



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 ~ August 17, 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



image: pgressivechristianity.org

Worship Service: Sunday, August 21, 2016 10:30 AM

“How Do We Celebrate & Worship? Religious Pluralism”

Pulpit Guests: Rayla Mattson and the Religious Ed. Students

Worship Associate Rick Tsukada - "There is no such thing as not worshipping. Everybody worships. The only choice we get is what to worship. And the compelling reason for maybe choosing some sort of god or spiritual-type thing to worship —be it JC or Allah, be it YHWH or the Wiccan Mother Goddess, or the Four Noble Truths, or some inviolable set of ethical principles—is that pretty much anything else you worship will eat you alive." - **David Foster Wallace**

Important Survey from our Congregational Strategic Planning Team!

Whether you come regularly to the Meeting House or just keep up with us via our newsletter, we are interested in hearing from you. Would you please respond to this Survey by September 25 at the latest (earlier would be great!)? Your input will be helpful to us as we undertake a Strategic Planning process and map out our future for the next 3-5 years and beyond. As the Board identified last year, there is a need for some fresh thinking about our coming years as a congregation. We want to hear from you!

<https://www.surveymonkey.com/r/K8Y2WYZ>

If you'd like to have a conversation about this survey, call or e-mail Tom Richardson (see his contact information in your USH Directory or respond to this E-news to ask for it. Thanks!) There will also be paper copies available on Sunday mornings--please ask for them if you have trouble finding them.

Thanks so much for your participation. --Your USH Strategic Planning Team, Tom Richardson, Sherry Manetta, Kate Gervais, Jack Almeida, Virginia DeLima, and Rev. Heather.



September 18, 2016, 10:30 AM: "I Am One Thing. I Am Many Things. I Am Water. This is my dance through our world." -- Thomas Locker

Join our Revs., Heather and Cathy, for our Annual Ingathering and Water Ceremony Service. Remember to gather some water representing your summertime reflections and refreshments, whether they be at your own sink, a nearby park, or someplace far away, symbolic, or particularly meaningful. What's important about this service is our returning to be with one

another again after summer breaks from routine, and our sharing with one another about how our spirit has been touched and nourished. Join us. All are welcome. Image: www.brookfieldnow.com

Please Note: There will be no Enews on August 24. This is a 2-week issue.

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.

In This Week's Enews:

Summer At USH | Sunday Service Recap | RE News You Can Use

Church Business News: New Accompanist for USH! | Meeting House Revolution

2016 Programs for Adults and Families: Soliciting Fall Programs Two SGM's Starting in the Fall

Upcoming Special Events and Other News:

Meals for Yamel | Meet Community Minister, Erica Richmond, Under The Stairs
| Meditation and Authentic Communication Groups to Start again in September

Check out our online Calendar for Upcoming Events:

<http://www.ushartford.com/events/>

To submit a Calendar Request, please cut and paste the FORM at the end of the E-News into an email and send to calendarchanges@ushartford.com

(Please double check the calendar for your event 1 to 2 weeks prior to make sure it's correctly posted. Email corrections to calendarchanges@ushartford.com -

Thank you!)

Summer at USH - The Revs are on Vacation & Study leave June 20 – August 30th - We'll be back in town from July 12th onwards doing a combination of play, rest, study, office cleanup, and more that we don't get to do during the flurry of the church year.

During this time, Rev Cathy will be completely off of email, and Rev Heather will be checking email periodically (revheather@ushartford.com). Please do contact us by phone if someone is in the hospital or otherwise significant things come up, and please hold your non-urgent communication until we're fully back August 30th.

If you'd like Caring Network support or have a joy or sorrow to be shared in worship while we're away, please contact Caring Network Co-Chairs Eve Pech (elpech@sbcglobal.net, 860-379-5035) or Janice Newton (janicecnewton@gmail.com, 860-335-3742).

Summer Worship & Religious Education: Six Sources Summer What are the Sources?

You can also find the six sources at the front of the hymnal or here:
<http://www.uua.org/beliefs/what-we-believe/sources>

These principles and sources of faith are the backbone of our religious community.

Worship and Religious Education will continue every Sunday at 10:30am.

Sunday Service Recaps by Kayla Costenoble - Photos: Harriet Gardner



USH Millennials: More Than Meets the Eye - August 14, 2016

Wow! We must have done something right to attract our current (and first) awesome crowd of young adults who crafted the moving service at the Meeting House on August 14, 2016. To be certain we knew who and what they are, we were told “our” millennials are an “open group” of those born between 1980-2000, ages 20-39, who meet for breakfasts and lunches, socialize, celebrate, are becoming an active and important part of the USH and “take to the streets as activists.”

According to the Order of Service, which they devised, they are “smart, diverse, political, religious and unique.” They came of age in a technically advanced society with fast access to knowledge in a “complicated and overwhelming world,” according to Worship Associate Lisa Galinski. She said these are times of great distraction, peril and opportunity, and they want to get rid of stereotypes about them—that they are lazy, entitled and addicted to technology. “This is quite a reputation to overcome... but we are redefining the world around us and are the next generation of leaders,” Lisa said.

The service took place in Fellowship Hall. We sat in rows of large curves so that, as Lisa told us, we could actually see and connect with each other in this sacred space with its limitless potential for deeper understanding. And she gave us permission to keep our cell phones on and take pictures, because “this is the way we connect in our generation.”

We heard deeply personal stories from members of the millennials, and were touched that they trusted us enough to reveal so much of their lives.

Chris described a four-point formula often used to determine what an adult is. You get one point each for owning a house, marriage, having a child and a career. If you have four points, you become a “card carrying adult.” But this didn’t seem to work for Chris (or for the other speakers). Chris, at age 32, said, “Some of us are still working on our first point.” He suggested there is no direct answer and no real formula to find the meaning and purpose of life, and you become an adult when you find and identify what is right for you—and actually go there.

Adam told us “I think I have zero points now.” He had a breakdown last year, left his dead-end job, came home to his mother’s house and did nothing for two weeks. Then he started to “pick up the broken pieces of my life” and credits the USH for helping him do this. Adam hopes to become a minister because he loves to help people and realizes, from his own experience, that “broken people can be helped and put back together again.”

Maxx also gives himself zero points now, but feels adulthood will come in good time. Making lots of lists helps him (Maxx, this is exactly what the rest of us do, too). He has had a rocky life, he said, not feeling whole, not feeling complete and wondering “Who am I?” He felt that being different from everyone else was a sin. He praised the USH for its “positive energy and radiance,” for its purity, deep spirituality, for being comfortable and for people who really care. “It makes me feel good to be a member here,” he said.

Stephanie said that in 2013, she “woke up in someone else’s life.” In that life, she had a house, a career, a husband and they had decided to have a child (almost four points!) But her life felt “more mundane than magical” and she felt trapped, wanting adventure, freedom, joy. On her 29th birthday, she “crashed a wrecking ball into my picture-perfect life.” Following her divorce, she found the freedom to make her own way both exciting and terrifying.

Stephanie was drawn to the USH by a sermon she heard here in August 2014, when Rev. Heather spoke on “Choosing to Enter.” I looked up this sermon and could understand why Stephanie decided this was the place to make a connection and become part of a community. In it, Rev. Heather urged us to “talk to someone you haven’t talked with before.” Stephanie said her life is now

“overflowing with magic” and she already has everything she needs for the journey.

As we have come to expect and delight in, the music chosen for the service fit the theme perfectly. Perhaps the most meaningful was the Weepies’ “Can’t go Back Now,” sung by Adam and Stephanie (!) without accompaniment. Some of its words:

Yesterday when you were young
 Everything you needed done was done for you
 Now you do it on your own
 But you find you’re all alone, what can you do?
 I can’t really say
 Why everybody wishes they were somewhere else
 But in the end, the only steps that matter
 Are the ones you take all by yourself



Church Business News



New USH Accompanist

We are excited to announce that we have hired an accompanist, Isaac Reguera, who will begin playing for us in September. Isaac is a Masters student in piano at the HARTT School. Some of you may remember the incredible improvisational pieces he played with colleagues at the Refugee concert last November and Rev. Heather's worship service about Palestine/Israel last February. We are pleased to have Isaac joining our staff team!

Many thanks to the hiring committee (Rebecca Pacuk, Martha Bradley, Patrice Fitzgerald, and Rev. Cathy) for their work, and to Pi-Hsun Shih for being our ever-flexible and always-incredible musician over the last several months.

With gratitude,

Rev. Cathy, Lead Minister for Music and Worship Arts

Image: <https://www.youtube.com/watch?v=fmETjv3HTu4>

What really makes a great community? Let's create a Meeting House revolution by working on ways to sustain our community's health.

We will have an organizing meeting of a Healthy Relations group after services on Sunday August 28 in Servetus. Get coffee and sit with us at noon. If you are even more interested, some of us have already done some thinking on this idea, and you can get a copy of our report to the Board from Martha Bradley, Marye Gaie Harrison, or Ed Savage. - **Submitted by Ed Savage**

RE News You Can Use!

The DRE is looking for teachers and assistants for every grade level for this upcoming year. The time commitment would be one Sunday every 4-6 weeks. We will be having a teacher training on Saturday, September 17th to prepare for the year. The breakdown of classes are as follows:

Pre-2nd grades, 3rd-5th grades, middle school and high school. I am also looking for volunteers for one-time commitments with our one-room classes that happen every 4-6 weeks. Thank you! -Rayla Mattson
dre@ushartford.com



This Sunday, August, 21st, the nursery will be available from 10:15-11:45am for our morning worship service.

The children have been preparing all summer to share with you during the morning worship hour. Please join us as they lead us in the very first children led worship service. It will be filled with music, songs, dancing and the spoken word.

On Sunday, August, 28th, the nursery will be available from 10:15-11:45am for our morning worship service.

This will be the last Sunday in our summer RE program.

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.





UNITARIAN SOCIETY OF HARTFORD Hartford, Connecticut 06183

2016 Programs for Adults and Families

Fall is fast approaching and if you are thinking about offering a program, please see *Soliciting 2016 Fall Programs for Adults and Families*.

Sunday at the Programs Table during Fellowship Hour, there will be sign-up sheets for two fall Small Group Ministries. One is a daytime SGM to start September 21 and the other is an evening one, to start October 17.

You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com) to register or for program information.

PROGRAMS:

USH Book Club: Thursday, September 8, 5:30 PM. Featuring "Mothering Sunday", by Graham Swift

Small Group Ministry: Wednesdays, 1:30 – 3:30 PM, starting September 21.

Small Group Ministry: Mondays, 7:00 – 9:00 PM, beginning October 17.

Ballroom Dance: Thursdays, 6:00 – 8:00 PM.

Tai Chi: Wednesdays, 5:30 – 7:00 PM.

Emei Qigong Cultivation: Tuesdays and Wednesdays, 5:00 – 6:00 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.

20s/30s Brunch: Sundays after worship ~ Meets at 12 pm in the USH Library, Open to existing members, friends, newcomers, and visitors in their 20's and 30's.

Contact: Stephanie Briggs (stephanie.e.briggs@gmail.com / (860) 716-1920)

Soliciting 2016 Fall Programs for Adults and Families

It's not too early to think about including your program, workshop, or event in the listing of the 2016 Fall Programs for Adults and Families.

On Sundays, when the Programs Table resumes, there will be handouts for your course, event, etc. at the Table for visitors as well as for members and friends. Registration for your program, course, etc. 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 Programs. In the lower right corner, 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) about the program to the completed Proposal Form that can be used for promotion. Please email the completed Proposal to Janice Newton at janicecnewton(at sign)gmail.com.



Daytime Small Group Ministry – A Daytime Small Group Ministry group will meet at the home of Bruce Robbins on Wednesday afternoons beginning September 21st. The group will meet from 1:30 - 3:30 PM for eight sessions. The sessions will be facilitated by Ginny

Allen. Don't miss this opportunity to join a Daytime Small Group ministry!

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



FALL 2016 Small Group Ministry – A Small Group Ministry group will meet in Farmington on Monday evenings beginning October 18th. 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 - Esther McKone

Upcoming Special Events and Other News



Meals for Yamel and Family

Yamel Fernandez, a member of our Society's wonderful Nursery Care team, is expecting a child in mid-September. Please consider providing her family of four meals for the first two weeks after her return from the hospital. (Start date is a

"guesstimate.")

To list the date and elements of your meal, click on:

<http://www.TakeThemAMeal.com>

Recipient Last Name: Fernandez Password: 6152

Warm thanks! Deb Meny



Meet Community Minister, Erica Richmond, Under The Stairs

11:30-12:15 on September 11th

Please stop by to meet her, to ask her about her work, and learn about this new affiliation.

Erica Richmond Ordination

Saturday, September 24th at 2 pm at the First Parish in Brookline, 382 Walnut Street, Brookline, MA 02445)

Erica Richmond is a Community Minister and Chaplain at Hartford Hospital. She is a member of the USH community and thrilled to be deepening that relationship. Join the Revs. and others in a daytrip to Brookline to participate in Erica's ordination. She would be delighted to see representatives from her Hartford community there. For more info. contact: Rev. Heather

**“Authentic Connection and Communication”, a Nonviolent Communication Practice Group
7:15- 9:00 pm**

Wednesdays beginning September 14, 2016

Interested in joining this group? Please notify Jan Bennett prior to attending.

860-817-4900 or email: chair2clinic@juno.com



Based on the work of Marshall Rosenberg, this Wednesday night NVC Practice group welcomes anyone who has taken an introduction class, or read the book, Non-Violent Communication, A Language of Life, by Marshall Rosenberg (or equivalent book introducing the elements of NVC).

The Practice group meets weekly, to enhance the understanding and usage of the NVC components. By “practicing” with each other using such activities as readings, exercises, humor, and sharing personal experiences, our intention is to work together to improve our authentic communication skills. **Photo: L. Clark**

Meditation and Dharma Gathering

5:45 pm- 7:00 pm

Every Wednesday beginning September 14, 2016

Please Contact Jan Bennett at (860) 817 4900 or chair2clinic@juno.com, for more information.

Cost: \$5.00 registration per calendar year



Join us on any Wednesday night to participate in sitting meditation, walking meditation and contemplation of Buddhist teachings (Dharma) presented by

various well known teachers such as Pema Chodron, Jack Kornfield, Thich Nhat Hahn, Sharon Saltzberg and Joseph Goldstein, among others. This is an opportunity to sit together as a community (Sangha) in silent or guided meditation, softening our hearts and minds as we listen together to the audio presentations. The ongoing framework for this gathering encourages you to “drop in” when your schedule can allow for it and join us in this exploration.

“...from this practice....We become part of a lineage of people who, against enormous odds, have stayed open to great difficulties and painful situations and transformed them into the path of awakening... the lineage of gentle warriorship.”

~ Pema Chodron, from *Start Where You Are*

Photo: L.Clark

Weekly Reminders:



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>

Hello USH Gardeners! Thanks to all those of you who have done some weeding and tending this summer, of any of the USH Gardens--the Memorial Garden, Pet Memorial Garden, or Community Garden plot and Labyrinth.

Please sign up on the SignupGenius if you wish to help out:

<http://www.signupgenius.com/go/20f094cafa92ba1f49-ushgardeners>

We are moving forward, bit-by-bit! Thanks to all for your patience and participation. Come down and walk the red labyrinth path if you haven't already!

Warmly, Heather



The USH Wish List

Hello Everyone! There are some items that we could really use at USH:

2 Microphone Stands (like this one pictured)

2 Floor Length Mirrors

New collapsible functional easels

Staples gift cards

Please contact Linda Clark at ushlindaclark@gmail.com or 860-233-9897 x100 if you have one of these items and would like to donate it to USH. **Thank you.**



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!

For Access to the Members Only Section on the Web Page:

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 will be provided you must arrange it with the DRE.)

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

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

Email to: ushenews@ushartford.com

Please note in the subject line, "USH-Enews". Thank you for your submission!

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 to 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