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

**USH-Enews ~ January 25, 2017**  
**Worshipping Together Since 1830**  
**Sunday Service 10:30 AM**  
**Revs. Cathy & Heather Rion Starr**



Image: [mindbodyspiritcoaching.com](http://mindbodyspiritcoaching.com)

**Worship Service: Sunday, January 29, 2017 ~ 10:30 AM "The More of Less" ~ Rev. Heather Rion Starr, Co-Minister ~ Lisa Galinski, Worship Associate** ~ "Everybody agrees that no one pursuit can be successfully followed by [someone] who is preoccupied with many things." ~Seneca

Intentionality. Generosity. Spaciousness. Calm. Focus. These all sound like good things, but how do we create the circumstances for these things in our hectic 21st century lives? Drawing upon the contemporary learnings and teachings of "typical middle-class father" Joshua Becker, we will contemplate together how to create the space in our lives and minds for what we want our lives to be more about--and what we feel the world is calling us to attend to most.

**Wednesday, January 25, 6:30-8:30 PM - David's Den ~ Spirit and Action**

Come together to have your spirit nourished in brief worship and circle sharing, followed by a facilitated open space to talk about what individuals are doing to live out our justice principles right now (and what support you need to continue those) as well as begin talking about how to deepen and build on our work as a congregation (e.g., becoming a Sanctuary Congregation, letter writing campaigns, building more bridges with impacted communities, deepening our refugee support and racial justice work, etc). Come with your spirit (however buoyant or broken), come with your longings, come with your ideas and energy, come with your questions. Families welcome (let RevCathy know asap if you'd like childcare). Let RevCathy know if you'd like to help.

Also save the date: Sunday, Feb 12 is our second annual Share the Love service -- the culmination of Standing on the Side of Love's 30 Days of Love. If you have a local group you'd like to nominate for this year's "Courageous Love Award," please let Gloria Mengual and myself know soon! ~ **In faith and love, - Rev. Cathy**

**Rayla Mattson is 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  
The Women's March in Washington Report by Diana Heymann

Church Business News  
New England and General Assemblies Approaching

2017 Programs for Adults and Families  
Focus: Resistance is Daily Practice  
Upcoming Special Events and Other News  
How We Can Help the Rion Starr Family During Parental Leave!

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 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/>

### Sunday Service Recap by Kayla Costenoble ~ January 22, 2017 "Courage and Compliance"



Photos: Harriet Gardner

Sunday, January 22, 2017, was the day after the incredible and overwhelming Women's March (plus many men and countless children) which took place not only in Washington, Boston, New York, Los Angeles, Philadelphia, Astoria, Oregon, and Hartford, CT, etc., but also all over the world!

This was one of the reasons why Worship Associate Rick Tsukada began welcoming and recognizing visitors to the USH Sunday service with an audible deep sigh and the words, "Long week, huh"? His welcome, he said, was truly for all of us—members, visitors, and to the millions in the world who met on the same day when "no one in the planet was left behind or untouched."

Rev. Cathy began her sermon with another deep sigh, confessing that she didn't know what the weekend was going to hold, as she, Rev. Heather and Robin, were among the 10,000 who gathered in Hartford, in what turned out to be the largest single-day protest in several decades—estimated to be over three million people around the world.

To assuage her fears about the many who will suffer under the U.S.'s new president, Rev. Cathy said she has been reading books about Nazi Germany, not the prison camps, but about the ordinary people who resisted because "every life matters." She told about the Bielski partisans, an organization of Jewish partisans who fought against the Nazi German occupiers in German-occupied Poland (now Western Belarus) and rescued Jews from extermination. Under this remarkable rescue mission, 1,236 Jews survived the war, living more than two years in the forest.

We also learned about Le Chambon-sur-Lignon, a Protestant Huguenot village in Southern France, which, during World War II, became a haven for Jews fleeing from the Nazis and their French collaborators. The Chambonais hid Jews in their homes, provided forged I.D.s and ration cards and helped them over the border to Switzerland, acting on their conviction that it was their duty to help their neighbors in need. "They thought what they were doing was ordinary," Rev. Cathy said.

"They had the courage to put their values first." Rev. Cathy said. "Would I have made the same choice? What would help us to get such courage? As an example of compliance, she reminded us that before 911, boarding an airplane and greeting arrivals was so easy. Now, the "new normal" is complicated and denied to many. She feels that the bar will continue to move, and we may have to choose, at some point, to yield or resist.

We have to be ready to use non-violence to not comply. This involves preparation, organization, deep roots, and strong branches. We cannot do it alone. Now is the time to get crystal-clear about our values so we would know what to do about disobeying authority. We must name the values we hold dear, recognize our privilege, build relationships outside our safety zones and "resist and protest in thousands of different ways." Although we know that we are a committed and courageous group, we must "strengthen our spiritual muscle," Rev. Cathy said. She also said that, a year from now, she hopes she will be able to say "we don't need this."

There was an especially meaningful quote in the Order of Service by Caitlin Breedlove, known across social justice movements as a leader, strategist, and writer connecting LGBTQ, racial and economic justice. She was appointed Campaign Director of Standing on the Side of Love in January 2016. She writes: "Compliance is so seductive a response because it involves simply going along

with a force already in motion...Non-compliance means we have to reckon with what evils we cannot stomach.”

Rev. Cathy read a January 18, 2017, Unitarian Universalist Association’s “Declaration of Conscience” which said, in part:

*At this extraordinary time in our nation’s history, we are called to affirm our profound commitment to the fundamental principles of justice, equity and compassion, to truth and core values of American society...We will oppose any and all unjust government action to deport, register, discriminate, or despoil... As people of conscience, we declare our commitment to translate our values into action as we stand on the side of love with the most vulnerable among us.*

Copies of the Declaration were available and we were urged to add our names to the document by going to [www.UUA.org](http://www.UUA.org) and committing ourselves to putting our UU values into action to resist hate, fear, and bigotry.

Sunday’s music really fit the service; it was from all over the world. Our gathering song, “Thula Klizeo” was a chant written by South African Joseph Shabalala, founder of Ladysmith Black Mambazo. Its Zulu translation: Be still my heart, even here I am at home. “That should wake us up,” Rev. Cathy commented after several vigorous rounds.

We sang words written by Romantic poet James Russell Lowell in 1845 in “Once to Every Soul (this word was originally ‘Man’) and Nation”

*Once to every soul and nation comes the moment to decide,  
In the strife of truth with falsehood for the good or evil side:  
Then to stand with truth is noble...*

Our choir did a stirring, plaintive rendition of “I’ll Cover You” from Broadway’s hit rock musical “Rent.”

*...I think they meant it  
When they said you can’t buy love  
Now I know you can rent it  
A new lease you are my love  
One life, all my life...*

Isaac Reguera’s playing of Chopin’s “Prelude No. 20 in C minor” continued to remind us how fortunate we are to have him with us at the USH.

It was quite a service.



**The Women's March in Washington: From your on-sight Reporter, Diana Heymann** ~ 1400 buses\* were assigned parking at JFK Stadium. It's a 3-mile walk to the Mall from there. Most folks got a Metro ticket. They recorded close to 500,000 riders on Saturday...more than any day ever! To see buses from everywhere in the Union was amazing. (There was signage on every bus to let us know from where they came)

\* 99% of the buses were the big ones. There were 3 buses at Trinity that were Dattco double deckers. We left at 1:40

am Saturday morning and arrived back at Trinity at 2:40 am on Sunday. The ride down and back, though long, was OK for me because I just slept. I was amazed and relieved as 3 Black Lives Matter folks from Hartford were on my bus. I spent the entire day with them. That was beautiful and so special.

I wore my hat as did at least half of the ralliers/marchers. It was amazing from a bird's eye view to see the sea of pink. It was even more beautiful to be part of such an outcry for human rights and moral values. These multitudes were all speaking the same language...every concern was addressed briefly from the podium during the Rally...even celebrities stayed on point. The musical choices were also short and protest-based. Gandhi and King would feel proud that their message has been heard and heeded. There was not one arrest. When the crowd roared I could hear it echo hugely right to my core! There were so many people no one could move. There were 3 huge screens set up on Independence Avenue with loud speakers so that at some points most of us could see and hear. The Mall was as crowded as Independence Ave. There was nowhere to march...the crowds stretched all the way to the White House. The Park Service had to make false openings in the barricades so that there could be movement. It took quite a while for them to get that done. The signs were inventive and everyone was taking pictures of them and admiring the art and creativity. And the drumming...it helped me to keep focused and moving even if it was only my body moving in my limited space. I got to talk to so many people: everyone from babies to the elderly and those in wheelchairs seemed not only happy to be there, but also aware of staying connected to their buddies and being patient and understanding of our mutual plight. When we were finely able to move up to 14th Street and across to the Mall (just below the Nat'l Monument), everyone felt relief. Standing on a rise on the Mall above 14th St., I watched a seemingly endless mass of marchers that kept coming across from Independence Ave. The

most beautiful was a huge group of Native Americans behind a blue banner that stretched and waved across the entire road, flying above them a mass of enormous and colorful balloons. Just as we came across to the Mall we faced the new museum of African American History/culture/art. It was breathtaking. We so wanted to go but did not know that we needed to get tickets on-line ahead of time. We did not even wait that long when we finally succumbed to porta potty lines. (Hold your breath, don't look around and get in and out as fast as possible!) We got to walk back up the Mall and then across it to the Smithsonian Metro station because the crowds, once moving, just seemed to fade away...

When we finally got back to find our bus at day's end and regardless of the fact that the lot was virtually empty at the beginning of the day and totally full at the end, I found our bus easily. We waited for 2 college-age youngsters who were in a total panic because they could not find us. It was a huge relief for all when they arrived. You were all with me in spirit. **-Image: Wikipedia**



**RE News You Can Use!** ~ This Sunday, January 29, the nursery will be available from 10:15-11:45 AM for morning worship. There will be a Time For All Ages followed by age appropriate classes. The 3rd-5th grade class will be experiencing a cultural meal. Please let the DRE know if there are any food allergies we should be aware of. Thanks.

The DRE is also looking for some residential assistance. USH will be hosting a Renaissance Module for UUA on Feb. 3rd and 4th. A few out-of-town participants could use a place to stay the night of the 3rd. If you would be willing to open your home to one of our participants for the night, please let me know. Thank you so much.

The RE program is growing and is in need of additional teachers and assistants for the remaining year. Help is needed in our 4rd-5th grade class as well as in our prek-2nd grade class. The commitment would be one Sunday a month. If you are interested and or available, 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.



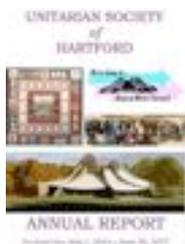
**Rowe's Summer Youth Camps** ~ From June to end of August The Rowe Center holds one-to-three week summer



camp sessions for young people ages eight through 19. Rowe Camp is a unique and magical place. Nestled into the side of Mount Adams among maples, oaks, and hemlocks, the summer camp is a place for fun, exploration, and acceptance of oneself and others. Youth at Rowe are honored and empowered through programming that embodies and balances individual freedom and responsibility to the community in a fun, relaxed, creative environment. The goals of Rowe Camp are to create a sense of community and safety, to use the environment as a learning tool, to let campers explore who they are and their relationship with others, to use art for expression, and to develop spiritual awareness and appreciation. We hope you will join us! Camp Fees are done by sliding scale and camperships applications are available. To learn more about the youth camps, please visit [www.rowecenter.org](http://www.rowecenter.org).  
**-Submitted by Rayla Mattson**

### Church Business News

**Thank You from B & G** ~ Thanks to the decluttering crew Clara Horn, Stuart Spence, Janice & David Newton, Ron Sexton, Jeff Howard, Deb & Peter Meny, Linda Ericson-Ebel, Virginia DeLima and Briana Bittel for moving stacks of books, organizing and cleaning the kitchen and organizing the library (WOW) on Saturday. B&G will discuss the best use of newly opened storage spaces at their February 12th meeting. If you have ideas for this, please talk to any B&G committee member. **-Submitted by Peter Magistri**



**2017 Annual Report Submissions** ~ Hello all, I sent an email reminder to everyone who will be submitting a report this year. If you did not receive this reminder but will be sending a report, please contact Linda Clark at [ushlindaclark\(at sign\)gmail.com](mailto:ushlindaclark(at sign)gmail.com) or call 860-233-9897. Below is an excerpt from the email reminder: "It's time to begin collecting submissions for the 2016-2017 Annual Report which will be distributed prior to the Annual Meeting on Sunday, May 21, 2017 **The deadline for submissions is Sunday, April 23, 2017.** This will enable us to have the reports available the Sunday before the meeting on May 14. Earlier is greatly appreciated. **Please send in a separate email with 'Annual Report -the Title of Report-' in the Subject.**"

**-Thank you, Linda Clark, Office Administrator**



**Have you ever wondered how you could get more involved with what goes on at USH?** Perhaps you just started coming a few years ago or maybe you've been around for a long time but, in any case, it's not easy to figure out what you could do that would be the best fit for you and where

you could help the most. There's so much going on. The opportunities seem to change almost every day. You're not alone if you aren't sure what to do. But ... have faith ... there's help on the horizon. In fact there's help right around the corner on February 5th. So ... what's happening on February 5th, you ask? An "All-Councils Fair" in Fellowship Hall after the worship service! For a full description click [HERE](#). **-Submitted by Bill LaPorte-Bryan**



**Get Involved, Find Your Niche, Get Psyched, Help Us Out!** ~ Come to the All-Councils Fair on February 5 during coffee hour. Sub-Councils will have information on what their committee does and how you can get involved. Learn about all the wonderful things that volunteers do for USH. COME! **-Submitted by Virginia deLima**



**New England Regional Assembly:  
Awaken! April 21-22, 2017**

**Regional Assembly: Awaken! New England**

Gather this spring in Woburn, Massachusetts with Unitarian Universalists across New England to celebrate our faith. Come for inspired worship, engaged learning, community singing, UUA Presidential Candidates Forum, regional workshops, fellowship and fun. Awaken your spirit!

UUA Presidential Candidates Forum with Rev. Susan Frederick-Gray, Rev. Alison Miller, Rev. Jeanne Pupke, moderated by Rev. Manish Mishra-Marzetti. Reception to follow. For more info. click [HERE](#). **Please let John Brancato, USH President, and Revs. Cathy and Heather know if you are able to attend!**

**General Assembly 2017, June 21-25, New Orleans, LA** ~ General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates.

Planning has begun for General Assembly 2017 at the Ernest N. Morial Convention Center, 900 Convention Center Blvd, New Orleans, LA 70130. [Google Map](#). Steeped in a history of influences from Europe, the Caribbean, and Africa, it is one of America's most culturally and historically-rich destinations. It is a city known for its music, food, architecture, and festivals. New Orleans is also known as a place of re-birth following the devastation of Katrina in 2005. Many Unitarian Universalists have contributed time and funds in the effort to rebuild both the city and the congregations in the area. By going to New Orleans, we can both celebrate our successes and recommit to the relationships that have been forged with this community. For more info. go [HERE](#).

**Please let John Brancato, USH President, and Revs. Cathy and Heather know if you are able to attend.**



## **2017 Programs for Adults and Families**

Stop by the Programs Table on Sunday to register for the next Friday Pizza and Movie Night February 10, a daytime Small Group Ministry starting in March, or to reserve a copy of the 2016 USH Photo Directory for \$5.00.

The Winter Spring 2017 Programs for Adults and Families catalog is now 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 Current Adult Programs Catalog.

There is still time to offer a program or workshop in the coming months. 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**

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

Pizza and Movie: Friday, February 10, 5:15, featuring "Romeo and Juliet".

Small Group Ministry: Mondays, 7:00 – 9:00 PM, starting February 27. (waiting list)

Small Group Ministry: Thursday, 2:00 – 4:00 PM, starting March 16.

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. 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. Any questions please contact Jan Bennett, chair2clinic@juno.com

**Daytime Small Group Ministry in West Hartford**  
**Thursday afternoons beginning March 16, 2017**  
**2:00 – 4:00 PM      8 sessions**

This SGM will meet in the afternoons, 2 pm til 4 pm. The group will practice deep sharing and deep listening inspired by specially selected readings and questions. If you've never been in a covenant group before, this is your opportunity to join one! Get to know who is showing up at Sunday services and make connections with friends and members of USH. There is a \$5 registration fee.

The group will be facilitated by Martha Bradley at the Bradley home, 44 Huntington Drive, West Hartford. The location is accessible and near the Meeting House.

Register at the Programs Table or by contacting Janice Newton (860-677-1121 or janicecnewton(at sign)gmail.com). For additional information about Small Group Ministry, contact: Esther McKone - estmckone(at sign)aol.com or Bill Shoemaker - wshoemaker17(at sign)comcast.net **Group size limited to 10. - Submitted by Esther McKone**



**CLASSIC ROMANCE ~**  
**DINNER & MOVIE ON FRIDAY, FEBRUARY 10**  
**5:15 PM**

"It's a visually stunning adaptation with much action, broad humor, and eroticism"\*

"A world of sundrenched piazzas, masked balls, rowdy swordsmanship, bustling market, moonlight, meadows, and passion"\* "Critics Consensus: The solid leads and arresting visuals make a case for Zeffirelli's Romeo and Juliet as the definitive cinematic adaptation of the play."\*

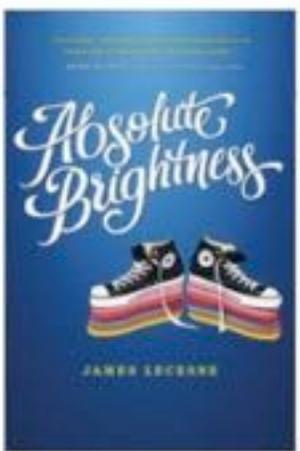
Travel to warm Italy on Friday, February 10, to indulge in a sumptuous tale of love, rebellion, and family feuds ~ this 1968 Franco Zeffirelli film will be shown at USH for the Dinner & Movie series. You will appreciate why it received Oscars, Golden Globes, and numerous European awards. You can watch a trailer here: <https://youtu.be/J54ZIMw9-uk>. We will again follow a revised time schedule because of the movie's length: 5:15 PM for popcorn and beverages, 5:45 pizza and salad, 6:30 movie, followed by optional discussion. Please reserve (\$10 each) by Wednesday noon, Feb 8, at the

Sunday Fellowship Hour Programs Table or call Janice (860-677-1121 - leave a message). Be sure to specify your choice of meat or vegetable pizza toppings. If you reserve but find on Feb 10 that you cannot attend, please leave a voice message by noon that day (860-380-7062 - no texting) so the pizza order can be adjusted. **\*Rotten Tomatoes website** -Submitted by Nita H.

## USH Book Club

Thursday, Feb 9, 2017 – 5:30 PM @ USH

All are  
welcome!



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**Absolute Brightness** by *James Lecesne*

*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.*

(RevHeather's choice because it will be the basis of a play at Hartford Stage in the Spring, and a service here at USH!)

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Please let Richard or Jean know if you will attend: [rgroopofus@me.com](mailto:rgroopofus@me.com) or 860-678-1030

**2nd Principle Things You Can Do** ~ Rev. Heather continues building & deepening "Focus: Resistance is Daily Practice" online group updated / January-February 2017: Each day I must choose to focus my energies. Each day I will take actions of resistance to tyranny & oppression; I will engage in acts of self-care & perseverance; I will reach out and connect with other human beings in building meaningful relationships. Will you join me? If you use Facebook, type the group name: "Focus: Resistance..." into your Search box and ask to join the group.

If you'd like to be added by e-mail, e-mail RevHeather at [revheather@ushartford.com](mailto:revheather@ushartford.com) with "Would like to join Focus!" in your subject heading.

And for all of us: we are in this mess together. 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. Warmly—Rev. Heather, revheather@ushartford.com, cell/text: 541-390-6052, on Facebook & Twitter

### Upcoming Special Events and Other News



**UU  
USH  
&  
YOU**

**A Path to Membership**

**Free child care provided.**

**4 Sunday sessions**  
(Jan 29, Feb 5, Mar 5, Apr 2)  
**12:00-1:30 pm**

Followed up with a **Membership Sunday on Apr 23**

Join us in our four-session workshop and examine how Unitarian Universalism and the Unitarian Society of Hartford relates to your spiritual growth, sense of community, and everyday life.



Rev. Heather will be present for these sessions.

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



**LOVE  
your neighbor\***

\* your black, brown, immigrant, disabled, religiously different, LGBTQ, fully human neighbor

The Unitarian Society of Hartford

## Show your support!

Lawn Signs - \$20 Each

Now is the time for building resilience & deepening relationships that will enable us to better defend and protect all the marginalized communities we know are at greater risk in the present political climate.



**How We Can Help Revs. Cathy, Heather and Robin During Parental Leave!** ~ One of the best ways we can help the Rion Starr family throughout their Parental Leave is to make and take them a meal for a few weeks beginning on Thursday, February 21. Let's keep them fed as they adjust to having a new life in their house!

The Rev's personal food info and meal calendar is online at TakeThemAMeal.com. Their personal site is under the name Rion Starr with the password 6152 which has everything we need to know - and more! (If you're already familiar with this handy site, just type in TakeThemAMeal.com and enter your meal/s.) Key Info Follows!

\*Cathy is severely allergic to peanuts and peanut oil, so please make sure there is no interaction with peanuts in the food you prepare.

\*Robin is gluten-sensitive so please use gluten-free versions of entrees.

\*They are not vegetarian: protein is much appreciated! They tend to like: enchiladas, little burgers, mashed potatoes/casseroles, salads of all kinds (pasta, bean, green), chicken, tofu, etc. They love to try new things and try not to be too picky! Note: As well as peanuts and gluten, they avoid mushrooms, eggplant, olives, and nutty things.

\*They live at 113 Washington Circle, the little circle-street off Park Road (think: A.C. Peterson's) in West Hartford. They have an enclosed front porch--when you take them a meal, plan to leave it on the front porch. They'll have a note up about whether they are sleeping or not. Please label your dishes with your name if you'd like them returned, keeping in mind that things can get a little disorganized in New Baby-Landia!

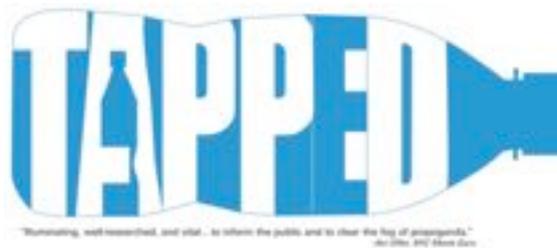
Thank you so much for helping our Revs create a time of nourishment, privacy and quiet as they adjust to their new family and schedule. (Keep an eye on your E-news for other news and updates.) For further questions about bringing our Revs a meal, please contact Deb Meny for The Caring Network.

PS: Rev. Heather plans to be back with us Tuesday, March 14.

**-Submitted by Deb Meny**

**SENEXET RETREAT 2017 ~ LADIES**, our beloved Senexet Retreat has moved to SPRING! And we want you to come. So, mark your calendar now for April 21-23. Details and registration information will be published in early March.

**-Submitted by Louise Schmoll**



A great documentary that explores the bottled water industry and its effects on our health, climate change, pollution, and our reliance on oil.

**PLEASE JOIN US!** The Green Sanctuary sub-council of the USH along with Save Our Water CT will be showing the award-winning documentary film "Tapped" on Sunday, January 29 starting at 12:15 in Fellowship Hall. After the showing, members of the Save Our Water CT committee will lead a discussion about

protecting Connecticut's public water. "Tapped" is an award winning documentary that shows the effects of the bottled water industry on our health, climate change, and environment. The film is particularly relevant as California company Niagara Bottling builds its plant in Bloomfield, CT. This event will be an opportunity to educate ourselves about the impact of the water bottling industry on our local water supplies and our environment. Members of Save Our Water CT will also give updates on efforts to protect CT's water at the state legislature this session and what citizens can do to help. Questions and comments about these issues are welcomed. **-Submitted by Mary Sherwin**



**Art News: The featured artist for February is photographer, Tom Cameron.**  
**Artistic Mission: To be there when the ordinary becomes the extraordinary.**

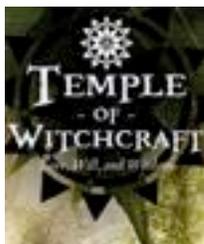
Contact: Tom Cameron: 860-352-2080  
[www.tomcameronphoto.com](http://www.tomcameronphoto.com)

"Early in my photography career I converged on photorealism with a passion for all things water-related – rivers, waterscapes, waterfalls, ice, fog, and the creatures you find there from spiders to trees.

Realism-based symmetries, patterns, combined with textures and light are a compulsion. This evolved into an extensive catalog of predominantly realist art titled "The Farmington River Collection" that has been

featured in solo exhibitions and various river-related publications. Through this work I have become an informal ambassador for the scenic character of the Farmington River.

As a counterpoint to realism, I veer into abstractionism readily willing to explore beyond the photo genre's 'realist' boundaries, or into "pictorialism" also known as subjective or 'art photography' wherein the tonality or composition is as or more important than the literal image. Images in this exhibit illustrate both the realist and the counter-realist phases of my art." **-Submitted by Tom Cameron**



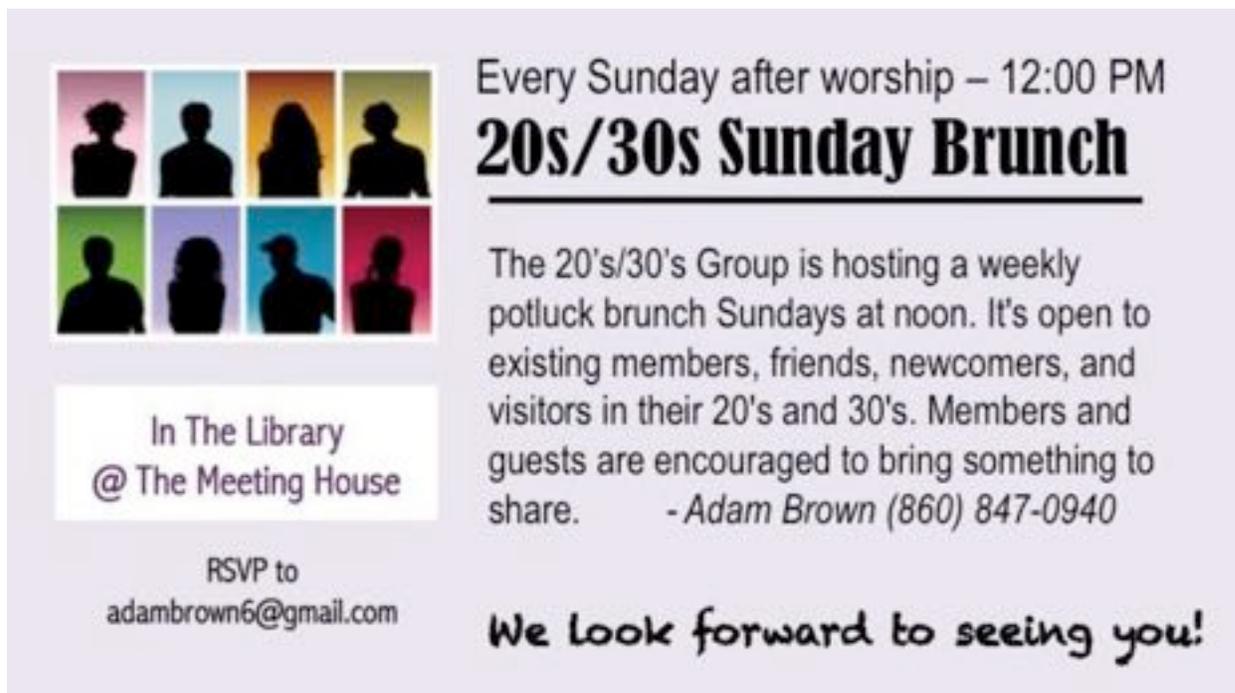
**Join the Temple of Witchcraft for their second Sabbat ritual held in Hartford, Connecticut!**  
**February 4, 2017, 6:00 PM**

Imbolc sits softly between the Winter Solstice and the Spring Equinox. It is a time of awakening. The Earth is beginning to wake from its Winter slumber. Join the Temple of Witchcraft as we celebrate this shift in season with Brigid and work with the healing power of the awakening Earth.

The Temple of Witchcraft rituals are open to all, and no experience is necessary to participate in the celebration, only an open heart and open mind is required. Feel free to wear your ritual finery or robes if you so choose.

Light refreshments will be served for grounding after the ritual. A sliding scale donation of \$15-\$25 is requested to cover the cost of the Hall and supplies. If you have questions about the ritual, please email [jford@templeofwitchcraft.org](mailto:jford@templeofwitchcraft.org). - Submitted by Ralya Mattson

### Weekly Reminders



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

The 20's/30's Group is hosting a weekly potluck brunch Sundays at noon. It's open to existing members, friends, newcomers, and visitors in their 20's and 30's. Members and guests are encouraged to bring something to share. - Adam Brown (860) 847-0940

In The Library  
 @ The Meeting House

RSVP to  
[adambrown6@gmail.com](mailto:adambrown6@gmail.com)

We look forward to seeing you!



**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! -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](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 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! We mostly need People--those who are tech savvy, social media gurus, or Millennials! Those who are good at getting the word out. There are also some items that we could really use at USH:**

Small to Medium Soup Bowls for the Kitchen

A Folding Lightweight Table to use at various events

2 Floor Length Mirrors

New collapsible functional easels (Thank you, Ruth, for the one you donated!)

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 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.**

### Upcoming Special Events and News in the Larger Community



**Saturday, February 4 at 3:00 PM ~ Come celebrate Black History Month at a concert featuring the Amherst College Gospel Choir, "RESURRECT."** This program sponsored by the Wintonbury Historical Society will be held at the First Congregational Church, 10 Wintonbury Avenue in Bloomfield. **-Submitted by Louise Schmoll** Image: [www.facebook.com/](http://www.facebook.com/)

## Local Events for January and February

<b>Jan 27</b>	<b>DR. MLK JR. LEGACY SYMPOSIUM (WITH CHRIS CRASS)</b>	<b>i</b> 1:30pm
	Johnson Chapel Amherst College Amherst, MA	 <a href="https://www.facebook.com/events/129653260858486/">https://www.facebook.com/events/129653260858486/</a>
<b>Jan 28</b>	<b>RACISM 101</b>	<b>i</b> 10:30am to Noon
	St. James Episcopal Church, 1018 Farmington Avenue, West Hartford, CT	 <a href="https://www.facebook.com/events/1801022096816845/">https://www.facebook.com/events/1801022096816845/</a>
<b>Feb 28</b>	<b>PATRISSE CULLORS, CO-FOUNDER OF #BLACKLIVESMATTER</b>	<b>i</b> 7:00pm
	College Center at Crozier-Williams, 1962 Room, New London, CT	 <a href="https://www.conncoll.edu/equity-inclusion/programming-and-events/">https://www.conncoll.edu/equity-inclusion/programming-and-events/</a>

### Connecticut Council for Interreligious Understanding and

the Most Reverend Leonard Blair, Archbishop of Hartford

warmly invite the entire community - starting with you -  
to a gathering in good faith and good will

an interreligious call  
to **Love Thy Neighbor**  
and **Act for All Americans**

**Sunday, January 29 ~ 7:00 p.m.**

**Cathedral of St. Joseph**

**140 Farmington Avenue, Hartford**

**Keynote address: Rev. Dr. Alvan N. Johnson, Jr.**



**free parking in the lot directly behind the Cathedral**  
**more info: contact CCIU: (860) 566-9556 / [interfaith@ccfiu.org](mailto:interfaith@ccfiu.org)**

**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/>

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  
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.