



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 ~ **December 11, 2019**
Building Community Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr, Co-Ministers

A decorative poster for a performance of Scott Joplin's opera "Tremonisha". The poster features a portrait of Scott Joplin in the top left corner. The text reads: "The Universalist Church in collaboration with the Unitarian Society of Hartford presents selections from Scott Joplin's opera TREEMONISHA". Below the title, it lists the performance date and time: "December 15th @10:30 AM". The poster also includes a list of songs: "We're Goin' Around", "We Will Rest Awhile", "Wrong is Never Right", and "plus... selected piano works and... music arranged for saxophone quartet". The bottom of the poster states: "50 Bloomfield Avenue, Hartford • free & open to the public!". The entire poster is framed with a decorative border.

Image: bowreyboyshistory.com

Worship Service, December 15, 2019, 10:30am
"The Music of Scott Joplin"
Sam Moffett, Guest Pulpit Speaker
Sue Smolski, Worship Associate

On Sunday, December 15th, the USH Choir will be joined by the choir from the Universalist Church of West Hartford to sing selections from 20th century American composer Scott Joplin's rarely-performed opera Treemonisha during morning worship at 10:30 AM.

Although written in 1910 and published in 1911, the first complete performance of Treemonisha did not occur until 1972. Joplin was known primarily during his lifetime as a (very successful) composer of ragtime music for the piano, but he died at the relatively young age of 48 and his music fell into obscurity as jazz eclipsed and then supplanted ragtime in the popular consciousness. Joplin's music was rediscovered and championed by a few notable performers in the 1970s; Joshua Rifkin recorded an entire album of Joplin's piano music that sold over a million copies, and Joplin's music was featured prominently in the Academy Award-winning film *The Sting*. Joplin wrote the libretto of Treemonisha as well as composing the music, and its combination of stylistic influences and subject matter is wholly unique; a contemporaneous critic at *American Musician and Art Journal* praised the work as "...an entirely new form of operatic art and...a thoroughly American opera (style)." Elisa Kirk in her book *American Opera* described Treemonisha as "...a startlingly early voice for modern civil rights causes." Despite the work's early neglect, Joplin was posthumously awarded the Pulitzer for Treemonisha in 1976.

The combined choirs of the Universalist Church and the Unitarian Society of Hartford will perform four choral selections from Treemonisha, and a guest saxophone quartet will perform an arrangement of the complete overture from the opera. A handful of Joplin's works for piano will also be featured."



The USH
Annual
Regifting Sale!

Sunday
December
15 11:45 to
1pm

**Last Day to
shop, buy
raffle tickets
or put in a
bid on silent
auction**

items!!

Thank You

and "THINK REGIFTING" !!!

Contacts: mary.sherwin@gmail.com or jeff.howard.29@gmail.com.



New Member Sunday Highlights

Please continue to welcome new, and returning members
Alexa DeSocio Brown, Mimi Stevenson, Louise Harmon &
Ann and Fran Carnevale



When the Meeting House Loses Electric Power
 Please note that when there is a power outage **NO** water or sewer services should be used. This will cause a flood in Fellowship Hall.
 Please refer questions or concerns to Buffie, Office Admin, and
 Thank You for your anticipated cooperation during such events.

SPAM ALERT!!

Please do not respond to any email or text requests from either of the Reverend's or USH staff regarding 'Gift Cards' or "wire transfers". It is fraudulent activity and the office has been alerted to the attempts. Please forward any concerns to any of the board members, or to Buffie Pinney. Thank You, Unitarian Society of Hartford.

In This Week's Enews:[RE News You Can Use](#)[News from the USH Board of Directors](#)[Social Justice at USH](#)[Church Business News: **Sabbatical Update**](#)[Programs for Adults and Families](#)[Connection Circles: **Disability Focused Connection Circle**](#)[Events & 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/****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.**Christmas Eve Service
Volunteers Needed!!

Please
 contact Rayla D. Mattson for
 more information at
dre@ushartford.com **OR** call her
 at 860-233-9897 ext. 104.
Thank You!! Rayla~

RE News You Can Use: Rayla D. Mattson, Director of Religious Education



The past few weeks we have been talking more about how to live in our UU faith. I am excited that the children have come back with stories about giving and who they chose to give their gifts to. (Two weeks ago in our service about giving, they were given gift cards to give away and some instructions).

One youth said they gave their card to a woman looking sad and another chose to give it to someone who is experiencing homelessness. I'm looking forward to hearing more from our other children about being givers.

The nursery will be available this week during the morning worship hour. There will be Children's Chapel followed by age appropriate classes. All children should be in chapel by 10:30am. They will depart to their classes at 10:45am.

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 and 6th-8th. I am still in need of at least 2 more teachers for each grade level. I promise I won't call on you more than once every 4-6 weeks! We have a great group of teachers to work with and I provide everything you need each week. We just need your love and enthusiasm. Please contact Rayla D. Mattson for more information at dre@ushartford.com or 860-233-9897 ext 104. Thank you! --Rayla



The Travelling Chalice

I like to thank everyone how has shown interest and excitement around our traveling chalice. It is with our first family and I'm excited to hear more about it! Please let me know if you'd like to be next!

As a reminder, I am asking families to take the chalice for a week or two to their home; decide how many days during that time you will engage as a family in

developing your own spiritual practice. There is a book of reflections to help you get started and reminders of our UU Principles. I am hoping this will lead to deeper conversations within our community on how we can more fully live into our principles on a daily basis.

Offering this gift to you all with my love~

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



**BIG HOLIDAY
 EVENT !!**
**BIG BANG
 BASH
 COSMIC
 WINTER
 SOLSTICE
 PAGEANT**

12/22

***** Time for some FUN! Some DRAMA! A PARADE!

WHAT THE SOLSTICE PAGEANT IS ABOUT: To celebrate the Winter Solstice and return of the sun's light in the coming year, we have a wonderful script of the Universe Story told in about 30 minutes as a part of worship that has been performed in recent years at the Exeter, NH UU church. This story tells the 13.8 billion year history of our Universe with particular focus on evolution on Earth, bringing us to where we are today and the role humans have to play to sustain the amazing miracle of life on our planet.

While the story is read, a pageant of people portraying the events and characters will parade silently down our center aisle. We need dozens of people, all ages and the more the merrier!

TAKE A PART! Would you like to be a spiral galaxy, comet, oxygen, worm, tall tree, meteorite that strikes the earth, dinosaur, bee, polar bear, or one of the early humanoids? There are many fun roles to play – please join us!!

SIGN UP! If you and/or your family want to be part of the pageant of events and characters for our 12/22 Big Bang Bash, please sign up on December Sundays at the Coffee hour or speak to DRE Rayla Mattson.

NO rehearsals but we will gather early before Sunday worship on Dec. 22nd to arrange ourselves. Can't parade? You can still participate! Everyone who comes to this special service will play a part in the story even if just from your seat in the

pews. **QUESTIONS? Contact Worship leader, Marye Gail Harrison, and Lisa Galinski, WA.**

Message from the Sabbatical Team and December Events

The holiday season is now upon us, with the first snowfall right on time for the first day of December!

This month, the USH community will celebrate the season with more wonderful Sunday services and two special events. Sam Moffett will continue our tradition of Music Sunday and will also lead this year's Vespers service. We have two multigenerational worship services planned to celebrate the Solstice and Christmas Eve that will be both fun and meaningful for all ages. We also have two lay led Sunday services with Sarah Krippenstappel and the Artist's Way group! There will be many ways to get into the holiday spirit at the meeting house this month before we welcome our Revs back to the pulpit the first Sunday in January. The full list of December events is below.

If you are missing Festival of the Season this year, we encourage you to simply notice whatever you are feeling and allow those feelings with compassion. As our Revs said, "We won't be able to do everything as usual." Perhaps next year you will feel inspired to be on the planning committee and/or contribute to the 2020 Festival, as USH relies on generous contributions of time, talent and creativity from this community to continue our many traditions.

Meanwhile, please join in our multigenerational holiday services to participate in the spirit of the season! Rayla is looking for volunteers for the Christmas Eve candlelight service, and Marye Gail Harrison welcomes players in the Solstice telling of the Universe Story with fun costumes and props. Your spirit and your participation is always welcome, and there will also be ways to participate from the pews.

Especially around the holiday season, let us all be grateful for what we give and what we receive from this congregation. A big Thank You to each and every person who has helped out, gone the extra mile, and/or stepped in when there was a need to get something done in a pinch! Let us continue to be inspired to consider how we can contribute to supporting and relieving stress on folks in our congregation, including our staff. Your spirit of giving is truly wonderful.

December Worship Calendar

December 15 – “Scott Joplin Music Sunday”

Worship Leader: Sam Moffett, WA Sue Smolski

December 19 – “Vespers Service” ** (Special Thursday evening service)

Worship Leader: Sam Moffett, WA Margaret Leicach

December 22 – “Cosmic Solstice” (Multigenerational)

Worship Leader: Marye Gail Harrison, WA Lisa Galinski

December 24 – “Christmas Eve Multigenerational Candlelight Service” ** (Special Tuesday service)

Worship Leader: Rev. Katie Lee Crane, WA Peter Meny

December 29 – “Winter Poetry Service”

Worship Leaders: Artist’s Way Group, WA Sue Smolski

January 5 – Revs. Cathy and Heather return!

And a friendly reminder from the Sabbatical Brochure: Our Revs are

relieved of all customary ministerial responsibilities during this time so that their sabbatical can truly be a time of renewal. Thus, Revs Heather and Cathy will not be responding to any congregational emails, phone calls, texts or social media contact. Of course we can enjoy seeing what they are up to and comment on their posts, but the nature of their sabbatical means we shouldn't expect to hear back from them while they are on their sabbatical trip. We will certainly hear more about their travels when they return in early January! If you have any questions about the Revs' sabbatical, please refer to the [Sabbatical Brochure](#): click [HERE](#).

**Warmly,
Your Sabbatical Team**
~Marye Gail Harrison, Lisa Galinski, Laurie Kelliher, Peter Meny

Staff News



Please see our Office Administrator, Buffie Pinney with any administrative questions or concerns. Buffie will be here at USH through mid-February 2020. Office hours are now Sunday through Thursday, 9am-1pm. Please continue to welcome her to USH and let's support her getting acclimated to the Meeting House and the USH congregation!

News from the USH Board of Directors



Greetings from the Board:

Our ministers will be on a well deserved Sabbatical leave until the beginning of January. Please see the Sabbatical brochure for full details. As always, our members and friends keep us going strong. If you would like to be more active and involved in any aspect of congregational life, please contact one of our ministers or any Board member today.

~Joe Rubin, USH Board President

Your 2019-20 USH Board

—Especially while our ministers are on sabbatical until January, please take the opportunity to direct questions and comments about USH to any one of our 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
December 11th, 2019
 More to come!!!

GHIAA News

Greater Hartford Interfaith Action Alliance

Monday evening, Oct.28, USH participated with over 1,000 people in the Founding celebration of the Greater Hartford Interfaith Action Alliance. USH, with our own large group of enthusiastic supporters, was one of the 35 Founding Congregations and Institutions organizing together for justice in the greater Hartford region. The first slate of issues was presented in areas of education, housing, healthcare, criminal justice reform and gun violence. School superintendents, state legislators, CT State Treasurer Shawn Wooden and Mayor Luke Bronin were among the invited allies, pledging their commitment to work with GHIAA on specific actions for justice. Thank you to all who participated in this powerful evening!

Anyone interested in more information please contact Judy Sullivan at [**jasullivan57@gmail.com**](mailto:jasullivan57@gmail.com).

Church Business News

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

The Board Meeting minutes for **July - September 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 Buffie Pinney at hartfordusociety@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/.

Programs

USH Artists' Group: Mondays at 6:30 PM; Sensing a call to be creative? To write or paint, to collage or sketch, to weave or quilt? Whatever your medium, the USH Artists' Group held its first meeting of the fall on **Monday, September 9 at 6:30pm** in the library, and you are all welcome to join us at future meetings! The group is using the book *Wild Ideas: Creativity from the Inside Out* by Cathy Wild as the stimulus for ongoing discussions. You can purchase the book on Amazon and bring it to the first meeting, when we will collaborate on planning the fall/winter program and begin building community with a simple-but-fun creative activity. All who are interested in exploring and nurturing their creative process are welcome to join these Monday evening gatherings. No need to pre-register - just come to the first meeting. For more information contact Marye Gail Harrison (maryegailh@gmail.com).

Emei Qigong Cultivation: Tuesdays at 11:00 AM 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](mailto: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@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.

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

USH Book Club: Meets the second Thursday of the month September-June. Off-site, contact Richard Groothuis for more information: rgroopofus@icloud.com or 860-748-3532. Books are selected by Members to raise social and life issues. We meet monthly with the objective to discuss the books as literature but with particular emphasis on how the issues relate to us personally and as UUs. Our discussions follow the Small Group goals of seeking input from all in attendance. Our hope is that those attending will make an effort to make as many meetings as possible. Membership is open to all. Meetings will be on second Thursday of the month at 2:30 pm; we will skip December.



Faith Forward is coming

soon! Faith Forward is the new adult religious education program that will be replacing UU and You this coming year. Faith Forward is a curriculum that was developed by the First Unitarian Church in Dallas, TX as a way to increase engagement and involvement

within their congregation. There will be nine individual modules on various aspects of our faith, congregation life, services, and opportunities available to USH members. Registration for each module will be open to anyone who is considering becoming a USH member or anyone who would like to learn more about the foundations of UU here at USH. You can participate in a many modules as you like, you do not have to enroll in all nine. ***Look for information on how to register coming soon!***



Green Sanctuary Sub-Council

Stay tuned for future Green Sanctuary events

Contacts: mary.sherwin@gmail.com or jeff.howard.29@gmail.com.



Ballroom Dancing with Wendy!

Held here at USH. Ballroom dance classes are available to both members and general public. Dance is a fabulous way to exercise and explore a dramatic and exhilarating form of artistic expression. There are so many health benefits to this style of movement as well

as a sense of joy and freedom in "the dance" itself. Consider this option to round out your personal fitness routine while having FUN at the same time!! The 'Swing' is a very popular easy, and fun dance which is especially good for beginners.

The class is \$15 for one or both classes (per evening). I offer a special price to members at only \$10 in November. *Each class is 45 minutes long there's a 15 minute break in between for refreshments or practice. No class on November 28 (Thanksgiving)

Please contact Wendy at wendy1017@sbcglobal.net for scheduling a session.

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. 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](#).



USH member **Peter Upton** has generously continued to offer the gift of any one of his paintings (currently on display in the Meeting House ambulatory) to anyone who wishes to have one, in exchange for a financial gift to USH of any amount you feel appropriate. Our great thanks to Peter! Please come and choose your painting through the rest of 2019!! ~Buffie Pinney, Office Administrator.

Meeting House Presents!



**2019-2020
Season**



50 Bloomfield Avenue, Hartford, CT 06105 -The intersection of Routes 44 & 189



Hartford Hot Several Brass Band **Friday Dec 27th 7:30pm 50 Bloomfield Ave.**

Mid-winter joyful noise with a Hartford twist on the spirit of New Orleans is sure to raise a smile and make you want to dance.

The Hartford Hot Several Brass Band is bringing their party to USH for a pre-New Year's blast. Since

2012 they have been Hartford's much-needed funky marching band bringing brass, ruckus, and joy to all. Inspired by the international street band movement, the Hartford Hot Several Brass Band spreads the joy of playing in the street both for the fun of it and in support of others working on important social issues, especially in our Hartford community. There are between 10 and 24 of them and they call themselves the Justice League of funk and rumble: they show up, make people smile and dance, then go back to their fancy lair.

Save These Dates - Coming Up:

Friday, Jan. 24, 2020 TBA (This show might be rescheduled to a date in May to be determined.)

Friday, Feb 28, 2020 [Belle of the Fall](#) lead singer, Julia Autumn Ford possesses the voice of an angel is beyond obvious. Soft, tender and raw all at once; Julia's vocal delivery is light as a feather yet powerful enough to knock down an entire city block with one turn of a phrase. Her partner in

crime, bassist Tracy Walton rounds out Belle of the Fall's folky yet modern sound.

Friday, March 27, 2020 [Seán Heely Celtic trio](#) Experience the magic music of Scotland and Ireland with the Seán Heely Celtic Trio. The group features U.S National Scottish Fiddle champion Seán Heely, acclaimed multi-instrumentalist Kevin Elam, and Highland bagpiper Tracy Jenkins. The three gents bring together multiple different instruments to perform fiery dance tunes and ancient, soaring melodies from Scotland and Ireland. They perform original compositions and have rich vocal harmonies in their solid song repertoire that features ballads, sea shanties, and songs in Irish and Scots Gaelic.

Friday, April 17, 2020 [Scott Cook](#) has managed to distill the stories collected over eleven years touring across Canada, the USA, Europe, Asia, Australia and elsewhere into straight-talking, keenly observant verse. Road-worn, painfully honest, and deeply human, his tunes weave threads of folk, roots, blues, soul and country over spacious fingerstyle guitar and clawhammer banjo arrangements.

We sure hope that you will join us!

Click [HERE](#) for more info or e-mail us at 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/

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 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

Coming Up at USH:

MORE TO COME

Contacts: ellen.castaldini@gmail.com; jeff.howard.29@gmail.com.

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 **Buffie Pinney** at hartforduusociety@gmail.com.

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! ~Buffie

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**

Someone dropped a Welsh and American Service pin and I will keep it until it is claimed as it is quite nice actually!!

I will be donating the lost and found items to a local Goodwill or Salvation Army at the end of every month so please come and visit my container of articles!! Thank You! Buffie Pinney, Office Administrator~

USH Staff:

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

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

Buffie Pinney, Office Administrator
hartforduusociety@gmail.com | 860-233-9897 ext 100

Brian Mullen, Bookkeeper
 Office Hours by Appointment | bmullen@ushartford.com

Our Co-Ministers, Revs Cathy and Heather Rion Starr, are on a well-deserved Sabbatical for October, November and December 2019. If you wish to set up an appointment with Rev. Cathy in January, you may do that here: <https://RevCathyRionStarr.as.me>. If you aren't sure who to contact right now, please see the [Sabbatical Brochure](#).

***The deadline for USH-Enews submissions is Tuesday at 12 Noon.
 Email to: ushenews@ushartford.com OR hartforduusociety@gmail.com
 Please note in the subject line "USH-Enews." Thank you for your submission!***



Image Courtesy of John Bengston

**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.