



50 Bloomfield Avenue, Hartford, CT 06105
Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ May 31, 2017
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Photo by Rev. Heather Rion Starr of our USH Labyrinth in the Watkinson Community Garden at the base of our parking lot

Worship Service: Sunday, June 4, 2017 ~ 10:30 AM ~ "Staying Your Course" ~ Rev. Heather Rion Starr, Co-Minister ~ Margaret Leicach, Worship Associate

"People say that learning to make Callaloo soup is a little like learning to live."-- from the story, "Cooking Together, Trinidad Style," retold by Faye Mogensen.

"I used to spend so much time reacting and responding to everyone else that my life had no direction. Other people's lives, problems, and wants set the course for my life. Once I realized it was okay for me to think about and identify what I wanted, remarkable things began to take place in my life." — Melody Beattie

Calling All for the Talent Show! ~ Sunday, June 4th ~ We have some singers, some dancers, some magic, and some other mystery performances on the schedule...but we're missing you! Come join us as a presenter or in the audience this Sunday, June 4th, immediately after the service, down in Fellowship Hall for the final (and only, this year) Meeting House Family Share Talent/No Talent Show. You'll have a blast! Email Patrice Fitzgerald to sign up: patricefitzgerald@gmail.com

And on June 11th all are invited to the USH Annual Picnic. Click [HERE](#) for details.

RE News You Can Use! ~ This week the nursery will be available from 10:15-11:45am for morning worship. There is also extended care this week for those 10 and under until 1:45PM (so stay and enjoy the Talent Show!). During the service, here will be a Time For All Ages followed by age appropriate classes.

SPECIAL NOTE: The DRE will be traveling to Williamsburg to speak at the retirement party for Rev. David Johnson who was the interim minister here before we called our settled ministers. She will not be at USH on Sunday, June 4th, so please see Sarah Cassidy, RE Assistant with any RE related matters. Thank you.



What an Amazing Group ~ During the planning session for their upcoming service at USH on June 11, the Youth Group made a vegan Mexican quinoa & bean casserole dish, with a touch of oats, Mac-n-cheese, roast chicken, veggies with hummus and a TON of fruit. They cleaned up thoroughly and they even cleaned up and put away other peoples dishes. They made progress on the service - OOS to follow - and reconnected and laughed and reminded me as ever always that they are just the best!! Grateful for them, **Nina Elgo, Youth Group Leader**

Rayla D. Mattson ~ Director of Religious Education, Unitarian Society of Hartford ~ 860-233-9897 ext 104 I only check my email on Tuesday, Wednesday, Thursday and Sunday.



E-News Contributors Please Take Note: The deadline for USH E-News 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:

RE News You Can Use

Sunday Service Recap

Church Business News

2017 Programs for Adults and Families

Upcoming Events and Other News at USH

Performing Arts at USH

Upcoming Events & News in the Larger Community

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 to the USH Facebook Page Here.

Please consult our Online Calendar regularly for all upcoming events at the Unitarian Society of Hartford:

www.ushartford.com/events/

To submit a Calendar Request go [HERE](#).

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

Sunday Service Recap by Kayla Costenoble

May 28, 2017

“Come, Come, Whoever You Are”





The title of Rev. Cathy's May 28, 2017, sermon is, of course, the title of one of the hymns (188) we often sing at the USH. But Rev. Cathy added an ostinato (a continuing running melodic fragment) found in many translations of this writing by the great Persian Sufi mystic Rumi: "Though you've broken your vows a thousand times."

Rumi shows the Sufi path as a way of love, devotion and knowledge, and the path allows us to dance, pray and sing. It is not a "text," Rev. Cathy said. This addition to the song is so important because even though "every one of us has broken our vows a thousand times," there is still an open door and we are welcomed to turn around and come back.

We don't write rules for things we don't expect people to do. Rev. Cathy's example was no one would turn in an important academic work on pink paper with green writing and stickers. Rules are created because of things that are important and hold us to lofty ideals. Rev. Cathy "confessed" some of the vows she has broken at (usually stressful) times include her ordination, her wedding vows, and her promise to us. Being sleep-deprived these last few months "is always a good excuse," she admitted.

So how do we come back and try to live in right relationships when we have broken our vows? Rev. Cathy suggested recovery is not easy, but we can:

Admit it has happened.

Do what we can to correct it.

Allow ourselves to feel shame and guilt.

Let go of the drama.

Work on doing better.

Say "I can make a different choice."

Relationships are grounded in trust and love, Rev. Cathy reminded us. When conflict comes up, we must ask serious questions, not jump to conclusions, and find support in covenants together.

Also noted: We are enjoying every Sunday Isaac Reguera continues to play piano for us, especially his imaginative improvisations. Also, on Sunday, he gave us the jazz classic “Black Orpheus,” by Brazilian guitarist and composer Luiz Bonfa, written for a 1959 movie set in Rio. Plus Robert Schumann’s “Child Falling Asleep,” one of the 13 solo pieces he wrote for “Scenes of Childhood.”

It’s hard to find different ways to say the same thing. Worship Associate Rick Tsukada did it with his “Please attend to your electronic devices.” Rick confessed that he is “still feeling myself into this community” with the “remarkable and very loving folks weeding, cleaning and building the church together.” So glad you’re with us, Rick.

RE Director Rayla Mattson has been invited to be a special/surprise/speaker/guest at next week’s retirement party in Williamsburg, Virginia, for Rev. David Johnson, our interim minister before we called Revs. Cathy and Heather.



CELEBRATE SUMMER SOLSTICE JUNE 18 – The first people to keep calendars observed the turning of the year – the position of the moon – the motions of the planet – the growing times -- that marked the changing of the seasons. Holidays were named in those ancient days in recognition and

gratitude of the life-giving forces which provided what was needed to sustain life – and in hope they would continue to do so. Some of those traditions continue today ... harvest festivals, Halloween, Easter, Yule time, etc. June 21 is not a date usually celebrated in the Judeo/Christian calendar – but it was a sacred day to our pagan ancestors: it is the Summer Solstice: the longest day, the most sun, a day to celebrate the life force and a reminder that we must remember to prepare for winter, the first harvest. It is the time to honor the Earth, our mother who provides all we need for life and the Universe, our father, from whom came the spark of life and to whom we reach for inspiration, spirit, dreams, faith and hope.

Last year, a group of people interested in incorporating some pagan holidays and rituals into our congregational life, made the suggestion to our ministers. We have been offered an opportunity to celebrate summer solstice during the service on Sunday, June 18th. **We hope everyone will join us but if you have a particular interest in participating in the creation, presentation and/or inspiration for this event please sign up at the activities table or contact Kit Northup at 860 965 4431. Blessed Be!**

SUMMER TIME and our Sunday Service Schedule is ready!

The anticipated Parental Leave of our Co-ministers provided very clear motivation to think summer even before the first snow flakes of winter arrived.

Rev Cathy, the Worship Associates, and Martha Bradley, chair of Spiritual Life Council, met last December and in January.

The Summer Services theme is "What Informs Your UUism?".

Topics include "OMG"; Cradle UUs; from Catholic beginnings...; Buddhist teachings; Integral UUs; UUism to Judaism.

Pulpit guests include Mary Gail Harrison, Rayla Mattson/RE kids, our 20s-30s group, Cantor Julia Cadrain, and returning from last summer, special guest Mark Unno.

Piano Accompanist will be Pi-Hsun Shih.

More details to follow...Plan to join us! **-Submitted by Sue Smolski**



Cradle UUs ~ Were you raised in a UU home?

We want to talk with you about your experience coming up as a UU kid. We have some questions we'd like to send your way to help us plan a summer service on Cradle UUs. It will be part of the summer series on "What Informs UUism for You." Please contact us. It would be great to share some stories.

Laurie Kelliher klkelliher@hotmail.com **Martha Bradley**
marthabradley49@yahoo.com **-Submitted by Laurie Kelliher**

Church Business News



2017 Programs for Adults and Families

Sunday at the Programs Table, you can register for the June 9 Friday Pizza and Movie Night. There will also be sign up sheets for two programs beginning in the fall: The Arc of the Universe Is Long: UU (Anti) Racism History, a four session class to be led by Rev. Cathy Rion Starr, and a waiting list for Building (and Living) Your Own Theology to be held jointly with our 3 local UU churches, facilitated by Tom Gervais. The Foxtrot will be the featured dance in June for the Ballroom Dance classes. The Winter Spring 2017 Programs for Adults and Families catalog is available online. Go to <http://www.ushartford.com/>. At the top of the page,

click on Building Community and then Adult & Family Programs. In the bottom right corner, click on 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.

Spring Programs

USH Book Club: Thursday, June 1, 5:30 PM. Showdown: Thurgood Marshall and the Supreme Court Nomination that Changed America. By Wil Haywood. Click [HERE](#) for more information.

Friday Pizza and Movie Night: June 9, 5:30 PM, featuring “Jico Dreams of Sushi”.

Ballroom Dance: Thursdays, 6:00 – 7:45 PM. For questions contact Ron Friedman 860-523-1105 or rsfriedman41@gmail.com.

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

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



"JIRO DREAMS OF SUSHI" DINNER & MOVIE - FRIDAY, JUNE 9

At the Meeting House

He's been named a National Treasure in Japan, his 10 seat sushi-only restaurant in a Tokyo

subway station was awarded three prestigious Michelin stars, reservations must be made months in advance, and plan on about \$400 for your meal.

85 year old Jiro Ono is considered to be the world's best sushi chef, and this 2012 documentary is "a thoughtful and elegant meditation on work, family, and the art of perfection."* It earned 99% on the Rotten Tomatoes film review aggregator.

"A work of art"* "Thrilling and beautiful, maddeningly delicious looking."* "Captivating".* "Delectable".* You can watch a trailer [HERE](#).

"Jiro Dreams of Sushi" will be shown as the last feature of the 2016-17 Dinner & Movie series on Friday, June 9. We will follow the usual time schedule, with popcorn and libations at 5:30, pizza and salad at 6, movie at 7, followed by optional discussion.

Please reserve (\$10 each) by Wednesday noon on June 7 - at the Programs Table during Sunday Coffee Hours or call Janice (leave a message at 860-677-1121). Be sure to indicate your choice of veg or meat topping for your pizza.

If you have reserved but find you cannot attend, please leave a voice message by noon on movie day (860-380-7062 - no texting), so the pizza order can be adjusted. *DVD box **-Submitted by Nita H.**



Circle Dinners are back!

(Formerly called Small Dinner Parties)

2nd Saturday of the odd-numbered months
July 8, Sep 9, Nov 11, Jan 13, Mar10, May 12

REGISTRATION: Participants can sign up for as many or as few dates as they wish. You can sign up for each date one to four months in advance. Register in Fellowship Hall during Coffee Hour or by contacting Janice Newton - [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com). The registration fee is \$5.00 per household for the church year (July 1- June 30).

Registration Deadline: June 18, 2017 for the July event.

QUESTIONS: Contact Chris Wilt, 603-401-5704.

Small Dinner Parties (Circle Dinners) Are Returning to USH – The Membership Sub-Council is energizing a new series of Small Dinner Parties to be held on the 2nd Saturday of every odd-numbered month. (July 8, Sep 9, Nov 11, Jan 13, Mar 10 and May 12). The purpose of these Dinner Parties is to foster social camaraderie among new and more established members of USH. For participants, eight to ten adults will be randomly assigned in different groupings for each dinner. The host furnishes the entree, beverage and bread. Guests are assigned to bring appetizers, salad, side dish or dessert. Right now we are gauging the interest and demand for dinner locations. We would anticipate 2 to 3 locations for each date. Please let Chris Wilt (603-401-5704) know as soon as possible if you would be willing to host a dinner party at your home.

REGISTRATION: Participants can sign up for as many or as few dates as they wish. You can sign up for each date one to four months in advance. Register in Fellowship Hall during Coffee Hour or by contacting Janice Newton - janicecnewton(at sign)gmail.com. The registration fee is \$5.00 per household for the church year (July 1- June 30). Registration Deadline: June 8, 2017 for the July event.

QUESTIONS: Contact Chris Wilt, 603-401-5704.

The registration form contains a space for: 1) listing dietary restrictions, and 2) if you plan to bring your children. We will try to group families with kids together so that they have some playmates for the evening. We will discuss providing supervision for children as needed and appropriate.

A MESSAGE TO ALL USH WOMEN

Dear Friends, our Women's Alliance dates back to 1894. It has become less and less active as those willing to organize events decline in number. But some traditions continue.

YES, we still hold a retreat each year; 16 women just returned from a wonderful weekend at Senexet House complete with May Day activities and a May Pole (coordinated by Louise Schmoll and Kit Northup). We provide occasional "Programs for All" on Sunday after services (coordinated by Nita Hansen). We gathered in December along with the lunch bunch for holiday cheer; we made small donations to the UUWF, to Rev. Cathy's shower, to USH, to E-News snail mailing, and to Senexet House and will soon enjoy a June picnic at Wood Pond. AND we would like to continue to offer an Educational Grant each spring as we have done for over 40+ years! BUT these things become more difficult with fewer planners and supporters.

ONLY YOU can keep these things going by making a donation **to USH – ALLIANCE**. With your support we can continue our efforts.

Beginning now: Encourage applicants for our Educational Grant. \$300 given out last year. Details will be available in the E-News.

JUNE 14, Wednesday noon: PICNIC on Wood Pond, W. Hartford, hosted by Linda Ericson-Ebel

DECEMBER: Join our holiday luncheon party

NEXT SPRING: SENEXET Retreat – be sure to join us next year.

Of course, watch the E-News for details and for other items of interest.

HOW TO DONATE? Checks payable to USH – marked for THE ALLIANCE can be placed in the Sunday collection plate or mailed to the Meeting House. -

Submitted by Louise Schmoll



Ed Grant Applications: May 15 – June 15

Educational Grant Applications - The USH Women's Alliance is proud to announce that applications are now available for the Women's Alliance Educational Grants. Applicants should be pursuing study at a post high school level, with priority given to those with minimal scholarship aid or loan sources. Grants are small (generally under \$500), but may be used for expenses such as tuition, books, child care, and transportation. Affiliation with USH is not required, though will be considered.

Applications, by postal or email, are due June 15. Applications are available [HERE](#) - or call 860-693-4269 and leave a message or any questions. In past years, these grants have been welcomed by those pursuing graduate and undergraduate study, members and friends of USH. Last year, one grant of \$500 was awarded.

Applications and grants are confidential. The Alliance has been awarding these grants for many years and is pleased to be able to continue doing so, realizing that these small monetary awards help women in pursuit of their educational goals. -**Submitted by Nita H.**

Upcoming Special Events and Other News of Our Community

**We've got all the ingredients -
we just need you!**



Weather Forecast:
Sunny & warm

Fun Games:
for all ages.



USH Annual Picnic

Sunday, June 11, 2017 - 11:45 am

Food: we supply hamburgers, hot dogs, turkey or ham dinner roll sandwiches, veggie burgers, chips, soda and watermelon. You're invited to bring a dish to share.

Games: volleyball, whiffle ball, badminton, frisbee, hula hoop, plus egg and spoon relay, wheelbarrow race, 3-legged race, sack race, water balloon toss

Let us know you're coming, so we can plan !

Contact: bharvey@ushartford.com

Volunteers needed for set-up, grilling, games and clean-up.

Special Guests



Great Food:
just bring a side or
dessert, if you wish.

Beautiful Setting: the
meadow between USH
and the Village.

Don't miss the USH Annual Picnic on Sunday June 11, 2017, immediately following the Youth Sunday worship service. It will be here soon. For planning purposes, please let Brian Harvey (bharvey@ushartford.com) know if you are coming and how many will be in your party. You don't want to miss this fun event.

We will be using the beautiful grassy meadows to the east and south of the Meeting House. There will be volleyball, badminton, whiffle ball, Frisbee, hula hoops and the "classic picnic pentathlon": wheelbarrow race, three-legged race, sack race, egg & spoon relay, and balloon toss. In the past we've had as many adult players as kids, so adults "come prepared to play."

No matter the weather, we have plenty of covered seating on our balconies overlooking our beautiful grounds. We will be supplying hamburgers, hot dogs, veggie burgers, chips, dinner roll sandwiches, watermelon, soft drinks and water. There will also be a shared food table for those who want to bring some other yummys for folks to sample. Some of our neighbors from The Village are expected to join us also.

We always need volunteers to assist with set up, clean up, grilling and help with the games. Please contact Brian Harvey. We look forward to picnicking with you!

- The Membership Sub-Council



Thank you all! ~ Many thanks to all who contributed food, helped with the reception or attended the Memorial Service and Reception celebrating the life of David Venneman. Your caring and participation is an example of the USH community at its best. ~ **Janice Newton**

Lunch Bunch to Meet: We will meet at Concetta's in Bloomfield at noon on Tuesday, June 20th. Please let me know by noon on Wednesday, June 14th if you will be joining us.

Our speaker will be Ed Sax. We are looking forward to hearing his remarks! To register, 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. I hope you will be able to join us on June 20th. This will be the last meeting of the Lunch Bunch this church year. We will return in September, so stay tuned. ~ **Janice Newton**



USH/Watkinson/KNOX Labyrinth continues "growing" in 2017!

Wonderful news: KNOX (www.knoxhartford.org) staff have volunteered to help us move our USH Labyrinth along! They are coordinating volunteers from Watkinson School to jumpstart the project of planting many more plants in the area between the labyrinth paths. By the time they do this on June 7, RevHeather will have retaped the paths. Are you

able to help us in any way with this truly community-building effort with our neighbors? Ways to help can include: helping to sweep and clean up the plot overall, helping to tend the plants that have wintered over, planting extras from your garden or other plants you acquire in the rest of the large garden area, helping to tend the plot as a whole over the summer, or helping our summer Religious Education program coordinate making Mosaic Stepping Stones. **Please let Rev, Heather or Rayla Mattson know how you'd like to be involved! See you at and outside the Meeting House!**

Photo of Kayla Angeletti and Ron Pitz of KNOX Hartford, meeting with RevHeather in our USH Labyrinth and Garden Plot of the Watkinson Community Garden

Upcoming Performing Arts Series at the Meeting House ~ Please be in touch with 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**

Weekly Reminders

Rayla Mattson is our Rentals Manager. For new requests to use space at USH, please contact her at: dre@ushartford.com or 860-839-5001. For rates and rental application, go here.



Greater Hartford Cohousing

Community – Sustainability – Life Enhancement

We are a group of households planning to build an urban cohousing project in Greater Hartford. We intend to create a project that fosters community bonds and sustainable living through thoughtful design. Our vision is to create an adult-centered community in or near the city of Hartford so we can enjoy its diverse amenities and peoples, become part of the fabric of our neighborhood, and encourage aging in place.

We welcome your interest in our pioneering venture. Our current aim is to reach a critical mass of members who will eventually commit to joining us. If you think cohousing might be a good fit for you, let's get together.

For further information contact:

- **Toni Gold, Hartford, 860-232-9018, toniagold@gmail.com**
- **Susan and LeRoy Spaniol, Bloomfield, 860-216-1391, sspaniol@comcast.net**
- **Martha Bradley, West Hartford, 860-305-3307, marthabradley49@yahoo.com**

-Submitted by Toni Gold



In The Library
@ The Meeting House

RSVP to
adambrown6@gmail.com

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) 817-0940

We look forward to seeing you!



**On sale Sunday during
Fellowship Hour (11:30-12:15)**

Suggested donation: Lawn sign - \$20
Window sign – \$5 - Car sign – \$2

While our supply lasts!

Available in 3 sizes:
Lawn sign - 18" x 24" (2 sided)
Window sign – 11" x 17"
Car sign – 5.5" x 8.5"



Contacts:
Lindsey Jones-Rowell lejrowell@gmail.com or
Kristine Glenney kristineglenney@comcast.net

Would You Like to be Part of a Great Team?

Join the USH Sunday Welcome Team! Please contact Linda Clark at [ushlindaclark\(at\)sign\)gmail.com](mailto:ushlindaclark(at)sign)gmail.com), 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. The Welcome Team makes USH outstanding in its open and friendly atmosphere, and helps newcomers find their way around our Meeting House.



Office volunteers are also welcome. If you're able to help out in the office during the week for an hour or two, please contact Linda Clark. Pictured above: Phil and Harriet Gardner with their son Bruce, helping out with the Order of Service. (Thank you!)

Do you love to sing? Have you ever thought about joining the USH Choir? The USH Choir is a fun way to make beautiful music with some truly incredible people. We are rehearsing on Sunday mornings at 9 am before church. If you have ever considered joining our group, we would love to have you come to laugh and sing together! **If you have any questions or would simply like more information, please contact our Choir Director Rebecca Pacuk at 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:

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 or 860-233-9897 x100 if you have one of these items and would like to donate it to USH. Thank you.

Upcoming Special Events and News in the Larger Community

Deportation Defense Boot Camp – a free training event

Saturday, June 3rd 10:00am-3:00pm

Location: SEIU 1199 building, 77 Huyshope Ave, Hartford

RSVP: <http://bit.ly/DepDefBootCamp> / Contact: dart.hartford@gmail.com

Facebook: <https://www.facebook.com/events/226162317883854/>

Come join neighbors in the Greater Hartford area to learn how to defend our communities against deportations, learn more about assisting in rapid response to deportation threats, and the process of “accompaniment,” lawfully escorting those threatened immigrants. Join a network of immigrants and allies working to make our communities safe for all. The morning will include a "Know Your

Rights" introductory workshop, and the afternoon will include a discussion of our emerging "Rapid Response" system and a training session on "Accompaniment." A light lunch will be served. Donations will be accepted for the Immigrant Bail Fund. **Organized by Hartford Rapid Response Team, a non-profit community group. ~ Contact: John Humphries; 860-216-7972**



Annual Taste of Ramadan Event

Save the Date: Sunday, June 4th

Peace Be With You

Dear Friends, you are cordially invited to attend the Muslim Coalition of Connecticut's annual "Taste of Ramadan" experience. This interfaith event highlights the fasting traditions of the three Abrahamic faiths.

The Taste of Ramadan event will be held at the Waterbury Career Academy (175 Birch Street, Waterbury, CT 06704) on Sunday, June 4th from 5:00 pm to 9:00 pm. Please save the date and invite your co-workers, neighbors, congregations, family, and friends. The breaking of the fast is at sunset which is around 8:30 pm, and the meal will be served at this time. This free event is for those who would like to experience the "breaking of the fast" in Ramadan, and hear about the tradition of fasting from the Muslim, Christian, and Jewish perspectives. We would love to see you there!

To RSVP please click [HERE](#). For more information, email us at TasteOfRamadan@mcct.us or call us at 860-242-1707.

Thank you for your support and participation!

Wasalaam/With Peace, Muslim Coalition of Connecticut

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.

General Assembly 2017 will be at the Ernest N. Morial Convention Center, 900 Convention Center Blvd, New Orleans, LA 70130. [Google Map](#). For more info. go [HERE](#). **Please let John Brancato, USH President, and Revs Cathy and Heather know if you are able to attend, either in person or as an off-site delegate, at home online.**

Attention!

Please note: Janice Newton will no longer be setting up the 'Happenings' insert found in Sunday's Order of Service. Please email Linda Clark any information to be included in the 'Happenings' by noon on Tuesday at usheneews@ushartford.com. Please put 'Happenings' in the subject line.

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

To submit a Calendar Event Request: please cut and paste the text below into an email and send to: 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. Please make sure you also coordinate with our Rental Manager, Rayla Mattson, if this is a one-time-open-to-the-public event. Thank you! ~Linda

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.)

USH Staff:

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

Rev. Heather Rion Starr, Co-Minister

Email: revheather@ushartford.com | Phone: 541-390-6052

Rev. Cathy Rion Starr, Co-Minister

Email: revcathy@ushartford.com | Phone: 541-390-7553

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

Email: dre@ushartford.com | Phone: 860-839-5001

Linda Clark, Office Administrator

860-233-9897 x 100 | Email: ushlindaclark@gmail.com

Rebecca Pacuk, Choir Director

rgpacuk@gmail.com

Brian Mullen, Bookkeeper

Office Hours by Appointment

Email: bmullen@ushartford.com

The deadline for USH-Enews submissions is Tuesday at 12 Noon.

Email to: ushenews@ushartford.com

Please note in the subject line, "USH-Enews." Thank you for your submission!

Peace – as we come to the close of the USH-Enews week.

Be kind to others – and to yourself.

Our Unitarian Universalist Principles: 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.