



50 Bloomfield Avenue, Hartford, CT 06105  
Tel: (860) 233-9897 • Email: [hartforduociety@gmail.com](mailto:hartforduociety@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.  
**December 9, 2020**

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



Image: ushartford.com

### **Vespers Service**

**Wednesday, Dec. 9, 6:30pm**

**with Rev. Cathy and Sam Moffett**

**Turn off your lights, bring your candles, come relish song  
and silence together.**

**Live on**

**Facebook:** <https://www.facebook.com/UnitarianSocietyOfHartford/>

**And together in Zoom:** <https://uuma.zoom.us/j/92351677215>

**LIVE Worship Service  
December 13th, 2020, 10:00am  
"Music Sunday"**

**Sam Moffett, Director of Music Ministries, Guest Speaker**

**Margaret Leicach, Worship Associate**

**Buffie Pinney, Coffee Hour Host**

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: 952 8306 7113**

**Passcode: 014277**

**11:00am - [Fellowship Hour](#) immediately following service in Zoom.**

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.

**View Last weeks TFAA video presentation [HERE](#)**

## *Special December Offerings at USH*

### **Vespers Service**

Wednesday, December 9, 6:30pm

with Rev. Cathy and Sam Moffett

Turn off your lights, bring your candles, come relish song and silence together.

### **Christmas Eve**

Candlelight Contemplative Service at 7pm

with Rev. Cathy, Intern Minister Dianne Daniels & music from Sam and Yall-Come Choir.

Family Service at 4pm

with Rev. Heather at the UU Congregation of Danbury

### **Chomp 'n' Chat**

from 12-1pm on Wednesdays

Dec. 2, 9, 16 and 23

Take advantage of this way to connect with a USH staffer, without an agenda, for casual lunch conversation from the comfort of your home.

### **Regular Sunday Worship Services**

**December 6, 10am** with guest leader Christin Green and Intern Minister Dianne Daniels

**December 13, 10am, Music of the USH Community** Biannual USH Music Sunday. Join us as you are treated to a "follies-format" service filled with wonderful music from familiar faces.

**December 20, \*\*4pm\*\* Annual Solstice Service**  
As we watch the sun set into the longest night, we will reflect on the gifts and challenges of the sun, moon, and twilight. Bring the coloring sheet from Mune (a movie) enclosed here!  
*Note that there will be NO service at 10am on this day.*

**Sunday, December 27, 10am, Kwanzaa: Kujichagulia (Self-Determination.)** with Intern Minister Dianne Daniels. The second principle of Kwanzaa demands that the best things in our soul should be free to come out and soar - and we should feel free to be self-determined. (This service kicks off our Connecticut UU Tour.)

**All Zoom Links are at [bit.ly/ush2020](https://bit.ly/ush2020)**

and in your Weekly E-News. E-mail Buffie at [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) to update or add your e-mail address to the E-news list.

### Virtual Field Trip

**Join Rev Cathy Rion Starr, Co-Minister, *this* week for a Virtual Field Trip with the topic**

#### **"Teach In: Schools, Race and Housing in CT"**

All children, no matter their race, wealth, gender, country of origin, where they live or who they are should have the opportunity to achieve their full potential.

In Connecticut, where do you live determines the education you can receive - opportunity is tied to housing. However, years of public policy have driven Connecticut to be one of the most racially and economically segregated states in the nation. As municipal boundaries define which school children attend, this has created wide racial disparities in our educational system. Join us on December 14 for a teach in to learn on the policies that drive residential segregation and educational disparities in Connecticut. Emily Byrne, from Connecticut Voices for Children, will walk us through the issues - and we will have a discussion on what should come next.

**When: Monday, December 14, 2020 at 6:00 – 7:30 PM EST**

**Where: <https://www.facebook.com/events/437784280943791>**

### "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!!**

**Join Sage and me for a fun story-time this week.** [https://www.facebook.com/UnitarianSocietyOfHartford/?view\\_public\\_for=117818311609275](https://www.facebook.com/UnitarianSocietyOfHartford/?view_public_for=117818311609275)

**All postcards for our prek-1st graders have been mailed. Please let me know if you did not receive one as I may have an incorrect address for you.**

**The 3rd -5th graders will meet again this Friday at 6:00pm.** <https://zoom.us/j/96568944195?pwd=TERLREI4V1V4UG95MURXdHBXREdKUT09>

**Middle school will meet separately this week. We will be meeting on Thursday, December 10th at 6:00pm.** <https://zoom.us/j/96867969635?pwd=MFRzRTFrYnhvRG1GYS9LbDNOT2I5UT09>

**Dungeons and Dragons had a great initial kick-off. Please note that this is for anyone middle school and up. If you did not join our initial gathering but would still like to participate, please let me know so our DM, Bradshaw, can help you with your character development before we begin play. We will meet again on Friday at 7:00pm to test out our characters.**

<https://zoom.us/j/95126065382?pwd=WfHCL2MzcGxqTDVGTGNxZGpYRkVMQT09>

**We are not going to be able to offer OWL online. However, for parents wishing to learn more about human sexuality as educators to their children, I will be offering a parent class. If you interested in signing up for this online class, please let me know via email or text: [dre@ushartford.com](mailto:dre@ushartford.com) OR 860-839-5001.**

**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.**

**If you missed our artist talk this week with**  
**Miriam Byroade, you can still see the talk on FB**  
<https://fb.watch/2fLCZUybMj/>.  
**Please contact the office for pricing at 860-233-**  
**9897 OR hartfordusociety@gmail.com.**



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**

#### **Announcement from the Board**

We are pleased to announce that Dana Donovan, who  
 has worked closely with Judy and GHIAA, has agreed  
 to step in as Chair of the Social Justice Council. Thanks  
 and welcome to Dana.

**Letter from Board President Martha Bradley**

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**  
**[OPEN]: 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 **Sept-Oct 2020** have been posted, click [HERE](#) to view.

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

**Social Justice at USH**

**AIM Alert: Accessibility and Inclusion Ministry Resources from EqUUal**

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: <http://www.equualaccess.org/connect-online/>

Here's what the weekly schedule looks like:

- **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](mailto:hmcfadyen@uuma.org) or [bfkmeyers@gmail.com](mailto: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**

#### **Interested in Becoming a Member of USH?**

The next new member ceremony will be on February 7, 2021. Please contact Carolyn Carlson if you are interested in more details related to becoming a member. carlsoncjc@gmail.com.



#### **Faith Forward - Inquirer Series**

Dear All,

The zoom session on Feedback for "The Inquirer Series" scheduled for Wednesday, Dec. 9 has been canceled. Instead, there is just a written

evaluation being collected by December 18, 2020. I have sent you a few questions to consider via another e-mail.

There will be a USH Vespers Service on Wednesday, Dec. 9 at 6 p.m. via zoom. Check your E-news for details. Happy Holidays to you and thank you again for participating in "The Inquirer Series".

**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:**

**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

**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 [\*\*revheatherharrionstarr@gmail.com\*\*](mailto:revheatherharrionstarr@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**

**Did you happen to catch Rayla's field trip last Monday, as she and Miriam Byroade toured the ambulatory to view an exhibit of Miriam's quilts?**

This exhibit was mounted late last winter... February perhaps? ... and has understandably been inaccessible for "regular" viewing since you-know-what descended upon us. Rayla opened the doors and, with Miriam, walked us around this display of quilts extraordinary in both conception and execution. There's a strong ecological theme resonating in Miriam's pieces, calling attention both to our "place" in the universe and to those lasting effects of human intrusion upon the finite space we cohabit with other species. As a fellow quilter, though, I was touched by the notion that these

assemblies of fabric, thread, and imagination have been silently standing guard all these long and lonely months — sentinels acting witness to silence and isolation in this pandemic. Miriam’s quilts, while making their statements to an unseen audience, have also been trading some physical characteristics with their surroundings. A faint woody scent has insinuated itself into the fiber, and the ambulatory walls undoubtedly retain some essence of the quilts’ presence. They are, after all, doing what quilts do — giving comfort, sharing beauty, provoking imagination. This year, I’ve been the representative to USH’s board for the Council on Community Within. When doors began slamming shut, last March, I asked myself, “How does one have a Community Within when, basically, there is no ‘Within’ ”? Obviously, many adaptations, adjustments, dedicated people, and work-arounds have stepped in to create virtual communities — we have Zoom coffee hours, Zoom meetings, Google-meet gatherings, Facebook-Live tours — yet the strong desire to return to one another’s physical presence, in our physical building, remains. It’s really difficult to have a virtual pancake breakfast. It’s pretty impossible to have the tactile satisfaction of a virtual hug. On Monday, Rayla and Miriam reminded me that, yes, there is indeed a ‘Within’ within. The quilts are guarding it, keeping it warm for our inevitable return. And when we return, things will feel different — and we will be different. I’ve been asking myself, and now I’d like to ask you — what might we want? What will you want? What are your ideas on how we can re-engage with each other, in the lightly-structured manner that USH programs and social activities have typically offered? We’ve had discussion groups, movie nights, lunches, affinity groups... the list is long. What do we want to see, and how shall we bring such inspiration into being? I would love to hear your ideas — please send your thoughts to me at [daviesush@gmail.com](mailto:daviesush@gmail.com) (the email I use for

USH-related stuff). And — if you haven't yet seen Rayla and Miriam's field trip tour, do check it out on the USH Facebook page at

<https://fb.watch/2fLCZUybMj/>.

**Please stay warm and well, and let me hear from you... Tina**

**Dear friends, I'm humbly reaching out to you all because my family and I have to relocate in the next year because I cannot afford maintaining my home with our limitations. I'm seeking a safe and affordable three bedroom room rental based on my disability income. I'm currently giving away furniture and items that belonged to my mother, industrial dressing machine, etc and will need a dumpster and help to get refuse, decking, etc out.**

**Any help with any of this is incredibly helpful. Please contact Doris at [celestialhug@aol.com](mailto:celestialhug@aol.com)**



**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.



**CommunityNOW:**

Please see this online calendar compiling what other UU

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

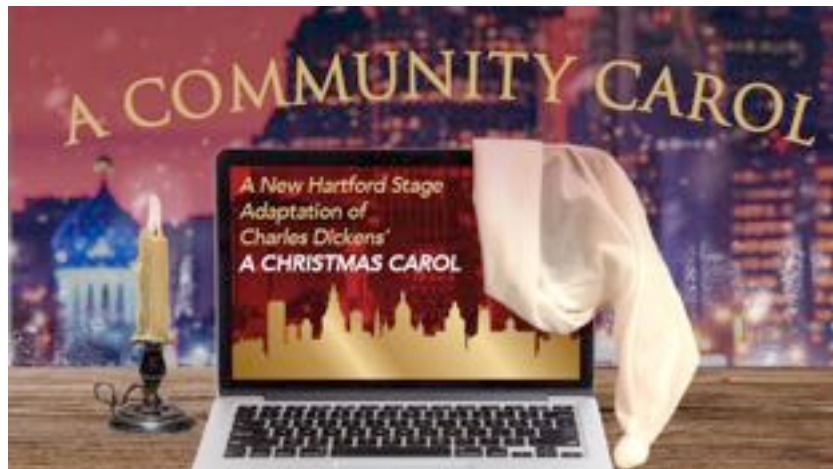
**News in the Larger Community**



**Greetings from the Hartford Gay Men's Chorus**

With stages dark across the country, the HGMC is committed to bringing you music in the safest way we can. We are excited to announce our special

holiday concert experience that harkens back to the Golden Age of Radio. On December 11th, we will present "**Hope for the Holidays - A Radio Show Experience.**" We will take you on a magical journey of song and spoken word, all while experiencing holidays of the past, present and future through a heartwarming tale. Come join us to be reminded of the hope that surrounds us all, even during these challenging times. Please see [link here](#) for anyone interested in seeing the virtual HGMC concert. **On December 11th at 8 pm** the link will be posted on the [HGMC website](#) for the live YouTube Radio event.



Revs. Heather & Cathy are among the over 80+ participants who have contributed time, talent, imagination and spirit to the creation of Hartford Stage's virtual 2020 storytelling event, **A Community Carol**. We hope you will join us so that we may toast to the season, to each other, to the opportunity to make something special together during this unprecedented time-- and to supporting the arts in the City of Hartford! Please register below for the event (**it's free, but you do need to sign-up using your e-mail address in order to receive the event link**).

**OPENING NIGHT DECEMBER 17, 2020 | 7:30 PM**  
**A recorded version will be available through Monday,**  
**December 21 at 7:30 pm.**

**Inspired by Charles Dickens' A Christmas Carol**  
**Collectively Created in Community**

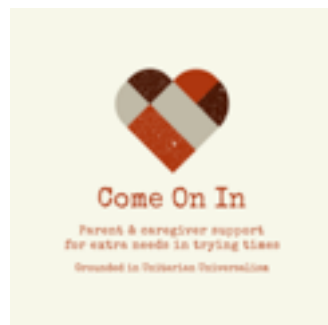
On a quiet winter's night, the cast of Hartford Stage's annual *A Christmas Carol* has Zoomed together to read the famous story in honor of what would have been the 23rd season.

But, as the spine of the book cracks open, the cold wind sweeps in, the lights flicker, the Wi-Fi is unstable and the spirits that haunt its pages guide us on a journey through a story we thought we knew so well.

Hartford Stage presents *A Community Carol*, a virtual storytelling experience adapted and directed by Rachel Alderman and created in partnership with our beloved returning Christmas Carol cast members, local artists, Hartford neighbors and area theater students. **Tickets are FREE** with a suggested donation to Hartford Stage's Raise the Curtain fundraising campaign. **Thanks to a generous friend of Hartford Stage, all donations for *A Community Carol* will be matched!** **GET TICKETS & DONATE**

**Community Candle Lighting**

Join us before the show at 7pm for a community candle lighting ceremony! Patrons who make a donation of \$25 or more will receive a special "*Community Carol*" candle that can be used during the ceremony!



**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:**

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.smore.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/](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/>.