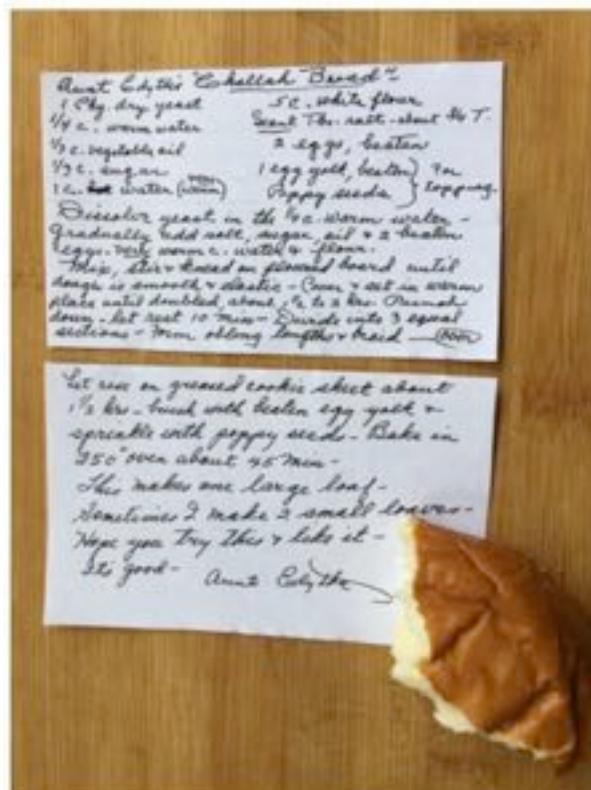




50 Bloomfield Avenue, Hartford, CT 06105  
Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com  
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00  
or call for appointment

USH-Enews ~ **July 10, 2019**  
Building Community Since 1830  
Sunday Service 10:30 AM  
Revs. Cathy & Heather Rion Starr

*Please note: The office will have limited hours on Thursday, July 18, 23, 24 and 25. Please call before stopping by to make sure someone is here. There will be no Enews on July 24th. Thank you.*



Worship Service July 14, 2019, 10:30am  
"Give Us Our Daily Bread"  
Laurie Kelliher, Worship Leader  
Doris Maldonado, Worship Associate

Baruch atah, Adonai Eloheinu...  
 Bless us O Lord and these Thy gifts...  
 O the Lord is good to me and so I thank the Lord...  
 Lord, thank You for the food before us...  
 O Allah! Bless the food You have provided us...  
 The act of offering is Brahma...  
 Rub a dub, thanks for...

Join us as we say grace and bless the bread while we sit as  
 "companions"  
 (more on this later) and break bread together.

### **Nourish Yourself at USH Summer Services 2019!**

Join us for another thoughtful series of summer services at the Unitarian Society of Hartford. 10:30am every Sunday in the air-conditioned, accessible Fellowship Hall, June 23 through September 1. This summer's theme is "Nourishment," and we will focus on how we nourish our bodies, our spirits, our communities, our hearts and our minds. From our gardens to campgrounds, ritual to reading, what nourishes you and nourishes others close to you? How do we help build healthy and inspired, inspiring communities together?

7/21/19 "How Does Your UUism Grow?" –Carol Simpson

7/28/19 "Living a Life of Grace" –Tom Gervais

8/4/19 "Living the Labyrinth" –Rev. Cathy Rion Starr, Co-Minister

8/11/19 "A Crust of Bread" –Rev. Heather Rion Starr, Co-Minister

8/18/19 "Earth-Based Spirituality" –Lisa Galinski

8/25/19 "Contemporary Prophets" –Rev. Heather Rion Starr, Co-Minister

9/1/19 "Caring in Action" –Eve Pech and Caring Network

Our Director of Religious Education is looking for teachers and assistants for the 2019-2020 church year. We need help in the following grade levels: Prek-2nd, 3rd-5th, 6th-8th, and youth group. Please contact the Rayla Mattson for more information at [dre@ushartford.com](mailto:dre@ushartford.com) or 860-233-9897 ext 104.

*A picture speaks 1000 words.* Volunteers needed: Do you enjoy taking snapshots? if you are interested in taking a few photos for the 'Sunday

Service Photos' section in the E-News, please let Linda Clark know at [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com).

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**In This Week's Enews:**

[From the Revs](#) / [RE News You Can Use](#)

[News from the USH Board of Directors](#) / [Social Justice at](#)

[USH](#) / [Church Business News](#)

[Programs for Adults and Families: \*\*New Disability Support Group Starting July 13th\*\*](#)

[Connection Circles](#) / [Events & More Personal News of Our Community](#)

[Meeting House Presents](#) / [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/](http://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.

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**From the USH Caring Network:** Please inform the Caring Network of needs, or volunteer your services. If you know of any member experiencing some difficulty, please contact Eve Pech or any member of the Caring Network so we can provide some assistance. A wide range of community services is also available to those in need by calling the Community Info Line at 211.

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## Notes from the Revs.



**Save the Date for Hartford Pride, September 14th, Noon-6pm on Hartford's historic Pratt Street! Let Judy Sullivan ([jasullivan57\(at\)gmail.com](mailto:jasullivan57@gmail.com)) know if you can participate!**

## RE News You Can Use:

**Rayla D. Mattson, Director of Religious Education**



During the summer the nursery will open to infants and toddlers ages birth to age 3 every Sunday from 10:15am until 11:45am. The children and youth will go directly to the Library each week for the summer.

We have begun our summer RE programming.

This year we will focus on "green" activities and working in the community garden. I am looking for a few adults with a "green thumb" to pitch in. Please let me know if you are available.

Going into next program year, a few of our long term volunteers have had to step down because of other church-related obligations. This is a great time for new faces to join our RE team. There is space in our Prek-2nd grade class, our 3rd-5th grade class and middle school. I am also looking for one-time volunteers for holiday weeks when we will have one-room activities. I could also use some administrative help if working directly with the children and youth is not your forte. Please send me an email or give me a call, we'd love to have you on board!

Rayla D. Mattson, Director of Religious Education  
860-233-9897 ext. 104 | [dre@ushartford.com](mailto:dre@ushartford.com)

I only check my email on Tuesday, Wednesday, Thursday and Sunday.



## News from the USH Board of Directors



Pictured above: Joe Rubin, Sherry Manetta, Phil Gardner

### **Board News**

Joe Rubin, Board President

The USH Board had its first official meeting with our newly elected members on July 9. We said goodbye with deep thanks and appreciation to outgoing President Sherry Manetta, outgoing Treasurer Tom Richardson, and outgoing Council on Spiritual Life Chair Marye Gail Harrison. We welcomed Martha Bradley as our new President Elect, Phil Gardner as our new Treasurer, and Peter Meny as the new Chair of Spiritual Life. All Board members are listed below, and as always, we invite you to share your thoughts and ideas with any of us.

We are delighted to report that with the huge boost from the generous donors of our challenge grants, we have now met our goal of increasing pledges by a total of \$35,000!

Even so, if you are able to increase your pledge in any amount to join all of your Board members and many others who have already done so, please do that TODAY by emailing the amount of your increase to USH bookkeeper, Brian Mullen at [bmullen@ushartford.com](mailto:bmullen@ushartford.com). Also, if you haven't completed your pledge for the fiscal year that ended on June 30, or if you haven't pledged yet for the new fiscal year, please do that TODAY.

As always, USH is you! Thanks for caring!

### **Announcing Phil Gardner as USH Treasurer**

-Joe Rubin, President and Sherry Manetta, Chair of Nominating Committee

Phil Gardner was recently nominated by the Nominating Committee and approved by the Board to complete the second year of Tom Richardson's term as USH Treasurer. Note that nominees to complete a term are voted in by the Board and not by the full congregation. Phil was Treasurer in FY2017 and FY2018 and has stepped seamlessly into the role for the upcoming year

Our thanks to Tom who did so much to organize financial reports, assure a balanced budget and provide the leadership to move USH to a stronger financial position.

### **A Message from Sherry Manetta:**

To the USH community, As of June 30, I stepped down as President of the Board. I am enormously grateful to all of you who are part of this wonderful USH community for your advice and support over the past two years. I am particularly grateful to Joe Rubin who has been a partner to me throughout my tenure and to all the Board members who serve USH so well. Thank you.

In community, Sherry Manetta

### **Your 2019-20 USH Board**

—Have a question or comment or just want to chat about USH? Don't hesitate to talk with any one of your Board members:

Joe Rubin: President

Martha Bradley: President Elect

Phil Gardner: Treasurer

Sarah Harmon McKenzie: Secretary

Peter Meny: Spiritual Life Council Chair

Sue Tenorio: Administration Council Chair

Judy Sullivan: Social Justice Council Chair

Carolyn Carlson: Community Within Council Chair

Rev. Cathy Rion Starr, Co-Minister (ex-officio)

Rev. Heather Rion Starr, Co-Minister (ex-officio)

## Social Justice at USH



### 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; Source: <https://americansofconscience.com/>

### Americans of Conscience Checklist: Week of July 7 & 14, 2019 An Invitation for July and August

**One of the things we value at AoCC is self care and pacing ourselves, so for the second summer in a row, we'll be publishing the Checklist every other week in **July** and August, starting this Sunday.**

**This doesn't mean being passive, per se, but rather directing [more energy](#) to that which sustains.** Our team will do that, and I want to invite you too.

**Make a plan:** To [start](#), print out and [complete](#) my (newly updated!) [Activism Self Care Plan worksheet](#) to discern what gets you grounded, resourceful, and hopeful. If you and I are going to persevere through 2020 and beyond, our hearts and minds need this support.

Over the next weeks, for example, I'm personally recommitting to my word for 2019: community. At a recent leadership workshop, one of my fellow participants offered this pearl: *The best self care is community care.* Wow. I'm sitting with her wisdom because it keeps blowing my mind. I'm journaling about it and questions about what community is for me, personally and politically, and how I might give more to them.

Maybe you make jam with summer's berries. Maybe you have a dusty musical instrument to pick up. Maybe you relish escaping to the library for a new pile of books. Self-nourishment will be unique to you, but right now—when everyone's distracted by weather and kiddos and vacations—be curious about new ways to there for yourself. Things may get more concerning in the months ahead, and this is how we will persevere through it.

**An invitation for inspiration ...to read more click [HERE](#).**

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## Church Business News

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The latest financial reports for **Jan.-Mar. 2019** have been posted, click [HERE](#) to view.

The Board Meeting minutes for **May and June 2019** 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@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. Also visit [www.ushartford.com/building-community/adult-family-programs/](http://www.ushartford.com/building-community/adult-family-programs/).

**New Disability Support Group:** Disabilities can come in many forms, some related to physical health and some related to mental health. In the course of our lives most of us will experience a disability at one time or another. Some are temporary and some last for the rest of our lives. With that in mind, the USH AIM team is working to make our church more accessible and more inclusive for everyone, disabled or not.

In July, we will be restarting a disability support group. Twice a month on Saturday mornings at 10 o'clock in David's Den next to the library we will facilitate a support group for anyone from our church who has issues related to a physical or mental health disability. The group is also open to those supporting a person with a disability. We will gather to support each other on our journeys, not to provide therapy. We will generally follow the approach of a small group ministry, speaking respectfully, one at a time.

**The first meeting will be on July 13th. Please join us if you wish.**

Contacts: Briana Bittel at (860) 205-8568  
or [everaftr33\(at\)gmail.com](mailto:everaftr33@gmail.com).

Bill LaPorte-Bryan at (860) 308-2688 or [b37bryan\(at\)gmail.com](mailto:b37bryan@gmail.com).

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## Programs

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

**Tai Chi Gigong:** 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. **Offsite during the summer,** contact Mark Friedman for more information: drmarkafriedman(at)drmarkafriedman.com.

**Meeting House Sing-A-Long: July 13,** 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: Esavage15@att.net.

**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 Resumes in the Fall,** Off-site, contact Richard Groothuis for more information: 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 communities. The program aims to foster cross-cultural relationships that nurture the spiritual health of program participants, congregations and communities beyond their walls. We plan to repeat this program next church year. Contact Judy Sullivan to be added to the list of those interested.



**Good news!** In cooperation with UUS:E in Manchester and the Universalist Church of West Hartford, we will be offering Wellspring, a 10-month curriculum of uniquely UU spiritual development successfully

implemented in thirty other UU congregations. Beginning in September and meeting twice a month through mid-June, we will deepen our spiritual lives through small group connections, daily spiritual practice, spiritual direction, readings and other resources. There will be two small Wellspring groups, one during the day facilitated by Judy Robbins and an evening group facilitated by Tom Gervais. Participants will be drawn from the three churches and meeting places will rotate among the churches. For more info click [HERE](#).

Because Wellspring is offered conjointly, space is very limited so you must indicate your interest asap. A waiting list may be necessary. For more information, see the Wellspring website <https://uuwellspring.org/> or contact Judy Robbins at judyrobb2@gmail.com or 860-633-3348.

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



#### **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 *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 (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. Please text or email Martha Bradley at 860-305-3307, marthabradley49@yahoo.com for more information or click [HERE](#).

### **Events and Personal News of Our Community**



#### **USH Labyrinth Garden Update**

Summertime, and the living...involves gardening! If you have any extra energy or time to spare, there is always a spring-summer-fall need for gardening help at the Meeting House--in the Memorial Garden and all around the Meeting House, and then also in our USH Labyrinth Plot of

the Watkinson Community Garden which is below USH's lower parking

lot and immediately adjacent to the Meeting House grounds to the east. Especially on warm days such as those that are predicted today (Wednesday June 26, high of 88 degrees!) and this week, watering is crucial to keep existing plantings alive and well. Watering is the primary need. Any additional weeding, planting, or tending of the Labyrinth Path that you are able to do is a bonus!

This is now our 5th summer of having and tending our USH Labyrinth Plot in the Watkinson Community Garden, and we keep trying to simplify a system of maintenance so that those among you who'd like to help can most easily jump in. Here are **The Weeks of Summer 2019** (below) -- please let RevHeather and Linda Clark (for updating this E-news posting) know if you can "take a week" to stop by once or twice that week and water the plot. If you have time to do more, that's great too, but just knowing that someone is stopping by to check on the garden each week will be a delight and a relief!

Week of July 7 - 13 Gardener Needed:

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Week of July 14 - 20 Gardener Needed:

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Week of July 21 - 27 Gardener Needed:

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Week of July 28 - August 3 RevHeather will check on the Labyrinth Garden

Weeks of August 4 - 17 Susan Hope will check on the Labyrinth Garden

Week of August 18 - 24 Gardener Needed:

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Week of August 25 - 31 Gardener Needed:

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Week of September 1 - 7 Gardener Needed:

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Week of September 8 - 14 Gardener Needed:

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The KNOX Garden Party is scheduled for Thursday evening, August 8, with a rain date of Friday evening August 9. I don't know what, if any, aspect of the Party they'll have down in the Garden this year, but that's always a nice event to aim for our Plot to at least look cared for, if not tidy. It's also a lovely opportunity to connect with neighboring gardeners, friends and supporters of Hartford's Community Gardens. Keep an eye on KNOX Hartford's Events page for more details about

their Annual Garden Party if you are interested in attending and supporting Knox: <https://www.knoxhartford.org/knox-events/>

Let me know if you have questions or would like to get involved in tending the USH Labyrinth Garden but are not sure how to get started! You can also speak with USH members Diane Cadrain, Esther McKone, or Susan Hope for gardening tips and plant wisdom. I hope to see you this summer, somewhere or another! --RevHeather

### Meeting House Presents!



Thank you all for making this another successful season for Meeting House Presents!

Click [HERE](#) for more info.

- 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/](http://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.

Meeting House Presents is always 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 these 2019-20 upcoming Meeting House Presents Concerts. Click [HERE](#) for more info!**

## **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.



#### **Accessibility and Inclusion Ministry**

**(AIM):** USH Member Doris Maldonado is in need of help with this ministry. Please contact her at [unicas.miracle@gmail.com](mailto:unicas.miracle@gmail.com) if you would like more info. The USH AIM task force, many of whom identify as having a disability, are charged with the following mission: To welcome, integrate, and support people with

physical or psychological disabilities and their families in our congregation. For more info click [HERE](#).

Upcoming Special Events and News in the Larger Community



**JUL**  
**13**

**"GAINING PERSPECTIVE: HONING YOUR POINT OF VIEW"**

\$24 for members and Hartford residents, \$40 for non-members

*Space is very limited. Registration closes one week prior to the workshop.*

**9 AM**

[More information](#)



All Unitarian Universalist youth entering grades 9-12 (in the Fall 2019) are welcome to attend this conference. July 28-August 3 in State College, PA, or August 8-24 in Schenectady, NY. For more info visit: <https://www.uua.org/central-east/youth/goldmine>.

**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](mailto:ushlindaclark@gmail.com). It's easy and if you're interested, please say so.

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**To submit a Calendar Event Request,** cut and paste the text below into an email and send to: [calendarchanges@ushartford.com](mailto: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:

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\*(see below to schedule)

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.