



50 Bloomfield Avenue, Hartford, CT 06105
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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ **June 3, 2020**
Building Community Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr, Co-Ministers

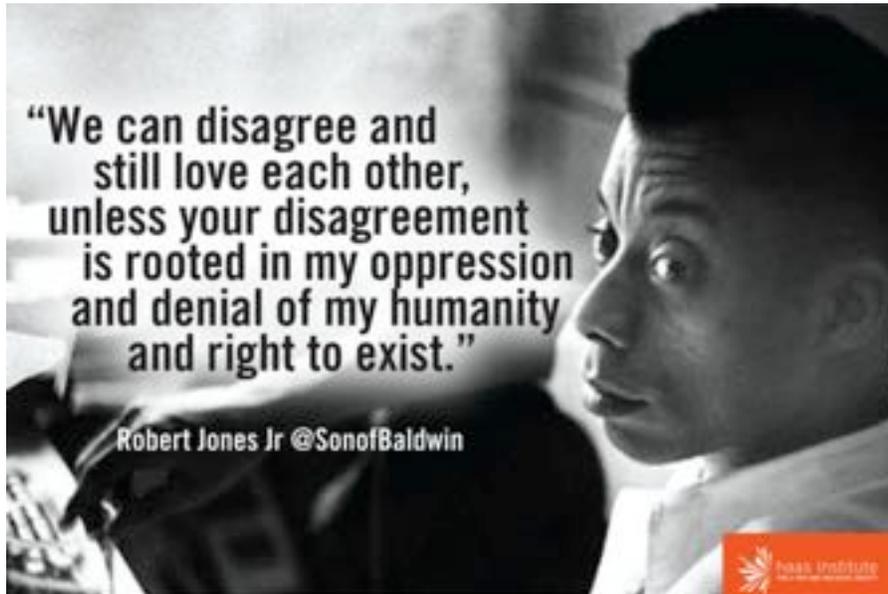


Image: sonofbaldwin.com

Worship Service
June 7th, 2020, 10:30am
"Covenant & Centering"
Rev. Cathy Rion Starr, Co-Minister
Rayla D. Mattson, Director of Religious Education
Sam Moffett, Director of Music Ministries
Carol Simpson, Worship Associate
10:30am - Worship - watch as usual at www.ushartford.com, and/or via
our [USH Facebook Page](#)
11:30am - Fellowship Time - "Live" in Zoom room right after service.
Zoom

link: <https://us02web.zoom.us/j/89054382225?pwd=VmRhZHB6bnFBbGJqTXRSdkdLL256QT09>

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 continue to support folks in learning how to use Zoom – email Buffie at hartforduusociety@gmail.com if you have trouble getting in so we can get you set up for next time.



Paper Grocery Bags needed!

Hartford Mutual Aid is collaborating with a Faith Based Alliance for Community Support with our sister churches in the North End: Urban Hope, St. Monica’s, and Greater Refuge, to provide breakfast and groceries to families in need. They need lots and lots of paper grocery bags! Please drop yours off at USH (there’s a bin at the front entrance) or at the Revs’ home this week.

They are also looking for volunteers to help with food distribution (with strict safety protocols and PPE provided) - sign up at www.mutualaidhartford.com.



WEEK OF ACTION

The Movement for Black Lives

<https://m4bl.org/>

Opportunities for White People in the Fight for Racial

Justice <https://www.whiteaccomplices.org/>

From the USH Board:

We as Board, Ministers, and Staff have been taking in the recent recommendations of the UUA (you can read those for yourself, here: <https://www.uua.org/pressroom/press-releases/message-uua-president-updated-guidance-gathering> and have been reflecting upon

and appreciating this 4-minute video from UU parish minister Rev. Jake Morrill: <https://youtu.be/OuAKQXagwms>. You are welcome to join us in this real-life "thought experiment" about how to live together into this new era and the new formats of congregational life that we are being called to consider. There was some discussion of these topics during the May 17th Annual Meeting; please speak with the Board, Ministers, or Staff directly if there are areas of congregational life you'd like to be more involved in.
--Submitted by Rev. Heather

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.

Read more [here](#).

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

The USH 2020 Annual Meeting was held on May 17th following the morning service. The Nominating and Leadership Development Committee presented the following slate of candidates to the USH Board of Directors and they were unanimously affirmed at the Annual Meeting. You can view the Annual meeting recording [here](#). Contact Buffie if you need member access info.

Incoming new Board Members 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

View the 2020 Annual Report [here](#).

~Submitted by - Sarah McKenzie, Secretary

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



Hello All,

RE ran great this week. We had a great parent group and all of our classes met with the exception of our Pre K-2nd grade class due to a double booking of our church Zoom room. Thankfully we have been able to acquire a Zoom room just for RE and classes will continue this week. I look forward to seeing you all

there.

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.

RE Schedule for the Week

PreK-2nd Grade

I am looking for more parent feedback on this class. Please let me know if you are able to chat. Thanks.

3rd-5th Grade RE

Saturday, June 6th at 10:30am, <https://zoom.us/j/94354289473>

Middle School

Sunday, June 7th at 3:00pm. Please have already watched the movie "Holes", <https://zoom.us/j/98377696781>

Youth Group

Sunday, June 7th at 8:00pm. See Rob Spector for Zoom link.

High School

Sunday, June 7th at 8:00pm. Please contact Rob or Rayla for meeting ID.

Parent Group

I will be in touch with the new date and time. Please stay tuned. If you did not get my previous emails, please contact me so I can add you to the group.

Youth Group Donations Needed

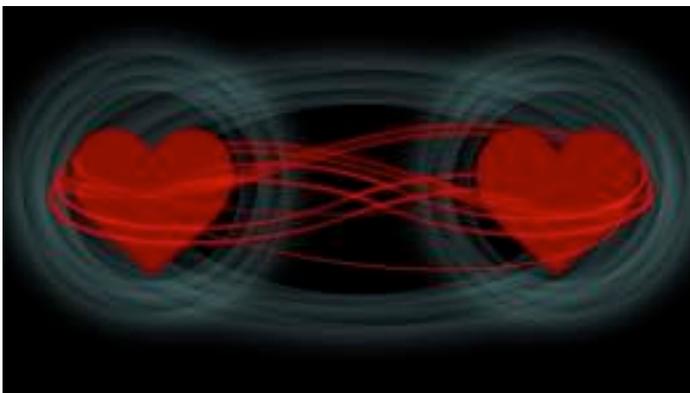
Due to the COVID-19 pandemic, the Youth Group has been unable to gather in person and make soup for the Church Street Eats soup kitchen. As result, the Youth Group is trying to organize some support for the soup kitchen. First, they are in

need of snack items like granola bars, chips, juice boxes and fruit snacks. We are trying to encourage a weekly donation of these items which can be dropped off at USH, and then brought over to the Soup Kitchen on Saturdays. Second, they are in need of monetary donations which can be made at cccathedral.org at the Church Street Eats page, and would be a wonderful contribution to start making on a weekly basis for those who are not comfortable going to the store or who live far from the church. Third, they are in need of volunteers. They still do rely on a small number of volunteers who wear masks and gloves and prepare bag lunches. The volunteer coordinator is Theresa and her number is **(860)655-6752**.

~Thank You, Rob & Laura, Youth Advisors

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 of our members or friends. 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.



Virtual Community Gatherings

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.

Connection Circles typically run for 8 weeks for 2 hours per week. Meetings will be held by Zoom, and Zoom assistance is available if you need help getting set up. If you are interested in joining a Connection Circle, please text Martha Bradley at 860-305-3307 as soon as possible with your name and email/phone number.

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.



HELP NEEDED -

When the families within our community entrusted the ashes of their loved ones to us, we promised to have a serene and well-cared-for resting place. That is our Memorial Garden. The Memorial Garden at

the Meeting House is in need of weeding, and we could use some help! Generally, the Building and Grounds spring workday in April has been a great opportunity to get it in great shape after the winter. However, since the pandemic canceled that event, there is much that needs to be done now. If you want something to do outside without crowds, please consider spending some time weeding in our Memorial Garden. We ask that you call either David (860-335-3742) or Janice (860-212-6923) and let them know when you will be at the garden. That way we can let you know if anyone else is going to be there. If you are uncertain if a

plant is a weed or a desired plant, use your phone and call us and show us the plant. There is a fair amount of a ground cover, Galium or Sweet Woodruff. This is mostly around the roses on the left as you face the Village. That is **NOT** a weed. It should be encouraged. You will need to bring your own bucket to collect the weeds and any tools you might want to use since you will not be able to enter the Meeting House to get the ones we have. The weeds should be dumped in the woods. Any help you can give us would be greatly appreciated. Thank you so much for considering this. – David and Janice Newton

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. See more here: <https://www.feedingamerica.org/research/coronavirus-hunger-research>

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.



Rooted, Inspired, & Ready!

The Unitarian Universalist Association's annual denominational conference, **General Assembly**, is June 24th -28th, 2020. For the first time, this annual conference will be entirely online. The registration cost is \$150 and financial assistance

is available. Please check <https://www.uua.org/ga> for up-to-date information. Instructions for accessing the participation portal will be distributed, to those who have registered, in early June. In addition, the UUA is looking for volunteers to moderate or assist with hosting in various zoom rooms. Our USH delegates will be Dana Donovan, Lisa Galinski, Fred Louis, Judy Sullivan and Rev. Dr. Jan Carlsson-Bull. Many thanks to each of you, in advance. Any of you who would like to "take in" some or all of the conference online can also attend (without needing to be a delegate) -- keep an eye on the schedule online for what programs you might be especially interested in.

More 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/
 To submit a Calendar Request (also for an online USH Zoom Room gathering) 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.

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. Stay safe and be well.

~Joe Rubin, USH Board President

Your 2019-2020 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:

May 2020 Impact Statement. Open this week's edition of the Americans of Conscience Checklist and remember that to stay engaged through challenging times, we practice gratitude, self-care, and celebration. **See [here](#) for more info.**



online and on the streets.

Movement For Black Lives has just launched **A Week of Action in Defense of Black Lives.**

As people of faith and conscience, please participate --



What Can White People Do?

What can White people do to be allies to People of Color, and especially to Black people, in this particular moment? **Ava DuVernay, in this recent interview with CBS news,** shared a common sentiment that it's not the job of People of Color to help White people figure out what to do. They are using all of their emotional energy to survive. So White people have some work to do. As a White woman who is asking the same question myself, here are the answers I'm coming to: Read more **here.**

--Submitted by Judy

Sullivan, Board Social Justice Council Chair

Deportation Defense Hartford

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.

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.democracengine.com/GreaterHartfordImmigrationFund/?fbclid=IwAR0dOTF-hqx6OndFq7wz27qDmlSpsIUlT9f37qLC85XAZI0mgFf6uK-rMM>.

The CT Immigrant Bail Fund: We have received reports of terrible conditions and violence inside ICE detention centers in our area (Boston). You can donate to our local community bail fund to get people out of there as soon as they're granted bond. The CT Immigrant bail Fund has 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

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: Thursday, June 11, 2:30PM USH book club --*The Land of Flickering Lights; Restoring America in an Age of Broken Promises* by Michael Bennet. "A critics commentary on the book: "With wit, anger, and piercing analysis, this brilliant and perceptive insider pulls back the curtain on what you might call the 'lost decade' of Congressional politics. Step by step, in often chilling detail, Bennet chronicles the structure of dysfunction that has taken hold of Washington in recent times, preventing good people - from both parties - from coming together to implement sorely needed policies that benefit us all. Some of the lost opportunities Bennet recounts, such as how the majority will of Congress on immigration was thwarted by partisan procedural tricks, are nothing short of maddening. Others, a result of what Bennet calls the "corruption of inaction," are eye-opening in what they mean for the future. Placing our current options in broad perspective of historical struggles for freedom and justice, Bennet argues passionately for the path we must take. Every person who cares about the future of our country should read this infuriating and inspiring book!" This group (see above) 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 are 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.)

Tai Chi: is canceled at USH through December 31, 2020. However, the instructor Lucky Luckingham will be offering Tai Chi three days a week from his home in South Windsor. If interested please contact Lucky directly at stephen.luckingham@gmail.com.



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 Choral Program Update

Director of Music Ministries Sam Moffett has been working on plans to bring back the choral program at USH through technological innovations. During the quarantine, Sam has been learning more about audio and video editing, and finished a project with the

USH Choral Scholars that was recently featured in worship this past Sunday.

Sam plans to continue these projects when the Fall season comes around, and is hoping to start expanding it to include the full USH Choir as well.

A Message of Thanks to David Polk and the Richard P. Garmany Fund

On behalf of the Unitarian Society of Hartford, Director of Music Ministries Sam Moffett would like to acknowledge and give great gratitude for David Polk and the Richard P. Garmany fund. For the past couple of years, grants from the Richard P. Garmany fund have allowed USH to continue our Choral Scholars program and our Composer-in-Residence program. The beautiful music heard online from the Choral Scholars during the May 24th service was made possible by Mr. Polk's generosity, and we extend great thanks for his and the Richard P. Garmany fund's support to USH.



Online Donations:

After some FAQ's regarding our online donations (via our website) I did some digging and was informed that the online donating is a 2-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, and 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**.



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 **January-March 2020** have been posted, click [HERE](#) to view.

The Board Meeting minutes for **April 2020** have been posted. 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!



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. 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

Spread the word! Forward and Post. Tell your Friends, Family and Neighbors!

FREE FACE MASK DISTRIBUTION ON SATURDAY, JUNE 6TH AT 11 AM - 1 PM

LOCATED AT THE HERB GARDEN ON THE CORNER OF MAIN ST AND GREEN ST

MIDDLETOWN, CT 06457

Rain Date: June 13th

IF YOU ALREADY HAVE A MASK IT'S OK. PLEASE WEAR IT WHEN YOU COME, TO HELP KEEP EVERYONE SAFE.

KEEP 6 FEET BETWEEN YOU AND OTHERS.

--Submitted by USH Member Doris Maldonado

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 at 888211](http://CTCOVID.at.888211)

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 ferreterías, o en mercados
- Vivir en comunidades superpobladas con estándares más bajos de aire y agua
- Padecer de condiciones preexistentes como la diabetes, enfermedades cardíacas, o afecciones pulmonares crónicas o empujados 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?

- Quédese 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 verduras

¿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 la 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 tocar 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 (grapas de las puertas, apagadores de luz, llaves de baño, teléfonos, etc.)
- 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/CDCfacem
- Lave su máscara de tela regularmente

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

- Quédese 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/CDCStapp



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 888211](http://CTCOVID.to.888211)

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 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 injustice, access to healthcare, immigration rights, economic issues, and access to healthy foods.

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

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 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
- 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 for up-to-date information from all state agencies



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. While the church remains closed, please email at her at hartfordusociety@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 OR hartforduusociety@gmail.com
Please note in the subject line "USH-Enews." Thank you for your submission!



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