Worship Service: Sunday, February 3, 2019
10:30am
“How We Choose to Be”

Rev. Heather Rion Starr, Co-Minister
Laurie Kelliher, Worship Associate
"Trust has been the through-line that has emerged from it all. Trust in myself, trust in the fundamental goodness of people, trust that as a solo female traveler, I could watch my back without walling myself off from experiences."

~Jada Yuan, "1 Woman, 12 Months, 52 Places"

In This Week’s Enews:
A Message from Stewardship / RE News You Can Use
News from the USH Board of Directors / Social Justice at USH / Spiritual Life at USH
Sunday Service Photos / Church Business News
Programs for Adults and Families / Connection Circles
Events & More Personal News of Our Community
Meeting House Presents: Friday Feb. 22 - Citizen U (Antonio Alcorn and Chris Freeman)
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/

To read the USH Blog click HERE.
E-News Contributors please take note: The deadline for USH E-News submissions is Tuesday at 12 Noon. Please include the dates that your submission should be included in the 'Subject' field.

A Message From Stewardship

Stewardship Snippets – Stewardship events will soon be upon us. We wish to know what inspires you to pledge: religious education; community with kindred spirits; USH programs, etc. Share your thoughts in just two or three sentences (snippets). We hope to include them in upcoming editions of the E-news. Please send to: USHStewardship@gmail.com. -Submitted by Kim McClain

This Sunday, February 3, the nursery will be available during the morning worship service for infants and toddlers. There will be a Time For All Ages during the service followed by age-appropriate classes. There will also be extended care for children 10 and under until 1:45pm. The first session of Coming of Age will begin on Friday, February 1st from 6:00-8:00pm and only the youth will meet for this session. It is open to all middle school students.
in grades 6th-8th and is to support them as they begin their transition from childhood to adulthood. You must register for this program with our Director of Religious Education. Please call or email her for additional information. Thank you.

Rayla D. Mattson, Director of Religious Education
860-233-9897 ext. 104 | dre@ushartford.com
I only check my email on Tuesday, Wednesday, Thursday and Sunday.

News from the USH Board of Directors

FY2019 USH Board Priorities
My New Year’s resolution is to communicate more, so belatedly, below are the FY2019 Board priorities developed at the June Board retreat and subsequent board meetings. These objectives guide the Board’s work.

Objective A: Leadership development/capacity building
This is an ongoing process of engaging members in the life of the congregation and building capacity for the good work that we do together. It also recognizes that many members would like to be involved, but in discrete activities where they have an interest vs. signing up for committees for a longer term. A few specific aspects of this effort:

- The Nominating Committee is in process of evaluating candidates for FY2020 open Board and various committee positions. The Nominating Committee itself could use more members.
- Council Chairs work with Sub-councils to engage members. The Council Fair this past Sunday was such a great opportunity to learn more.
- The Membership Sub-council is reevaluating its structure and how best to engage more members in welcoming newcomers and in the healthy growth of the congregation.

Objective B: Anti-racism
The focus this year is primarily on changing internal congregational culture and attitudes with respect to race through discussions and educational programming. These and/or other efforts will continue in future years:

- Race Matters discussions on Sundays after services during the first six months of the fiscal year.
- The Beloved Conversations class began January 18 and 19th with eight 2-hour sessions thereafter. The class is full for this year but will be offered again.
Objective C: Sustainable Financial Model
This is an ongoing effort to assure we have the funds necessary to operate effectively in the short-term and that we are assuring the long-term financial viability of USH. We continue to improve on the financial framework and put in place mechanisms for sound financial management. The focus is on budgeting, revenue growth and diversification, and building staff capacity. We will begin planning for a capital campaign (which will consider financial needs in addition to those related to the building) and a legacy giving campaign.

Objective D: Adult Religious Education
During FY2019, we will better define and address Adult Religious Education needs. We have initiated a search for an intern minister to start January 2020 with a focus on Adult RE. We have also begun to look at life cycle curriculums used by other UU congregations such as “Faith Forward” https://faithforwarduu.org/about/

Objective E: Congregational Covenant—Right Relations
This involves two initiatives in FY2019:

- A Co-Minister evaluation process established
- Safer Congregation policy and implementation team formalized

As a reminder, the Semi-annual Congregational meeting will be Sunday February 24th immediately following the service. Please plan to attend to learn more or contact a Board member, Co-Minister, or Council or Sub-Council Chairs. —Submitted by Sherry Manetta, USH Board President

Social Justice at USH

Social Justice Meeting: Tuesday, Feb. 19 @ 6:30, USH Library
Wondering what Social Justice activities and issues USH is undertaking? Come learn about new interests and on-going projects. And of course bring your own ideas and suggestions! Contact Judy Sullivan for more info at jasullivan57@gmail.com.

Americans of Conscience Checklist
These 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

Americans of Conscience Checklist, Week of January 20, 2018
By Jen Hofmann
If you believe diversity is our greatest strength, respect, truth, and compassion matter, and we are called to love our neighbor, You are an American of conscience.

115 weeks down, 92 weeks to the presidential election.

*Is it better to call or email my congresspeople?*

When communicating with your senators and representative, here is the preferred order for best results:
1. An in-person visit.
2. A phone call or voicemail.
3. A letter to a local office (DC mail takes 2 weeks to process).
4. An email or fax.
5. Tweets and Facebook comments.

*My congresspeople are progressive. Should I bother calling?*

Yes. Call your blue Members of Congress (MoCs).

Most blue senators and House Representatives are in office because big donors got them there. Don’t let them forget who they really work for (you).

Make these four kinds of calls to progressive MoCs:
1. **Praise:** Gratitude calls tell them you like the job they’re doing for you. Compliments often go on the top of the daily pile.
2. **Stories:** Your personal stories help support and give clout to your MoCs’ stance on legislation.
3. **Tallies:** Every time you call, your view is recorded by a staffer. Those daily and weekly totals influence your MoCs’ priorities. Remember: you’re among many who are calling.
4. **Ask for more:** Just because they’re blue, doesn’t mean they’re doing everything they can to further our causes.
   - Ask them to write new legislation.
   - Ask them to co-sponsor other MoCs’ legislation.
   - Ask them to make public statements for/against issues that matter to you.
   - Ask to meet them in person to discuss an issue important to you.
   - Indivisible often suggests tactical ways blue MoCs can increase leverage in a Republican-majority Congress.

*My congresspeople are conservative. Should I bother calling?*... to read more click HERE.
Spiritual Life at the Unitarian Society of Hartford

I attended the Beloved Conversations workshop this week with 50 other UUs. The process and facilitation were excellent. We looked at our sabotaging behaviors when we want to act from our best selves and the VALUES that support sabotaging. I noticed I avoid confrontation and that undermines what my best self wants to do. It is my VALUING my comfort zone that causes me to avoid confrontation. And beyond that is a fear I will be rejected and cast out if I, in fact, confront certain situations. It is so enlightening to face this primal fear of rejection, note my valuing my comfort zone over acting on my best values in unfamiliar territory. This work is a spiritual process. - Marye Gail Harrison, Chair Spiritual Life, USH Board of Directors

To read past blogs, click HERE.

Sunday Service Recap

Worship Service: Sunday, January 27, 2019
10:30am
“Love the Hell Out of This World”
Matt Meyer, Pulpit Guest
Peter Meny, Worship Associate

Pulpit Guest Matt Meter has led music and worship for hundreds of services in congregations all over the U.S. and Canada. Matt has a degree in hand drumming from Berklee College of Music and has studied abroad in Cuba, Ghana, and Central America. In addition to music, Matt is also an active community organizer and educator. www.rhythmrevelations.com.
The USH Council Fair Was a Great Success!
We had a great turnout at the All-Council Fair on Sunday, January 27. Attendees had a fun time mingling with fellow members and learning more about the many programs and activities at USH. Thanks to Theatreworks in Hartford for donating two free passes which participants had a chance to win in a raffle. Congrats to the winner, Theodora Ruhs. ~Marie Basche
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.

Church Business News
The latest financial reports for July-Sept. 2018 have been posted, click HERE to view.
The Board Meeting minutes for December 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.

Dinner and a Movie on Fri, Feb 8
*From Here to Eternity*
Fellowship Hall
“A flawless film”* ~ 8 Oscars
“The scene is Schofield Army Barracks in Honolulu, in the languid days before the attack on Pearl Harbor, where James Jones' acclaimed war novel *From Here to Eternity* brought the aspirations and frustrations of several people sharply into focus.”**

“Out of *From Here to Eternity*, a novel whose anger and compassion stirred a postwar reading public as few such works have, Columbia and a company of sensitive hands have forged a film almost as towering and persuasive as its source.”**

On Friday, February 8, the Dinner & Movie group will feature the 1953 classic “*From Here to Eternity*” starring Burt Lancaster, Montgomery Clift, Deborah Kerr, Donna Reed, and Frank Sinatra. “In this landmark film, passion and tragedy collide on a military base as a fateful day in December 1941 draws near.”* You can view the original trailer [here](#).

We will follow a [revised time schedule](#) since the film is about 2 hours long. We will gather at 5:15 for popcorn and socializing, 5:45 pizza and salad dinner, 6:30 movie, followed by optional discussion. Please [reserve](#) ($10 each) by leaving a voice message (no texting) by Wednesday noon, Feb 6. Be sure to indicate your choice of meat or veg topping. You can pay with cash or check at the event. As with all USH courses, there is a one-time 2018-19 season fee of $5. Please also leave your daytime phone number in case we need to cancel due to bad driving weather or too few registrations. Cancellation calls will be made before noon on Feb 8. If you have reserved but find you cannot attend, please leave a voice message.
message by noon on movie day (860-380-7062 - no texting), so the pizza order can be adjusted. * DVD box ** Rotten Tomatoes website -Submitted by Nita H

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**Programs**

**Emei Qigong Cultivation:** Tuesdays at 11:00 PM and Wednesdays at 5:00 PM. Contact Diana Heymann: 860-200-8525.

**Tai Chi Qigong:** Wednesdays, 5:30 - 6:30 PM. Contact facilitator before attending: Stephen “Lucky” Luckingham: 860-202-3404 or stephen.luckingham(at)gmail.com.

**Authentic Connection & Communication:** An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Contact Mark Friedman for more information: drmarkafriedman(at)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.) For more information contact Ed Savage: ed(at)thesavagees.com.

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

**Dinner and a Movie at USH:** Meets the second Friday of the month September-June. Contact Nita for more information at 860-693-4269 (no texts).

**USH Book Club:** Our next meeting will be Thursday, February 14. Topic: *Fahrenheit 451* by Ray Bradbury. Off-site, contact Richard Groothuis for location: rgroopofus@icloud.com or 860-748-3532.

**Beloved Conversations:** An experiential curriculum that provides a space to heal the spiritual and organizational wounds that racism causes in our faith community. The program aims to foster cross-cultural relationships that nurture the spiritual health of program participants, congregations and communities beyond their walls. Registrations are full and we plan repeat this program next church year. Contact Judy Sullivan to be added to the waiting list.

**Death Cafe at USH:** February 23, Time: 6-8pm; Contact: Miriam Byroade: byroade@gmail.com. A Death Cafe is a scheduled non-profit get-together for the purpose of talking about death. There will be light snacks, contact Miriam for info on if they will be provided or if folks should bring something light to share if they are able. There is no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session. Childcare to be determined.
**Living Your Faith!**

Living Your Faith is an intensive 12-session program that invites participants to define and practice their own sacred lives of faith. This is currently a closed group, but the program is offered annually. For more information on this program, please contact Tom Gervais - 860-558-3000 or tom.j.gervais(at)gmail.com.

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**Save-the-Date:** On Sunday morning, March 24, 2019, during Women's History Month, RevHeather will speak about the significance of Harriet Beecher Stowe's message for our tumultuous times today. Following the morning's service and a little time for coffee & nourishment, all who sign up in advance are invited to join in a group tour of the newly-remodeled and substantively-revisioned Harriet Beecher Stowe Center. The tour, or tours (depending on the size of our group), will begin at the Stowe Center in Hartford around 12:30 or 1pm. Please RSVP to RevHeather at RevHeatherRionStarr(at)gmail.com with "Stowe Center Visit" in the subject line if you know you'd like to join in this community-building outing, drawing upon sources of wisdom in our own Hartford-area. The Stowe Center has graciously agreed to have USH'rs tour by free-will donation to the Center--contribute what you are able. All are welcome, of all ages. Letting RevHeather know soon that you're excited about this outing and able to participate will help with the collaborative organizational planning. Thanks so much! ~RevHeather

**Connection Circles (formerly known as Small Group Ministries)**

There are two new **Connection Circles** planned for 2019. The first will be on Thursday evenings beginning February 21 at the home of Martha Bradley in West Hartford. The second will meet on Tuesday evenings at the home of Bruce Robbins, in Hartford. Sign up sheets are now available after Sunday service in the Fellowship Hall. For more information or to reserve a spot, text or email Martha Bradley at 860-305-3307 or marthabradley49(at)yahoo.com.

**What are Connection Circles?**

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 *you* 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 (now called Connection Circles) offerings in E-News, during coffee hour after the service at the Programs Table (when available) in Fellowship Hall, or at the Welcome Table in the main lobby.

**Events and Personal News of Our Community**

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<td><strong>An open letter from Louise Schmoll.</strong></td>
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<td>For years the Alliance has coordinated a women’s retreat, in recent years mostly at Senexet House. I have organized these events for a long time but am unable to do so this year. Women who have attended can attest to how much they love these weekends. Kit Northup, who runs Senexet House, would love to help keep this event alive and we are looking for someone to step up and coordinate this year. Right now it looks as if a May retreat may be possible, but a coordinator is needed to publicize, plan programs, and help Kit with the details. Please contact me or Kit if you are willing to do this. I know many women who have often attended would be forever grateful. A decision will have to be made within a couple weeks for this to happen. Louise – <a href="mailto:rdschmoll@comcast.net">rdschmoll@comcast.net</a> or Kit – <a href="mailto:kitnorth@aol.com">kitnorth@aol.com</a>.</td>
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**Green Forum on State Legislation New Date: Feb. 5**
The “**Green Forum on Upcoming Environmental Legislation**” has been rescheduled from January 22 and will now be held on Tuesday evening February 5 from 6:00pm (snacks available) and the program will begin at 6:30pm in Fellowship Hall. Co-sponsored by USH Green Sanctuary along with other congregations in the Inter-Religious Ecojustice Network (**IREJN**), you will hear about legislative proposals on electric vehicles, offshore wind mandate, fracking waste ban, and restoring energy efficiency funds. Registration is required. More info to follow!
Contact: Mary.Sherwin(at)gmail.com or Jeff.Howard.29(at)gmail.com for details.
-Submitted by Mary Sherwin

Meeting House Presents!

Friday, February 22, 2019: **Citizen U (Antonio Alcorn and Chris Freeman)**

**Antonio Alcorn and Chris Freeman**
The duo met in a folk club at the University of Connecticut where they founded a five-piece folk/rock band known for its rich harmonies and high energy performances. Freeman and Alcorn have spent the past six years touring across North America, releasing albums, scoring the music for and performing in an original play, and composing a live score to a silent film. Though their musical taste is broad, it’s the old songs that Alcorn and Freeman connect to.

Come for the music, camaraderie and an all-around good time. Come for the cookies. Bring friends. Bring family. Bring neighbors. What the heck—bring strangers. Everyone will have a great time. Promise. Click [HERE](#) for more info.

- Buy tickets at [Brown Paper Tickets](#) or at the door if the show is not sold out
- Email us at MeetingHousePresents(at)gmail.com
- Phone Laura and Paul Cipriano at (860)298-9984
- Check our web page or subscribe to our email list for notification if shows are sold out or
rescheduled: www.ushartford.com/nourishing-spirit/music/meetinghousepresents/

Sign Up for Meeting House Presents email list:
Our email includes concert announcements, updates, and info about folk music events in the area. Subscribe to Meeting House Presents Email— send a message to MeetingHousePresents(at)gmail.com. Put “subscribe” in the subject line. We send one or two emails each month.

$20 general admission. $14 for students with ID. Children under age 12 are free with paying parent. To buy tickets online click HERE.

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 we’d like 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 2019 Upcoming Meeting House Presents Concerts (We are still in negotiations with performers. We can't tell you who they all are yet, but this will continue to be an exciting season.) Click HERE to see what's coming up.

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

USH Needs You—

Get Active with USH! Committee and Sub-Council Openings
We are continually striving to fill 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; Connection Circles Host, Advisor or Facilitator; The Book Table During Coffee Hour. Click HERE to find out more.

Upcoming Special Events and News in the Larger Community

The Village to Open Thrift Boutique in Former Clothes Horse Location
For over 50 years, The Village for Families & Children’s volunteer Auxiliaries in Glastonbury, Simsbury and Suffield have run thrift boutiques (called Second Chance Shops) that benefit The Village. Now, The Village will open a fourth shop (the Second Chance Boutique) on Park Road in West Hartford, in the space formerly occupied by the Clothes Horse. For more info click HERE. -Submitted by Joanne Orlando

It's beyond time for us to take serious action to save God's beautiful creation, our beloved life-giving Earth. IREJN is sponsoring and co-hosting several important environmental programs this February, and we hope you will attend one or more of them.

Saturday, February 2, 9:30-11:00AM, Dr. Larry Rasmussen of Union Theological Seminary will speak on "How do we Hymn the Earth in a time of Climate Change?" at Round Hill
Community Church, 395 Round Hill Road in Greenwich CT. Free: registration requested church@roundhillcommunitychurch.org.

Monday, February 4, 7:00AM to 9:00AM Transportation Hartford Academy invites you to breakfast at a Sustainable Commuter Network Meetup Honoring Rosa Parks at Blue State Coffee 777 Main Street in Hartford. More info at www.ctprf.org.

IREJN has put together two Green Forums on State Legislation with speakers on various environmental issues coming up at our current state legislative session. The first is Tuesday, February 5 from 6:30-8PM at the Unitarian Society of Hartford, 50 Bloomfield Ave., Hartford and the second on Tuesday, February 12 from 6:30-8:pm at the Unitarian Society of New Haven, 700 Hartford Turnpike, Hamden CT. Both events are free with registration requested at www.Eventbrite.com. Together, we can salvage the Earth! www.irejn.org. -Submitted by Jeff Howard, USH Green Sanctuary Co-chair

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 an 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.