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

**USH-Enews ~ December 14, 2016**  
**Worshipping Together Since 1830**  
**Sunday Service 10:30 AM**  
**Revs. Cathy & Heather Rion Starr**



Image: UUA.org

**Worship Service, Sunday, December 18, 2016 ~ 10:30 AM ~Rev. Cathy Rion Starr, Co-Minister and Rayla D. Mattson ~ Peter Meny, Worship Associate "Love is an Open Door: A Multigenerational Service" ~ Let us travel through the darkest time of the year together, celebrating community and the light of love with music from the movie "Frozen."**

**The USH Regifting Sale is also on December 18th during coffee hour. Do your shopping here and support the work of this congregation!**



**Vespers Service, December 14th**  
 A special candlelight contemplative service of chanting and silence on Wednesday, December 14th at 7:00pm to provide an oasis of calm beauty. **Contact RevCathy if you'd like to bring your instrument or voice to share.**



**Help Us Create Community at the Meeting House on Christmas Day**

Christmas Day is a Sunday this year. Are you going to be here in the area on Christmas Day, without other morning plans or commitments? Would you be interested in helping create a simple worship service and community energy here on Christmas morning? Please let us know if you would like to be here and/or can help in any way on Christmas morning. Will you be coming? --**Rev. Heather, revheather(at sign) ushartford.com.**

**Please Note: There will be no E-News on December 28th**

**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:**

Sunday Service Recap | RE News You Can Use

Church Business News: AIM Update

2016 Programs for Adults and Families: If you have a Program You'd Like to Start, Now is the Time

Things You Can Do in response to the Election: Go to the Women's March-See More Info [HERE](#)

RevHeather Launches "40 Days. Focus!" Effort

Upcoming Special Events and Other News: Last Day for the USH Re-Gifting Sale this Sunday! | Donate Christmas Decorations for Next Year's Festival of the Season Now.

Upcoming Special Events & News in the Larger Community: "A Welcome Home For All" at Fern Street

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 or find a link on the USH Facebook Page Here.

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 look at the calendar the day you email a request to reserve space to make sure the space is available. This will help me to avoid double booking rooms. Thank you. 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! ~Linda

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



**Rev. Heather was interviewed on WRCH 100.5 FM about her trip to Standing Rock, North Dakota**

Some of you may have heard one of our first-time visitors this past Sunday mention that she'd come to the service because she'd heard Rev. Heather on the radio earlier that morning! Rev. Heather was interviewed by Rev. Dr. Shelley Best on the show "Rich Answers: Talks with Changemakers" about her trip to North Dakota to speak out against the Dakota Access Pipeline. Here's the link, though we're having trouble accessing it--let us know if you are able to play it!

<http://wrch.cbslocal.com/2016/12/11/rich-answers-rev-heather-rion-starr-unitarian-society-of-hartford/>

## Sunday Service Recap by Kayla Costenoble ~ Dec. 11, 2016

### “Disciplined Spirit”



Photos: Bob White



Photo: Peter Meny

There are 40 days from today (in case you weren't counting) until Donald Trump is inaugurated, Rev. Heather reminded us during today's service. Although "I wake up every morning feeling overwhelmed," we must use these days to keep strong, love more fiercely, build resistance in ourselves and in our community, AND defend and protect all the marginalized communities that are at greater risk now, she said.

"December is such a crucial time," Rev. Heather said. At this time last year, her sermon topic was "Just Get Me Through December." This year, she has a new countdown: "40 Days of Focus...and Beyond." She read a long list of names and events for whom 40 days was important—including Moses, Jesus, and Noah—and all endured testing, trials and tribulation.

We must be clear in choosing where our priorities are. It is important to pick issues we are especially concerned and passionate about, and get ourselves

organized to do more in an “urgent attempt to protect the vulnerables,” she said. To jump-start these 40 days, members were given two blank file cards and a pen. On each, we were asked to write what we are personally “doing/reading/thinking/planning on/committing to.” This will begin a church-wide effort to brainstorm, list, organize, fine-tune and flesh out ways to build resilience and focused action-taking in our local communities. One card we gave back to Rev. Heather; one we kept to remind ourselves what we had written.

As we have come to expect and look forward to, appropriate words from others enhanced the service. Poet Adrienne Rich, who died in 2012, explored issues of identity, racism, sexuality, and social justice but was best known for political verse in the Vietnam War period. Some words from her “What Kind of Times are These”:

I’ve walked there picking mushrooms at the edge of dread,  
 but don’t be fooled  
 this isn’t a Russian poem, this is not somewhere else but here,  
 our country moving closer to its own truth and dread,  
 its own ways of making people disappear.

Rebecca Gordon, astrologer, author, philosophy teacher at the University of San Francisco, worker for peace and justice nationally and internationally, posted this at 4:39 p.m. on November 20, 2016:

“I’m old (62), a little ragged around the edges and prone to the occasional night terror. But I’m too old and too stubborn to cede my country to the faces of hatred and a nihilistic desire to blow the whole thing up just to see where the pieces come down. I’ve fought, and organized and loved too long to give up now.”

On a happier, lighter note, we welcomed 11 (!) new members into the USH: Adam Brown, JoAnne Bauer, Miriam Byroade, Laura Stewart Cipriano, Paul Cipriano, Lisa Galinski, Maxx Gianni, Julie Grace, Lindsey Jones, Thom Rowell and Linda Lee Stein. They made a vocal commitment to this community to respect its heritage, support its health, contribute their talent, time and resources to assure that it is a generous, learning community of service. After the service, they signed the USH Membership Book and had a group photo followed by cake and ice cream.

Rayla’s message (to all of us) was particularly potent today. During her week just ended, she was “not in a very good place,” and wanted to lash out. Once, on her way home, she passed a homeless man just standing on the street and she “cried all the way home.” Then she made a big breakfast, took it back and gave it to the hungry and grateful man. They hugged, and she had “channeled my negative feelings into something positive. We should do this again and again and again.”

The Rion Starr family was much in evidence today. They led us in our gathering song (Sweet Honey in the Rock's "We Are the Ones"), as Rev. Heather sang the low notes, Rev. Cathy the high notes, Robin shook the tambourine, and we had our choice of whom to follow. Also, they replaced the 16th Black Lives Matter signs stolen from the church's front lawn; Rev. Heather vowed "We refuse to be silenced." And she had changed the first verse in Hymn 168 to be sung as "We will (s)take one more sign (replacing "step") 'til there is peace for us and everyone."

I was delighted that the line to light candles of memory and hope was so long because it gave our pianist Isaac time to create the wonderful variations on "Spirit of Life" he is wont to do. Music to my ears.



Photos: Bob White



**RE News You Can Use!** ~ The nursery will be available this Sunday, December 18, from 10:15-11:45AM for morning worship. There will be after care for those 10 and under in the nursery until 1:45PM for parents to enjoy a longer cup of coffee or to attend meetings or discussions. Those between the ages of 10-14 will be in the Youth Room during that time period. If you are staying later, please consider bringing snacks for your child or preteen. Thanks.

This week is an All Ages service. We will be celebrating the Winter Solstice and look forward to spending that time with all of you in worship. There will be fidget bags for our young ones full of activities.

Please note that Christmas and New Year's Day both fall on Sundays this year. The DRE and the RE staff will be taking those days off to enjoy them with family. There will still be services here and we invite you and your family to come and worship. There will be activity packets for children and preteens who attend with their families.

### **A Special Message from Rayla:**

For those of you who were here on Sunday, you know that this has been a really trying time on me and on my heart and on some of your hearts as well. I feel like I need to do and give more of myself during these uncertain times. It is helping me to hold myself together. On my way to one of my other jobs last night, another opportunity presented itself. In that moment I knew what I had to do. I was going to be late for work as my heart strings were pulling at me in that moment to act. As part of Rev. Heather's call to action, and as my own heart calls me to do, I will act out of love and kindness over and over and over again. I will Stand on the Side of Love! When I got home, I spoke with my kids about making sacrifices in order to go above and beyond in our commitment to do what was right. I explained to them the impact they would experience because of the action I took. And they agreed that I had made the right decision to stop and act with a kind and loving heart and they were okay with the impact. It calls to me and it fills me and they get that.

When I arrived at USH today, there were two notes left for me. I don't know who left them but I want to thank you from the bottom of my heart. It was a huge blessing and I am grateful. It is someone reaching out in kindness and that kindness rippling to another and another. One of the quotes in one note reads, "Never believe that a small group of dedicated people can't change the world. For indeed, that's all who ever have." –Margaret Mead. I pledge to be one of those dedicated people. And like I said on Sunday, "I will let the hurt fuel my heart and not my hate." **Namaste.**



## Hands on Hartford

### Warm Drive For the Homeless





Supplies Needed:

- ❖ New socks
- ❖ Toothpaste
- ❖ Toothbrushes
- ❖ Feminine products



Where?  
Under the Christmas tree in  
the front foyer

When?  
December 3, 2016 – January  
1, 2017

The USH Youth Group Drive for Hands On Hartford - Remember that the Youth Group is still collecting Brand New Socks, Toothpaste and Toothbrush dental supplies and Feminine products to contribute to Hands On Hartford Drive for the Homeless. Please deposit all contributions at the Christmas Tree in the Foyer!  
**Thank you!!! Sponsored by the USH Youth Group -Submitted by Nina Elgo**

**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:**

#### **AIM Team's Project and Workshop Plans**

As part of the process of gaining accreditation from our denomination for being a church that's particularly accessible, welcoming, inclusive and supportive of people with physical, mental or psychological disabilities and their families, the AIM (Accessibility and Inclusion Ministry) task force has just submitted a 24-page document to the UUA with the details of our congregation's plans for the next several years.

The plans include a series of workshops for the congregation (we're already planning for others that aren't listed here) and these proposed projects. The member of the AIM task force responsible for overall coordination of the workshop or project and the group of people in the church they'll be working with is shown in parentheses.

## **Workshops**

“Sharing Our Stories” worship service in April of 2016 (Paula, Katharine Ann and Bill)

Free at Last Players performance following the worship service (Katharine Ann)

Hearing Loop Workshop offered in November after the loop was installed (Bill)

RE Teacher Training focused on working with children with a disability (Rayla and Bill)

Workshops based on some of the essays in the NY Times “Disability” series (Gloria)

## **Projects**

Install a hearing loop in the Sanctuary in September of 2016 (B&G and Bill)

Reach out to the American School for the Deaf (Bill and Cat)

Continuing additions to our website to reflect Meeting House accessibility (Communications and Tom)

Build an accessible playground (B&G and RE and Paula, Rayla and Rev. Cathy)

Install better lighting in the Sanctuary and improve the stairs (B&G, Dennis, Edith, Briana and Paula)

Install a projection system in the Sanctuary (B&G and Paula with husband Aaron)

Restart a support group for people with mental health issues (Briana)

Start a support group for families with someone with mental health issues and people close to someone with mental health issues (Katharine Ann)

Provide ASL Interpretation in worship services (Cat)

Design emergency evacuation procedures (Membership, Rayla and Larry)

As you can see, this is a bold, exciting, visionary plan that will go a long way toward moving USH and our Meeting House into the 21st Century. It will involve the whole congregation and improve the lives of all of us, so please talk with anyone on the AIM team if you have any thoughts or suggestions. We need to hear from you!

## **AIM task force sub-groups:**

Chair - Bill LaPorte-Bryan, Secretary – Debi Gosselin, Lead minister – Rev. Cathy Rion Starr

Mobility – Paula Bleck, leader, Briana Bittel

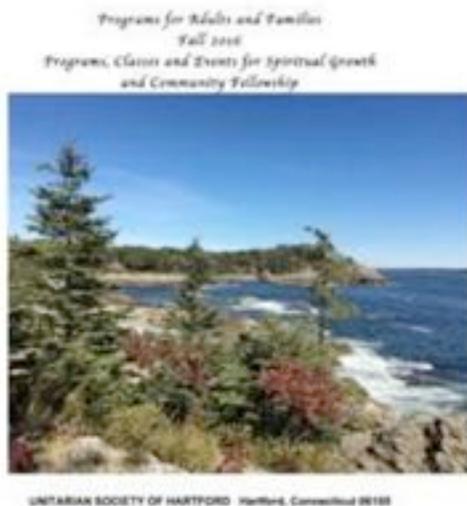
Perceptual (e.g., hearing, sight, sensory) – Dennis Gallant, leader, Bill LaPorte-Bryan, Cat Lanser, Peter Magistri, Debbie Gosselin, Briana Bittel, Edith Savage

Chronic Pain and Illness – Briana Bittel, leader, Edith Savage, Paula Bleck

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

Learning & Intellectual Disabilities – Owen McKenzie, leader, Edith Savage

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



## 2016 Programs for Adults and Families

We wish you very Happy Holidays and will look forward to seeing you at the Programs Table in the New Year.

In the meantime, have you been thinking about a workshop or program that you would like to offer this Winter or Spring?

We'd like to include your program, workshop, or event in the listing of the 2017 Winter/Spring Programs for Adults and Families.

On Sundays, there will be handouts for your course, event, etc. at the Programs Table for visitors as well as for members and friends. Registration for your program, course, etc. and any required payment can also be done at the Programs Table.

To obtain a Program Proposal form, you may go to <http://www.ushartford.com/>. From the Building Community pull down menu at the top of the home page, click on Adult Programs. In the lower right corner, click on Propose a Program Form. The form is also available at the USH office. Please attach a detailed paragraph in Microsoft Word (if possible) about the program to the completed Proposal Form that can be used for promotion. Please email the completed Proposal to Janice Newton at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com).

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

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 DharmaGathering: Wednesdays, 5:45 – 7:00 PM. Except Dec.

Last meeting date for 2016 will be Wednesday, December 21 2016.

We will begin again on January 18 2017. Any questions please contact Jan Bennett, chair2clinic@juno.com

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

Last meeting date for 2016 will be Wednesday, December 21 2016.

We will begin again on January 18 2017. Any questions please contact Jan Bennett, chair2clinic@juno.com

**2nd Principle Things You Can Do** ~ RevHeather launches "40 Days. Focus!" effort

In the wake of the 2016 Presidential Election, I wake up every morning feeling too-easily overwhelmed. I know I can't let myself slip into numbness and people I care about can't afford for me to tune out. Recognizing my own need to not get overwhelmed, scattered, or be constantly in reactive mode, I thought of using the 40 Days leading up to the January 20 Presidential Inauguration as Days for Focusing: shoring up our energy and resources, building resilience and deepening relationships that will enable us to better defend and protect all the marginalized communities we know that are now at greater risk. Will you join me, inspire me, connect with me, and help us all get stronger and be more fiercely loving as we move into the months ahead?

If you are on Facebook, type this Group name into your Search box at the top left:

Focus / 40 Days to Focus...and Beyond and ask to Join.

If you'd like to be added by e-mail, e-mail RevHeather at revheather@ushartford.com.

If you'd like to simply stay connected via the E-news, stay tuned and keep your eyes on this spot!

And for all of us: we are in this mess together. Here at the Unitarian Society of Hartford, we've had over sixty (60!) individual first-time visitors since the Election. People are seeking out this congregation as a basecamp for connection, direction, relationship-building, solace, and clear ways to organize action. Your support for the work of this congregation is crucial right now. Perhaps more than ever, and certainly more than in recent years, people need this congregation as a conduit--a way to respond, make sense out of things, find community, build

resilience and strength during difficult times. Let us support one another more than ever, now and in the days ahead. #40Focus is ongoing through January 20, 2017. Join us! **Warmly--RevHeather**, [revheather@ushartford.com](mailto:revheather@ushartford.com), **cell/text: 541-390-6052, on Facebook & Twitter**



**Women's March on Washington:** For those who have been disturbed by the rhetoric of the recent election and believe in the importance of affirming human rights, here is an opportunity to take action.

“On January 21, 2017 we will unite in Washington, DC for the Women’s March on Washington. We stand together in solidarity with our partners and children for the protection of our rights, our safety, our health, and our families -- recognizing that our vibrant and diverse communities are the strength of our country.”

Anyone interested in joining for this historic march, here are three important action steps:

1) Please register at the national event website: <https://www.womensmarch.com>

2) Visit the Women’s March on Washington - Connecticut Chapter Facebook page to sign-up for bus transportation to the march. Bus transportation registration deadline is December

21st: <https://www.facebook.com/events/1792149314392756/>

Rallybus.net has more info. and a list of FAQ's. Go [HERE](#) for more info.

(<http://rallybus.net/womens-march-on-washington/>) - **Submitted by Julie Grace**

## Upcoming Special Events and Other News

**★ USH ReGifting Sale ★**

**Drop-off Dates: Nov 20 & 27, 2016**

**Sale Dates: Dec. 4, 11 and 18 (after worship)**



Re-Gift?

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Find a new home for all your unwanted items (New, or like new, preferably smaller than a breadbox. ★ Do your holiday shopping. ★ Delight someone else who may love your item. ★ Clean out your closet. ★ Help the environment / conserve resources. ★ Make money for USH

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★ Look for new environmentally friendly products you can give as gifts this year.

★ **Sponsored by the Green Sanctuary Sub-council**





### **Festival of the Seasons - Request for Christmas Ornaments and decorations for Wreath Decorating Craft 2017!!**

Do you have Christmas decorations (ornaments, ribbons, etc.) to donate to next year's FOS wreath decorating craft? Or if you see ornaments and Christmas decorations for sale and would like to contribute to our stash, please do! It will save us \$\$ for next year. Please drop off in the Youth Group Room! -Submitted by Nina Elgo

## Upcoming Special Events and News in the Larger Community

**Spanish/English translation and childcare**

**will both be provided.**

**Submitted by Rev. Heather Rion Starr (we'd so love to see many USH'rs there!)**

**A WELCOME HOME FOR ALL**  
**UN HOGAR DE BIENVENIDA PARA TODOS**

WEST HARTFORD COMMUNITY DIALOGUE ON PROTECTING OUR UNDOCUMENTED RESIDENTS  
 DIÁLOGO COMUNITARIO DE WEST HARTFORD SOBRE LA PROTECCIÓN DE NUESTROS RESIDENTES INDOCUMENTADOS

**MONDAY, DECEMBER 19, 7-9PM**  
 SANCTUARY OF UNIVERSALIST CHURCH, 433 FERN STREET, WEST HARTFORD, CT

**PRESENTATIONS BY**

Lucas Codognolla, Executive Director, Connecticut Students for a Dream

Anna Cabot, William R. Davis Clinical Teaching Fellow  
 in the Asylum and Human Rights Clinic, UConn School of Law

Dr. Mark Overmyer-Velázquez, Director, Institute of Latina/o,  
 Caribbean & Latin American Studies, UConn

\*Habrà traducción al español  
 \*Childcare/Cuidado de niños

### Weekly Reminders



#### Do you love music? Theater?

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

I receive many requests from performers asking if USH would be interested in hosting them. We have recently had one person volunteer to help with this but would love to have a team. Please contact Linda Clark at [ushlindaclark\(at sign\)gmail.com](mailto:ushlindaclark(at sign)gmail.com) if you are interested in bringing many talented performers to USH. Thank you!

**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[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](mailto:rgpacuk@gmail.com). (Formal music training is not required).



### **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 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.

**The Archives Team** is hard at work and has added this to the USH Wish List:

Shelving for the Worship Arts and Archives for organizing the materials stored in the Fuller room. Our materials in there are overflowing the available shelving and cabinets. This will allow us to better use the limited floor space that is available. We are looking for two more metal units just like the six foot, six shelf one in there now. No casters.

Brand HDX, model 6T60184872C, stock number 100655787, or equivalent.

**Thank You, Larry Lunden, on behalf of the Archives Team**

**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)

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/>

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Rev. Cathy Rion Starr, Co-Minister

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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

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.