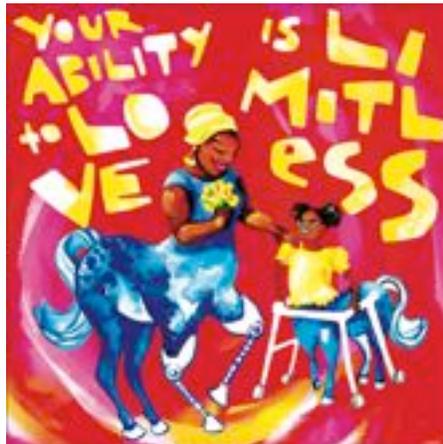




50 Bloomfield Avenue, Hartford, CT 06105  
Tel: (860) 233-9897 • Email: [firstunitarian@ushartford.com](mailto:firstunitarian@ushartford.com)  
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00  
or call for appointment

USH-Enews ~ **May 6, 2020**  
**Building Community Since 1830**  
**Sunday Service 10:30 AM**  
Revs. Cathy & Heather Rion Starr, Co-Ministers



Images: <https://mamasday.org/art>

**Worship Service**  
**May 10th, 2020, 10:30am**  
**"Appreciating Working Mamas: Then, Now, and Always"**

Revs. Cathy and Heather Rion Starr, Co-Ministers  
Rayla D. Mattson, Director of Religious Education  
Sam Moffett, Director of Music Ministries

**Judy Robbins, Worship Associate**  
***"The questions rise like songs: 'How are you holding up?' 'What do you need?'"***

***'How can I help?' The chorus is always the same: I see you."***

**--Connie Schultz, "We've Always Needed One Another," *Time* magazine April 6-13, 2020**

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.

**We will again provide live captions for worship in a special Zoom room this week. Details and links will be in this Saturday's E-brief with worship details or email Lisa Galinski **before 10am** on Sunday morning to join the captioning room.**

**After worship: Virtual Fellowship Time**

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

We will continue 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.

View Sunday's worship on our homepage at [www.ushartford.com](http://www.ushartford.com).



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

--Revs. Heather & Cathy Rion Starr

**May Board Meeting**

The May Board meeting will be Tuesday, May 12th, 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://us02web.zoom.us/meeting/register/tZAlduCgrj8pH9IQrSsTu7VAU\\_pdOVurosVeB](https://us02web.zoom.us/meeting/register/tZAlduCgrj8pH9IQrSsTu7VAU_pdOVurosVeB).

## Personal News of the Congregation



JoAnne Bauer, 71, of Hartford, CT, passed away at her home on Friday, April 3, 2020. JoAnne was born October 14, 1948 in Sanatoga, PA where she lived for her childhood and teenage years. She is preceded in death by her parents John Bauer and Mary Leona (Buchert) Bauer. JoAnne is survived by her brothers John (Jody) Bauer and James (Vickie) Bauer. Please

see full obituary [here](#).



With sadness, we share that longtime member Ed Stockton died on Monday, not of Covid-19 but of a massive infection. Ed was a *"jewel of a guy"*: a businessman, a public servant, father, grandfather, and so much more. Marilyn, his wife of 67 years, welcomes cards but not phone calls at this time. Please contact Buffie at [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) if you need address information.



We sadly continue to share with you that USH member **Sara Sturges** died 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. Cards may be sent to her address in the directory. Please contact Buffie at [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) if you need information.



April 2020 Board Meeting Attendees

### **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 Zoommeister. 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 17<sup>th</sup>** 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

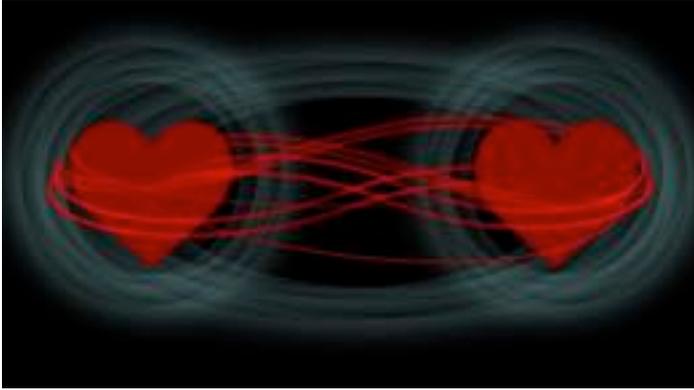
**President-Elect** - Lisa Galinski for a one-year term 7-01-2020 to 6-30-2021

**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 - Week of May 5**

**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](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 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](mailto:revcathyrionstarr@gmail.com) or Rev Heather at [revheatherriersonstarr@gmail.com](mailto:revheatherriersonstarr@gmail.com). We are all in this together and together we will stay strong.

**May we all stay healthy, happy and connected.**



### **More News about Margalie Belizaire!**

Margalie Belizaire is completing her Master of Divinity Studies at Meadville Lombard Theological School. Once again she is breaking new ground. Her Ordination, still scheduled for May 30th at 3pm, will be completely virtual! It will be a joyful, celebratory worship service and includes, among others, congregants and ministers from our church and the Unitarian Church in

Westport. Rev. Dr. Sofia Betancourt, Associate Professor of UU Theologies and Ethics at Starr King, School for the Ministry will deliver the sermon. All are invited to join in through Zoom. More

information about accessing Zoom will be provided prior to May 30th.

Margalie Belizaire will begin her ministry as the Second Minister at the First Unitarian Church of Rochester, NY in August, 2020. She will be responsible for Pastoral Care and Adult Religious Education, while sharing the duties for their Social Justice programs with the Senior Minister for this congregation of almost 700 members. In presenting her to the congregation, the search committee wrote, "We are convinced you will feel the same connection with and affinity toward Margalie, as we did". Those of us who know Margalie can certainly resonate with that sentiment. 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!!**

I enjoyed seeing some of you last week in our hangout with Rayla for our children, our parent-and-guardian beer and wine social, and our OWL hangouts. Please be on the lookout for more events in the coming week. As always, you and your well-being stay on my mind during these difficult times. I hope you continue to join us for Sunday morning worship and our virtual coffee hour. I always enjoy seeing you all there. I plan to keep writing you all and hope some of you will write me back. Please be on the lookout for a special letter from me about Flower Communion. Miss 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.**

### **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. Every few weeks I am hoping to share with you all a little look into the lives of one our members or friends. Miriam Byroade is featured below. I 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.

### **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. Every few weeks I am hoping to share with you all a little look into the lives of one our members or friends. Miriam Byroade is featured below. I 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.



### **USH Spotlight**

Hi! My name is Miriam Byroade and I've been attending USH since September 2015. While I was raised in the Episcopal Church, I randomly had a little preview of my future UU self while in high school. I grew up in West Hartford and while in high school there I went with a friend one time to visit his youth group at the Fern Street UU. At the time there really wasn't much going on with the youth group at my home church, Trinity Episcopal in Hartford, so I started going to the Youth Group meetings at the Fern Street UU. I ended up being on the board of youth that runs conferences for youth in CT, but never once attended a service in the three years I went to that youth group!

For many years I continued to feel connected to the Episcopal Church and attend on and off in the various places where I lived. However, after having my son in 2005, I started to feel some disconnect with the church. I did some soul searching and realized that while I love the ritual and liturgy of the Episcopal Church, I didn't actually believe in God. Somehow I did have the feeling that that maybe wasn't really a problem for others there though. But I felt like I needed to find something else. A clever friend suggested checking out a UU meeting house, and I remembered being welcomed as a teenager by the Fern Street church, so I decided to give it a go and I attended UUSE for several years. For most of that time I would tell people that I "attended a UU church", and only after many years did I finally say "I'm a Unitarian Universalist". My younger sister Sarah, (also a UU), jokes that it took me four times longer to decide on being a UU then on deciding to get married.

I live in Manchester with my husband Bruce and our two children, Walter and Sophie. I'm officially a stay at home parent, but I have random side jobs, mostly cleaning homes -- which can be a nice thing, bringing order to the world and being paid for it. Also, never have I had a job where the people I work for love me so much! I like making things and have discovered that sewing is probably the fastest and most efficient way for me to make

lots of things. I went to art school for painting and drawing, and all that art-making stuff came back through the sewing with art quilting. This is the single most effective way of "making things" I can think of because my art can hang on a wall and inspire someone, or get taken down and wrapped around the viewer to keep them warm in these scary and unsettling times. I also enjoy hiking, reading nonfiction and chatting casually about death. I very much enjoyed co-hosting a Death Cafe at USH last year and I hope to host another one when we can again gather in our lovely building.

~Submitted by USH member, **Miriam Byroade**

**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)**

## Social Justice at USH



### **Americans of Conscience Checklist:**

181 weeks down, 26 weeks to the presidential election. To stay engaged through challenging times, we practice gratitude, self-care, and celebration. **See [here](#) for more info.**



### **The 1619 Project**

The mandatory 'down' time associated with this pandemic provides an opportunity for quiet contemplation about many things, including this country's racial history beyond the two-page version we learned in high school American History class. I will be facilitating discussions about articles that appeared in *The New York Times* as part of The 1619 Project, launched during the 400th anniversary of slavery in the U.S. in August 2019. The conversations will be informational, focusing on the history described in these articles, as well as how the injustices written into the U.S. system continue to this day. This historical context is an important part of the understanding that is so vital prior to our moving forward with any actions or collaboration with the black community.

These conversations provide us with the opportunity to take back some control over our lives and engage in a meaningful way with each other in our USH community. Please respond if you are interested; if so, you will soon receive an invitation link to the first ZOOM, to be held on Monday, May 11th. Enclosed is *The New York Times* 1619 Project Sunday magazine. We will be discussing the article by Nikole Hannah-Jones (pages 14 -26) during this first session. If you prefer, please feel free to listen to Episode 1 of the 45 minute podcast of this article

instead: **<https://www.nytimes.com/column/1619-project>**. A majority of those who responded to a Doodle poll sent out chose Mondays from 7 – 8:30 p.m. for our reflection/discussion time on ZOOM. I've identified six interesting articles from The 1619 Project; we will discuss one of them each

Monday beginning May 11th between 7 – 8:30 p.m.; feel free to attend one, some or all. Looking forward to being in community with you, discussing a topic that matters to all of us.

~Submitted by USH member, **Gloria Francesca Mengual**

Deportation Defense Hartford

Sharing a few links in case you're inspired to share your resources with immigrant families in Greater Hartford:

**La Bodeguita de la Gente:** Donaciones para comprar comida y distribuir en nuestra comunidad migrante / donate to help give out food to migrant families at

<https://www.facebook.com/donate/983390322099276/102718231435458/>.

**CT UndocuFund:** Donaciones para dar apoyo monetario a personas indocumentadas en todo CT / Relief fund for undocumented community in CT:

[https://charity.gofundme.com/o/en/campaign/ct-undocufund1?fbclid=IwAR3w27IbNNw8NRDjLgqQoR4Ahoch2uXTCH3z-E\\_r7J1T2ZcPq-UnKlg8\\_kw](https://charity.gofundme.com/o/en/campaign/ct-undocufund1?fbclid=IwAR3w27IbNNw8NRDjLgqQoR4Ahoch2uXTCH3z-E_r7J1T2ZcPq-UnKlg8_kw).

**Hartford Deportation Defense Community Funds:** Donaciones para necesidades básicas de personas en nuestro grupo Hartford Deportation Defense, y proyectos de apoyo mutuo que estamos realizando / General funds for basic needs, Hartford Deportation

Defense: <https://donate.democracyengine.com/GreaterHartfordImmigrationFund/?fbclid=IwAR0dOTF-hgx6OndFq7wz27qDmlSpslUULT9f37gLC85XAZI0mgFf6uK-rMM>.

**CT Immigrant Bail Fund:** We have received reports of terrible conditions and violence inside ICE detention centers in our area (Boston). There is a press conference today at 4pm and you can donate to our local community bail fund to get people out of there as soon as they're granted bond. We have completely depleted our funds since COVID-19 hit. See here: <https://ctbailfund.z2systems.com/np/clients/ctbailfund/donation.jsp?campaign=3&>.

~Submitted by Rev. Cathy Rion Starr



### **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](#).

~Submitted by Judy Sullivan

### **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](mailto:tcote11@gmail.com).

**Despair & Empowerment Circles: Nourishing Our Spirits to Face the Climate Crisis:** Rescheduled online. Facilitator: Lisa Galinski, [lisa.galinski@gmail.com](mailto: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](mailto: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](mailto:rgroopofus@icloud.com) or 860-748-3532. (Books are selected by Members to raise social and life issues. We were continuing to meet monthly with the objective to discuss the books as literature but with particular emphasis on how the issues relate to us personally and as UUs. Our discussions follow the Small Group goals of seeking input from all in attendance. Our hope is that those attending will

make an effort to make as many meetings as possible. Membership is open to all. Meetings are on the 2nd Thursday of the month at 2:30 pm.)



### 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**



## **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](mailto:hartforduusociety@gmail.com) or **860-233-9897**.



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

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

**The Board Meeting minutes for May 2020 have been posted**, (draft information subject to minor revisions). 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.

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](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](#).

### News in the Larger Community

**TheaterWorks** is offering an on-line viewing of its wonderful April 2017 production of *"Next To Normal."* The play is a musical that centers on a mother who is struggling with bipolar disorder. TheaterWorks' production of this play was outstanding!

TheaterWorks will be showing a tape of its production on May 8 at 8 p.m. Viewers can watch it for free. However, anyone who is not a

subscriber must first call or e-mail the theater to get onto its mailing list, and then register for the showing. Since the play is being broadcast this Friday, and the box office is only open Monday through Thursday, USH members and friends will need to reach out to TheaterWorks as soon as possible. TheaterWorks' website address is [www.twhartford.org](http://www.twhartford.org). The phone number is 860-527-7838.

~ Submitted by USH member, Kerry White

## 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](http://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 deberías 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 ferias, o en mercados
- Vivir en comunidades superpobladas con estándares más bajos de aire y agua
- Ppadecer 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?**

- Quidése 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 (como de las puertas, apagadores de luz, llaves de baño, teclados, teléfonos)
- Use desinfectante para manos con al menos 60% de alcohol, si no puede lavarse las manos
- Haga su propia máscara. Para obtener instrucciones sobre cómo hacer una máscara sin costura, visite: [bit.ly/CDCFaces](http://bit.ly/CDCFaces)
- Láve su máscara de tela regularmente

**¿Qué haces si se siente mal?**  
Llame a su médico de atención primaria; si una prueba se requiere, necesitas un referido del doctor para obtenerla. Si no tiene un médico de atención primaria, llame al 211.

- Quidése 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/CDCSugg](http://bit.ly/CDCSugg)**




## 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



## 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 65 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

### 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 go 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/CDCSugg](https://bit.ly/CDCSugg)

### 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 daily (doorknobs, light switches, faucets, keyboards, phones)
- Use hand sanitizer with at least 60% alcohol if you can't wash your hands
- Make your own mask. For instructions for making a no-sew mask, visit: [bit.ly/CDCFaceM](https://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://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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<http://www.ushartford.com/about-us/staff/>

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***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: <https://mamasday.org/art>

**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/>.