



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 ~ July 26, 2017
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Image: Fingerprint Meeting House created by the folks at USH

Worship Service: Sunday, July 30, 2017 ~ 10:30 AM ~ “Integral Unitarian Universalism” ~ Marye Gail Harrison, Lay Leader ~ Carol Simpson, Worship Associate ~ Imagine the cement trusses of our USH Meeting House as a metaphor for Integral lines of development in various aspects of our lives, especially a rational line (using objective facts to know Truth) and a spiritual line (using personal experience to know Ultimate Truths). How in our UU community do we support ongoing growth and development in both these areas as our UU Principles and Sources say we do? Do we get to a comfortable place and stop developing? Do we judge those at a stage of development we have passed through as inferior? Once we discover the power of the rational path, do we

regard the spiritual path as childish? Come to Sunday Worship at 10:30 and consider these questions and more with lay speaker, Marye Gail Harrison and Worship Associate, Carol Simpson. Get all that with great music plus coffee and conversation after. **Marye Gail Harrison is a member of USH, a UU for 45 years, and describes herself as a spiritual seeker. All are welcome, please join us!**

For more information about Summer Services at USH click [HERE](#).

A Note from the Revs: As we continue through the 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**



RE News You Can Use!

This Sunday, July 30th, the nursery will be available from 10:15-11:45 AM for morning worship service. The children and youth will meet in the library during the morning worship hour. This week we are looking at prejudices and biases based on gender and gender identity. We are also still working on crafting our August 20th service.

Summer RE is more social justice based this summer. 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. ~ **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.



Memorial Announcement



We send our heartfelt condolences to Nancy and Tom Reed on the death of their son, Ken. All are invited to his memorial service here at USH on Saturday, August 12th at 11 AM.

Kenneth DeWitt Reed, 55, of Irving, TX. passed away unexpectedly on July 13, 2017. Ken was born on May 5, 1962 in Hartford, CT. He

attended West Hartford public schools and graduated from the University of Hartford with a Bachelor's degree in Economics and Finance. He was employed by Aetna for 27 years in various Underwriting capacities retiring in 2012. After retirement, he was an Independent Consultant for MedWise Partners, Phoenix, AZ. Ken had a wonderful sense of humor, enjoyed reading, and was an avid sports fan. He is survived by his wife of 27 years Virginia (Ginger), their two children Nicholas and Alexandra, and his beloved dog, Cindy Lou, also of Irving, TX. He is also survived by his parents, Nancy and Tom Reed of West Hartford, CT., his sister Patricia Tilley, her husband Ray, and niece Portia of Kissimmee, FL., and several aunts, uncles, and cousins.

A Memorial Service will be held at The Unitarian Society of Hartford, 50 Bloomfield Ave, Hartford, CT. 06105 on Saturday, August 12, 2017 at 11:00 a.m. with a reception to follow. Memorial donations can be made to Operation Kindness, an animal adoption center, 3201 Earhart Drive Carrollton, TX. 75006 or to a charity of your choice charity of your choice charity of your choice.

Will you help with the Memorial Reception? ~ The Reception will be in Fellowship Hall. Finger foods, such as crackers/cheese, quick breads, cookies, bars, and other munchies are needed. We also need a fruit and a veggie platter. Food should be brought on plates ready to serve. Please be sure to label the plate with your name and include a list of ingredients. PLEASE NO PEANUTS OR PEANUT PRODUCTS. We will supply the sandwiches, punch, coffee, and tea.

In order to help us plan, it is important that we know what foods will be contributed. We could also use a couple of helpers during the reception. Please contact Janice Newton (860/677-1121 or janicecnewton@gmail.com) to sign up for a food contribution or to help. You may also sign up with Janice at Fellowship Hour. Thank you in advance for your help. We can't do this without you! ~ **Submitted by Janice Newton**

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:

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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 David Newton July 23, 2017 "Welcoming our Humanity"



**Left to right, Adam, Craig, Chris, Lisa and Stephanie
Photos: David Newton**

One of the benefits of attending summer services is gaining a rare opportunity to enjoy the very best one time service offerings. The quality is high in part simply because most are one-time events for which those appearing do their very best work.

Thus, on Sunday 19 July, it was our privilege to hear a 20/30s prepared service put on by Craig Best, Stephanie Briggs, Adam Brown, Lisa Galinski and Chris Wilt.

Stephanie welcomed the congregation asking if we were sitting wearing our usual mask, elegantly explaining we all put on our external public face as we venture out into the world each day, a face crafted to show what we want the external world to see, contrasted with what we internally imagine our authentic selves are, or ought to be.

Next, Chris Wilt picked up on the theme, reasoning first that our views of ourselves in the world ought to be consistent with the scientific realities, then playfully illustrating the confusion to a robot acting on its internal view of the world when a physical object, a soccer ball, is moved from the mental/mechanical image, world view, of the robot. He then when on to our struggle with the idealized image we can internalize of giving to the less fortunate, saving energy by exercise without the auto drive to the gym, and, not surprisingly, forgoing the use of air conditioning to save energy as we were enjoying it in Fellowship Hall. Thus, we place demands on our idealized selves destined to failure and accompanying frustration.

Craig Best continued the theme pointing out being our authentic selves is not an easy thing when in our concern for others our authentic beliefs must be suppressed in order to avoid pain to those we love.

Lisa Galinski and Adam Brown, elsewhere in the service, underscored the welcoming aspect of Unitarian beliefs with an emphasis on acceptance and welcoming of authentic people all of whom dwell with failure and success, problems and tribulation, all part of the human condition. Come as you are with your authentic face, and find a welcome place. Focus on those around you who sit with their own difficulties and lives, not so different from your own.

Stephanie Briggs summed it all up nicely with her heartfelt Damien Rice vocal, **Trusty and True.**

“We’ve wanted to be trusty and true
 But feathers fell from our wings
 And we’ve wanted to be worthy of you
 “But weather rained on our dreams
 And we can’t take back
 What is done, what is past
 So fellas, lay down your fears

'Cause we can't take back
 What is done, what is past
 So let us start from here..."

Well done, group. Thank you!

Pi-Hun-Shih did her usual superb job playing on the piano recently donated by Ed and Marion Richardson. Many thanks Ed and Marion!



Church Business News



Introducing our new Director of Music Ministries (DMM)

We are delighted to share that we are hiring Sam Moffett as our new Director of Music Ministries. The Search Committee received a good number of applications, and Sam Moffett stood out for his breadth of musical experience and his ability to relate to people with warmth and respect. You may also remember Sam as our Composer in Residence last spring.

Sam was born and raised in West Hartford, Connecticut and has been a student of music for almost his entire life. He studied jazz saxophone and composition at Berklee College of Music ('16) in Boston and is currently in his second year of the

Master of Music in Composition degree at University of Hartford. While at Berklee, Sam directed The Charlie Chords, an cappella group that he led to win two awards. He also plays piano, oboe, clarinet, and many other instruments.

Though he does not play the organ, he will arrange to bring guest organists to USH several times each year.

Sam tells us that he had a wonderful, welcoming experience working as the Composer in Residence for Unitarian Society of Hartford in Spring 2017, and is looking forward to working with USH further as the Director of Music Ministries (DMM).

Sam will join our staff in time for our Staff Planning Retreat August 15th, and will begin playing in worship on September 10th. Choir rehearsals will begin before that -- If you've ever thought about joining the choir, this would be a great time!

Many thanks to the DMM Search Committee, who spent hours together interviewing, auditioning, reviewing, and carefully considering each of the applicants. **Thank you, Caron Lanouette, Kim McClain, Rev. Cathy Rion Starr, Edith Savage, and Sue Tenorio. And welcome, Sam!**



The latest financial report is now available

Click the link below to view:

<http://www.ushartford.com/members/reports/financial-reports/>

If you need the user and password to access it, contact Linda Clark at ushlindaclark@gmail.com



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



Meeting House Sing-A-Long - All Are Welcome

Meets on the 2nd Saturday of each month, in Emerson/Meditation room (or Memorial Garden if weather / memorial service permits), except December 2017 & June 2018. The next sing-a-long is August 12 at 2pm. **For more information contact Ed Savage: ed@thesavages.com**



Circle Dinners are a Success – The first convening of the Membership Sub-Council's Circle Dinners was held on Saturday, July 8th in the homes of Bruce Robbins and Virginia de Lima. Sixteen people attended and had a great time by all accounts. The dinners give all the participants an opportunity to expand their social circles at USH and learn more about some of the interesting people who call USH their spiritual home. The dinners are scheduled to be held on the 2nd Saturday of every odd-numbered month. (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 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. Register in Fellowship Hall during Coffee Hour or by contacting Janice Newton – janicecnewton@gmail.com. The registration fee is \$5.00 per household for the church year (July 2017- June 2018).

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 where appropriate. **YOU ARE NOT REQUIRED TO BE A HOST IN ORDER TO PARTICIPATE IN THE PROGRAM. - Submitted by Brian Harvey**

Other News of Our Community and Upcoming Special Events



Uniform Fund Raiser for The Village MEETING THE GOAL in 2017

For the past two years USH has donated \$1,600 to The Village for Families & Children Uniform Fundraiser; helping over 900 families buy uniforms for children as they return to school in Hartford. Uniforms consist of school specific solid colored tops and bottoms – as can be seen in this photo.



Let's aim to meet the goal reached in 2015 and 2016 this year by showing support once again for our buddies next door, helping to insure that they go back to school with pride and confidence. This year's fundraiser ends on **AUGUST 18th**.

Checks made out to USH with Village Uniform Fundraiser in the memo line can be mailed to Brian Mullen at The Meeting House, cash or checks may also be left in envelopes at church. Be sure to include your name. Any amount is welcome. Thank you for helping the children we have come to call our friends.

-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" ~ 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 above of Kayla Angeletti and Ron Pitz of KNOX Hartford, meeting with Rev. Heather in our USH Labyrinth and Garden Plot of the Watkinson Community Garden. The two photos below are of the Labyrinth since the new plantings.



Sign-up to help water & tend the labyrinth on your own schedule. We're using SignUp.com to organize the Labyrinth & Community Garden Plot tending. Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <http://signup.com/go/zSZZGfN>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will not need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

Thanks for signing up! The idea is simply that you sign up for a week to water & weed as best you are able and as is needed that week. We want to make sure to care for all the new plantings! Warmly, -Rev. Heather

Weekly Reminders



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, 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!)**

Upcoming Special Events and News in the Larger Community



Volunteer to help our neighbors! We have been involved for 3 years in an August event. The Upper Albany/Blue Hills communities are holding a Neighborhood Night Out celebration on August 1 in several locations. **If you could set up, clean up, serve food or organize games, please contact Ed Savage (cell- 860-966-8155) to get details.**

The locations are: Bennett Building parking lot (Albany Ave, across from the Library)

Cronin Park (Granby Ave, between Burnham St and Nahum Dr)
NNO Website: <http://natw.org/> - **Submitted by Ed Savage**



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.