



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 ~ September 21, 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr

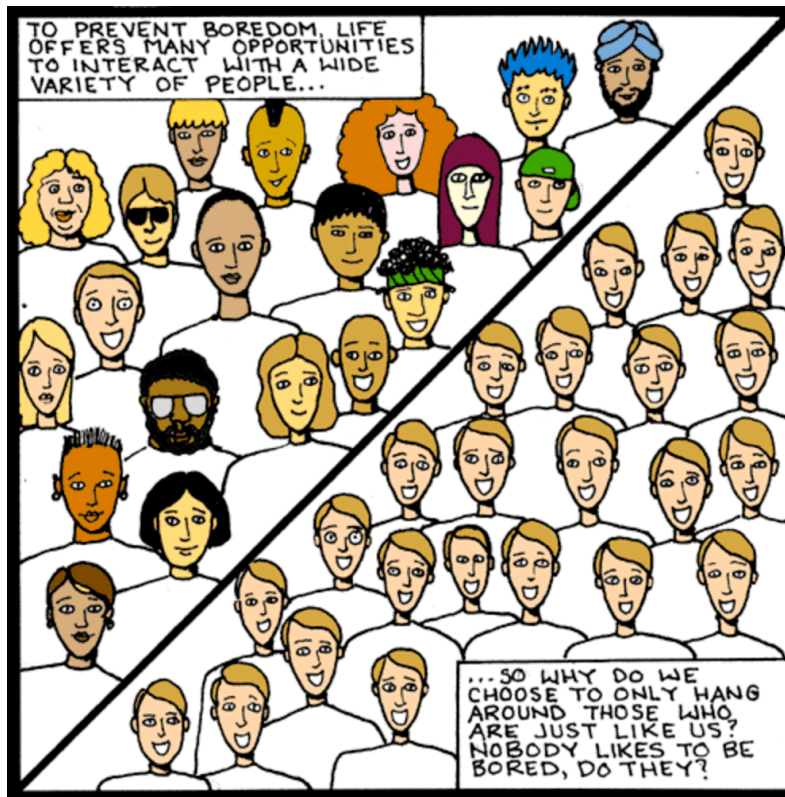


Image: www.aperfectworld.org

**Worship Service, Sunday, September 25, 2016 - “Whew, and...Then—
Going Beyond Likeminded” ~ Rev. Heather Rion Starr, Co-Minister and
Worship Associate, Ann LaPorte-Bryan** - Many liberal religious people say they enjoy attending a congregation and a community where one can find “like-minded” people. In reality, all of us have points on which we converge and diverge. How do we be playful with our diversity of experience and opinion,

underscoring our Unitarian Universalist commitment to mutual respect above all else? Join us as we incorporate jazz, story, music and reflection into our service this morning.

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.

Rayla Mattson is also serving as our Rentals Manager. For new rental requests to use space at USH, please contact her at: dre@ushartford.com or 860-839-5001. For Rates and Rental Application, go here.

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

Church Business News: Fundraising at USH

2016 Programs for Adults and Families: Hindsight, Humor and Hope... | New Book Club Selection: The Sheltering Sky

Upcoming Special Events and Other News:

Many Colors of Jazz FREE Concert Sat. Sept. 24

Upcoming Special Events & News in the Larger Community

CT Forum on Religion Sept. 29th | One Book Bloomfield | Living Into Right Relations with Hilary Allen and Meck Groot | Daybreak Senior Care Center Open

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!)

USH STAFF <http://www.ushartford.com/about-us/staff/>

Sunday Service Recap by Kayla Costenoble

Ingathering: Wade in the Water

September 18, 2016

Photos: Harriet Gardner



Water, a sacred and precious resource, has the power to rejuvenate, energize, free our spirit, reshape landscapes, calm, and inspire us. So, on September 18, 2016, we at the Unitarian Society of Hartford celebrated our annual Ingathering/Water Ceremony as we came together to begin our 2016-2017 church year. And a splendid singing, hand-clapping, rousing time it was.

In 1980, a group of UU women, wanting to introduce more ways to integrate resources and show the interconnectedness of life, began the Water Ceremony. In the USH version, we write a few words on a “sacred card” to share the places where we were spiritually moved during the just-ended summer months. Our words are read aloud as we pour water from these places (or use the virtual water provided) into our lovely large blue and white bowl. This water will twirl and mix with the saved (and boiled) waters from many past ceremonies, to be used for children’s dedications.

I am always awed and amazed by the variety of sources our members provide: mountain streams, lakes, ponds, oceans, rain barrels, bathroom and kitchen sinks, travels abroad and in the U.S. and even the Hartford Public Library. This year, several announced their water came from their new homes (congratulations). Another said her’s came from a California town where it had not rained for five years. Rev. Cathy and RE Director Rayla poured water for all those unable to be here today.

Rev. Heather called September a “time of returning and regrouping... Not a single one of us is alone in this journey.” She quoted her grandmother’s wise words: “The best part of any trip is coming home.”

Rev. Cathy described a summer day when everyone but her was in the water, because she knew it would be cold. She finally promised daughter Robin she would jump in after Robin counted from one to five. Imp Robin began, “One, five.” After a couple of these purposely-false starts, Robin promised to do it right; Rev. Cathy dived in and experienced the “bliss and quiet of being underwater and the beauty and inspiration of being fully immersed.” She said, “Let us immerse ourselves fully in the water of life...community makes us strong.”

Because today was an intergenerational service, Rayla was able to join us for the full service and said, “It is so great to be out of the basement.” Her story explained the secret meaning behind the song “Wade in the Water.” Slaves running for freedom sang what their owners thought was just another of their spirituals. Instead, it was a warning to the runaways to get into the water to escape the men and dogs hunting them; the hunters would lose the scent of the slaves if they were in water.

This, and other water songs, were an important part of today’s service. We were happy, indeed, to welcome the return of the USH Choir, its director (for her third year) Rebecca Pacuk, drummer Tom Gervais, and accompanist Isaac Reguera (He’s played for us a couple of times before, but this was his first stint with the Choir).

Together, they produced an amazing “Take Me to the Water.” It combines two familiar spirituals—“Wade in the Water” and “Down By the Riverside”—with the original work of composer, teacher and conductor Rollo Dilworth (now at Temple University) whose syncopated rhythms change it into an upbeat, applause-

winning production. Note: We sang the more traditional version of "Wade in the Water" for our closing hymn.



RE News You Can Use! - This week the nursery will be available from infants and toddlers ages birth to three from 10:15-11:45AM.

There will be after care this week for anyone attending the special film screening.

There will be a Time For All Ages followed by age appropriate classes. Please note this is our first week of classes for this church year. We look forward to seeing all of you there. **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.



Church Business News

Fundraising at USH - The Board reviewed the current Fundraising Policy and the Accepting Donations policy as well at the September meeting. The basic sense was that the Fundraising policy was not being followed well and eventually needs to be re-written as does the third bulleted paragraph of the Accepting Donations policy. As a result the Board suspended the Fundraising policy and the referenced paragraph of the Accepting Donations policy. The Board requests that any individuals or groups doing fundraising at USH fill out the log that is on a clipboard in the Treasurer's mail slot in the church office. Mailboxes are in the door of the church office and to the right. The different items requested on the log include the name of the person filling out the log and their email address, the name of committee or group doing fundraising, how and where will the request be made, and when the request will be made as well as the goal. I will be sending an email to the contact person after the fundraising activity to determine how many contributors there were and the total amount raised. If you have

questions or comments contact Phil Gardner the Treasurer of USH. -

Submitted by Phil Gardner, USH Treasurer



B & G WorkPARTY! - Last Saturday's work party was enabled by woodsmen, woodswomen, weeders & transplanters, hedge trimmers, furniture movers & window washer, carpenter & locksmith. Oh what a time we had! Thank you, Hank Murray, Bill Westervelt, Stu Spence, Carol & Ron Sexton, Louise Schmoll, Jim Venneman, Deb & Peter Meny, Don Hope, Virginia DeLima, David & Janice Newton and Matt Durfee. Thank you one

and all!! **-Submitted by Peter Magistri**

*Programs for Adults and Families
Fall 2016
Programs, Classes and Events for spiritual growth
and Community Fellowship*



UNITARIAN SOCIETY OF HARTFORD Hartford, Connecticut 06103

2016 Programs for Adults and Families

Sunday, plan to attend the Ken Burns Documentary "Denying the Nazis: The Sharps' War" in Fellowship Hall at 12:15.

In addition to the Oral History Workshop, two new programs are offered this fall; Artist's Way Class: It's Never too Late to Begin Again, and Hindsight, Humor, and Hope. There are spaces available in the Tuesday evening Small Group Ministry, and the Friday Pizza and Movie Night

will be October 14.

There will not be a Programs Table Sunday, but you may call Janice Newton (860.677.1121) or email her at janicecewton@sign@gmail.com to register or for program information.

Programs

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

Small Group Ministry: Tuesdays, 7:00 – 9:00 PM, beginning October 11.

Oral History Workshop: Thursday, October 13, 1:00 – 3:00 PM.

Artist's Way Class: It's Never Too Late To Begin Again: Mondays, 6:15 – 8:00 PM beginning September 26.

Hindsight, Humor, and Hope: Thursdays, 11:30 – 1:30, September 29 – November 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

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 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



Hindsight, Humor, and Hope: Who, Me, an Elder?

This workshop will help people as they begin to redesign their later years into a time of reflection, discernment, soul stretching, and new life possibilities. This gift of extended years finds many people becoming elders with deep personal questions such as, Who am I now? and

What will I do that is meaningful? This class is full of interaction, humor, and reflection.

This class is designed for people ages 55 to 105. I hope you'll join me for it! – Rev. Cathy

Materials & Registration Fee: \$15

Dates: Thursdays 9/29 – 11/17, 11:30-1:30 PM (Bring your own lunch)

No class 10/13 so you can participate in the Oral History Workshop here at USH that day No class 11/3 because Rev. Cathy will be out of town. Accessibility:

Please let Rev. Cathy know asap if you'd like to participate but need transportation to get here, if you have trouble hearing (we can set up a microphone), or have any other accessibility needs. Image:

www.eldercareresourcesdelaware.com



DINNER & MOVIE SERIES REOPENS WITH A CLASSIC HITCHCOCK THRILLER - The USH Dinner & Movie series for 2016-17 will open on Friday, October 14, with the 1959 classic harrowing thriller, “North by Northwest”. Rated 100% by Rotten Tomatoes critics, it is frequently listed as one of the best American films of all time.

“Fifty years on, you could say that Hitchcock's sleek, wry, paranoid thriller caught the zeitgeist perfectly: Cold War shadiness, secret agents of power, urbane modernism, the ant-like bustle of city life, and a hint of dread behind the sharp suits of affluence. Cary Grant's Roger Thornhill, the film's sharply dressed ad exec who is sucked into a vortex of mistaken identity, certainly wouldn't be out of place in *Mad Men*. But there's nothing dated about this perfect storm of talent. . “

You can watch the original trailer here

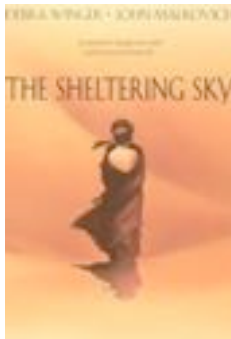
<https://m.youtube.com/watch?v=HRfmTpmIUwo>

Because the film is over 2 hours long, we will follow a revised time schedule. We will begin with popcorn and libations at 5:15, have dinner of pizza and salad at 5:45, and view the movie at 6:30, with optional discussion afterwards.

To reserve (\$10 each), please call Janice at 860-677-1121 and leave a message with number of reservations and choice(s) of meat or vegetable toppings for your pizza, then pay (cash or check) at the event. Or, you may reserve at the Programs Table during Sunday Coffee Hour, paying with cash, check, or credit card. Please reserve by Wednesday, October 12.

If on the day of the movie you find you cannot attend, please notify Nita by phone (no text) (860-380-7062) by noon so the pizza order can be adjusted.

And if you have any questions, please call Nita (860-380-7062). *quoted in Wikipedia



USH Book Club, Next Meeting: Thursday Oct. 6, 5:30 in David's Den

We will be reading *The Sheltering Sky* by Paul Bowles, a classic novel of the Sahara.

The characters are absolutely real, and Bowles digs so deep into the American psyche with them the effect is, at times, horrifying. In this book of three American travelers who journey through North Africa, Bowles shows us, with gripping yet subtle tones, how rigid is our comprehension of foreign culture, and how incomplete is our knowledge of ourselves. It is a novel for the mind. As the journeyers separate, first from each other then from their own sanity, we understand how delicate our grip on reality is, especially when faced with the awesome spectacle of untouched nature. As dialogue and plot imperceptibly give way to long, lush interior landscapes, Bowles charts a course to the heart of human evil for us, much as Conrad did in "Heart of Darkness", but this time with more depth and more passion. **-Submitted by Richard Groothuis**

ARTIST'S WAY - Fall 2016-Winter2017 Course Description Artist's Way Class: It's Never Too Late To Begin Again ~ Mondays, 6:15 – 8:00 PM, beginning September 26

This is a 12-week course based on the book *It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond* by Julia Cameron and Emma Lively. The book consists of twelve chapters, each prefaced with the explosive word "Reigniting", such as "Reigniting a Sense of Wonder", "Reigniting a Sense of Freedom", "Reigniting a Sense of Resilience" ~ you get the idea!

Please contact Janice Newton (860) 677-1121 janicecnewton(at sign)gmail.com or Helen David (860) 413-9240 artfool65(at sign)gmail.com. Also, you can sign-up at the Adult Programs table on Sundays! **-Submitted by: Sherry Williams**

Upcoming Special Events and Other News



Worship Associate Anyone? Hmmmm....Have you ever imagined becoming a USH Worship Associate??? Now would be the time to talk about your interest with Sue Smolski, WA coordinator. Let's talk this week...(860 280-7250).

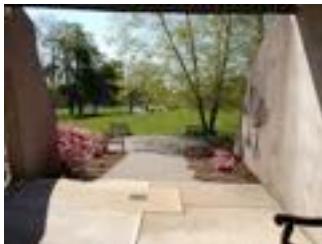
-Sue Smolski

HELP NEEDED with Sid Garvais Memorial Service - October 9 at 1:00 we will be celebrating the lives of Sid and Betty Garvais. There will be a reception following that service and we are looking for help from those who knew Sid and Betty. Finger foods are needed, such as crackers/cheese, veggies, fruits, quickbreads, cookies, bars, other munchies. Since this is following our Sunday service, the logistics of set up are not yet determined. But if you can help early on Sunday, or possibly on Saturday afternoon, please contact us.

Call or write to Louise Schmoll, 860-242-2953 or rdschmoll@comcast.net

Or Nancy Reed, 860-521-1082 or ndreed35@comcast.net

We sadly share with you that former USH member Bruce Machol recently died. For the full obituary go here: <http://www.legacy.com/obituaries/hartfordcourant/obituary.aspx?pid=181450324>



Attention Weeders! - The Dry Summer Has Taken Its Toll – A number of plants in the two Memorial Gardens have suffered greatly from the lack of rain and the fact that the watering system in the large Memorial Garden was mysteriously turned off during the hottest days in August. Please do not pull up any plants that look as though they have died unless you are certain they are weeds.

The ferns, heuchera, some ground cover plants and hostas look especially dreadful. We shall wish them well and we leave them until the miracles of Spring arrive. To all who have helped weed this summer, thank you

very much. We greatly appreciate it! ~ **Submitted by Janice and David Newton**

ORAL HISTORY WORKSHOP ~



We are delighted to host Bruce Stave, PhD, distinguished professor emeritus, former director of UConn's Oral History office and his wife Sondra who will present a 2-hour workshop Thursday, October 13, 1:00-3:00 PM at USH, on how to do an oral history. Among his many accolades, Bruce Stave was featured as one of Connecticut's premier story tellers in the September issue of Hartford magazine. Both Staves are wonderful speakers who will tell us how to prepare and interview family, friends, church members, or others. They will show us how to determine topics, ask the right questions, and gather the simple equipment needed. Don't miss this interesting and unusual opportunity! Fee: \$15 Sign up at the Programs Table or contact Janice Newton at [janicecnewton\(at\)sign@gmail.com](mailto:janicecnewton(at)sign@gmail.com)
Submitted by Judy Robbins



Please consider taking a meal one day soon to help two in our Society:

- 1) Yamel Fernandez (of our Nursery Staff) who delivered a son, Julian Manuel, on Friday, September 9th; and
- 2) Jen Cook, who's helping Hospice care for her terminally ill mother, Marion, at home.

Connect online with TakeThemAMeal.com and put in their name/s. All of our Society's folks are under Code # 6152; each of their sites is immediately updated as meals are added or changed.

Feel free to call Yamel (860)967-8120 or Jen (860)653-6421 to discuss meal options, best times to deliver, etc.

Thank you! Deb Meny, Coordinator (860)523-7396.

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 an active friend 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**



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

FREE JAZZ FESTIVAL

SATURDAY, SEPTEMBER 24, 8PM

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:

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

Supported by The Greater Hartford Arts Council's United Arts Campaign; Media Sponsor Inquiring News, AccessTV.org, Smith Wiley & Co., Leslie Manselle Arts, Sankofa Kuumba Consortium, Byron and Carla Dean, Cull Books; Listed in Chamber Music magazine Directory of Festivals, Spring issue, p. 48 (a publication of Chamber Music America) **SPONSORS INVITED**

860.231-0663

MCW, Inc. is a 501 © 3 Non Profit

Organization



Defying the Nazis: The Sharps' War (1 hr, 15 min) tells of a daring rescue mission led by Waitstill and Martha Sharp, a Unitarian minister and his wife from Wellesley, Massachusetts, who left their two young children behind to help save hundreds of

imperiled political dissidents and Jewish refugees fleeing the Nazi occupation across Europe.

A remarkable film will have its premier on PBS on September 20 and also will be shown at USH on Sunday, September 25, at 12:15 pm.

Join us after the 9/25 service for a delicious bowl of soup prepared by John and our youth group. Families, please plan to attend; child care will be available. A brief discussion/debrief of the movie, its impact on each of us and how it is relevant within the context of today's world circumstances, will take place at USH right after the film ends. **If you have any questions, please contact Janice Newton at janicecnewton@gmail.com or Gloria Francesca Mengual at gloriafmengual@gmail.com. Hope to see you there!**

Upcoming Special Events and News in the Larger Community

Coming soon: Requiem for the American Dream with Noam Chomsky.

Where: Unitarian Universalist Society East

153 Vernon Street W., Manchester, CT 06042 • 860.646.5151

You are invited to attend this thought provoking documentary followed by a non-partisan discussion on Thursday, September 29th, at 3:00 and again at 7:00.

Led by Bill and Carolyn Emerson, the video will spark discussion about some of the political problems we are facing and how we all can get involved to start correcting them. For more info. go to : <http://uuse.org/special-screening-requiem-for-the-american-dream-with-noam-chomsky/#.V9chxvkrKCi> **-Submitted by Bill Emerson: billemerison46@hotmail.com \ C: 860-336-8333**

CT Forum on Religion in America - Sept 29 - On Thursday, September 29 The Connecticut Forum will be presenting a live, unscripted panel conversation on the role of religion in America and how it impacts our culture, our politics and our lives. You can see information on the event and the panelists here: www.ctforum.org

Panelists include the historian Jon Meacham, the Evangelical Christian and Washington Post columnist Michael Gerson, Reformist Muslim and author Irshad Manji, and the atheist and humanist Jennifer Michael Hecht. The journalist Ray Suarez will moderate. If you aren't familiar with The CT Forum – they present large-scale public Forum conversations in the historic Bushnell Theater to crowds of nearly 3,000... it is a unique and entertaining theater event that takes on important topics like this one.

**For more information contact: Jamie Daniel, Director of Programming,
Email: jdaniel@ctforum.org**

MUSIC AT THE RED DOOR

Choral Evensong This Sunday, September 25 at 5:00 p.m. | Sung by the choir of St. James's, West Hartford

Experience a powerful connection between your earthly life and the divine. The ancient and beautiful service of Choral Evensong is presented on the fourth Sunday of selected months at St. John's. Join us on September 25 for music by the youth and adult choirs of St. James's, West Hartford, Vaughan Mauren, organist and choirmaster. [Click here for details.](#)

This event is free. No tickets are necessary. Donations are received at the door in any amount to support this ministry.

St. John's Episcopal Church, 679 Farmington Avenue - West Hartford, CT 06119

<http://www.reddoormusic.org/>



**NIGHT
FALL**

We are excited to be involved in this year's Night Fall Hartford event on Saturday, October 8, in Elizabeth Park. Night Fall is a magical free outdoor community performance celebrating seasonal change through art, music, dance, and Anne Cubberly's legendary giant puppets. Check it all out at: www.nightfallhartford.org and then let us know if you can be a USH Volunteer! We'll be handing out beverages and helping spread good

energy. Grounds open at 2pm, show starts at 6pm. **If you can help coordinate our USH presence, please let RevHeather know at 541-390-6052 or [revheather \[at\] ushartford \[dot\] com](mailto:revheather@ushartford.com). This is an annual, not-to-be-missed Hartford Community Celebration!**



PROSSER PUBLIC LIBRARY
P. Faith McMahon Wintonbury Library

Book Discussions

Thursday October 13
McMahon Wintonbury Library
Wednesday October 19
Prosser Public Library
6:30 P.M.

Facilitated by **Catherine Capuano**

Thursday October 6 6:30 PM
Wes Moore Author Talk
Onscreen
Followed by conversation

Monday October 10 6:30 PM
Local Stories of Mentoring
Tell Your Story

Tuesday October 25 6:30 PM
Call to Action:
Marvin Woodward talks about Big Brothers
Bashaun Brown talks about T.R.A.P. House

NEW YORK TIMES BESTSELLER

The Other
Wes Moore

One Name, Two Fates

"An extraordinary story...a compelling and illuminating debut." —*Booklist*
"A powerful and timely work." —*Chicago Tribune*



Wes
Moore

ONE
BOOK
ONE
Bloomfield
2016
The Other
Wes Moore



Bloomfield Public Libraries

Prosser Public Library One Tuxedo Avenue
P. Faith McMahon Wintonbury Library 1015 Blue Hills Avenue
www.prosserlibrary.info

Living into Right Relations

**Saturday, October 22,
9am-1pm**

**in Barnstable, MA
(Directions)**

For religious professionals, lay leaders and members at large. We encourage participants to come in congregational teams.



PRESENTERS: Hilary Allen and Meck Groot, New England Region UUA

At their best, our congregations are places where people can develop the skills and practices to bring the love and grace of Unitarian Universalism into the world. Developing these skills and practices, however, is not always our priority. Instead we sometimes find ourselves engaged in "fake fights" or other unhealthy behaviors to advance what we think is best for the congregation. In this workshop, we will explore the invitation of right relations, and how it allows us to stay connected, or reconnect, for increased potential for personal and congregational wellbeing. We will look at what it means to be in right relation - with oneself, with each other, as a congregation, and a religious movement - and consider practices and strategies that help us live into right relation every day including teams and covenant.

LOCATION: Unitarian Church of Barnstable, MA (Directions)

REGISTRATION FEE: \$25 per person which includes morning refreshments and beverages.

USH TEAM is being formed; do you want to join us at this event ? Reply to Martha Bradley, Marye Gail Harrison or Ed Savage -Submitted by Ed Savage



DAYBREAK

At HARTFORD

Activities and Meal program designed with a caribbean flavor

Introducing the New ENZ Program

The same Premier program with a different time slot

- Medically Supervised Rehabilitation & Social Services
- Alzheimer/Dementia Care Program
- Therapeutic and Recreational Activities
- Entertainment, LUDI, Exercise, Bingo, Dominoes and Billiards
- Socialization & Community Excursions
- Delicious, Nutritious Dinner and Snacks
- Accessible Transportation
- Daily Pick-up and Drop off from home

'Providing A Comfortable Place For Your Loved Ones To Enjoy Their Afternoons'




www.daybreakathartford.com

860-523-0108
Call NOW to schedule transportation and enjoy an afternoon at the ENZ Program as our guest

Open: Monday & Thursday 2:30pm - 7:30pm 243 South Whitney Street
 Hartford, CT 06105

Weekly Reminders:

Would You Like to be Part of a Great Team? ~ How about the USH Sunday Welcome Team? Please contact Linda Clark (at: ushlindaclark [at] gmail [dot] com, or phone the office at 860-233-9897 or talk to Brian Harvey if you are interested in being part of this wonderful group of volunteers. It's what makes USH outstanding in its open and friendly atmosphere to help first-time and newcomers feel welcome, find their way around our Meeting House, and want to return. **(If you'd like to help out in the office during the week, please contact Linda Clark)**



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. If you have ever considered joining our group, we would love to see you now 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. (Formal music training is not required)



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, Rev. 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.

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.

USH Staff:

<http://www.ushartford.com/about-us/staff/>

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Email: revheather@ushartford.com | Phone: 541-390-6052

Rev. Cathy Rion Starr, Co-Minister

Email: revcathy@ushartford.com | Phone: 541-390-7553

Rayla D. Mattson, Director of Religious Education and Rentals Manager

Email: dre@ushartford.com | Phone: 860-839-5001

Linda Clark, Office Administrator

860-233-9897 x 100 | Email: ushlindaclark@gmail.com

Rebecca Pacuk, Choir Director

rgpacuk@gmail.com

Brian Mullen, Bookkeeper

Office Hours by Appointment

Email: bmullen@ushartford.com

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.