 AM EST in Servetus. DAYLIGHT SAVING TIME HAS ENDED: Next Sunday we’re going to branch off the discussion from last month regarding climate change, energy transition, local control etc. Paula Jones and Kevin Gough will lead the discussion. Here’s a teaser on the moral implications of this approach to climate change:

Rotering’s Economics of Needs and Limits (ENL) is an analytical framework that is intended to guide a contractionary, post-capitalist economy. It is based on the ethical principle that all human beings, present and future, are of high and equal worth. This implies that an economy must maximize well-being and equity while preserving the environment for future generations.

On Sunday Nov 15, we’ll probably be probing these issues further. Selected readings are available from Ed Savage ([edsavage\(at\)sign](mailto:edsavage(at)sign)) ushartford.com)

-Submitted by Ed Savage

Programs:

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

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.



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.

Nov 1st, 2015 - Halloween Breakfast Buffet - More than Just Pancakes!!!

Preparing a hearty breakfast on any Sunday morning can be a chore, but especially on the morning that the clocks go Back one hour.

Forget about getting out the pans and ingredients and just come to church between 9:00 and 10:00 am and enjoy a breakfast of multiple varieties of pancakes, real maple syrup, other toppings, eggs, bacon, veggie sausage, orange juice, coffee and milk.

All for the low, low price of \$5 per person or \$15 per family.

Plus you can come in costume or just enjoy looking at everyone else getting into the spirit of the weekend. We also have premium tickets at \$10 per person. You get the same food - but you'll just feel better knowing you're helping a good cause!

Be a part of this USH tradition.



Halloween Breakfast Buffet

9:00 – 10:00 am Sunday, November 1st



- ★ 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 18th 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!

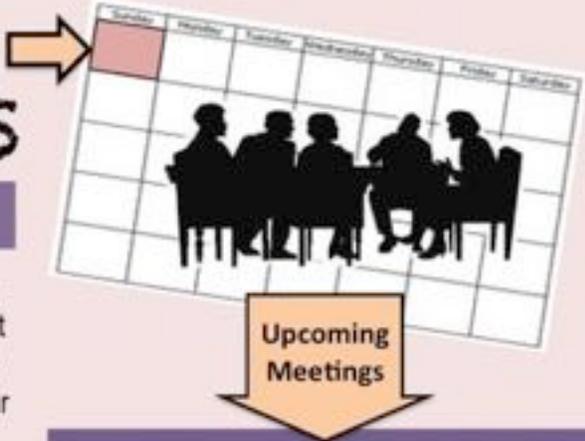
1st Sunday CONNECTIONS

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.

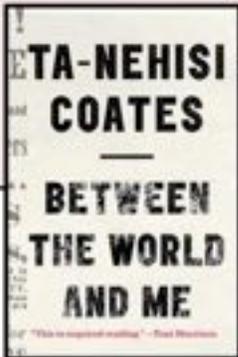
Attend as many times as you wish.



Upcoming Meetings

November 1, 2015

Free Childcare Provided



USH Book Group

Thursday, Nov 5th - 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.

Please let Richard or Jean know if you will attend: rgroopofus@me.com

PLEASE NOTE: The correct time for the Book Club is 5:30 PM

Rev. Cathy will facilitate a discussion of "Between the World & Me," a book by Ta-Nehisi Coates in David's Den room at USH. The book is his attempt to explain the impact of this country's history on black lives to this day. This eloquent, powerful book is described by author Toni Morrison "as profound as it is revelatory. This is required reading." USH has 3 copies of the book for those who would like to read it and hopefully attend the book discussion next Thursday. It is a short book and a quick, powerful read. If you are interested in borrowing the book, email Gloria at gloriafmengual@gmail.com or call her at 860-729-2093.

Women's Alliance Senexet Retreat

Friday, Nov 6th through
Sunday, Nov 8th - 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 27th

DRUM CIRCLE

ALL AGES, ALL (OR NO) ABILITIES

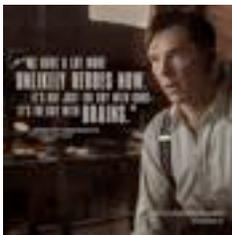


TUESDAY, NOV 10, 2015 - 7:30 PM

Join Tom Gervais and Margaret Leicach for an hour of exuberant drumming! **No experience necessary, no fee.** Tom has been a drummer for many years and will facilitate this **all-ages activity**. Some drums and percussion instruments will be available, and participants are welcome to bring their own.

For more information, contact:

Margaret 860-214-3974 or Tom 860-558-3000.



"The Imitation Game"
USH Dinner & Movie
Friday, November 13, 2015

"Sometimes it is the people no one imagines anything of who do the things that no one can imagine." This oft repeated line splendidly sums up Alan Turing, the subject of the riveting and tension filled biopic 'The Imitation Game.' If you've never heard of Alan Turing, it's no surprise. He was kept secret by the British government for 50 years. This brilliant mathematician became the father of the computer while feverishly working to crack the Nazi's Enigma coding machine during World War II."

"The movie is undeniably strong in its sense of a bright light burned out too soon, and the often undignified fate of those who dare to chafe at society's established norms."*

~ ~ ~ ~ ~

Our Friday, November 13, Dinner & Movie Series will feature "The Imitation Game", a film earning great acclaim in this fall's voting by USH movie fans. This 2014 film stars Benedict Cumberbatch (star of the PBS "Sherlock" series) and Keira Knightley, runs almost 2 hours, and has English subtitles. It was nominated for 8 Academy Awards.

"In its review of the film, The New York Times has indicated a parental warning for 'advanced mathematics.' The complete notice reads, 'The Imitation Game' is rated PG-13 (parents strongly cautioned). Illicit sex, cataclysmic violence and advanced math, most of it mentioned rather than shown."*

You can watch a trailer at <https://m.youtube.com/watch?v=S5CjKEFb-sM>.

We will gather at 5:30 PM for socializing with popcorn and libations, have dinner of pizza and salad at 6, then watch the movie at 7, with optional discussion afterward. If you can arrive early to assist with set-up, your help will certainly be appreciated.

You can reserve (\$10 each) with cash, check, or credit card at the Programs table during Sunday Fellowship Hours; otherwise, you may call Janice and leave a message at 860-677-1121, then pay with cash or check at the event. Please indicate your choice of meat or vegetable topping for pizza when reserving. Please reserve by noon on Wednesday, Nov. 11.

If you find that you cannot attend after reserving, please call and leave a message by noon Friday, Nov. 13, at 860-380-7062, so the pizza order can be adjusted.

Questions? Please leave a message at 860-693-4269. *Internet reviews (italics added)

**Special Event Courtesy of USH Performing Arts Council
Benefit Concert in support of the Syrian Refugee Crisis**

Saturday, November 21st, 7:30 p.m. - Our new accompanist, Sarah Puckett, is organizing a fabulous concert featuring a number of doctoral students in piano and voice who are eager to share their talents to help fund this important cause. The music will be glorious and the reason for the concert is urgent. Please come and be a part of this significant effort by supporting the performers. Suggested donation: \$20.

Unitarian Society of Hartford Performing Arts Series 2015-2016

All events are on Saturday at 7:30 PM unless otherwise noted.

50 Bloomfield Avenue, Hartford, CT 06105 - At the intersection of Routes 44 & 189



October 31, 2015

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.

November 7, 2015

Underground Jazz Concert

Jazz pianist Alex Nakhimovsky and his trio will play with a variety of vocalists. Outside it might be chilly, but inside the music will be hot.



January 2, 2016

John & Katie Jensensky in Concert— Talented USH favorites Katie and John come back to perform for us and kick off the new year.

March 5, 2016 – 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, 2016 – Classical and Broadway Vocal Concert

immediately after the service 12:30 P.M. Come hear some great vocal music... including some performed by our choral scholars and featuring our new accompanist.

April 2 or 16, 2016 - 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

**UNDERGROUND
JAZZ CABARET**

Saturday, November 7, 2015 – 7:30 PM

Jazz pianist Alex Nakhimovsky and his trio will play with a variety of vocalists. Outside it might be chilly, but inside the music will be hot!

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

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

Tickets sold at the door.



Upcoming Special Events and Other News

The Extraordinary Life of Dorothy Fowler:

At the Unitarian Society of Hartford, we are gifted with many remarkable members. And, when they die, in our services of remembrance, we look at one another, surprised at the extraordinary person who was among us and what they did during their lives. Read more about Dorothy. On our home page, scroll down to the latest blog on the left hand side: <http://www.ushartford.com/>



A Call for Office Volunteers - We currently only have two weekly office volunteers a few hours on Wednesdays and on Fridays. We could really use another Office Volunteer on Fridays and someone on Thursdays for a few hours. Could that possibly be YOU? Please contact Linda Clark (at: [ushlindaclark \[at\] gmail \[dot\] com](mailto:ushlindaclark@gmail.com) or phone the office at 860-233-9897 and let her know if you can spend a few hours a week in the USH Office to help us keep our friendly and efficient office going!

★ **USH ReGifting Sale** ★

Drop-off Dates: Nov 16, 23, 30 Box in the Lobby
Sale Dates: Dec. 7 and 14



Find a new home for all your unwanted items (New, or like new, preferably smaller than a breadbox. ★ Do your holiday shopping. ★ Delight someone else who may love your item. ★ Clean out your closet. ★ Help the environment / conserve resources. ★ Make money for USH



Look for new environmentally friendly products you can give as gifts this year. ★

Sponsored by the Green Sanctuary Sub-council ★

It's not too early to think of the REGIFTING sale.
 New to USH? Our annual REGIFTING Sale is an opportunity to re-purpose those items that would be perfect for someone!
 Drop-off Dates: NOV. 15, 22, 29 – Box in lobby and Fellowship Hall
 Sale Dates: Dec. 6, 13 **Sponsored by the Green Sanctuary Sub-council.**

Board News - The USH Board of Directors will meet at 7:00 on Tuesday, November 3 in the library. The primary items on the agenda are 1) planning how we will do this year's ministers' evaluation; 2) collaboration amongst the 3 Hartford area UU congregations, and 3) setting goals for this year's stewardship campaign. All are welcome.




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

**COME, COME WHOEVER
YOU ARE WANDERERS,
WORSHIPERS....**

Meet with fellow USH members, friends and representatives from the Music Transition Committee to share your experience of music at USH. Tell us about music that moved you deeply, fed you spiritually, challenged you in some way, made you feel part of the larger whole, lifted you up. We hope that everyone, in this way, will contribute to a comprehensive, inclusive, congregational vision for music at USH.

We look forward to seeing and hearing from you, "under the stairs," on one of these Sundays: November 8, 15, 22 (child care provided on the 8th,) between 12noon and 1PM.n Photo: article.wn.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 gmail dot com, if you'd like to help. And thank you in advance!**

Syrian Refugee Resettlement Help

A number of us at the Unitarian Society have been exploring what the congregation might do to help the large numbers of refugees from Syria, Iraq, Afghanistan and a number of African countries in resettling here.



We have contacted refugee resettlement agencies in New Haven and Hartford who have experience and support resources. We are identifying other congregations in the Hartford area with whom we might partner.

To resettle a family a number of support items are required (e.g.): rent for 4-6 months, furnishing the apartment with donated goods, help in obtaining employment, help to learn English, settling children in schools, getting health care, driving to appointments, acclimating to the area, government paperwork, etc.

How much of this we might undertake as a congregation alone or with others, or as individuals is to be determined.

We are now seeking to enlist other interested church members in this exploration. Please contact Mike Winterfield, Richard Groothuis, or Vanessa Gonzales Rivera, if you are interested in aiding in this effort. **Photo: <http://security.blogs.cnn.com/>**

**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.**



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/>

CLIMATE STEWARDSHIP SUMMIT

Thursday, November 5, 2015

8:30 am – 5:30 pm

Congregation Beth Israel

701 Farmington Avenue,

West Hartford, CT

STANDING TOGETHER

ON HOLY GROUND

Please join us for a day-long conference as we seek integrated and multi-faith strategies to not only prevent climate change and environmental injustice,

but to combat poverty and restore dignity to both people and the planet.

Suggested Donation: \$30 (includes food and materials)

Sliding scale and student tickets available

Register at: <http://bit.ly/climatestewardshipsummit3>

Childcare will be available, but you **MUST** pre-register

Organized by the Interreligious Eco-Justice Network <http://irejn.org>



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.