



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



Worship Service
July 12th, 2020, 10:00am
"Revealing the Power of Community"
Lisa Galinski, Guest Speaker & Rick Tsukada, Worship Associate
Sunday's service will take place **LIVE in Zoom. We will *not* be broadcasting on Facebook because this service is not pre-recorded. Please join this interactive service via this Zoom link: <https://zoom.us/j/92124908301>**
11:00am - Fellowship Time - "Live" in Zoom room right after service.
Zoom
link: <https://us02web.zoom.us/j/89054382225?pwd=VmRhZHB6bnFBbGJqTXRSdkdLL256QT09>

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.

Revealing the Power of Community: Exploring Different Roles in Times of Change

USH Summer Services explore the theme The Power of Community. This *live* and interactive Zoom service weaves together familiar elements of UU worship and an opportunity to participate in an interactive community conversation. You are 100% at choice about how you would like to participate and can do so verbally, in writing in the Zoom chat, or as an observer.

In the context of an evolving Unitarian Universalist faith, USH's mission is summarized as "nourishing spirit, building community, and working for justice." An effective, healthy and sustainable community working for justice requires people playing diverse roles in pursuit of a shared mission. We all have a role to play, and the good news is that there are plenty of options!

This Sunday's worship service will explore diverse roles we can fulfill in a faith community working for justice in our USH community and the wider world. We will use South Asian American writer and activist Deepa Iyer's "Mapping Our Roles in Social Change Ecosystems (2020)" as a guide for our community conversation.

Listening to one another and exploring roles together helps us to better "see" the community itself. We'll learn what roles this community is playing already or comfortable playing. We'll get curious about what roles may need to be strengthened within the community to support its health and sustainability.

If you are feeling alive and on purpose, confused or stuck, focused and effective, or uncertain about how to respond (or anything else!) -- you are welcome in this community conversation! Please join us if you are curious about Unitarian Universalism, have been a UU for a while, or anywhere in between.

No preparation is needed! If you would like to access Deepa Iyer's model, descriptions of the roles and/or a Reflection Guide prior to the July 12, visit <https://buildingmovement.org/our-work/movement-building/solidarity-is/> for helpful and concise PDF files.

Deepa Iyer is a South Asian American writer, strategist, facilitator, activist and is hosted at Building Movement Project. (Her work is copyrighted and licensed under Creative Commons BY-NY-SA 4.0 and may be copied, redistributed and shared with attribution to Deepa Iyer, SoliarityIs and Building Movement Project.)

Welcome to Summer 2020!

The "Power of We" surges as our summer begins with two services where we join forces with the larger Unitarian Universalist community. We know the majesty of voices when the choirs of USH and Fern Street fill our sanctuaries with beautiful music. Now imagine the grandeur of the entire country of UUs together... right in your living room.

Next joint service will be on August 9th, 2020 10:00-11:00 AM

USH will have the usual Coffee Hour to follow each of these services. Our conversations should be especially rich as we realize that we are not just a silo in this tumultuous world, but are linked with Unitarian Universalists throughout the country. **Come and be inspired!**

Updated Policy from the USH Board of Directors, approved June 9, 2020:

For the safety of our members, friends and staff, the USH Building and Grounds remain closed to all activities inside and

out. You may come into the office if you schedule your visit with Buffie in advance. No-contact pickups and drop-offs in the parking lot, using proper precautions, may be scheduled with both Buffie (Office Admin) and Rayla (Rentals Manager) to insure that there are not concurrent activities occurring, etc.

Thank you for your understanding during this challenging and ever-changing time!

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](#)

[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.



Back to School in 2020: The Village for Families and Children Uniform Fundraiser

Going back to school can be a difficult time. After three months of online homeschooling, the fall of

2020 is an especially anxious year for children in Connecticut. Having just learned on June 25th that they will be returning to school, families have had little time to absorb this news. Going to school will require many changes - wearing masks, keeping social distance, smaller classes and a host of other adaptations. Students in the Hartford Public Schools must wear school specific clothes, such as red tops and tan bottoms. Families must equip their students with these uniforms for the new school year. Uniforms, one top and one bottom, can cost around \$40. For the past seven years USH has participated in a Uniform Fundraiser at The Village for Families and Children, helping to buy school uniforms for over 900 children in greater Hartford. Let us continue the tradition of supporting The Village Uniform Fundraiser, and help children return to school with their own tradition. This is a difficult time for everyone, financially and emotionally. Any amount you are able to give is appreciated. The fundraiser ends on August 20th. Please mail any donations to Brian Mullen, 50 Bloomfield Ave., Hartford, Ct., 06015.

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



Hello All!

Hi families! I hope all is well and everyone has transitioned to some type of summer routine. In the next few weeks we will begin summer RE. Our original plans to join other New England congregations won't begin as soon as I wanted, but we will be in a space together. Please look out in next week's e-news for information on our first gathering. I'm looking forward to seeing you all!!

I continue to work with the UUA on a blog for families around parenting during a pandemic. My blog is available for viewing here:

<https://www.uua.org/re/blog/parenting-heartbreak>, and on the UUA website shortly. I hope to have more information for you next week and I hope you all continue to be safe and healthy.

Be well, Rayla

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.

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

Posted by Rayla D. Baldwin Mattson

An invitation to [Act • Learn • Worship • Give](#) from our Director of Religious Education, Rayla D. Mattson.

Dear USH family,

I don't consider myself to be an activist or a community organizer. Feeling called to do this work even when I'm not wanting to be called upon to act is where I feel I am right now. This week Sam Moffett and I participated in several actions in Hartford and surrounding communities. Many of you were following us on Facebook when Sam and I found ourselves sitting on the highway with a group of protesters. I'm tired of being

silent and tired of feeling like I'm not doing enough. As I said to Sam this week, "Sometimes you don't choose the call, the call chooses you." What are you feeling called to, today? I am feeling called to continue the work. I'm focused on opening up conversations that facilitate change. I will continue to show up and be a presence.

In this moment in time, there truly is a line drawn. You are either working for change and an end to racism and oppression or you are complicit in supporting the systemic racist system. I know if you have never taken action before, it can be scary. I know it is not safe for some of you to leave your homes. I know some of you cannot financially contribute to organizations and causes. **But there is something we all can do.** Let's get to work!

Actions are changing by the day-- so we've set up a WhatsApp group at USH to keep each other informed. To join, text Cathy, Rayla, Sam, Dianne, or Tara at 484-883-5898 with your request to be added.

From the USH Board, Revs Cathy & Heather:

Powerlessness in the face of oppression is not supposed to happen in our democratic society. Still, we are reeling yet again from witnessing the lethal results of endemic racism piled on top of pandemic death and disruption that disproportionately effects people of color in our country.

The murder of George Floyd, an unarmed black man killed by a white policeman, while face down on the ground in handcuffs, unchallenged by fellow officers on the scene, is a travesty that has played out too often.

Of course we condemn these crimes, but beyond that we want to share some specific actions that people can take to aid in America's recovery from its deadly pre-existing condition of racism.

The links below are for resources and articles that can help to change the power structure that allows these crimes, so that no one need feel powerless.

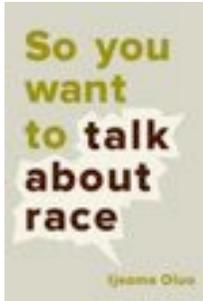
If you are aware of other resources, please share them. If you need support, please let us know. If you are struggling to take action, please reach out.

We are called to live our faith in the world, and right now (and always), this means doing our part to dismantle white supremacy and work for a world where Black Lives Matter. **Join us.**

Take action for Black Lives!

There is something for everyone on this list! Lots of low-risk

options from home, as well as other higher-risk options. After you've taken action for Black lives with the Movement for Black Lives, take a look at the wide list we've compiled of ways to [Act • Learn • Worship • Give](#). There is something for everyone -- yes, even you!



RE Book Recommendations

For adults:

***So You Want to Talk About Race* by Ijeoma Oluo**

***White Fragility* by Robin DiAngelo**

***Just Mercy* by Bryan Stevenson**

***How to be an Anti-Racist* by Ibram X. Kendi**

***Stamped from the Beginning* by Ibram X. Kendi**

For older teens:

***So You Want to Talk About Race* by Ijeoma Oluo**

***How to Be an Anti-Racist* by Tiffany Jewell**

***Stamped* by Jason Reynolds and Ibram X. Kendi**

***All-American Boys* by Jason Reynolds and Brendan Kiely**

***The Hate U Give* by Angie Thomas**

***Dear Martin* by Nic Stone**

***Piecing Me Together* by Renee Watson**

For middle grade:

***How to Be an Anti-Racist* by Tiffany Jewell**

***A Good Kind of Trouble* by Lisa Ramee Moore**

***Ghost Boys* by Jewell Parker Rhodes**

Picture Books:

***The Undeclared* by Kwame Alexander and Kadir Nelson**

***Crown: Ode to a Fresh Cut* by Derrick Barnes and Gordon C. James**

***I Am Every Good Thing* by Derrick Barnes and Gordon C. James**

***All Because You Matter* by Tami Charles and Bryan Collier**

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.

News from the USH Board of Directors

The next meeting of the USH Board will be on 7/14 at 6:30pm on Zoom.

Topic: Board Meeting

Time: Jul 14, 2020 06:30 PM Eastern Time (US and Canada)

Every month on the Second Tue, until Jan 12, 2021, 7 occurrence(s)

Jul 14, 2020 06:30 PM

Aug 11, 2020 06:30 PM

Sep 8, 2020 06:30 PM

Oct 13, 2020 06:30 PM

Nov 10, 2020 06:30 PM

Dec 8, 2020 06:30 PM

Jan 12, 2021 06:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89043045367?pwd=QIBGZUQ0bGVhUkFNQ3Q2dFVZSjZJdz09>

Meeting ID: 890 4304 5367

Password: Barbara

One tap mobile

+19292056099,,89043045367#,,1#,610061# US (New York)

+13017158592,,89043045367#,,1#,610061# US (Germantown)

Meeting ID: 890 4304 5367

Password: 610061

Find your local number: <https://us02web.zoom.us/u/kcmMrVyohh>

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/0uAKQXagwms>. 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

Your 2020-2021 USH Board

Martha Bradley: President
Lisa Galinski: President-Elect
Bob Hewey: Treasurer
Sarah Harmon McKenzie: Secretary
Peter Meny: Spiritual Life Council Chair
Jon Covault: Administration Council Chair
Judy Sullivan: Social Justice Council Chair
Tina Davies: Community Within Council Chair
Rev. Cathy Rion Starr, Co-Minister (ex-officio)
Rev. Heather Rion Starr, Co-Minister (ex-officio)

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.

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

~Submitted by - Sarah McKenzie, Secretary

Social Justice at USH

BLACK LIVES MATTER

USH has lawn signs available for a donation of any amount made to USH, or any other organization involved in this work. Please email Virginia de Lima vadelima@yahoo.com to express interest and to arrange for pickup.



Americans of Conscience Checklist:

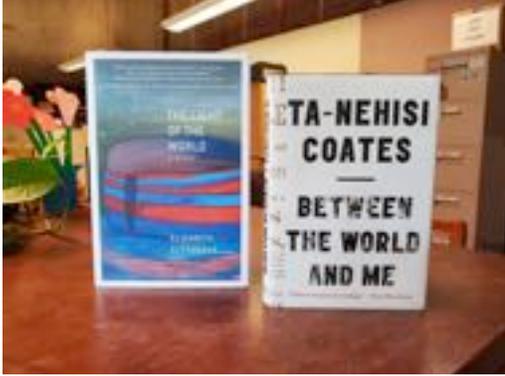
If you need a boost right about now, take a look at the impact we're having together. In this month's AoCC Impact Message are stories of the gains we're making by speaking up on the actions featured in the Americans of Conscience Checklist and tallies of the actions we've taken together. Check it out: **See [here](#) for more info.**

Love Resists Political Education Series:

Unfinished Business: A Study of DuBois' Reconstruction in America to Now

on Wednesdays: July 1 and July 8

This political education series offered by the Unitarian Universalist Association's Side With Love and Love Resists campaigns will explore the history of the reconstruction era (post-civil war), to give us a deeper understanding of the origin of today's systemic racism in policing and mass incarceration as well as the Black-led movements resisting it. In this pivotal protest moment sparked by the law-enforcement-linked murders of George Floyd, Aundrea Army, Breonna Taylor, and Tony McDade, the most recent Black lives to be lost to police violence, we'll learn from the past to be ready for today, and to build towards the world we dream of. See more info **[here](#)**.

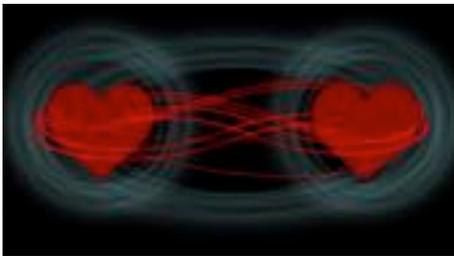


David's Den Library

There is some excellent reading material relevant to the challenges we face as a multi-cultural society, and the current race related tensions felt across the country. Please reach out to Buffie Pinney at

hartforduusociety@gmail.com if you would like to "take out" some reading material during quarantine restrictions. These books were generously donated by members so please use accordingly, and return in a timely fashion for others to enjoy.

Programs for Adults and Families



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.

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.

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.

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.

NEW Sing- Along

Edward Savage is inviting you to a scheduled Zoom meeting.
2pm Saturday July 11. Contact ESavage15@att.net for more information.

Topic: Zoom Meeting House Sing-Along

Join Zoom Meeting

<https://us04web.zoom.us/j/76270291476?pwd=OHNNUTVCV2YySlpaNy9lQ1NtUHExdz09>

Meeting ID: 762 7029 1476

Password: SingAlong

I look forward to singing with you again!

~Thank You, USH member Ed Savage



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](#).

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 revheatherrionstarr@gmail.com. We are all in this together and together we will stay strong.

May we all stay healthy, happy and connected.

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.



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



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 hartfordusociety@gmail.com or **860-233-9897**.

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.

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 hartfordusociety@gmail.com for the username and password.



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. 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.



NO PHISHING
Don't take the bait!

Email Phishing Scam Update From the UCC Pension Boards

Exploiting the Coronavirus: Massive Excel Phishing Attack.

Microsoft has reported a massive phishing campaign that uses an Excel attachment as bait. The phishing email looks like it is from the Coronavirus Research Center of John Hopkins University—a well-known medical organization in the US. The email includes an Excel attachment that is disguised as an updated list of

Coronavirus-related deaths, but the file actually contains a hidden piece of malware.

If you open the infected Excel file and click "Enable Content" when prompted, a program called Net Support Manager will be automatically installed on to your computer. This program is a tool that allows someone to access your computer remotely. Cybercriminals are using Net Support Manager to gain complete control over a victim's system; allowing them to steal sensitive data, install more malicious software, and even use the machine for criminal activities. Don't be a victim!

Here are some ways to protect yourself from this scam:

Think before you click! The bad guys know that you want to stay up-to-date on the latest COVID-19 data so they use this as bait. They're trying to trick you into impulsively clicking and downloading their malware.

Remember to use the PHISH ALERT BUTTON.

Never download an attachment from an email that you weren't expecting. Even if the sender appears to be a legitimate organization, the email address could be spoofed. Always go to the source. Any time you receive an email that claims to have updated COVID-19 data, use your browser to visit the official website instead of opening an attachment or clicking a link.

Also, if you ever receive a suspicious email or text using US Hartford, USH, or the name of a staff member, please alert Buffie at hartforduociety@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.

Meeting House Presents!



**2019-2020
Season**



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

Save These Dates - Coming Up:

Meeting House Presents is closed for the safety of our performers and audience until further notice. We hope to reschedule all of the cancelled 2020 concerts for 2021. Many performers host virtual concerts. Consider supporting live music by watching the online shows or buying CDs and downloads.

Thank you, Laura and Paul Cipriano

Meeting House Presents, Unitarian Society of Hartford, CT

<http://www.ushartford.com/nourishing-spirit/music/meetinghousepresents/>

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.

News in the Larger Community



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.

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?
 Visite: 211ct.org
 Llame: 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?

- Quédate en casa, siempre que sea posible
- No reúnate 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 algo más 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.

¿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 fuertemente 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

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

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, teléfonos, 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/CDCFaceM
- Lave su máscara de tela regularmente

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

- Quédate en casa y lejos de otras personas con las que vives, 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



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 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/CDCSugg

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 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 OR hartforduusociety@gmail.com
Please note in the subject line "USH-Enews." Thank you for your submission!*

**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/>.