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

USH-Enews ~ October 19, 2016  
Worshipping Together Since 1830  
Sunday Service 10:30 AM  
Revs. Cathy & Heather Rion Starr



**Worship Service, Sunday, October 23, 2016 ~ 10:30 AM**  
**“We Light this Chalice for the Harmony of Peace ” ~ Rev. Heather Rion Starr, Co-Minister**  
**Worship Associate, Laurie Kelliher**  
Rev. Heather Rion Starr, Co-Minister—The fourth and final sermon in our 4-part sermon series exploring our weekly Chalice Lighting words in greater depth. “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.”

**Love to sing but don't have the time to join choir?** This Sunday is your time to shine! The USH Choir is having a “come one come all” sing-along day Sunday, October 23rd. This is a one-day-only commitment in which you come a little early to services to learn a few songs and sing them at the service that day. Rehearsal will begin at 9:30 and will be lots of fun. **Contact Rebecca Pacuk at [rgpacuk@gmail.com](mailto:rgpacuk@gmail.com) if you have any questions. Hope to see you there!**

**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](mailto: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:**

UU USH and YOU: A Path to Membership | Come to the USH Halloween Breakfast Buffet on Sunday Morning, October 30th

Sunday Service Recap | RE News You Can Use

Church Business News: Unitarian Society of Hartford seeks a Religious Education & Ministers' Assistant | Curious about what the AIM survey says about our church?

Festival of the Season - December 3, 2016

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

Upcoming Special Events and Other News: Do you love music? Theater? | All Are Welcome: Joint UCWH and USH Thanksgiving at 1PM

Upcoming Special Events & News in the Larger Community

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](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! )

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



**UU  
USH  
&  
YOU**

**A Path to Membership**

**Free child care provided.**

Rev. Heather will be present for these sessions.

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

Followed up with a **Membership Sunday on December 11<sup>th</sup>**

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.

Sign up at the Programs Table or contact Brian Harvey at [bharvey@ushartford.com](mailto:bharvey@ushartford.com)



# Halloween Breakfast Buffet

9:00 – 10:00 am Sunday, October 30<sup>th</sup>



- ★ Come enjoy the fun! You get pancakes with various ingredient and topping options, veggie sausage patties, bacon and beverage. Come in costume or just take in the festivities around you.
- ★ The cost is \$5 per person or \$15 per family. Proceeds will benefit the USH General Fund
- ★ We also have premium tickets at \$10 per person. It's the same food - but you'll just feel better knowing you're helping a good cause!

-Submitted by Brian Harvey

**Sunday Service Recap by Kayla Costenoble**  
**"We Light This Chalice for the Energy of Action"**  
**October 16, 2016**

Photos: Harriet Gardner



**“Where will your breath guide you this week?”** Rev. Erica Richmond asked during her sermon at the USH. Recently installed as our first Affiliated Community Minister, Rev. Erica serves as Palliative Care Chaplain for Hartford Hospital in her role as a UU Community Minister serving the larger community beyond our church. Her sermon’s topic was on, appropriately, the “energy of action” words in our weekly Chalice lighting.

Rev. Erica definitely began her formal affiliation with us not with a whimper but a bang. She, together with UU member Judy Sullivan and six other protestors, were among those arrested by the Hartford police on October 10 (Moral Monday CT) for blocking traffic in front of the mayor’s house, being noisy and, in her case, attempting to take pictures as they protested, in her words, “the disgraceful and inhumane police behavior...of a white Hartford officer stomping on the head of an already subdued suspect.”

So what is the connection between breathing and protesting? The importance of breathing was an integral part of the service. Rev. Erica told a story to the many youngsters crowded around the Chancel steps about a grumpy cow named Peter who was having a particularly bad day. His grandfather gave him a mason jar filled with glitter and sparkles, filled it with water, shook the jar, and told Peter to take deep breaths and continue doing that until the sparkles sank to the bottom. Maybe we all have to find and use our own special calming jars.

Rev. Erica’s words introducing our Turning Inward time were a meditation by Rev. Samuel Trumbore of the UU Society of Albany:

Let us turn inward now  
 Feel the rhythm of the breath...  
 Letting go of yesterday and tomorrow...  
 There is safety here in the rhythm of the breath...  
 Cultivate inner peace and inner safety in this sanctuary...”

“The onslaught of news can overwhelm us,” and make us wonder if we have the energy to move forward, Rev. Erica said. The struggle with hate speech during the election cycle can feel like too much. She used words from Rev. Carter Heyward, Episcopal priest, lesbian feminist theologian, and professor: “We seldom feel brave with what is happening in the world around us. Courage is a radical spiritual act and love is what we do with our lives.”

Courage, love, AND anger are all important, Rev. Erica said. Anger is not the opposite of love, she said. Active in Showing Up for Racial Justice (SURJ) and Black Lives Matter, the cycle of violent confrontation around the country and in Hartford makes her angry and pushes her to take risks. Change and a spiritual commitment to radical action are called for.



In her work in palliative care, Rev. Erica said she can tell when someone is approaching the end of life by their breath. "Breath soothes our soul in ways that words can not." We live with the false notion that we have to be stressed to be successful. We can "breathe ourselves into a different state," calm and restore ourselves and provide us with the energy to act. Sitting in their holding cell on October 10, Rev. Erica and her partners sang the Meditation Hymn we sang in today's service: "When I breathe in, I'll breathe in peace; When I breathe out, I'll breathe out love."

We had a full and robust choir Sunday, and they did justice to Norwegian-born and Julliard-educated Oja Gjelo's "Ubi Caritas," a Georgian chant whose words include:

Let us love each other with a sincere heart...  
Beware, lest we be divided in mind.  
Let evil impulses stop, let controversy cease.



**P.S. from RevHeather:**

"I appreciate church in a whole new way after this past Sunday, because it was our (Revs) weekend off and I got to attend church as A Parent, solo-parenting for the weekend, and Someone Else Spent Time with My Kid for free (or pay/pledge-what-we-can) (in a thoughtfully-prepared Religious Education class) for a full 40 minutes while I got to soak in a profound, beautifully-crafted sermon by the Rev. Erica Richmond and gorgeous music (Ubi Caritas in four-part harmony) from the Choir, directed by Rebecca Grace Pacuk. I mean: I just got to Sit There. It was fabulous. And oh: when the Order of Service has a coloring sheet on the cover, we need to prepare to hand out more crayons and have more copies! Good stuff! Deep thanks to all involved"

**RE News You Can Use!**

The nursery will be available from 10:15-11:45AM for infants and toddlers ages birth to three for the morning worship service. There will also be after care until 2:00pm this week. There will be a Time For All Ages followed by age appropriate classes.

On Friday, the 21st, our Coming of Age group and their parents will meet at 6:00pm. Dinner will be provided.

Saturday, the 29th, the Manchester congregation will be hosting our youth. They will also have a trunk-or-treat for younger kids from 6-8pm. Please join them and the DRE in this fun family event. 153 Vernon St. W. Manchester, CT.

Nov. 13th we will have a baby and child dedication. Please speak with the DRE if you would like to discuss dedications or if you would like to have your infant or child dedicated on that day.

RE is off to a great start for 2016-2017 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:

#### **Unitarian Society of Hartford seeks a Religious Education & Ministers' Assistant**



#### **Position Description**

The Religious Education (RE) & Ministers' Assistant will work two Sundays a month with the Religious Education Program supporting the Director of Religious Education (DRE) by setting up classrooms, tracking attendance, supporting teachers and being the "face" of RE when the

DRE is away or unavailable. The Assistant will also provide administrative and filing support to the Co-Ministers.

Pay: \$13/hour for an expected 3 hours weekly. This position is non-exempt and eligible for overtime.

**Reports to: The Director of Religious Education, primarily, in coordination with the Co-Ministers.**

#### **Essential Functions**

Provide Sunday morning support for the DRE and assist with classroom administration.

Assist in tracking and maintaining RE attendance.

Assist Co-ministers with filing, organizing, and other office maintenance.

Assist Co-ministers with special projects as needed.

Core Competencies

Understanding of, appreciation for and support of the basic principles of Unitarian Universalism or willingness to learn  
 Strong organizational skills  
 Ability to work with volunteers and staff  
 Ability to focus and follow through on details  
 Competent in MSExcel, MSWord, GoogleDocs, and other basic computer skills  
 Independent, self-directed, organized and committed to follow-through  
 Warm and caring attitude with children, youth and adults  
 A positive attitude, a spirit of love, humor and optimism a plus!

**Hours:**

Two Sunday mornings a month from 9:30 AM -12:30 PM  
 Two weekdays a month during regular business hours to be scheduled with the Co-ministers

**Note:** We are open to splitting this into two positions. If you are available on Sunday mornings but not during the week and you are an excellent candidate for the RE Assistant, please note that in your cover letter.

To apply: Send an email with the subject "RE & Ministers Assistant" with a cover letter, resume, and three references related to your skill and experience, to [dre@ushartford.com](mailto:dre@ushartford.com). Preference given to applications received by November 8, 2016.

**The Unitarian Society of Hartford is an Equal Opportunity Employer. USH hires without regard to gender, race, sexual orientation or national origin. USH is a friendly and active liberal religious congregation. Learn more about us on our website, [www.ushartford.com](http://www.ushartford.com).**

**Curious about what the AIM survey says about our church?** ~ So far, 37 people have responded to the AIM task force's survey of the congregation. Go here if you want a summary of what they said.

<https://www.surveymonkey.com/results/SM-5F9M38BX/>

The task force will be meeting after the service on Sunday to review these results and develop plans for the disability related projects, workshops and worship services that will take place over the next few years which we'll recommend to the Board. We'll also decide when to close the survey and it will be pretty soon.

But there's still a little time left for you to let us know what you think. To take the survey, go to

<http://www.SurveyMonkey.com/r/Z99X2NN>

A few of us will be under the stairs during coffee hour a week from Sunday, on the 30th, to answer any questions about AIM and listen to your thoughts and suggestions. So join us then if you want to learn more and let us know what you think.



**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

3:30 p.m.– 7:30 p.m.

Mark your calendar for the 39th Annual Festival of the Season!

Join us for USH's annual holiday festival to kick off the holiday season with the warmth and fellowship of this community.

- \* Beloved crafts for all generations
  - o Gingerbread House making
  - o Wreath decorating

o Cookie decorating

\* Coffee House music in chapel

\* Caroling & visits with Santa

\* Worship Moment in Sanctuary

\* Delicious potluck dinner capped off by the traditional 12 Days of Christmas zany sing-a-long

**VOLUNTEERS NEEDED FOR EVERYTHING!!!**

Please contact us below if you can help. Online sign-ups will be available soon. We cannot do this without you!!!

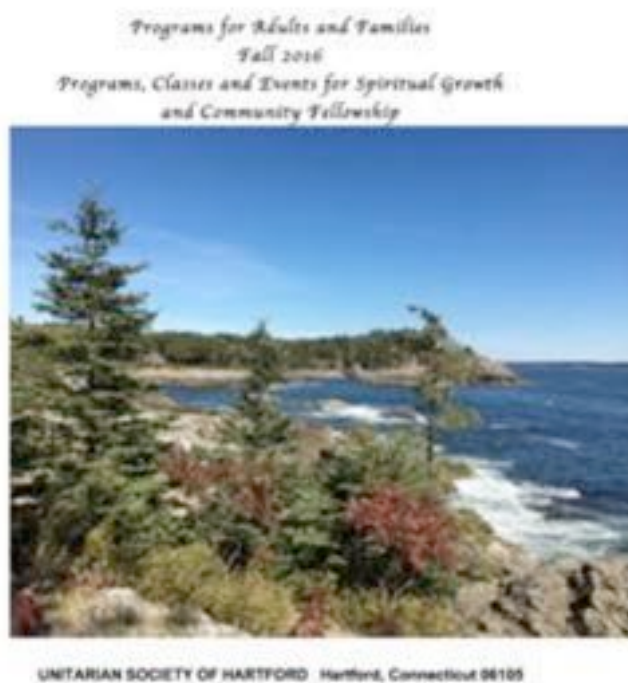
### **CHAIRPERSONS**

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

### **DONATIONS TO FOS NEEDED!!**

**CHRISTMAS WREATH ORNAMENT donations!!** Are you downsizing or have holiday decorations which you can contribute to our wreath decorating craft? We can use ornaments (ideally unbreakable and of a size that will fit on a wreath), ribbons, etc....Please drop off on the table in Margaret Fuller, the Chancel Arts room. Contact: Kathie Ferguson: kwfinteriors@sbcglobal.net

**DON'T FOIST YOUR EXTRA HALLOWEEN CANDY ON COLLEAGUES AND FRIENDS WHO ARE ON A DIET!!!!** Save and donate to FOS to use to decorate the Gingerbread Houses! Please drop off in the Youth Group Room. **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.

You may call Janice Newton (860.677.1121) or email her at janicecewton(at sign)gmail.com to register or for program information.

## Programs

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.

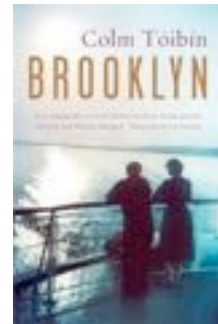
Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM

## 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).**

## Upcoming Special Events and Other News



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

In The Library  
 @ The Meeting House

RSVP to  
 Stephanie.e.briggs@gmail.com

We Look forward to seeing you!



**Do you love music? Theater?**

**USH is looking for someone to head Arts and Entertainment Committee.**

I receive many requests from performers asking if USH would be interested in hosting them. Since USH no longer has someone to organize these events, we have had to decline. **Please contact Linda Clark at**

**ushlindaclark(at sign)gmail.com if you are interested in bringing the many talented performers to USH. Thank you!**



**All Are Welcome:** ~ Joint UCWH and USH Thanksgiving 1PM. You are all invited to Thanksgiving in Fiske Hall at the Universalist Church on Fern Street in West Hartford, especially if family are not celebrating with you. Donna Lieben has volunteered to prepare the Turkey. **We ask, if you are able. bring a dish. If you need a ride, contact the office (860-**

**233-3669x106) and we will make an arrangement. (Image: ohmyveggies.com)**

## Upcoming Special Events and News in the Larger Community

### **Climate Stewardship Summit: *A Greener Future***

**Sunday, November 13, 12:00-6:00 pm (reception to follow)**  
 CCSU Student Center, 1615 Stanley St., New Britain, CT

Join us for a half-day conference where we will discuss strategies to achieve the greener future that the planet needs. We will hear from climate activist and University of Vermont student, Gina Fiorile, who has spoken at both the White House and the United Nations. There will be a plenary session and several workshops on topics including the impact of meat on the climate, electric vehicles, political action, and working with youth. **Special concert by renowned singer Kate Callahan at 12:00 PM!**



Suggested  
 donations:  
 \$30  
 Students: \$10

Register at: <https://climatestewardshipsummit4.eventbrite.com>

Information: [terri@irejn.org](mailto:terri@irejn.org)

*Co-sponsored by Interreligious Eco-Justice Network & Central Connecticut State University*



### **Living Your Faith - An Interfaith Journey**

**Contact Tom Gervais 860-558-3000 with questions.**

**Day / Time – Wednesday, 7:30 – 9:00pm**

**Dates – Meet for 12 sessions, every other week from January 10 to June 13**

**Location – Rotates among the four congregations**

**Extras – There will be a couple of pot-luck dinners to**

**be scheduled later.**

Living Your Faith is an intensive 12-week interfaith discussion group in which participants define / discuss their faith and its impact on their lives. The program will include participants from Faith Congregational Church, Congregational Beth Israel, The Islamic Association of Greater Hartford, and the Unitarian Society of Hartford.



It's expected that participants will bring a variety of traditions, opinions and perspectives to the group. Participants will be encouraged to use deep listening to be present for, and accepting of, the diversity. It is hoped that participants will find commonality in their human struggles and aspirations, despite the diverse traditions.

Logistics:

Program participation will be capped at 12 to provide enough space for sharing. This means that each faith community provides three members.

Meetings will be held on either Tuesday or Wednesday evening from 7:30 – 9:00.

Meeting locations will rotate among the participating congregations, so potential participants must be willing to travel to Hartford, West Hartford and Berlin.

**-Submitted by Tom Gervais**



### **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? 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](mailto:gloriafmengual@gmail.com) or at 860-729-2093.-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 \[at\] gmail \[dot\] com](mailto: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](mailto: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:

A Folding Lightweight Table to use at various events

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.**

**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: 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.

**USH Staff:**

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

Rev. Heather Rion Starr, Co-Minister

Email: [revheather@ushartford.com](mailto:revheather@ushartford.com) | Phone: 541-390-6052

Rev. Cathy Rion Starr, Co-Minister

Email: [revcathy@ushartford.com](mailto:revcathy@ushartford.com) | Phone: 541-390-7553

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

Email: [dre@ushartford.com](mailto:dre@ushartford.com) | Phone: 860-839-5001

Linda Clark, Office Administrator

860-233-9897 x 100 | Email: [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com)

Rebecca Pacuk, Choir Director

[rgpacuk@gmail.com](mailto:rgpacuk@gmail.com)

Brian Mullen, Bookkeeper

Office Hours by Appointment

Email: [bmullen@ushartford.com](mailto:bmullen@ushartford.com)

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.