



50 Bloomfield Avenue, Hartford, CT 06105
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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH -Enews January 13, 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr

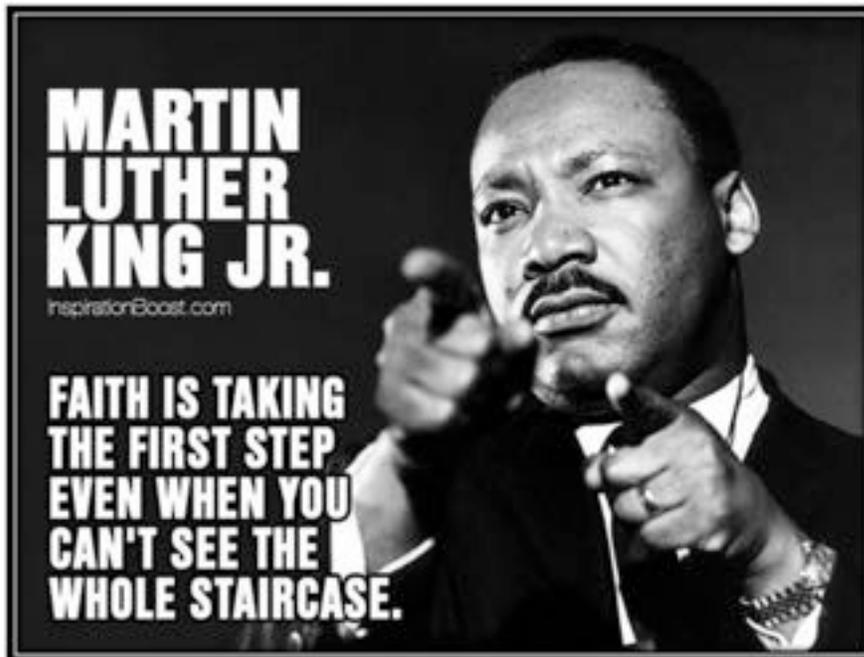


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Sunday, January 20, 2016 Rev. Heather Rion Starr “Once Faint and Once Weak” - We have a tendency to look back and think that our heroes had it all figured out—that they knew what they were doing. So often that is not actually the case.

This Sunday we will ponder together a period in Rev. Dr. Martin Luther King, Jr.’s life when he was deeply struggling and uncertain as to the next right thing to do.

What can we learn from his struggles about how to discern our own next steps?

E-News Contributors Please Take Note: The 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 10, 2016, Sunday Service Recap, by Kayla Costenoble



Photos by Harriet Gardner

What Shall We Love? - I have learned so much from our USH services. Quotes in the Order of Service, poems and readings during sermons, and even inspiring words from hymns send me to do research to find out more.

A quote from Arundhati Roy on the front of the Order of Service was the first thing that drew me in on January 10, 2016. Ms. Roy, an Indian novelist, writer, political activist, and author best known for her award winning book "The God of Small Things," returned her 1989 national award for best screen play to protest the growing culture of fear and censorship fostered by the Indian government. Words from her cover quotation led to the title of Rev. Cathy's sermon:

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?

Rev. Cathy added some of her own words to our Gathering Song:

Gathered here in one strong body,

Gathered here in the struggle and the power.

And Rev. Cathy's additions:

Gathered here to celebrate miracles.

Gathered here to change the ills of the world.

Recently, Rev. Cathy and Rev. Heather had the unusual experience of being two out of only three people attending a 9:45 pm showing of the movie "Spotlight" at a Hartford theater. And she found herself asking "Are we safe here? What if a shooter comes in?" Although she knew she was more likely to get into a car

accident than a mass shooting, she realized the significance of “terror management theory”—the psychological conflict between desiring to live but realizing death is inevitable that produces terror. We turn to culture to save us from terror,” she said.

Rev. Cathy spoke of Unitarian minister Adin Ballou (1803-1890), pacifist, Socialist and abolitionist, who sought social reform through radical Christian views. Instead of agreeing with those who lived in fear of a scary God and going to Hell when they died, Ballou preached that humanity had so distorted itself that an ultimate fear holds us captive. His views helped change the culture of his time.

“What culture do we want to promote to deal with our fears?” Rev. Cathy asked. Although we can’t protect ourselves from all the world’s danger, she said, we must choose a world of “love and compassion.” We cannot glorify or justify a world of endless wars and terror, or a world that chooses love of country above all else. Unitarianism says we are all “saved,” and what we create here on earth matters. Our task is to choose love, confront our fears with love, and help each other choose love and life. “Let us create a culture of love large enough to hold our fears,” she concluded.

We have become used to—and look forward to—the delicious soup sold by our Youth Group so they can buy the vegetables to make the soup they take to My Sister’s Place. (It will be available after service on January 19). We learned during Sunday’s service that our Religious Education (RE) program plans to integrate social justice into all our classes.

This has already begun in the third to fifth grade classes. On January 10, they cooked a full meal for eight persons at My Sister’s Place. Now they are embarking on a large project to raise money for items such as light bulbs, trash bags, pots and pans, laundry cleaning supplies, health and beauty aids for My Sister’s Place. They will be at the Social Justice table on January 24 to sell their homemade crafts, accept items and money at their official fund raiser.

I have relished being taken back in time by the Beatles music on December 27, and by Patrice Fitzgerald’s singing of Simon and Garfunkel’s “The Sound of Silence” on Sunday. Those were the days, my friend...



Time for all ages photo: Patrice Fitzgerald



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!

You might ask her: "What are some of the best developments you're seeing in UU congregations you visit?" "What gives you hope for our faith?" "How can our congregation best prepare itself for challenges of the future?" Or: [your question here]! Don't miss this chance to talk with one of the kindest and most insightful UU leaders today.

Mary Katherine Morn is the Director of Stewardship and Development for our Unitarian Universalist Association. Prior to taking on this role in 2014, Mary Katherine has served as minister in congregations in Georgia, Tennessee, and Virginia. In addition, she has served our movement as Vice President of the UU Ministers' Association, a member of the UU Funding Program grants panels, and mentor and supervisor for many students preparing for ministry. Mary Katherine lives with her husband John, who works at Boston College.

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! Special Announcement!!



On January 24th, the 3-5 grade religious education class will raise money and collect donations for My Sister's Place (<http://sistersplacect.org/>) in Hartford. They will raise money by selling arts/crafts and baked goods. They will also collect donations of money and household items needed by shelter residents as they move out of the shelter into their own places. How can you help? Perhaps you are a crafter and would be willing to donate a craft item for sale. Or, perhaps you would be willing to donate money towards the purchase of needed household items. Or, maybe you have household items that you would be willing to donate. They especially need: lamps- standing or table, lightbulbs, small and large garbage bags, new pots and pans, sets preferred but not necessary, air Freshener- aerosol or plug-in, umbrellas, laundry supplies, cleaning supplies, personal care items. Or, perhaps you would be willing to bake something for our bake sale. If you are interested in donating, or have questions, please contact the DRE at dre@ushartford.com or 860-839-5001. Donations of household items can also be dropped in the donation box in the church lobby. Thank you.



This Sunday, January 17th, the Youth Group will meet at 9:00AM for soup making in the kitchen of Fellowship Hall.

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

There will be 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.



2016 Winter/Spring Programs for Adults and Families

Why not start the New Year off with one of the programs offered at USH? A new offering – The Guru In You – Experiencing the transcendent Self, facilitated by Judy Robbins and Rick Tsukada will begin Wednesday, March 30. For those of you interested in foreign policy, Great Decisions will be starting Sunday, January 17. Reverend Heather's Saturday Morning Salon: What Moves You, will meet January 23. Perhaps you would like to try the Drum Circle, USH Book Club, Tai Chi, Emei Qigong, Authentic Connection & Communication, or Meditation. Plan to stop by the Programs Table on Sunday for information and/or to register.

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](mailto:janicecnewton(at)sign@gmail.com), for more information.

Programs

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

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

Friday Pizza and Movie Night: February 12, 5:30 PM.

Small Group Ministry: Tuesday, February 23, 7:00 – 9:00 PM.

The Guru In You: 5 Wednesdays starting March 30, 6:00 – 8:00 PM.

USH Book Club: Thursday, February 4, 5:30 PM.

Tai Chi: Wednesdays, 5:40 – 7:00 PM.

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

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.

GREAT DECISIONS 2016 Meetings – February TOPICS

We're pleased to announce the topics for Great Decisions 2016! discussions, an eight-meeting series continuing each Spring at the Unitarian Meeting House for more than 25 years. The first month's topics are as follows:

* Feb 7 - The United Nations - Ed Savage, discussion lead

* Feb 21 – (Tentative) Cuba and the U.S. – Paula Jones & Kevin Gough, discussion co-leads

We will meet in Servetus from 9:00 am to around 10:00. Registration for the meetings and briefing books is \$25. and folks are welcome to drop in for a session, although at least glancing at the on-line resources is recommended as preparation.

The United Nations Development Goals and Realities

Briefing Book : By Stephen Browne and Thomas Weiss

On the eve of the international organization's 70th birthday, the United Nations stands at a crossroads. This year marks a halfway point in the organization's global effort to eradicate poverty, hunger and discrimination, as well as ensure justice and dignity for all peoples. But as the UN's 193 member states look back at the success of the millennium development goals, they also must assess their needs for its sustainable development goals — a new series of benchmarks, which are set to expire in 2030. With the appointment of the ninth secretary-general in the near future as well, the next UN leader is bound to have quite a lot on his or her plate going into office.

Online added resources at http://fpa.org/great_decisions/

Cuba and the U.S.

Briefing Book : By Michael Shifter and Ben Raderstorf

The U.S. announced in December 2014 that, after decades of isolation, it has begun taking major steps to normalize relations with Cuba. The announcement marks a dramatic shift away from a policy that has its roots in one of the darkest moments of the Cold War — the Cuban missile crisis. Although the U.S. trade embargo is unlikely to end any time soon, American and Cuban leaders today are trying to bring a relationship, once defined by antithetical ideologies, into the 21st century. **-Submitted by Ed Savage**

DRUM CIRCLE

ALL AGES, ALL (OR NO) ABILITIES

TUESDAY, JAN 19, 2016 - 6:45 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.

**3rd Tuesday
Each Month**






The Guru In You - Experiencing the transcendent Self

Transpersonal Psychology acknowledges the spiritual and transcendent in human experience and integrates these into modern psychological practice. It presents us with a model for living as fully mature body-mind-spirit beings. Our culture emphasizes the body-mind and has sorely neglected the innate spirited part of us that we are calling the inner guru. In this 5-session class, we will investigate the nature and usefulness of the inner “guru,” the part of us that taps into universal peace, wisdom, love and joy. Using lecture, discussion, and lots of participatory exercises, we will have some fun exploring the guru, the source of our inspiration and inner guidance. Class is limited to 10 and we strongly encourage attendance at all sessions.

Facilitators: Judy Robbins is a psychologist whose doctorate is in Transpersonal Psychology, the field that integrates the spiritual aspects of human experience within the framework of modern psychology. Rick Tsukada is a clinical social worker who has worked as a psychotherapist and workshop leader for decades. Rick and Judy, both long-time UUs, are married and members of USH.

Schedule: Five two-hour sessions. A commitment to attend all 5 is strongly encouraged. Wednesday evenings beginning March 30 6:00 – 8:00 PM in SERVETUS. Suggested Donation: \$25

Participant Limit: Because of the experiential nature of this group, the class is limited to ten (10) participants. **Submitted by Programs for Adults and Families** Image: www.pinterest.com



**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:

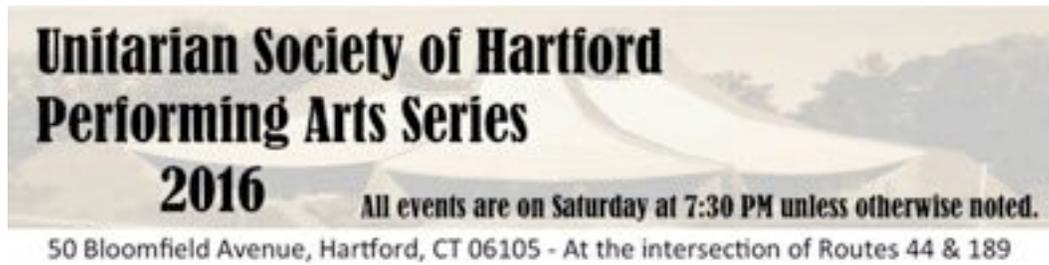
Mar 3: The Last Death of Jack Harbin- Terry Shames

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



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. FREE, of course, for all attending or performing!

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.



Performing Arts events are \$15. Students with ID are \$10. Children are free.

But please don't let the ticket price keep you away. Come anyway and pay what you can... or come for FREE! Fill the pews... all are welcome.

Saturday night events begin at 7:30. **Patrice Fitzgerald for the Performing Arts Sub-Council**

Upcoming Special Events and Other News

3 Sunday sessions
(Feb 7, 21 & Mar 6)
12:00-1:30 pm

Followed up with a **Membership Sunday** on **May 1st**

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

HEARTS & SPARKS
AUCTION

At the Meeting House

Tickets on sale NOW!

Saturday Feb 13, 2016
Silent auction from 7-8 PM
Live Auction at 8pm.

\$10 Admission includes refreshments

SAVE THE DATE!!!
MORE DETAILS COMING

Don't miss this fun night and major fundraiser for USH

We need your help in many ways. We are looking for hors d'oeuvres for the evening of Feb.13. Any finger snack food is fine. Just let us know what you prefer to bring. It will be an exciting, successful evening if we all pitch in and do what we can. Contact Louise Schmoll to offer your favorite thing.
rdschmoll@comcast.net

Of course, we will also need auction assistants, runners, scribes, etc. We are sure there is something you can contribute in addition to articles or services for sale. So stop at the Program Table, sign up to attend and let us know what you will do to help. This is our major fund raising effort for the year and we need the help of everyone to make it a success.

Not sure what to donate? How about Tickets to a symphony, play or museum; drive to a medical appointment; Handyman service for two hours; Weekend in the country; Computer tech help; Paint a room; Babysitting. All items must have a minimum value of \$25.

Donation forms are available at the Meeting House or cut and paste the information below into a new email and send to Ginny Allen at: fiddlenurse1@gmail.com. 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!

HEARTS and SPARKS DONATION FORM

“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!



Refugee Resettlement Initiative - The USH Board has endorsed our church's commitment and involvement in an interfaith refugee resettlement effort. We are working with Bloomfield Muslim Community Center, First Congregational Church of Bloomfield, Flagg Road UCC,

Church of the Latter Day Saints and First Church of Windsor.

A number of USH members have already volunteered to work on various tasks: renting an apartment, furnishing the apartment, health and educational support, teaching English, case management, finances, locating employment, clothing, transportation and funding. Teams from the various churches will be assembled. We are hoping to be ready to welcome a family in the Spring.

If you would like to learn more or be involved please contact Richard Groothuis, rgroopofus@comcast.net.

Image: t1international.com



Our Gift to The Village for Families and Children

The warm hats, mittens, gloves and scarves that brightened our tree at the Festival of Seasons and until Christmas Eve have been donated to our friends at The Village for Families and Children.

A group of children came to the Festival and enjoyed it greatly, especially the ever popular Ginger Bread houses. Your generosity and caring have continued to show your support of our buddies were feeling more and more at home in our church.



On behalf of the Village, Mark Brinkerhoff wrote:

“Thank you, Unitarian Society of Hartford for the wonderful donation of new hats, gloves, mittens, scarves and even some new slippers for the children of The Village for Families & Children. The warm December weather has turned dramatically cold so the timing of this donation is perfect. Each week we have children transitioning in and out of our residential programs. Many are not prepared with change of season clothing. We enjoy being your neighbors and your friends. Again, thank you very much.” **Submitted by Joanne Orlando**

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

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 [at] gmail [dot] 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

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.

Are you ready for revolutionary love? 30 Days of Racial Justice Coming Up January 16th - February 14th

During this time of organizing and resistance, may we strengthen our resolve to work for racial justice and build beloved community. Kicking off on the Rev. Dr. Martin Luther King, Jr. holiday weekend and concluding with a Valentine's Day transformation, we join UUs around the country in honoring and observing Thirty Days of Love---a time for love, community, and prophetic action.

From Saturday, January 16 through Sunday, February 14, 2016 people of faith and conscience will show up for Black Lives Matter and racial justice throughout the country as part of Thirty Days of Love.

We'll post the weekly messages in the e-news - they'll include weekly meditations from partners at the front of Black Lives Matter and racial justice organizing throughout the country, calls to action in support of organizing taking place around the United States, and more!

For more info and to sign up yourself, go to <http://www.standingonthesideoflove.org/>

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)

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.

www.ushartford.com

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