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

**USH-Enews ~ APRIL 8, 2020**  
**Building Community Since 1830**  
**Sunday Service 10:30 AM**  
**Revs. Cathy & Heather Rion Starr, Co-Ministers**



Image: USH2020

**Worship Service**  
**April 12th, 2020, 10:30am**  
**"Is Our Empty Church Like the Empty Tomb?"**  
**Revs. Heather & Cathy Rion Starr, Co-Ministers**  
**Rayla D. Mattson, Director of Religious Education**  
**Sam Moffett, Director of Music Ministries**  
**Laurie Kelliher, Worship Associate**

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Worship will be available to watch anytime on Sunday morning, but we encourage you to watch it together at 10:30am either on our homepage [www.ushartford.com](http://www.ushartford.com) or join the "premiere watch party" on our [Unitarian Society of Hartford Facebook](#) page to worship and chat together. The Order of Service and a full transcript will be posted just under the video on our homepage.

**After worship: Virtual Coffee Hour**

There will be an online coffee hour in the Zoom Room following the service.

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

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View Sunday's worship on our homepage at [www.ushartford.com](http://www.ushartford.com), or read the [full transcript here](#) (big thanks to Lisa Galinski for creating the transcript)

**As Passover begins this evening, we offer this blessing  
from Jewish UU minister Rev. Elizabeth Mount:**

In ancient times, they said

Dayenu

It would have been enough to have been spared after the plagues.

It would have been enough to have been freed of slavery,

It would have been enough to have had food in the desert,

Now we question, when will it be enough again?

Dayenu

Will it be enough to stay home?

Will it be enough if we are deemed essential, as we are made to work?

Will it be enough to wear a mask as we go to the grocery, to the office, to the gas station?

Will it be enough to keep us well, in the midst of plague that has not passed over?

Now we wonder, worry, wish for answers

Dayenu

It would have been enough. It will be enough again.

If the story of Passover is told and teaches us how to live in this time,

It will be enough.

If the stories of our ancestors bring us hope for tomorrow

It will be enough.

If we join together in remembering that we all come from people who have survived

Again and again,

It will be enough this year, as it is each and every year.

Dayenu, it will be enough that we are together today.

### **Next year in freedom!**



#### **Personal News of the Congregation**

**JoAnne Bauer - October 14, 1948 to April 4, 2020**

With heavy, full hearts, we write to share with you that USH member JoAnne Bauer died this past weekend after a long and difficult struggle with depression. JoAnne was a devoted activist who loved art, poetry, and beauty.

When it is safe to do so, we will hold a memorial service for JoAnne at USH, and we may also hold an online memorial sometime this month. Her close friends invite you to contribute to the JoAnne Bauer and Friends Fund for racial equality and social and environmental justice in the Greater Hartford region at the Hartford Foundation of Public Giving **online** or send a check to HFPG c/o Deborah Rothstein.

For now, please share and connect with one another and send cards to her home. Please contact Buffie for address info.

Please also take care of your own mental health as best you can (**great article on that here**), and reach out to us or the Caring Network if you need an ear or feel yourself sinking. We are in this together, and help is always available. If you're feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at 1-800-273-TALK.

Thoughtfully,  
Revs. Heather & Cathy Rion Starr

Do not be dismayed by the brokenness of the world.  
 All things break. And all things can be mended.  
 Not with time, as they say, but with intention.  
 So go. Love intentionally, extravagantly, unconditionally.  
 The broken world waits in darkness for the light that is you.

L. R. Knost

### **April Board Meeting**

The April Board meeting will be Tuesday, April 14th, at 6:30 via Zoom. As always, Board meetings except for executive session, are open to the congregation, and members are welcome to listen on Zoom at: <https://zoom.us/j/8602339897?pwd=aFlhQmw1czkzNGZLN2NF S3dIUctNZz09>.



### **Easter Egg Hunt !!**

I know many of you were looking forward to an Easter Egg Hunt. Well, we are joining in with UU congregations across the country for a **virtual** Easter Egg Hunt. You will journey to many congregation's websites to find the hidden eggs. Here is a hint: most eggs can be found on their Religious Education pages. See if you can find them all! You can begin your search the morning of April 12th! Have fun. All ages can participate (there are plenty of eggs)! Here is the link to the first egg... <https://tinyurl.com/vpyujjy>.



**Be Well, and Know That**

**You Are LOVED~**

--Revs. Heather & Cathy Rion Starr



**NO PHISHING**  
**Don't take the bait!**

### **Email Phishing Scam Hits** **Congregations**

Many congregations are reporting that their members have received "phishing" emails appearing to come from their ministers, staff or other members asking for help. The email addresses look like legitimate

addresses but are NOT. Please be aware that no one from USH will ever ask you to share sensitive or financial information via personal email or buy gift cards, etc. If you ever receive a suspicious email using US Hartford, USH, or the name of a staff member, please alert Buffie at [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com). You can find the correct emails for USH Staff, Members and Friends, in our Congregational Directory on the Members page of our website: [www.ushartford.com](http://www.ushartford.com).

**As a reminder**, the Meeting House is closed for all "in-person" gatherings for now, and we ask your help in strengthening 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.

### **Moving Events Online:**

We are 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 your program online into 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.**



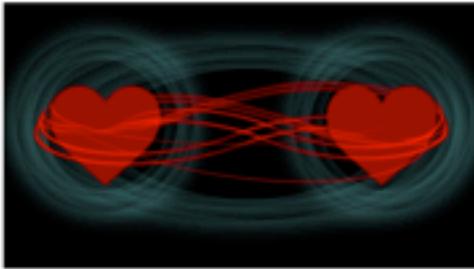
### **Request for Meals**

We are reactivating the TakeThemAMeal schedule for Valerie and Xavier Klokow. We are hoping to have meals delivered to them two days a week. The specific days will be

indicated on the signup. Valerie is a vegetarian and loves fresh fruits. She requests only single servings of the fruit instead of large bowls. Veggies are best cooked. Valerie's son, Xavier enjoys pasta with meat sauce, chicken, beef, pork chops, steak, potatoes, beans, rice, pizza, lasagna, and Mexican foods. Please put foods in disposable containers so Valerie will not have to return them. Their apartment is on the second floor. It is best to contact Valerie (text or call 860/416-9763) prior to the delivery so a time can be arranged for Xavier to meet you at the front door and you will not have to take it upstairs. This will lessen person-to-person contact.

To sign-up go to TakeThemAMeal at <https://takethemameal.com>. The meal recipient is: Klokow. The User Password is: 1971  
Contact Janice Newton [janicecnewton@gmail.com](mailto:janicecnewton@gmail.com) for more information. Thank you so much for any help you can give.

Please reply to: Janice Newton [janicecnewton@gmail.com](mailto:janicecnewton@gmail.com) OR 860/677-1121.



**Virtual Community Gatherings -  
Weeks of April 6th and April 13th**

You are invited to connect with others in the USH community from home! See 3 options for community connections we have this week!

Please be sure you **REGISTER** for a virtual gathering you'd like to attend. After registering, you will receive a confirmation email containing the meeting access information directly to your inbox (it will be different a unique link different than the Sunday coffee hour link). Your registration will also allow the host to get a sense of how many people will attend.

Wednesday, April 8 at 5-6 pm - **Happy Hour** hosted by Lisa Galinski. Bring your favorite beverage -- tea, seltzer, a glass of wine or a "quarantini" -- for an open conversation. Click [here](#) to Register for 4/8 at 5 pm.

Friday, April 10 at 7-8 pm - **Social Connection Gathering** hosted by Marie Basche. Click [here](#) to Register for Friday 4/10 at 7 pm.

Monday, April 13 at 6:30-7:45 pm - **Despair & Empowerment Gathering** hosted by Lisa Galinski. If you are experiencing strong emotions, join us. This gathering will be a facilitated discussion using the **Work That Reconnects** process to process the energy that is arising at this time. Please plan to attend for the whole time. Click [here](#) to Register for 4/13 at 6:30 pm.

Tuesday, April 14 10-11 am - **Coffee Klatch** hosted by Deb and Peter Meny. Grab your favorite hot beverage and connect with old and new friends for a social gathering. Click [here](#) to Register for 4/14 at 10 am.

Friday, April 17 at 7-8 pm - **Social Connection Gathering** hosted by Sherry Manetta and Brian Harvey. Please join us for a wine and dessert gathering and for conversation and fellowship. Beverages and dessert not provided :-)  
Click [here](#) to Register for 4/17 at 7 pm.

If you have any additional questions regarding registration please email Lisa Galinski at [lisa.galinski@gmail.com](mailto:lisa.galinski@gmail.com).

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.

For more information read [here](#).

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



**Village News: They need us now more than ever.**

*Coping with the Coronavirus Crisis*  
The Village for Families and Children, our neighbors next door, has been providing behavioral health services to families in the

Hartford area for over two hundred years.

In response to the coronavirus pandemic The Village is offering support programs to the wider community. These programs address a wide array of life situations and reflect the disruptions in the lives of many people. They can be very helpful. To access these resources, go to The Village home page at <https://thevillage.org/> and click on COVID-19 resources.

There are eight categories of the resources offered by The Village. They include chat rooms, articles, instructions, information, You Tube videos, and games. Each major category has many links to additional resources.

**The major categories are:**

For Families, Parents and Caregivers / For Children / For Providers Professionals / For Communities / Addiction Recovery Resources / Fitness Resources / Journals, Articles, Chapters and Media

Misinformation about the Virus: Eliminating the Rumors

So, get information, play games, use exercise and meditation You Tubes, learn how to work and go to school online. Most of all, learn how to take care of yourself and get help coping with this crisis.

**--Submitted by USH Member Joanne Orlando**

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

**Six Daily Questions to Ask Yourself in Quarantine**

The University of California at Berkeley's Greater Good Science Center studies the psychology, sociology and neuroscience of well-being, and teaches skills that foster a thriving, resilient and compassionate society. Writing in their magazine on March 24, Brooke Anderson posed Six Daily Questions to Ask Yourself in Quarantine.

Judy Robbins has condensed the article here for our USH community.

**What am I grateful for today?**

It is a privilege to be safe at home asking these questions. Whatever we pay attention to, we get more of, so count the blessings.

**Who am I checking in on or connecting with today?**

Perhaps it's not social distance we need but social solidarity while maintaining physical distance. Pick a few people to connect with today.

**What expectations of "normal" am I letting go of today?**

The only lasting truth is Change. The faster we let go of expectations of "normal" the faster we adapt.

**How am I getting outside today?**

Nature, fresh air and sunshine are free and they are balms for the nervous system. Can you go outdoors? Can you sit by an open window? Can you bring flowers inside?

**How am I moving my body today?**

Crisis heightens fear and anxiety, but shifting from our heads to our bodies helps to ground us. Can you go for a walk today? Do a little yoga? Roll your ankles while seated? Massage the tension out of your jaw? Put a hand to your heart to feel its beat?

**What beauty am I either creating, cultivating or inviting in today?**

Beauty is a powerful antidote to despair. Recognizing the beauty in the world and bringing it into our lives is an affirmation of life.

**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. Due to COVID-19, the ordination will be moved online! Stay tuned for more precise details. 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 the other TUCW 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, 2019, the Ministerial Fellowship Committee of the Unitarian Universalist Association determined that Margalie completed all the necessary requirements to enter UU Ministry. Do plan to be part of celebrating the **Ordination of Margalie Belizaire on May 30th at 3pm online!**

### **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 coordinated by the Unitarian Society of Hartford: [www.ushartford.com/events/](http://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!!

As always, you are on my mind this week. I have enjoyed being in touch with many of you and look forward to still reaching out to others. You can also reach out to me! I'm looking forward to staying in touch with you all and enjoy hearing from you. I also enjoyed seeing some of you joining in with us for our online worship this week and look forward to having more of you join. I am excited to announce that our youth group will be leading our online service for the 26th of April!

I have to admit that last week was a tough one for me. Today I am better but I think I just needed to allow myself to acknowledge that this is not easy. I was stressed and my kids were stressed and that was showing up in lots of unexpected ways. During this time I appreciate my walks and my check-ins with close friends. Keeping a routine for me is stressful as it makes me feel like I'm pretending things are the way they were. So, I've been working on new and different things that work for me and my family. I encourage you to embrace the fact that we are in different times and maybe change your routine or find new and different ways to be and do. And just know that whatever you do or don't do, it's okay. There is no right or wrong way to get through this. I'm sure you are all doing the best you can even when it feels like you're not. Sending you lots of love, light and strength.

**Note:** Our DRE is taking some much needed time off this week. She misses you all and will be back in touch with you all next week. Please take care of yourself and be well.

**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 and Thursday.**



### USH Spotlight - "Getting to Know You"

In this time of physical distancing, I thought it would be great to get to know one another a little more personally. Each week I am hoping to share with you all a little look into the lives of one of our members or friends. This week, **Tara Cote** (at left) gladly accepted the invitation to be our first Member/Friend Spotlight. I thank her for that and hope you enjoy getting to know her a little more. If you are willing to share with us something about yourself, please reach

out to me and let me know. Thank You – Rayla D. Mattson, DRE

**Hello everyone, I am Tara** who you may have seen around USH over the years, not to be confused with Lisa Galinski (who I am confused with fairly often and who is super amazing!). I was raised in the UU faith, first at the UU society in Storrs, CT and then Newark, DE after my family moved to Pennsylvania (border of MD and DE). I was very active in the RE and Youth Groups at my church growing up and did service projects to South Dakota and Belize. I attended Ferry Beach, The Mountain and (my favorite) Unirondack UU summer camps. This is where I felt I was truly able to be myself and helped me survive the school year during my family's move and through middle school and early high school.

Therefore in my early - mid 20's when I was moving about every 6 months, I found the easiest way to meet people was going to the local UU congregation. I started attending USH in January of 2014 about a month after I first moved to Connecticut. Living in the West End at the time, there were two UU congregations very close by, so I decided to check out the 9am service at Fern Street and then come for the 10:30 service at USH and make my decision. Well if you know me at all, you know I slept through the 9am Fern Street service and went to USH and enjoyed it, so I kept going and shortly after I started coming I was excited to meet the new ministers. I stayed in CT even after the job I moved here for closed in November of 2014, because of the 20s and 30s group that started at USH.

Thanks to my staying here, I met Paul in August of 2015, we were married by Reverend Cathy in August of 2018 in Newark, Delaware (at the first state park I worked at!). We are still active in the 20s and 30s group and many of our closest friends are from USH. I now live with Paul, our dog Cal and our cat Kismet in Cromwell, CT. I work as a Field Trip Coordinator and Environmental Educator at Common Ground in New Haven, where I get to do my dream job of working outdoors with students. I have the privilege of

taking students hiking in the woods, on tours of our small urban farm or on playdates to our outdoor classroom. I have a passion for hiking, mushrooms and the 4 seasons in all of their glory. Later this spring, I hope to take anyone who wants to watch on a virtual Mushroom Hunt in the woods to see what we can find!

These past few weeks have been rough for me, as an extrovert, a family of April birthdays and because all of my trips have had to be canceled (in the middle of Maple Sugaring season and right as Spring is ramping up), but I know these are minuscule in the bigger picture. I have been able to stay employed through this thanks to finally becoming full-time this past September, so I have been working on revamping my curriculum, helping on the farm 2 days a week and hiking with Paul and our dog! I am currently healthy, with no children (yet) and younger, so if there is anyone who needs help with getting stuff from the grocery store, please let me know. I am trying to limit my exposure as much as possible and only try and go out once a week or week and a half, so if I can fit your shopping in with mine it would be ideal! I shop at Whole Foods, Trader Joes and Stop and Shop primarily.

Send me a photo of your favorite mushroom, some weird bug you find or just a hello, I love all things people and nature...yes even spiders and snakes! Thank you!

**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 can 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: <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 Checklist: Week of April 5, 2020**

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 on Sundays, 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](mailto:hartforduusociety@gmail.com) for the username and password.

## Programs for Adults and Families

All gatherings at the Unitarian Meeting House facility 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:**

**20's/30's Group:** Bring snacks and beverages of your choice to our **\*\*virtual\*\*** 20s and 30s group meeting this Friday at 7pm! Get together with other 20s and 30s who are social distancing and feeling the need for connection! If you would like the Zoom invite please email Tara Cote at [tcote11@gmail.com](mailto:tcote11@gmail.com).

**Despair & Empowerment Circles: Nourishing Our Spirits to Face the Climate Crisis:**

Rescheduled online: see above (Virtual Community Gatherings box).

Facilitator: Lisa Galinski, [lisa.galinski@gmail.com](mailto:lisa.galinski@gmail.com), 860-518-0197.

**Disability Support Group:** This group is in the process of moving its gathering online. Please reach out to the facilitators for more info. In this group participants 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](mailto:b37bryan@gmail.com)**.

**USH Book Club:** This group is in the process of moving its gathering online, and will be meeting this Thursday (tomorrow!), April 9, at 2:30pm in the USH Zoom Room. Connect with USH Intern Minister Dianne Daniels for support in joining the Zoom Room discussion. Contact Richard Groothuis as usual about the Book Group in general: [rgroopofus@icloud.com](mailto: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.

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**[b37bryan@gmail.com](mailto:b37bryan@gmail.com)**.

**USH Book Club:** This group is in the process of moving its gathering online, and will be meeting this Thursday (tomorrow!), April 9, at 2:30pm in the

USH Zoom Room. Connect with USH Intern Minister Dianne Daniels for support in joining the Zoom Room discussion. Contact Richard Groothuis as usual about the Book Group in general: [rgroopofus@icloud.com](mailto: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.

**Programs:**

**20's/30's Group:** Bring snacks and beverages of your choice to our **\*\*virtual\*\*** 20s and 30s group meeting this Friday at 7pm! Get together with other 20s and 30s who are social distancing and feeling the need for connection! If you would like the Zoom invite please email Tara Cote at [tcote11@gmail.com](mailto:tcote11@gmail.com).

**Despair & Empowerment Circles: Nourishing Our Spirits to Face the Climate Crisis:**

Rescheduled online: see above (Virtual Community Gatherings box).

Facilitator: Lisa Galinski, [lisa.galinski@gmail.com](mailto:lisa.galinski@gmail.com), 860-518-0197.

**Disability Support Group:** This group is in the process of moving its gathering online. Please reach out to the facilitators for more info. In this group participants 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

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**CommunityNOW**

Please see this link for info regarding other UU Churches and organizations to what they are doing during this pandemic by visiting the online calendar. Click [here](#) for more info.

### 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](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](mailto: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](mailto: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\*\*](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

### Greater Hartford Legal Aid:

Back-to-back briefings on Education and Public Benefits/Federal Stimulus by Legal Services Attorneys on Thursday April 9th at 12:00 and 12:30. Call-in number and RSVP emails are below. Joine for one or both! Hope all are well. Please see the flyers **below** for additional information.

--USH member, Doris Maldonado, M.Ed.

  <p><b>LEGAL SERVICES BRIEFING ON COVID-19 EDUCATION AND SCHOOL ISSUES</b> For our community partners</p> <p>Presented by Maria Morelli Wolfe and Lynn Cochrane, Greater Hartford Legal Aid Agata Ranczyk-Lawenka, Connecticut Legal Services Erin Shaffer, New Haven Legal Assistance Association</p> <ul style="list-style-type: none"> <li>• What must schools provide for students eligible for special education?</li> <li>• How can I get students support with distance learning?</li> <li>• What must out-of-district placements provide students?</li> <li>• How can I advocate for the students I work with?</li> <li>• And other current issues in education . . .</li> </ul> <p><b>Thursday April 9, 2020 at 12:00 pm</b></p> <p>Call-in #: (860) 543-5012 Conference ID 59705 (press #)</p> <p>Please RSVP to <a href="mailto:educationbriefing@ghla.org">educationbriefing@ghla.org</a> and send your questions in advance!</p>	  <p><b>LEGAL SERVICES BRIEFING ON CHANGES IN PUBLIC BENEFITS AND FEDERAL STIMULUS PAYMENTS</b> For our community partners</p> <p>Presented by Lory Peltier and Alison Weir, Greater Hartford Legal Aid Kristen Noelle Hatcher and Wendy Wanschak, Connecticut Legal Services</p> <ul style="list-style-type: none"> <li>• How have OIG procedures changed?</li> <li>• Do my clients need to file for redeterminations for SNAP, TFA, or HUDKIT?</li> <li>• What is covered by HUDKIT for COVID-19?</li> <li>• How can folks access their federal stimulus payments?</li> <li>• And other current benefits and relief questions . . .</li> </ul> <p><b>Thursday April 9, 2020 at 12:30 pm</b></p> <p>Call-in #: (860) 543-5012 Conference ID 59705 (push #)</p> <p>Please RSVP to <a href="mailto:benefitsbriefing@ghla.org">benefitsbriefing@ghla.org</a> and send your questions!</p>
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### COVID-19 Hartford Community Resources

**A way for Hartford residents to connect with Hartford resources and beyond...**

For City of Hartford updates go to: <http://www.hartford.gov> and follow <https://www.facebook.com/Hartford311/>.

See full article [here](#).

~Provided by USH member, Wildaliz Bermudez (<https://wizandjosh.org/>).



**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. 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 contact our Office Administrator, Buffie Pinney, with any administrative questions or concerns. Buffie will be working on Tuesdays, Wednesdays, Fridays and Saturdays from 9am-1pm during the state-imposed restrictions. While the church remains closed, please email at her at [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com). **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](mailto:revcathyrionstarr@gmail.com) | 860-233-9897 ext. 103

Rev. Heather Rion Starr, Co-Minister

[revheatherharrisonstarr@gmail.com](mailto:revheatherharrisonstarr@gmail.com) | 860-233-9897 ext. 103

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

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

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Brian Mullen, Bookkeeper  
Office or Phone by Appointment | [bmullen@ushartford.com](mailto:bmullen@ushartford.com)

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



**Image: istockphoto.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.