



50 Bloomfield Avenue, Hartford, CT 06105  
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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00  
or call for appointment

USH-Enews ~ February 8, 2017  
Worshipping Together Since 1830  
Sunday Service 10:30 AM  
Revs. Cathy & Heather Rion Starr



If you would like to reserve this sign for your lawn or window, please make checks out to USH and put "Love Your Neighbor sign" in the memo. (Cost is \$20.00) Signs are on order. Give the checks to Brian Harvey or Linda Clark.

**Worship Service: Sunday, February 12, 2017 ~ 10:30 AM ~ ]“Share the Love Sunday” ~ Rayla D. Mattson, Director of Religious Education and Rev. Cathy Rion Starr ~ Sue Smolski, Worship Associate**

A multigenerational celebration of Love - the kind of love that reminds us that we are not alone. That we are all in it together. Even though there are times we may feel lonely; we are never truly alone. Come and be reminded that YOU are not alone, we are stronger together, and YOU are loved.

**Our Good Neighbor Offering** will be split between the Standing on the Side of Love Campaign and True Colors, the recipient of our second annual Courageous Love Award. We'll also have special music from Meeting House Folk and our "Y'all Come Choir" (all are invited to join the choir – simply come at 9:30 AM Sunday to rehearse). Come and be immersed in beauty, music, justice, art, and community.

**Our Second Annual Courageous Love Award this Sunday will go to True Colors.**

True Colors is a non-profit organization that works with other social service agencies, schools, organizations, and within communities to ensure that the needs of sexual and gender minority youth are both recognized and competently met. The organization trains more than 2400 people annually, organizes the largest LGBT youth conference in the country with more than 3000 attendees and manages the state's only LGBT mentoring program. True Colors has been spotlighted by both national and local media for their expertise in LGBTI youth issues. True Colors stands for full equality for LGBT youth, adults and families. We are committed to the work of social justice as an anti-racist organization. And with youth in the lead, we expect to move into our next twenty years with a continued passion to ensure that LGBT people are welcomed, valued and affirmed as full and productive members of society. More at [www.ourtruecolors.org](http://www.ourtruecolors.org)



**Share the Love Sunday** is a project of the Standing on the Side of Love Campaign Standing on the Side of Love (SSL), launched in 2009, is an interfaith public advocacy campaign. promoting respect for the inherent worth and dignity of every person. SSL's goal is to harness love's power to challenge exclusion, oppression, and violence based on sexual orientation, gender identity, immigration status, race, religion, or any other identity. With the goal of creating beloved community, the campaign pursues social change through advocacy, public witness, and speaking out in solidarity with those whose lives are publicly demeaned. Our core issues of focus include, but are not limited to: LGBTQ equality, immigrant justice, civil political discourse, and religious freedom & diversity. The campaign is sponsored by the Unitarian Universalist Association. All people, not just Unitarian Universalists, are invited to stand, speak, worship, march, roll, and live on the side of the love. Join the mailing list at <http://Share the Love Sunday>.

### **Four Ways to Keep Sharing the Love and Creating Justice!**

These are a few spirit-filled and justice-seeking communities you can connect with to stay in the loop about spirit and justice happenings:

1) National Standing on the Side of Love email list: join at

[www.standingonthesideoflove.org](http://www.standingonthesideoflove.org)

2) Spirit and Action is a regular gathering to feed your soul and support one another in taking action for a more just world - as individuals and a congregation.

Join the Listserv by emailing [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com), or talk with Co- Coordinators Lindsey Jones ([lejrowell@gmail.com](mailto:lejrowell@gmail.com), 843-478-3722) & Julie Grace ([jgbuko@yahoo.com](mailto:jgbuko@yahoo.com), 860.878.9270) for more info.

3) "Focus / Spirit & Action / Resistance Is Daily Practice" is a Facebook group that Rev Heather runs this group with Lindsey and Julie

4) Hot off the presses, Love Your Neighbor Lawn and Window Signs! Get yours on Sunday. (see above).

And if that's not enough, please connect with our many and varied justice ministries! Contact Social Justice Chair Gloria Francesca Mengual ([gloriafmengual@gmail.com](mailto:gloriafmengual@gmail.com)) for help connecting.

**Love to sing but don't have the time to join choir?** This Sunday is your time to shine! The USH Choir is having a "come one come all" sing-along day Sunday, February 12th. This is a one day only commitment in which you come a little early to services to learn a few songs and sing them at the service that day. Rehearsal will begin at 9:30 and will be lots of fun. **Contact Rebecca Pacuk at [rgpacuk@gmail.com](mailto:rgpacuk@gmail.com) if you have any questions. Hope to see you there!**

**All About Parental Leave** ~ Both Revs will be out from whenever the baby comes for a month (planned for Feb. 13-Mar 13, but much depends on the baby). Rev. Heather will be back at half-time in mid-March through mid-April, then she will be full-time Mid-April through mid-May. Rev. Cathy will be out for 3 months and will return in mid-May.

We appreciate respect for our privacy while we get to know our new little one, and welcome your help with meals starting February 21st -- see the Take Them A Meal link in this E-News or talk with Deb Meny to sign up.

### **Parental Leave Team Contacts**

While Reverends Cathy and Heather are both on parental leave, members of the Parental Leave Team will be available to field your questions. Please don't hesitate to contact us and we will do our best to get you a prompt response or refer you to the person who can help.

**General information:** Martha Bradley, [marthabradley49@yahoo.com](mailto:marthabradley49@yahoo.com), call or text, 860-305-3307 (Martha will be visiting her son in Arizona from Feb.16 to Mar

6. If you want to contact her by phone, please allow for the 3 hours earlier time difference for Arizona. Thanks.)

**Pastoral Care:** Eve Pech, [elpech@sbcglobal.net](mailto:elpech@sbcglobal.net), 860-379-5035.

Rev. Erica Richmond, our Affiliated Community Minister, will be on call for pastoral emergencies, [ef.richmond@gmail.com](mailto:ef.richmond@gmail.com), 617-997-1216.

**Business or Building:** Phil Gardner, [gardnerpj@comcast.net](mailto:gardnerpj@comcast.net), 860-313-4455

**Worship:** Sue Smolski, [sue.smolski@gmail.com](mailto:sue.smolski@gmail.com), 860-280-7250.

If you have a joy or sorrow in your life that you'd like shared with the congregation during a Sunday service, please contact both Eve Pech and Sue Smolski.

**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

Church Business News

New England and General Assemblies Approaching

Performing Arts at USH!

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

Hartford Stage "Absolute Brightness" Tickets Available!

Missed Last Week's Enews? Click Below:

<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 to avoid double booking rooms. Double check the calendar for your event 1 to 2 weeks prior to make sure it's correctly posted. Email any 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  
February 5, 2017  
“We Are All In This Together!”**



**Photos: Harriet Gardner**

**Kayla Costenoble would like to share the Sunday Service Recap reporting. She will not be here on February 12 or February 19: Are there any budding writers who are interested in submitting the Sunday Service Recap? If there are, please contact Linda Clark at [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com). Thank you.**

“This congregation is a base camp for the fullness of all our lives,” Rev. Heather reminded us, during a service which served as a welcome, albeit temporary, respite from grieving over the fallout from the “T” world. “We come together every Sunday morning to calm our hearts in this discombobulating world. Let us practice being human beings; let this be enough,” she said.

Rev. Heather, referring to the very many visitors with us today, said it showed an awareness of “how thin our safety net truly is,” and how fragile is our sense of what we can count on. She used an example from UU minister Kate Braestrup’s 2007 true book, “Here If You Need Me.” As a chaplain with the Maine Game Warden Service, Rev. Kate works with their search and rescue operations when people go missing in the wilderness. She describes her work as providing solace and spiritual guidance when needed most. During the hours it took to find six-year old Allison, she sat with the distraught parents and kept them company; they grew closer, and she reminded them, “It’s surprisingly hard to find a small person.”

Rayla’s message to the kids sitting around her was about being able to ask for help. “Help me,” she said were two hard words to say and sometimes “they feel like a ton.” The kids and the congregation practiced saying these words aloud, together. In her Reflection, Rev. Heather added to this by giving some suggestions on how to ask for help, such as organizing groups, showing up, being fully present to each other, reaching out, trying asking for help, having someone accompany you, sharing joy, inviting someone new into your life, and re-reading history for words of great leaders, such as abolitionist Frederick Douglass’: “Those who profess to favor freedom and yet deprecate agitation are men (sic) who want crops without plowing up the ground; they want rain without thunder and lightning. They want the ocean without the awful roar of its many waters.”

“We are all gentle companions for each other, and we all need support,” Rev. Heather reminded us, as she gave thanks and praise to the USH’s Caring Network for the work they do. We all have opportunities for “simple acts of goodness, for taking care of each other, and for saying come in; you are more than welcome here,” she said.

Music, of course, played its usual important part of Sunday’s service. We started slowly with our now familiar Meditation on Breathing, which we sang as a three-part round: “When I breathe in, I’ll breathe in peace; when I breathe out, I’ll breathe out love.” During the offering, we were told to “feel free to get up and dance” as the all-female choir danced as they sang, with gusto, I Will Survive, a 1978 top-selling song symbolizing female strength. As many in the congregation also sang and danced in and out of the pews, they were led by two VIP USH persons—Rev. Cathy and Betty Arnold-- dancing in the center aisle. Sunday’s special offering was for the Ministers’ Discretionary Fund. This money is used to meet critical and unexpected needs of friends and members of the USH. As Rev. Heather explained, “It has been drawn upon quite often lately.”

Our closing hymn in a wonderful service was singer-songwriter Bill *Withers’ Lean on Me*:

Please swallow your pride, if I have things you need to borrow.  
For no one can fill those of your needs that you won’t let show.

Lean on me when you're not strong and I'll be your friend,  
I'll help you carry on.



**The All Councils Fair on Sunday was well attended. Thank you to all who made this possible!**



**RE News You Can Use!** ~ This Sunday, February 12, the nursery will be available from 10:15-11:45AM for morning worship. There will be an all ages Share The Love Service. Please join us.

Wonderfully, 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.

### **The Power to Make a Difference in this World: The Children's March**

Youth ages 10 and older are invited to the showing of the Academy Award-winning documentary *The Children's March*. The showing of this film, followed by small group discussions about what it is that each youth can do to make a difference in this world, will take place on Saturday, February 25, from 4:00 – 6:30 pm at the Unitarian Society of Hartford. As the teacher's guide that accompanies this film notes:

“The black children of Birmingham felt oppressed at every turn, and in the spring of 1963 they played a vital role in restoring humanity to themselves and to a race-divided America... The film is about power. The grace of power. The power to rebel. The power to resist. And the power to love. On May 2, 1963, in Birmingham, Alabama, about 1,000 students went to jail. What gave them the power to rebel and resist? How is it that children of all ages were the ones to garner the largest victory seen thus far in the civil rights movement? How did the power of love inform their strategies and their actions?”

For youth who attend, a meal will be provided, along with the film and discussion. In order to order sufficient food, anyone interested in having their child attend needs to RSVP. Please email Gloria Francesca Mengual at [gloriafmengual@gmail.com](mailto:gloriafmengual@gmail.com) if you plan to have your child attend the February 25 film showing, meal and discussion.

“If we are to reach real peace in this world, and if we are to carry on a real war against war, we shall have to begin with the children.” ~Mahatma Gandhi, peacemaker ~ **Submitted by Gloria Francesca Mengual**

#### Church Business News:



**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

**What the hearing loop means to me (and others)** ~ A few months ago we installed a hearing loop in the Sanctuary. What a gift that is!

Now Ann and I can sit anywhere we want to on Sunday and I can just sit back, relax and easily understand every word. Listening with the loop frees up my brain to think about what the minister is saying and ponder what it all means.

I know at least 5 others who are using the loop during services. I've heard rave reviews so it's working the way it's supposed to.



The installation of the loop was paid for by combining money from B&G's small items fund and donations from members of our congregation. While those donations were sizable they weren't enough to cover the whole cost and the fund had to make up the difference. That fund is designed to be used for a variety of maintenance and improvement projects for the Meeting House as they come up during the year. I'm grateful to B&G for helping to make this happen, but I'd like to see the fund replenished. If you feel the same way and want to help, just write a check to USH and mark your donation for the Meeting House Hearing Loops. -  
**Submitted by Bill LaPorte-Bryan**



The poster features a large silver alarm clock on the left with the text "Awaken Your Spirit!" and a flame icon. To the right, a row of nine portraits of individuals is shown, with their names and titles listed below them: UUA Presidential Candidates (Frederick-Gray, Miller, Pupke), Dr. Ysaye Barnwell, Rev. Robin Bartlett, Dr. Glen Thomas Rideout, Rev. Sue Phillips, Hilary Allen, and Meek Groff. The main text reads "New England Regional Assembly April 21-22, 2017 WOBURN, MA". At the bottom, it says "Register by February 28 / Early Bird Price \$115". Logos for the Unitarian Universalist Association and the New England Region are also present.

### **New England Regional Assembly:**

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! Click [HERE](#) for more info. 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](#) 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!

*Programs for Adults and Families  
Winter Spring 2017  
Programs, Classes and Events for Spiritual Growth  
and Community Fellowship*



UNITARIAN SOCIETY OF HARTFORD

## 2017 Programs for Adults and Families

Interested in learning more about the programs at USH? Registrations will be taken this Sunday at the Programs table for “Faith and Living – An Interfaith Journey”. Handouts for this and other programs will be available, including a “Mental Health Ministry” Webinar, sponsored by AIM, a workshop “Healing Arts of Emei Qigong” offered by Diana Heymann, and a Sunday after the service program sponsored by the Women’s Alliance “Ask a Genealogist”.

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. 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)

Faith and Living – An Interfaith Journey: six sessions, first and third Tuesdays starting March 7, 7:30 – 9:00 PM.

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)

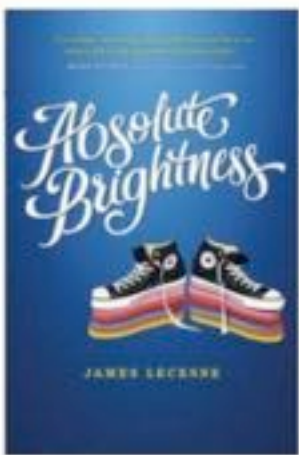
Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Any questions please contact Jan Bennett, [chair2clinic@juno.com](mailto:chair2clinic@juno.com)

**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](mailto:janicecnewton(at sign)gmail.com)). For additional information about Small Group Ministry, contact: Esther McKone - [estmckone\(at sign\)aol.com](mailto:estmckone(at sign)aol.com) or Bill Shoemaker - [wshoemaker17\(at sign\)comcast.net](mailto:wshoemaker17(at sign)comcast.net) Group size limited to 10. -  
**Submitted by Esther McKone**

**FEBRUARY BOOKCLUB DATE CHANGED TO THURSDAY, FEBRUARY 16  
 DUE TO WEATHER**

<b>USH Book Club</b>	<b>All are welcome!</b>	
Thursday, Feb 9, 2017 – 5:30 PM @ USH		
<b>Absolute Brightness</b> by <i>James Lecesne</i>		
<i>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.</i>		
<i>(RevHeather's choice because it will be the basis of a play at Hartford Stage in the Spring, and a service here at USH!)</i>		
Please let Richard or Jean know if you will attend: <a href="mailto:rgroopofus@me.com">rgroopofus@me.com</a> or 860-678-1030		

**2nd Principle Things You Can Do** ~ Rev. Heather continues building & deepening "Focus: Resistance is Daily Practice" 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 Rev. Heather at [revheather@ushartford.com](mailto:revheather@ushartford.com) with "Would like to join Focus!" in your subject heading.

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 earnestly, now and in the days ahead. **Warmly—Rev. Heather, [revheather@ushartford.com](mailto:revheather@ushartford.com), cell/text: 541-390-6052, on Facebook & Twitter**



Photos of Rev. Cathy and Maggie Greene's Pink Gloves provided by Patrice Fitzgerald; from the rally last Wednesday night at the West Hartford Town Hall in support of immigrants and refugees.

### **Spirit and Action Meeting at USH Wednesday, February 8, 6:30-8:30 PM**

In the midst of the rapid and dramatic changes at this moment in time, it is easy to become disoriented. Gather together as we tend to our spirits and identify our personal values. By naming our values, we can align our actions with the causes and organizations that support them, to make the road ahead more clear. Bring your open hearts, your ideas, your passion, and your presence. **-Submitted by Julie Grace**



### **PEOPLES CLIMATE MARCH ON THE NATIONAL MALL, APRIL 29!**

At a time when it is crucial for the world to rapidly escalate policies and programs to reduce greenhouse gas emissions, the Trump administration is

threatening to deliberately undermine these efforts. The march will send a signal that the American public demands rational, urgent action grounded in climate science -- not retreat based on fossil-fuel industry propaganda. The USH Green Sanctuary Committee hopes to get enough USH participants to fill a bus. (Or two?) Open to members, families and friends. So mark your calendars and speak to anyone on the Green Sanctuary sub council to add your name(s). For more information go to [Peoplesclimate.org](http://Peoplesclimate.org) ~ **Submitted by Peter Magistri**

### **Upcoming Performing Arts Series at USH**

**Mark your calendars now**

The USH Performing Arts program is still alive and well, even if you haven't heard much from us recently! Here are some planned concerts as well as additional events we hope to schedule:

#### **Concert Pro Femina - Saturday, March 4th, 7:30 PM**

Presenting music composed by women, including beautiful Rebecca Clarke pieces for viola and piano, a piano solo by USH friend and former accompanist Carolyn Halsted, and a work for flute and piano by Chinese composer Chen Yi. Admission is free, with a goodwill offering of \$15 suggested, which will go to the USH General Fund.

#### **Women Composers Festival - Young Choirs - Sunday, April 2nd, 1:00 PM**

This concert is slated to feature two children's choirs (Children's Chorus of Springfield and one of the choirs from the Hartt Community Division) and two young adult choirs (Saecula Women's Choir, which is the alumnae division of the United Girls Choir of CT, and one of UConn's a cappella groups, Drop the Bass). Admission is free, with a goodwill offering of \$20 suggested. No one will be turned away.

#### **The Bill of Rights - Saturday, May 20th, 7:30 PM**

A choral presentation, accompanied by orchestra, of an exciting work by Wesleyan Professor Neely Bruce which features the text of the entire Bill of Rights. Proceeds will go to a non-profit organization.

#### **"You Gotta Have Hartt" - Sunday post-service concert on a date to be determined.**

In support of the Music Program, our Hartt Choral Scholars and USH Accompanist Isaac Reguera will sing and play beautiful music of their own choosing. Come and listen to our wonderful artists so we can afford them again next year!

**The Meeting House Folk - Date to be determined.**

USH's home-grown group of singers and strummers will get the chance to put on a full concert featuring rocking favorites and folk ballads--and you'll have a chance to jump in and sing too.

Family Share Talent/No Talent Show - Sunday post-service event on a date to be determined. Looking for willing performers of any caliber who can dance, juggle, tell jokes, or otherwise entertain us. Children especially welcome!

**Jazz & Broadway Cabaret** - Sunday post-service event on a date to be determined. Patrice and Richard will gift the congregation with a concert of sizzling jazz and Broadway showstoppers before they say bon voyage and take off to parts unknown. No charge... any offerings will go to the USH General Fund.

**Watch this space for further announcements of when these events will take place! And please be in touch with [PatriceFitzgerald@gmail.com](mailto:PatriceFitzgerald@gmail.com) if you'd like to be part of the new Performing Arts Group Events which is now forming and is full of ideas. We want to have a lively slate of events for the 2017-2018 church year. ~ Submitted by Patrice Fitzgerald**

**Upcoming Special Events and Other News**



## **USH Game Night**

**Saturday - Feb 11, 2017  
4-7 PM**

Bring a snack, drink and game to share!

Pop in or stay for the whole event!

Fun for the whole family!

RSVP to Rayla, [dre@ushartford.com](mailto:dre@ushartford.com)  
so we can plan appropriately



**USH is helping to launch a statewide residential solar program for members of houses of worship who own single-family homes. Our USH "Solarize With Faith" effort kicks off March 5 (part of our Congregational Clean Energy Campaign)**

**Workshop — Sunday, March 5**

- \* Meet the Solarize With Faith team
- \* Learn about the campaign
- \* Learn how solar could work for you
- \* Talk to USH members who already have solar
- \* Sign up for a free assessment of your home's solar potential

**Why go solar?**

- \* You are committed to addressing climate change
- \* You want to reduce your long-term energy costs
- \* You want to invest in a livable planet

**- Submitted by Jeff Howard**

**UU  
USH  
&  
YOU**



**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**

**A Path to Membership**

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.

**Free child care provided.**



Rev. Heather will be present for these sessions.

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

The AIM team is offering this free webinar to anyone in the congregation who would like to join in on a facilitated discussion about mental health and our church. Contact Bill LaPorte-Bryan if you have any questions.



New England Region

**~ SAFE CONGREGATIONS WEBINAR ~**

**MENTAL HEALTH MINISTRY**  
Wednesday, February 15, 2017 @ 7-8:30pm  
Servetus



*A Webinar for Lay Leaders, Ministers, Religious Professionals, Safe Congregations Committees -- ideally, three or more lay and professional leaders will attend together as a team.*

For more info. click [HERE](#). ~ Submitted by Bill LaPorte-Bryan



**Lunch Bunch to Meet:** We will meet at Concetta's in Bloomfield at noon on Tuesday, February 21st. **Please let me know by noon on Wednesday, February 15th** 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 February lunch, contact me at 860/677-1121 or janicecnewton(atsign)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 February 21st. ~ **Janice Newton**



### **How We Can Help Revs Cathy, Heather and Robin During Parental Leave!**

The Rev's personal food info and meal calendar is online at [TakeThemAMeal.com](http://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](http://TakeThemAMeal.com) and enter your meal/s.) Key Info Follows!

"Cathy, Heather and Robin welcome your help, care, and support keeping them fed as they all adjust to having a new life in their house! We would like to start taking them a daily meal on Thursday, February 21.

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 they prefer gluten-free versions of entrees. They are not vegetarian, and in fact protein is much appreciated! Foods they tend to like include: 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! That said, in addition to peanuts and gluten, they tend to 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 others news and updates. Thanks again for your support! For further questions about bringing our Revs a meal, please talk with Eve Pech of the Parental Leave Team. (Rev. Heather will be back with us Tuesday, March 14.)"  
**-Submitted by Deb Meny**

## Discover the Healing Arts of Emei Qigong

*Simple techniques for improving your health and finding contentment*

**LEVEL I 3-DAY TRAINING: Feb. 18, 19, & 20 (\$99)**  
 Sat. and Mon., 9:00 am – 5:00 pm; Sun., 9:00 am – 3:30 pm  
**GROUP HEALING: Feb. 19 at 3:30 PM (\$30)**

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<p><b>An Ancient Path to Self-Healing</b></p> <ul style="list-style-type: none"> <li>• Discover the healing power of Wuji Qi</li> <li>• Understand the causes of illness</li> </ul>	<p><b>Secrets for Accelerating the Healing Process</b></p> <ul style="list-style-type: none"> <li>• Find balance within and unlock your latent abilities</li> <li>• Remove the blocks that keep you trapped in old habits</li> </ul>
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**Open to All - Space is Limited**

 <p><b>REGISTER</b> by calling              860-461-0908 or              email <a href="mailto:heydiana42@gmail.com">heydiana42@gmail.com</a></p> <p>Unitarian Society of Hartford,              50 Bloomfield Ave. Hartford, CT</p>	<p>Emei Qigong teacher              Diana Heymann, has trained              since 2013 under Master              Pat Bolger and in China with              Grandmaster Fu Wei Zhong, 13th              Lineage holder of the 800-yr-old              Emei Linji Qigong tradition.</p>	
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For more details visit: [emeiqigongspirit.weebly.com](http://emeiqigongspirit.weebly.com)  
**Start Now - Change your karma and transform your destiny!**

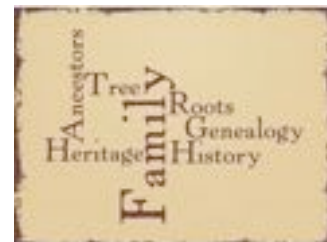
### **ASK A GENEALOGIST! SUNDAY, FEBRUARY 19**

Interested in genealogy? Stumped or befuddled in your research? USH's Marilyn Giese will help you initiate or continue your work in a talk at 12:15 PM on Sunday, February 19, in the Chapel.

Marilyn has over 30 years of genealogical research experience. She hosts regularly scheduled advice sessions at the Avon and Simsbury Libraries and also works as a private consultant.

The talk is open to all friends and members of USH, free admission, with no registration required, sponsored by the USH Women's Alliance, to help nurture community. The third presentation in this series will be on April 16. ~

**Submitted by Nita H.**



### 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

*We look forward to seeing you!*

#### Would You Like to be Part of a Great Team?

Join the USH Sunday Welcome Team! Please contact Linda Clark (at: [ushlindaclark \[at\] gmail \[dot\] com](mailto:ushlindaclark@gmail.com)), or phone the office at 860-233-9897, or talk to Brian Harvey if you are interested in being part of this wonderful group of volunteers. It's what makes USH outstanding in its open and friendly atmosphere to help first-time and newcomers feel welcome, find their way around our Meeting House, and want to return.



**(If you'd like to help out in the office during the week, please contact Linda Clark).**

#### Do you love to sing? Have you ever thought about joining the USH Choir?

Well now is the year to turn that thought into a reality! The USH Choir is an incredibly fun way to make beautiful music with some truly incredible people. Best of all, this year we 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, who would help us record, upload and podcast services. There are also some physical 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

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



**USH Members & Friends**, all of you who are reading this--we have a special opportunity coming up to attend a Hartford Stage production at a discount. Please take advantage of this opportunity to get into Hartford and enjoy some theater! Call the Hartford Stage Box Office now, at 860-527-5151, to book your seats, using the coupon code below.

Absolute Brightness is about the disappearance of Leonard Pelkey, a flamboyant 14-year-old who has been bullied by his peers. Critically-acclaimed actor and writer James Lecesne (I Am My Own Wife at Hartford Stage, the writer of the Academy Award-winning Trevor) portrays a tough New Jersey detective, a withdrawn teenage girl, a brusque yet gentle hairdresser and a dozen other intriguing characters as they join forces to solve a mystery that will forever change their lives. The New Yorker called it "A whodunit with a heart of gold." Enjoy this "sneak peek": <https://youtu.be/8dPCzrM3gRQ>

Use code **USH20** to purchase tickets online or by calling the box office. When you select a seat, you will have 3 price options to choose from (adult, college or youth 18 and under only). A standard \$2 facility fee will be added to each ticket price (but not the handling fee). Please note that this coupon code does not guarantee that there will be tickets available--they can still sell out, so call now!

The valid dates and times for using our USH20 code are:

April 2 (7:30 PM performance only)  
 April 5 (7:30 PM performance only)  
 April 7 (8:00 PM performance only)  
 April 8 (2 PM performance only)  
 April 9 (2 PM performance only)

Enjoy this special opportunity to see a Hartford Stage production, and look forward to a service focusing on the Absolute Brightness story here at the Unitarian Society of Hartford on April 2! Building resilience is a collective, community-deepening effort. Join us in deepening our Hartford collaborations!



**Dear Friends,** I am playing with the fantastic violinist Sirena Huang this Sunday, Feb 12 at 3pm in Old Deerfield, MA. Many of you know her through her solo appearances with HSO. She is the winner of many top International competitions. For more info. click [HERE](#). The concert program includes the most famous Chinese

piece ????????, the Butterfly Lovers Violin Concerto. Kind of a celebration of the Valentines Day! Here is the entire program:

- 1) Stravinsky: Suite Italienne. 2) Paganini: Caprice No. 24 for Solo Violin
- 3) ?????????? The Butterfly Lovers Violin Concerto. 4) Brahms: Sonata No. 3
- 5) Ravel: Tzigane

Sunday, February 12, 3pm / 71 Old Main Street Deerfield, MA  
 Suggested donation \$10 / Reception following concert  
 Hope to see you there. **Thank you!! Pi-Hsun**

**There are a number of great events coming up that we'd like to share. Please remember to "like" the hosting organizations on Facebook to stay in touch with their work. Also please consider supporting them in other ways (donating, volunteering, etc.). Now more than ever is the time for us to show up!**

**What is a Sanctuary City? A Community Conversation**

**Sunday, February 19 at 1 PM - 3 PM**

**Sacred Heart Church- 160 Main Street Hartford**

Hartford City Councilwoman Bermudez and CT Students for a Dream are partnering to organize community conversations on what it means to be a sanctuary city and how we can support each other during times of crisis. This event is open to everyone who is interested in learning more about their rights as residents and how we can work together to make every family feel safe in our community.

<https://www.facebook.com/events/1827263740886798/>

**Patrisse Cullors, Co-founder, #BlackLivesMatter**

**Tuesday, February 28 at 7:00-8:30 PM**

Connecticut College- 270 Mohegan Ave, New London

A keynote address by Patrisse Cullors, Co-founder of the global movement Black Lives Matter. <https://www.facebook.com/events/1237139766370157/>

If there are other actions that you are aware of please share them with us and we can add them to our calendar. Looking forward to seeing you at these events!

**-Rev. Cathy**

**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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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.