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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ October 12, 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



**Worship Service, Sunday, October 16, 2016 ~ “We Light this Chalice for the Energy of Action” Rev. Erica Richmond, Affiliated Community Minister
Worship Associate, Sue Smolski** “We light this chalice for the warmth of love; for the light of truth; for the energy of action; and for the harmony of peace: Peace in our hearts, peace in our community, and peace in our world.”

Our 'Energy of Action' originates in our breath. Come explore the role of grounded spirit in our world.

October Good Offering Recipient – North Central Regional Mental Health Board ~ The October Good Neighbor Offering is being made to the North Central Regional Mental Health Board. The mission of the North Central Regional Mental Health Board (NCRMHB) is to partner with people with behavioral health needs, families, and communities throughout Greater Hartford. In evaluating, educating and advocating, NCRMHB informs and influences best practices, local and state policy, and access to resources that leads to the success of people in recovery and to the growth of healthy and inclusive communities.

In 1975, Connecticut decentralized its delivery of mental health services. Regional Mental Health Boards were established to fill the gap for people discharged from psychiatric facilities and ensure that state-funded mental health programs are evaluated by people who use those services.

"The North Central Regional Mental Health Board has a long track record of rigorous evaluation of effective service planning, and informed advocacy for behavioral health services. It gives voice to consumers, family members, providers and all others who have a stake in healthy citizens and communities," noted NCRMHB Executive Director Marcia DuFore. "We are grateful to the Unitarian Society of Hartford for their support of our efforts."

Rayla Mattson is now 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:

A Message from Rev. Erica Richmond

Help Haiti: Hurricane Devastation

UU USH and YOU: A Path to Membership

Sunday Service Recap | RE News You Can Use

Church Business News: Moving Forward Together: Please take the AIM Survey

FESTIVAL OF THE SEASON - DECEMBER 3, 2016 - Would you like to help?

2016 Programs for Adults and Families: Check out the many offerings throughout the year

Upcoming Special Events and Other News:

Please Help: USH Member's Last Minute Move THIS Saturday

Upcoming Special Events & News in the Larger Community

Book Discussions: USH and Fern Street UU

Missed Last Week's Enews? Click Here:

<http://www.ushartford.com/nourishing-spirit/newsletters/>

See Articles and News for USH and the Surrounding Area you may have missed.

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/>



Moral Monday CT

A Message from Rev. Erica Richmond, USH Community Minister

On Monday evening (October 10), USH member Judy Sullivan and I were arrested in an action against police brutality in Hartford and West Hartford. If you haven't already seen the video of a white Hartford officer stomping on the head of an already

subdued suspect, I urge you to learn more about it. In response to this violent and appalling incident, Moral Monday CT organized a rally of public witness in front of City Hall. The gathering eventually moved to the mayor's house and we blocked traffic to call attention to this disgraceful and inhumane police behavior. The accused officer was placed on early retirement and is currently receiving a pension of \$130,000 annually. The 8 of us who were arrested all got out of jail Monday evening. I went to court yesterday and received 3 days community service. We expect Judy and the others will get the same sentence. Member

Rachael D'Agostino was also cited for "excessive noise" (though, strangely, none of the others of us who were quite loud were cited). You can see news reports [here](#) and [here](#), or read more on the Moral Monday CT and SURJ Hartford Facebook pages.

From education reform, to anti-racism work, to Occupy Wall Street, I have been involved in social action work for years. I believe that our Unitarian Universalist faith calls us to seek the truth, to work for justice, and to take risks to create the world we ache for. Yet, Monday night was the first time I have been arrested. It was this particular incident, in this particular time and place, that compelled me. As a white person I have a responsibility to name my privilege and to the name the ways that my silence adds to a pattern of complicity and violence. At a time in our country where hate speech is becoming more and more tolerated, I believe each of us must be brave enough to say, "no, not in my name." As Unitarian Universalists we have a unique legacy of disruption and activism. And there is much more work to be done. If you are interested in getting involved please join Reverend Cathy and I in upcoming Showing Up for Racial Justice events. I am proud of USH's commitment to this history and excited about the work we are doing in the world.

Warmly,
Reverend Erica Richmond
USH Community Minister



HURRICANE MATTHEW DEVASTATION IN HAITI

As you are able, please consider donating to the Unitarian Universalist Service Committee as they coordinate response with partners on the ground to the devastation in Haiti. More details and ways to donate are here:

<http://www.uusc.org/hurricane-matthew-relief/>

Hurricane Matthew slammed into the southwest coast of Haiti, packing 145-mph winds and destroying houses and other buildings, crops, roads, bridges. Getting accurate information on conditions in Haiti is a challenge. But here's what we know for sure—this struggling country has suffered another devastating blow, and its people need our help. Immediately. (Read more at link above.) -Submitted by RevHeather




3 Sunday sessions
(Oct 23, Nov 6 & 20)
12:00-1:30 pm

Followed up with a
Membership Sunday on December 11th

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 these sessions.

Sign up at the Programs Table or contact Brian Harvey at bharvey@ushartford.com

-Submitted by Brian Harvey

Sunday Service Recap by Kayla Costenoble

"We Light This Chalice for the Light of Truth"

October 9, 2016

Photos: Harriet Gardner



"We value reason. The search for truth is a pretty high pedestal search for integrity in what matters," Rev. Cathy said on October 9, 2016, during the second

of four sermons on the meaning of the words in the Chalice Lighting we do every Sunday morning.

UU ideals are the product of the Protestant Reformation and the heretical ideas of Spanish theologian, physician, and Renaissance humanist Michael Servetus, who attacked the doctrine of the Trinity and wrote that it dishonored the idea of redemption. For this, he was burned at the stake in 1553.

This summer gave her the chance to read a lot and the ability to concentrate, Rev. Cathy told us, and much of it focused on the vast differences between two books: Jared Diamond's "Guns, Germs, and Steel" and Roxanne Dunbar-Ortiz' "An Indigenous Peoples' History of the United States."

Diamond's 500-page history of humanity seeks to explain why Eurasian people became the ones to develop the instruments of power (see book title). His theory is that the domestication of crops by nine centers of origin with constant day length, same latitude and seasonality made them capable of producing food surpluses. This gave them free time to focus on things other than food.

Dunbar-Ortiz told much the same story, but "from a different lens." She challenges the founding myth of the U.S. and shows how policy against the indigenous peoples was designed to seize the territories of the original inhabitants, displacing or eliminating them. In the U.S. today, there are more than 500 Federally recognized indigenous nations comprising nearly three million people, descendants of the 15 million who once inhabited the land. Described as a "bottom-up people's history," the book says these people created the world's largest gardens and farmlands.

"How do you make sense of different arguments?" Rev. Cathy asked. In Unitarianism, she said, "Truth is not absolute. It is a journey, not a fixed endpoint...We still have more questions than answers...It is up to us to question, to probe sources of information in an open search for truth." We have to learn to live with ambiguity, be open to change, enjoying but not succumbing to our culture's values, and paying attention. "Our chalice lighting is a reminder to do what we can," she said.

Today's service was between several celebrations--the Jewish High Holy Days, Columbus Day, and Indigenous Peoples' Day (also known as Native American day), held on the second Monday in October and, in some states and municipalities, replacing Columbus Day.

Something new and different for the USH—the installation of Rev. Erica Richmond, a life-long UU, as our Affiliated Community Minister. We not only recognize and support her chaplaincy work at Hartford Hospital, but we also recognize and affirm her role as a UU Community Minister, serving the larger community beyond our church. Happily, it also means that we have the benefit

of another minister in our midst who will preach here at least twice a year (including next week) and, when appropriate, be another ministerial resource. Welcome, Erica!

And also: Worship Associate Lisa Galinski reminded us that being here today is a “gift of time to look more deeply into the seemingly-simple words of our Chalice Lighting.” Accompanist Isaac Reguera gave us several lovely examples of his improvisational ability.



RE News You Can Use!

This week, Sunday, October 16th, there will a Time For All Ages, followed by age appropriate classes.

There will be after care for children 10 and under this week from noon-1:45pm for anyone wishing to attending any meetings, events or to just enjoy a relaxing coffee hour. The Youth Group will meet at 9:00am in the kitchen for soup making.

RE is off to a great start, but we could always use your help. If you would like more information on how you can support the RE program either in or out of the class, please contact the DRE. **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

Moving forward together! ~ Guided by our survey of the congregation, the Accessibility and Inclusion Ministry (AIM) Task Force is moving right along as we get ready for our meeting on October 23rd. During that meeting, the results of the survey will have a major impact on what we decide to suggest to the Board that the church should do over the next several years to gain accreditation by the UUA as an AIM congregation; What projects? What workshops? In what order? How they should be paid for?

These decisions will have ripple effects for many years to come and it's important stuff. If you don't have your two cents in, please do it now by taking the survey at <http://www.SurveyMonkey.com/r/Z99X2NN>

To give you a sneak preview, among other things, the more than 30 surveys that have already come in have told us:

* More than half of us say they sometimes have trouble hearing or seeing during a worship service. Can this really be true?

* Almost every respondent said they have, or have had, or were close to someone who has a mental illness. This isn't surprising to us but we wonder if our sample is too small (with about 200 members, only 33 of you have responded to our survey so far).

* And we already have some wonderful new ideas in the written comments! Keep them coming!

Whether you've taken the survey or not, we'd like to talk with you to get your views about what we should do and when we should do it. So, look one of us up during coffee hour or shoot us an email if you want to. The more we know the better!

AIM task force: Rev. Cathy, lead minister; Bill LaPorte-Bryan, chair; Debi Gosselin, secretary

Chronic Pain and Illness: Briana Bittel, leader, Paula Bleck, Lisa Campo

Food and Chemical Sensitivities: Larry Lunden, leader, Lisa Campo, Edith Savage

Learning and Intellectual Disabilities: Owen McKenzie, leader, Edith Savage, Valerie Klokow

Mental Health: Katharine Ann Anderson, leader, Gloria Francesca Mengual, Valerie Klokow, Tom Reed, Chris Dilzer, Briana Bittel, Bill LaPorte-Bryan

Mobility: Paula Bleck, leader, Briana Bittel

Perceptual (hearing, sight, sensory): Dennis Gallant, leader, Cat Lanser, Peter Magistri, Debi Gosselin, Briana Bittel, Edith Savage, Bill LaPorte-Bryan

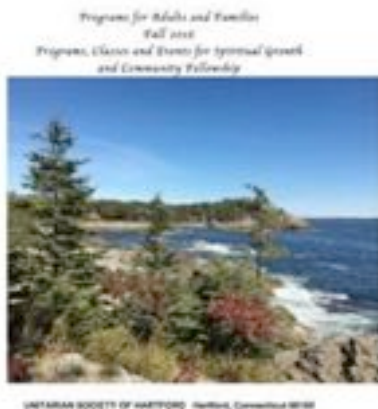
"Nothing About Us Without Us"

... "the 'social construction' of disability ... means that the main challenges disabled people face come from societal prejudice and inaccessible spaces." - from a NY Times Disability essay. -Submitted by Bill LaPorte-Bryan



FESTIVAL OF THE SEASON - DECEMBER 3, 2016 ~ The annual Festival of the Season is in its 39th year!!!! As many of you know, FOS is USH's annual holiday festival with beloved crafts for all generations, a brief worship service, and a delicious potluck dinner to kick off the holiday season with the warmth of this community. It requires the support of many volunteers to coordinate and/or staff the events and dinner so please consider volunteering your time. We will need lots of volunteers for the gingerbread house decorating craft as well as the wreath making craft, both at the time of the event and to help gather supplies. We also need volunteers to setup the night before the event and a crew of volunteers for the Potluck dinner. The co-chairs for this year's FOS are Sarah Cassidy and Nina Elgo. Please contact us if you can help. We cannot do this without you!!!

**Chairpersons: Sarah Cassidy (sarahcassidy27@gmail.com; 631-338-1357)
Nina Elgo (ninaelgo@comcast.net)**



2016 Programs for Adults and Families

Stop by the Programs Table Sunday to register for the Friday Pizza and Movie Night on November 11. Information and handouts about the programs offered at USH will be available.

The Fall 2016 Programs for Adults and Families catalog is available online. Go to <http://www.ushartford.com/>. At the top of the page, click on Building Community and then Adult

& Family Programs. In the bottom right corner, click on Adult Programs Catalog 9/16/16.

Programs

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

Friday Pizza and Movie Night: November 11, featuring “North by Northwest”.

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.

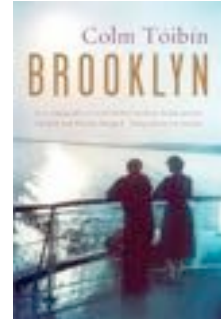
Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM.

USH Book Club-- Thursday, November 3

5:30pm in David's Den at Church

Brooklyn by Colm Toibin

Committed to a quiet life in little Enniscorthy, Ireland, the industrious young Eilis Lacey reluctantly finds herself swept up in an unplanned adventure to America, engineered by the family priest and her glamorous, "ready for life" sister, Rose.



Eilis's determination to embrace the spirit of the journey despite her trepidation--especially on behalf of Rose, who has sacrificed her own chance of leaving--makes a bittersweet center for Brooklyn. Colm Tóibín's spare portrayal of this contemplative girl is achingly lovely, and every sentence rings with truth. Readers will find themselves swept across the Atlantic with Eilis to a boarding house in Brooklyn where she painstakingly adapts to a new life, reinventing herself and her surroundings in the letters she writes home.

Just as she begins to settle in with the help of a new love, tragedy calls her home to Enniscorthy, and her separate lives suddenly and painfully merge into one. Tóibín's haunted heroine glows on the page, unforgettably and lovingly rendered, and her story reflects the lives of so many others exiled from home.

For more info. contact: Richard Groothuis - [rgroopofus\(at sign\)me.com](mailto:rgroopofus@signme.com)



In The Library
@ The Meeting House

RSVP to
Stephanie.e.briggs@gmail.com

Every Sunday after worship – 12:00 PM **20s/30s Sunday Brunch**

The 20's/30's Group is hosting a weekly brunch Sundays at noon. It's open to existing members, friends, newcomers, and visitors in their 20's and 30's. Food will be provided but guests are encouraged to bring something additional to share.

* Please let me know by Friday afternoon if you plan to join us so that we can be sure to have enough food for everyone. - Stephanie Briggs (860) 716-1920

We look forward to seeing you!

Upcoming Special Events and News in the Larger Community



Propose a Program for the 2017 General Assembly ~ It's time to submit program proposals for the 2017 UUA General Assembly! GA 2017 will be held June 21-25 in New Orleans, LA. We are especially looking for proposals that address the 2017 theme: Resist and Rejoice! The proposal deadline is Monday, Nov. 1 at 3 p.m. ET. Learn more on our website.

Connecticut UN Day, 2016 / 1-3 pm, Sunday October 23.

Refugees: Worldwide and in Connecticut.

An Opportunity to be Engaged!

Universalist Church of West Hartford, 433 Fern St., W. Hartford, CT

WEST HARTFORD - The worldwide refugee crisis is without parallel in human history. Refugees, millions, mostly women and children, are in crisis! Not since the end of WW II have so many human beings been displaced from their homes and country. They had to leave, not by choice, everything they know and love: risking their lives, yearning for a safe space to live and work with human dignity. Therefore, our focus for UN Day 2016 will be Refugees. The meeting will be held on Sunday, Oct. 23, from 1 to 3 p.m. at the Universalist Church of West Hartford, 433 Fern St. It will be followed by a Neely Bruce concert at 3 pm, a singing of the "Bill of Rights"; a fundraiser for refugee resettlement.

The program will address the following topics: 1) Refugees: a worldwide reality; 2) An examination of elements contributing to the refugee crisis; 3) Refugee resettlement and integration in Connecticut; 4) Local and statewide efforts and an action plan.

Professor Ilgu Ozler, Director of Global Engagement at SUNY, New Platz will offer an overview of the world refugee situation. Henry Lowendorf, New Haven

Peace Council, will explore issues of racism and violence which displace millions of people, compelling them to relocate. Joyce Rawitscher, Israel/Palestine Peace Group of Northeastern Connecticut, will educate us on the Palestinian refugee crisis. Janet Bauer, Professor at Trinity College and member of the Commission of Refugees and Immigration Affairs will outline refugee resettlement in Connecticut with an eyewitness account describing recent refugees being resettled and integrated into Connecticut. The moderator will be Joseph Baxer, President of the United Nations Association of Connecticut.

**For More info. contact: Joseph J Baxer / jjbaxer@gmail.com
President, United Nations Association of CT**



**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 that includes morning refreshments and beverages.

A 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



Sit Down, Break Bread and Join Book Discussion & Relationship-building with Fern Street UUs ~

Approximately 20 members from Universalist Church West Hartford on Fern Street will be joining with USH members and friends to read 'Waking Up White.' So, what is this book about and do I want to read it together with fellow UU folk? In preparation for participation in this series of dialogues, take 15 minutes this coming Sunday, October 16, at Noon at USH Servetus to learn more about the book directly from the author via a TED Talk. Let's take that first step to better understand social influences and their impacts on our perceptions of race, along with

ways to respond when faced with bias. Interested individuals from USH and the Universalist Church of West Hartford will meet together on October 30, November 20 and December 11th at noon for three two-hour facilitated dialogues to reflect not only upon the book Waking Up White, but also share our own stories and listen to those of others. We will read a portion of the book in preparation for each date. Locations will vary:

- October 30th Noon UU, Fern Street, West Hartford
- November 20 Noon USH
- December 11 Noon Location TBD

For more information, contact Gloria Francesca Mengual at gloriafmengual@gmail.com or at 860-729-2093. Take the 15 minutes this Sunday to hear from the author; then decide. -Submitted by Gloria Mengual

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@gmail.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).**



Worship Associate Anyone? ~ Hmm...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



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

Walking the labyrinth means walking over dark, uneven terrain. Please only do this if it makes sense for you, and know that it is not currently accessible for all. Perhaps, someday, with your support!

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

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

Additional Plantings that will winter over are welcome in the labyrinth. 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: 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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Rev. Cathy Rion Starr, Co-Minister
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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.

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