



50 Bloomfield Avenue, Hartford, CT 06105
Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ July 17 2019
Building Community Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr

Please note: The office will have limited hours on Thursday, July 18, and on July 23, 24 and 25. Please call before stopping by to make sure someone is here. There will be no Enews on July 24th. Thank you. Enjoy these languid days!



Worship Services July 21 & 28, 2019, 10:30am

7/21/19 “How Does Your UUism Grow?” Carol Simpson, Worship Leader

Come to explore what calls us to USH on Sundays. What nurtures you in this place? What is it in Unitarian Universalism that you connect with? Consider the question, Can UU's really "believe anything they want"?

7/28/19 “Living a Life of Grace” Tom Gervais, Worship Leader
Join us for a highly interactive service as we examine what it might mean to lead a grace-filled life as a Unitarian Universalist, and how we all might support each other on this journey.

Nourish Yourself at USH Summer Services 2019!

Join us for summer services at the Unitarian Society of Hartford. 10:30am every Sunday in the air-conditioned, accessible Fellowship Hall, through September 1. This summer's theme is "Nourishment," and we will focus on how we nourish our bodies, our spirits, our communities, our hearts and our minds. From our gardens to campgrounds, ritual to reading, what nourishes you and nourishes others close to you? How do we help build healthy and inspired, inspiring communities together?

(See above for rest-of-July services descriptions)

8/4/19 "Living the Labyrinth" –Rev. Cathy Rion Starr, Co-Minister

8/11/19 "A Crust of Bread" –Rev. Heather Rion Starr, Co-Minister

8/18/19 "Earth-Based Spirituality" –Lisa Galinski

8/25/19 "Contemporary Prophets" –Rev. Heather Rion Starr, Co-Minister

9/1/19 "Caring in Action" –Eve Pech and Caring Network

Our Director of Religious Education is looking for teachers and assistants for the 2019-2020 church year. We need help in the following grade levels: Prek-2nd, 3rd-5th, 6th-8th, and youth group. Please contact Rayla Mattson for more information at dre@ushartford.com or 860-233-9897 ext 104.

A picture speaks 1000 words. Volunteers needed: Do you enjoy taking snapshots? if you are interested in taking 2 or 3 photos for the 'Sunday Service Photos' section in the E-News, please let Linda Clark know at ushlindaclark@gmail.com.



"Give Us Our Daily Bread"

Last week's Sunday service on July 14th, led by Laurie Kelliher and Worship Associate Doris Maldonado, included breaking bread together during the service. Pictured is one of the loaves of bread that was shared and the cover image from the order of service with the recipe for the bread. Thank you to Laurie and Doris for leading such a lovely service. Thank you to David Newton for the photo of the bread.

In This Week's Enews:

[From the Revs](#) / [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 & More Personal News of Our Community](#)
[Meeting House Presents](#) / [Get Involved at USH](#)
[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 at the Unitarian Society of Hartford: www.ushartford.com/events/

To submit a Calendar Request click [HERE](#).

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

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.

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.

Notes from the Revs.



Save the Date for Hartford Pride, September 14th, Noon-6pm on Hartford's historic Pratt Street! Let Judy Sullivan ([jasullivan57\(at\)gmail.com](mailto:jasullivan57@gmail.com)) know if you can participate!

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



During the summer the nursery is open to infants and toddlers ages birth to age 3 every Sunday from 10:15am until 11:45am. The children and youth go directly to the Library each week for the summer. We have begun our summer RE programming. This year we will be focusing on "green" activities and working in the community garden. I am looking for a few adults with a "green thumb" to pitch in. Please let me know if you are available.

Going into next program year, a few of our long term volunteers have had to step down because of other church-related obligations. This is a great time for new faces to join our RE team. There is space in our Prek-2nd grade class, our 3rd-5th grade class and middle school. I am also looking for one-time volunteers for holiday weeks when we will have one-room activities. I could also use some administrative help if working directly with the children and youth is not your forte. Please send me an email or give me a call, we'd love to have you on board!

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

I only check my email on Tuesday, Wednesday, Thursday and Sunday.



News from the USH Board of Directors



Pictured above: Joe Rubin, Sherry Manetta, Phil Gardner

Board News

Joe Rubin, Board President

The USH Board had its first official meeting with our newly elected members on July 9. We said goodbye with deep thanks and appreciation to outgoing President Sherry Manetta, outgoing Treasurer Tom Richardson, and outgoing Council on Spiritual Life Chair Marye Gail Harrison. We welcomed Martha Bradley as our new President Elect, Phil Gardner as our new Treasurer, and Peter Meny as the new Chair of Spiritual Life. All Board members are listed below, and as always, we invite you to share your thoughts and ideas with any of us.

We are delighted to report that with the huge boost from the generous donors of our challenge grants, we have now met our goal of increasing pledges by a total of \$35,000!

Even so, if you are able to increase your pledge in any amount to join all of your Board members and many others who have already done so, please do that TODAY by emailing the amount of your increase to USH bookkeeper, Brian Mullen at bmullen@ushartford.com. Also, if you haven't completed your pledge for the fiscal year that ended on June 30, or if you haven't pledged yet for the new fiscal year, please do that TODAY.

As always, USH is you! Thanks for caring!

Announcing Phil Gardner as USH Treasurer

-Joe Rubin, President and Sherry Manetta, Chair of Nominating Committee
Phil Gardner was recently nominated by the Nominating Committee and approved by the Board to complete the second year of Tom Richardson's term as USH Treasurer. Note that nominees to complete a term are voted in by the Board and not by the full congregation. Phil was Treasurer in FY2017 and FY2018 and has stepped seamlessly into the role for the upcoming year
Our thanks to Tom who did so much to organize financial reports, assure a balanced budget and provide the leadership to move USH to a stronger financial position.

Your 2019-20 USH Board

—Have a question or comment or just want to chat about USH? Don't hesitate to talk with any one of your Board members:

Joe Rubin: President

Martha Bradley: President Elect

Phil Gardner: Treasurer

Sarah Harmon McKenzie: Secretary

Peter Meny: Spiritual Life Council Chair

Sue Tenorio: Administration Council Chair

Judy Sullivan: Social Justice Council Chair

Carolyn Carlson: Community Within Council Chair

Rev. Cathy Rion Starr, Co-Minister (ex-officio)

Rev. Heather Rion Starr, Co-Minister (ex-officio)

Social Justice at USH



Americans of Conscience Checklist

These checklists feature clear, well-researched actions for Americans who value democracy, equality, voting, and decency. We also practice gratitude, self-care, and celebration to stay

engaged. Click [HERE](#) for past checklists. -Submitted by Judy Sullivan, USH Social Justice Chair; Source: <https://americansofconscience.com/>

Americans of Conscience Checklist: Week of July 14, 2019

155 weeks down, 68 weeks to the presidential election.

This might be the most encouraging news you read all week.

If you need a boost, wait until you read about the good thing we accomplished together. I am so proud of us. [Read Jen's full inspiring message here.](#)

I value democracy

With respect and collaboration, we work to create a nation that welcomes all people, expands freedoms, and upholds the Constitution...to read more click [HERE](#).

Church Business News

The latest financial reports for **Jan.-Mar. 2019** have been posted, click [HERE](#) to view.

The Board Meeting minutes for **May and June 2019** have been posted, click [HERE](#) to view. To view the USH Directory, Reports, meeting minutes and other church business information online, click [HERE](#). Contact Linda Clark at [ushlindaclark\(at\)gmail.com](mailto:ushlindaclark(at)gmail.com) for the username and password.

Programs for Adults and Families

For more information on current programs please check the [online calendar](#) often as schedules can change, or contact the facilitator for more information. Contact information for programs is listed below. Also visit www.ushartford.com/building-community/adult-family-programs/.

Programs

Emei Qigong Cultivation: Tuesdays at 11:00 AM and Wednesdays at 5:00 PM. Contact Diana Heymann: 860-200-8525.

Tai Chi Gigong: Wednesdays, 5:30 – 6:30 PM. Contact facilitator before attending: Stephen "Lucky" Luckingham: 860-202-3404 or [stephen.luckingham\(at\)gmail.com](mailto:stephen.luckingham(at)gmail.com).

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. **Offsite during the summer**, contact Mark Friedman for more information: drmarkafriedman(at)drmarkafriedman.com.

Meeting House Sing-A-Long: All Are Welcome: Meets on the 2nd Saturday of each month, in Emerson/Meditation room (or Memorial Garden if weather / memorial service permits.) For more information contact Ed Savage: Esavage15@att.net or Maggie Green at 860-223-2407.

Ballroom Dance: Thursdays, 6:00 – 7:45 PM. Contact Ron Friedman: 860-523-1105 or rsfriedman41(at)gmail.com.

Dinner and a Movie at USH: Meets the second Friday of the month September-June. Contact Nita for more information at 860-693-4269 (no texts).

USH Book Club Resumes in the Fall, Off-site, contact Richard Groothuis for more information: rgroopofus@icloud.com or 860-748-3532.

Beloved Conversations: An experiential curriculum that provides a space to heal the spiritual and organizational wounds that racism causes in our faith communities. The program aims to foster cross-cultural relationships that nurture the spiritual health of program participants, congregations and communities beyond their walls. We plan to repeat this program next church year. Contact Judy Sullivan to be added to the list of those interested.



Good news! In cooperation with UUS:E in Manchester and the Universalist Church of West Hartford, we are offering Wellspring, a 10-month curriculum of

uniquely UU spiritual development successfully implemented in thirty other UU congregations. Beginning in September and meeting twice a month through mid-June, we will deepen our spiritual lives through small group connections, daily spiritual practice, spiritual direction, readings and other resources. There will be two small Wellspring groups, one during the day facilitated by Judy Robbins and an evening group facilitated by Tom Gervais. Participants will be drawn from the three churches and meeting places will rotate among the churches. For more info click [HERE](#).

Because Wellspring is offered conjointly, space is very limited so you must indicate your interest asap. A waiting list may be necessary. For more information, see the Wellspring website <https://uuwellspring.org/> or contact Judy Robbins at judyrobb2@gmail.com or 860-633-3348.

Connection Circles (formerly known as Small Group Ministries)



What are Connection Circles?

This is a unique opportunity to strengthen your connections with USH members and friends by sharing your life experiences with them in a safe, confidential space – a covenant group. Get to know others better and you may also get to know *yourself* better too! A trained facilitator will have special readings and questions to guide your sharing

and deep listening experience. Watch for announcements of Small Group Ministry (now called Connection Circles) offerings in E-News, during coffee hour after the service at the Programs Table (when available) in Fellowship Hall, or at the Welcome Table in the main lobby. Please text or email Martha Bradley at 860-305-3307, marthabradley49@yahoo.com for more information or click [HERE](#).

Events and Personal News of Our Community



The Village for Families and Children Annual Uniform Fundraiser

Returning to school can be a time of anticipation and anxiety. For those children who attend Hartford Public Schools one source of anxiety is whether or not their parents can afford school uniforms. Children at Hartford Schools are required to wear a uniform, usually certain colored color bottoms and tops, which are school specific.

Each summer, *The Village for Families and Children* holds a fundraiser to help those families served by the Village who cannot afford to buy their children uniforms.

For the past six years, the Unitarian Society of Hartford has supported the Village Uniform fundraiser. Please consider supporting this fundraiser, which is one of the Social Justice initiatives at USH, for the seventh year. **The fundraiser ends on August 9.**

Cash or checks may be placed in the offering baskets on Sunday mornings. Please use the available envelopes and be sure to identify yourself as the amount goes into your total giving for the year. Write "Uniforms" in the memo line. Checks can also be mailed to Brian Mullen at the Meeting House, 50 Bloomfield Ave., Hartford, CT. 06105. Please identify yourself and the purpose of the check, and make it out to USH.

Any amount, large or small, is welcome. Thank you for thinking of the children served by The Village. ~Joanne Orlando

News of USH friend Ruth Rempt

Ruth's husband Henry passed away on July 8. There will be calling hours from 5:00-8:00pm, Friday, July 26 at Samsel and Carmon Funeral Home, 419 Buckland Road, South Windsor. There will be a Memorial service on Saturday, July 27, 10 a.m. at the Grace Evangelical Lutheran Church, 46 Woodland Street in Hartford.

News of USH member Valerie Klokow

Valerie Klokow may be released from her long-term care center by the end of July. Hurray!! She may be able to RETURN to her 2nd floor apartment. When

and if that happens, she will need lots of help getting her next home base ready. (She remains dependent on wheelchair use for more than a brief time.)

Please email me if you want to help in any way; I'll share specific information as soon as it comes in. Thanks to ALL who might help with Valerie's move and/or with future meals.

Thank you ~Deb Meny

debmeny@sbcglobal.net

Home Phone: (860) 523-7396



USH Labyrinth Garden Update

Summertime, and the living...involves gardening! If you have any extra energy or time to spare, there is always a spring-summer-fall need for gardening help at the Meeting House--in the Memorial Garden and all around the Meeting House, and then also in our USH Labyrinth Plot of the Watkinson Community Garden which is below USH's lower parking lot and immediately adjacent to the Meeting House grounds to the east.

Especially on warm days such as those that are predicted today (Wednesday July 17, high of 91 degrees!) and this week, watering is crucial to keep existing plantings alive and well. Watering is the primary need. Any additional weeding, planting, or tending of the Labyrinth Path that you are able to do is a bonus!

This is now our 5th summer of having and tending our USH Labyrinth Plot in the Watkinson Community Garden, and we keep trying to simplify a system of maintenance so that those among you who'd like to help can most easily jump in. Here are **The Weeks of Summer 2019** (below) -- please let RevHeather and Linda Clark (for updating this E-news posting) know if you can "take a week" to stop by once or twice that week and water the plot. If you have time to do more, that's great too, but just knowing that someone is stopping by to check on the garden each week will be a delight and a relief!

Week of July 14 - 20 Gardener Needed: _____

Week of July 21 - 27 Gardener Needed: _____

Week of July 28 - August 3 RevHeather will check on the Labyrinth Garden

Weeks of August 4 - 17 Susan Hope will check on the Labyrinth Garden

Week of August 18 - 24 Gardener Needed: _____

Week of August 25 - 31 Gardener Needed: _____

Week of September 1 - 7 Gardener Needed: _____

Week of September 8 - 14 Gardener Needed: _____

The KNOX Garden Party is scheduled for Thursday evening, August 8, with a rain date of Friday evening August 9. I don't know what, if any, aspect of the Party they'll have down in the Garden this year, but that's always a nice event to aim for our Plot to at least look cared for, if not tidy. It's also a lovely opportunity to connect with neighboring gardeners, friends and supporters of

Hartford's Community Gardens. Keep an eye on KNOX Hartford's Events page for more details about their Annual Garden Party if you are interested in attending and supporting Knox: <https://www.knoxhartford.org/knox-events/>

Let me know if you have questions or would like to get involved in tending the USH Labyrinth Garden but are not sure how to get started! You can also speak with USH members Diane Cadrain, Esther McKone, or Susan Hope for gardening tips and plant wisdom. I hope to see you this summer, somewhere or another! -RevHeather

Meeting House Presents!



Thank you all for making 2018-19 another successful season for Meeting House Presents!

Click [HERE](#) for more info. ~ concerts are coming up in September!

- Email us at MeetingHousePresents(at)gmail.com
- Phone Laura and Paul Cipriano at (860) 298-9984
- Check our web page or subscribe to our email list for notification if shows are sold out or rescheduled: www.ushartford.com/nourishing-spirit/music/meetinghousepresents/

Sign Up for Meeting House Presents email list:

Our email includes concert announcements, updates, and info about folk music events in the area. Subscribe to Meeting House Presents Email— send a message to: MeetingHousePresents(at)gmail.com. Put "subscribe" in the subject line. We send one or two emails each month.

Meeting House Presents is always looking for volunteers to help out. You decide if you want to help out three nights, one night, or the entire season. We need help with refreshments, tickets, communications, hosting performers if you have a spare room, and we'd like to have a "street team" to post flyers. Best of all, the

commitments are for the evening of the show and you won't have to attend meetings. Contact Laura Cipriano at MeetingHousePresents@gmail.com to volunteer. Come be part of the fun.

Save the dates for these 2019-20 upcoming Meeting House Presents Concerts. Click [HERE](#) for more info!

Get Involved at USH - Be Part of a Great Team!

USH Needs You—

Get Active with USH! Committee and Sub-Council Openings

We are continually striving to fill open positions on various Board committees and sub-councils. If you are interested in becoming more engaged at USH, or just learning more about the activities of our congregation, we encourage you to reach out to a Board member, one of the Ministers, or the Chair of a particular Council, Sub-council or Committee. Click [HERE](#) to read more...

Get more connected with this congregation through volunteering. Below are some areas, both seasonal and year-round, where Volunteers are especially needed and welcome:



The USH Sunday Welcome Team; Join the Choir; Office Volunteers; Connection Circles Host, Advisor or Facilitator; The Book Table During Coffee Hour. Click [HERE](#) to find out more.



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](#).

Upcoming Special Events and News in the Larger Community



Unitarian Universalist Society: East Meeting Room July 27, 2019 at 7 – 9 PM. Open Mic 5-6:30 PM.

Featuring *The Dilemma*, an up-and-coming band with an impressive resume,

playing Woodstock favorites and other 60s tunes

Celebrate the 50th anniversary of Woodstock at the Unitarian Universalist Society East's **WuudSTOCK Concert and Party!**

Act 1 is Open Mic from 5-6:30

Act 2 will feature more 60's favorites with the band, The Dilemma, fresh from such iconic venues as Toad's Place in New Haven and The Bitter End in Greenwich, from 7-9pm.

Admission is free, donations welcome

BYOB, soft drinks & munchies provided | Inside – no rain, no mud!

Prizes for **Best Dressed Hippy** | A **G R O O V Y** time guaranteed!



Be a light in someone's life. Be a hospice volunteer.

Trinity Health Of New England At Home provides quality care for individuals diagnosed with a life-limiting illness and helps families through this difficult time. Our interdisciplinary team of physicians, nurses, social workers, health aides, chaplains, counselors and trained volunteers work together to provide comfort and care with an emphasis on quality of life. Our volunteers enhance this focus. We serve patients in the sacred place they call home: houses, senior living communities and skilled nursing facilities.

Enjoy great satisfaction as a compassionate volunteer who enriches the lives of patients with life-limiting illnesses and their loved ones. Full training is provided. Those who have recently lost a loved one are asked to wait a year before becoming volunteers.

Volunteer Opportunities

- Companionship
- Respite care – support to provide a break for patient's caregivers/loved ones
- Supportive check-in calls for grieving families
- Light household assistance
- Meal preparation assistance
- Spiritual support
- Administrative assistance

Common qualities our volunteers share

- Emotional maturity
- A genuine desire to support patients with life-limiting illnesses and their families
- The ability to listen with sensitivity and respect
- A willingness to give an average of four hours per week
- Flexibility to adapt to the changes in the patient's/family's needs

Opportunities available in Massachusetts & Connecticut. Call today to learn more:

Trinity Health Of New England At Home

101 Phoenix Ave Enfield, CT 06082 860-783-7800	200 Hillside Circle, Suite 107 West Springfield, MA 01089 413-536-0503
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Affiliated with Johnson Memorial Hospital Affiliated with Mercy Medical Center

"Helping in hospice is touching LIFE."
- Theresa L.

"What they have come to mean to me is far greater than anything I have done for them."
- Charles S.

"Giving is not just about money...it also is the giving of your talents and time as well. I am very grateful for what I have in my life and one of the things I have to offer is my time."
- Bruce W.



Trinity Health Of New England At Home complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. **AFILIADOS:** Se habla español. Háble a su administrador responsable de asistencia lingüística. Llame al 413-536-0503 (TTY: 711). **AFILIADO:** Se fala português. Contacte o administrador responsável por idiomas. Ligue para 413-536-0503 (711: 711).

JUL

24

"CREATIVE WRITING FOR SOCIAL JUSTICE"

\$14 for members and Hartford residents, \$40 for non-members

Space is very limited. Registration closes one week prior to the workshop.

9 AM

More information

HARRIET BEECHER STOWE CENTER!



All Unitarian Universalist youth entering grades 9-12 (in the Fall 2019) are welcome to attend this conference. July 28-August 3 in State College, PA, or August 8-24 in Schenectady, NY. For more info visit: <https://www.uua.org/central-east/youth/goldmine>.

For Access to the Members Only Section on the Web Page:

For the username and password for the Members Only section of our USH website, please email Linda Clark at ushlindaclark@gmail.com. It's easy and if you're interested, please say so.

To submit a Calendar Event Request, cut and paste the text below into an email and send to: calendarchanges@ushartford.com. Please look at the calendar the day you email a request to make sure the space is available; this will help to avoid double booking rooms. Double check the calendar for your event 1 to 2 weeks prior to make sure it's correctly posted. Email any corrections to calendarchanges@ushartford.com. Please make sure you also

coordinate with our Rentals Manager, Rayla Mattson, if this is a one-time-open-to-the-public event. Thank you! ~Linda

Put in the Subject: 'Calendar'

Also: Cc Rayla Mattson requests: dre(at)ushartford.com

Event Title:

Room:

Time:

Date(s):

Is This A Private Event?

Include in Happenings/Enews?

Contact:

A Short Description:

Cost: (if applicable)

Is Childcare Provided?: (Note if childcare will be provided you must arrange it with the DRE.)



Lost and Found

There is a 'Lost & Found' box in the office on the bottom shelf of a storage rack near Linda Clark's desk. Items found in the building will be placed there. Please check in the office if you have misplaced something. **Please note: Items will be donated or recycled if no one claims them after a few weeks.** Thank you.

USH Staff:

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

Rev. Cathy Rion Starr, Co-Minister
revcathy@ushartford.com | 860-233-9897 ext 103*(see below to schedule)

Rev. Heather Rion Starr, Co-Minister
RevHeatherRionStarr@gmail.com | 860-233-9897 ext 103

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

Linda Clark, Office Administrator
ushlindaclark@gmail.com | 860-233-9897 ext 100

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

***Rev. Cathy has an online scheduler:**

If you'd like to set up a meeting, pastoral visit, or other conversation with me, you can see my availability and sign up for a time here:

<https://RevCathyRionStarr.as.me>. Try it out, and let me know if you have any trouble!

-RevCathy

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

Email to: ushenews@ushartford.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.