



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 ~ **MACH 25, 2020**
Building Community Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr, Co-Ministers



Image: [pinterest.com](https://www.pinterest.com)

Worship Service
March 29th, 2020, 10:30am
"Being Anchored"
Revs Cathy and Heather Rion Starr Co-Ministers
Peter Meny, Worship Associate

Worship will be live streaming on Sunday, March 29th at 10:30am (we'll turn the livestream on well before that). Find a candle or chalice and watch via our Facebook page (you don't need to be logged in, just click [here](#)). Tune in on our homepage www.ushartford.com. You will be able to view the Order of Service [here](#).

After worship: Virtual Coffee Hour

There will be an online coffee hour in the Zoom Room
here: <https://zoom.us/j/8602339897>

It should just work...but if it doesn't, fear not! We will be developing ways to support folks to learn how to use Zoom – email Buffie at hartforduusociety@gmail.com if you have trouble getting in so we can get you set up for next time.



Personal News in the Congregation

With heavy, full hearts, we write to USH members to share with you that longtime member Vincent Hall died on Sunday, March 22, at home with his wife Phyllis and family at his bedside after a couple weeks of serious health issues (unrelated to COVID-19). To protect everyone's health, no memorial service will be held anytime soon.

Thoughtfully, Revs. Heather & Cathy Rion Starr

As a reminder, the Meeting House is closed for all in person gatherings for now, and we ask your help in growing our connections during this time. Call someone in the congregation! Organize a Zoom hangout or Connection Circle! Keep telling us your good news – new babies and such, and challenges you wish to share in worship or simply hold in confidential prayer and love.

Where are you at? What do you need? What can you offer?

We want to get as much of an actual sense of how you are doing as we can. Please take a few minutes to fill out this survey link: <https://www.surveymonkey.com/r/WC5BK5H> so we can start to gather

information from you directly about what your needs and/or resources are and where you collectively need our energy to be focused in the coming days and weeks. Please fill out this **survey** and share your thoughts with us. And don't hesitate to call, email, or text your Revs and other USHers!

Moving Events Online:

We would like to begin updating our online calendar with events that are moving to an online format during this time when all in person gatherings are cancelled. If you are an event organizer, please let Buffie know if you would like to move it online with our USH Zoom Room (and if you need help learning to use Zoom).

Resources for the food insecure and places to give:

These are tough times for many folks already living paycheck to paycheck and/or food insecure. If this is you, please reach out to the Revs so we can mobilize some financial and/or food support for you. Here are a few community resources for food in particular:

- **Bloomfield food for kids: Carmen Arace Middle School food pick-up: Breakfast 8:00-9:00am and lunch 12:00-1:00pm. It's a drop-in pick-up only.**
- **West Hartford Meals for kids and adults: <https://www.smores.com/jxwvz>**
- **Hartford meals for kids: <https://ct-kids.org/>**
- **Foodshare has mobile sites for food pick up. Click here for more info: <http://site.foodshare.org/site/PageServer?pagename=coronavirus>**

Foodshare welcomes your financial contribution and is in need of volunteers especially right now. They have extra safety precautions in place. If you are not already high risk, please consider signing up. The Universalist Church of West Hartford is working to keep their pantry functioning and could use volunteers who are not in the high risk categories (underlying pulmonary/cardiac/immune issues or diabetes...and/or 50+ years old). Call Jacob Lee, their food ministry coordinator, at 860-233-3669 x109 if you are interested in helping through the coming weeks and months.

For questions about Coronavirus in CT, call 211 to talk to a person 24-hours a day, 7 days a week. The hotline is for general questions about COVID-19. If you're experiencing symptoms, contact your medical provider.

UPDATE:

Water, gas, and electricity service to residential homes will not be shut-off, regardless of payment status, until the end of the public health emergency.



Visit [CT.gov/coronavirus](https://www.ct.gov/coronavirus) for up-to-date information from all state agencies



Dear USH Members and Friends,

As you have probably gathered, we too have come to the decision that it is necessary to cancel all in-person gatherings at the Unitarian Society of Hartford Meeting House until further notice. This includes Worship services and Circle Dinners. We have made this decision not out of fear or panic, but out of care, concern, and love for our community. Given the mandate from Governor Lamont, state health officials, the Centers for Disease Control, and our own Unitarian Universalist Association, we feel not only that this is the right decision, but that we have a moral obligation to do everything in our power to help reduce avenues for transmission of the coronavirus.

As UUA President, Susan Frederick-Gray, wrote on March 12, "we believe it is our moral obligation to follow the guidance of health professionals who recommend early action even before cases have been confirmed in an area because it is most important to protect public health and the most vulnerable people in our communities. This moment indeed reminds us of the interconnected web of which we are all a part. It also reminds us of our responsibility as religious communities to be mindful of our need to care for our whole community."

We are working on many ways to connect from our homes – please join us!

Worship:

This coming Sunday (March 29th) we WILL hold the worship service -- virtually --- at 10:30am on Facebook and our homepage, where you will also find an order of service to view or print yourself. We will broadcast the service in two places: Facebook Live (publicly from the Unitarian Society of

Hartford Facebook page) and directly on our website through the livestream platform Vimeo. We are working on having a link on the USH website that will take viewers directly to the livestream without any further logging in or familiarity with social media in order to view. Plan to get online from your home by 10:15am and to have a candle or chalice ready to light this Sunday and join in our ongoing efforts to livestream our services. As with our prior ways of doing things, the services only feel truly meaningful if and when you join us!

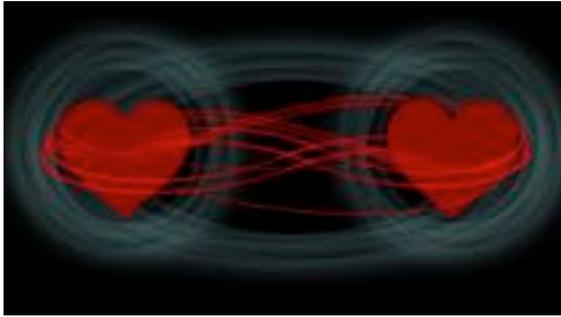
Circle Dinners and other activities: Let's go virtual!

Our Circle Dinners and all other in-person activities are also cancelled, but Lisa Galinski is starting to create "Virtual Community Circles" instead – stay tuned for more, or contact Lisa if you want to help or host. We encourage you to consider doing the same for your USH groups! We now have a USH Zoom account that we will use for these community circles and this USH Zoom Room is available for any other USH online gatherings. It's simple and easy to use videoconferencing for up to 100 devices (more than 1 person can be at a device) at a time -- let Buffie or RevCathy know if you want to use it for any USH activities!

We all need to take care of ourselves in this unsettling time. Please: go for a walk, listen to the vespers service Cathy reposted to the USH Facebook page, write a letter to someone you haven't seen in a while, make some art, get on Facetime with another family's kids – do whatever it is you do to ground yourself. And of course: wash your hands for 20-30 seconds frequently, stock up on medicines and some food/essentials, stay home as much as possible, and check on your neighbors.

We are all living together into this strange new reality, moment-by-moment. Thank you for your patience, understanding, good energy and thoughtfulness at this incredibly turbulent time.

Thoughtfully, Revs. Cathy & Heather, USH Staff & Board members.



Community Planning Meeting via Zoom

In our "hunkered down" mode, there are creative ideas emerging from our congregation to support us all and our broader community! Gathering personal care supplies for donation to folks in need.

Zoom coffee hours. A virtual prom. Setting up a communication mechanism for interested members of the congregation to stay in touch, and many more! Are you interested in being part of planning next steps for how we forge our virtual connections in the coming weeks? Great! Please join us for a (virtual) Community Planning Meeting this Friday, March 27 at 3-4 pm. Come with your ideas and passions and/or a willingness to learn what we are doing next and how you can be a part of it. Read More Zoom instructions [here](#) - written by another congregation just for folks like you!

3 ways to join our Community Planning Meeting via Zoom on Friday 3/27 at 3 pm:

Click on <https://zoom.us/j/8602339897>

One tap mobile: +19292056099,,8602339897# US

If you are JUST calling with your phone (and don't want to fuss with the app or video), call this number: 929-205-6099. You'll need to enter the Meeting ID: 860 233 9897.

USH member, Dr. Judy Robbins, a counseling psychologist and life coach, offers these suggestions for those who are feeling tense or anxious about the coronavirus:

Find a quiet place to sit comfortably with your feet on the floor. Do a leisurely scan of your body from feet to head, noticing your body temperature and any sensations. This will help bring you into the present moment. Stay in the present and focus on appreciation and gratitude for "what is." Linger here a bit and call to mind people and things you appreciate, including your community here at USH. Are you not perfectly

fine right now?

Monitor your thoughts of the future. Only thoughts of the future can create anxiety. Set aside the "what ifs." If something negative does arise, you will deal with it when it happens. Bring yourself back to experiencing the present moment, which is the only thing that is real right now. Avoid people or TV that communicates fear-based thoughts/beliefs. Fear and anxiety have a negative effect on our immune system.

Although we are met with many closed doors right now, the outdoors is always open. Take a walk in your neighborhood or just sit outside for a while. Pay attention to what you see, smell, and feel. This will bring you into the present where Mother Nature is waking from her winter sleep and offering us hope and beauty.

This is a good time to practice self-soothing. You know what works for you. A cuddle on the sofa with your pet, a hot bath, reading, a phone call to a dear one, a cup of tea. There's more to TV than cable news. Find a movie or a series that you like and share your "finds" with your friends.

May we all stay healthy, happy and connected.



The Ordination of Margalie Belizaire

The Boards of The Unitarian Church in Westport (TUCW), where Margalie is completing her ministerial internship and The Unitarian Society of Hartford (USH), Margalie's home congregation, are co-sponsoring her Ordination into Unitarian Universalist Ministry on Saturday, May 30th at 3pm, here at USH, with a reception to follow at 4:30 pm in the Fellowship Hall. If due to COVID-19, the plan for this ordination has to be changed in some ways and/or moved online, that will be determined in April. This will be a joyful celebration of Margalie's successful journey to enter into UU ministry. Her Ministerial Committee at TUCW shares the following: Margalie Belizaire is the third Ministerial Intern at TUCW. She has greatly enriched their congregation through her sermons and the introduction of innovative forms of worship. Margalie has worked in partnership with their other ministers to develop her skills in Worship, Rites of Passage, Pastoral Care, Social Justice, and Administration. Concurrently, Margalie has been a Learning Fellow with our

denomination's on-line congregation, The Church of the Larger Fellowship. In December, the Ministerial Fellowship Committee of the Unitarian Universalist Association determined that Margalie completed all the necessary requirements to enter UU Ministry. Additionally, she achieved the highest score possible for an Intern. Do plan to be part of celebrating the **Ordination of Margalie Belzaire on May 30th at 3 pm at USH.**

Experimental Prayer

We got out of our warm beds this morning, leaving the security of our homes,
and taking the leap of faith that by coming here, we will find a way not only to discover and show off our better selves—our kindness, generosity, compassion, and moral integrity, but also to connect with the wider reality that is the source of our being. Here, in this sanctuary, may we regain our sense of the sacred underlying and pervading all that lives.

Oh Great Spirit, shaper of the wind and the waves,

Make of each of us a straw

And into its hollow channel, breathe the qualities that give force and grace to the natural world:

The resilience of the first crocus pushing through the snow

The energy of a windstorm

The invincibility of a chick pecking its way out of an egg

The grace of a wheeling gull

The tenderness of a morning glory

The majesty of the Atlantic

The warmth of beach sand in July.

And as we learn to find that goodness in ourselves,

Give us the grace to see and honor the better selves in those around us.

So may it be.

- "USH Member Diane Cadrain, January 2006"

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](#)[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](#).**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.****RE News You Can Use: Rayla D. Mattson, Director of Religious Education****Hello families!!**

I am still thinking of you and hope you are well. I am missing you all so very much but I'm not far away! I am still working to reach out to as many of you as I can via letters, calls, and emails. You can also reach out to me!

Ask your parents how to contact me. I'm looking forward to staying in touch with you all. I am also posting videos and notes to my FaceBook page as well as the USH page. Please ask your parents to help you go online and check them out! During this time I hope you are remembering some of the things we have talked about and worked on in RE. I'm hoping that many of you who took a turn with our Travel Chalice have been able to make your own chalice and are having a time set aside to work on the spiritual practice you developed. If you did not get a turn and would like

some assistance in putting something together with your family, please let me know and I can help you put something together. I can also drop off to you or have you pick-up kits for making your own chalice.

We will be having our first online OWL gathering this Friday at 7:00pm. This is open to only OWL participants. I plan to have other Zoom gatherings for our children and youth. Please reach out to let me know if you're interested in joining one of our sessions. I will also be posting and reaching out to you all to let you know the dates and times for these gatherings. Please let me know if you're interested in participating so I will be sure you have the correct day, time and log in. I miss you all very much and I hope you are well. Hopefully we will see each other soon!

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.

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.

News from the USH Board of Directors



Greetings from the Board:

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



From the Nominating Committee:

Dear USH Members,

In the coming weeks, the USH Nominating Committee will be developing a slate of candidates to fill open positions on the Board of Directors. Board positions include President, President-Elect, Treasurer, Secretary, and four Council Chairs (about half of the current board terms expire this June 30 so not all positions are available for nomination this year). The slate will be voted on by the congregation at the May 17th Annual Meeting.

At the same time, we are gauging member interest in participating in various sub-councils, either in leadership roles or for specific projects. More information on the Council Chair and sub-councils are included on the attached document. Please click on the following link to complete our brief Survey Monkey by Friday, April 3rd:

<https://www.surveymonkey.com/r/K288G86>

Thank you for participating in our survey!

Sincerely,

Your USH Nominating Committee: Marie Basche, Adam Brown,
Dana Donovan, Makenzie Hurtado, Sherry Manetta

Your 2020 USH Board

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**White People: Standing Up to Anti-Asian Racism During a Pandemic**

After seeing multiple requests from Asian folks and other folks of color to interrupt the fear, ignorance and racism in the time of COVID-19, I feel called to reach out to my White community and ask us to do more. My humble offering comes from my perspective as a White woman working to end racism. I invite accountability from those targeted by racism to help us all reach a new, critical perspective in order to eliminate the pain and trauma racism causes and change our system for the better. Click **here** for or more info.

UUSC - Take action for people in detention and prisons to ensure they are safe from the COVID-19 outbreak.

The United States has 2.3 million people in prison – the most in the world.

There are 38,000 immigrants and asylum-seekers in ICE detention. Nearly all of them are forced to live in day-to-day conditions that are a perfect storm for the spread of COVID-19, and their access to medical care is already notoriously inadequate. It is a matter of when – not if – coronavirus will reach people who are incarcerated. We are in unprecedented times, and unprecedented actions are not only needed, they are truly possible.

Click **here** for more info.



Americans of Conscience

The AoC Checklist features clear, well-researched actions for Americans who value democracy, equality, voting, and respect.

To stay engaged through challenging times, we practice gratitude, self-care, and celebration. **See [here](#) for more info.**



UU the VOTE

<https://www.uua.org/justice/vote2020>

"The church must be reminded that it is not the master or the servant of the state, but rather the conscience of the state. It must be the guide and the critic of the state, and never its tool. If the church does not recapture its prophetic zeal, it will become an irrelevant social club without moral or spiritual authority."

~Rev. Dr. Martin Luther King, Jr.

CHURCH BUSINESS NEWS

USH CHOIR - Music for these troubled times

I regret that I'm unable to see you all in the sanctuary Sunday, as our practice of digitized worship continues and develops.

During troubled times such as these, I often turn to music as a way of spiritual practice and healing. Sometimes I focus in on a particular song, while other times I have it on in the background as I'm doing other life tasks. I have found a YouTube playlist from Davies UU Congregation in Camp Springs, Maryland. I hope that some of you might find this playlist comforting throughout this week.

Thank You, Sam Moffett, Director of Music Ministries

<https://www.youtube.com/playlist?list=PL6B257199CC44C6AB>

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

The Board Meeting minutes for February 2020 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 hartforduusociety@gmail.com for the username and password.

Programs for Adults and Families

All gatherings at the Unitarian Meeting House are currently cancelled. Please stay home to the degree that you are able. If you would like to help organize a USH "Zoom Room Gathering" of a program you would typically participate in, please let the leader or facilitator of that program know.

Programs:

Despair & Empowerment Circles: Nourishing Our Spirits to Face the Climate Crisis: The deepening climate crisis can cause many of us to fall into denial and despair. Yet our grief, anger and fear are healthy responses to the harsh realities of our time. The pain we feel for the world is not meant to be borne privately and alone because we are an integral part of the world. We gather in circle to recover, refresh, and renew ourselves as environmental and social suffering spreads. We will honor our natural responses to the climate crisis through the revolutionary practice of the Work That Reconnects. We heal feelings of powerlessness so that we may think more clearly, act more boldly, and love more deeply as we move forward.

Was meeting: 6:30-8:00pm, 1st Thursday of the month (Feb-June).

Exception: Wednesday 4/1. Facilitator: Lisa

Galinski, lisa.galinski@gmail.com, 860-518-0197.

Disability Support Group: Was meeting: First Saturdays of each month, 10-11:30am. The next meeting of the group will be on Saturday, April 4th. This group will be a chance for participants to discuss the challenges of physical disability (chronic illness, chronic pain, impaired senses, impaired mobility) and emotional pain (loss, mental illness) and the stresses of care-taking a loved one. All are welcome and what is said in the room stays in the room. Call Bill LaPorte-Bryan for more information at 860-308-2688 or email him at b37bryan@gmail.com.

USH Artists' Group: Was meeting 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 invites you 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. For more information contact Marye Gail Harrison maryegailh@gmail.com.

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

Tai Chi Gigong: Was meeting on 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, **was** meeting Wednesdays, 7:15 – 9:15 PM. Contact Mark Friedman for more information: drmarkafriedman@drmarkafriedman.com.

Meeting House Sing-A-Long: All Are Welcome: Was meeting 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: Was meeting on 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: Was meeting 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 were meeting 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 have been on the second Thursday of the month at 2:30 pm.

We are here for you.

COVID-19 Resources



Village News: They need us now more than ever.

Thank you for your continued dedication to making sure we can

help children and families when they need us most. Our work and mission at The Village has never been more important. During these challenging times, we are doing our best to maintain the critical services that so many people rely on:

Prevention, Community Support & Early Intervention

Outpatient Behavioral Health

Intensive Community & Residential Treatment

Therapeutic Foster Care, Adoption & Family Preservation

Here are some of the steps we're taking:

- > We've launched a telehealth program to ensure people with mental health challenges get the help they need.
- > Village South and our main campus remain open. This means that many direct care providers are still working on-site despite the risks to their health to protect children in our care.
- > We've reassigned staff to maximize health, safety and community impact.
- > We're collecting PPE (personal protective equipment) to help clinicians and clients.
- > We're developing up-to-the-minute resources for children, adults and families across many virtual platforms.

The Village was one of the first agencies in the country to provide homes for neglected children. Today, we continue to achieve our mission "to build a community of strong, healthy families who protect and nurture children" by providing a full range of behavioral health, early childhood and youth development, substance abuse treatment, and support services for children, families and adults in the Greater Hartford region.

The Village for Families & Children | 1680 Albany Avenue, Hartford, CT 06105

Connection Circles (formerly known as Small Group Ministries)



Connection Circle

Stay Tuned and Be Well~

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

Meeting House Presents!



**2019-2020
Season**



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

Save These Dates - Coming Up:

Our March show has been postponed. We are hoping to reschedule it next year.

We will wait and see what happens before deciding about the April and May shows.

We are already planning for next season. Here is a sneak preview:

Susan Werner – Friday, September 18, 2020
Vance Gilbert – Friday, October 16, 2020
Mad Agnes – Friday, November 20, 2020
Local Showcase – Friday, December 18, 2020
Lindsey Fyfe (Dec. 18)
The Wool Hats (Dec. 18)
Among the Acres (Dec. 18)
Friday, January 15, 2021 – TBA
Friday, February 19, 2021 – TBA
Abbie Gardner – Friday, March 19, 2021
Reggie Harris and Pat Wictor – Friday, April 16, 2021

We hope that you will join us then! Stay Healthy and Safe!

We are looking for people with a guest room willing to give band members a place to sleep the night of their show. Please help get the word out.

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!



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



Sew....Can You Help Us Out?
We Need You to Make Face Masks!

The Hartford Gay & Lesbian Health Collective is asking all of our friends who are handy with a needle and thread or a sewing machine to help meet the challenge of making Reusable Face Masks for

Health Care Providers in our community. We don't need to tell you the urgency of the situation – unfortunately it is only going to get worse. There is a critical shortage here in Connecticut. YOU can do your part to make a difference! The Health Collective is asking 6-12 talented individuals to help make Reusable Face Masks. We will provide material, elastic and sewing instructions. They are very easy to make. We ask that you come to the Health Collective to pick up the components and bring completed Face Masks to us by Friday, March 27. We even provide roadside delivery when you come to our Hartford office. For more questions, contact Dan Millett at (860)278-4163 x118 or danm@hglhc.org. Your help is needed in these critical times. THANK YOU!

**Hartford Gay & Lesbian Health Collective 1841 Broad St.
 Hartford, CT 06114 (860)278-4163 www.hglhc.org OR
info@hglhc.org.**



Please see our Office Administrator, Buffie Pinney, with any administrative questions or concerns. Buffie will be working for USH through at least June 2020. She works primarily on Sundays, Tuesdays, Wednesdays and Thursdays, from 9am-1pm. **Buffie's always happy to hear from you!**

USH Staff:

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

Rev. Cathy Rion Starr, Co-Minister
revcathyrionstarr@gmail.com | 860-233-9897 ext. 103

Rev. Heather Rion Starr, Co-Minister
revheatherionstarr@gmail.com | 860-233-9897 ext. 103

Dianne Daniels, Intern Minister (half time, through December 2021)
USHInternDD@gmail.com | 860-233-9897 ext. 109

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

***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: [pinterest.com](https://www.pinterest.com)

**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.