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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00  
or call for appointment

USH-Enews ~ **August 14, 2019**  
**Building Community Since 1830**  
**Sunday Service 10:30 AM**  
**Revs. Cathy & Heather Rion Starr**



Painting: "Little Hiker," by Marye Gail Harrison

**Worship Service, August 18, 2019, 10:30am**  
**"Earth, Our Spiritual Home"**  
**Lisa Galinski, Marye Gail Harrison, Jeff Howard,**  
**Susan Hope, Dana Donovan, Worship Leaders**  
**Judy Robbins, Worship Associate**



**"Wade In the Water," Water Ceremony & Ingathering Service**

Remember to bring some water from a place special to you for the Water Ceremony and Ingathering Service **on**

**September 15.** Revs. Cathy and Heather Rion Starr will be leading the service.

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

Join us for continuing summer services at the Unitarian Society of Hartford. 10:30am every Sunday in the air-conditioned, accessible Fellowship Hall, through September 1. This summer's theme is "Nourishment," and we are focusing together 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?

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 your help in the following grade levels: Prek-2nd, 3rd-5th, 6th-8th, and youth group. Please contact 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 2 or 3 photos for the 'Sunday Service Photos' section in the E-News, please let Linda Clark know at [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com).

#### **In This Week's Enews:**

[RE News You Can Use](#) / [News from the USH Board of Directors](#) / [Social Justice at USH](#) [Church Business News](#) / [Programs for Adults and Families](#)

[Connection Circles: Disability Focused Connection Circle starting Sept. 28th](#)

[Events & News of Our Community](#) / [News from the UUA](#)

[Meeting House Presents: New Season Starts Sept. 13!](#) / [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.

**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.

**RE News You Can Use:**

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



During the summer the nursery is open to infants and toddlers ages birth to age 3 every Sunday from 10:15am until 11:45am. The children and youth go directly to the Library each week for the summer. Our summer RE programming this year involves "green" activities and working in the community garden.

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

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



## News from the USH Board of Directors



### **Summer Greetings from the Board:**

We express our continuing gratitude to the Worship Associates team for bringing us continuing excellent services! Whether you are home or away, have a wonderful August!

~Joe Rubin, USH Board President

### **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



### Uniform Fundraiser Extended Until August 16<sup>th</sup>

There are still many students served by The Village for Families and Children in need of school uniforms, with the first day of school less than three weeks away.

### **THE DEADLINE FOR THE UNIFORM FUNDRAISER HAS BEEN EXTENDED UNTIL FRIDAY AUGUST 16<sup>th</sup>**

USH is a special place for The Village for Families and Children. Over the past six years, through donations to the Uniform Fundraiser, invitations to USH parties, and talks about The Village, USH has demonstrated its commitment and support of the children of The Village. The staff of The Village for Families and Children knows they can rely on USH as true neighbors and friends.

Please help make this the seventh year that USH has participated in this fundraiser and shown its support of The Village. Thank you to those who have already given.

Donations, cash or checks, may be put in the collection basket. Use the envelopes in the sanctuary to make sure you are identified.

Checks should be made out to USH with "Uniforms" in the memo line. Checks can also be mailed to Brian Mullen at The Unitarian Society of Hartford, 50 Bloomfield Avenue, Hartford, CT 06105. Thank you for your continued support of the children served by The Village for Families and Children. -Submitted by Joanne Orlando



### 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

**159 weeks down, 64 weeks to the presidential election.**

**I value democracy.** *With respect and collaboration, we work to [create](#) a nation that welcomes all people, expands freedoms, and upholds the Constitution.*

### ☐ Action 1: Call for intimidation-free elections.

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

**Script:** Hi. I'm from [ZIP] and I'm calling to express my worry about [the sharp increase in voter intimidation during the 2018 midterm elections](#). We need commonsense legislation to ensure free and fair elections. I would like [NAME] to co-sponsor [H.R. 3281/S. 1834](#), the [Deceptive Practices and Voter Intimidation Prevention Act of 2019](#).

☐ **Action 2: Get big money out of politics.** [h/t [Move to Amend](#)]...to read more click [HERE](#).

## Church Business News

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/).

### Programs

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

**Tai Chi Gigong: No Tai Chi in August.** Wednesdays, 5:30 – 6:30 PM. Contact facilitator before attending: Stephen "Lucky" Luckingham: 860-202-3404 or [stephen.luckingham\(at\)gmail.com](mailto:stephen.luckingham@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@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: Esavage15@att.net or Maggie Green at 860-223-2407.

**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 in some way in the coming year. Contact Judy Sullivan to be added to the list of those interested.

### 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 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](#).



### **Disability Focused Connection Circle**

**Room:** David's Den and Library

**Time:** Saturday mornings from 10:00am to noon

**Date(s):** First meeting on September 28th. Dates of following meetings determined by participants' availability. The last meeting will be on November 30th at the latest.

**Cost:** \$5.00 collected at the first meeting

**Contact:** Bill LaPorte-Bryan at b37bryan@gmail.com

or Briana Bittel at everaftr33@gmail.com for more info.

This popular event is being offered again for a third year. As in the past, all of the discussions will begin with a reading based on an essay written by someone who has issues related to a disability, published in a recent series in *The New York Times*.

## **Events and 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 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 upkeep 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 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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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

**News from the UUA**

 **New England Region**

**Youth Ministry Reboot in Boston and Online**  
PRESENTED BY: Rev. Evin Carvill-Ziemer & Karen Bellavance-Grace

In-person and Online on:  
**Saturday, September 14, 2019**  
**at 12pm-5pm (EST)**  
**11:00am - 4:00pm CT, 10:00am - 3:00pm MT, and 9:00am - 2:00pm PST**

Youth ministry is continually evolving and the pace of change is *fast*. Are you and your team prepared to meet the social, spiritual, and developmental needs of your congregation's youth today? Join us for a practical overview of contemporary youth ministry. Ground your team in a shared sense of healthy youth/adult partnership. Align your ministry around both safety and mission. This is a great workshop to attend with your team to orient new volunteers and get them ready to serve, and to deepen learning for your returning volunteers.



This workshop is one part of a multi-part Youth Ministry support initiative offered by our UUA this year, because Youth Ministry takes a team, and we want to be on yours! For the full set of offerings, please visit [bit.ly/2019advisor](http://bit.ly/2019advisor).

## Meeting House Presents!



### Save These Dates--Coming Up in September:

**Friday, Sept. 13, 2019:** [Mad Agnes](#) --Mad Agnes is Margo Hennebach, Adrienne Jones and Mark Saunders. Each member arrived at the trio from a staggering list of solo accomplishments, including songwriting competitions, recordings, and the ability to sleep on any surface. Multi-instrumentalists all, Hennebach is classically trained in piano, Jones is self-taught on guitar and bass, and Saunders adds color with a vintage mandolin and subtle electronic processing on his guitar. The sound can be full as a concert hall or delicate as three voices singing a cappella. Harmony-driven performance of contemporary singer-songwriter material influenced by classical, Celtic, folk/rock, PDQ Bach, and a touch of street theatre. Their lyrics, vocal intricacies and instrument prowess are unforgettable.

**Friday, Sept. 27, 2019:** [Moonfruits](#) --Fronted by partners Alex Millaire and Kaitlin Milroy, Ottawa-based Moonfruits are makers of art-folk bilingue. In a forest of banjo, guitar, kalimba and glockenspiel, their voices burrow and soar. Here is a reverie, tender and powerful, beckoning listeners to elevate the stuff of everyday life. Four-time 2019 Trille Or nominees<sup>1</sup>, Moonfruits have toured Canada coast to coast, moving audiences with a live show that mixes French and English organically, playfully, intentionally. Their début full-length *Ste-Quequepart* (2017) \saint-kehk-pahr or Saint Somewhere\ is an elaborate small town fiction that explores the faces of gentrification, isolation and community.

**Click [HERE](#) for more info e-mail us at [MeetingHousePresents@gmail.com](mailto:MeetingHousePresents@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@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.

### **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



**Saturday, August 24, 10:00 am - Noon**

First Congregational Church  
110 Broad Street, Guilford



**Guest Speaker on Immigrant Rights**

**John Jairo Lugo of ULA**

Join in on social justice work, accompaniment, with the immigrant communities across the state.

**Susan Smith and Robin Baslaw** will share how you can help migrant families settle in Connecticut as part of a support team working with ULA, IRIS and CTSI.



**11:00 am - Noon: Strategy Meetings**

**Get Out the Vote** - Municipal elections in November

**Environment Team** - As of August 1, No more plastic bags

**Immigrant Team** - Accompaniment, Trust Act, support teams



**Save The Date: September 14th, Noon-6pm**  
**Hartford Pride 2019** on Hartford's historic Pratt Street! For  
 more info visit: [www.hartfordpride.org/](http://www.hartfordpride.org/)

**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.

**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](mailto: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:

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.