



50 Bloomfield Avenue, Hartford, CT 06105
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Website: www.ushartford.com
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for an appointment.

August 15, 2018

Worshipping Together Since 1830

Revs. Cathy & Heather Rion Starr



Image: Artwork by Marye Gail Harrison; White Memorial Fountain on Rte 185 in Simsbury, CT

Worship Service: Sunday, August 19, 2018

10:30am

“Self-Compassion: May your fountain be full to over flowing”

Marye Gail Harrison, Lay Leader

Sue Smolksi, Worship Associate

As our summer series focusing on Spiritual Practices continues, Marye Gail takes us into the imagery of a fountain filled up and overflowing to explore self-compassion. Using this metaphor and personal stories and poems, she will share

new scientific understanding and easy activities so that we might give ourselves great loving kindness as a fundamental element which renews our spirit, heals us for more mature functioning, gives us a broader perspective of our place in the larger web of being and thus shares our overflowing love with all.

Guest Speaker: Marye Gail Harrison, a Unitarian Universalist for more than 45 years, member of the Unitarian Society of Hartford for over 20, has shared her spiritual journey from our pulpit many times. She was recently elected to fulfill a one year term as Board Chair of Spiritual Life. She lives at Seabury and acts as administrator for the monthly Unitarian Universalist Fellowship held there with one of our co-ministers.

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.



Marion Cook's Memorial Service

Marion Cook's Memorial Service will be on Saturday, September 22nd at 11am here at USH. Please speak with Janice Newton if you can help with the Memorial Reception for either Bill Westerveldt's or Marion Cook's services (see details below).

Ed and Marion Richardson recently celebrated their 73rd (yes, that's correct!) wedding anniversary. They were married July 27, 1945 and have lived in Glastonbury since 1953. Ed is now 94 and Marion is 95. They welcome your cards and calls!

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) 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!"

(jasullay08(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, uucentralct.org

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 August 12, 2018

By [Jen Hofmann](#)

I value equality. *Stand with your rainbow of neighbors from every religion, race, ethnicity, culture, gender, sexual orientation, economic status, age, and ability. Out of many, we are one.*

Action 1: Advocate for affordable housing. ([h/t](#))

Call: Your one House rep and two senators: ([look up](#)).

Script: Hi. I'm from [ZIP], calling today about the [national housing crisis due to rising rents](#). Millions of Americans are paying as much as 70 percent of their income for rent and the construction of affordable housing has stalled. I'm asking [NAME] to co-sponsor the bipartisan Affordable Housing Credit Improvement Act ([H.R. 1661/S. 548](#)), which stimulates housing construction and availability.

Action 2: Speak up for neighbors in need of food. ([h/t](#))

Call: Your one House rep and two senators: ([look up](#)).

Script: Hi. I'm from [ZIP], calling about the Farm Bill [now in conference committee](#). The Senate version that [passed with strong support](#) strengthened SNAP to provide critical nutrition to elders, people with disabilities, and low-income families. I'm asking that [NAME] only support a bill that maintains the Senate provisions. I want my tax dollar to help feed hungry families.

Action 3: Raise your awareness of private prisons. ([h/t](#))

Read: The number of people held in private prisons has grown since 2000 with many reports of [human rights violations](#).

Check: [Are your state](#) tax dollars are supporting private prisons?

I value secure, convenient voting and fair elections.

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

To read more click [HERE](#). -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 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.

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; Artwork by the author.

Sunday Service Photos

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. We meandered. meditated, mulled over, and played with the idea of labyrinths as a spiritual practice.





Photos by Harriet Gardner

Worship Service: Sunday, August 12, 2018
10:30am
“Art and Spirit at USH”
Martha Bradley, Lay Leader
Laurie Kelliher, Worship Associate



Artwork: Peter Upton

Photos by Harriet Gardner



Artwork: left and right: Diane Cadrian; center: Martha Bradley

Photos by Harriet Gardner

Church Business News



Meeting House Roof – A Continuing Saga
Submitted by David Newton, Secretary Pro Tem, Building and Grounds, August 2018
“Do not say there will be no more leaking from the roof over the Sanctuary, just say we believe there will be less leaking.”

-Member of the Building and Grounds Sub-

Council. When the Architect, Victor Lundy, designed our Meeting House, his highly symbolic design was based on careful study of our Unitarian faith, his design, unconventional at best, was selected over

more traditional New England designs. In particular, it featured a central Sanctuary in the center of a more or less circular building with a roof suspended by bridge cables. Each of the soaring buttresses was of a different height symbolizing many paths to truth, a central belief of Unitarians. The large bays between the buttresses showed a strong connection of the faith to the external world always within view from all the peripheral rooms. The Sanctuary itself was placed in the center physically and spiritually, appropriate to Unitarianism. This thinking was further developed by extensive use of natural materials throughout. Concrete, cedar roofing, wood rays above the Sanctuary, and wood covering most internal surfaces... Click to read the full article

<http://www.ushartford.com/wp-content/uploads/2018/08/Meeting-House-Roof-History-and-Repairs-August-2018.pdf>

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.



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 14, 2018 at the Groothuis' home, contact Richard Groothuis for address: 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



As you may be aware, I will be doing a ministerial internship at The Unitarian Church in Westport. This is part of my journey toward becoming a UU minister or chaplain. I start this internship in September. This means that I will be at Westport on most Sundays for the next two years. Consequently, this Sunday, August 19th, will be my last worship service at USH for a while.

I wanted to take a moment and mark this occasion by thanking for the part you have played in my formation thus far. I will miss you and will carry you with me. What I have learned

as a result of my association with you, I will share with Westport as well as with others who will cross my path.

May you be well and may our paths cross again. ~Margalie Belizaire, USH Member and Ministerial Candidate

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 & 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!

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

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

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



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
 revheatherionstarr@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.