



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 ~ July 6, 0217
 Worshipping Together Since 1830
 Sunday Service 10:30 AM
 Revs. Cathy & Heather Rion Starr



Image: <https://lilyandval.com>

Worship Service: Sunday, July 9, 2017 ~ 10:30 AM ~ "To Everything There Is A Season" ~ Cantor Julia Cadrain, Pulpit Guest ~ Sue Smolski, Worship Associate ~ USH alum, Cantor Julia Cadrain is delighted to return to this community to help lead worship. She will share a message rooted in the Book of Ecclesiastes about moving through the seasons of our lives with a sense of exploration and openness. Her teaching will be a "Sermon in Song" and will include both music and speaking. All are welcome, please join us!

A Note from the Revs: As we move into summer, we want to let you know our schedule. In July and August, we will be out of the pulpit and out of the office more-than-usual, taking our vacation and study leave. We will be working on a few projects, checking in regularly, beginning fall worship planning, and of course available for pastoral needs all summer. ~ **Revs Heather & Cathy**



Summer Sound Volunteers needed! ~ We are looking for volunteers who are willing to be trained in our portable sound system that we use for summer worship. The sound system is simple (really, it is!), and we're looking for volunteers to sign up for a Sunday or two in July and August. **If you're interested, please contact Linda Clark (ushlindaclark@gmail.com). Thank you!**



RE News You Can Use!

The nursery will be available this Sunday, July 9, from 10:15-11:45AM for infants and toddlers during the morning worship hour. The children and youth will again be looking at issues dealing with race, which will take place in the Library. (Please note that I encourage any child or youth to attend our amazing summer services in Fellowship Hall).

Summer RE will be more social justice based. The curriculum is called "Let's Talk About Race." The curriculum is written by black women who promote social justice in their area. For more information contact Rayla Mattson, Director of Religious Education.

This week was the first Summer RE session. We took a look at our thoughts on race.

We considered two questions:

1. What do you know about race?
2. What do you know about your own race?

The students had a profound discussion that led to a conversation on biases and prejudices based on assumptions made simply by looking at someone and by their race. The impact can be positive or negative but ultimately even the positive ones can be harmful as there is still an element of judgement involved. We ended by exploring the pros and cons of affinity groups.

This Sunday, we will discuss positive steps we can take to positively address race issues in our own lives by first looking at who is being harmed and learning about groups and efforts we can work with within our own communities.

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. Please include the dates that the submission should be included in the 'Subject' field.

In This Week's Enews:

RE News You Can Use

Sunday Service Recap

Report Back from the General Assembly 2017

2017 Summer Services at USH

Church Business News

2017 Programs for Adults and Families

Upcoming Events and Other News 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 Judy Robbins

July 2, 2017

"OMG"

Julie Grace, Lisa Galinski and Rick Tsukada



Image: [https://images.google.com/Hubble Telescope Interstellar Image](https://images.google.com/Hubble%20Telescope%20Interstellar%20Image)

Titled “OMG,” the Sunday service on July 2, 2017 was presented by three worship associates, Lisa Galinski, Julie Grace and Rick Tsukada, with music by Pi-Hsun Shih and Sarah Harmon McKenzie.

Using the net-centric acronym for “Oh my God,” the three presenters acknowledged that none of them referred to a traditional God but rather an intensely personal experience of transcendent sacredness that has a noetic quality -- it can be known but not in an intellectual way that is easily expressed in words.

In their separate reflections, each intimated a coherent theme: this sacred Presence is awe-some and intensely experiential, filling every cell of the body with a sense of joy and love. There is a luminous quality and a sense of union or oneness. It comes unbidden.

Lisa led the congregation in an exercise to slow us down and give us a sense of presence by directing our attention inward, focusing on our bodies. It is easy to forget how precious and magical it is to be alive. The Life Force, Love, Chi, or Prana that flows through everything is a form of God, different from what Lisa had been taught. She related a story of feeling heavy-hearted and being instinctively and serendipitously led to a book, Clarissa Pinkola Estes’ *Untie the Strong Woman*, which was “just what she needed” and gave her a model of the archetype of Mother God, a figure with many names that she recited for us as a litany.

Julie has just finished a Master’s degree at Hartford Seminary where she studied spirituality and scripture for five years. She mentioned William James’ seminal book, *Varieties of Religious Experience*, published over 100 years ago, which drew her in with its descriptions of mysticism. Julie has had a number of mystical experiences and she shared one of them. She was taking a class to teach music to children, held in a beautiful studio filled with parents and their kids. As instrumental music played the parents danced with their children and suddenly Julie was aware of an unusual quality of light streaming into the room. The dancers sparkled with this light and Julie was filled with awe, love and exquisite joy. She felt connected and lifted out of her ordinary self. It moved her to tears. Now, almost 20 years later, the memory still stirs her. It started her on a road of spiritual seeking.

Rick “came out” as a closet seeker, saying that God is the awkward elephant in UU churches. He has always been drawn to the transcendent, having tried a “Chinese menu” of paths from drumming and music to enlightened teachers to sweat lodges, wherever his wandering path led him. Although many mystical experiences happen alone, Rick related a transcendent experience that swept over an audience of 18,000 people at a John Denver concert in Madison Square Garden when John was at the height of his popularity. The Garden was darkened and John picked up his guitar and played the first few chords of “Annie’s Song”

(which we had just sung as a hymn)...”You fill up my senses like a night in the forest...” and all eighteen thousand people began to sing softly in the dimly lit arena. As the familiar song went on, it became more than a song, it became a prayer, a blessing. Tears flowed as people received a grace beyond words.

The service ended with a Namaste benediction...the light in me greets the light in you.



REPORT BACK FROM GENERAL ASSEMBLY 2017 IN NEWORLEANS, AND NEW ENGLAND ~ From Rev. Heather:

I had an amazing experience as an off-site delegate to our annual denominational conference, General Assembly, this year. I had all the comforts of my own home -- even being able to arrange child care and outings for our older kid with people that our kid knows well -- while being able to fully participate in off-site discussions and probably take in more of the dawn-to-midnight conference than I would have been able to in-person. You, too, can view much of the most substantive pieces online from your home computer: General Assembly 2017 Online / <http://www.uua.org/ga/off-site/2017>

Worship Services, the extraordinary Ruby Bridges Suite, all the Business Sessions, even the Public Witness event (and New Orleans "second line" procession) are available for your viewing-from-home at the link above. What a marvelous collaboration of our Unitarian Universalist Association staff, leadership, and contemporary technology to make all of this available to us! Please take some time this summer to view these rich and inspiring services and materials.

I'm also thrilled to share with you all that the Rev. Susan Frederick-Gray is now the President of our Unitarian Universalist Association! She is the ninth President of our Association and the first elected woman. You can read more about Susan here in the UU World. If you're at all into numbers, I find it fascinating to note that "the total number of delegates who voted this year, 3,252, represents 66.23 percent of eligible voters." What this reminds me of is that we are a small denomination in which just a few people -- the ones who get engaged! -- can have an enormous impact.

Rev. Cathy and I would love for you of the USH community to be more involved in General Assembly and UU matters next year in Kansas City, or off-site from your home. Please let us know if you watch any of the General Assembly 2017 events and if you're interested in getting more involved with denominational affairs in 2017-2018! **Warmly – Rev. Heather**

2017 Summer Services at USH

Summer Services will be held at 10:30 am in our air-conditioned Fellowship Hall.

- July 16: Cradle UUs - Martha Bradley, coordinating; Laurie Kelliher, WA
 July 23: Welcoming Our Humanity - 20s-30s group; Lisa Galinski, coordinating and WA
 July 30: Integral UUism - Marye Gail Harrison, lay leader; Carol Simpson, WA; with Meeting House Folk
 August 6: Our Catholic Beginnings - Martha Bradley, coordinating; Margaret Leicach, WA
 August 13: Buddhist Teachings - returning Pulpit Guest Mark Unno; Margaret Leicach, WA
 August 20: Title pending - RE kids with Rayla Mattson, USH Director of RE; Julie Grace, WA
 August 27: Title pending; Rev. Heather Rion Starr, Co-Minister; Peter Meny, WA; with Meeting House Folk
 September 3: Title pending; Sue Smolski, lay leader; Rick Tsukada WA

Many thanks to Sue Smolski and Martha Bradley for coordinating summer worship.

Church Business News

Board Meeting, Tuesday, July 11

All are welcome to attend.

Below are the items to be discussed at the next board meeting scheduled for July 11th from 6:30-8:30 p.m. in the Library.

- * Learning & Exploration: discuss Ministry & Governance ch. 1-4
- * Playground report & vote on location for installation
- * Strategic plan review
- * Prioritizing items from consultant Mark Ewert's plan
- * Review Schwab account
- * Set mid-year retreat date

-Submitted by Katharine Ann Anderson

We are now looking for a Director of Music Ministry, combining the Choir Director and Accompanist role. Please spread the word! The job posting is here: [Director of Music Ministry Job Announcement](#). Please share this in your networks, and/or let Rev. Cathy know if you know of specific people we should reach out to!

About our Music Ministry:

Our Chancel Choir consists of a dozen active members and 4 paid Choral Scholars from the University of Hartford. The Choir sings 2-3 times monthly (excluding summers) with repertoire ranging from Brahms to songs from Hamilton. We have an innovative partnership with UHart in which we have a student as Composer-In-Residence each spring who composes music specifically for our Choir. Lay-led music-related programs at the Meeting House include a performing arts concert series, a monthly folk sing-a-long, and a group called Meeting House Folk that plays folk and pop songs in worship several times a year. We have many talented in-house musicians, including a drummer, professional violinist, and a variety of other instrumentalists. Our piano is a Mason Hamlin piano. Our organ is an Austin three manual 57 rank instrument with full MIDI capability.

Our ideal candidate will:

- * Bring experience conducting volunteer or congregational choirs in a wide range of repertoire with spiritual grounding, musical excellence, creativity, patience, and joy
- * Be an accomplished pianist with experience as a worship accompanist, providing solos, hymn leadership, and other accompaniment. (Organ competency is not required, though it is a plus.)
- * Collaborate as part of our staff team with enthusiasm
- * Be creative in building and growing our Music Ministry
- * Have excellent people skills
- * Draw from a wide variety of musical styles and instrumentation to build bridges both between different tastes and generations, and bring a tender understanding to this bridge-building.

To apply or share this job announcement, see the full Director of Music Ministry Job Announcement [HERE](#).

**2017 Programs for Adults and Families**

During July and August, there may be an occasional Programs Table for events requiring registration such as the Circle Dinners. You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton(at sign)gmail.com) for program information.

Programs

Building (and Living) Your Own Theology: 12 Sessions, Tuesdays, 7:30 – 9:00 PM, start date September 12. (waiting list)

Arc of the Universe is Long: UU (Anti-) Racism History: 4 sessions, fall dates to be determined.

Ballroom Dance: Thursdays, 6:00 – 7:45 PM, featuring the Salsa in July. 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: No gatherings in August.

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Offsite in July and August - The practice group will be informally meeting off location. If interested, please contact Mark Friedman, drmarkafriedman@drmarkafriedman.com or Diana Heymann heydiana42@gmail.com



Circle Dinners are back!

(Formerly called Small Dinner Parties)

2nd Saturday of the odd-numbered months
July 8, Sep 9, Nov 11, Jan 13, Mar 10, 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. The registration fee is \$5.00 per household for the church year (July 1- June 30).

Still time to register 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).

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.

Other News of Our Community and Upcoming Special Events



School Uniforms for Children Served by The Village 2017-2018 - Some of you saw our friends from The Village for Families & Children at our Annual picnic on June 11th. They had a wonderful time: great food and fun games. School is out now and families are preparing for next year. For the past four years USH has contributed to the Annual Uniform Fund Raiser for the Village for Families & Children. The cost of buying required school specific clothing for children at Hartford public schools can be difficult for many of the families served by The Village. The uniform that is worn by the boy above costs \$40. Please help our friends

next door by making a contribution to the Uniform fund drive. Checks may be sent to Brian Mullen at The Meeting House, with Uniform Fund Raiser in the memo line.



Checks or cash may be left in the envelopes at church, make sure to include your name. Any amount is welcome and helps children return to school in August proud and confident. -

Submitted by Joanne Orlando



It's time for the Annual Knox Garden Party again!

**Garden Party @ Twilight
SAVE THE DATE!
Thursday, August 10, 2017
6 – 10 pm**

Click [HERE](#) for details and to reserve a seat.

Immerse yourself in the local food scene on the shared green between the Meeting House and the Village. Enjoy a night under KNOX's signature tent. Sip

wine and relax with live music. Local celebrity chefs showcase their Hartford flare. Tasting-size dishes served from the griddle to your plate. Ingredients sourced from Connecticut (and KNOX) farms. A silent and live auction highlights Hartford's culinary, environmental, and entrepreneurial scene. Take a tour of our Watkinson Community Garden and meet some of KNOX's community gardeners. This garden is twice the size of a football field, rarely toured by the public, and at the base of our USH Parking Lot! At the Garden Party @ Twilight, it's all about the local food and the people behind it.



USH/Watkinson/KNOX Labyrinth continues "growing" in 2017! ~ Wonderful news: KNOX (www.knoxhartford.org) staff volunteered to help us move our USH Labyrinth along! They coordinated volunteers from Watkinson School to jumpstart the project of planting many more plants in the area between the labyrinth paths. Now that this is done, are you able to help us in any way to keep this community-building effort going? 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. Thanks so much to those of you who helped out in any way so far. 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

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) 817-0940

In The Library
@ The Meeting House

RSVP to
adambrown6@gmail.com

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, 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!)



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



SAVE THE DATE! PRIDEFEST 2017

**SATURDAY, SEPTEMBER 9, 2017 / PRATT STREET, HARTFORD, CT
12 Noon to 6 PM**

Hartford Capital City Pride is the volunteer-directed committee behind the official Hartford Pride roster of events. The 2017 roster will include different pride events for LGBTQ+, the general public, and allies of all ages. PrideFest week takes place during the second Week in September. Hartford Capital City Pride's mission is to work toward a future without discrimination where all people have equal rights. We do this by promoting and producing LGBTQ+ events that inspire, educate, commemorate and celebrate our diverse community. For more information go to: www.hartfordpride.com or call Charlie Ortiz at (860) 841-2345.

If you'd be willing to "table" at Pride 2017 on behalf of USH and/or UU's of Greater Hartford, please let the Revs know!

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 It's easy and if you're interested, please say so.

To submit a Calendar Event Request: 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

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.