

50 Bloomfield Avenue, Hartford, CT 06105
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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ July 31, 2019
Building Community Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Worship Service August 4, 2019, 10:30am

**"Building That Which Nourishes:
Bring cans to donate for this Sunday's Labyrinth Service"**

Rev. Cathy Rion Starr, Co-Minister
Lisa Galinski, Worship Associate

Sometimes creating nourishes us. Sometimes receiving the gift of another's creation nourishes us. Always always, there are people,

plants, rocks, and beings that create the beauty we enjoy. This Sunday, we will build a labyrinth together with cans of food that I invite you to bring, and then we will move and walk through the labyrinth as movement meditation.

Please bring a can of food (or several!) to build our labyrinth. This Sunday's and the 2-month collection of food and personal items will be shared with [Mercy Housing and Shelter of Hartford](#), one of the Capitol region's strongest and oldest programs providing housing, food and personal care for homeless neighbors.

Newly-Commissioned Piece, "Labyrinth," to be Premiered this Sunday.

This Sunday, August 4, Composer-in-Residence Josh Stitt will be premiering his new piece, "Labyrinth," at USH. This is an instrumental piece that will feature Josh on piano, Director of Music Ministries Sam Moffett on soprano saxophone, Choral Scholar Alexandra van der Hulst on vocals, and Hartt School student Ali Hoffman on flute.

Josh has this to say about his piece: "This piece has a single melody with seven phrases that rotates through different modes, always with an upward motion. There are six rhythmic modes that each player can assign to each phrase in any order they choose. Four rhythmic modes fit into each phrase so there can be lots of variation. The final phrase of each rotation always has the same rhythmic mode. The musicians start at the same place; melodically and rhythmically but at different places. At different points players might be lining up for a few notes only to separate again. Because of the choices they made they may be lining up with other players at times or playing consonant or dissonant counterpoint and polyphony.

This represents how our choices allow us to be close or distant from one another as we are moving through life. We enter each others' lives at different places and leave as well. While we may not always be at the same place we are in the same world and those close to us have similar, if not the same tools, with which we build our lives."

-Submitted by Sam Moffett

Nourish Yourself at USH Summer Services 2019!

Join us for continuing 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 are focusing together 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?

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

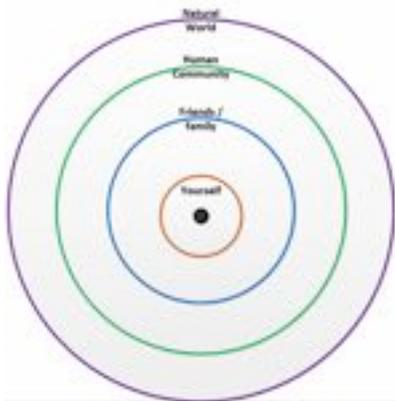
8/18/19 "Earth-Based Spirituality" –Lisa Galinski

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.



July 28, 2019, Sunday service, Tom Gervais, Worship Leader, and Sue Smolski, Worship Associate: "Living a Life of Grace"

Chairs arranged in circles of eight; colorful post-its and pens on each chair; no hymnals; the chalice in the middle of Fellowship Hall; music provided by Sarah and Mike from Meetinghouse. Welcome to Summer Worship at USH!

After Worship Associate Sue Smolski, led us in several familiar rituals of Sunday morning worship, our worship leader, Tom Gervais, began the interactive part of the service...

He put us at ease with his introductory remarks--"Living a Life of Grace...what could that possibly mean?...This should be fun!"

"This diagram (image on the left) is an adumbrated sketch of our potential interaction with the world. You are in the center of your own circle, and as you move out you find family, friends, community, and the natural world. Some people would add God as a ring where you might turn for grace-filled nourishment."...

"Consider how wonderful and marvelous this is! Each of us has our own circle of influence--our own garden of grace to tend! Grace spreads one person and one interaction at a time. The question for each of us--will we hear and answer the invitation?"

"And that's what we are going to talk about today. How each of us share and receive grace in this, our one precious life!"

..."You will have an opportunity to share with those in your circle your own collection of blessings. Hopefully, we will inspire each other and perhaps, leave here with just a little more grace than when we walked in. Welcome to the Unitarian Society of Hartford--a community where we support each other in our lives of grace."

During the interactive part of the service we were "encouraged to share at whatever level was comfortable and to practice appreciative listening--listening for wisdom, kindness, and courage" in what was being shared.

Ultimately we populated two very large sheets of paper with post-it notes--one entitled "Blessings" and the other, "Commitments," (center and right photos) as we were guided to respond separately to the each of the following:

1. "The premise being that you cannot share grace that you don't have, What have you done this week to nourish your soul?"
2. "Consider how you have been blessed by others over the last week or so. This could be by anyone in your garden of grace."
3. "How have you shared grace with others?"
4. "Finally, what will you commit to do in the coming week to cultivate your garden--to nourish your own soul, to be more aware of the grace shared by others, and to share your gifts with others?"

Fellowship Hall was filled with the sounds of sharing our blessings and commitments. It definitely felt grace-filled.

It was my privilege to share the words of Rev. Sarah York, as the closing words---

"We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up for the precious gifts they are and, renewed by their grace, move boldly into the unknown." -Submitted by Sue Smolski, Worship Associate

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: Disability Focused Connection Circle starting Sept. 28th](#)
[Events & 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) 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.

Our summer RE programming this year involves "green" activities and working in the community garden. I am still looking for a few more 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



Summer Greetings from the Board:

We welcome the return of our ministers from their summer vacation. We express our continuing gratitude to the Worship Associates team for bringing us continuing excellent services! Whether you are home or away, have a wonderful August!

~Joe Rubin, USH Board President

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



The Village for Families and Children Annual Uniform Fundraiser

"Hello. We go the Burns School in Hartford and we have to wear uniforms- blue tops and black bottoms to school every day." All students at Burns have to wear these colors. Other schools in Hartford wear different colors.

For the past six years the Unitarian Society of Hartford has donated to the annual Uniform

Fundraiser held by The Village for Families and Children to help families buy the uniforms they need to go back to school. Uniforms not only identify which school children attend, they create an atmosphere that minimizes kids' stress about what to wear to school when the family has limited means.

Please donate to this Fundraiser for the 7th year. Cash or checks can be left in the collection basket during the Sunday service. **Make checks out to USH, with uniforms in the memo line.** Use available envelopes for your donation and be sure to identify yourself. Your donation counts toward your total giving.

Checks may also be mailed to Brian Mullen at: The Unitarian Society of Hartford, 50 Bloomfield Ave, Hartford, CT 06105. This Fundraiser ends on Friday August 9th.

Thank you for supporting the kids of the Village for Families and Children.

-Submitted by Joanne Orlando



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 28, 2019
156 weeks down, 66 weeks to the presidential election.

I value democracy. *With respect and collaboration, we work to create a nation that welcomes all people, expands freedoms, and upholds the Constitution.*

Action 1: Engage your elected officials during the August Congressional recess.

Many Members of Congress will be visiting constituencies during the August recess. Encourage them to hold town hall meetings as well.

Call: On Monday, your one House rep and two senators' local offices ([look up](#))

Script: Hi. I'm a constituent from [ZIP]. Can you tell me when [NAME] is holding town hall meetings in [TOWN] during the August recess?

— If no meetings planned, add: It's important for [NAME] to meet with their constituents. Can you let me know when they plan to hold the next town hall?

— If meetings planned: Thank you! I plan to be there.

Action 2: Demand tougher federal election security measures. [h/t [Verified Voting](#)]

Call: Your two Senators ([look up](#))...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 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: No Tai Chi in August. Wednesdays, 5:30 – 6:30 PM. Contact facilitator before attending: Stephen “Lucky” Luckingham: 860-202-3404 or 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.

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 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](#).



Disability Focused Connection Circle

Room: David's Den and Library

Time: Saturday mornings from 10:00 to noon

Date(s): First meeting on September 28th. Dates of following meetings determined by participants' availability. The last meeting will be on November 30th at the latest.

Cost: \$5.00 collected at the first meeting

Contact: Bill LaPorte-Bryan at b37bryan@gmail.com

or Briana Bittel at everaftr33@gmail.com for more info.

This will be the third annual offering of this Connection Circle. The readings will all be based on different essays that appeared in a recent series in *The New York Times*.

Events and News of Our Community



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 31, 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 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

Hiroshima-Nagasaki Annual Remembrance A Shared Call for Nuclear Weapon Abolition: August 9th 6:30–9:00pm
Where: Friends (Quaker) Meeting House, 144 South Quaker Lane, West Hartford

For more information: (860) 561-1897 www.hopeoutloud.org

The USA upgrades its nuclear arsenal and more countries develop nuclear weapons. Say STOP to this MADness. Join us in a shared call for the abolition of nuclear weapons - for a nuclear free world.

6:30pm ~ Pot Luck Dinner | 7:00pm ~ Program with Music, Speakers and Poetry

8:00pm ~ Candle-Lighting Ceremony featuring creation of a large candlelit peace sign on the meeting house lawn. Join us.

August Earthkeepers Bulletin

--Submitted by Jeff Howard, USH Green Sanctuary Co-Chair
We hope you are finding a way to enjoy these hot Summer days. August marks the end of the season, but September is just around the corner with many important events to put on your calendar, for the sake of God's creation.

Sunday, Sept. 15 at 2PM: "Let there be Light" A Green Forum on Solar Power at Temple B'nai Israel, Windham, CT

Friday, September 20 - Sunday, September 22 : "Walk, Bike, Carpool, take Public Transportation or Drive your Electric Car to Worship!" In honor of the World Climate Strike, reduce or eliminate your use of fossil fuels that weekend as you go to join your Congregation. Let us know how many people you have participate!

Tuesday, Sept. 24 at 6:30PM: "Drowning in Plastic" A Green Forum on Plastic Pollution. Higganum Congregational Church, Higganum, CT

For more information on these events, go to www.irejn.org. Summer blessings!



All Unitarian Universalist youth entering grades 9-12 (in the Fall 2019) are welcome to attend this conference. 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](mailto: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.