



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

**USH-Enews ~ August 9, 2017**  
**Worshipping Together Since 1830**  
**Sunday Service 10:30 AM**  
**Revs. Cathy & Heather Rion Starr**



Image: Provided by Mark Unno

**Worship Service: Sunday, August 13, 2017 ~ 10:30 AM ~ "Great Compassion in Interfaith Learning and Friendship" ~ Mark Unno, Pulpit Guest ~ Margaret Leicach, Worship Associate ~ Shin Buddhism, one of the largest developments of Buddhism in Asia, focuses on the realization of Great Compassion. More specifically, through the practice of deep listening/deep hearing, the follower is brought to the simultaneous awareness of his or her limitations as a "foolish being" filled with blind passions, on the one hand, and the**

embrace of boundless compassion, on the other, through which the follower realizes the true heart of oneness: self and other, human and non-human, one's own religious path and that of others.

“Buddhism is a path of supreme optimism, for one of its basic tenets is that no human life or experience is to be wasted, abandoned, or forgotten, but all should be transformed into a source of vibrant life, deep wisdom, and compassionate living. This is the connotation of the classical statement that sums up the goal of Buddhist life: 'Transform delusion into enlightenment.' On the everyday level of experience, Shin Buddhists speak of this transformation as "bits of rubble turn into gold." This metaphor comes from Tz'u-min, the Chinese Pure Land master of the eighth century, who proclaims the working of boundless compassion of Amida, the Buddha of Immeasurable Light and Life.” ~from Shin Buddhism - Bits of Rubble Turns into Gold, by Taitetsu Unno

All are welcome, please join us!

This service continues our Summer Services series: "What Informs Your UUism?"

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 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**

**Help Us Keep Things Going!** ~ As In Gathering approaches on September 17, staff and lay leaders at USH are preparing for another busy year. We need your help to make this a spectacular year!

Below are some areas that Volunteers are needed and welcome:

Pictured: Phil and Harriet Gardner with their son Bruce, helping out with the Order of Service



**Programs for Adults and Families Sub-Council:** As of August 31, Nancy Reed and Janice Newton will be stepping down from many years of running the Programs for Adults and Families Sub-Council. The Programs for Adults and Families Sub-Council needs members to continue doing its work coordinating the programs many of us participate in and enjoy at the Meeting House. Please step

up and help if you are able! Nancy and Janice will be happy to help you get started. For more information and/or to join this Sub-Council, please contact Council on Community Within Chair, Christopher Wilt. ~ **Submitted by Christopher Wilt**

**The USH Sunday Welcome Team:** 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:** If you are computer literate and comfortable with Microsoft Word, Gmail, and data entry, the office is in need of you. People to help with general office duties such as making copies, 'sweeping the pews' and refilling the welcome boxes are also welcome. Please let Linda Clark know if you're able to help out in the office during the week for an hour or two: ushlindaclark@gmail.com | 860-233-9897

**Religious Education:** The DRE is very short-handed for teachers in our Pre-K3-2nd grade class and in our middle school class. We desperately need teachers and assistants. The commitment would be 1-2 Sundays every 4-7 weeks. If you are interested, have any questions, or would like to see the curriculum, please let Rayla know: 860-233-9897 ext 104 | dre@ushartford.com



**CALLING FOR COORDINATION!  
FESTIVAL OF THE SEASON SEEKING COORDINATOR**

For well over 30 years, the Unitarian Society of Hartford has held an annual Festival of the Season at the beginning of December. Many hands have held, coordinated, and contributed to this Festival, and now we're seeking your's! Please help us to keep this tradition going! Are you willing to take on the coordination of this much-loved, joyful one-afternoon-and-evening event for the USH community? There are thorough notes and many willing participants. All we need is someone to corral and coordinate the fete overall. Please let Community Within Council Chair Chris Wilt (chris.wilt@gmail.com) or our Co-Ministers know if you'd be willing to take a coordinating role in keeping this show on the calendar!



**RE News You Can Use!** ~ This Sunday, August 13th, the nursery will be available from 10:15-11:45am for morning worship service. Children and youth will be in the library making our final preparations for our service on the 20th.

**Photo: Some of the RE crew helping to take care of our plot at the community garden.**



This summer the children and youth have explored the different aspects of discrimination in race, religion, gender, sexual orientation and class. We began with discussions on race which quickly led to the other areas. We realized we couldn't talk about one form of discrimination without including others. Discrimination and prejudices come in many forms and can be multi-layered. We looked at discrimination and prejudices from others but also from ourselves recognizing that sometimes we have prejudices that we didn't even know we had and working on ways to consciously be aware and work on them.

All the different labels that we use to categorize, explain, and quantify ourselves as well as all the labels others use to describe us can be true, false, limiting and right on point. But what really makes us who we are, and how do the labels we assign and others assign to us impact how we live our lives? One youth called it "all our many colors." So, please join us on August 20th as some of the children and youth share their thoughts and feelings about all that makes us who we are through song, dance, skits and the spoken word.

Image: <http://www.posizionamentomotoridiricerca.info> **Rayla D. Mattson**

**Director of Religious Education, Unitarian Society of Hartford**  
**860-233-9897 ext 104 | dre@ushartford.com ~ I only check my email on**  
**Tuesday, Wednesday, Thursday and Sunday.**



**Memorial Announcements** ~ 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 this 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, 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.

**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. 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.

There will be no Enews for Aug. 23. Due to my upcoming short work week, I will need all submissions for the August 16th Enews by August 12th. Thank you. - Linda Clark

In This Week's Enews:

RE News You Can Use

Memorial Announcements

Festival of the Season Seeking Coordinator

Sunday Service Recap

2017 Programs for Adults and Families

Circle Dinners are a Success

Upcoming Events and Other News at USH

Uniform Fund Raiser for The Village

Sign-up to Help Water & Tend the Labyrinth

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/](http://www.ushartford.com/events/)

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

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



Sunday Service Recap  
August 6, 2017  
"Our Catholic Beginnings"

There is no recap this week, if there are folks who would like to coordinate with Kayla Costenoble to write the recap when she is unavailable, please contact Linda Clark at the office. Thank you.

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

During 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, with RevCathy, 4 sessions, fall dates to be determined.

Rumba Dance: Thursdays, 6:00 – 7:45 PM, featuring the Salsa in July. For questions contact Ron Friedman 860-523-1105 or [rsfriedman41@gmail.com](mailto: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](mailto: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](mailto:drmarkafriedman@drmarkafriedman.com) or Diana Heymann [heydiana42@gmail.com](mailto: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@thesavagees.com](mailto:ed@thesavagees.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 \(at sign\) gmail.com](mailto:janicecnewton(at)sign@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 Fundraiser ~ The Village for Families & Children

Thanks to the generosity of all of you that have given, USH has raised \$800 - half of last year's total donation of \$1,600 to The Village. This year's Uniform Fundraiser ends in just nine days, next Friday August 18th.

Some of you may have seen a "sample" uniform last Sunday in Fellowship Hall during coffee hour. Uniforms are simply solid colored tops (tee, polo or sweat shirt) and bottoms (shorts, long pants or skirts) that vary by school. They create a sense of community and equality among students – some of whom can afford today's "in" clothes more than others. Let's try to meet or exceed last year's total and help send children back to school strong and proud. Checks made out to USH with "Uniform Fundraiser" in the memo line can be mailed to Brian Mullen at the Meeting House. Cash or checks can be left in envelopes in the sanctuary. Any amount is welcome. Thank you for your support of The Village. -Submitted by **Joanne Orlando**



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

Garden Party @ Twilight  
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](http://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 RevHeather 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 RevHeather 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



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!*



## 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"

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

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



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

## 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](http://www.hartfordpride.com) or call Charlie Ortiz at (860) 841-2345.

**If you'd like to see a UU presence at Hartford Pride and be willing to "table" 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](mailto: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](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). 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](mailto:revheather@ushartford.com) | Phone: 541-390-6052

Rev. Cathy Rion Starr, Co-Minister  
Email: [revcathy@ushartford.com](mailto:revcathy@ushartford.com) | Phone: 541-390-7553

Rayla D. Mattson, Director of Religious Education and Rentals Manager  
Email: [dre@ushartford.com](mailto:dre@ushartford.com) | 860-233-9897 ext 104

Linda Clark, Office Administrator  
860-233-9897 x 100 | Email: [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com)

Brian Mullen, Bookkeeper  
Office Hours by Appointment  
Email: [bmullen@ushartford.com](mailto:bmullen@ushartford.com)

The deadline for USH-Enews submissions is Tuesday at 12 Noon.  
Email to: [ushenews@ushartford.com](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.**

**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.