



**50 Bloomfield Avenue, Hartford, CT 06105**

**Tel: (860) 233-9897 • Email: [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com)**

**Website: [www.ushartford.com](http://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.**

**NOVEMBER 11, 2020**

**Building Community Since 1830  
Revs. Cathy & Heather Rion Starr, Co-Ministers**



Image: <https://everywherepresent.wordpress.com/>

**LIVE Worship Service**

**November 15th, 2020, 10:00am**

**"Rising Above"**

**Rev. Heather Rion Starr, Co-Minister**

**Rick Tsukada, Worship Associate**

**We shall strive for clarity from these past months about what our core values call us to do. "My High Resolve" -- drawing upon Rev. Dr. Howard Thurman's beautiful & timeless words: *["in good times and in tempests, may I keep fresh before me my High Resolve, that to which my life is committed..."](#)***

The Zoom room opens 9:50 am with music and a slide show; you will be admitted from the Waiting Room when you join. Please watch the recording **later** on our [USH webpage](#), [Facebook Page](#) or [USH Vimeo library](#)

**10:00am LIVE Worship - Join us in Zoom [HERE](#).**

**Meeting ID: 848 4142 1909**

**Passcode: 826473**

**11:00am - [USH Auction LIVE! TODAY in Zoom.](#)**

**Join us for Fellowship Time next week.**

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



**Putting the Fun in Fundraising**  
**USH 2020 Online Bidding has started &**  
**Live Zoom Auction will be November 15,**  
**11am**

**Check out the website**

– [togetherauction.com/ushartford](http://togetherauction.com/ushartford)

All sorts of items are there to bid on – a beautiful quilt, services (genealogy, create a will, ditch your cable and more), delicious holiday cookies, cakes, and pies, lessons for ballroom dancing, flower arrangements, even a COVID era necessity - infrared forehead thermometers!

Click the login button top right of the main website page to sign in so that you can enter your bids – be sure to check back each week for new items and to check if you’ve been outbid. Remember this is a fundraising and fun event for USH! Your winning bid helps support USH and you receive something of value you’d like, perhaps an opportunity to engage with someone new for a service-lesson-nature walk, or perhaps a holiday gift for someone.

**It’s not too late to enter more items for the Auction!**

The necessity of COVID precautions will certainly be the mother of invention - your creativity and imagination will bring smiles and fun. Some items involving meeting up will need to wait until we’ve turned the page on this public health challenge in 2021

You can enter donated item description on the auction website or re-use your description from the 2018 auction if you’d like to start there. Alternatively you can email us information about items you’d like to post on the auction site at [USH.auction2020@gmail.com](mailto:USH.auction2020@gmail.com) and cc our auction chairperson Jon Covault at [jncovault@hotmail.com](mailto:jncovault@hotmail.com).

### **Virtual Field Trip**

**Join Sam Moffett, Director of Music Ministries, for a Virtual Field Trip with the topic being: "In a virtual worship with Second Life UU"**

**When: November 12, 2020 from 9:30-10:30 PM**

**Where:**

<https://www.communitynowuu.org/?event=39535194&instance=20201112213000>

### **"CHOMP-N-CHAT"**

**We are doing something fun and new just because we miss YOU!!**

Come join your USH staff members on **Wednesday afternoons from 12:00pm-1:00pm** for a bit of chit-chat while we *chomp* on our lunches on Wednesday afternoons. Click the [ZOOM link here](#) and use **passcode 949938** to register & enjoy some casual conversations and just plain old "catch up" with one another. Bring your snack and we will **"see"** you there!!

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

#### **Hello USH Family!!**

This past Sunday, I had the pleasure of working with the Danbury DRE, Sierre-Marie, to create a conversation on sadness and joy. I hope you find ways this week to honor all your feelings and emotions. Link:

[https://www.facebook.com/UnitarianSocietyOfHartford/?ref=page\\_internal](https://www.facebook.com/UnitarianSocietyOfHartford/?ref=page_internal)

I'd like to thank all of our youth who joined us this past Friday for a fun night of conversation and games with our fellow congregation in Framingham, MA.

Our new prek-2nd grade post cards will be coming out beginning next week. Please be on the lookout for those. Let me know if you didn't get last months. I realized I'm still missing some contact information and some postcards were returned.

Next week more information about a new format for our 3rd-5th grade class with be available.

For our middle and high school D&D group, it seems I have lost my *Dungeon Master* so we have had to postpone the start of that group. If you have any interest in leading this group, please let me know. Thanks.

**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.**



### Leaves for the USH Tree

Your leaves from our September Ingathering mailing are in the Spiritual Tool Kits or click this [attachment](#) print off leaves. Get creative & color or add words, and mail them back so that Buffie can add them to the tree. Feel free to email her for a tool kit as well and she will be sure to reply ASAP. Thank You~

## **News from the USH Board of Directors**

### 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 latest financial reports for **July-August 2020** have been posted, click [HERE](#) to view.

The Board Meeting minutes for **July 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](mailto:hartforduusociety@gmail.com) for the username and password.

## Social Justice at USH

Hi Folks-

GHIAA (Greater Hartford Interfaith Action Alliance) is having a BIG action this Thursday -- this is nearly as big as the founding that many of us attended last October....but it's on Zoom! So it's easier to go to!

**Register [here](#) for the GHIAA VIRTUAL ACTION**

**THURSDAY, NOVEMBER 12, 2020 @ 7PM EST**

**REPEAL WELFARE LIENS**

**PASS "CLEAN SLATE" LEGISLATION**

**DECLARE RACISM A PUBLIC HEALTH CRISIS**

**CLICK [HERE](#) FOR INFO SHEETS ON THE ISSUES.**

Will you please respond to me if you are planning to attend?

Be well,

Rev Cathy

Bonus: **Below is a picture of our sanctuary that you can make your virtual background if your computer/Zoom can do virtual backgrounds.**



## Programs for Adults and Families



### Faith Forward - Inquirer Series

Dear All,  
 You are invited to attend the next session of "The Inquirer Series" on **Wednesday, November 11 at 7:30 p.m. via zoom**. Peter Meny will be our moderator. Tina Davies will speak about Adult Programming at USH. Eve Pech and Janice Newton will speak about the Caring Network. Of course, we will have dialogue and discussion! Please let me know if you will be able to join us. The zoom call

in info is below. Make a note of the meeting number and password because you may need it.

#### **Join Zoom Meeting**

<https://us02web.zoom.us/j/88101124864?pwd=aW0vUG52Vm5MUHZiY3VuRXNjbmIvQT09>

**Meeting ID: 881 0112 4864**

**Passcode: 282952**

**One tap mobile; +19292056099,,88101124864# 0#,,282952# US**

**Nov. 18:** Green Sanctuary and Social Justice (still in process of confirming the presenters)

**Dec. 2:** Faith Development for Children, Youth, and Being a Multigenerational Community.

**There is no charge but pre-registration is requested by E-mailing Carolyn Carlson at [carlsoncjc@gmail.com](mailto:carlsoncjc@gmail.com).**

**The USH Book Club** meets **monthly**, on the **2nd Thursday**, 2:30 – 4:30, via Zoom. All adults in the USH community are welcome. Please contact Ginny Allen at [fiddlenurse1@gmail.com](mailto:fiddlenurse1@gmail.com) if you'd like more information or if you want to join. An email with Zoom link will be sent a day or two before the meeting.

#### **Books chosen for the year are:**

**NOVEMBER 12** – *The Orphan's Train* – Christina Kline

**DECEMBER 10** – *Enemy of All Mankind: A True Story of Piracy, Power, and History's first Global Manhunt* – Steven Johnson

**JANUARY 14** – *The Devil's Due* – Bonnie MacBird

**FEBRUARY 11** – *The Great Indoors: The Surprising Science of How*

*Buildings Shape Our Behavior, Health, and Happiness* – Emily Anthes

**MARCH 11** – *A Peace to End All Peace: The Fall of the Ottoman Empire and the Creation of the Modern Middle East* – David Fromkin

**APRIL 8** – *The Gone Dead* – Chanelle Benz

**MAY 13** – *The Way of Gratitude: A New Spirituality for Today* – Galen Guengerich

**JUNE 10** – *White Fragility and Racism: Why it is hard for White People to talk About Racism* – Robin D'Angelo and Michael Dyson

**JULY 8** – *The Bear* – Andrew Krivak

### **Programs:**

**Artist's Way Group:** Meets on Mondays 6:30 – 8 p.m. via Zoom using Mira Kirschenbaum's book *The Gift of A Year* as the basis for our conversation. We focus on living creatively, with the appreciative eye of an artist; creative expression of all types and stripes is celebrated, though not required. If you're interested in joining us, mark your calendar now, and look for contact info here in early September. Contact Tina Davies for more info at [\*\*daviesush@gmail.com\*\*](mailto:daviesush@gmail.com).

**Caring Network:** This year's meeting dates via ZOOM. **2020:** 12/13. **2021:** 1/10, 2/14, 3/14, 4/11, 5/16, 6/13. Meetings will be ZOOM meetings at **12:15pm**.

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

**Accessibility and Inclusion Ministry (AIM):** USH Member Doris Maldonado is in need of help with this ministry. Please contact her at [\*\*unicas.miracle@gmail.com\*\*](mailto:unicas.miracle@gmail.com) if you would like more info. The USH AIM task force, many of whom identify as having a disability, are charged with the following mission: To welcome, integrate, and support people with physical or psychological disabilities and their families in our congregation. For more info click [\*\*HERE\*\*](#).

**Disability Support Group:** This group has moved its gathering online. Please reach out to the facilitators for more info. In this group participants discuss the challenges of physical disability (chronic illness, chronic pain, impaired senses, impaired mobility) and emotional pain (loss, mental illness) and the stresses of caretaking a loved one. What is said in the room stays in the group. Call Bill LaPorte-Bryan for more information at 860-308-2688 or email him at [\*\*b37bryan@gmail.com\*\*](mailto:b37bryan@gmail.com).

**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\*\*](mailto:stephen.luckingham@gmail.com).

### **Would You Like Support?**

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

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

### **Take Them A Meal for Rayla**

**Meals needed for the Mattsons:**

**Help feed Rayla, Bradshaw, Kennedy, and Sage while Rayla is dealing with chronic pain. Kid-friendly food for growing kiddos is most helpful.**

<https://www.TakeThemAMeal.com/NIBG1576>  
password 1830

**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.

### **Church Business News**

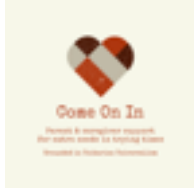


out some new programs [here!](#)

**CommunityNOW:** Please see this online calendar compiling what other UU churches and organizations are doing during this pandemic. Check



## News in the Larger Community



### **Come On In support group**

Providing care for loved ones who have extra needs\*\* can be an isolating experience in the best of times. And these are not the best of times. This group aims to lessen the isolation that caregivers of folks with extra needs experience, particularly during this pandemic time.

It is so easy to feel alone amidst friends & acquaintances whose charges have more typical needs & challenges. We each approach our situation in our own unique way; having the support & understanding of others who travel similar paths can bring much needed comfort and connection and can help relieve some of the stress you may feel.

My hope is to offer, within a UU context:

- An opportunity to care for yourself and receive some of the support you need.
- A chance to meet other caregivers
- A way to give & receive informal, structured support.
- A space that holds our complex emotions & experiences in confidence & respect.
- A group with clear guidelines & ground rules.
- Support and a chance to talk about how you're coping with the tougher aspects, if you want to. Anxiety, shame, sadness, guilt, fear & other challenging emotions arise for so many of us.

\*\*As defined by you: If you wonder whether or not your loved one fits into that category, they probably do; if you wonder whether you're a 'caregiver,' you probably are.

### **LOGISTICS**

- The group meets on zoom the 1st & 3rd Saturdays of the month, 9:30 - 10:40 a.m. EDT/EST.
- It's not a problem if you can only attend part of a session, or if you need to duck out to tend to your loved one, or if you're interrupted; this is the nature of our caregiving.
- Email [uusupport@icloud.com](mailto:uusupport@icloud.com) for zoom link, questions & further guidelines.

**Bio:** Li Kynvi brings both personal & professional interest & experience to this support group. Li is working on their MDiv at the UU identity school Starr King School for the Ministry and is currently a Candidate for UU Ministry. They have also worked as a music therapist & licensed mental health counselor for 23 years. Li is the parent of two: a 16 year-old son who is delightful, musical, relational, non-verbal, blind, 4-5 months old

developmentally, and does not sit or stand independently; and a 22 year-old daughter who also has a complex story. Li identifies as gender non-binary, uses they/them pronouns, and lives in Massachusetts.

**Our sessions from now to the end of the year will be:**

Nov. 21

Dec. 5

Dec. 19

<https://us02web.zoom.us/j/6291627339>

**Meeting ID: 629 162 7339**

**Mobile: +13017158592,,6291627339**



**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](http://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/>).

**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.**



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\*\*](mailto:hartfordusociety@gmail.com).

**Buffie's always happy to hear from you!**

**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/](http://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.**

**USH Staff:**

<http://www.ushartford.com/about-us/staff/>

Rev. Cathy Rion Starr, Co-Minister

[revcathyrionstarr@gmail.com](mailto:revcathyrionstarr@gmail.com) | 860-233-9897 ext. 103

Rev. Heather Rion Starr, Co-Minister

[revheatherrionstarr@gmail.com](mailto:revheatherrionstarr@gmail.com) | 860-233-9897 ext. 103

Dianne Daniels, Intern Minister (half time, through December 2021, & not in July or August)

[USHInternDD@gmail.com](mailto:USHInternDD@gmail.com) | 860-233-9897 ext. 109

Rayla D. Mattson, Director of Religious Education and Rentals Manager

[dre@ushartford.com](mailto:dre@ushartford.com) | 860-233-9897 ext. 104

Sam Moffett, Director of Music Ministries

[smoffett@ushartford.com](mailto:smoffett@ushartford.com) | 860-233-9897 ext. 108

Buffie Pinney, Office Administrator

[hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) | 860-233-9897 ext. 100

Brian Mullen, Bookkeeper

Office or Phone by Appointment | [bmullen@ushartford.com](mailto:bmullen@ushartford.com)

**The deadline for USH-Enews submissions is *Tuesday at 12 Noon.***

***Email to: [hartforduusociety@gmail.com](mailto: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/>.

*Back to top*



Image: [https://en.wikipedia.org/wiki/Howard\\_Thurman](https://en.wikipedia.org/wiki/Howard_Thurman)