

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.

August 22, 2018

Worshipping Together Since 1830

Revs. Cathy & Heather Rion Starr



photo by Rev. Heather Rion Starr, 2018

**Worship Service: Sunday, August 26, 2018
10:30am**

"Listening: Soaking In Another's Story and Song"

Rev. Heather Rion Starr, Co-Minister

Peter Meny, Worship Associate

“In her music, as again and again she sought someone who could understand her, who could offer a counterbalance to her ramblings and yearnings, she would tell us not to listen for her but to listen for ourselves. She wanted us to have some sort of transference. It was not a delusion to listen for yourself. It was an injunction.”

~David Yaffe, *Reckless Daughter: A Portrait of Joni Mitchell*

Spiritual Practices Summer at the Meeting House

This summer, our worship series explores 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/>

Personal News of Our Community



Bill Westervelt

It is with sadness that we share the passing of long-time USH member Bill Westervelt. Bill died on August 2nd after a short and sudden discovery of cancer. He was ill for just 2 months. Many of you may remember him warmly Greeting here at the Meeting House as recently as late May or early June, participating with Building and Grounds, or the long ago days when he served as Treasurer

here. Bill is survived by his wife of 60 years, Ruth, and their 4 children. There will be a memorial service on Saturday, August 25, at 11am, here at the Meeting House. RevCathy will officiate. Bill's obituary is [here](#). Ruth doesn't need anything else at the moment, but welcomes your prayers, love, kind thoughts and cards.

Will you help with the Memorial Reception? ~ On Saturday, August 25, we will have the Memorial Service and Reception remembering and celebrating the life of Bill Westervelt. The service will be at 11 AM and the Reception will follow in Fellowship Hall. Finger foods, such as crackers/cheese, quick breads, cookies, bars, and other munchies are needed. We also need fruit and veggie platters. Food should be brought on the morning of the Reception, 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, coffee, tea, and punch.

In order to help us plan, it is very important that we know what foods will be contributed. Please contact Janice Newton (860/677-1121 or [janicecnewton\(at\)gmail.com](mailto:janicecnewton@gmail.com)) to sign up for a food contribution. We are planning for a large number of attendees, so your food donations will be greatly appreciated. We can also use some help during the reception and with the clean-up. Please let me

know if you can help. Thank you in advance for your help. **We can't do this without you!**

- Submitted by Janice Newton

From the Revs. ~

Pastoral News:

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/or broader congregation, please contact Janice Newton at 860-677-1121 or janicecnewton@gmail.com or Eve Pech at 860-379-5035 or elpech@sbcglobal.net. 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.

I am working on the RE schedule for this program year. There is still time to sign up and help. I am looking for additional help in Prek-2nd, 3rd-5th and middle school. The commitment would be one Sunday every 4-6 weeks. I also need additional nursery staff so please let me know if you know of anyone who would be a good fit. Thank you.

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



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 similar programming is planned and with more venues. **PrideFest will be 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.

Judy Sullivan, USH Board Social Justice Chair, has agreed to coordinate our first-in-memory UUs of Greater Hartford booth! Members of the Fern Street (West Hartford), Manchester and Meridan UU congregations will all be joining us. Please let Judy know if you can participate on September 8 and "represent!" (jasully08(at)yahoo.com or (860) 719-9886.)

To sign up for *Booth Volunteers* click [HERE](#).

To sign up for *PrideFest Booth Activities* click [HERE](#).

HAVE A FABULOUS PRIDE 2018, GREATER HARTFORD!!



And then...come *keep nourishing* your spirit, *celebrating* your uniqueness, *building* multigenerational glbtq-positive community, and *showing up* for social justice throughout our communities and our country alongside one another, all year 'round.

**We are your Greater Hartford-area
Unitarian Universalist congregations,
and we welcome you,
exactly as you wonderfully are!**

The Unitarian Society of Hartford, Revs. Cathy and Heather Rion Starr,
50 Bloomfield Avenue, ushartford.com

The Universalist Church of West Hartford, Rev. Dr. Adam Robersmith,
433 Fern Street, westhartforduu.org

The Unitarian Universalist Society: East, in Manchester,
Rev. Josh Pawelek, 153 Vernon Street W., uuse.org

The Unitarian Universalist Church in Meriden,
Rev. Dr. Jan Carlsson-Bull, 328 Paddock Avenue, ucentralct.org



Americans of Conscience Checklist

The checklists feature 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. -Submitted by Judy Sullivan, USH Social Justice Chair

Week of August 19, 2018

By [Jen Hofmann](#)

Please keep looking for the good and celebrate what's going well. We're right here with you!

Good news: *Decent people everywhere are speaking up and working together. Just look.*

National

- [Transparency wins](#) as a legal loophole for anonymous money for political ads ends.
- To increase its pool of future cyber experts, the US Army [taught ethical hacking skills](#) to kids at DEF CON 2018.
- When the DOJ refused to turn over documents seeking detailed information on states' voter rolls, the [Brennan Center sued](#).
- A record number of LGBT candidates [are running for office](#) in November.
- Rashida Tlaib will be the [first Muslim woman elected](#) to US congress.
- [When We All Vote](#), a non-partisan group devoted to voting rights and responsibilities, is launching a September 22-29 [Week of Action](#) in honor of the Voting Rights Act.

State

- 11 women have [earned major-party gubernatorial nominations](#), including in ME, ID, GA, and SD, none of which have previously had a female governor.
- [Falling recidivism rates](#) in states using evidenced-based programs, multidisciplinary support teams, and modified sentencing structures (AZ, CO, GA, MI, NC, SC, and TX).
- AK [prevents cyber interference](#) by accepting ballots only by fax, mail, or in person.
- OK Office of Management and Enterprise Services showed the [state saved more than \\$60 million](#) by ending prison terms for drug possession and some property crimes.
- ND director of the Department of Corrections and Rehabilitation is [working to model](#) the state's prisons after "the world's most humane prison."
- MA becomes first state in US to require all state-funded or -licensed providers of services to older adults to [complete training in LGBT elder care](#).
- MO [overturned a Right to Work law](#) (previously passed by the state legislature) restoring rights to workers. To read more click [HERE](#).

Turning Bad News into Positive Action...Click [HERE](#) to read more.
-Submitted by Judy Sullivan, USH Social Justice Chair

Spiritual Life at the Unitarian Society of Hartford



Unitarian Universalists covenant to affirm and promote seven principles including "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...." As current Chair for Spiritual Life elected to the Board of Directors, I offer some thoughts to encourage your spiritual growth here from time to time...

~Marye Gail Harrison; Artwork by the author. To

read more click [HERE](#).

Sunday Service Photos

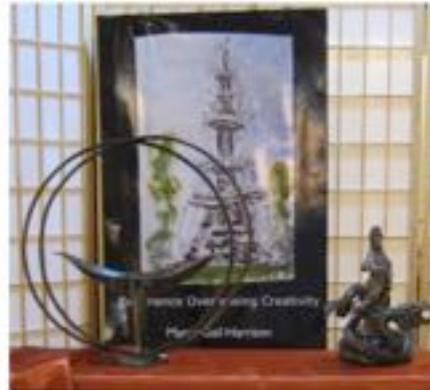
Sunday Sermon Recap by Kayla Costenoble

August 19, 2018

“Self-Compassion: May Your Fountain Be Full to Overflowing”

Marye Gail Harrison, Lay Leader

Sue Smolski, Worship Associate



Until today's service, I suspect most of us were unfamiliar with Quan Yin, the Asian Goddess of Love, Mercy and Compassion, who tamed the terrible dragon all feared and then kept it with her. Her statue was on the chalice table and she soon appeared before us, dressed in a shimmering long white gown, with dark hair, red glasses and, of course, a crown. Quan Yin (aka Marye Gail) also had a jar of water, the divine nectar of life, in her right hand.

After Quan Yin's departure, Worship Associate Marye Gail tackled the problem many of us feel when asked to define our *spiritual practice*. "Some of you have told me that you think of spiritual practice as mandatory Mass, Confession, rosary beads, High Holy Day

services, Kosher kitchen, Buddhist meditation retreats, or daily meditation for 20 minutes," she said.

When we have used the words Spiritual Practice in this summer worship series, we mean: What you do to replenish your spirit, your deepest self. What actions you take to develop and enrich your inherent worth and dignity. "However you do that replenishing is your 'practice.' It's not a religious obligation; it is your loving gift, hopefully given regularly to yourself to replenish your spirit, your essential nature," Marye Gail explained.

Practicing self care, she continued, means protecting yourself from the steady trauma this world offers even if it means taking a few days off from doing anything at all. "Self compassion changes the way we feel about ourselves...and leads us to greater maturity, to be able to be in the world in a wiser way."

Psychologists today are writing about the importance of compassion and of self-compassion. Two whom Marye Gail consulted offered similar advice. Psychologist Kristin Neff wrote that "Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure or general suffering." She defined three major components of this: self-kindness, common humanity (shared human experience), and mindfulness.

Psychologist Lauren Kirby noted five loving gifts we can give ourselves:

1. Loving kindness guided meditation,
2. Education,
3. Self reflection
4. Imagery (recalling someone who was loving to you)
5. Writing (writing to yourself from the perspective of a compassionate friend)

Our closing hymn, "I've Got Peace Like a River," was particularly meaningful, since all but verse 4 (which we did not sing) stressed the importance of water in our lives. Just as Quan Yin and Marye Gail did.

And also. Margalie Belizaire has accomplished much in her two years with us. She told us during the service that today is her last day with us. In her journey to become a UU minister or chaplain, in September she will be starting a two-year internship at the UU Church in Westport. We will miss you, Margalie.

A dynamic duo of Sam Moffett on the piano and Sam Spear on alto saxophone presented an eclectic mix of wonderful music from hymns to a jazzy "Beautiful" to "My Way." Great listening.

~Many thanks to Kayla for this special 'Sunday Service Recap'
For Marye Gail's full sermon, click [HERE](#).

Photos by Harriet Gardner

Church Business News

The latest financial reports have been posted, click [HERE](#) to view.

Church Business News

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



New Program starting in September: Spirituality and Aging

As we age, existential questions can loom large. Is this all there is? Could I be happier? Could I wring more out of this life before it is over? These big questions (and others!) are the domain of spirituality.

In a safe, friendly, informal setting, we will explore Universalist truths, feeling our way to what is right for each of us. There will be

experiential exercises and lots of opportunities for fun and lively conversation.

Where: USH Library and David's Den.

When: Six Wednesdays, Sept 19 - Oct 24, 2018

Time: 11:00-12:30 followed by a BYO lunch

Cost: \$10, includes registration fee, photocopies, etc.

To Enroll: please contact Judy Robbins judyrobb2@gmail.com or for questions, call Judy at 860-633-3348.

Facilitator: Judy Robbins, PsyD, a nearly-lifelong UU, is a seasoned facilitator with advanced degrees in both spirituality and psychology. Her courses tackle big issues with down-to-earth warmth and wit.

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 13, 2018 at the Groothuis' home, contact Richard Groothuis for address: rgroupofus@icloud.com.

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

Some reflections on a USH summer...

Part of summer's allure is the temptation to take things easy, kick back and relax, and forgo some standing engagements on one's calendar. Often, "going to church" is among the forgone. An acquaintance (of another denomination) recently opined, "if I'm gonna go, I want to hear a real sermon, not listen to just people"...

Well. That got me thinking.

To me, one of the strongest and most heartening appeals of USH is the opportunity we have, throughout the year, to listen to our friends and companions on the journey. This summer, the stories of exploration, discovery, and connection have been rich indeed, and hearing another's challenges and progress gives me encouragement to double down and renew my own commitment.

The "spiritual practices" we experienced, first-hand or vicariously,

were nominally diverse. Maintaining Focus, Tai Chi, Self-Compassion, Transcendentalism, Art... the words may be different. But I caught, in all the personal sharings, distinct echoes of what Joseph Campbell named the Hero's Journey... one begins at home, is called forth to some adventure, and spends a large chunk of time engaging in various skirmishes and dangers before finding the way back to home, hearth, and true self. This is the stuff of literature: the Odyssey, Lord of the Rings, Harry Potter. It's a classic plot line through the centuries.

Most of us, I'd venture, are on our own variant of this journey. We've been caught up with expectations, obligations, deadlines, commitments; somewhere along the line we've lost, misplaced, or had taken from us some critical element of ourselves. In the journey to identify and recover that essence, it helps to have allies who understand and support our quest. It's easier to stand strong against the Circes, orcs, and dementors when your companions have your back.

And that circles back to the reason I find such inspiration in USH's summer services. I come to hear my companions on the journey — "just people" — as they speak of their own experiences, hopes, and vulnerabilities. And I come to cheer them — us — all of us — on as we venture within, rediscovering and nurturing those tender sparks of spirit. The USH community functions as a great cheering section, celebrating with us in joy and holding us in sadness. Our summer programs this year have really shone light on this quality for me.

So, thank you, all of you "just people", "just... marvelous... people", who collaborated on this series: planners, speakers, worship associates, musicians, everyone. Thank you. Peace. ~Tina Davies, USH Member



THANK YOU: The Village for Families & Children Uniform Fundraiser 2018

Thank you for helping this young girl go back to school in a brand new uniform with confidence, pride and a smile. This summer the Unitarian Society of Hartford donated \$1,395 to the Uniform Fundraiser sponsored by The Village for Families & Children. Donna Jolly, Vice President for Advancement at The Village writes: "Thank you so much for this very generous contribution to our Uniform Drive-and for all that you do for the children and families we serve! The many costs associated with getting a child ready for school are more than families who live in poverty can afford, but all parents want their child to have the best and to feel confident as they go back to school. You've helped to ease those concerns and to ensure that more children can wear a brand new uniform as they enter school this year. On behalf of those families, thank you from the bottom of our Hearts."

Thank you for all the ways you continue to support The Village for Families and Children.

-Submitted by Joanne Orlando

SPACE SHARING IN CROMWELL

Excellent Location! Lots of Space! Quiet and Friendly Atmosphere!
Looking for preferably (though not exclusively) female housemate,
non-smoker

Great for Graduate Student and/or Mature Person

- Fully Furnished Room
- All Utilities Included
- Free Wi-Fi
- Unit Features Balcony, Dishwasher
- Building Features On-Site Washer and Dryer
- Property Features Community Pool
- (+Entire condo to yourself 2-3 days on most weeks & periodically for longer periods)

Call, Text or Email USH Member Margalie for more information or to schedule a viewing.

216-856-5654 & mbeliza32@gmail.com



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 in late June. 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

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 & 189

Join us on Friday, September 14, 2018 at 7:30.

Meeting House Presents second season starts with an eclectic mix of music to get your mind working and your feet tapping. Building on a Pete Seeger style sing-along the show will segue to rap and hip hop from **Tang** and **Self-suffice aka Khaiim the RapOet**, to **Jill Free's** jazz, blues and soul, to inspirational flute and sax from **Mixashawn Rozie** and Spanish guitar from **David Giardina**.

Something for everyone and maybe something you love that you have never heard before. Join us on **Friday, September 14, 2018 at 7:30**. Tickets are available at **Brown Paper Tickets** and season tickets will be available at church starting the last week of August. **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!

Meeting House Presents is looking for volunteers to help out. You decide if you want to help out three nights, one night, or the entire season. We need help with refreshments, tickets, communications, hosting performers if you have a spare room, and this year we want to have a "street team" to post flyers. Best of all, the commitments are for the evening of the show and you won't have to attend meetings. Contact Laura Cipriano at MeetingHousePresents@gmail.com to volunteer. Come be part of the fun.

Save the dates for 2018-19 Upcoming Meeting House Presents Concerts (We are still in negotiations with performers. We can't tell you who they are yet, but this will be an exciting season.) Coming up:

- Saturday, Sept. 29, 2018 Peter Mayer
- Friday, October 26, 2018 Charlie King
- Friday, November 30, 2018 Lula Wiles
- Friday, December 28, 2019 Special Concert Event – Artists to be announced
- Friday, January 25, 2019 Special Concert Event – Artist to be announced
- Friday, February 22, 2019 Special Concert Event – Artist to be announced
- Friday, March 22, 2019 Hubby Jenkins
- Friday, April 19, 2019 Special Concert Event – Artist to be announced
- May 3, 2019 Pete Seeger 100th Birthday Party- Artists to be announced

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; Join the Choir; Office Volunteers; Small Group Ministry Host, Advisor or Facilitator; The Book Table During Coffee Hour. Click [HERE](#) to find out more.

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

GOLDEN HILL UNITED METHODIST CHURCH
AND CANTICO NUEVO CHOIR PRESENT

MANOS

INDOCUMENTADAS

UNDOCUMENTED HANDS

A Biblical Cantata on Immigration

**cantico
nuevo**

Any immigrant who lives with you must be treated as if they were one of your citizens. You must love them as yourself, because you were immigrants in the land of Egypt. I am the Lord your God.
Leviticus 19:34

Saturday, September 8th, 2018 • 7 PM
Golden Hill United Methodist Church
210 Elm St. Bridgeport, CT 06604
Suggested donation \$10

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

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.