

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.
NOVEMBER 18, 2020

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



Image: <https://strosoflimaparish.org/>

LIVE Worship Service
November 22nd, 2020, 10:00am
"Gratitude in a time of Pandemic?!"
Rev. Cathy Rion Starr, Co-Minister
Sue Smolski, Worship Associate
Tara Cote, Coffee Hour Host
"Do not feed today the leftovers of yesterday. Today has teeth and is hungry. Feed today what you want it to be and let it become that." --Shane Koyczan
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 - [Fellowship Hour](#) immediately following service today
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.



Thomas M. Reed, 85, a lifelong resident of West Hartford, passed away peacefully on Wednesday, November 11, 2020 at Seabury in Bloomfield. Tom was born on June 8, 1935 in Hartford, CT, the son of Eugene M. Reed and Kathleen (Scudder) Reed. Tom graduated from The Loomis School in 1953. He earned a BA from Wesleyan University in 1957. Tom began his business career with Aetna in July of 1957, retiring in July, 1997 as a

Manager in Underwriting. He was an active member of the Unitarian Society of Hartford. Tom was a huge sports enthusiast. He was a devoted fan of both the New York Giants and the New York Mets. He was a little league coach for both football and basketball in West Hartford for several years and participated in town activities. During Tom's retirement years he would get up early to go play a round of golf at Rockledge Golf Club as he loved golfing. Tom enjoyed reading and would recommend books to many of his friends and also traveling, especially to Cape Cod. He liked living on Meadowbrook Road, meeting and socializing with his neighbors. Tom had an amazing sense of humor and loved to share jokes. He was a wonderful husband, father, grandfather and friend. Tom was predeceased by his son Kenneth D. Reed and his brother David S. Reed. He leaves behind his

beloved wife of 59 years, Nancy DeWitt Reed, daughter Tricia Reed Tilley and her husband Ray of Kissimmee, FL, and 3 grandchildren: Portia Tilley (Kissimmee, FL), Nicholas Reed (Denton, Texas), and Alexandra Reed (Corpus Christi, Texas). He also leaves behind his brother Eugene Reed of New Britain CT, Ginger Reed of Leland, NC, Judy Reed of Orleans, MA, and his nephew and nieces. Donations may be made in his name to the **American Heart Association**, 5 Brookside Drive, Wallingford, CT 06492, NAMI, 4301 Wilson Blvd., Suite 300, Arlington, VA 22203 or to a **charity of your choice**. Due to Covid 19 restrictions, there will be a Celebration of Life at a future date. Please share online expressions of sympathy at

www.rosehillfuneralhomes.com

To Plant Memorial Trees in memory, please visit our **Sympathy Store**.

~Published in Hartford Courant from Nov. 14 to Nov. 15, 2020.

Virtual Field Trip

Join us *next week* for a Virtual Field Trip with a USH staff member

"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!!

Please join our DRE for this week's story. Stay tuned until the end for a cute surprise. <https://www.facebook.com/UnitarianSocietyOfHartford>

I'm also looking for a second adult to help with our 3rd-5th grade class so they can meet. I'm also in need of a Dungeon Master for our D&D group.

Please be on the lookout for this month's postcard to our pre-2nd graders.

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

Dear USH Friends

Well, we did it. We had our first virtual fundraiser at USH. The live auction after service on November 15 was a great

success, as was the online silent auction that preceded it. Many thanks to the intrepid team of Auction Chairperson and Board Admin. Council Chair, Jon Couvault, Auctioneer Extraordinaire and Treasurer, Bob Hewey, and Tech Advisor, and our President Elect, Lisa Galinski. They had a big assist from past auction committee members Caron Lanouette and Ginny Hedrick. Of course it couldn't have succeeded without the generous donations and purchases of all who participated. Working together, we raised almost \$6,000.00 for the Meeting House. Not bad for a first effort.

It's great to have some encouraging news to share. I've been feeling a little frayed around the edges lately, and I know I'm not alone. Not being able to see friends and family and colleagues in person, especially during the holidays, and the news of Covid cases increasing again are taking a toll, as is the madness enabled by our current government. Still, we're beginning to glimpse some light at the end of this tunnel with news of safe and effective vaccines on the horizon, and the prospect of a new administration in Washington.

We're all feeling our way through this extraordinarily difficult time as best we can. Meanwhile, we can still be there for another even if we can't be there in person. I'll take it. When it's finally safe to gather in person again, the experience of the pandemic may make many of us permanently more cautious around groups of people. But I'm willing to bet it will also mean that we won't be taking those gatherings, with their hugs, kisses, handshakes and high-fives for granted. Can't wait! Till then, take care and stay safe.

All the best,
Martha
marthabradley49@yahoo.com

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 hartfordusociety@gmail.com for the username and password.

Social Justice at USH



Dear Beloveds,

This has been an election season with tremendous energy and momentum. It is important to always center justice and learning when we do the work of living our values. We UU the Vote to create the best conditions for our ongoing justice work. While it is still election season, we are also embarking on another season. As Thanksgiving approaches join us to in reverence for the Earth by attending the Harvest the Power Justice Convergence & Teach-in:

When: November 19-26, 2020 - [VIEW SCHEDULE](#)

Where: ONLINE - [REGISTER HERE](#)

Who: the Unitarian Universalist Association, UU Ministry for Earth, UUSC, & many partners

What: In 2016, Unitarian Universalists voted to pay special attention to learning our history and [rethinking Thanksgiving](#) in the year 2020, in observance of the 400th anniversary of the Pilgrims landing in Plymouth.

Historically, UU ministers were instrumental in creating the U.S. Thanksgiving holiday and the "Pilgrims and the Indians" pageant tradition that roots the holiday in an historically inaccurate and harmful colonial narrative. Now is the perfect time to gather and think together virtually, and to celebrate differently.

Read this [special message and invitation](#) from UUA President, Rev. Susan Frederick-Gray, regarding this event.

Harvest the Power - a theme inspired by the hymn "Gather the Spirit" by Jim Scott - is an invitation to join together the many varied communities and justice ministries of Unitarian Universalism for this momentous season of collective action and transformation.

The Harvest the Power Justice Convergence & Teach-in is a series of excellent programs and documentary screenings to provide grounding, community, and justice education for the week of Thanksgiving. Register today, and help spread the word about the fantastic programs and community documentary film screenings being offered for the Harvest the Power Justice Convergence & Teach-In:

[VIEW SCHEDULE](#) - [SIGN UP NOW](#) - [HELP PROMOTE](#)

**In faith and solidarity,
Nicole Pressley**

Illustrations by Molly Costello, used with permission

Dear AIM congregations:

We want to bring to your attention these resources and connections now regularly available for Unitarian Universalists who self-identify as living with disability. Please share the announcement below with your UU church community (group email, newsletter, announcements etc.).

For years EqUUal Access has been involved in education and advocacy with UUs on disability issues, but have you heard that EqUUal Access now offers weekly online connections by and for Unitarian Universalists with disabilities?

If you are a person with a disability, you can go to the EA website to find the weekly theme and the active links to join all connections by Zoom: Here's what the weekly schedule looks like: <http://www.equualaccess.org/connect-online/>

- Tuesdays @ 3:00 pm Eastern Time: Theme Chat (with an EqUUal Access facilitator)**
- Thursdays @ 8:00 pm Eastern Time: Oasis (worship service/spiritual gathering by/for disabled UUs led by EqUUal Access volunteers, ministers, seminarians)**
- Fridays @ 1:00 pm Eastern Time: Craft & Chat (bring your latest craft project/idea and join in relaxed conversation--with an EqUUal Access facilitator)**
- Individual Pastoral Conversation with a UU minister (by appointment)**

Pastoral Conversation appointments are available with Rev. Helen McFadyen or Rev. Barbara Meyers. Please email hmcfadyen@uuma.org or bfkmeyers@gmail.com to arrange a private Zoom or telephone call.

**Thank you,
Shelly & Helen (AIM Administrative Director Duo)**

**AIM Alert by Rev. Helen McFadyen, Administrative Director
24 Farnsworth St. Boston, MA 02210-1409 USA**

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 18 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://zoom.us/j/99520245358?pwd=NFFaL21GOXNyQ3ZWMS9rSlhjNUtuQT09>

Meeting ID: 995 2024 5358

Passcode: 682869

One tap mobile

+16465588656,,99520245358# US (New York)

+13017158592,,99520245358# US (Washington D.C)

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.

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 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:

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.

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](#).

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.

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.

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

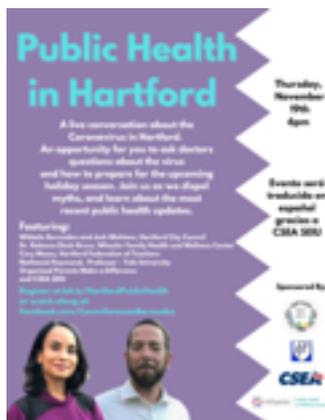
Still Time to Collect your Household Hazardous Waste...Saturday 11/21 is Last Day to Drop-off!
Bring your HHW this Saturday to the last HHW collection for the fall 2020 season!
November 21, 2020

8 a.m. to 1 p.m.
Hartford MDC Operations Facility, 125 Maxim Road, Hartford CT

Check out this Info Packet for what you can bring:
<https://themdc.org/app/uploads/2020/09/2020-Info-Packet.pdf>

Thanks for Keeping Household Hazardous Waste out of the Trash!

--USH Green Sanctuary Committee



Good Morning,

We are reaching out to Invite you to a FREE VIRTUAL EVENT where you can-

ASK LIVE QUESTIONS to Doctors & Experts About the CORONAVIRUS!

Date: **Thursday, November 19th @ 6:00PM**

Topic: **Preparing for Coronavirus**

During the Holidays.

An opportunity for you to **ask live questions** directly to doctors and experts about the Coronavirus. Featuring Hartford's Wheeler Family Health & Wellness Doctor, Rebecca Eleck- Bruce & Yale School of Public Health, Professor Nathaniel Raymond.

Doctors will answer your live questions, dispel myths & provide informational resources about the Coronavirus.

Evento será traducido en Español

Register Here In Advance: bit.ly/HartfordPublicHealth

Registrate Aquí: bit.ly/HartfordPublicHealth

In community,

-Wildaliz "Wiz" & Josh
Hartford City Councilors WFP
Working Families Party

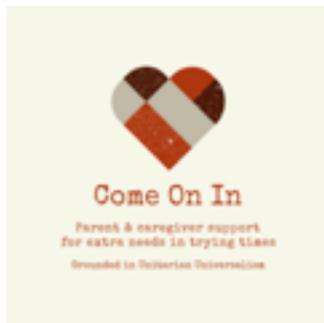


CommunityNOW:

Please see this online calendar compiling what other UU churches and

organizations are doing during this pandemic. Check out some new programs **here!**

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 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.

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 [**hartforduusociety@gmail.com**](mailto:hartforduusociety@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/****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 | 860-233-9897 ext. 103

Rev. Heather Rion Starr, Co-Minister

revheatherionstarr@gmail.com | 860-233-9897 ext. 103

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

USHInternDD@gmail.com | 860-233-9897 ext. 109

Rayla D. Mattson, Director of Religious Education and Rentals Manager
dre@ushartford.com | 860-233-9897 ext. 104

Sam Moffett, Director of Music Ministries
smoffett@ushartford.com | 860-233-9897 ext. 108

Buffie Pinney, Office Administrator
hartforduusociety@gmail.com | 860-233-9897 ext. 100

Brian Mullen, Bookkeeper
Office or Phone by Appointment | bmullen@ushartford.com

*The deadline for USH-Enews submissions is **Tuesday at 12 Noon.**
Email to: 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/>.