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Office Administrator's Hours (adjusted for COVID-19): Tuesdays,
Wednesdays, Fridays and Saturdays, 9:00am to 1:00pm, or
email/call for an appointment.
January 20, 2021

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



Image: UUEM.org

January 24th, 2021, 10:00am
"Got a New Normal?"

**The pandemic has changed life for many of us. Out of necessity, we've developed new ways of being, life patterns and rituals. In our isolation, many of us have had insights about ourselves that suggest new ways of living once the pandemic winds down. The pressure to return to life as it was will be intense. How do we resist that pressure and live our best new normal? Coordinator: Rev. Josh Pawelek, Unitarian Universalist Society: East, Manchester.
Rev. Josh Pawelek, Minister
Gina C, DRE**

**10:00am UUS:E Worship Service & Fellowship Time/Coffee Hour
immediately after services - Join us [HERE](#)**

Meeting ID: 357 815 420

Dial In: 1 646 876 9923

Or view on UUS:E YouTube: <https://www.youtube.com/user/uuseweb>



In this time of insurrection and white supremacist violence, we need to ground down into our spiritual practices while we also show up for democracy and justice. Rev. Cathy will lead this workshop for centering and grounding to support you to create your own set of prayer beads (whether or not you pray! Try it!). I'll guide you through two ways to assemble and assign meaning to your beads. You may provide your own beads & string or pick up a bag at the Unitarian Society of Hartford. If you provide your own beads, you will also want this handout with materials list: <http://bit.ly/ushbeads>. More info [HERE](#).

All ages welcome! Truly!

Two options:

Friday, January 22nd, 10:30am-12:00pm: [Friday Sign up:](#)

Saturday, January 23rd, 4-5:30pm: [Saturday sign up:](#)

Join us!

With love,

Rev. Cathy



Please Join Together For a Connecticut Church Tour

We will worship together in celebration of our shared faith.

December 27 th	Unitarian Society of Hartford
January 3 rd	Unitarian Society of New Haven
January 10 th	All Souls / New London
January 24 th	Unitarian Universalist Society: East (Manchester)
January 31 st	Universalist Church of West Hartford

All services begin at 10:00 a.m.
Links will be provided week by week



A Message from the Caring Network

Roll Up Your Sleeves!!

We of the Caring Network are accustomed to supporting our members and friends as they encounter adversity of various sorts, broken bones, death of precious husbands, wives and friends or affliction with hereditary or infectious diseases. Mostly, we can't do much except support those in the aftermath of these sorts of events.

Listen up, we want to do something to prevent death and disability caused by or contributed to by COVID -19.

You are planning to get immunized as soon as the opportunity arises, right?

And, you plan thereafter to continue mask wearing and social distancing as you might still be able to infect others, right?

And, you fully understand the social obligation we share is to behave properly, not so much to benefit us, but to prevent harming those others who surround us, right?

Presuming you subscribe to these views you can stop reading here, just do your part!

However, if you question getting the COVID-19 immunization, we are speaking urgently to you. Please read on.

This pandemic could have been slowed by careful management, but it was not. We are now looking forward to reducing and/or exterminating this disease, perhaps as we have done with Smallpox, or at least reduce COVID to the status of Polio, Measles or Chicken Pox. To get close to this objective, we need a very high percentage of immunized folks in our "herd." That means probably at least seven or eight of every ten people immunized. If successful, that means a greatly diminished ability of the disease to sustain itself by finding new people to infect. This would be good for society in general not to mention shortening the time before we can once more enjoy personal contacts during coffee hour following in person Sunday services. Please do get immunized without hesitation!

Responsible leaders and media urge you to do so based on scientific studies and facts. These are the folks practicing the scientific methods that invented antibiotics, perfected immunizations that controlled a long list of diseases, and generally have made our current civilization safer for its participants than ever before. Further, urge and gently reason with others who may fear immunization. As a society, we need to cooperate with one another bringing about a better world.

We can do this! Here is the State URL reference: <https://portal.ct.gov/Coronavirus/COVID-19-Vaccinations>

This Article was written by your USH Caring Network. Members and supporters are: Eve Pech (Sub-Council Chair), David Newton, Deb Meny, Valerie Klokow, Katie Doyle, Marilyn Stockton, Janice Newton, Kayla Costenoble, Kit Northup, Lisa Galinski, Nancy Reed, Peter Magistri, Rachel Mintell, Ron Friedman, Susan Hope, Joan Kemble, Yakhonda Mwenelupembe, Bev Spence, Louise Harmon, Mimi Stevenson, Judith Hopkins, Tina Davies, Nita Hansen

New Year Updates

We are refreshing our regular online staff offerings as we begin the new year! We want to be sure you know what you can tune into during the week:

- **Storytime:** Every week, Rayla Mattson, our Director of Religious Education, posts a story for children to our [Facebook](#) page on Monday or Tuesday -- not to be missed by story lovers of all ages!

- **Chomp and Chat:** we are shifting this from weekly to monthly. Join ministers and staff on the **LAST Wednesday of each month 12:00pm-1:00pm** for a bit of chit-chat while we chomp on our lunches on Wednesday afternoons. Next one: **Wednesday, January 27th** with Rev. Cathy. Click [HERE](#) to register & enjoy some casual conversations and just plain old "catch up" with one another. Bring your snack and we will "see" you there!!

...and lots more elsewhere in this enews!

Our ministers and staff enjoyed the virtual weekly field trips, but we will be ending that practice due to minimal attendance. Do let us know if there's a particular event that you'd like to organize a "field trip" to!

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

Hello USH Family!!

Hello all, Please join our DRE for this week's story time.

[\(20+\) Unitarian Society of Hartford | Facebook](#)

We won't have RE classes this week but we will meet again on January 29th.

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.

Programs for Adults and Families

Interested in Becoming a Member of USH? **Deadline January 22, 2021 for next New Member Ceremony**

New members will be recognized in the USH service on **February 7, 2021**. Please contact Carolyn Carlson by Friday, January 22 if you are interested in becoming a new member of USH. The actual ceremony, including signing of the book, will be held in advance of Feb. 7 at a mutual convenient time with Rev. Heather. If interested please contact Carolyn at **carlsoncjc@gmail.com** or **860-462-9757**.

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**.

The USH Book Club meets **monthly**, on the **2nd Thursday**, 2:30 – 4:30 pm, 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.

FEBRUARY 11 – *The Great Indoors: The Surprising Science of How Buildings Shape Our Behavior, Health, and Happiness* – Emily Anthes

Caring Network: This year's meeting dates via ZOOM. **2021:** 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.

Social Justice at USH



Over 40 diverse multi-faith faith communities and allied institutions throughout Greater Hartford organizing together for justice!

Upcoming events for GHIAA The Greater Hartford Interfaith Action Alliance, GHIAA, has announced the following upcoming events in January:

1. As the state legislature will be convening soon, GHIAA will be holding a Delegate Assembly on Thursday, January 14th, from 7pm to 8:30 pm. This is to prepare all clergy and core team members for the upcoming session. The meeting will also address other internal issues related to GHIAA. Anyone who has taken the Core Team training is invited to attend. Core members can register by filling out this [form](#).

2. Core Team/Leadership Training via zoom. For anyone interested in taking the core teaming training, there will be two opportunities starting later in January. This is a 12 hour training broken into six 2 hour sessions. Training is open to all who are interested. You can choose from either day or evening classes:

- * Six Thursday evenings starting on January 21 (7pm to 9pm)
- * Six Tuesday mornings starting on January 26 (10am to 12pm)

Registration is required for the training sessions and can be completed [HERE](#).

If anyone has questions about these events, or anything else about GHIAA, please contact me at danadonovan@sbcglobal.net.



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 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

Dana Donovan: 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 hartforduusociety@gmail.com for the username and password.

Church Community & Business News



The Ordination of Sierra-Marie Gerfao into the Unitarian Universalist Ministry will take place on Zoom on Sunday, January 24th at 4PM EST

You all are invited & welcome!

Sierra-Marie is a longtime religious educator prior to pursuing ordained ministry, and currently serves as 1/2-time Director of Religious Education at UU-Danbury (CT).

Sierra-Marie's ministry is a half-time

developing and experimental ministry of public theology. She lives in New Haven, CT and will continue her work from there after her ordination. The ordination sermon will be preached by the Rev. Theresa I. Soto. You can RSVP by sending an email to officemanager@uudanbury.org. If you RSVP, you will receive an email on the morning of the service with both the order of service and link.

Message from Doris

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

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.

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.

AIM Alert: Accessibility and Inclusion Ministry Resources from EqUUal

We want to bring to your attention these resources and connections now regularly available for Unitarian Universalists who self-identify as living with disability. 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/>

- **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 hmfadyen@uuma.org or bfbkmeyers@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

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/>).

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, Saturdays & Sundays from 9am-2pm. 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

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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/>.