



50 Bloomfield Avenue, Hartford, CT 06105

Tel: (860) 233-9897 • Email: hartforduusociety@gmail.com

Website: www.ushartford.com

Office Administrator's Hours (adjusted for COVID-19): Tuesdays, Wednesdays, Fridays and Saturdays, 9:00am to 1:00pm, or email/call for an appointment.

USH-Enews ~ July 15, 2020

Building Community Since 1830

Revs. Cathy & Heather Rion Starr, Co-Ministers



Image: quotefancy.com

Worship Service

July 19th, 2020, 10:00am

"Community: Views from Two Generations"

Carol Simpson & Tara Cote, Guest Speakers

Rob Spector, Worship Associate

Tara Cote, a Millennial, and Carol Simpson, a Baby Boomer, share thoughts on the power of communities they are in, separately and together.

10:00am - Worship - watch as usual at www.ushartford.com, and/or via our [USH Facebook Page](#)

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.

Guest Speakers: Tara Cote & Carol Simpson

Tara was raised in UU faith and has attended many UU summer camps and a variety of congregations in the many places she has called home over the years. She loves hiking with her husband, Paul and dog, Cal. She enjoys cooking, while listening to audio-books or cuddling on the couch with her cat, Kismet and watching movies. She loves spending time with her family (when she can get back to Pennsylvania) and her friends, both near and far. She works in outdoor environmental and farming education in New Haven.

Carol is a member of both the UUSociety: East in Manchester and the Unitarian Society of Hartford. She is a mother and grandmother, a retired psychotherapist and a retired personnel manager for the State of Connecticut. She currently lives in the Seabury Community in Bloomfield. Carol enjoys singing with her husband Bob, acting, painting, and travel.

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!**

Summer worship with USH: The Power of Community

**ALL SUMMER SERVICES WILL BEGIN AT 10AM WITH COFFEE HOUR TO FOLLOW.
PLEASE JOIN US!**

Every summer, we choose a worship theme for our mostly lay-led and fabulous services. This summer, our theme is the Power of Community. While we chose this before the pandemic, it feels all the more important now as we try to weave the bonds of community from a safe social distance and over the internet lines.

Yes! We will worship together this summer...at 10am, with USH Fellowship Time to follow at 11am!

Yes! Worship will continue to be online. ...at 10am!

Yes! Worship will nourish spirits, build community, and support our work for justice.

Yes! Worship will be led by an amazing line up of lay leaders sharing their wisdom, wonderings, and wishes.

Yes! We will have religious education for children.

But that's not all! While the pandemic has closed many doors to us, it has opened some other, virtual doors! This summer we will share worship and religious education with several other congregations in the region - all without leaving the comfort of your home! Rayla is coordinating creative family spiritual life and learning -stay tuned for details. The Revs have coordinated with several other congregations in CT for shared worship.

USH Summer Worship Schedule

July 19 Carol Simpson & Tara Cote, WA Rob Spector

July 26 Sarah Krippenstapel & Miriam Byroade, WA Laurie Kelliher

August 2 Doris Maldonado speaker, WA Sue Smolski

Joint CT Services: Interdependence: Widening the Circle of Concern

(all services available on YouTube and live in Zoom at 10am)

August 9 Joint service led by All Souls New London

August 16 Joint service led by the Universalist Church of West Hartford (Fern Street)

August 23 Joint service led by USH with Rev Cathy

August 30 Joint service led by UU Society: East (Manchester)

September 6 Susan Spaniol speaker, WA Peter Meny

September 13 Revs Cathy and Heather, WA Lisa Galinski

September 20 Ingathering, Revs Cathy and Heather

What an abundance of spiritual nourishment and community building we have in worship this summer, which we need all the more in this time of longing and transformation! We'll continue with our Zoom Fellowship Hours after worship, and hope that you'll continue connecting in other ways as we both widen and tighten our community connections.

We will hold our Ingathering on September 20th with all of the joy and anticipation of the new church year that this service always brings our congregation at summer's end. Though we may still be in our living room church our spirit will be in our togetherness.

In Faith and Love,

Revs Cathy & Heather

Laurie Kelliher, Worship Associate Coordinator

Sam Moffett, Musician and Tech Extraordinaire

Rayla Mattson, Director of Religious Education

Letter from incoming USH President, Martha Bradley, July 15, 2020

Dear Friends,

At USH we offer a big tent, literally and figuratively. We claim to welcome and respect all comers, and to cherish diversity of people and opinions. We say that "love is the spirit of this church." If ever there was an opportunity to reach out and practice what we preach, this is it. So many people are hurting and in need of help and support.

There are many ways to address those needs. As my Grandma used to say, "It wouldn't do for us all to be the same." Not everyone wants to

(wo)man the barricades, but we can all play an important role, whether caring for or accompanying others through difficult situations, educating ourselves, spreading the word, providing financial support, getting out the vote. As my Grandma also used to say (apologies to cat lovers), "There's more than one way to skin a cat."

I believe we all sense the urgency of the present moment in the history of our church community, our faith, and our country. We have taken a vital first step in maintaining our church community. Thanks to the outstanding efforts of our ministers, WAs, RE Rayla, Music Minister Sam, Office Administrator Buffie, President Elect and tech hand-holder Lisa, and others, we have successfully transitioned our services, coffee hour and many groups online, to keep our connections and sense of community alive although we can't be together in person.

Now comes the hard part: committing to maintaining our community and connectedness going forward into an uncertain future. In other words, hanging in there for the long haul.

Even though we can't be together in person, our strength and ability to make a difference for ourselves and others still lies in community. It is through collective effort, with each of us contributing our own unique gifts and creative vision, that we can meet the unprecedented challenges we face going forward.

Despite differences of opinion and approach, that can be magnified by stress and isolation, pulling together is the best way to resist being pulled apart. It's important to keep our eyes on the prize; a safer, healthier, and more equitable future for all in this country and the world.

Let's continue to love and support one another in making manifest this vision of the future by imagining and creating the church we need to make it so. Let's keep "turning and turning" together until things "come round right." I look forward to hearing your thoughts and reactions to our current challenges.

Wishing you all the very best, Martha.
marthabradley49@yahoo.com (860) 305-3307

Updated Policy from the USH Board of Directors as of July 15, 2020

For the safety of our members, friends and staff, the USH building and grounds, including the playground, remain closed to all activities ***with the exception of individual and small family group visits to the***

memorial gardens, and urgently necessary maintenance by members of the Building and Grounds Sub-council or USH Sexton, Kevin Girouard. Any other visits to the office or for contactless pickups and drop offs, must be scheduled in advance through our Office Administrator, Buffie Pinney, and our Rentals Manager, Rayla Mattson. In all cases, please observe masking and distancing precautions.

Note:

While we appreciate that not having ready access to the USH building and grounds can be difficult, it is necessary, for everyone's safety, to manage building and grounds use during the Covid-19 pandemic. Checking with Buffie and Rayla before planning a visit helps us to avoid unsafe situations, unnecessary confusion and inequities. Your continued cooperation with this effort is much appreciated.

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



Small Group Spiritual Deepening Programs

offered for members of the Hartford area UU congregations

UUSpiritLife

UUSpiritLife, a new 10-month long adult program created for the three Hartford-area Unitarian Universalist churches, invites UUs to form and deepen a meaningful spiritual life.

When we pause first for the inward action of spiritual renewal, we become more confident and impactful in our outward actions whether they involve our personal lives, social action or the many engaging tasks of congregational life.

Using a contemplative model, we will come together in a safe, nonjudgmental environment that reaches beyond discussion of heady topics to connect with mystery and awe – the intrinsic power, beauty and goodness of being human. The program includes many experiential opportunities to discover our own personal spirituality and to get in touch with the still, small inner voice that is our internal guidance system.

UUSpiritLife is open to members of all three area churches. A daytime group facilitated by Judy Robbins and Rick Tsukada will meet Tuesday mornings 10:00-noon, starting September 15, 2020. An evening group, facilitated by Tom Gervais will run on Tuesday evenings 7:00-9:00PM. The

groups meet on the first and third Tuesdays starting Sept 15, 2020 and running through June 1, 2021. All groups will be on the Zoom format, transitioning to in-person meetings if possible.

Spaces are very limited in these groups and registration closes August 14, but to insure your best chance at a place, do not wait until the last minute. To express an interest, ask questions or to register, email Judy Robbins (day group) Judyrobb2@gmail.com or Tom Gervais (evening) tom.j.gervais@gmail.com.

UU Wellspring – Deep Questions

The Universalist Church of West Hartford is offering a UUWellspring module: **Deep Questions**, open to members of all three area UU churches. The UU Wellspring program is based on small group connections, daily spiritual practices, spiritual direction, deep inquiry, and embodying/engaging our spirituality in life. The **Deep Questions** program focuses on deep questions of our lives, including human nature, forgiveness/acceptance, prayer, death and dying, accountability, sacred activism, and our relationship to the planet. It explores these and other themes in conjunction with the seven UU principles. For more information, please visit www.uuwellspring.org.

The Wellspring **Deep Questions** program shares **UUSpiritLife's** focus on inward experience and spiritual connection/renewal. A committed group will meet twice monthly on the first and third Thursdays at 7pm and will be facilitated by David Gonci. The program will begin on September 17, 2020 and conclude on June 17, 2021. Group size will be limited, and will initially be conducted on Zoom. As with the **SpiritLife** program, registration closes on Aug 14 and spaces are limited, so please act quickly to insure a place. For further information, questions or to register, please contact David by emailing david@gonci.com or calling 413-281-1973.

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.

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



Hello families!

We are now ready to begin our Summer RE. The first class will be on Sunday, July 19th at 1:00PM. Join us

here: <https://zoom.us/j/95978181859?pwd=c1Bna2NPOUE0MnZ5WHR0dkZHRXRNUT09>. I hope many of you will join us. Please stay tune for additional things happening this summer.

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.

News from the USH Board of Directors

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.



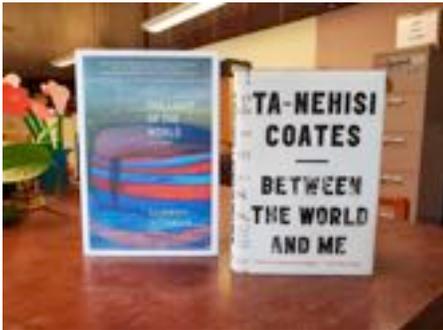
Americans of Conscience Checklist:

Need your regular dose of good news, gratitude, and timely actions? Open this week's (lighter) edition of the Americans of Conscience Checklist. Check it out: **See [here](#) for more info.**

Hello USH friends!

UU the Vote and Showing Up for Racial Justice (SURJ) are hosting a phonebank this Thursday, 6-8pm. Let's have a USH presence! Join me to participate in a training session and practice prior to making calls. We will then be calling white voters in Georgia - this is an opportunity to bring our UU values and commitment to action. See info here: Link info: **<https://secure.everyaction.com/p/GqGKL4qaR0KVdjNZX7FKjQ2?fbclid=IwAR2uQBnZkMNum9YJhK7K2ConIZcKIr6ht0sNqCCBGuNOJhllKBfrSSTyLnI>**

Questions? Contact me: jasullivan57@gmail.com or 860-719-9886.
Working together for justice, Judy Sullivan

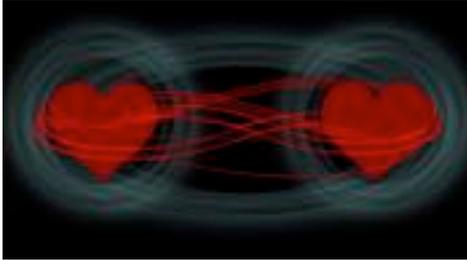


David's Den Library

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 revheatherionstarr@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 hartfordusociety@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/](http://www.ushartford.com/nourishing-spirit/music/meetinghousepresents/)

We hope that you will join us then! Stay Healthy and Safe!

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?
 Visita: 211ct.org
 Llama: 211
 Textea: CTCOVID al 898211

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

Si no tiene un médico de atención primaria Llame al 211



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

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

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

- Ser empleados en posiciones esenciales de alto riesgo, como en cuidado médico, en hogares de ancianos, en tiendas, o en mercados
- Vivir en comunidades superpobladas con estándares más bajos de aire y agua
- Padecer de condiciones preexistentes como la diabetes, enfermedades cardíacas, o asma—condiciones preexistentes 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?

- Quédese en casa, siempre que sea posible
- No toque con nadie fuera de las personas que viven con usted
- Use una máscara cada vez que salga en un espacio legal durante la crisis
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos
- Come más alimentos que fortalezcan su sistema inmunológico, como frutas y verduras

¿Qué puede hacer siguiendo adelante?
 Programe en contacto con organizaciones locales que trabajen 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 suficientemente graves como para requerir hospitalización. Pueden incluir:

- Fiebre
- Tos
- Dificultad para respirar

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

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

Llame al 911 si tiene síntomas que señalan una emergencia

Señales de emergencia incluyen, pero no se limitan a:

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

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

- Manténgase al menos 6 pies de distancia de otros, si no puede quedarse en casa
- Evite tocarse los ojos, la nariz, y la boca.
- Frecuentemente limpie y desinfecte superficies tocadas diariamente (pomos de las puertas, apagadores de luz, llaves de baño, 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 en cartón, visite: bit.ly/CDCDF
- Lave su máscara de tela regularmente

¿Qué hace si se siente mal?
 Llame a su médico de atención primaria, si una prueba se requiere, necesite un referido del doctor para 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
- Tosa y estornude en un papel higiénico o en su codo

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



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 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/CDCBugs

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 an no sew mask, visit: bit.ly/CDCDF
- Wash your cloth mask regularly

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

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



UPDATE:

Water, gas, and electricity service to residential homes will not be shut-off, regardless of payment status, until the end of the public health emergency.



Visit [CT.gov/coronavirus](https://www.ct.gov/coronavirus) for up-to-date information from all state agencies



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/>.