



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 1, 2018

Worshipping Together Since 1830

Revs. Cathy & Heather Rion Starr



Photo: [pinterest.com](https://www.pinterest.com); The Women's Memorial Labyrinth Celebration in Wiesbaden, Germany. - A UU Chalice!

Worship Service: Sunday, August 5, 2018

10:30am

"Living the Labyrinth"

Rev. Cathy Rion Starr, Co-Minister
Doris Maldonado, Worship Associate

Labyrinths exist all over the world as a meditative movement practice.
Come meander, meditate, mull over, and play with the idea of labyrinths as a spiritual practice.

Our offering this week will go towards the purchase of stone and garden supplies for the Knox Garden Labyrinth behind our parking lot.

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:

[From the Revs](#)

[RE News You Can Use](#)

[Social Justice at USH](#)

[Spiritual Life at the Unitarian Society of Hartford](#)

[Sunday Service Photos](#)

[Church Business News](#)

[Programs for Adults and Families](#)

[Small Group Ministries](#)

[Events & Personal News of Our Community](#)

[Get Involved at USH](#)

[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 click [HERE](#).

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

From the Revs. ~

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



Supporting our Friends The Uniform Fundraiser for The Village for Families and Children

USH is a loving community for the children from The Village for Families and Children, offering support they don't often find in their traumatic lives. They are confident in our non judgmental caring.

For the fifth year, USH is participating in The Village Uniform Fundraiser.

THANK YOU TO ALL WHO HAVE ALREADY GIVEN.

By donating to the Uniform Fundraiser you are, once again, showing your commitment to The Village by helping families buy the required school uniforms that are important for students to feel part of the school team.

Donations made out to USH with "Uniform Fundraiser" in the memo line may be mailed to Brian Mullen at USH, 50 Bloomfield Ave., Hartford, CT. 06105, cash or checks may be put in the collection basket during worship. Please remember to identify yourself. Any amount is welcome.

THE FUNDRAISER ENDS NEXT FRIDAY, AUGUST 10th!

Thank you for your continued support of The Village. -Submitted by Joanne Orlando



Americans of Conscience Checklist

By [Jen Hofmann](#)

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.



Americans of Conscience Checklist Week of July 23, 2018

By [Jen Hofmann](#)

I value showing respect for all people, no matter where they were born.

We oppose inhumane treatment of all people and the government agencies that perpetuate it.

[People who immigrate](#) to the US make our country stronger and are entitled to basic

respect.

Action 1: Advocate to decriminalize border crossing.

Call: Your one House rep and two senators, red or [blue](#): ([look up](#)). **Script:** Hi. I'm from [ZIP], calling to ask [name] to work on [repealing two laws](#) dating back to the [Immigration Act of 1929](#): Title 8 U.S. codes [1325](#) and [1326](#). These laws [criminalize crossing](#) the US border without authorization. Repealing them would decrease family separation and stop wasting taxpayer dollars on mass detention. I would like [name] to repeal these laws and restore humanity to our immigration policies.

Action 2: Stand with queer Ghanian asylum-seeker Sadat Ibrahim.

Call: South Texas Detention Facility 210-231-4505

Script: Hi. I am calling to bring attention to Sadat Ibrahim (A# 208-920-376). He is seeking asylum in our country, but has been [in detention since 2016](#). We insist on his immediate release so he may continue to work for asylum.

Action 3: Reach into an ICE detention center to encourage a kind soul.

Write: Sherpa Duk, A# 208-603-576, P.O. Box 248, Lumpkin, GA, 31815

Sherpa is originally from Nepal. Let him know he matters. Have your kids do drawings in marker or crayon, or send Sherpa a letter with stories and encouraging messages to lift his spirits.

Good news

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

National

- 97 senators [vote in support](#) of NATO before the president's trip.
- Ruling: No [blanket detentions](#) of asylum seekers with persecution claims.
- Ruling: No basis for [long-term detainment](#) for immigrant families.
- Federal judge [dismisses lawsuit](#) against two of three California immigration laws.
- Temporary Protected Status for Yemenis [extended](#) for another 18 months.

[Happy 150th birthday to the 14th Amendment](#), guarantor of equal protection and due process.

State

- Ruling: TN [cannot continue to rescind driver's licenses](#) based on unpaid fines, fees, and court costs.

MT joins the growing list of states that have [rejected transgender discrimination](#).

-Submitted by Judy Sullivan, USH Social Justice Chair

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 several 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.

When we have used the words “Spiritual Practice” in our 2018 summer worship series, we mean what you do to replenish your spirit, your deepest self, your fundamental life source. What actions do you take either outwardly or inwardly to develop and enrich your inherent

(Universal) worth and dignity? However you do that replenishing is your “Practice”. Its not a religious obligation. It is your loving gift, given regularly, to yourself to replenish your spirit, your essential nature. So when we say “Spiritual Practices” we mean regularly given Life Giving (ie. Spiritual) Loving Gifts (ie. Practices). I hope that works for you as a helpful reframing of “Spiritual Practice”. ~Marye Gail Harrison

Image: White Memorial Fountain, Simsbury, CT by the author

Sunday Service Photos

Worship Service: Sunday, July 22, 2018

10:30am

**“Inner and Outer Transformation:
Spiritual, Societal and Environmental Practice”**

**Rev. Mark Unno, Pulpit Guest
Julie Grace, Worship Associate**

Rev. Mark Unno spoke on the relation between inner spiritual transformation and outward engagement with society and the environment. He spoke from the perspective of Shin Buddhism, the tradition of Japanese Pure Land Buddhism in which he is ordained. He

also incorporated stories and insights from other traditions and perspectives to explore a vision of outer transformation grounded in inner awareness.

Mark shared some links from which he based part of this talk:

The Rubin "Hurricane" Carter's story:

<https://www.biography.com/people/rubin-carter-9542248>

The [amazon.com](https://www.amazon.com) link to the book Mark quoted from:

<https://www.amazon.com/Eye-Hurricane-Path-Darkness-Freedom/dp/1613748159>

An interview with Rubin "Hurricane" Carter:

<https://www.youtube.com/watch?v=5XEIFqOgURM>

Photos from the USH

events. <https://photos.app.goo.gl/LcqykYe4RH59hZmC8>

Also: <https://mtunno3.weebly.com/life-moments-2018.html>



Worship Service: Sunday, July 29, 2018**10:30am****“A Transcendentalism for Today:
one woman’s contemporary interpretation”****Judy Robbins, Lay Leader****Rick Tsukada, Worship Associate
with Meeting House Folk**

Transcendentalism was a movement in the mid-1800s that grew out of the philosophy of a group of prominent Unitarians in Concord, MA, including Emerson, Thoreau and Margaret Fuller. It espoused an embodied spirituality that did not deny rationalism but went beyond (transcended) it. Many of the elements of Transcendentalism are relevant today and can form the basis of a modern spiritual practice.



Photos by Harriet Gardner

Reflection from the July 29, 2018 Sunday service by Judy Robbins:

Opening Words:

Let's let Henry David Thoreau give our opening words this morning, he says:
I am alarmed when it happens that I have walked a mile into the woods bodily without getting there in spirit. The thought of some work will run into my head and I am not where my body is—I am out of my senses. In my walks I would fain return to my senses.

We don't use the word fain anymore and I had to look it up. It means happily or gladly. -----

Reflection:

Picture this, if you will. It's a summer Sunday morning in 1826 and you are sitting in a Unitarian church in the Boston area. The Declaration of Independence is only 50 yrs old. The street outside the church is dirt. The trusty brown horse you rode in on is tethered to a hitchingpost. You come to church every Sunday out of habit but mostly of out fear because for all of your life you have been scolded from Calvinist pulpits about hellfire and brimstone. Religion, however flimsy a rope, is your only hope of avoiding eternal damnation.

Here in this Unitarian church, Ralph Waldo Emerson, just 23 years old, takes the pulpit. He's a charismatic speaker, in the tradition of his illustrious elder, the great Unitarian theologian, William Ellery Channing. At first Emerson echoes Channing's message: *reason needs to be brought to religion, and it's not reasonable that God be both loving and damning. Don't worry about hell. God is entirely benevolent. Furthermore God is not out there in heaven on a cloud somewhere. God is everywhere..immanent in the world, even in you. God is Love and we Unitarians stand on the side of Love.* These reassuring words soak into the congregation like water putting out the hellfire.

But then, with the disarming ardor of youth, Emerson leans forward and changes his tone: *Channing hasn't gone far enough in breaking with those fearful Calvinist tenets, he says. It is not only reason that needs to be brought to religion but also the senses. The body is spiritual too, a trustworthy conduit for inspiration.*

Emerson is advocating for a radical new idea – an embodied spirituality where both the mind and the senses can be a path to the divine within. As this idea sinks in, you get a little squirmy on the hard pew. Love is one thing, even immanence...that's not so hard to swallow, but isn't the body hardly more than a curse we need to put up with until we get to our heavenly reward? What is this young man talking about? In spite of your initial misgivings, you are an open-minded Unitarian so you are curious to hear more.

Now, I invite you to hold that historical perspective to the side for a bit while we take a look at what Emerson preached and why it is a meaningful spiritual path even today.

Emerson loved plumbing the depths of his consciousness for inspiration. Then he would write sermons, talks and lectures firing up his audiences with new ideas and helping them to see the world in the novel ways. He was unusually successful. In a world without radio, TV and the internet, going to an Emerson lecture was both entertaining and educational. He traveled widely and sold his books at his talks. He made a good living and built a lovely home 15 miles west of Boston in Concord that still stands today as a museum. But, alas, Emerson didn't last long as a minister. His embodied spirituality message was a hard sell but the real deciding factor was that he was not cut out for tending the flock. As hard as it might be for us gathered here to believe, he had no enthusiasm for fund drives and pot luck suppers.

Soon a group of people gathered around Emerson, mostly liberal Unitarians, a group that today we might call cultural creatives. This group included Nathaniel Hawthorne, Henry David Thoreau, Bronson Alcott and his family, including his famous daughter Louisa May, the early feminist journalist Margaret Fuller, and Walt Whitman.

This group called themselves Transcendentalists because they believed that, with the right perspective, you could transcend or go beyond ordinary reality to deeper, more satisfying states. Let's look at three of the core tenets of Emerson's philosophy and my own takeaways.

- The first thing Transcendentalists did was to reassess the bible. The bible was written by people, they reasoned, therefore it is not to be taken as the word of God. Since God is everywhere, and the godforce is in us, there is no need for a second hand religion. It's better to trust your own direct experience, sensed in your body/mind as truth. Mystical experience, or a strong sense of connection with something greater than ourselves, is available to anyone who seeks it, not just to biblical figures.

My takeaway here is that if we are looking for a spiritual connection, it's not out there somewhere, it's in every one of us.

- Secondly, the Transcendentalists were strongly influenced by the first ever translations of the Hindu sacred text, the Baghavat Gita, and they adopted the idea that there is only One Supreme Consciousness and, like waves in the ocean, each of us as an individual wave, is a part of a great ocean of entirely benevolent god-like consciousness. Emerson called this One Consciousness the oversoul.

My takeaway here is that we have very limited power when we try to operate under our own steam, but when we establish access to the spiritual ocean within, our power and creativity increase exponentially.

- Third, Transcendentalists acknowledged the importance of the thinking self, but they believed we humans are ever so much more than our minds

and egos. We do not come into this world as a blank slate. We come in connected to the oversoul or One Consciousness and we can, to our great benefit, go beyond our ordinary thinking mind and ego to experience that greater consciousness and its many non-rational (but not irrational) ways of direct knowing.

My takeaway here is why settle for ordinary reality when we humans are capable of so much more?

So how does this philosophy translate into real life for them and me?

This philosophy gave Transcendentalists a choice about how to operate in the world. Most of us do not feel there is any choice. We look around us and assume that this is what there is to life...ordinary reality. Outside ourselves there is a fair amount of chaos so we try to create little oases of sanity and peace. Inside us is what the Buddhists call monkey mind, a busy, noisy mind that too often occupies itself with worry and endless rounds of problem-solving, with uh-ohs, and what-ifs.

Transcendentalists did not feel confined to ordinary reality. They felt they had a couple of other viable ways to see the world. For one, they could choose to see the world from what today we'd call a mindfulness perspective. This is what Thoreau was referring to in the quote when he was alarmed at having walked a mile into the woods without fully being present. With mindfulness, we step back a bit from ordinary reality. We slow down, bring ourselves into the present, narrow our focus to what is here right now. It's a more relaxed, less judgmental, more allowing way of being that they felt was a better approach.

But there is yet another choice and this one is the jewel for anyone with a Transcendentalist bent. It's tricky to get the hang of, but the rewards for even a tiny bit of mastery are great. This jewel is to drop past mindfulness into pure unconditioned awareness, Emerson's oversoul. It can be experienced in many different ways, ranging from a quick brush with it, which feels like grace or synchronicity, to a total lasting immersion which we call enlightenment. This oversoul or One Consciousness is a wordless state. It is spacious, unbounded, restful and restorative, consequently the perfect antidote to the chaos of too much monkey mind. I experience it as home base, a place to reset myself. It has no content. No "thing" is there but it is paradoxically a lively state. It's been called the field of pure potential. Human creativity arises from this infinite well. Intuitive insight and direct knowing bubble up from here. It's also the source of inspiration to take impassioned action.

It is an ineffable state that's beyond verbal description, but it can be experienced. The felt sense of this state is one of universal love, equanimity and acceptance. A deep experience of this state is awe-inspiring. In other words, it feels

extraordinarily good to be in communion with something too big to be described but which inexplicably we are a part of.

Here's Emerson trying to describe an experience of dropping out of ordinary reality into the One Consciousness: *Crossing a bare common, in snow puddles, at twilight under a clouded sky, without having in my thoughts any occurrence of special good fortune, I have enjoyed a perfect exhilaration...all mean egotism vanishes. I become a transparent eyeball. I am nothing; I see all.* The whole quote is on the back of your OOS. What's going on here is Emerson dis-identifying from his ego (I am nothing) and instead identifying with the transcendent state (I see all). The feeling is exhilaration, a very special good fortune.

In fact, this is who the Transcendentalists believed we humans are, not the small ego of ordinary reality but this grace-full being, full of exhilarated aliveness. Spirited.

So how does all this inspire my own spiritual practice?

Mindfulness works for me. It slows me down and keeps me in the here-and-now, reminds me to be grateful for the overwhelming good and beauty in the world. It's good for my physical and mental health.

But the heart of my spiritual practice, much like the Transcendentalists, is experimenting with going beyond ordinary reality and opening the valve to that field of pure potential. I do this a number of ways: reading is one way. Although all roads may lead to Rome, I take heart (and tips) from reading about others' spiritual journeys. Satsang is another satisfying spiritual pursuit for me. Satsang is an Indian term for a sacred gathering, most often an audience asking questions of an enlightened master, a person who has established abiding presence in that field of pure awareness. I don't have to leave home anymore for these; youtube is full of them.

Meditation also works for me. I meditate every morning but also do mini-check-ins throughout the day that keep me balanced and give me a sense of perspective on this crazy world we live in. I'm a lifelong learner and so I also study. My doctorate is in transpersonal psychology, the confluence of spirituality and psychology. But I am inclined to take courses with a range of inspired teachers. Perhaps all of this sounds like a lot of work, but on the contrary, I find all of these spiritual explorations invigorating. Even the tiniest bit of access to the One Consciousness is uplifting, energizing and growthful.

As a bonus I find the field of pure awareness is also practical. It delivers practical knowledge via intuitive channels without going through the usual logical sequential left brain thinking process. In other words, you are spared having to figure things out, you just know.

Let me give you an example. One beautiful summer day I found myself with a free hour and I headed for my deck. Just as I was settling into my chair, my eye zeroed in on the tree that arches over the deck. Holy cow, it really needed pruning. How could I not have noticed sooner? Forget relaxing! I should spend this hour with the pole saw, leaning precariously over the deckrail, hacking away. My monkey mind was enjoying a fine time, full of shoulds and problem-solving opportunities. But I remembered Emerson and took his approach instead. I really wanted to see this situation differently. I closed my eyes and took a few minutes to relax dropping toward that One Consciousness. When I opened my eyes and looked at that same unpruned tree, this time, to my great good fortune, I saw it with fresh eyes. Instead of my tree that needed pruning, I saw it as if it were a tree in the forest, beautiful just the way it is, needing no more from me than any tree in the woods would need. Not only did I get to relax, I got a kick out of watching the perfectly natural but also extra-ordinary interaction between my body/mind and consciousness.

I believe this and much more was what Emerson was getting at with his Transcendental philosophy. As I put together my thoughts for this talk, I felt a deep kinship to those early New England Unitarians, and an immense sense of gratitude for the legacy they left us.

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](mailto: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.



Living Your Faith! is an intensive and interactive 12-session 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. **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**. Facilitator is USH member, Tom Gervais: 860-558-3000; tom.j.gervais(at)gmail.com.

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.

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



Hiroshima-Nagasaki Annual Remembrance

August 6, 6:30-9:00pm

at the Unitarian Meeting House

50 Bloomfield Ave, Hartford

Sponsored by UN Association of CT, Unitarian Meeting House of Hartford, No Nukes, No War, and Hope Out Loud.

Facebook event search : Hiroshima/Nagasaki

Remembrance 2018

In a decades long tradition, Hartford area residents will gather to make a shared call for Nuclear Weapons Abolition. August 6 is the 73rd anniversary of the atomic bombing of Hiroshima. We will host a pot luck dinner at 6:30 at the Unitarian Meeting House, followed by a program of music, spoken word, and an anniversary candle-lighting ceremony at dusk, around 8:00 pm. The Meeting House is at 50

Bloomfield Ave, Hartford. The event is free. For information call J. Wasserman 860-561-1897.

Sponsored by UN Association of CT, Unitarian Meeting House of Hartford, West Hartford Quakers, No Nukes, No War, and Hope Out Loud. -Submitted by Ed Savage

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



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://fa>



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

cebook.com/meetinghousemusicgroup/

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

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!

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.)

- Friday, September 14, 2018 Special Concert Event – Artists to be announced
- 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 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; 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



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

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** **ESDE**

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

Healthy Kids Summer Meals Campaign

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

www.foodshare.org

Jim Palma, Community Network Builder, Foodshare
450 Woodland Ave,
Bloomfield, CT 06002
(860) 856-4324

/ jpalma@foodshare.org / www.foodshare.org



Saturday, July 21st was a good day in Hartford! It was the inaugural day of the Promise Zone Community Farmers Market, which was open from 8 - 11 am on the corner of Albany Avenue and Woodland Street in Hartford. The market will be open again at the same times and location on the following Saturdays: August 18th, September 29th and October 20th.

There were 4 local farmers with fresh corn, beets, squash, chard, lettuce, micro-greens, plums, green

beans and more. Did I mention many items were certified organic and the prices were affordable. The first sale was at 8:02 am on 7-21-18 (see photo). In addition to music, there were 4 local vendors selling artwork, jewelry, body soaps and clothing.

HAT members and Market Coordinators - Terry Dwyer and Donna Campbell - indicated that 45 customers came to the market on Saturday and 30 surveys were completed. They want to extend their thanks for everyone's support.

As you may know, HAT members have some wonderful ideas to help end hunger in their neighborhood. The Promise Zone HAT is also blessed with two wonderful task team leaders – Terry & Donna - who over many months, guided the Promise Zone Community Farmers Market from an "idea" to a "reality." Well done Donna & Terry!!! Feel free to reach out to Donna and Terry at pzcfarmersmarket@gmail.com.

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



Thursday, August 9, 2018
2:00 -5:00 p.m.

Avon Senior Center
635 West Avon Road
Avon, CT 06001
860-675-4355

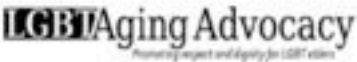


2:00 p.m. Welcome, Tour, beverages-water/juice, coffee/tea
2:30 p.m. Meditation with Diane Rho-Caputo
3:30 p.m. Snacks- Light finger food & beverages
4:00 p.m. Music performed by Chip Ames

LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center-a partnership among multiple Connecticut Senior Centers to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging!



The LGBT MSC is sponsored by CCC as part of "Getting it Right": Creating an LGBT-Inclusive Organization, a project funded by the John H. and Ethel G. Noble Charitable Trust & was guided by CT LGBT Aging Advocacy



Third Age Initiative

A PROGRAM OF  LEADERSHIP GREATER HARTFORD

**Breaking Bread
TO FOSTER
CONNECTIONS**

Community Meal with Returning Citizens

(previously called ex-offenders)

**Tuesday, August 21 | 6-8:00pm | Immanuel Congregational Church,
10 Woodland Avenue (registration begins at 5:30)**

Join Leadership Greater Hartford's Third Age Initiative 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.

The meal will bring together men and women released from prison, their families, service providers and the general public. Participants will share success stories as well as information about resources to help returning citizens lead meaningful, productive lives. Equally important, the meal will be a way to meet face-to-face and share concerns and dreams for creating a more supportive, vibrant community.

If you would like to receive an invitation, please contact psbokros@gmail.com. There is no charge, but you must register online by August 15. 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



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, Transgender 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!" ([jasullay08\(at\)yahoo.com](mailto:jasullay08@yahoo.com) or (860) 719-9886.)

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
revheatherrionstarr@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.