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

USH-Enews ~ January 4, 2017  
Worshipping Together Since 1830  
Sunday Service 10:30 AM  
Revs. Cathy & Heather Rion Starr



Image: <http://incipientinfo.com/>

**Worship Service: Sunday, January 8, 2017 ~ “Digging Down Into the In-Between” ~ Rev. Heather Rion Starr, Co-Minister ~Laurie Kelliher, Worship Associate** ~ What steps do we need to take in our lives, now, in order to build resilience, deepen relationship, become more self-aware and more engaged with the world as it is unfolding around us? What do we need to do, think, ponder, celebrate, or lift up for the sake of our and our loved ones' lives, sanity, and wholeness?



**A Note of Gratitude from the Revs.** ~ We are so grateful to all who contribute to the Ministers' Discretionary Fund that we might use it as needed to support people, families, and special unbudgeted-for USH projects as needed. We are especially grateful for this important Fund at this chilly, dark, and often-extra-stressful time of year. We appreciate being able to turn to this Fund for those who really need some help right now, and we want you to know that we have done so multiple times lately. Thanks to all who've contributed that we might quietly and confidentially care for others. Additional contributions to this Fund are always welcome; just send or drop-off a check to the USH Office with "for the Ministers' Discretionary Fund" clearly marked. On behalf of all those who rely upon the Meeting House community for support of many kinds, we thank you. **Warmly -- Revs. Heather & Cathy**

**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:**

Sunday Service Recap | RE News You Can Use

Church Business News

2016 Programs for Adults and Families:

Things You Can Do in response to the Election

RevHeather Continues "40 Days. Focus!" Effort

Upcoming Special Events and Other News

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 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/>

**Christmas Eve Service Photos**

**Our Multigenerational Candlelight Christmas Eve Service,**

**"Be A Blessing"**

**December 24, 2016**

**Revs. Cathy & Heather Rion Starr, Julie Grace, Worship Associate**





Photos: Harriet Gardner

### **Sunday Service Recap by Kayla Costenoble**

**January 1, 2017**

**“Good Morning 2017!”**

That’s a great title, but hey, wait, slow down, stop already! I was barely getting comfortable with 2016. Fortunately, two of our great (and aren’t they all?) Worship Associates—Margaret Leicach and Sue Smolski—led Sunday’s service and left me feeling quite willing to carry on. The titles of their Reflections, Margaret’s “Letting Go” and Sue’s “So, What Next?” fit my mood exactly.

Margaret wondered how many of us had made New Year’s resolutions for 2016, but had not fulfilled them or don’t even remember what they were. We Unitarians generally lack rituals other religions have, so Margaret gave us what she called a tongue in cheek Buddhist (as she is known to do) “10 to Zen” list of what to let go of, carry around with us, and repeat 10 times a day. Here’s the list from an organization called Buddha Heart:

Comparison

Competition

Judgment

Anger

Regrets

Worrying

Blame

Guilt

Fear

AND

Have a proper belly laugh at least once a day,  
especially if it's about your inability to let go  
of any or all of the above.

"The process of letting go is hard work; it takes more strength than holding on," Margaret said.

Sue suggested her "So, What Next?" question, although familiar, is, "more poignant than usual" this year. We should start every day focusing on "intention." 2016 was an especially important year for her, she said, as, newly-retired, she participated in a USH course "discussing creativity and meaning in mid-life and beyond." The course's benefits led her to write daily morning pages and ask herself every day, "How can I be a better UU today?" She sees her life as a work in progress, and has been given "hope that it is never too late to begin again, with small steps, but begin."

Sue and Margaret alternated in reading aloud Lao-Tse's "Prayer for Peace":

If there is to be peace in the world,  
There must be peace in the nations.

If there is to be peace in the nations,  
There must be peace in the cities.

If there is to be peace in the cities,  
There must be peace between neighbors.

If there is to be peace between neighbors,  
There must be peace in the home.

If there is to be peace in the home,  
There must be peace in the heart.

Music was quite special this Sunday. Guest pianist Allison Zheng performed Chopin's Etudes, Opus 25, number 1 and 2 for the service's Prelude. It is not often that our opening music is followed by applause, as it was today. Allison, a ninth grader who studies with "our" Pi-Shun at the Hartt School Community Division, won first place at the 2016 Crescendo International Music Competition. She will perform these same Chopin Etudes at Carnegie Hall on January 15!

Then Pi-Hsun led us beautifully into 2017 with Michele McLaughlin's "Winter Solstice," whose melody makes you think things can't be so bad. She played "Sunrise" for the Musical Interlude, with music by Doug Hammer and lyrics (which we did not hear) by Louise Van Aarsen. Some of the lyrics:

"It is morning when you find that the darkness that you've left behind had a way of knowing that the sun would rise again."

For a transcript of the Reflections click [HERE](#).

*It's a* **B A B Y !!!**

Please join us to celebrate Revs. Cathy's and Heather's baby on the way!

**When:** Saturday January 14<sup>th</sup> 12:30-2:30

**Where:** Fellowship Hall

**What to bring:** Bring along an object (NOT a gift) that represents your wishes or intention for the birth, baby, or parents (example: a rock to stay grounded).

If you would like to help out or if you have questions, contact Katharine Ann Anderson at [katharine.ann.anderson@gmail.com](mailto:katharine.ann.anderson@gmail.com)

Go to the following link to make a friendly wager in the baby pool (your bets on the due date, length & weight of baby):



Click [HERE](#) to make a friendly wager.

Revs. Cathy & Heather have confirmed that they will be doing a Second Parent Adoption with baby on the way given the current political situation. The estimated cost will be between \$1500-2500. In lieu of a gift, please consider writing checks (made out to USH) or giving cash donations to USH, which will be bundled and given to the Revs.

Also, in lieu of a gift, please consider bringing diapers to the baby shower, which will be donated to a local organization for parents in need of diapers. Thanks! -  
**Submitted by Katharine Ann Anderson**

### RE News You Can Use!



This week the nursery will be available from 10:15-11:45 for morning worship. There will be A Time For All Ages followed by age appropriate classes. **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:

**Attention Attention! Calling One-and-All!** ~ USH will hold a semiannual congregational meeting on Sunday January 8, 2017 following the weekly service. Join us as we meet to discuss opportunities for engagement in our beloved community, as well as stewardship and fundraising goals in 2017. We will also start to dream about where and how we would like to see our sacred space develop. Specifically, is the current Meeting House the right size/design/place for us 10 or 20 years from now? Would it benefit from a major upgrade structurally, functionally, cosmetically? Or, should we be thinking of a new, different space...? Please join us! - **Submitted by John Brancato, Board President**



**Indoor Cleanup Day Planned - On Saturday, January 21, from 9 AM to noon** there will be an opportunity for volunteers to generally clean up Meeting House spaces.

**Take note!** if you have, how shall we put it, junk or stuff stashed in various spaces you will need to label it, or otherwise identify who wants it and that it should be preserved. Otherwise, it very well may be tossed out. There is a tendency for the Meeting House spaces (rooms, shelves, closets, refrigerators, to become everyone's place to leave things behind for later or other folks to use. Such accumulations need to be periodically cleaned out. That will occur on Saturday, January 17. Please consider showing up to give us a hand in dealing with the task. Many hands make light work. -**Submitted by David Newton on behalf of Building and Grounds**



that Meditation and the NVC practice group will resume on Wednesday, January 18.

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

Friday Pizza and Movie Night: Friday, January 13, featuring "Paris, Texas."

USH Book Club: Thursday, February 9, 5:30.

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. Will resume on January 18 2017. Any questions please contact Jan Bennett, [chair2clinic@juno.com](mailto:chair2clinic@juno.com)

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Will resume on January 18 2017. Any questions please contact Jan Bennett, [chair2clinic@juno.com](mailto:chair2clinic@juno.com)

**Dinner and a Movie** ~ We'll open the year's Dinner & Movie series on Friday, January 13, with the 1984 Cannes prize-winning drama "Paris, Texas." It was directed by Wim Wenders from Sam Shepard's play, starring Harry Dean Stanton and Dean Stockwell; rated 100% on Rotten Tomatoes film website.



"Paris, Texas is a lengthy and quirky movie that is greatly enhanced by the evocative cinematography of Robby Muller and the sensitive music of Ry Cooder. Harry Dean Stanton excels in a role that finally taps into the talents of this incredibly expressive actor. The storyline, with its accent on the lost who are found and the surprise of selfless love, has a spiritual quality that seems well-suited to the desert setting of the film."\*

"This is a defiantly individual film about loss and loneliness and eccentricity."\*\*

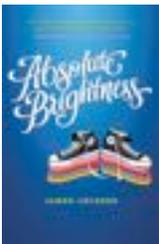
You can watch a trailer here - <https://www.youtube.com/watch?v=-S0zXc-eTgQ&sns=em>

Since the movie is over 2 hours long, we will follow this revised time schedule:  
5:15 PM for popcorn and libations, 5:45 pizza and salad dinner, 6:30 movie, followed by optional discussion.

You can reserve (\$10 each) by calling Janice (860-677-1121) and leaving a message, then paying with cash or check at the movie. Please specify your choice of meat or vegetable pizza toppings. Please reserve by Wednesday noon, January 11.

If you have reserved but find you cannot attend, please leave a voice message by noon on January 13 (860-380-7062 - no texting), so the pizza order can be adjusted.

\*[Spiritualityand practice.com](http://Spiritualityandpractice.com) \*\*[Rogerebert.com](http://Rogerebert.com) -Submitted by Nita



**USH BOOK CLUB: Next Meeting - Thursday Feb 9 at USH at 5:30PM**

**Book: Absolute Brightness by James Lecesne**

**(RevHeather's choice because it will be the basis of a play at Hartford Stage in the Spring)**

Leonard Pelkey doesn't fit in anywhere. His mother has died, leaving him with Phoebe's uncle, now his legal guardian. But Uncle Mike has plans to go to Mexico to invest in cattle. So Phoebe's mom, Ellen, arranges for Leonard to come and live with them in Neptune, New Jersey. But Neptune isn't ready for Leonard. Saying Leonard is a bit outrageous is being optimistic. Phoebe and her sister, Deirdre, treat Leonard as an unwelcome house guest, going so far as creating a living space for Leonard in the basement surrounded by filled cardboard boxes. But this doesn't stop Leonard from going full-steam-ahead with his life in Neptune. He infuses himself into Ellen's beauty shop business, and slowly, the old ladies that frequent the shop start to subtly change under his tutelage. Phoebe's mom finally starts taking an interest in her appearance again.

He even gets Deirdre to drastically change her style. But Phoebe feels left out. Leonard is showing an interest in making over everyone but her. Why does he not bother offering her tips? Then again, Phoebe has done nothing but give him a hard time ever since he moved in. But one night, everything changes. One day he doesn't return from Drama Camp. With the help of Detective Chuck, Phoebe and her family begin a long journey to find out what happened to Leonard. During the days of the investigation, Phoebe begins to acknowledge to herself that she misses Leonard and regrets all that happened between them. As the story reaches its climax with the revelation of Leonard's disappearance, the main characters reveal secrets that have been festering within Phoebe's family for years.

Mr. Lecesne writes a harrowing story of how a community can react to someone who comes off as different. Leonard infuses joy in all he does, and only too late does Phoebe realize the effort that Leonard put into showing the world such a positive face. **-Submitted by Richard Groothuis**

**2nd Principle Things You Can Do ~ Rev. Heather continues "40 Days. Focus!" effort**

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](mailto: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—Rev. Heather, revheather@ushartford.com, cell/text: 541-390-6052, on Facebook & Twitter**

### Upcoming Special Events and Other News



**Lunch Bunch to Meet:** We will meet at Concetta's in Bloomfield at noon on Tuesday, January 17. Please let me (Janice) know by noon on Wednesday, January 11th if you will be joining us.

Would you be interested in sharing your life's adventures with us? If so, please contact Tina Davies or me.

To register for the January lunch, contact me at 860/677-1121 or janicecnewton(at)sign)gmail.com You may also sign up at the Programs Table during Fellowship Hour.

We will order from the menu and will be given separate checks. I am always extremely happy to hear from you sooner rather than later!

We will gather at Concetta's Italian Restaurant, 22 Mountain Avenue, Bloomfield. We will continue to meet at noon on the third Tuesday of the month through June.

I hope you will be able to join us on January 17th. ~ **Janice Newton**

### 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 if you are interested in bringing many talented performers to USH. **Thank you! -Linda Clark**



**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 are 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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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.

