



**50 Bloomfield Avenue, Hartford, CT 06105**  
**Tel: (860) 233-9897 • Email: [firstunitarian@ushartford.com](mailto:firstunitarian@ushartford.com)**  
**Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00**  
**or call for appointment**

**USH-Enews ~ August 31, 2016**  
**Worshipping Together Since 1830**  
**Sunday Service 10:30 AM**  
**Revs. Cathy & Heather Rion Starr**



Image: Provided by Patrice Fitzgerald

**Worship Service: Sunday, September 4, 2016 ~ 10:30 AM "Joy - Finding It, Holding It, and Knowing You Deserve It" Pulpit Guests Patrice Fitzgerald and Richard Leslie ~ Worship Associate Rick Tsukada**

Patrice Fitzgerald and Richard Leslie will lead a service including poetry, music, and reflections about the need for joy and happiness in our lives. This is the final Sunday for Pi-Hsun Shih, who has been our wonderful summer pianist (though we will certainly see her again!) and she will play Debussy's beautiful Arabesque No. 1 as the Prelude, as well as two pieces by contemporary composer Doug Hammer. Vocal music will include Ralph Vaughan Williams's "Silent Noon" and "What A Wonderful World," made famous by Louis Armstrong.



This Sunday is also Pi-Hsun Shih's last Sunday (for now!) as our Accompanist. We thank her for her gifts of excellent music and ongoing dedication to USH. Please come a few minutes early to write her a note of gratitude if you didn't get a chance to do so last week. The Thank You Book for Pi-Hsun will be at the Welcome Table before worship begins.

### **A Note from Our Ministers**

**Dear All--** It is with heavy hearts that we share with you that longtime member Carolyn Cartland died this morning at Hartford Hospital from complications from pneumonia and various infections. Carolyn has served USH as Board President, Secretary, led EqUUal Access (the accessibility group that preceded the current AIM group), and more. There is so much more to say about Carolyn, but for now, we send abundant love to all of you as we take in the sudden news that she is gone. We will hold a Memorial Service for Carolyn next Wednesday, September 7th at 11am at USH. If you have remembrances you'd like to share, be in touch with Rev. Cathy who will be officiating at this service.

We also share the sad news that longtime member Al Angelbeck died at Hartford Hospital yesterday morning after many months of illness. We will let you know when we have a date or further details for Al's service, and encourage you to send cards to his wife, Jeannette, at their home.

Finally, we have scheduled the Memorial Service for Sid Garvais for Sunday, October 9, at 1pm. Please mark your calendars and let Louise Schmoll and Nancy Reed know if you can assist with that Memorial Reception. Rev. Heather will be officiating at this service, so please be in touch with her if you have remembrances you'd like to share.

Our thoughts and hearts go out to all as we take in all this news during an already-full time of transition in our larger community. From summer to fall, we move through all the stages of life, together.

**Tenderly,  
Revs. Cathy and Heather**

Cathy: revcathy@ushartford.com, 541-390-7553

Heather: revheather@ushartford.com, 541-390-6052

## 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, 10:30am: "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](http://www.brookfieldnow.com)

**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:

Sunday Service Recap | RE News You Can Use

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

### Upcoming Special Events and Other News:

1st Sunday Connections September 4th | Join the USH Choir | New Location for Lunch Bunch | A Thank You Message from The Village | Meals for Yamel | Meet Community Minister, Erica Richmond, Under The Stairs | Co Creating A Sacred America | The Many Colors of a WOMAN FREE Jazz Festival at USH

### Upcoming Events in the Larger Community

D.U.E. Justice Coalition with Rev. Dr. William Barber at CCSU Sept. 8th | New World Concert Trio Sept. 11th

### 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](mailto: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](mailto:calendarchanges@ushartford.com) -Thank you! )**

### Sunday Service Recaps by Kayla Costenoble - Photos: Harriet Gardner



**We Enter Into This Covenant ~ August 28, 2016 ~**We say it every Sunday morning. Many of us have memorized it. But how many of us really ponder its words or even know where it came from and why it is one of our not-very-many UU rituals? I speak, of course, of our Great Covenant:

*Love is the spirit of this church and service is its law.*

*This is our great covenant: to dwell together in peace,  
to seek the truth in love, and to help one another.*

We were delighted to have Rev. Heather, back with us this last Sunday in August 2016, after her hectic summer, remedy this gap in our learning.

Rev. Heather said she wanted to focus on the ordinary words that ground us—action, connection, follow through, renewal, community, worship. Worship means to assign meaning to, to honor; it is the universal search for meaning. Then there are the words of UU minister James Luther Adams, in the Order of Service: “Church is a place where you get to practice what it means to be human.” We also read responsively Rev. Adams’ “I Call That Church Free.” Some words:

*I call that church free which enters into covenant with the ultimate source of existence... This covenant is the charter and responsibility and joy of worship in the face of death as well as life.*

Mowing her lawn yesterday gave Rev. Heather time to think about how she wanted to “leave the world a little better than I found it,” but also how much energy this takes, as she struggled with half grass, half high weeds, a steep slope, heat, and watching neighbors. It became a “metaphor for life.”

Rev. James Blake, essayist, playwright, hymn writer and poet, penned the Covenant which many UU churches have adopted, while he was pastor in Evanston, Illinois (1892-1916). Ours is not word for word, but is very close. The second line in his was, United in the free quest of high values in religion and life, we covenant with one another. The first and third lines are identical to the one we say.

Rev. Heather reminded us that a covenant is “something that has evolved,” is a pledge between living people showing mutual trust and support, and “the future will change it.” At the USH, actions, relationships and connections occur, she said, and communities and collaborations are made. The “underlying, overall reason why we have come here” is our commitment to compassion, spiritual growth and service, and a commitment to leave the world a little better than we found it.

If it had not been for her son Bradshaw, she would not be speaking to us as the USH’s Director of Religious Education, Rayla Mattson confessed. Rayla and her children spent two years “shopping for a religious community,” she said. It was particularly frustrating for Bradshaw, because he could not get answers to his questions, if he was even allowed to ask them. Two different teachers at the USH, however, encouraged his questions, and we became their church home. Rayla also happily reminded us that the number of children in RE is growing, and asked members of the congregation to consider volunteering once a month for such things as organizing material. She will be holding a workshop from 10-noon on Saturday, September 17 for persons interested in helping.

Years ago, I treated Sunday services in the summer as a time for my vacation. Thank goodness I did not this summer. Our services have been outstanding, due in no small part to Pi-Hsun Shih's marvelous piano playing. Rev. Heather warmly thanked her for providing all the music for this summer's services, presented her with a beautiful orchid plant, and passed a booklet around the Sanctuary, giving members and friends permission to write thank you notes to her during the service. Pi-Shun's excerpt from Claude Debussy's "The Sunken Cathedral" was especially strong and powerful. This prelude is based on an ancient Breton myth in which a cathedral, submerged under water, rises up from the sea on clear mornings when water is transparent. How lovely!



**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 break-down 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, September 4, 2016, the nursery will be available from 10:15-11:45am during morning worship service for infants and toddlers. There will be no RE this week so older children can remain with their family in the sanctuary.

**Rayla D. Mattson** - Director of Religious Education Unitarian Society of Hartford 860-233-9897 ext 104 860-839-5001 - cell

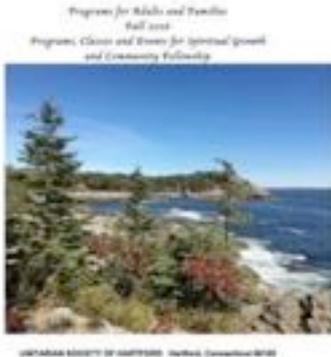
I only check my email on Tuesday, Wednesday, Thursday and Sunday.

If you need to reach me outside of those times, please feel free to text or call my cell.



## 2016 Programs for Adults and Families

Sunday at the Programs Table during Fellowship Hour, there will be sign-up sheets for three fall Small Group Ministries, the Tuesday Lunch Bunch, and the October Friday Pizza and Movie Night. Meditation and Dharma Gathering and Authentic Connection & Communication (An NVC Practice Group) will begin Wednesday, September 14.



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.

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.

Friday Pizza and Movie Night: October 14, featuring “North by Northwest”.

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 begins September 14.

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM, begins September 14.

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](mailto:stephanie.e.briggs@gmail.com) / (860) 716-1920)



**ANNOUNCEMENT:** A Fall Small Group Ministry (SGM) is being offered, starting on Tuesday, October 11. This will be facilitated by Ron Friedman at the home of Kathie Ferguson in West Hartford. The group will meet on Tuesday evenings, 7 - 9 pm.

Please sign up at the Adult Programs table in Fellowship Hall during coffee hour after the service or contact Janice Newton, 860-677-1121 or email her at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com). If you have any questions about SGMs, call Esther McKone at(860-677-6682).

There is a \$5 registration fee due at sign up.

Don't miss this opportunity to connect with UU members and friends where deep listening and sharing of life experiences happens.

**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](mailto:janicecnewton(at sign)gmail.com))

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



**FALL 2016 Small Group Ministry** – A Small Group Ministry group will meet in Farmington on Monday evenings beginning October 17th. 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](mailto:janicecnewton(at sign)gmail.com))

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

## Upcoming Special Events and Other News

# 1<sup>st</sup> Sunday CONNECTIONS

For Visitors & Newcomers

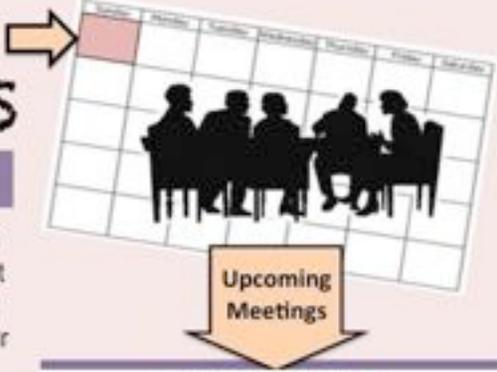
Each month we host an informal gathering for visitors and newcomers to learn more about UU, USH, our mission, education program and membership. Ask questions, share your concerns, and meet others.

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We meet "Under the Stairs" (Lower Lobby)  
15 minutes after the end of the service.

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Attend as many times as you wish.



Upcoming Meetings

SEPTEMBER 4

Free Childcare Provided



**Do you love to sing?** Have you ever thought about joining the USH Choir? Well now is the year to turn that thought into a reality! The USH choir is an incredibly fun way to make beautiful music with some truly incredible people. Best of all, this year we will be rehearsing on Sunday mornings at 9 am before church with only one weeknight rehearsal per month, drastically limiting the time commitment needed to participate. We will be having an opening potluck and sing through on September 7th at Patrice Fitzgerald and Richard Leslie's home at 7 pm. If you have ever considered joining our group, we would love to see you there to laugh and sing together! If you have any questions or would simply like more information, please feel free to contact our choir director Rebecca Pacuk at [rgpacuk@gmail.com](mailto:rgpacuk@gmail.com). (Formal music training is not required)

**NEW LOCATION!!!!** Lunch Bunch to Meet: We will meet at Concetta's in Bloomfield at noon on Tuesday, September 20th. Please let me (Janice) know by noon on Wednesday, September 14th if you will be joining us.

To register for the September lunch, contact me at 860/212-6923 or [janicecnewton\(at\)sign\)gmail.com](mailto:janicecnewton(at)sign)gmail.com) 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! This will be our first

gathering at Concetta's Italian Restaurant, 22 Mountain Avenue, Bloomfield We will continue to meet at noon on the third Tuesday of the month ~ September through November and January through June. The December Women's Alliance/Lunch Bunch Christmas party will be at the Meeting House on a date to be decided. I hope you will be able to join us on September 20th. -**Janice Newton**



**Bruce Machol's obituary was published in the Hartford Courant on Thursday, August 25. He and his wife, Susan, were long time members of USH before they moved to Florida in retirement.**

<http://www.legacy.com/obituaries/hartfordcourant/obituary.aspx?pid=181181119>



**THANK YOU FROM THE VILLAGE!!**

Thank you very much for supporting The Village for Families and Children's Uniform Drive this year with your donation of \$1607. With support from generous organizations like the Unitarian Society of Hartford, we surpassed our goal and were able to provide 426 uniforms to children in the Hartford area. Students can now go back to school prepared, well-dressed, and ready to learn. We couldn't have done this without you.

Thank you!!

Laura Olsbo, Development Officer



### **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**

11:30am-12:15pm 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-Unitarian Universalist 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**



**Are you Hungering for a more Peaceful, Respectful America?**

**Join Stephen Dinan (The Shift Network, IONS) on September 16 for an evening of transformational discussion: Co Creating A Sacred America.**

WHEN

Friday, September 16, 2016 from 6:30 PM to 8:30 PM

WHERE

The Unitarian Society of Hartford - 50 Bloomfield Ave, Hartford, CT 06105

Contact: Rose Tenaglia Dunn 425-205-1692 for more information or Rayla Mattson

~ Can we bring our spiritual practices and principles into the public sphere to Unify & not Divide?

~ How can we work together on America's spiritual mission?

~How do we start healing our political wounds?

~ Visionary Solutions and Ways to take Positive Action to lead us towards a better world.

Tickets are available at <https://www.eventbrite.com/e/stephen-dinan-co-creating-a-sacred-america-tickets-27169896893>

Image: <http://blog.theshiftnetwork.com/node/889>



**THE MANY COLORS of a W\*O\*M\*A\*N XXXVI**

**FREE JAZZ FESTIVAL**  
**SATURDAY, SEPTEMBER 24, 8 PM**  
 The Unitarian Society of Hartford

29 year celebration of jazzwomen – the longest running jazz festival showcasing the music and women of jazz.

Featured acts to date (August 1):

Mathis'AFRIKAN AMERIKAN JAZZ New Millennium All Stars: RICKY ALFONSO trumpet; BILL ARNOLD drums; JIM DAGGS bass; DAWN DUMAS voice; MELANIE DYER viola; JOANNE JAMES djimbe; YASUYO KIMURA percussions; MAXINE MARTIN tenor; NYSHEA McCAULEY voice; MICHELLE McFARLAND voice; DAWN McKINLEY voice; LINDA PRESGRAVE piano; DOTTI ANITA TAYLOR flute/voice; LYNN TRACEY guitar; DEBORAH WEISZ trombone; MARK WHITECAGE alto sax; the Bertha Hope Trio with Kim Clarke, bass and Lucianna F Padmore, drums; and MORE TO BE ADDED.

Co-sponsored by MCW, Inc. and Unitarian Society of Hartford , 501-C-3 non profit organizations. Contact for more information: Nikki Mathis - 860.231-0663  
 -Submitted by Ed Savage

Funded in part by MCW, Inc., Ensworth Charitable Foundation, Bank of America, N.A., Trustee, Evelyn W. Preston Memorial Trust Fund, Bank of America, N.A., Trustee

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860.231-0663

MCW, Inc. is a 501 © 3 Non Profit Organization

**Upcoming News and Events in the Larger Community**

**We hope many from USH will be sure to attend this event. Please speak with Rev. Cathy to find out more.**

You may be familiar with the highly visible ministry of Rev. Dr. William Barber.

Dr. Barber is the prime mover of the Moral Monday movement, which he began by mobilizing folks across faiths and across sectors in North Carolina to resist the immoral actions of state government and monied interests. The movement has grown and struck a chord well beyond North Carolina, including right here in Connecticut. Dr. Barber was also a featured speaker at this year's UU General Assembly and the Democratic National Convention. He is an incredible and inspiring speaker who is not to be missed!



**D.U.E. JUSTICE COALITION**  
DEMOCRACY | UNITY | EQUALITY

# Take Back Connecticut!

**Thursday, Sept 8th ~ 6:30PM**

**CT Central State University ~ New Britain**

**Join Us in Our Call To Action**

**Keynote Speaker:**  
Rev. Dr. William Barber



**New World Trio concert French Revival and Triumph**  
**Sunday, September 11, 2016 • 3:00 pm**  
**Sonata for Violin and Cello [1927] Maurice Ravel**  
**Sonata in A Major for Violin and Piano Cesar Franck**  
**Trio in G Minor, Op. 3 Ernest Chausson**

Tickets: Series Subscription: \$60 | General Admission: \$25 | Students with id: \$15 | Children 12 and under: no charge  
 Sarah Porter Memorial Hall, First Church of Christ, Congregational  
 75 Main Street, Farmington, Connecticut  
 Anhared Stowe, violin; Peter Zay, cello; Pi-Hsun shih, piano

***Womensphere, a Sacred Circle Gathering for Women through the New England region of The Unitarian Universalist Association invite you to join us for the Fall Retreat.***

### ***Build your Chi for True Wellness***

Shift your body and your life in a healthier, happier direction by mastering key skills and practices that allow you to sustainably overcome the stresses of everyday life.

Friday Sept30th - Sunday Oct 2nd 2016  
 Senexet House, 276 Senexet Road, Woodstock CT 06281

Combining functional wisdom and self-care strategies, learn how to eat, rest, and manage your chi energy for optimal vitality and satisfaction. With guest

presenter Peg Doyle; a nationally certified holistic nutrition coach, speaker and author of "Food Becomes You - Simple Steps for Lifelong Wellness".

For details and registration go to [www.uuwomensphere.com](http://www.uuwomensphere.com)

### **Weekly Reminders:**

**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](mailto: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](mailto:ushlindaclark@gmail.com) or phone the office at 860-233-

9897 and let her know if you can spend a few hours a week in the USH Office to help us keep our friendly and efficient office going!



### **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](mailto: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](mailto:calendarchanges@ushartford.com) Thank you.

The deadline for USH-Enews submissions is Tuesday at 12 Noon.  
Email to: [ushenews@ushartford.com](mailto: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.

Manage your preferences | Opt out using TrueRemove™  
Got this as a forward? Sign up to receive our future emails.  
View this email online.  
50 Bloomfield Avenue  
Hartford, CT | 06105 US  
**To continue receiving our emails, add us to your address book.**