



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 ~ August 16, 2017

Worshipping Together Since 1830
Revs. Cathy & Heather Rion Starr



Image: <http://www.posizionamentomotoridiricerca.info>

Worship Service: Sunday, August 20, 2017 ~ 10:30 AM ~ "RE Kids: All the Colors of You" ~ Rayla Mattson, Lay Leader ~ Julie Grace, Worship Associate

**"The worst thing about that kind of prejudice...
is that while you feel hurt and angry and all the rest of it, it feeds your self-doubt.**

**You start thinking, perhaps I am not good enough."
~ Nina Simone**

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 does those 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.

On August 27, Rev. Heather will be back in the pulpit with Peter Meny as Worship Associate, Pi-Hsun Shih and Meeting House Folk providing music.

The Theme is "Embracing Imperfection Everywhere."

Join Us - All Are Welcome!

Would You Like to be Part of a Great Team? ~ As Ingathering approaches on September 17, the staff and layleaders at USH are preparing for another active year. We need your help to make this a spectacular year.

Below are some areas where Volunteers are especially needed and welcome:



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

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

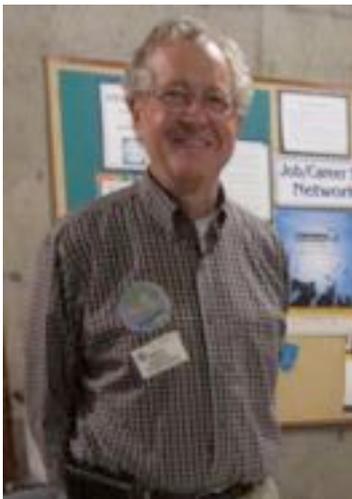
Religious Education: The DRE is very short-handed for teachers in our Pre-K3-2nd grade class and in our middle school class. We desperately need teachers and assistants. The commitment would be 1-2 Sundays every 4-7 weeks. **If you are interested, have any questions, or would like to see the curriculum,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



Programs for Adults and Families Sub-Council:

As of August 31, Nancy Reed and Janice Newton will be stepping down from 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.

**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 20th, the nursery will be available from 10:15-11:45AM for the morning worship hour for infants and toddlers.

The children and youth will present what they have learned this summer in the form of a worship service. Please come out and support them and their hard work.

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.



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.

Please Note: there will be no E-News on August 23.

In This Week's Enews:

RE News You Can Use
Sunday Service Recap
2017 Programs for Adults and Families: New Small Group Ministries Starting This Fall!
Circle Dinners 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/

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

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

**Sunday Service Recap by Kayla Costenoble
August 13, 2017
“Great Compassion in Interfaith Learning and Friendship”**



Photos: Harriet Gardner

Returning pulpit guest Shin Buddhist Priest Mark Unno shared some personal examples of the power of interfaith learning and friendship during his second visit to the USH on August 13, 2017. He told us he had also shared his Buddhist path the previous day at the UU Fern Street church, suggesting “there must be something about Buddhism” with us UUs.

As we did on August 7, 2016, we followed Mark in opening his reflection with the “Juseige” chant, a song of praise whose words are so old that even today’s Japanese don’t know what they mean, but what’s important are the rhythm and feeling. And again, we closed the service with the “Nembutsu/Echo” chants. We’re learning.

“Blind passion” is a characteristic of the human species, Mark said, and we become attached to expectations and fixed ideas no longer in a natural flow. The truth of reality existed way before humans invented language, and we must “let go of the need to control reality with words to get to a deeper awareness of what is truly real,” Mark said.

“An inclusive spirit is so much in need,” Mark said, as he told us how much he had learned from the “devout Christian” who had helped him build a house for him and his family. Although the builder was suspicious of “highly liberal intellectuals,” he had a good, honest heart, tried to do his best to help people, and had the ability to question faith in himself. Although we don’t know what difference we make in the lives of people, “a good deed never goes to waste... We have to have our feet on the ground but also let our imaginations soar,” Mark said.

Mark’s father lived with them in Oregon during the last seven years of his life and was excited as he approached the “last great stage” of his life. His last words were to tell Mark and his wife to take care of each other and to thank Mark for everything (and everything) meaning the good times and the challenging times. Mark felt that “nothing was left unsaid and nothing was left undone.”

Today’s music complemented the words and tone of the service (not accidentally, of course). Our incredible pianist Pi-Shuh continues to amaze with her enormous range of musical talent and knowledge. The only way I can begin to follow her is to rely on Google. Her opening prelude was her own arrangement of “Hymn filmosound,” with words by Mark Mothersbaugh, founder of DEVO in 1973. DEVO (disambiguation) is an American rock band whose music, according to one critic, mingles Kitsch, science fiction themes, mordantly satirical social commentary and discordant pop songs.

Pi-Hsun did it again, playing Arvo Part’s “Spiegel im Spiegel” (mirror in the mirror, an infinity mirror) during the Offering. Part, an Estonian composer of classical and sacred music, was inspired by Gregorian chants (more chants!) and

was called a “similar artist” by Philip Glass. His work has been called “holy minimalism.”

There’s still more. For her musical interlude, Pi-Hsun played music from Doug Hammer’s “Haiku” album, “gently understated 15 short pieces...perfect in their simplicity...music for inspiration.” Haikus are Japanese 17-syllable poems focusing on one brief moment in time and providing a sudden moment of illumination. Pi-Hsun, as our summer service music-giver, you have provided many such moments. Thank you.

Catholic Beginnings—Reflection, from the USH, August 6, 2017 by Sherry Manetta ~ I was baptized into the Catholic church when I was 3 years old. My older brother was 5. Prior to this, I guess you would say we were unchurched.

My mother had decided my brother and I should go to Sunday school. But before we could do this, she had to pick a religion. My mother, who had been raised a Christian Scientist, picked Catholicism. But why Catholicism? One might think she was influenced by the fact she had married an Italian Catholic from Brooklyn—my father. Or, perhaps, because it was a constant point of contention with my paternal grandparents that we kids were not being raised Catholic. But no, she picked Catholicism because, other than Judaism—which she figured would never accept us—Catholicism was the oldest, and thus by default the truest, religion, she knew of at the time.

So we became Catholics. I mostly learned Catholicism from the nuns and priests at the Catholic schools I attended from 1st grade through college. Their teachings were tempered, fortunately, by my mother, who never fully bought into all the dogma, ritual and rules of the Catholic Church.

For example, I recall a Friday night when I was about 6. We were all at dinner at our neighbors’ house. They were not Catholic, and the menu for us kids was hot dogs. Eating meat on Friday was a “sin” and I of course expressed my concern to my mother. My mother quite firmly put this in perspective for me—she told me to be quiet and eat the hot dogs. In her view, it was not a sin to eat meat on Friday, if by doing so, you were being courteous to your neighbor.

Similarly, my mother’s response was straightforward when my 9 or 10-year old self came home from school one day. I announced that, it was Lent, and the nuns said we had to go to church on Friday evening and say the stations of the cross. This would have interrupted our family dinner. To my plea that we had to go, my mother simply said: no we don’t. And that was that.

As I grew up, I got to keep some of the better parts of Catholicism, with permission from my mother to ignore some of the less desirable aspects.

I rebelled during my college years, and decided never to set foot in another Catholic church after graduation. And I haven’t, except for events such as

weddings or the occasional Mass with my mother. I am, officially, a “lapsed Catholic”, and have been since I was 21 years old. Catholicism wasn’t something I missed in my post-college years.

Fast forward several decades. About 10 years ago, I was driving to Boston with a business colleague who is much younger than I am. In the chit-chat in the car, he asked where I went to college. I told him: I went to Misericordia University. It’s a small Catholic school in Northeastern PA, and when I went there, it was all women. He then asked me about the school’s charisms. I realized then I was traveling with a very devout Catholic as this is not a typical question in a business setting. I barely knew how to respond—what were those charisms?

Let me explain. The technical definition in the Catholic church is that a charism is a gift from the Holy Spirit that governs what you in turn give to others. There are many different charisms, e.g., education can be a charism for someone who devotes his or her life to teaching. If you ignore the Holy Spirit part of the definition, charisms are basically values that a person holds that guide how he or she interacts with others.

I reflected on my colleague’s question over the next few weeks. I wondered if the most important thing I had taken from my Catholic upbringing was Misericordia’s charisms. I wondered if those charisms, along with the pragmatic approach to religion modeled by my mother, were responsible for the value system that I hold and try to follow to this day. I realized that, subconsciously, whether I was attending church or not, those values seemed to have been guiding my choices in life.

Misericordia’s charisms are: service, hospitality, justice and mercy. One example of where these charisms may have influenced my decisions is in my choice of nonprofit boards where I volunteer my time. I have always been drawn to social service organizations that deal with criminal justice, or with improving education or health, in particular for children. My #1 charism may be service with a smattering of a justice charism thrown in.

About 7 years ago, my husband Brian Harvey and I were searching for a spiritual home. We decided to join USH. I found few, if any, contradictions between the fundamental values I had learned growing up and what I find here at the Meeting House. If you take the dogma and rules out of my upbringing, the fit is actually rather seamless. The charisms of my university—which, again, are “service, hospitality, justice and mercy”—these charisms sound remarkably like the part of the USH mission where it states: “we will commit ourselves to join with the larger community to promote love, justice and service to society.”

And even though I abandoned the Catholic church years ago, I reconnected with Misericordia University. I currently serve on Misericordia’s board of trustees. All board and committee meetings open with a reading or prayer. Other than

mentioning God, more than a few times—those readings or prayers would be perfectly appropriate at USH. And I have come, belatedly, to appreciate the strength and determination of the Sisters of Mercy. They opened a college for young women in 1924 in the face of threats from the Ku Klux Klan—which included a cross-burning on the front lawn of the school.

Although there are fewer and fewer Sisters today, their values continue to guide the school and influence tens of thousands of graduates. For me personally, I have been able to contribute to the good work of the university—without ever having to go inside a Catholic church.

In closing, I am a Unitarian Universalist today because I am drawn to the UU principles, and the mission and community at USH. I have the flexibility to create my own faith within this community. And I realize that my ability to feel like I belong here is influenced in no small part by my Catholic upbringing and the charisms of a Catholic university.

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 led by Tom Gervais, 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. Led by Rev. Cathy.

Ballroom Dance: Thursdays, 6:00 – 7:45 PM, featuring the Rumba in August. 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

Attention: For the first time ever, USH will offer an intergenerational family friendly SGM. It is open to anyone age 10 and up. There will be 2 sessions running together at the same time. Children and youth can choose to be in the session with their parents or in the other one running at the same time. Younger siblings can attend as there will be childcare for those 9 and under. Dinner will be from 6:30-7:00pm and the SGM will run from 7:00-8:30PM. **You can sign up by contacting Esther McKone or Rayla Mattson. The cost is \$5.**

DISABILITY FOCUSED SMALL GROUP MINISTRY (SGM)

This small group ministry welcomes ALL - able bodied and those who identify as disabled - and everyone else in between! We will explore What Disability Means, Mental Illness, Depression, Silenced in Trump's America, Standing Up for What I Need, A Diagnosis of Autism and more! This SGM will be facilitated by Bill LaPorte-Bryan and will meet on SUNDAYS after the service from 12:15 to 2:15 pm in the Meditation Sanctuary/Emerson. A light lunch will be provided for the first session. The group will decide on lunches for subsequent Sundays. The START DATE for this SGM will be Sunday, September 24, running for 8 sessions ending December 3rd. Registration fee is \$5 for all 8 sessions. Please let us know if you need childcare. **To register for this SGM or get more information, you may call or email Bill LaPorte-Bryan at 860-308-2688, email b37bryan(at sign) gmail.com or Esther McKone at 860-677-6682, email ESTMcKone(at sign)aol.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**



Circle Dinners 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.

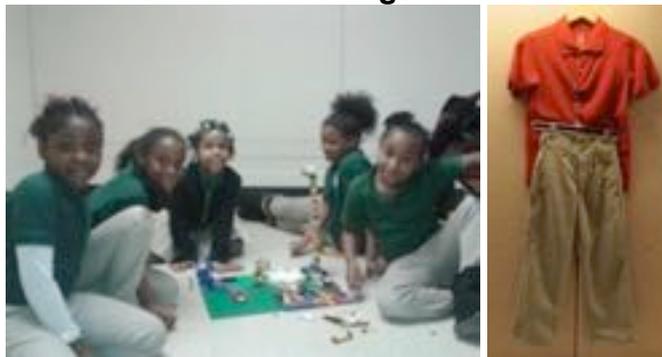
REGISTRATION: Participants can sign up for as many or as few dates as they wish. Register in Fellowship Hall during Coffee Hour or by contacting Janice Newton – janicecnewton (at sign) gmail.com. The registration fee is \$5.00 per household for the church year (July 2017- June 2018).

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 for Families and Children



UNIFORM FUNDRAISER: ~ EXTENDED AN EXTRA SUNDAY

Donations to The Village for Families & Children UNIFORM FUNDRAISER Has BEEN EXTENDED UNTIL MONDAY AUGUST, 21st. Thank you so much to all who have already given. USH has become so much more than the “weird flying saucer building next door.” USH is a community of caring people who have opened their hearts to the children, invited them to our activities with love, and do

not judge children who in other settings are known as “The Village kids” or “those kids from The Village”. By donating to The Uniform Fundraiser you are, once again, supporting our buddies in their goals of being part of the gang, of overcoming traumatic events in their lives through therapy, group living, foster care and regular attendance at school. Donations made out to USH with uniform program in the memo line can be mailed to Brian Mullen at The Meeting House. Cash or checks can be left in the envelopes in the sanctuary. Make sure to include your name.

Any amount is welcome. Thank you for your continued support of The Village.
-Submitted by Joanne Orlando



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 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 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!



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"

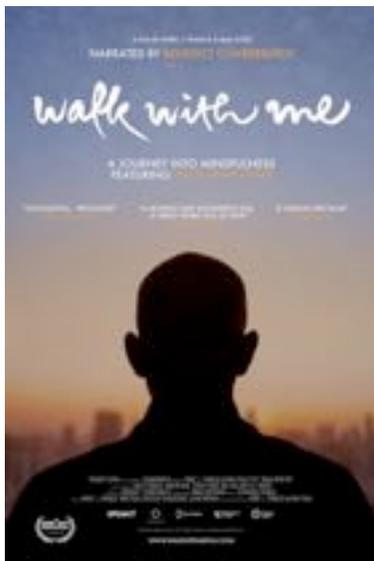
On sale Sunday during Fellowship Hour (11:30-12:15)

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



"WALK WITH ME"

A movie about Zen Master Thich Nhat Hanh

When: Sept. 13, Wed., 7:30 p.m.

Where: Bowtie Cinemas on New Park Ave. in Hartford.

Click [HERE](#) for more information and to register to attend the screening.

Please buy your tickets today. At least 83 tickets must be sold for the movie to be shown. A credit card is needed to reserve a seat but it will be charged only if the minimum is reached. If not, the reservation is automatically cancelled and there will be no charge to the credit card. ~ **Submitted by Fred Louis**



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.**

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/>

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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.