



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 ~ **APRIL 29, 2020**
Building Community Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr, Co-Ministers



ACCESSIBILITY AND
INCLUSION MINISTRY
AIM PROGRAM

Committed to the full inclusion of people with disabilities

Worship Service
May 3rd, 2020, 10:30am
"Awakening Accessibility"
Rev. Cathy Rion Starr, Co-Minister
Doris Maldonado, Susan Hope, and Accessibility and Inclusion
Ministry Team
Sam Moffett, Director of Music Ministries
Rayla D. Mattson, Director of Religious Education
Carol Simpson, Worship Associate
This week we celebrate our Accessibility and Inclusion Ministry
(AIM) in this time when accessibility is taking on whole new
meanings. Come share in the story, the wisdom, and the ongoing
journey. We'll be joined by special guest Rev. Helen McFadyen,
AIM's national director from Canada!

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 or join the “premiere watch party” on our [Unitarian Society of Hartford Facebook](#) page to worship and chat together.

We have found a way to provide live captions that we will try this week in a special Zoom room - please email Lisa Galinski if you would like to join the experiment this Sunday.

After worship: Virtual Fellowship Time

There will be an online Fellowship Time in the Zoom Room following the service.

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

View Sunday's worship on our homepage at www.ushartford.com.

This week on May 2nd, USH is glad to offer a pilot of a captioning service during Sunday Worship. If you'd like to join the service and view captions and a transcript in real time, please follow the steps below:

We will broadcast Sunday worship at our usual time of 10:30 am on Sunday with captions provided by Relay Connecticut. Please try to join 10-15 minutes early to get your technology set up:

1. Join the USH Zoom room: <https://us02web.zoom.us/j/93110090185>
2. Open a second window on your computer to view the captions: <https://www.captionedtext.com/client/event.aspx?EventID=4439082&CustomerID=2991>.

From this window you can view the captions and also save a transcript.

Lisa Galinski will be in the Zoom room on Sunday to support the process, starting at 10:00 am. You can reach her at Lisa.Galinski@gmail.com or 860-518-0197 if you have any questions in advance, or if you need assistance on Sunday.

We'd like your feedback! Following the service, we would love your feedback about the Relay Connecticut captioning to see if it supports you being able to participate more fully in Sunday worship, and if we should continue to provide this service while we offer Sunday worship online.

You are very welcome to stay in the Zoom room immediately after the service to provide verbal feedback about your experience, or to send your feedback to AIM Co-Chair Doris Maldonado (celestialhug@aol.com) and/or Lisa Galinski (lisa.galinski@gmail.com). **You are also invited to USH Fellowship Time at 11:30 am in the same Zoom room!**

Personal News of the Congregation



With heavy, full hearts, we share with you that USH member Sara Sturges died this week peacefully at home with the support of hospice care. Sara curated the Meeting House ambulatory art exhibits for years, and the Board honored her with a proclamation in appreciation of her just a couple months ago. Sara was independent, artistic, and determined. She was a private person who wished not to have a memorial, but to have us light the memorial candle for her and sing her favorite hymn in worship, which we will do this Sunday. Cards may be sent to her address in the directory. Please contact Buffie at hartforduusociety@gmail.com if you need information.





Online Donations:

After some FAQ's regarding our online donations I did some digging and was informed that the online donating is a two step process requiring members to input their credit card information twice, once on our **USH** website and then again on **PayPal**. Pay Pal is the site that actually processes the transaction, but the office (Buffie) receives notifications when a donation is received. Please contact **Buffie Pinney** with any questions or concerns at hartforduusociety@gmail.com or **860-233-9897**.



**Be Well, and Know That
You Are LOVED~**

--Revs. Heather & Cathy Rion Starr



From the USH Board:

Our transition to a new virtual reality has been amazingly quick and successful, thanks to Revs Cathy and Heather, Sam, our Director of Music Ministries, Rayla, our Religious Education Director, Dianne Daniels, our Intern Minister, all of our Worship Associates, and Lisa Galinski, our Zoom-meister. Attendance at our online services and coffee hours is robust and we hope it will continue to grow. If you need help in joining in, call or email Buffie in the office and she'll help or direct you to help. We are also moving all other meetings and functions to the internet, and so far, it's working.

While there are many unknowns financially for all of us, our community, and the broader community, there is also some good news to share. First, our Emergency Appeal has already raised over **\$18,000!** Thanks to all who have already contributed. Additional contributions are still needed and welcome. Second, our congregation's application for a federal loan, ultimately convertible to a grant, under the federal stimulus Payroll Protection Act, has been tentatively approved for over \$51,000. Assuming we receive final approval, this will be of tremendous assistance in maintaining salaries for all of our staff and meeting other needs, especially in light of the loss of rental income, weekly in-person collections, Meeting House Presents income, and the probable reduction in pledge payments from members who are suffering financially. We owe huge thanks to our Treasurer, Phil Gardner, and our Bookkeeper, Brian Mullen, for their speedy work in navigating the complex application process.

We will not conduct a "normal" Stewardship campaign this year. Instead, we will ask everyone who can to at least maintain their current pledge, those who cannot to let us know as soon as possible, and those who can do so to increase their pledges by 5% - 25% to help make up for all our known and anticipated revenue reductions. You'll be hearing more details soon.

Our Annual Meeting and Election of Board members and officers will be held as scheduled on Sunday, May 17, but it will, of course, be on Zoom. Further details are noted below.

We can't say this often enough - if you or someone you know in the congregation is struggling, psychically or financially, PLEASE let us know. Reach out to our Ministers or any member of the Caring Committee. We want to do what we can.

USH remains a strong, vibrant, caring community. Thanks for helping us stay that way!

--Joe Rubin, President, on behalf of the Board of Directors

Please note that the 2020 Annual Meeting will be held on May 17th following the morning service. The meeting will be held via Zoom, instructions on how to join the meeting via Zoom and telephone will be provided prior to the meeting. The Nominating and Leadership Development Committee has presented the following slate of candidates to the USH Board of Directors to be voted on at the Annual Meeting.

The Nominees are:

President – Martha Bradley for a one-year term 7-01-2020 to 6-30-2021

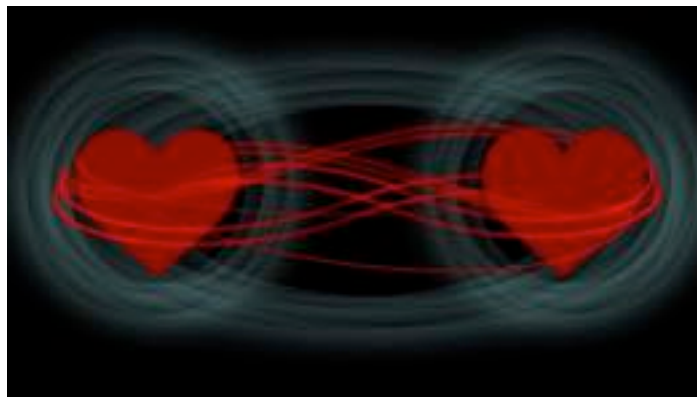
President-Elect -Lisa Galinski for a one-year term 7-01-2020 to 6-30-2021

Treasurer - Bob Hewey for a two-year term 7-01-2020 to 6-30-2022

Chair, Administration Council - Jon Covault for a two-year term 7-01-2020 to 6-30-2022

Chair, Community Within Council - Tina Davies for a two-year term 7-01-2020 to 6-30-2022

~Submitted by - Sarah McKenzie, Secretary



Virtual Community Gatherings - Weeks of April 27 and May 5
Friday, May 1 at 4-5 pm - 21 Fun Questions Happy Hour hosted by Lisa Galinski. Bring your favorite beverage and break up the week with some thought provoking questions to stimulate fun, provocative discussion and deeper connections. (We may or may not get to all 21 questions ... who knows!) Click here to Register for 5/1 at 4 pm.

Wednesday, May 6 at 7-8 pm. Mid-Week Social Hour hosted by Deb and Peter Meny. Break up the week and connect with old and new friends for a social gathering. Click here to Register for May 6 at 7 pm:

https://us02web.zoom.us/meeting/register/tZcrc-yupj0sHdG_EH1Pqs1OyHXpv6yMboee

Seeking virtual hosts! Would you like to support USH community connections? You're invited to host a 60-minute virtual community gathering on Zoom! Hosting is easy and all the "tech work" is done for you. Choose your own topic or simply host a virtual social gathering with open discussion -- all you need to do is show up. Please email Lisa Galinski if you'd be willing

to host in May.

Coming Soon...Keep an eye out for more ways to connect with the USH community:

Virtual Connection Circle (formerly Small Group Ministry). Are you seeking deeper connections beyond coffee hour conversations? Would you like a chance to explore some of life's big questions with other wonderful people? If so, then our Connection Circle may be what you're looking for.... A Connection Circle is a small group who covenant to come together for a series of meetings and provide the opportunity to one another to develop deep and meaningful connections, safe community to explore and grow spiritually. A typical meeting combines personal check-ins, readings, guiding questions, and individual sharing focused on a particular theme.

Artist's Way Group. Is your creativity calling to you? Would your inner artist like to explore some creative time in a supportive and safe environment? This longstanding group at USH welcomes is a great place to explore your creativity -- whether you've come before or want to try it out for the first time!

If you are interested in participating in a Connection Circle or the Artist's Way Group, please text Martha Bradley at 860-305-3307 with your name, which group you're interested in, and your email/phone number. Your response will help us for planning purposes.

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 contributions 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.

Would You Like Support?

Worrying does not take away tomorrow's troubles; it takes away today's peace. These are strange times indeed. Our accustomed normalcy has been up-ended. It's natural to feel shaken under these circumstances. However if you find yourself unusually worn down by worry, nervousness or loneliness during this pandemic, your ministers have assembled a small team of counseling professionals. They have volunteered to offer free, supportive, confidential, one-on-one phone calls. If a phone session or two would feel helpful to you, please do not hesitate to contact either Rev Cathy at revcathyrionstarr@gmail.com or Rev Heather at revheatherionstarr@gmail.com. We are all in this together and together we will stay strong.

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](#)

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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/
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 and your well-being stay on my mind during these difficult times. I have enjoyed being in touch with many of you and look forward to still reaching out to others. I have decided that we are pretty well into the swing of doing things from a distance and would like to offer up a few gathering opportunities that I hope you will join me for. The first is a parent/guardian beer and wine **Social**. We will meet at 9:00pm this Friday once the kids, hopefully, have gone to bed. Please grab the beverage of your choice and dress up or wear your pajamas and join us for a time to unwind from our week. The link to join this gathering is

here: <https://us02web.zoom.us/j/89027921546>

The next is an opportunity for our children to meet with me directly. We will meet for an hour on Saturday at noon. It will be a time for us to check in and catch up and to see what they need on a regular basis from me and our congregation. I hope you will help them log in and join us. I've missed them all so much. The link to join this gathering is here:

<https://us02web.zoom.us/j/88439520598>.

Lastly this week the OWL group will meet on Sunday for a social gathering. This is closed to only OWL participants and the link will be emailed directly to families.

I want to thank the youth group and Laura and Rob for leading them in creating an amazing worship service this past Sunday. I hope you were able to join us but if you weren't, the service is still available during this week on our USH website. You will truly be blessed by their words and wisdom.

I look forward to increasing our time together over the next few weeks.

Please reach out to me and the rest of the USH staff if we can be of service or support to you in any way. We continue to meet as a staff team and are still here for you all!

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 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

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)



Americans of Conscience Checklist:

The monthly AoCC Impact Message features stories of the gains we make by speaking up, specifically on the actions featured in the Americans of Conscience Checklist, plus tallies of the actions we take together and other signs of progress. This is our public service to keep you engaged and hopeful. To stay engaged through challenging times, we practice gratitude, self-care, and celebration. **See [here](#) for more info.**



Action Alert: Protect Your Right to Vote

According to the Centers for Disease Control and Prevention, the coronavirus will remain a threat during our November elections. Millions of Americans with a wide range of

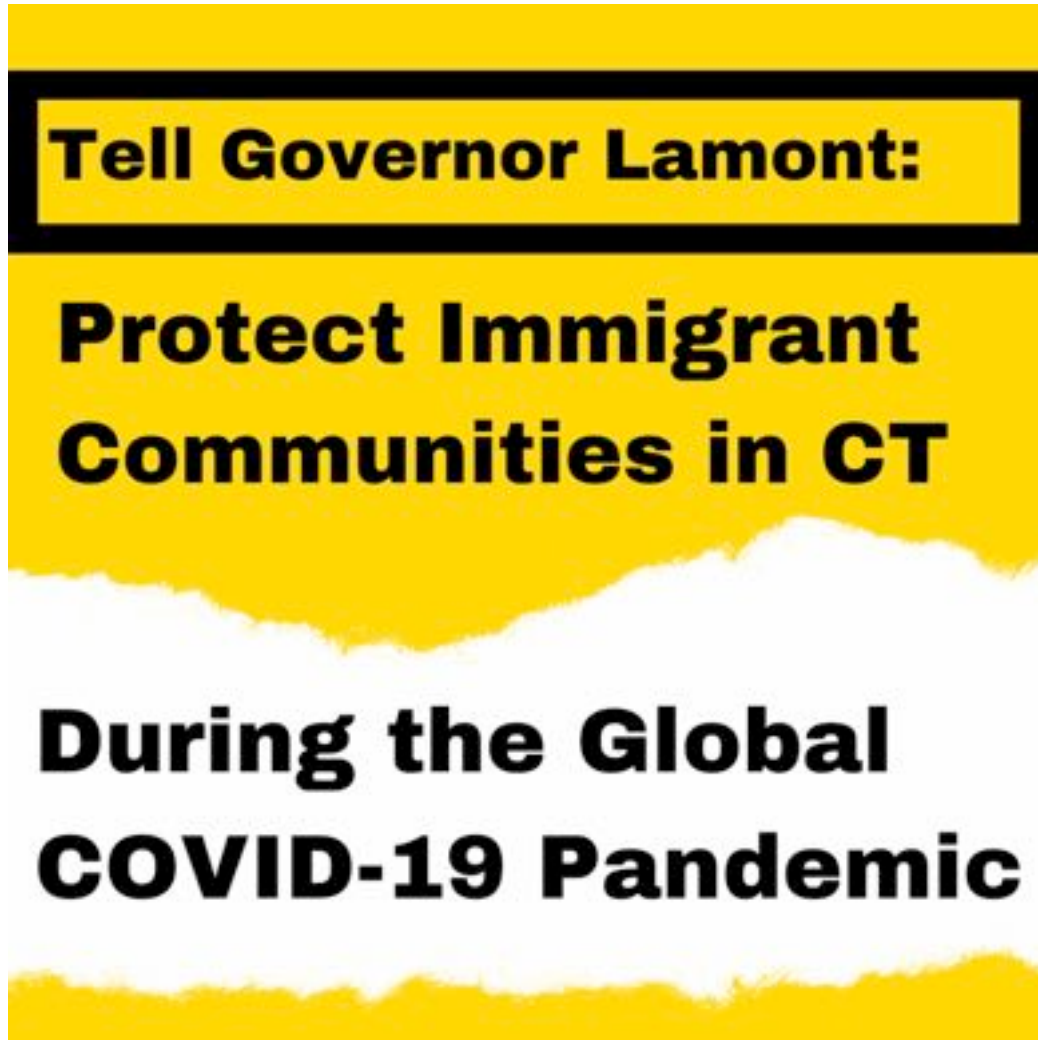
political views will avoid going to the polls because it is not safe. We need to make it as easy as we can for them to vote from the safety of their own homes. This is especially true for at-risk populations and those who have transportation difficulties. The \$400M for elections in the CARES Act was a welcome start but is woefully insufficient to cover the cost of preparing all of our states to put in place the needed solutions to keep us safe: voting by mail, early voting, and having easily accessible and safe polling places. See full article [here](#).

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 more info. -Submitted by Judy Sullivan



Tell CT Governor Ned Lamont and CT State Agencies - Protect Immigrant Communities in Connecticut during the global COVID-19 pandemic.

Click here to sign the letter: <https://actionnetwork.org/petitions/tell-gov-lamont-protect-immigrant-communities-in-connecticut-during-the-global-covid-19-pandemic?source=email&>.

Thank you for joining this community effort - Together we are strong. Undocumented immigrants are at the front lines of the COVID-19 pandemic. We are the health care workers, grocery store workers, janitors, business owners, and restaurant workers who are working tirelessly to keep our

communities safe and running. Yet immigrant communities have been left out of most federal relief packages. We cannot continue to have our workers and families on the front lines, who already lack equitable access to healthcare, and who remain susceptible to a silent, widespread threat with the potential to decimate total population health. The state of CT has not yet acted to protect our state's immigrant community - this is unacceptable! Sign our petition link above to Governor Lamont and DEMAND that CT protects its immigrant community during the COVID-19 pandemic.
--Submitted by Rev. Cathy

Programs for Adults and Families

Programs:

20's/30's Group: Get together with other 20s and 30s who are social distancing and feeling the need for connection! If you would like to join us for our next online gathering, please email Tara Cote at tcote11@gmail.com.

Despair & Empowerment Circles: Nourishing Our Spirits to Face the Climate Crisis: Rescheduled online. Facilitator: Lisa Galinski, lisa.galinski@gmail.com, 860-518-0197.

Disability Support Group: This group has moved 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 caretaking a loved one. What is said in the room stays in the group. Call Bill LaPorte-Bryan for more information at 860-308-2688 or email him at b37bryan@gmail.com.

USH Book Club: Our next read, for Thursday, May 14, is *Stony the Road: Reconstruction, White Supremacy, and the Rise of Jim Crow by Henry Louis Gates*. The abolition of slavery in the aftermath of the Civil War is a familiar story, as is the civil rights revolution that transformed the nation after World War II. But the century in between remains a mystery: if emancipation sparked "a new birth of freedom" in Lincoln's America, why was it necessary to march in Martin Luther King, Jr.'s America? In this new book, Henry Louis Gates, Jr., one of our leading chroniclers of the African-American experience, seeks to answer that question in a history that moves from the Reconstruction Era to the "nadir" of the African-American experience under Jim Crow, through to World War I and the Harlem Renaissance. The illustrations alone tell a horrendous story! This group has moved its gathering online into 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 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 are on the 2nd Thursday of the month at 2:30 pm.)



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. To access these resources, go to The Village COVID-19 page at: <https://thevillage.org/covid-19-resources/> and click on COVID-19 resources.

Information Line Q&A

How can I find peace during this time?

How can I balance the many demands on me during this time?

How can I help my child who is sad about not returning to school/missing friends/etc.?

What can I do if I can't see my child right now?

Is my chest tightness anxiety or COVID-19?

What can I do when I feel panicked?

Additional resources: chat rooms, articles, instructions, information, You Tube videos, and games. Each major category has many links to additional resources:

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

**CommunityNOW**

Please see this online calendar compiling what other UU churches and

organizations are doing during this pandemic. Check out some new programs [here](#)!

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

Thank You, Sam Moffett, Director of Music Ministries



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. 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.

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.

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 contact the usual leader or facilitator of that program.

Meeting House Presents!



2019-2020
Season



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

Save These Dates - Coming Up:

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**](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 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](#).

News in the Larger Community

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/>).

COVID-19 Y Gente de Color

¿Tiene preguntas sobre COVID-19?
 Visita: 211ct.org
 Llama: 211
 Textea: CTCOVID al 898211

Se siente mal? Llame a su médico de atención primaria: se necesita un referido para la prueba

Si no tiene un médico de atención primaria Llame al 211

Lo que debería saber:
 COVID-19 está afectando a la Gente de Color (GC) a tasas más altas. La GC son más probables de contraer COVID-19, y de morir a causa de complicaciones de COVID-19.

¿Qué es COVID-19?
 COVID-19 es una enfermedad respiratoria que puede transmitirse de persona a persona. Es causada por un nuevo tipo de coronavirus.

¿Qué nos pone a mayor riesgo?
 La Gente de Color son más propensos a:

- Ser empleados en posiciones esenciales de alto riesgo, como en cuidado médico, en hogares de ancianos, en tiendas, o en mercados
- Vivir en comunidades superpobladas con estándares más bajos de aire y agua
- Padeecer de condiciones preexistentes como la diabetes, enfermedades cardíacas, o asma—condiciones provocadas o empeoradas por el racismo sistémico
- No tener acceso a comida saludable y asequible
- Enfrentar barreras a atención médica de alta calidad
- No tener acceso a las pruebas de COVID-19

¿Qué puede hacer ahora para mantenerse saludable?

- Quedarse en casa, siempre que sea posible
- No reunirse con nadie fuera de las personas que viven con usted
- Use una máscara cada vez que salga: es un requisito legal durante la crisis
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos
- Coma más alimentos que fortalezcan su sistema inmunológico, como frutas y vegetales

¿Qué puede hacer siguiendo adelante?
 Póngase en contacto con organizaciones locales que trabajan por causas que afectan a la GC: racismo, injusticia ambiental, acceso a cuidado médico, derechos de inmigración, problemas económicos, y acceso a comidas saludables.

¡Comparte lo que sabes sobre el crisis de COVID-19 con los demás!

¿Cómo se transmite COVID-19?

- A través de gotas producidas cuando una persona infectada tose o estornuda
- Al tocar una superficie que tiene el virus y luego tocarse la boca, la nariz o los ojos
- Las personas que no tienen síntomas pueden transmitir COVID-19

¿Quién puede contraer COVID-19?
 (Cualquier persona) Gente de todas edades, razas y etnias pueden contraer COVID-19. Incluso las personas sanas pueden contraer COVID-19 y sufrir complicaciones graves.

¿Cuáles son los síntomas de COVID-19?
 Los síntomas pueden ser leves o suficientemente graves como para requerir hospitalización. Pueden incluir:

- Fiebre
- Tos
- Dificultad para respirar

Es más probable que tenga síntomas graves, o que muera, si usted:

- Es mayor de 60 años
- Está embarazada
- Tiene condiciones de salud crónicas como diabetes, enfermedades cardíacas, alta presión o asma

Llame al 911 si tiene síntomas que señalan una emergencia

Señales de emergencia incluyen, pero no se limitan a:

- Dificultad para respirar
- Dolor o presión en el pecho que no mejora

¿Cuáles son otras formas de evitar contraer COVID-19?

- Manténgase al menos 6 pies de distancia de otros, si no puede quedarse en casa
- Evite tocarse los ojos, la nariz, y la boca.
- Frecuentemente limpie y desinfecte superficies tocadas diariamente (pomos de las puertas, apagadores de luz, llaves de baño, enchufes, teléfonos)
- Use desinfectante para manos con al menos 80% de alcohol, si no puede lavarse las manos
- Haga su propia máscara. Para obtener instrucciones sobre cómo hacer una máscara un consulte, visite bit.ly/CDCFaceM
- Lave su máscara de tela regularmente

¿Qué hace si se siente mal?
 Llame a su médico de atención primaria. Si una prueba se requiere, necesite un referido del doctor para obtenerlo. Si no tiene un médico de atención primaria, llame al 211.

- Quedarse en casa y lejos de otras personas con las que vive, si es posible
- Practique las estrategias de prevención mencionadas anteriormente
- Tose y estornuda en un papel higiénico o en su codo

Manténgase al día con las guías del CDC, visite: bit.ly/CDCSupp

COVID-19 and People of Color

People of color get - and die from - COVID-19 at higher rates than whites.

Protect yourself!

Have COVID-19 questions? Visit: 211CT.org

Call: 211

Text: CTCOVID to 898211

Do you feel sick? Call your Primary Care Doctor—you need their referral for testing, if appropriate

If you don't have a Primary Care Doctor, call 211

What you should know:
 COVID-19 is affecting People of Color (POC) at higher rates. POC are more likely to get COVID-19 and to die from COVID-19 complications.

What is COVID-19?
 COVID-19 is a respiratory illness that can spread from person to person. It is caused by a new type of coronavirus.

Why are POC at higher risk?
 People of Color are more likely to:

- Work in high-risk essential jobs (healthcare, nursing homes, retail, grocery stores)
- Live in crowded communities with lower air and water standards
- Have higher rates of pre-existing conditions like diabetes, heart disease and asthma caused by or made worse by systemic racism
- Lack access to affordable, healthy food
- Face barriers in accessing quality healthcare
- Lack access to COVID-19 testing

What can I do right now to stay safe?

- Stay home, whenever possible
- Not gather with anyone outside of the people you live with
- Wear a mask whenever you get out - it's legally required during the crisis
- Wash your hands with soap and water often and for at least 20 seconds
- Eat more foods that boost your immune system, like fruits and vegetables

What can I do moving forward?
 Reach out to local organizations that work on issues affecting POC: racism, environmental justice, access to healthcare, immigration rights, economic issues, and access to healthy foods.

Stay up-to-date with CDC guidelines by visiting: bit.ly/CDCSupp

Share what you know about the COVID-19 crisis with others!

How is COVID-19 spread?

- Through droplets produced when an infected person coughs or sneezes
- By touching a surface that has the virus on it and then touching your mouth, nose, or eyes
- People who have no symptoms can spread COVID-19

What can get COVID-19?
 Anyone! People of all ages, races, and ethnicities can get COVID-19. Even healthy people can get COVID-19 and have serious complications.

What are COVID-19 symptoms?
 Symptoms may be mild or severe enough to require hospitalization. They may include:

- Fever
- Cough
- Shortness of breath

You may be more likely to have severe symptoms, including death, if you:

- Are over 60 years old
- Are pregnant
- Have chronic health conditions such as diabetes, heart disease, high blood pressure, or asthma

Emergency warning signs include, but are not limited to:

- Trouble breathing
- Pain or pressure in the chest that does not go away
- New confusion or inability to wake

Call 911 if you are experiencing emergency warning signs

What are other ways to prevent getting COVID-19?

- Stay at least 6 feet away from other people if you can't stay home
- Avoid touching your eyes, nose, mouth
- Frequently clean and disinfect touched surfaces (doorknobs, light switches, faucets, keyboards, phones)
- Use hand sanitizer with at least 80% alcohol if you can't wash your hands
- Make your own mask. For instructions for making a no-sew mask, visit bit.ly/CDCFaceM
- Wash your cloth mask regularly

What do you do if you feel sick?
 Call your primary care doctor - you need their referral for testing, if appropriate. If you don't have a primary care doctor, call 211.

- Stay home and away from other people you are living with, if possible
- Practice the prevention strategies above
- Cough and sneeze into a tissue or your elbow

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

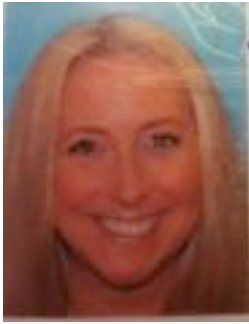


Sew.....Can You Help Us Out?
We Need You to Make Face Masks!

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 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 back the 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.

--Submitted by Robert Reader



Please contact our Office Administrator, Buffie Pinney, with any administrative questions or concerns. Buffie is 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**. **Buffie's always happy to hear from you!**

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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: certifiedforaccess.ca

**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. Consider the proposed 8th Principle as well! <https://www.8thprincipleuu.org/>.