



**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.**  
**February 3, 2021**

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



Image: youtube.com

**February 7th, 2021, 10:00am**  
**"Re-encountering We"**  
**Rev. Heather Rion Starr, Co-Minister**  
**Rayla D. Mattson, DRE**  
**Sam Moffett, DMM**  
**Rob Spector, Worship Associate**  
**10:00am Worship Service - Join us [HERE](#)**  
**Meeting ID: 952 8306 7113**  
**Passcode: 014277**

The **Zoom Room** "opens" at 9:50am with music and a brief 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](#)

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

**"Newcomers Visit with the Minister"  
Sunday Feb. 7, 2021 at 11:00 AM**

Newcomers are encouraged to join this special online gathering following the February 7th Sunday service to meet with Rev. Heather Rion Starr and other USH leaders. This one-hour session is an opportunity to learn about the Unitarian Society of Hartford (USH) and to ask any questions that you may have. Click on this [LINK](#) to join the session. Registration is optional but helpful. To register or to ask questions please contact Carolyn Carlson at [carlsoncjc@gmail.com](mailto:carlsoncjc@gmail.com)

**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, February 24th** 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!!  
Join our DRE for this week's story.**

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

**3rd-8th grade will meet this Friday from 6:00-6:45pm.**

<https://zoom.us/j/92896076486?pwd=R3lzTHNYR3VjVVhXWU93TGIEtIA3Zz09>

**Dungeons and Dragons will meet this week at 7:0pm.**

<https://zoom.us/j/95984971287?pwd=OVREVHNxMWtZV3cxMWRBM0NGUmpLQT09>

**ALSO:**

**Please join us for an all ages Game Night. Feb, 26, 2020!**

<https://zoom.us/j/96735469120?pwd=aVpLVHZzNHFGWVo5dWYwbENHTmhDUT09>

**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?**

New members will be recognized in the USH service on **February 7, 2021.**

Please contact Carolyn Carlson 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.**

### **Adult 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](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.

**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](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).

## Social Justice at USH



### Health Care in CT:

**Rev. Cathy will be part of this program - we invite you to come, especially if you want to learn more about or get involved in this year's fight for a public option in CT Health Care!**

We want an **equitable, reliable, and responsive healthcare system**. We want a system where the place you were born or where you work has nothing to do with how much you pay to see a doctor or seek treatment. One that responds to our needs, not the other way round.

**To achieve these goals, we must rethink our healthcare - and push for urgent reforms.**

**[Join us Wednesday, February 2nd, 6:00 p.m. to 7:30 p.m.,](#) on**

a community forum to discuss and explore the structural reforms our healthcare system needs, with a special focus on the public option. Comptroller Kevin Lembo and State Representatives Jillian Gilchrest and Kate Farrar will be the featured speakers, discussing their guiding principles for healthcare reform. The forum will be broadcast on Facebook and Zoom - you can Click [here](#) to register. The past few months have served as a stark reminder on the deep structural problems and disparities at the core of our healthcare system. [Millions of Americans lost their health insurance coverage](#) alongside their jobs during a global pandemic. The wide disparities in access to healthcare along class and race lines became painfully evident as coronavirus ravaged [communities of color](#). Connecticut's healthcare system is at a crossroads. [Join us on February 3](#) to learn and discuss the policy steps and urgent reforms needed to build a more equitable, reliable, and responsive health care system.

## News from the USH Board of Directors

### **No regular Board meeting this month**

**In lieu of a regular monthly Board meeting, Martha will work with individual Council chairs to focus on completing preparations for the upcoming Stewardship drive. Please contact Martha with any questions or suggestions at [marthabradley49@yahoo.com](mailto:marthabradley49@yahoo.com).**

### **Board News**

#### **Lisa Galinski's resignation as President Elect**

It is with great sadness that the Board received the news of Lisa's decision to resign her position as President Elect of USH. In the over seven years that Lisa has been a member of USH, she has contributed to the Society as a Worship Associate, member of the Sabbatical Committee, Co-chair of the Ad Hoc Covid Advisory team, host of virtual coffee hours, and was instrumental in getting USH online when the pandemic caused of the closure of the Meeting House. As President Elect, she helped to organize the post-election meeting and the listening sessions. The Board joins me in thanking her for her outstanding service. It has been a pleasure working more closely with Lisa and getting to know her better over the past six months. We wish her all the best as she turns her focus in other directions. Please see her note below~ Martha Bradley



**Dear USH Community,**

I am sharing with you today that I have stepped down from my role on the Board this month. When I said yes to lay leadership role in spring of 2020, I looked forward to contributing to the community and the church. It has been my joy and pleasure to give back to USH, to contribute to our virtual connections at Fellowship Hour, as a Worship Associate, and to be connected with you in other ways.

And, with the turning of the year, I am getting a very strong message from within that I must move on from the Board. This inner knowing was unexpected and has come with mixed emotions. But I am very clear that the message is from my soul telling me to keep moving on my spiritual path and move toward what is next for me. I thank Martha Bradley for her leadership, and for the rest of the board for their understanding and support.

I look forward to staying connected with the USH community even though I am stepping back from a volunteer leadership role.

**All my best, Lisa**

**Your 2020-2021 USH Board**

**Martha Bradley: President**

**TBD: 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](mailto:hartforduusociety@gmail.com) for the username and password.

## Church Community & Business News

### Listening Sessions Update

During January, the USH board facilitated a series of “listening sessions” to hear from you — how you’re faring in the pandemic, how (and whether) you feel connected to our Unitarian Society of Hartford community, and what we might do in the months ahead to keep our systems for support, nurture, and inspiration alive and well. As with any new initiative, we wondered if people would willingly participate... the answer was a definite **“YES!”**

We, the board, **thank you** for taking the time to contribute your thoughts and desires to this community-based forum. All the information gleaned will be helpful in planning for life as we transition, and eventually emerge from, pandemic isolation.

We hosted eight dedicated groups, plus a few off-the-cuff encounters which lent themselves to the format. More than 60 individuals participated. The exact figure is still a bit sketchy since a number of folks came to multiple sessions, but even after sorting through duplicates, the count of “unique” participants tops that ‘60’ figure. I sat in, taking notes, on most of the groups; it was wonderful to see you all.

And you all had something to say! I have about 25 pages of notes, most of which are legible, and have made a rough pass at transcribing them. The next stage involves grouping comments by topic, and finally we’ll be assembling a summary document. This will take a little time, but it’s in the works.

Undoubtedly, a most prevalent sentiment is — **we miss each other!** We miss smiles, touches, hugs, seeing one another on the chancel, in (real) coffee hour, in the line to light candles. We miss seeing the kids as they grow, and miss youth-group-soup. We miss sitting in the pews, taking in the atmosphere of our building, admiring the interplay of light, wood, metal, and fabric. And even as we acknowledge the reality Covid imposes upon us — that it’s not safe to return, and may continue not to be safe for some while — the desire remains strong.

While we grieve and honor our losses, we also recognize our resilience. Some themes stood out immediately... no big surprises

here, but it's always good to have your surmises validated:

**Appreciation of, and gratitude for, on-line worship services and coffee hours;**

**Desire to continue some type of virtual services after returning to activities conducted "in person and in the building" — particularly important for those for whom travel is difficult;**

**Zoom fatigue is real, and it's stressful — however, it's infinitely better to have Zoom than not;**

**People are feeling connected by participating in small affinity groups (Connection Circles, Artist's Way, book discussions, Non-Violent Communication practice, etc.);**

**Drive-through water communion and on-line auction drew praise as innovative community-building experiences;**

**USH participation in GHIAA cited as a positive link to Greater Hartford social justice initiatives.**

Obviously, there's much more material to tease out from all these conversations, and that will come in due time. For now, we simply want to emphasize our thanks to you, and invite you to call or email any board member with follow-up ideas these encounters may have sparked.

Stay warm and stay safe,  
Tina

**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.

## 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, Katie Doyle, Marilyn Stockton, Janice Newton, Kayla Costenoble, Kit Northup, Lisa Galinski, Nancy Reed, Peter Magistri, Rachel Mintell, Ron Friedman, Susan Hope, Joan Kemble, YakhondaMwenelupembe, Bev Spence, Louise Harmon, Mimi Stevenson, Judith Hopkins, Tina Davies, Nita Hansen**

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

Worrying does not take away tomorrow's troubles; it takes away today's peace. 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 [revheatherriionstarr@gmail.com](mailto:revheatherriionstarr@gmail.com). We are all in this together and together we will stay strong.

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



**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



**13th Annual Connecticut Darwin Day Celebration 7:00 PM EST, February 19, 2021 - darwindayct.org Register: <http://bit.ly/DarwinDayCT2021>**

The Nature of Reproducing Nature: From Drawing to Naming to Mimicry – James Prosek  
How are we to understand the evolution of artistic expression and language? What is communicated in the reproduction of the natural

world?

James Prosek, internationally acclaimed artist, writer, naturalist, and conservationist, will explore some of these ideas and questions at the 13th Annual Connecticut Darwin Day Celebration.

Prosek is a unique visual artist, who is attempting to build bridges with the worlds of natural science and the arts. His art has been shown in galleries and museums around the U.S. and world, including The Royal Academy of Arts in London and the National Academy of Sciences in D.C. In autumn of 2012, Prosek was awarded the Gold Medal for Distinction in Natural History Art from the Academy of Natural Sciences in Philadelphia.

His 2021 exhibition at Yale University Art Gallery titled Art, Artifact, Artifice is a collaboration with the Peabody Museum of Natural History at Yale, where he is a curatorial affiliate as well as on the board (Leadership Council). His latest book is the catalogue for Art, Artifact, Artifice published by Yale University Press and has the same title.

### **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.equalaccess.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](mailto:hmfadyen@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

### **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:**

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**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/>

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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)  
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***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/>.