



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

USH -Enews January 6, 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Image: Coming from Gratitude by Diane Szymaszek

Rev. Cathy Rion Starr - "What Shall We Love?" - "What of the failure of our imaginations? What of our failure to replace the idea of flags and countries with a less lethal Object of Love? Human beings seem unable to live without war, but they are also unable to live without love. So the question is, what shall we love?"~ Arundhati Roy

E-News Contributors Please Take Note: The NEW deadline for USH-Enews submissions is Tuesday at 12 Noon. Thank you for helping us get the E-news out in a timely fashion.

January 3, 2016, Sunday Service Recap, by Kayla Costenoble



Photos by Harriet Gardner

Wisdom of Centenarians - “May songs, love, poetry and mystery continue to fill our lives,” Rev. Heather said in concluding her moving service on aging at the USH on January 3, 2016. She urged us to “create more of that which brings you joy” and helps “mend the fabric of our frayed world.”

Member Betty Arnold, who reached 100 years on December 30, was honored at the service. With her son, she lit the chalice, listened to the congregation sing Happy Birthday to her, collected birthday cards and shared a couple of birthday cakes with us (one of which was gluten free, to be p.c.) in Fellowship Hall after the service.

Rev. Heather visited Betty in her Wethersfield home in December and said it “was clear to me” that Betty’s mantra for longevity was “Why worry if you can do nothing about it? Take one day at a time.” In an oral history done by Betty and the late Dorothy Fowler in December 1988, Betty said she started going to the UU church on Pearl Street when she was 11, and she has been coming to the various churches the USH has inhabited ever since. Among many other things, she was on the search committee that chose Nat Lauriat as minister.

During her time with the kids, Rayla asked them if they “knew anyone like our Betty Arnold, who is 100?” They didn’t. She told them she has several family members who are. Her great aunt attributes her long life to “ginger cookies and Gatorade,” and told Rayla that as long as she is living, she should be learning.

How long we will live is “the great mystery and universal reality we struggle with daily,” Rev. Heather said. Our co-ministers are young (half the age of many of us); they often share the words and ideas of older (and not so old) writers, poets and composers with us. Farmer poet Wendell Berry, who is often quoted at the Meeting House, wrote “...the longer we are together, The longer death grows around us... We have the sweetness of ripening.”

Not very many of us, when asked by Rev. Heather, were familiar with the third album released by British singer-songwriter Adele in November; it was number one in the first week of 2016. Titled “25,” its songs, it has been said, show the melancholy of the 25-year old singer about the passage of time and her yearning for her old self (We know the feeling). Here are some lines from “Million Years Ago.”

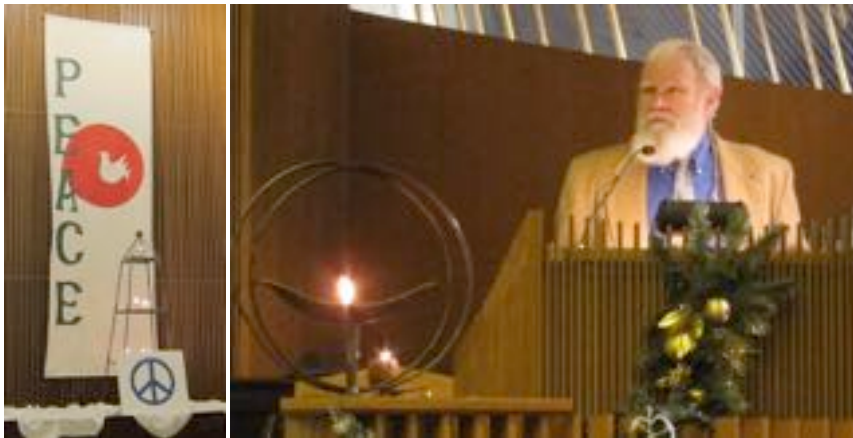
I wish I could live a little more
 Look up to the sky, not to the floor
 I feel my life is flashing by

And all I can do is watch and cry
 I miss the air, I miss my friends
 I miss my mother, I miss it when
 Life was a party to be thrown
 But that was a million years ago.

We were given an oral tour through Jerry Friedman’s 2005 book, “Earth’s Elders: The Wisdom of the World’s Oldest People.” He spent four years traveling the world to interview people 110 years and older; they are described as “super centenarians.” Here are a few of the things they said were important: a sense of resilience; everything in moderation; sing every day to increase lung capacity and brain power and reduce snoring; be careful in choosing your parents; adhere to a steadfast work ethic; appreciate the washing machine; begin each day as if you were expecting a guest. - **Kayla Costenoble**



Betty Arnold, honored on 100 years! Read all about it here:
[http://www.ushartford.com/lower left Blog, Meeting House Views.](http://www.ushartford.com/lower-left-Blog-Meeting-House-Views)



December 27, 2015, Sunday Service Recap by Kayla Costenoble - The Beatles: Their Genius, Their Love, and Their Influence. - What a wonderful change of sound—from “Jingle Bells” to All You Need is Love—as we celebrated what Worship Associate Sue Smolski called a “between Sunday” service on December 27, 2015.

Pulpit Guest Rev. Douglas Wilson, who has spoken at the USH before, led us on a meandering musical history tour of what happened after the Beatles made their live television performance in the U.S. on the February 9, 1964, Ed Sullivan show. Rev. Wilson retired in 2012, after almost 30 years at Rowe Camp. During those years, he started the Rowe Conference Center in the fall, winter and spring, which becomes Rowe Camp in the summer.

All the music during the service was by the Beatles. Our gathering song, sung with gusto, was *I Want to Hold Your Hand*. Rev. Wilson's opening words were from their *Within You Without You*:

We were talking about the love we all could share
 When we find it, to try our best to hold it there with our love
 With our love, we could save the world, if they only knew...
 Try to realize it's all within yourself
 No one else can make you change

Rev. Wilson was in high school in 1963, when President Kennedy was murdered. In that same year, *I Want to Hold Your Hand* became the Beatles' first number one hit and Beatle-mania began. In 1965, all top five songs were Beatle songs. In college, Rev. Wilson went to Denver for a national fraternity meeting. The Beatles were staying at the same hotel and he watched a riot where 5000 mostly girls age 11-17 surrounded and overwhelmed a limo they thought the fab four were in. The Beatles escaped in a plain car. And who can forget Ringo's answer to "How do you find America?"—"Turn left at Greenland."

Sgt. Pepper's Lonely Hearts Club Band, the Beatles' eighth album, was recorded and released on June 1, 1967. Scholars have called it the closest western civilization has come to unity. It spent 15 weeks as the number one album in the U.S. A "New Yorker" writer wrote that to get "really really good at something," you have to practice it 10,000 hours. He wrote that the Beatles knew how to make music, harmonize, sing on pitch, and showed a blossoming creativity. Others who rhapsodized over the Beatles included Leonard Bernstein, Bob Dylan, and Frank Sinatra, who called *Something in the Way She Moves* the greatest love story in 50 years.

During Sunday's service we also sang **Strawberry Fields Forever** and listened with delight to "our" pianist Pi-Shun Shih play *Norwegian Wood*, **In My Life** and **Here Comes the Sun** for the Prelude, **Yesterday** during the offering, and a rousing, applaud-generating **All You Need is Love** for the Postlude.

Special note: A collection of 55 black and white photographs (out of the 3000 he took) of the Beatles taken by "Life" magazine's Bill Eppridge during the Beatles' 1964 visit to New York will be shown at Western Connecticut State University from January 19 through March 13. - **Kayla Costenoble**

Mark your calendars and plan to join us for a visit from Rev. Mary Katherine Morn, The Unitarian Universalist Association's Director of Stewardship and Development and Special Advisor to the President

Sunday, January 24, 2016

Rev. Mary Katherine will be meeting with the USH Board of Directors, Revs., and Stewardship Committee before the service (9:15-10:15am) leading the service at 10:30am and then will be available for a post-service All Congregation Conversation and Q&A (11:45-12:45pm)

Won't you join us? Rev. Mary Katherine is a friend and mentor to our Revs. a prominent and insightful leader of our denomination, and a resource for our congregation. Come and welcome her to USH, share your thoughts about our faith with her, and ask her your questions about where our denomination is headed in the coming years!

Photo: president.blogs.uua.org



Be part of the Exciting Project to Add Solar Power to USH!

Everyone is invited to be part of the solar project at USH. All contributions—large and small—will be through the Endowment Fund. Please contribute what you are able and together we can save money for USH over the long term, help the environment, and be true to our 7th

principle!

Our official kickoff was during the SOLSTICE service on December 20, when we celebrated the return of the sun by using the offering to help collect the sun's rays. All money in the collection baskets that day will go towards the project, but this is only one of many ways you can contribute. Your contribution can be by check, cash, or gifts of stock directly to the Endowment (talk to Jim Venneman if you are interested in this option). All contributions—large and small—will help make this project a success and all contributors will be recognized as having participated. In addition, you can be proud of what you and your congregation are doing. Please remember that we encourage your contribution to the solar project only if it's possible for you to do so in addition to what you planned to contribute to the annual stewardship campaign.

RE News You Can Use! On Sunday, January 10 the nursery will be available for infants and toddlers ages birth to three from 10:15-11:45AM.

The children and youth will have A Time For All Ages followed by age appropriate classes. **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.



A Special Notice from Rayla Mattson, DRE: The Star Island Corporation is currently accepting applications for our summer staff. If you are not already familiar with Star Island, we run a seasonal religious and educational conference center off the New Hampshire coast and hire approximately 100 college-aged people to work from mid-June to mid-September. As our roots are linked to the UU and UCC faiths, working on Star offers a unique employment opportunity for UU and UCC young adults (age 18 and older) in a beautiful location.

We hope you will help us spread the word about employment opportunities on Star Island by sharing the attached flyer with your congregation. Our application deadline is January 22 so we appreciate you posting the information as soon as possible.

For more information about working on Star Island, please visit our website (<http://starisland.org/working/seasonal/>) or feel free to contact me with questions - Kate Brady, Office Manager, Star Island Corporation, 30 Middle Street, Portsmouth, NH 03801, (603) 430-6272. Please contact the DRE for assistance with the application process.



2016 Winter/Spring Programs for Adults and Families

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

Why not start the New Year off with one of the programs offered at USH? Plan to stop by the Programs Table on Sunday for information and/or to register. For those of you interested in Foreign Policy, Great Decisions will be starting Sunday, January 17. Ballroom Dance classes are beginning Thursday January 7, Saturday Morning Salon: What Moves You, January 23, and a Small Group Ministry will begin on February 23. Perhaps you would like to try the Drum Circle, USH Book Club, Tai Chi, Emei Qigong, Authentic Connection & Communication, or Meditation.

We'd like to include your program, workshop, or event in the listing of the 2016 Winter/Spring Programs for Adults and Families. On Sundays, there will be handouts for your course, event, etc. at the Programs Table for visitors as well as members or friends. Registration for your program, course, and any required payment can also be done at the Programs Table.

To obtain a Program Proposal form, you may go to <http://www.ushartford.com/>. From the Building Community pull down Menu, at the top of the home page, click on Adult & Family Programs. In the bottom right corner under Documents, click on Propose a Program Form. The form is also available at the USH office. Please attach a detailed

paragraph in Microsoft Word (if possible) to the completed Proposal Form that can be used for promotion. Please email the completed Proposal to Janice Newton.

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

Programs:

Ballroom Dance: Thursdays: starting January 7, 6:00 – 8:00 PM.

Great Decisions: Sundays, January 17, 9:00 AM.

Saturday Morning Salon: What Moves You: Saturday, January 23, February 13, March 26, April 23, May 28, June 11. 10:00 AM – 12 Noon.

Tai Chi: Wednesdays, 5:40 – 7:00 PM.

Emei Qigong: Tuesdays, Beginning Learners: 6:15 PM, Cultivation, 6:30 PM,

Emei Qigong Deeper Learning and Understanding: 7:15 PM. Contact Diana Heymann (860-461-0908).

Emei Qigong: Wednesdays, Tutorial: 4:45 PM, Internal Cultivation/Practice: 5:00 PM, Contact Diana Heymann (860-461-0908).

Meditation and Dharma Gathering: Wednesdays, 5:45 – 7:00 PM.

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM.

DRUM CIRCLE ALL AGES, ALL (OR NO) ABILITIES



3RD TUESDAY OF EACH MONTH

BEGINNING JANUARY 19, 2016

6:45 – 7:45 PM

**FELLOWSHIP HALL, UNITARIAN SOCIETY OF
HARTFORD**

50 BLOOMFIELD AVENUE, HARTFORD CT

What is a Drum Circle? According to Mickey Hart: “The Drum Circle is a huge jam session. The ultimate goal is not precise rhythmic articulation or perfection of patterned structure, but the ability to reach a group groove. It is built on cooperation and is in a state of constant evolution.” Join Tom Gervais, Margaret Leicach and the 13 others who came to our first circle on November 10th and advocated for it to be on-going. No experience necessary, no fee. Tom has been a drummer for many years and facilitates this all-ages activity. Bring your own drums and percussion instruments or use those that will be available. For more information, contact: Margaret 860-214-3974 or Tom 860-558-3000 - **Submitted by Margaret Leicach**

Winter-Spring 2016 Small Group Ministry – A Small Group Ministry group will meet in Farmington on Tuesday evenings beginning February 23. The group will meet from 7:00 – 9:00 PM for eight sessions. The sessions will be facilitated by David Newton and hosted by Janice Newton.

There is a \$5 registration fee. Register at the Programs Table or by contacting Janice Newton (860-677-1121 or janicecnewton(at sign)gmail.com)

For additional information about Small Group Ministries, contact: Esther McKone – estmckone(at sign)aol.com or Bill Shoemaker - wshoemaker17(at sign)comcast.net - **Janice Newton**



**The USH Book Club Meets in David's Den
On Thursdays From 5:30 PM - 7:30 PM**

Please talk to Richard Groothuis if you have any questions.

860-678-1030;rgroopofus@comcast.net

Meetings are generally held between 5:30 PM and 7:30 PM on the first Thursday of each month in David's Den at the Church.

USH BOOK CLUB - THURSDAY, FEBRUARY 4th, 5:30 PM: Atul Gawande's Being Mortal: Medicine and What Matters in the End

One reader noted:

The subject is end-of-life. But this isn't a book you suggest for your friends or family members that are exclusively experiencing the difficult decisions that come with end-of-life care. The book is appropriate for all adults—young, middle, or elderly. Gawande sheds light on the deeper meaning of life by example of how we treat patients in America at the end of their lives.

Upcoming Books:

Mar 3: The Last Death of Jack Harbin- Terry Shames

Apr 7: The Shell Collectors: Stories- Anthony Doerr

May 5: The Little Friend- Donna Tartt

June 2: Spring Chicken: Stay Young Forever (or Die Trying) - Bill Gifford

-Submitted by Richard Groothuis

**Unitarian Society of Hartford
Performing Arts Series
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



A Grand Night with the Jesenskys and Friends!

Saturday night brought an enthusiastic crowd of lucky listeners to hear old USH friends John and Katie (LaPorta) Jesensky to the Meetinghouse. They were joined by Katie's talented soprano twin Megan Sherry and fabulous mezzo Mia Scarpa in tunes that ranged from Broadway showstoppers to stunning opera arias. John also sang for us for the first time in years, sharing some Elton John and Simon & Garfunkel.

This was another wonderful evening put together by the hardworking folks on the Performing Arts Committee. These events attract new people to our building, bring art to the community, and help our bottom line by contributing to the General Fund. Performing Arts has brought in almost \$4,000 so far this year, an amount that will be matched by our Anonymous Donor.

We're retooling for next year's line-up of events. Would you like to help? We would love to get input from people who can help bring dance, other kinds of music, poetry, drama, or anything else that can be accommodated in our space! Now is the time to speak up so that your kind of performance can be hosted in the 2016-2017 season.

Come to our meeting on Thursday, January 7th at noon at USH to share your ideas, or contact PatriceFitzgerald at gmail dot com.

Have UU Got Talent?

Once again we have an opportunity for you to perform! Do you play the zither? Tell jokes? Mime? Sing, dance, recite poetry?

On Sunday, February 21st, down in Fellowship Hall, after the service and during coffee hour (a Soup Day!) we will be presenting our much-loved and sorely-missed-last-year "Family Share Talent/No Talent Show." And you can be in it!

Acts of four minutes or less are welcome. Be in touch with PatriceFitzgerald at gmail dot com to get yourself in the lineup. No pressure, just fun. We particularly encourage the young or young at heart to participate.

Notes on Music

We have some exciting music coming up for you throughout the rest of the church year! This is just a taste of what's in store, but watch this space for more details in the upcoming weeks.

Mark your calendars for Sunday, May 1st, our projected Music Sunday. The USH choir will be swelled by the ranks of the folks at the Universalist Church in West Hartford (where we will be singing during their service the week before) as we bring you "Missa Gaia/Earth Mass," a beautiful piece featuring instruments, choir, vocal soloists, and the calls of wolves, whales, and other animals.

We're also delighted to be working with our new Composer-in-Residence, Gala Flagello, a senior composition student at The Hartt School, this semester. We'll be hearing three or more of her compositions in the months to come... and there is nothing more exciting than singing brand new music composed with our congregation and choral strengths in mind. We are looking forward to a wonderful musical year at USH, due in large part to the support of you--the members--who contribute via both your annual pledge and dedicated contributions to the Friends of Music fund on Music Sundays.

Thank you! Patrice Fitzgerald for the Music Committee

Coming Up Soon:

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 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.

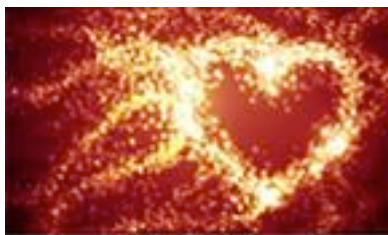
Sales benefit the USH General Fund.

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

Patrice Fitzgerald for the Performing Arts Sub-Council

Upcoming Special Events and Other News

Hearts and Sparks



© Can Stock Photo

HEARTS and SPARKS AUCTION at USH Saturday, FEBRUARY 13, 2016

Food, beverages, camaraderie, silent auction, beginning at 7 PM

Live Auction beginning at 8 PM

We need you to help us reach our auction goals of having 100 items donated, with a total value of \$8,000.

Attached here is a donation form that you can fill out and email to Ginny Allen. Donation forms will also be available at the Meeting House. Categories of donation include: Food (cookie of the month, cakes/pies, dinner for 4-6 at your home or the chef's etc), Outings and Vacations (tours, canoeing, use of a cottage), Services (babysitting, raking, wash windows), tickets to play/concerts, as well as Antiques, Art, general Items. All items must have a minimum value of \$25. Please mark your calendar now and send in your donation form soon.

100% of funds raised at this event will qualify for matching grants by our anonymous donor, so be generous!

Admission: \$10 Sign up at the Adult Programs table

For Donations, please cut and paste the information below into a new email and send to Ginny Allen at: fiddlenurse1@gmail.com

“Hearts and Sparks” Auction

Saturday February 13, 2016 at 7 PM

Auction Donation Agreement

Note: Minimum value is \$25

Name of Organization/Person Making Donation:

Description of Donation as you would like it to be publicized:

Value of Donation: \$ Minimum Bid that you will accept: \$

Contact Name:

Address:

Telephone:

E-mail:

PLEASE RETURN FORM asap but no later than FEBRUARY 1, 2016

Upon the sale of your donation, you will receive a letter of acknowledgement for tax purposes

No tag sale items please

Items donated that have not been sold the night of the auction must be removed from the Meetinghouse by Sunday, February 14, 2016

For more information or if you have any questions please contact:

Ginny Allen, 860.604.5964, fiddlenurse1@gmail.com or

Vanessa Gonzalez-Rivera, 816-651-2978; vanessa.gonzalez.rivera@gmail.com

THANK YOU!



Meals for Crystal, Jeremy and Family - Baby Orrin was born Thursday, December 17 to one of our newest member families, Crystal Kelley and Jeremy Young. One way we can support and welcome them is to provide them with a few meals. The following website has been set up to provide meals for Crystal and Jeremy and their two daughters. The website is <http://www.takethemameal.com/> To get to the meal schedule, type in Kelley for Recipient Last Name and 8667 for Password. If you prefer not to use

the website and would like to be added to the meal schedule, please call Nancy Reed at 860 521-1082 or email ndreed35(at sign)comcast.net. -

Submitted by Nancy Reed

Lunch Bunch to Meet - We will meet at La Trattoria in Canton at noon on Tuesday, January 19. Our speaker will be Maggie Greene. Please let me (Janice) know by noon on Wednesday, January 13 if you will be joining us. To register for the January lunch, contact me at janicecnewton(atsign)gmail.com or 860/677-1121 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 extremely happy to hear from you sooner rather than later! ALL ARE WELCOME. Preregistration required.

I am looking forward to having you with us on January 19th. - **Janice Newton**

Building and Grounds Plans an Indoor Clean Up Day: January 30th

Have you noticed, sometimes our Meeting House rooms begin to look like everyone else's extra room? Full of stored items never to be used again, or perhaps, among the... "we will need it someday" stuff, a few isolated items that will actually get used.

Folks, the time has come for a general clean up effort for our Meeting House rooms on January 30th. That will be the day when the spaces will be cleaned out of accumulated debris. And, here is where you come into the picture. We want all useful items in various spaces that actually get used to be labeled by the owners. As for the remaining items that have no labels come January 30, they will likely disappear forever. Mark your calendars, as it will be useful if you can assist on January 30, but if not, there is homework to be done. **More later.... David Newton, for B&G**

Below are pictures some of the items that need to be stored, recycled or disposed of. The wheelchairs and walker are older, can these be donated to an organization that restores wheelchairs and gives them to people who need them? I found one on Google in Connecticut called Chariots of Hope: <http://www.chariotsofhope.org/>
The artwork should go to thier original owners, please let me know if you can claim them: Linda Clark: ushlindaclark@gmail.com. Thank you



UPDATE ON CHANGING ROLE AT USH FOR BRIAN MULLEN

Thank you for your support this past year with my transition to reduced working hours at USH. It's been a wonderful experience for me and I believe a beneficial situation for USH as well.

As was mentioned in some E-News submissions this past September, the marketing firm (gem-advertising.com) I have been working with (when I'm not at the Meeting House) has been growing by leaps and bounds. I'm finding that the best options for my future lay with putting more of my work time with this firm and thus reducing my presence with USH.

Since October 1, 2015, I have been working 16 hours per week at USH (full days Tuesday & Thursday). Beginning January 1, 2016, in my new role as USH Bookkeeper, most weeks I will average somewhere between 8 and 12 hours per week. I will hold 2 consistent weekly office hours through March 2016, and will perform all my other tasks as needed as time is available to me in the evenings, weekends, at home or at the Meetinghouse. I will of course continue to be available via email.

Linda Clark has done a wonderful job in taking on the added task of the creation of this weekly E-News. She has also been compiling the weekly Orders of Service as well as maintaining the online USH calendar (both tasks that I had previously done). Beginning January 1, 2016, Linda will be your contact for all things related to the USH office.

Thank you so much for the overwhelming support you have given me during my stay at USH. I look forward to your questions / concerns as we continue crafting this mutually beneficial relationship for the Unitarian Society of Hartford.

A P.S. from Rev Heather --

I want to thank Brian Mullen, so much, for his thoughtfulness, his concern about what makes sense for USH, and his forward-planning. We are all so glad that he will continue his invaluable work tending to the USH finances. And we are also glad that this shift in staffing has meant that we have been able to increase Office Administrator Linda Clark's hours, role, and responsibilities. Please consider whether you can volunteer in the USH Office or help out in other ways around the Meeting House (there is always more to do!). We appreciate your understanding and patience as we make our way through this transition. Change is inevitable, of course, so we make our way through it together, as gently as possible. If you have questions about USH Office Staffing that you wish to discuss with me as the Lead Minister for USH Administration, please give me a call or send me an e-mail. **Warmly -- Rev Heather**



Status of the USH Archives - With the recent passing of Margaret Sax, I think it will benefit many in knowing the hard work she performed in the USH Archives will not be forgotten. Starting in 2016 I will be working with Rev. Heather to pick up where Margaret left off; it is my hope to begin by surveying the collection, weeding any duplicates we decide do not need preservation, and incorporate newer material into the archives (including a growing collection of audiovisual and electronic material). Ultimately this project will be ongoing and sustain the growth of the Congregation's history through the records we decide to keep. As the end of my Masters in Library Science

program approaches next year, I would like to reach out to those who might be interested in helping with this project either through a donation of church materials or volunteering time. Do you have any items from your congregational life at USH you'd be willing to part with? Are you interested in helping survey what we have? Re-boxing materials? Help prepare a record retention policy or archive guidelines? **Please contact me directly (ZMirecki@comcast.net or call/text 860-916-9014. -Zac Mirecki**

Photo: Heather Rion Starr

Seeking Chalice Lighters! - Lighting the chalice on Sunday morning as an individual, a couple or a family is a way for you to take a small part in our shared worship service. It's also a way for all of us to see each other more fully and help everyone remember names more easily! Thanks for signing up to engage in this especially Unitarian Universalist ritual that begins our services.



If you haven't lit the chalice before, please plan to arrive by 10:10am so we can show you the routine before the service begins.
<http://www.signupgenius.com/go/8050b45a5ae2baa8-chalice>



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**

A Call for Office Volunteers! Could that possibly be YOU? We are in need of volunteers to maintain a friendly office presence. Easy work - or bring a book, knitting and a smile for any visitors or phone calls the office may receive. Please contact Linda Clark (at: 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!

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 US END HUNGER IN OUR COMMUNITY

DONATE
A quarter feeds a kid and \$1 a family of 4. Meals are donated to Gifts of Love & Foodshare.

Mail Donations to: FVAMC, P.O. Box 853, Farmington, CT 06032 or donate online at: <https://razmobile.com/2cafb/donation.html?cp=612>

VOLUNTEER:
Pack 160 meals in one hour

Packing Event will be held on 1/16/2016 at FVAMC, 35 Harris Road, Avon, CT 06001

Email us at info@fvamc.org. Like End Hunger Farmington on Facebook

Dear Friends,

Last year the Farmington Valley Hunger Collaborative packaged over 32,500 meals, that went directly onto food pantry shelves. This year, with your help, we are planning on doing it again on Saturday, January 16th, 2016. Please join us in supporting our second annual food packing event. Our goal is to package 25,000 meals here in the heart of the Farmington Valley. A donation of any amount is appreciated, \$5, \$10, \$20. 25 cents = a meal \$1.00 feeds a family of 4. The more \$ we raise, the more meals we can pack and the more fun we can have putting them all together! Please share widely with your communities. Sign ups will begin after Jan 1. We can't reach our goal without you:

<https://www.youcaring.com/foodshare-and-gifts-of-love-485344#>

Submitted by Bridget Adams



LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center - a partnership among five Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging!

Simsbury Senior Center
754 Hopmeadow St., Simsbury, CT 06070

Thursday, January 21, 2016
3:00pm to 8:00pm

(Snow Date - January 28, 2016)

Please RSVP by January 14, 2016
860.658.3273 or
kmarschall@simsbury-ct.gov

3:00-3:45 Welcome and Tour

4:00-4:45 "Tips and Tricks to Sneak in Exercise Throughout Your Day"
Certified fitness instructor Mary Root will show you simple and inventive ways to transform the must-do activities of daily life into mini-workouts.

4:00-6:00 Chair Massage with Bev Harris
Relax with a 15 minute massage. Massages will be available on a first come, first served basis.

5:00-6:00 "Celebrating the Season"
Learn the many ways winter transforms our landscape, why snowflakes have six sides, and how strangely beautiful and startling winter can be in this visual presentation. Presented by Margery Winters from Roaring Brook Nature Center.

6:00-6:45 Dinner

6:45-8:00 "Transgender Activist History from
World War II to the Present"
Presented by Diana Lombardi, MSW, Executive Director-Connecticut TransAdvocacy Coalition.

****Card making/rubber stamping, Wii bowling, adult coloring, cards and board games will be available throughout the afternoon and evening****

If you require accommodations, including dietary, please let us know by January 7, 2016

The LGBT Moveable Senior Center is sponsored by CCCI as part of "Getting it Right: Creating an LGBT-responsive Organization," a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy.

New Web Up and Functioning:

For the username and password for the Members Only section, please email

Linda Clark at ushlindaclark@gmail.com

Special Note: Hi Everyone! Please check the online calendar to make sure the Room and Time you wish to reserve is still available before you make a request. This will help in planning your event.

Thank you! Linda Clark, Office Administrator

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.

The NEW deadline for USH-Enews submissions is Tuesday at 12 Noon

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.