



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

July 11, 2018

Worshipping Together Since 1830

Revs. Cathy & Heather Rion Starr



www.yogashalasac.com/

Worship Service: Sunday, July 15, 2018

10:30am

“The Moving Meditation of Tai Chi and Qigong: an experiential sermon”

Margaret Leicach and Laurie Kelliher, Lay Leaders

Tai Chi is often described as a moving meditation. Though its origins were martial in nature most current practitioners enjoy the process of focusing the mind solely on the movements of the form to bring about a state of mental calm and clarity. A series of flowing movements are sequenced to create a continuous form in a variety of

styles, some lasting only 5 minutes while others take half an hour to perform (and years to learn). Join us for some simple movements and insight about this ancient spiritual practice.

Laurie and Margaret began their Tai Chi exploration 20 [25??] years ago. The long form, short form, Chen and sword forms have been a forever part of their Wednesday evenings in Fellowship Hall. Four different teachers have brought their own perspectives to the practice and all these years later the class is again taught by their original sifu.

Spiritual Practices Summer at the Meeting House

This summer, our worship series will explore a wide variety of practices that help to ground, center, delight, inspire, and strengthen us in times of peace and times of anxiety or stress. We kicked off the series on June 17th with a service by RevCathy that explored the purpose, power, and challenges of spiritual practices. Summer services are in Fellowship Hall from June 24th onwards and continue through Labor Day (September 2nd). Come join us every Sunday at 10:30am for spiritual depth and exploration together! Click [HERE](#) to read more.

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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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 click [HERE](#).

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

From the Revs. ~

RevHeather and I are on vacation for the first two weeks of July, replenishing our spirits. Then we'll be in and out of the office and pulpit until late August. We will be on call for pastoral and congregational emergencies. For non-urgent pastoral issues, or to share a concern or joy with the Caring Network and broader congregation, please contact Janice Newton at 860-677-1121 or [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton@signgmail.com). If something urgent does arise, please do call our cell phones (Rev. Cathy 541-390-7553 / Rev. Heather 541-390-6052). ~Be well, Rev. Cathy, with RevHeather For the full blog click [HERE](#).

A note from the Revs about the Ministers' Discretionary Fund (MDF)~

Click [HERE](#) to read more...

RE News You Can Use:

Rayla D. Mattson, Director of Religious Education



During the summer the nursery will be available during the morning worship service from 10:15—11:45am for infants and toddlers. There will be RE classes for children and youth the library. We are continuing our look at spiritual practices. There is still time to sign up and share with them this summer. Please speak to the DRE.

Rayla and her children will be away this Sunday and next week. They are once again visiting Star Island on their Liberal Religious Education week. They were invited back to observe some of the changes the island has made and will continue to make to dismantle white supremacy on the island.

Bradshaw would like to thank everyone who has been supportive of his trip to THRIVE in California in August. He will be meeting with other UU youth and color and is excited to share his experience upon his return.

Summer RE 2018



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.



Social Justice at USH

Turning Bad News into Positive Action... Click [HERE](#) to read more.

-Submitted by Judy Sullivan, USH Social Justice Chair



Americans of Conscience Checklist

By [Jen Hofmann](#)

This checklist features clear, well-researched actions for Americans who value democracy, equality, voting, and decency. We also practice gratitude, self-care, and celebration to stay engaged.

Click [HERE](#) for past checklists.

Americans of Conscience Checklist: Week of July 8, 2018

By [Jen Hofmann](#)

I value secure, convenient voting and fair elections.

Democracy thrives when all citizens can freely elect those who represent their values.

Action 1: Oppose a citizenship question in the 2020 Census.

(h/t)

Note: This is an especially important action *if your citizenship status is secure*. People with vulnerable citizenship are at [greater risk of targeting](#) by the current administration. Use your privilege to support our neighbors.

Comment: [On the Federal Register](#) by Aug 7, 2018.

Script: Use your own words, but include any of the following:

- Supporting [accurate census count](#), increased participation, accurate dispersal of funding, and fair [congressional representation](#).
- [Opposing citizenship question](#) on the 2020 census form.
- Opposing inadequate testing of added questions.
- Opposing sharing citizenship data with National Conference of State Legislatures.
- Opposing changes to Public Law 94-171 Redistricting Data File.

Action 2: Advocate for paid time off on Election Day.

Write: Your employers' key decision maker(s).

Script: Dear [name], I'm inspired by [Patagonia's recent decision](#) to give their employees a paid day off on November 6th. As I'm sure you know, Tuesday is not a convenient day for voting. Especially for people working hourly, unpaid time off can create a hardship that prevents taking part in this important civic obligation. I hope that you will consider implementing a policy similar to Patagonia's. Let me know if I can be of assistance in this effort. Thanks.

Acts of Gratitude

Get out your stamps, postcards, and sparkle markers for some gratitude mail.

Congratulate Kat Calvin ([Spread the Vote](#)) on winning a grant from [New Media Ventures](#). I also see the good work you do every day, putting IDs in the hands of people disenfranchised from voting. Thank you for all you do. I am proud to stand with you.

Address: Spread the Vote, 7423 W Manchester Ave, #4, Los Angeles, CA 90045

Thank Sen. Kamala Harris (D-CA) **and Rep. Raúl Grijalva** (D-AZ) for [introducing the Fairness for Farmworkers Act](#) to provide US farmworkers with overtime protections when working more than 40 hours a week, and eliminate exemptions to the minimum wage for

farm workers. Thank you for working to extend basic standards to those who produce our sustenance. No farms, no food!

Addresses:

KH: 333 Bush Street, Suite 3225, San Francisco, CA 94104

RG: El Pueblo Community Center, 101 W. Irvington Road Buildings 4&5, Tucson, AZ 85714

Good news

Decent people everywhere are speaking up and working together. Just look.

National

- Ruling: The government [cannot default to detention](#) when considering the application of asylum seekers who have shown credible evidence of fleeing persecution.
- Ruling: Arbitrary detentions of asylum seekers [blocked](#), allowing the granting of humanitarian parole as long as stringent requirements are met.

State

- A federal judge [ordered Tennessee](#) to stop revoking driver's licenses (and reinstate up to 100,000 previously revoked) from those who can't pay court fees, restoring required photo ID to voters in poverty
- Automatic voter registration [passes in the Massachusetts house](#) with veto-proof majority, moves to the state senate for consideration.

Local

- Denver City Council [negotiated a legal defense fund](#) to support refugee and immigrant families during deportation or other legal challenges.
- Williamson County commissioners [decided to end their Intergovernmental Services Agreement](#) (IGSA) with the U.S. Immigration and Customs Enforcement and its operations at the T. Don Hutto Residential Center (detention center).

News with heart

- New Yorkers [stand with their immigrant neighbors](#) in court.

- An anonymous donor [offered to pay the mortgage and bills](#) for the next two years for children whose parents were deported.
- Irish dads [surprise their adult queer kids](#) by taking them to Dublin Pride.

Sunday Service Photos

Worship Service: Sunday, July 1, 2018

10:30am

"The Art of Maintaining A Loving Focus"

John Bengston, Lay Leader

Sue Smolski, Worship Associate

Is it an art or a discipline? Or is it, perhaps, a discipline that becomes an art? Or, can it become an art? Is it possible that maintaining a loving focus can change our lives for the better and have a ripple effect for those with whom we come in contact? Is it possible to maintain a loving focus even when we are angry? We explored these questions together to see how this strategy might change our lives and the world around us.



Worship Service: Sunday, July 8, 2018**10:30am****“Small Group Ministry:****Discovering and Sharing Our Collective Wisdom”****Esther McKone, Lay Leader****Martha Bradley, Coordinator; Julie Grace, Worship Associate****The Gifts of Small Group Ministry****by Rev. Helen Zidowecki**

Enter with cheer and chatter!

Enter with contemplation and anticipation.

Gather to listen and to be present.

Gather to receive, respect, accept and be heard.

Enter, from the hurry of our lives, and gather the gentle breath of calmness.

Engage gifts of intimacy, connection, and bonding.

Minister to each other with gentleness.

Minister with compassion, understanding, and latitude.

Share joys that grow as they are shared, and feel warm swelling in your being.

Share sorrows and concerns, and feel the strength of the group holding each person.

Ministry is walking together, what is done together.

Engage the gifts of the deep places of the heart and soul.

Reach out to the wealth of the universe, the opportunities and the possibilities.

Reach and stretch to meet new ideas, new dimensions of life and new paradigms.

Touch the wisdom of those present, and the words and thoughts brought to the meeting.

Touch new dimensions of your spiritual journey, taking you to places not yet explored.

Reach for things near and far that expand your being.

Engage the gifts of ultimacy and deep knowing.

May these gifts of small group ministry be yours as we gather to strengthen our connections with each other.



Photos by Maia Matacin and Harriet Gardner



The Memorial Garden at the Meeting House Needs Your Care -

Do you have a little time to devote to a good deed that will also get you some exposure to the joys of summer sunshine in a garden setting? Our Memorial Garden's weed production is far exceeding the capacity of our limited team of weeders (the two of us) who are working hard to fulfill the commitment to the families who have chosen this place of quiet reflection and remembrance for their loved ones. Please, consider donating a gift of time and a bit of energy to keeping the garden weeded. On Monday, our daughter, Carol, joined us and we have now gotten the Garden presentable. If you could help

weed just for an hour or two, please let us know so we can be sure we have the help spread out from mid-July to the end of September. And, while you are thinking of the joy of gardening, maybe you would be able to also spend some time weeding the USH Labyrinth in the Knox Gardens at the base of our parking lot. Thank you - **Janice and David Newton**

Please: Complete Your Pledge Commitment for the Current Fiscal Year!

The close of USH's fiscal year is approaching at the end of this month. This is a reminder to make sure you meet your pledge commitment for the year. The Giving Statement you recently received summarizes the status of your pledge. If for some reason you are having trouble meeting your pledge, please reach out to the ministers or a board member if you have not already done so. The income from our pledges accounts for 70% of the income in the church's annual budget. Each of our commitments forms an important segment of income and is relied upon to balance our annual budget. Our contributions to the church provide for a stimulating environment for all of us to engage in a variety of ways. We are grateful for your support for this beloved congregation.

-Submitted by Phil Gardner and Sherry Manetta

The latest financial reports have been posted, click [HERE](#) to view. The Board Meeting minutes for May have been posted, click [HERE](#) to view.

To view the USH Directory, reports, meeting minutes and other church business information online, click [HERE](#). Contact Linda Clark at ushlindaclark(at)gmail.com for the username and password.

Programs for Adults and Families

For more information on current programs please check the [online calendar](#) often as schedules can change, or contact the facilitator for more information. Contact information for programs is listed below.

Programs

Emei Qigong Cultivation: Tuesdays and Wednesdays, 5:00 – 6:00 PM. Contact Diana Heymann: 860-200-8525.

Tai Chi: Wednesdays, 5:30 – 7:00 PM. Contact facilitator before attending: Stephen "Lucky" Luckingham: 860-202-3404 or stephen.luckingham@gmail.com.

Meditation & Dharma Group: No gatherings until September.

Contact Fred Louis at 860-223-2407 for information for when they will resume.

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. **Off-site for the summer**, contact Mark Friedman for locations: drmarkafriedman@drmarkafriedman.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 June 2018. For more information contact Ed Savage: ed@thesavagees.com.

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

USH Book Club: On break for the summer, our first meeting will be Thursday September 14, 2018 at USH. For more information contact Richard Groothuis: rgroopofus@icloud.com.

Living Your Faith! (formerly known as Building (and Living!) Your Own Theology) 2018-19, is an intensive and interactive 12-week program in which participants define/discuss their faith and its impact on their lives, taking a very deliberate look at who they are, what they believe, and who they, individually and collectively, can become. Please register by July 31st.

Program participants will be drawn from the three UU congregations in our area: The Universalist Church of West Hartford, the Unitarian Society of Hartford, and UU Society East. The group will be limited in size (like a Small Group) and meeting locations will rotate among the participating congregations. Sessions will be held twice a month, September - March on **Tuesdays**, from **7:30 – 9:00**. Contact Facilitator and USH member, Tom Gervais: 860-558-3000; tom.j.gervais@gmail.com for more information and to register.

Small Group Ministries:

What is Small Group Ministry?

This is a unique opportunity to strengthen your connections with USH members and friends by sharing your life experiences with them in a safe, confidential space – a covenant group. Get to know others better and you may also get to know *yourself* better too! A trained facilitator will have special readings and questions to guide your sharing and deep listening experience. Watch for announcements of Small Group Ministry offerings in E-News, during coffee hour after the

service at the Programs Table in Fellowship Hall, or at the Welcome Table in the main lobby. Contact Esther McKone to register or get more information on Small Group Ministry, email: [estmckone\(at\)aol.com](mailto:estmckone(at)aol.com), phone 860 677 6682.



Participation & Planning for Small Group Ministries:

I am encouraging all those who have an interest in the Small Group Ministry (SGM) program at USH to contact me. Members and friends who would like to have input into the readings that inspire us to share during the SGM sessions should contact Esther McKone,

email - [Estmckone\(at\)aol.com](mailto:Estmckone(at)aol.com) or call 860-677-6682.

Planning future SGMs: I am considering having more focused groups for the future encompassing such issues as (1) Disabilities, 2) Structural Racism, 3) Spirituality of nature-based, earth-centered faiths and 4) A gender identity focused SGM. So the ideas are plentiful, but I also need people willing to contribute their skills and talents toward the goal of continuing a robust Small Group Ministry program at the Unitarian Society of Hartford. Let me know if you can help! - Submitted by Esther McKone

Events and Personal News of Our Community



USH's homegrown folk group Meetinghouse will give a free open air concert at Blue Back Square on August 16 from 7-8 pm. Come enjoy an evening of song featuring the group's signature vocal harmonies and acoustic flair, while showing your support for USH members Stephanie Briggs, Sarah Harmon McKenzie, and Tom Gervais.

Follow Meetinghouse on Facebook for the latest updates:

<https://facebook.com/meetinghousemusicgroup/>



**Unitarian Society
of Hartford
Community
Garden Plot and
Labyrinth in the
KNOX Watkinson
Community
Garden**

It's the fourth summer gradually growing our Plant-based Labyrinth in the USH Plot of the Watkinson Community Garden!

If you haven't ever

made your way down to the base of the Meeting House parking lot, do. There you will find an entrance to a magical world--a massive Community Garden where in the summertime, community and callaloo abound. Each of the past three summers, some progress has been made towards a plant-based labyrinth in our USH Community Garden Plot, and you can really feel that patience and perseverance down there, now! Take a walk, pull some weeds, ring the bell, breathe in deeply. If you are able and interested in getting your hands in the dirt and supporting this effort, your participation is welcome. Here's a sign-up sheet for this summer to help space out our efforts (and most importantly, water the plants): <http://signup.com/go/mgdshSu>.

We continue to figure out how best to nurture this project in a low-key and sustainable summer way. Thanks to Susan Hope, Esther McKone, and Diane Cadrain for a lovely time gardening together last week. Just a few people working together for just a few hours can lift each other's spirits and make a little more green magic happen! ~RevHeather



Help Our Friends Next Door The Village for Families and Children Uniform Fundraiser

Help our friends next door by supporting the Uniform Fundraiser at The Village for Families and Children. The children served by The Village are already thinking of the new school year, with a mixture of happy anticipation and anxiety. Each student wears school specific clothing - these uniforms can be an economic burden for many families. Please contribute to The Village for Families and Children's Annual Uniform Fundraiser. Checks may be mailed to Brian Mullen at USH, 50 Bloomfield Ave., Hartford, CT.06105, write Uniform Fundraiser in the memo line. Cash or checks may also be left in the envelopes at church. Be sure to identify yourself. Thank you for helping the children served by The Village. -Submitted by Joanne Orlando



Meeting House Presents!



2018-2019 Season



MHP concerts are co-produced by
The Sounding Board Coffee House

50 Bloomfield Avenue, Hartford, CT 06105 -The intersection of Routes 44 & 1

Meeting House Presents – A concert series at the Unitarian Meeting House, 50 Bloomfield Avenue, Hartford. All events begin at 8:00 pm (doors open at 7:30).

Click [HERE](#) to read the Blog. Contact Laura and Paul Cipriano (MeetingHousePresents@gmail.com or 860-298-9984) to contribute your ideas, volunteer time, pledge financial backing for the series, or find out more!

Thank you Laura and Paul Cipriano and all the other volunteers who made the first season of 'Meeting House Presents' a success. More details about the 2018-19 season will be coming up. Stay Tuned!

Get Involved at USH - Be Part of a Great Team!

USH Needs You—

Get Active with USH! Committee and Sub-Council Openings

We are in process of filling open positions on various Board committees and sub-councils. If you are interested in becoming more engaged at USH, or just learning more about the activities of our congregation, we encourage you to reach out to a Board member, one of the Ministers, or the Chair of a particular Council, Sub-council or Committee.

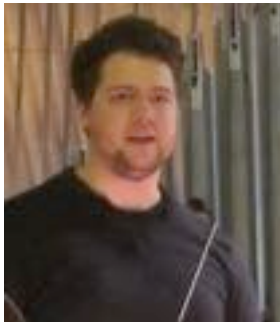
Click [HERE](#) to read more...

Get more connected with this congregation through volunteering. Below are some areas, both seasonal and year-round, where Volunteers are especially needed and welcome:



The USH Sunday Welcome Team

The Welcome Team makes USH outstanding in its open and friendly atmosphere and helps newcomers find their way around our Meeting House on Sundays. Choose your Sundays based on your schedule! Duties include: Front and Side Door Greeters before the Sunday Service, Ushers, and Greeting folks at the Welcome Table before the service, and the Downstairs Visitors Table during coffee hour. Contact Linda Clark at ushlindaclark@gmail.com, phone the office at 860-233-9897, or talk to Brian Harvey (pictured) if you are interested in being part of this wonderful group of volunteers.



Choir Rehearsal MOVED for Fall 2018/Spring 2019

The choir rehearsals will be moved to Thursday nights from 7:00pm to 9:00pm for the Fall 2018/Spring 2019 season. If you are someone who was interested in joining the choir, but couldn't make Wednesday night rehearsals, this might be an opportunity for you! If you have any questions, e-mail Sam (pictured) at smoffett@ushartford.com.



An Invitation to Join the Choir

The music ministry is in the process of further building the choir. Sam would like to extend an invitation to members and friends of the congregation who are thinking, or have ever thought about, singing with the choir. Anyone interested in singing with the choir, please contact Sam via e-mail at smoffett@ushartford.com.



Office Volunteers

If you are computer-comfortable and familiar with Microsoft Word, Gmail, and data entry, the office is in need of you. How you can help: Inserting the Happenings/Orders of Service into the cover, making nametags, basic updates to printed materials on the computer,

making copies of printed materials. Please let Office Administrator Linda Clark know if you're able to help out in the office during the week for an hour or two: email ushlindaclark@gmail.com or call 860-233-9897. Pictured: Phil and Harriet Gardner with their son Bruce, helping out with the Order of Service.



Small Group Ministry Host, Advisor or Facilitator

If you have participated in Small Group Ministry, you might be a candidate for Facilitator training. It involves an afternoon of formal training plus working with mentors who can advise you on your first couple of assignments. Or maybe you'd be willing to host

an SGM group in your home. You may want to help select readings as an SGM advisory group member. Contact Martha Bradley or Esther McKone, SGM Co-Chairs. -Submitted by Martha Bradley



The Book Table During Coffee Hour

Everybody enjoys browsing through the books for sale during coffee hour. In order to continue, we are in need of some help setting them up and putting them away. Please contact Clara Horn if you are able to help out with this: clara.horn@comcast.net.

Sunday Service Recap

If anyone is interested in writing a regular or occasional synopsis of Sunday Services, please contact Linda Clark at ushlindaclark@gmail.com. Thank you.

Upcoming Special Events and News in the Larger Community

sandwiches • salads • fruits • milk

Free Summer Meals! Comidas de Verano Gratis!

Kids and teens 18 and under
Niños y adolescentes de 18 años y menos

EHC! **USDA** **CSDE**

FOR SITES NEAR YOU, CALL/LLAME **211**
TEXT **CTmeals** TO **877877**
www.CTSummerMeals.org

2008 IN AN EQUAL OPPORTUNITY PROGRAM

Healthy Kids Summer Meals Campaign

Join us at a summer meals site near you for food and fun.

www.foodshare.org

The State Department of Education has approved the Summer Meals sites in Hartford. There are 64 Open sites in the 15 "residential" neighborhoods of Hartford. Remember that anyone 18 years or younger can receive a free summer meal at any Open site. There is no registration or ID required and meals are free.

For additional Summer Meals sites in CT, you can visit www.CTSummermeals.org or call 211 or Text CTMeals to 877877. NOTE: New sites across CT may still be added, so please check back often.

Contact Jim Palma if you have any questions and **email him for hardcopies of flyer(s)**.

Jim Palma, Community Network Builder, Foodshare
450 Woodland Ave, Bloomfield, CT 06002
(860) 856-4324 / jpalma@foodshare.org / www.foodshare.org



CT Environmental Gubernatorial Forum

Join IREJN on Monday, July 16 from 6:00 pm - 8:00 pm at Trinity College for a public gubernatorial forum for CT candidates, focusing on clean energy issues, climate change and environmental health. Hear from candidates on both sides of the political ticket

about where they stand on climate change adaptation, renewable energy, green jobs, and many other important issues. The event will be moderated by NPR radio personality John Dankosky. Members of the press are expected.

Date: Monday, July 16

Time: 6:00 pm - 8:00 pm

Location: Washington Room, Mather Hall, Trinity College

Address: [300 Summit Street, Hartford](#)

[RSVP on Facebook here.](#)

Light refreshments will be served.

Third Age Initiative

A PROGRAM OF  LEADERSHIP GREATER HARTFO

Breaking Bread TO FOSTER CONNECTIONS

Come join us for a community meal — Breaking Bread to Foster Connections — that will focus on how to create pathways to success for returning citizens in Greater Hartford. This meal will bring together women and men released from prison, their families, service providers and the general public to share success

stories as well as information about available resources to help returning citizens lead meaningful, productive lives. Equally important, the meal will be a way to meet each other face-to-face and share our concerns and our dreams for creating a more supportive, vibrant community.

Our first two community meals will be held in Hartford:

**Thursday, July 19, 6-8 p.m.
Asylum Hill Congregational Church
814 Asylum Avenue**

**Tuesday, August 21, 6-8 p.m.
Immanuel Congregational Church
10 Woodland Street**

There is no charge, but you **MUST REGISTER** to participate. To receive an invitation, please contact us at psbokros@gmail.com and include the date you would like to attend. To ensure that your invitation reaches your inbox rather than your junk mail, please add invite@eventbrite.com to your "safe list" of email addresses. -Submitted by Virginia deLima

COSPONSORS

Medicare For All Connecticut

PNHP CT
Labor Council for Latin
American Advancement
UAW Region 9A
CT AFL-CIO
SEIU/1199NE
Central CT Labor
Chapter of the AFL-CIO

CWA Local 1298

(IAM) International
Assoc. of Machinists &
Aerospace Workers
Local Lodge 1746
Greater Hartford Central
Labor Chapter
Hartford Catholic
Worker

Healthcare NOW

Eastern CT Area Labor
Federation
Greater Bristol Labor
Federation
Moral Monday CT
CT Conference United
Church of Christ
Voices of Women of
Color

Our Revolution CT Team

League of Women
Voters of CT
Democracy for America
DFA - Fairfield County
TALK
DSA - Central CT
DSA - Western CT
New Haven Peoples
Center
Western CT ALF

MEDICARE FOR ALL

TOWNHALL

PANELISTS



GERALD FRIEDMAN
Professor of
Economics, UMASS



BEVERLEY BRAKEMAN
Director
UAW Region 9A



CARLOS MORENO
State Director,
Working Families Org



BENJAMIN DAY
Exec. Director,
Healthcare-NOW

July 21st, 2018
1:30PM - 3:30PM

Goodwin College Auditorium

1 RIVERSIDE DR. EAST HARTFORD

DOORS OPEN 1:15

BRING YOUR FRIENDS AND YOUR QUESTIONS

<https://www.facebook.com/Medicare4allCT/>



Save The Date:
Thursday, August 9, 6-10pm
at the Meeting House!
The Annual KNOX Hartford
Garden Party @Twilight
 Click [HERE](#) for more information.



Mark Your Calendar for Hartford Pride 2018!

Hartford Capital City Pride invites you to our 2018 PrideFest week celebrating the diversity and achievements of the Lesbian, Gay, Bisexual, Trans-gender and Queer (LGBTQ+) community across Connecticut. PrideFest 2017 was attended by over seven thousand people at a variety of venues. The events hosts speakers, entertainers and community events that make for a vibrant week in the city of Hartford. This year we plan to do similar programming and with more

venues. **PrideFest will on Saturday, September 8th, 2018** from noon to 6pm in Hartford's historical Pratt Street (pictured in 2017!). The September dates for the week-long pride celebration will end on Saturday, September 8, 2018 with the PrideFest Celebration and after party. For more information, visit at www.hartfordpride.com.

For Access to the Members Only Section on the Web Page:

For the username and password for the Members Only section of our USH website, 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 Rentals Manager, Rayla Mattson, if this is a one-time-open-to-the-public event. Thank you! ~Linda

Put in the Subject: 'Calendar'

Also: Cc Rayla Mattson requests: [dre\(at\)ushartford.com](mailto:dre(at)ushartford.com)

Event Title:

Room:

Time:

Date(s):

Is This A Private Event?

Include in Happenings/Enews?

Contact Person:

A Short Description:

Cost: (if applicable)

Is Childcare Provided?: (Note if childcare will be provided you must arrange it with the DRE.)



Lost and Found

There is a 'Lost & Found' box in the office on the bottom shelf of a storage rack near Linda Clark's desk. Items found in the building will be placed there. Please check in the office if you have misplaced something. **Please note: Items will be donated or recycled if no one claims them after a few weeks.** Thank you.

USH Staff:

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

Rev. Cathy Rion Starr, Co-Minister
revcathy@ushartford.com | 860-233-9897 ext 103

Rev. Heather Rion Starr, Co-Minister
revheatherriostarr@gmail.com | 860-233-9897 ext 103

Rayla D. Mattson, Director of Religious Education and Rentals Manager
dre@ushartford.com | 860-233-9897 ext 104

Sam Moffett, Director of Music Ministries
smoffett@ushartford.com | 860-233-9897 ext 108

Linda Clark, Office Administrator
ushlindaclark@gmail.com | 860-233-9897 ext 100

Brian Mullen, Bookkeeper
Office Hours by Appointment | bmullen@ushartford.com

Rev. Cathy has a new scheduler!

No, we haven't hired a personal assistant for the Revs, but I am trying out a new online scheduler. If you'd like to set up a meeting, pastoral visit, or other conversation with me, you can see my availability and sign up for a time here:

<https://RevCathyRionStarr.as.me>. Try it out, and let me know if you have any trouble!

-RevCathy

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.