



50 Bloomfield Avenue, Hartford, CT 06105
Tel: (860) 233-9897 • Email: hartforduusociety@gmail.com
Website: 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.
September 23, 2020

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



Image: metro.co.uk

Worship Service
September 27th, 2020, 10:00am
"Covenant and Yom Kippur"
Dianne Daniels, Intern Minister
Rev Cathy Rion Starr, Co-Minister
Laurie Kelliher, Worship Associate
10:00am LIVE Worship - Join us in the [Sanctuary Zoom Room](https://zoom.us/j/93325004012?pwd=bDVWYUp0SzhuQytoVkdFcFN4TjRMQT09) at:
[https://zoom.us/j/93325004012?pwd=bDVWYUp0SzhuQytoVkdFcFN4TjRMQ](https://zoom.us/j/93325004012?pwd=bDVWYUp0SzhuQytoVkdFcFN4TjRMQT09)
[T09](https://zoom.us/j/93325004012?pwd=bDVWYUp0SzhuQytoVkdFcFN4TjRMQT09)
Meeting ID: 933 2500 4012. Passcode: 446296
(Zoom room opens 9:50 am; you will be admitted from the Waiting Room)

when you join)
 or watch the Livestream via our [USH Facebook Page](#)
11:00am - Fellowship Time - LIVE in Zoom immediately following service. Join us and connect with the USH community!
[Fellowship Zoom](#) link.

We continue to support folks in learning how to use Zoom – email Buffie at hartforduusociety@gmail.com if you have trouble getting in so we can get you set up for next time.

Virtual Field Trip

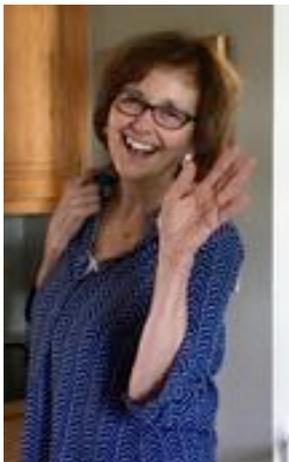
Each week one of the USH Rev's or staff will "host" a virtual Field Trip. This week our Intern Minister, Dianne Daniels will be our host. Please see the link below and join the group. ***Please note: the YOUTUBE video needs about 15 seconds to load so if it says error, just wait and video will begin.***

Event: "It's Not About Love After All" - Rev. Angel Kyodo Williams; [YouTube:](#)
<https://www.youtube.com/watch?v=PztCw49OQ2g>

Date: Wednesday, Sept 23 at 6 pm

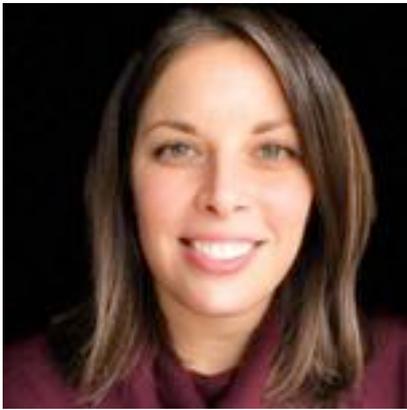
Link: <https://us02web.zoom.us/j/5702169062?pwd=dlo3YWJCMGVqNFdyQzM1RDFFUJlQQT09>

About Our 2020-21 USH Board members!



President, Martha Bradley. Martha enjoyed growing up in Detroit, and attending Northwest UU church in Southfield, Michigan. After graduating from University of Michigan, she worked in Public Relations, taught high school English, Journalism and Social Studies in Michigan, Pennsylvania and Connecticut, and helped to found one of the first charter schools in Connecticut. As a lifelong UU, she has been active in several congregations. Here at USH, she has served on the Board as Chair of the committee on Spiritual Life, the most recent Search Committee, the SGM

Steering Committee and the Ad Hoc Committee on Healthy Relations.



President Elect, Lisa Galinski. Lishas been attending USH since 2014. She has been a Worship Associate for the last several years, was part of the Sabbatical Committee in 2019, and has participated in Green Sanctuary, the 20s/30s Group, Beloved Conversations and supporting the USH community as we transitioned to the virtual world, including hosting Fellowship Hours. Outside of USH, she works at a large company in Hartford as a coach and continuous improvement professional working with leaders and their teams to help improve healthy relations and performance in the workplace. She has been a professional coach for the last 10 years and loves working with individuals to make desired changes in their life and work, and also designs and facilitates transformative learning experiences for groups. She lives in Simsbury with her husband Seth and their three cats, spending lots of time (not with the cats) working on their property and hiking on the nearby Metacomet trails.



Secretary, Sarah McKenzie. Sarah first began attending services at USH in August of 2014 to check out the new ministers (although she had been here as a teen for YRUU conferences). Prior to then, she had been attending the Universalist Church of West Hartford sporadically, since she was in sixth grade (with a long break when she lived in Vermont). Since coming here to USH, she has been involved with the Choir, Meeting House Folk, and a couple of ad hoc committees. Along

with her husband Owen, she is thrilled to have such a warm and supportive community here at USH for their family to be a part of, and appreciates the opportunity to serve the congregation as a member of the Board.

Chair, Spiritual Life, Peter Meny. Peter has been a member of the Society since 1985. He grew up in Hartford and was raised as a Catholic. His professional career was spent in Glastonbury where he worked as a school psychologist for the public schools for 33 years and continues to be a part-time consultant. At USH Peter served in a variety of capacities including Bouncil President, Trustee, and chair of the Stewardship Committee. Presently he is a Worship Associate and member of the Building and Grounds Committee. Peter lives with his wife Deb in West Hartford and their daughter Olivia is an Art teacher in Oregon.



Treasurer, Bob Hewey. Bob's spiritual path led him to the UU congregation in Manchester in 1995. At UUS:E Bob served in several Board positions, including President and Treasurer. When he and his wife Carol moved to Seabury in Bloomfield in 2012, they started sharing time between UUS:E and the USH congregations. Bob Joined USH last year and now supports and has membership in both. Professionally, Bob worked his entire career at The Hartford, mostly in Information Technology, retiring in 1998. He has been a lifelong numismatist and is active in several local, regional and national Coin Clubs.

Council Chair, Administration, Jon Covault. Jon Covault has been a member of UU congregations for past 20 years including in Provincetown, Northampton and Springfield where he served as auditor for 1 year. For the past 8 years he and his husband Michael have attended the Unitarian Society of Hartford. Jon is a long-time transplant to New England from Iowa where he grew up attending Lutheran services. He enjoys spending time in the summer with Mike at their rustic camp in Maine on Moosehead Lake and when at home in Simsbury, time in the garden and walking the Ethel Walker School Trails with Mike and their dog Rocky.



Council Chair, Community Within, Tina Davies. Tina Davies came to USH in 2008; she's identified as a Unitarian for about 30 years now. Here, she's often in the choir, and has served as board Secretary (2011-13) and Chair for Community Within (2014-16). According to Wikipedia, the number "three" has religious or cultural significance in many societies, suggesting wholeness, or completion. Returning to the board for a third term of service, then, feels appropriate and well, complete. Tina is now fully retired, barring unforeseen enticements, and enjoys spending time in nature, playing with fabric, reading, and enjoying the antics of her cats.

Judy Sullivan, Social Justice. Judy moved to CT from MA in 2013 and now lives in West Hartford. She has a BA from Wilkes University and received her RN from Albany Medical Center School of Nursing. She is a past board member for United Way, former state representative for National Patient Advocacy Foundation, lobbying on state and federal levels for healthcare issues, and past board member for PA Oncology Hematology Management Society. She has been a foster child care program volunteer mentor and volunteer for Hospice at Hebrew Healthcare. Judy has five children and eight grandchildren in four states, and one small dog who thinks he is an only child. Judy is currently on the USH Welcoming Team and the Interfaith Refugee Resettlement Committee. She has served as chair of the Council on Social Justice since December 2017 and is now running for another term.



Leaves for the USH Tree
*Buffie forgot to enclose the leaves in the September Ingathering mailing for you all to color and mail back to her (and she is so sad), but they will be in the Spiritual Tool Kits! Please see this [attachment](#) to print off, color or include note, and mail back so that she can add them to the tree. Feel free to email her for a copy as well and she will be sure to reply ASAP as we all know how much Buffie **LOVES** this kind of artistic activity. Thank You~*

USH Member Sue Smolski adding her leaves to the "tree"

USH 2020 Auction – November 15th

With Fall comes USH Auction time. We will have an online silent auction this year followed by a live – zoom auction of select items on Sunday November 15 at 11 am with USH member Bob Hewey as auctioneer. The auction provides great additional opportunities to exchange and interact as well as contribute to our Stewardship fund raising. Hopefully, it will provide a contrast to the many challenges we've faced in 2020 and maybe opportunity for early holiday gift shopping.

Our auction is an important fundraising event for the church and a great way to bring people together. Do you have a special talent, skill, or a unique service to offer? Can you host a dinner?

Your donation(s) of a service, teaching, cooking, guiding, craft/art item, local business gift certificate, guided walk, historical outing, vacation time share – let your imagination loose – are needed in the next few weeks to generate our catalog of auction items to bid on. Clearly some adjustments will be in order this year to allow social distancing and single person or small group activity / service.

We will be using an auction website – www.togetherauction.com/ushartford - that we used in 2018 and developed by First UU of Columbus, Ohio. We have preloaded member/friend's information so that you can easily sign in to the site using your telephone number following the clear directions on the website.

You can enter donated item description or bring forward your description from the 2018

auction if you'd like to start there. **Alternatively you can email us information about items**

you'd like to post on the auction site at auction@ushartford.org and cc our auction chairperson Jon Covault at jncovault@hotmail.com.

ALLIES FOR RACIAL EQUITY COMMUNITY CAUCUS

We invite White Unitarian Universalists to join one of our upcoming virtual caucus sessions in September. These caucuses are intended to nourish anti-racist community; to inspire attendees with a sense of parallel connectedness to DRUUMM (Diverse Revolutionary Unitarian Universalist Multicultural Ministries); and practice flexing race-conscious reflection and analysis for sustainable anti-racist work.

DRUUMM is a Unitarian Universalist People of Color Ministry and anti-racist collective bringing lay and religious professionals together to overcome racism through resistance and transform Unitarian Universalism through our multicultural experiences. ARE's Community Caucuses are being held concurrent with the Fall 2020 DRUUMM Regional BIPOC Caucuses.

Allies for Racial Equity supports Unitarian Universalist faith communities by helping congregations take bold steps to undo white supremacy and plant seeds of justice. This ministry of faith leads participants to spiritual growth and wholeness while honoring our humanity and offering grace and accountability.

Event Registration Pages

[Community Caucus III will be on Saturday, Sept 26th, 3pm ET](#)

Details

- * **Each caucus will last approximately 90 minutes**
- * **Each caucus will have the same format**
- * **Caucuses will be held via Zoom**
- * **You are welcome to attend more than one!**

ZOOM Updates

As ZOOM has previously communicated, starting **September 27th, 2020**, it will be required that **all meetings have a Passcode or Waiting Room enabled**. If you are hosting a meeting using the USH login, contact Buffie this week to obtain

the Host login, or else everyone the meeting will be "stuck" in the waiting room. ZOOM has designed these **new** security measures to give you control over your meeting security options while keeping the join experience as frictionless as possible.

For meetings that do not have either a Passcode or Waiting Room enabled by September 27th, Zoom will enable a Waiting Room for you.

ZOOM has also improved the Waiting Room notifications so the meeting host can now receive a visual and auditory notification that an attendee has entered the Waiting Room.

For more details please see the comprehensive [FAQ document here](#), or call Buffie Pinney at 860-233-9897 for more info.

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.

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



Hello USH Family!!

Please join our DRE for another story

time. <https://www.facebook.com/watch/?v=627589857924776&extid=KWM22UF734OISEpp>

Please also note that RE will begin in October and more information will be available next week.

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.

"CHOMP-N-CHAT"

We are doing something fun and new just because we miss YOU!!

Come join your USH staff members on **Wednesday afternoons from 12:00pm-1:00pm starting on September 9th** for a bit of chit-chat while we *chomp* on our lunches on Wednesday afternoons. Click the [ZOOM link here](#) and use **passcode 949938** to register & enjoy some casual conversations and just plain old "catch up" with one another. Bring your snack and we will **"see"** you there!!

News from the USH Board of Directors

Letter from USH President, Martha Bradley, September 15th, 2020

Dear Friends

Personally, I've never been a fan of the crazy, scary rides at amusement parks. I've always avoided the Hell Coaster and the Death Drop. Lately, though, it seems I haven't had a choice but to get on board. It has certainly has been a crazy ride these last six months! Many certainties, givens and expectations have been vanquished and have yet to be replaced. For most of us, anxiety remains high as we await a vaccine to eliminate Covid-19, and an election that we hope can help alleviate a myriad of other ills that afflict our country and the world. Not being able to get together with family and friends adds to our malaise at a time when community matters more than ever.

The USH community has met many daunting challenges in its 170-year history. I have no doubt that we are resourceful and resilient enough to meet the current challenges as well, and to use what we learn in the process to make our community stronger. It will require each of us answering these two questions; **why is USH important to me, and how can I help to keep it that way?**

Please don't misunderstand. I realize that we can't keep everything as it was and expect to remain relevant in a world that, of necessity, has moved on into a significantly revised version of the future. That will require our collective imagination and willingness to innovate. But we can help to maintain the essence of what originally drew each of us to USH. Maybe it was the compassion and welcome of a caring community, support in our spiritual search, the renewing inspiration drawn from Sunday service, an opportunity to join others in working for a social justice cause near to our heart.

How we do these things may look different going forward, but the reasons behind doing them remain: commitment to our seven principles, the wisdom drawn from our sources, and our need for

one another. When you have your answer to the question of how you can help USH to remain an inspiring and supportive community going forward, don't keep it secret, share with the Board and ministers. We need to know where you see yourself helping, and what time, talents and resources you can bring to the effort. If you're not sure how to help, ask us. There are a variety of tasks large and small that might fit into and enrich your life and that of the USH community. It is definitely going to take all of us, working together through these challenging times, to realize a meaningful future for USH. Take care and be well.

All the best,
Martha Bradley
USH Board President
marthabradley49@yahoo.com

Policy from the USH Board of Directors as of July 15, 2020

For the safety of our members, friends and staff, the USH building and grounds, including the playground, remain closed to all activities ***with the exception of individual and small family group visits to the memorial gardens, and urgently necessary maintenance by members of the Building and Grounds Sub-council or USH Sexton, Kevin Girouard.*** Any other visits to the office or for contactless pickups and drop offs, must be scheduled in advance through our Office Administrator, Buffie Pinney, and our Rentals Manager, Rayla Mattson. In all cases, please observe masking and distancing precautions.

Note:

While we appreciate that not having ready access to the USH building and grounds can be difficult, it is necessary, for everyone's safety, to manage building and grounds use during the Covid-19 pandemic. Checking with Buffie and Rayla before planning a visit helps us to avoid unsafe situations, unnecessary confusion and inequities. Your continued cooperation with this effort is much appreciated.

Thank you for your understanding during this challenging and ever-changing time! USH Board and Ministers

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
Judy Sullivan: 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 USH 2020 Annual Meeting was held on May 17th following the morning service. The Nominating and Leadership Development Committee presented the following slate of candidates to the USH Board of Directors and they were unanimously affirmed at the Annual Meeting. You can view the Annual meeting recording [here](#). Contact Buffie if you need member access info.

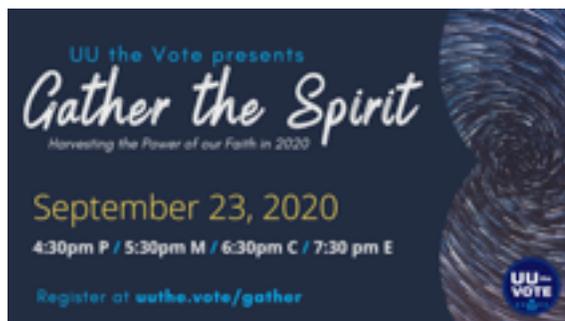
View the 2020 Annual Report [here](#).

~Submitted by - Sarah McKenzie, Secretary

The latest financial reports for **June 2020** have been posted, click [HERE](#) to view.

The Board Meeting minutes for **July 2020** have been posted. To view the USH Directory, Reports, meeting minutes and other church business information online, click [HERE](#). Contact Buffie Pinney at hartfordusociety@gmail.com for the username and password.

Social Justice at USH



Gather the Spirit - Wednesday, 7:30pm

We invite you to Gather the Spirit with us on September 23, 2020. In our last virtual mobilization before Election Day, we are offering an online worship and celebration event. Let's celebrate what

we've accomplished together, highlight the powerful moments, and kick off a week of action so we may reach our goal of connecting with 1 million voters before November 3rd. Featuring UU leaders, musicians, UU the Vote volunteers, and organizers from our partner groups in movement, this event will be joyful, soulful, and heart-full. Let us gather together to be nourished by the abundant, loving spirit of this beloved community. Let us finish this incredible campaign by renewing our commitment to love, justice, and democracy. Join us so we may all Gather the Spirit, September 23rd at 4:30 pm Pacific / 5:30 pm Mountain / 6:30 pm Central / 7:30 pm Eastern.

Register at uuthe.vote/gather and watch live on Facebook <https://www.facebook.com/events/2718488905033447/> or YouTube <https://youtu.be/pF2gWm1M53s>.



This Week's Americans of Conscience Checklist: The AoC Checklist features clear, well-researched actions for Americans who value democracy, equality, voting, and respect. To stay engaged

through challenging times, we practice gratitude, self-care, and celebration. See more info here: <https://americansofconscience.com/09-13-2020/>



I PLEDGE TO

VOTE LOVE

in 2020!

★ ★ ★

Make your plan to vote!

Visit: www.uuthevote.org

I pledge to mobilize the electorate and UUs, understanding that we are unequivocally:

- Pro-Migrant
- Pro-Democracy
- Pro-Equity & Liberation Movements
- Pro-Human & Civil Rights for All
- Pro-Reparations
- Pro-Sustainability

Text VoteLove to 51555 for updates.

Please Confirm Your Voter registration here:

<https://www.usa.gov/confirm-voter-registration#item-214522>

GHIAA News Updates

1. update: <https://cljct.org/ghiaa-update-from-executive-director/>

2. Upcoming assemblies/trainings (all via zoom – links will be sent to those who register prior to the event)

Trainings:

GHIAA Core Team Training:

Thursday, September 10th through Thursday, October 15th (6 Thursdays) from 6:30 pm to 8:30 pm

Trainers: Cori Mackey, Pat Speer, Rev. AJ Johnson

Where: Zoom (link coming)

·To **register** for Core Team Training and/or the Orientation session click here: <https://forms.gle/dvCu8MHR5QAG971N6>

·**Questions about registration?** Email GHIAA organizer Cesar Aleman at caleman@cljct.org

BLACK LIVES MATTER

USH has lawn signs available for a donation of any amount made to USH, or any other organization involved in this work. Please email Virginia de Lima vadelima@yahoo.com to express interest and to arrange for pickup.

Programs for Adults and Families

The Invitation to Change Approach for Families

Speakers include: Kenneth Carpenter, PhD, Julie Jarvis, PhD & Jarell Myers, PhD. This 6 session series focuses on The Invitation to Change Approach® which draw from the most effective strategies found in 3 evidence-based treatments: CRAFT (Community Reinforcement and Family Training), MI (Motivational Interviewing), and ACT (Acceptance and Commitment Therapy). With a skills-oriented, compassionat outlook, this model emphasizes the idea that families can take care of themselves while also staying engaged with and helping their struggling loved ones. All sessions are standalone, you do not need to attend the series in full. See more info

here: <https://womensconsortium.configio.com/search?txt=The%20invitation%20to%20Change%20Approaches%20for%20Families>

Sessions run from 2pm - 4pm

Thu 9/24 - Communication Strategies (Helping with Words)

Tue 9/29 - Helping with Actions



Faith Forward Inquirer Series

Designed for congregational newcomers, visitors and friends interested in becoming more connected to our congregation, this Wednesday evening series will begin on October 14 and run every Wednesday evening, on Zoom, through November 11. Current members are also

invited to attend. There is no fee, but advance registration is

required for each session. Email Carolyn Carlson (carlsoncjc@gmail.com) to sign-up.

Sessions are as follows:

10-14-20 UU History, Principles and Sources, Q & A with Minister
 10-21-20 Worship and the Liturgical Year, Membership 101 and Congregational Life
 10-28-20 Social Justice and Green Sanctuary Sub-Council
 11-4-20 Adult Programs and Being a Caring Community
 11-11-20 Faith Development for Children, Youth and Being a Multigenerational Community and Becoming a member.

The USH Book Club begins its 2020-2021 season next **Thursday, September 10**, discussing Mark Helprin's *Paris in the Present Tense*. The group meets **monthly**, on the **2nd Thursday**, 2:30 – 4:30, via Zoom. All adults in the USH community are welcome. Please contact Ginny Allen at fiddlenurse1@gmail.com if you'd like more information or if you want to join. An email with Zoom link will be sent a day or two before the meeting.

Books chosen for the year are:

OCTOBER 8 – *The Mountains Sing* – Que Mai Phan Nguyen

NOVEMBER 12 – *The Orphan's Train* – Christina Kline

DECEMBER 10 – *Enemy of All Mankind: A True Story of Piracy, Power, and History's first Global Manhunt* – Steven Johnson

JANUARY 14 – *The Devil's Due* – Bonnie MacBird

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

MARCH 11 – *A Peace to End All Peace: The Fall of the Ottoman Empire and the Creation of the Modern Middle East* – David

Fromkin

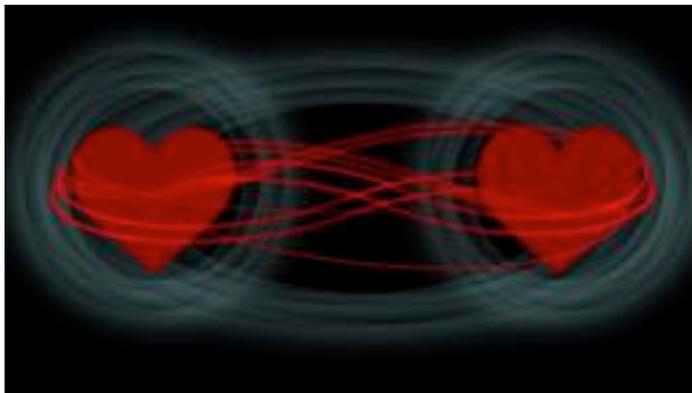
APRIL 8 – *The Gone Dead* – Chanelle Benz

MAY 13 – *The Way of Gratitude: A New Spirituality for Today* – Galen Guengerich

JUNE 10 – *White Fragility and Racism: Why it is hard for White People to talk About Racism* – Robin D'Angelo and Michael Dyson

JULY 8 – *The Bear* – Andrew Krivak

Artist's Way Group: Organizational meeting is Monday, October 19, 6:30 – 8 p.m. via **Zoom**. We will continue to meet in this time slot through fall and winter (except holidays), using Mira Kirschenbaum's book ***The Gift of A Year*** as the basis for our conversation. We focus on living creatively, with the appreciative eye of an artist; creative expression of all types and stripes is celebrated, though not required. If you're interested in joining us, mark your calendar now, and look for contact info here in early September. Contact Tina Davies for more info at [**daviesush@gmail.com**](mailto:daviesush@gmail.com).



Connection Circles

A Connection Circle is a small group who covenant to come together for a series of meetings and provide the opportunity to one another to develop deep and

meaningful connections, safe community to explore and grow spiritually. A typical meeting combines personal check-ins, readings, guiding questions, and individual sharing focused on a

particular theme. Connection Circles typically run for 8 weeks for 2 hours per week. Meetings will be held by Zoom, and Zoom assistance is available if you need help getting set up. If you are interested in joining a Connection Circle, please text Martha Bradley at 860-305-3307 as soon as possible with your name and email/phone number.

Programs:

Caring Network: This year's meeting dates via ZOOM. **2020:** 10/11,11/8,12/13. **2021:** 1/10,2/14,3/14,4/11,5/16,6/13. Meetings will be ZOOM meetings at **12:15pm.**

20's/30's Group: Get together with other 20s and 30s who are social distancing and feeling the need for connection! If you would like to join us for our next online gathering, please email Tara Cote at tcote11@gmail.com.

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.



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](#).

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 revheatherrionstarr@gmail.com. We are all in this together and together we will stay strong.

May we all stay healthy, happy and connected.

Enews/Caring: Take Them A Meal for Rayla

Meals needed for the Mattsons:

Help feed Rayla, Bradshaw, Kennedy, and Sage while Rayla is dealing with chronic pain. Kid-friendly food for growing kiddos is most helpful.

<https://www.TakeThemAMeal.com/NIBG1576>
password 1830

From the USH Caring Network: Please inform the Caring Network of needs, or volunteer your services. If you know of any member experiencing some difficulty, please contact Eve Pech or any member of the Caring Network so we can provide some assistance. A wide range of community services is also available to those in need by calling the Community Info Line at 211.



CommunityNOW: Please see this online calendar compiling what other UU churches and

organizations are doing during this pandemic. Check out some new programs [here](#)!

Social Justice Learning in the Wider Community



Police Transparency And Accountability Task Force Listening Sessions

Hello Everyone,
As promised, I wanted to make you all aware of the upcoming listening sessions for the overall task force. Attached is a flier with all of the pertinent information and I believe the flier is clickable for sign-up as well. Please distribute to anyone you feel appropriate. Please let me know if you have any questions and I will do my best to get

them answered for you. Thank you all. **[CLICK HERE TO REGISTER](#)**

Jonathan Slifka
Executive Assistant Aging and Disability Services
Office of the Commissioner 55 Farmington Avenue, Hartford CT
06105 860.424.4849

**UNIVERSITY OF CONNECTICUT
Center for Excellence in Developmental Disabilities
Welcoming People With Disabilities Discussion Series**

**INCLUSIVE VOICES:
Welcoming People With Disabilities
Discussion Series**

**An Interfaith Conversation on Embracing the
Inclusion of People with Mental Health Challenges**

Featuring Rev. Dr. Sarah Lund

Minister for Disabilities and Mental Health Justice, United Church
of Christ National Office
Author, *Blessed Are the Crazy: Breaking the Silence About Mental
Illness, Family and Church*

Discussion Topics:

Is your faith community meeting the needs of your congregation
and community who are experiencing depression, anxiety and
other mental health diagnoses?

How will the current Covid-19 pandemic impact both those in
your congregation and community with mental health needs and
how will congregations respond to connect, support and create
real communities of belonging for everyone?

What are the barriers to creating communities of belonging that
include people with mental health challenges?

How can we support each other as a faith inclusion network as we
search for creative ways to be more inclusive of those with
mental illness in individual faith communities?

Tuesday, October 6, 2020 – 11:00 AM to 12:30 PM

Via Zoom (link provided once registered)

Register for this Conference

at: <https://www.eventbrite.com/e/118644311329>

***Bring your experiences. Bring your ideas. Bring your questions.
Bring your passion for justice!***

This event will be captioned.

To arrange other assistance to participate contact:
Candace Low at candace.low2@gmail.com or 203.306.6091



REGISTER TODAY

2020 Candidates' Forum on Disability Issues:

A non-partisan forum with candidates (or their surrogates) running for President of the United States and United States Congress. Candidates will answer questions from Diane Smith on disability topics that include employment, transportation, housing, health care and other related issues.

Wed. October 7, 2020, 4:00-6:00 p.m.

Pre-registration is required:

https://us02web.zoom.us/webinar/register/WN_3fT3dK1Pqpa1S7Wy2IKYwA

Diane Smith, Moderator

A New York Times bestselling author, Emmy award winning journalist, documentary producer and speaker, Diane Smith is a media veteran. Diane has been on the air in CT for over 25 years and teaches Communication at the University of New Haven.

Major Sponsors:

§ CT Cross-Disability Lifespan Alliance

§ CT State Independent Living Council

§ Disability Rights Connecticut

§ University of Connecticut Center for Excellence in
Developmental Disabilities

For more information or to become a forum sponsor, please
contact:

Melissa.Marshall@snet.net

Church Business News

Collegial Request from Rev. Tony Lorenzen:

Hello Dear Colleagues,

The Mattatuck UU Society in Woodbury, CT is looking for a part-time religious educator to help coordinate our efforts. If you know anyone who might be interested, please pass this along. If you are able to post it or include in any congregational communications, I'd be deeply grateful. See info **below**.

In Faith,

Rev Tony

Minister, The Unitarian Universalist Church in Meriden

and The Mattatuck Unitarian Universalist Society

cell: 508-344-3668

revtonyuu@gmail.com

Twitter @revtonyuu

Facebook facebook.com/RevTony

Website: <http://revtonyuu.com>

JOB LISTING: Part-Time Religious Educator

The Mattatuck Unitarian Universalist Society (MUUS) is seeking to hire a LIFESPAN FAITH DEVELOPMENT COORDINATOR (LFDC) for a quarter time position (10 hours per week). MUUS is a relatively small congregation located in Woodbury CT.

The position requires working in collaboration with the Minister, other staff and the Lifespan Faith Development Team. The LFDC will work with our volunteer and staff leaders to support our

evolving vision and framework for a vibrant lifespan faith development program for all ages.

- Strong communication, leadership, organization and administrative skills are required.
- Programs in the near term are expected to be held online, and will require proficiency with Google Suite, MS Office Suite, Zoom, Website Content Management Systems (such as WordPress), Social Media (YouTube, Facebook, Twitter, Instagram, etc.), and basic visual and video editing programs;
- Trained/experienced educator, education administrator, or volunteer manager in related field preferred;
- Knowledge of and enthusiasm for Unitarian Universalism, including its education philosophy preferred.

We offer compensation that meets fair compensation guidelines of the Unitarian Universalist Association.

To apply: Submit Resume to re@muusct.org

For More information contact Rev. Tony Lorenzen at 508-344-3668



Online Donations:

After some FAQ's regarding our online donations (via our website) I did some digging and was informed that the online donating is a 2-step process requiring members to input their credit card

information twice, once on our **USH** website and then again on **PayPal**. Pay Pal is the site that actually processes the transaction, and the office (Buffie) receives notifications when a donation is received. Please contact **Buffie Pinney** with any questions or concerns at [**hartforduusociety@gmail.com**](mailto:hartforduusociety@gmail.com) or **860-233-9897**.

As a reminder, the Meeting House is closed for all "in-person" gatherings for now, and we ask your help in strengthening our connections during this time. Call someone in the congregation! Organize a Zoom hangout or Connection Circle! Keep telling us your good news – new babies and such, and challenges you wish

to share in worship or simply hold in confidential prayer and love.

Moving Events Online:

We are updating our online calendar with events that are moving to an online format during this time when all in-person gatherings are cancelled. If you are an event organizer, please let Buffie know if you would like to move your program online into our USH Zoom Room (and if you need help learning to use Zoom).

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.



USH Choral Program Update

Director of Music Ministries Sam Moffett has been working on plans to bring back the choral program at USH through technological innovations. During the quarantine, Sam has been

learning more about audio and video editing, and finished a project with the USH Choral Scholars that was recently featured in worship.

Sam plans to continue these projects when the Fall season comes around, and is hoping to start expanding it to include the full USH Choir as well.



NO PHISHING
Don't take the bait!

Email Phishing Scam Update From the UCC Pension Boards

Exploiting the Coronavirus: Massive Excel Phishing Attack.

Microsoft has reported a massive phishing campaign that uses an Excel attachment as bait. The phishing email looks like it is from the Coronavirus Research Center of John Hopkins University—a well-known medical organization in the US. The email includes an Excel attachment that is disguised as an updated list of Coronavirus-related deaths, but the file actually contains a hidden piece of malware.

If you open the infected Excel file and click "Enable Content"

when prompted, a program called Net Support Manager will be automatically installed on to your computer. This program is a tool that allows someone to access your computer remotely. Cybercriminals are using Net Support Manager to gain complete control over a victim's system; allowing them to steal sensitive data, install more malicious software, and even use the machine for criminal activities. Don't be a victim!

Here are some ways to protect yourself from this scam:

Think before you click! The bad guys know that you want to stay up-to-date on the latest COVID-19 data so they use this as bait. They're trying to trick you into impulsively clicking and downloading their malware.

Remember to use the PHISH ALERT BUTTON.

Never download an attachment from an email that you weren't expecting. Even if the sender appears to be a legitimate organization, the email address could be spoofed. Always go to the source. Any time you receive an email that claims to have updated COVID-19 data, use your browser to visit the official website instead of opening an attachment or clicking a link.

Also, if you ever receive a suspicious email or text using US Hartford, USH, or the name of a staff member, please alert Buffie at hartforduusociety@gmail.com. You can find the correct emails for USH Staff, Members and Friends, in our Congregational Directory on the Members page of our website: www.ushartford.com.

Meeting House Presents!



**2019-2020
Season**



50 Bloomfield Avenue, Hartford, CT 06105 -The intersection of Routes 44 & 189

Save These Dates - Coming Up:

Meeting House Presents is closed for the safety of our performers and audience until further notice. We hope to reschedule all of the cancelled 2020 concerts for 2021. Many performers host virtual concerts. Consider supporting live music by watching the online shows or buying CDs and downloads.

Thank you, Laura and Paul Cipriano

Meeting House Presents, Unitarian Society of Hartford, CT

<http://www.ushartford.com/nourishing-spirit/music/meetinghousepresents/>

We hope that you will join us then! Stay Healthy and Safe!

As most of you know, we had to cancel the last two shows of the 2019-20 season and the fall 2020 shows. We have not heard any news about reopening the Meetinghouse, but we hope sometime in 2021 we will be able to reschedule the wonderful shows we had lined up in spring, fall, and winter of 2020. We miss seeing all of you and we hope we will see you soon at live MHP concerts.

In the meantime, live concerts are happening online. We will post news about shows, especially performers who have played or were scheduled to play at MHP. We will try to send no more than one or two email blasts a month.

This month:

1. Jack Williams www.jackwilliamsmusic.com did the first ever Meeting House Presents concert back in May of 2017. Jack is a talented, versatile performer of his own original music, as well as a master of pop and jazz standards you will recognize. Jack is also a wonderful guitar player and he will amaze you with his ability to play many different styles of music. Please support live music by attending and donating if you can!

Jack Williams is planning a NE ZOOM CONCERT on Wednesday, September 23 at 7 pm Eastern time. Thank you for supporting Jack Williams' music! This is a free concert, with donations gratefully accepted. If you are struggling through this time, please don't feel pressured to donate – your friendship and support are all we need. If you are able and would like to help out financially, here are some options for donating

1. PayPal - <https://www.paypal.me/jackwilliamsmusic> If that link doesn't work for you, go to your account at paypal.com and send

your donation to jack@jackwilliamsmusic.com. Anytime before, during or after the concert.

2. Send a check to Jack Williams, PO Box 846, West Fork AR 72774. Anytime before, during or after the concert.

3. Credit card over the phone – call Judy at 479-761-0001 before or after the show, not during.

This will be a solo concert, hosted by several of the venues who have previously hosted Jack: Gene & Jan Stamell, Stamell Stringed Instruments (Matt Stamell), Lakeview House Concerts (Barry Kasindorf), Music By The Bay House Concerts (Gary Martin), Linden Tree Coffeehouse (Liz Freeman) and Shoestring Songwriter Sessions (Chris Lavancher).

This is a FREE concert (with donations gratefully accepted), but pre-registration is required for the Zoom call (the registration link is below). Right after you register, you will be redirected to a page with the call info AND you will get an email with the same info.

Registration

link: <https://us02web.zoom.us/j/72512420000>

You can register any time between now and the end of the concert.

2. Vance Gilbert. Link:

<https://vancegilbert.com/calendar/event/3449>

Monday, September 21, 2020 at 7:30 PM

Vance'sMondayNightAcousticPajamaParty#27 No Agenda Thing at your house

3. Susan Werner, Flyover Country.

SUSIE ON SUNDAY! [FACEBOOK LIVE](#). Every Sunday eve 7 PM EDT starting March 15, 2020

Susan's newest studio recording (release date Sept 27, 2020) features 10 Werner originals in a nod to the songforms and sounds of Americana and Country. Features lapsteel wizard Mike "Slomo" Brenner, pedal steel master Jim Cohen, a co-write with John Gorka (Wine Bottles) and Susan's signature lyrical poetry and wit. Link: <http://susanwerner.com/flyover-country/?fbclid=IwAR2o1i->

[S6MDsQvzAbZz0SS_mu6GAGEGwn35xWcOCmzbdgKNHVSSY-YoM308](https://www.youtube.com/watch?v=S6MDsQvzAbZz0SS_mu6GAGEGwn35xWcOCmzbdgKNHVSSY-YoM308)

4. Maine Fiddle Camp Maestro Bistro #6 (recorded live last Saturday and available for viewing)

Join us for our 6th Maestro Bistro Plus, featuring Pascal Gemme, Liz & Dan Faiella and Mckinley James (with Anna Patton. Hosted as always by Neil Pearlman and Doug Protsik!

Donate to MFC to support these programs: [paypal.me/mainefiddlecamp](https://www.paypal.com/donate/?url=https://www.facebook.com/mainefiddlecamp)
<https://www.facebook.com/mainefiddlecamp/videos/634051007505493/>
<https://www.facebook.com/mainefiddlecamp/>

5. Facebook links and webpages

<https://www.facebook.com/seanheelyfiddle/> Seán Heely

<https://www.seanheely.com/>

<https://scottcook.net/tour> Scott Cook

<https://www.facebook.com/scottcooksongs/>

<https://www.abbiegardner.com/> Abbie Gardner

03 Oct Abbie Gardner PATREON Livestream @ 3:00 PM EDT

<https://www.patreon.com/abbiegardner>

Click [HERE](#) for more info or e-mail us
 at MeetingHousePresents@gmail.com

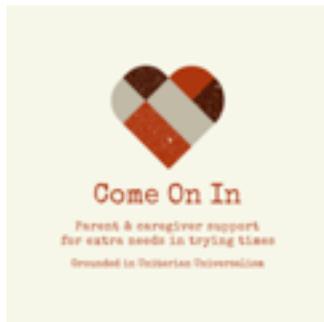
- Phone Laura and Paul Cipriano at (860) 298-9984.
- Check our web page or subscribe to our email list for notification if shows are sold out or rescheduled: www.ushartford.com/nourishing-spirit/music/meetinghousepresents/

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@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.

News in the Larger Community



Come On In support group

Providing care for loved ones who have extra needs** can be an isolating experience in the best of times. And these are not the best of times. This group aims to lessen the isolation that caregivers of folks with extra needs experience, particularly during this pandemic time.

It is so easy to feel alone amidst friends & acquaintances whose charges have more typical needs & challenges. We each approach our situation in our own unique way; having the support & understanding of others who travel similar paths can bring much needed comfort and connection and can help relieve some of the stress you may feel.

My hope is to offer, within a UU context:

- An opportunity to care for yourself and receive some of the support you need.
- A chance to meet other caregivers
- A way to give & receive informal, structured support.
- A space that holds our complex emotions & experiences in confidence & respect.
- A group with clear guidelines & ground rules.
- Support and a chance to talk about how you're coping with the tougher aspects, if you want to. Anxiety, shame, sadness, guilt, fear & other challenging emotions arise for so many of us.

**As defined by you: If you wonder whether or not your loved one fits into that category, they probably do; if you wonder whether you're a 'caregiver,' you probably are.

LOGISTICS

- The group meets on zoom the 1st & 3rd Saturdays of the month, 9:30 - 10:40 a.m. EDT/EST.

- It's not a problem if you can only attend part of a session, or if you need to duck out to tend to your loved one, or if you're interrupted; this is the nature of our caregiving.
- Email uusupport@icloud.com for zoom link, questions & further guidelines.

Bio: Li Kynvi brings both personal & professional interest & experience to this support group. Li is working on their MDiv at the UU identity school Starr King School for the Ministry and is currently a Candidate for UU Ministry. They have also worked as a music therapist & licensed mental health counselor for 23 years. Li is the parent of two: a 16 year-old son who is delightful, musical, relational, non-verbal, blind, 4-5 months old developmentally, and does not sit or stand independently; and a 22 year-old daughter who also has a complex story. Li identifies as gender non-binary, uses they/them pronouns, and lives in Massachusetts.

Our sessions from now to the end of the year will be:

Oct. 3

Oct. 17

Nov. 7

Nov. 21

Dec. 5

Dec. 19

<https://us02web.zoom.us/j/6291627339>

Meeting ID: 629 162 7339

Mobile: +13017158592,,6291627339



Paper Grocery Bags needed!

Hartford Mutual Aid is collaborating with a Faith Based Alliance for Community Support with our sister churches in the North End: Urban Hope, St. Monica's, and Greater Refuge, to provide breakfast and groceries to families in need. They need lots and lots of paper grocery bags! Please drop yours off at USH (there's a bin at the front entrance) or at the Revs'

home this week.

They are also looking for volunteers to help with food distribution (with strict safety protocols and PPE provided) - sign up at www.mutualaidhartford.com.

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/>).

COVID-19 Y Gente de Color

¿Tiene preguntas sobre COVID-19?
Visítalo: 211ct.org
Llámallo: 211
Textéalo: CTCOVID al 898211

Se siente mal? Llame a su médico de atención primaria: se necesita un referido para la prueba

Si no tiene un médico de atención primaria llame al 211



Lo que deberías saber:
COVID-19 está afectando a la Gente de Color (GC) a tasas más altas. La GC son más probables de contraer COVID-19, y de morir a causa de complicaciones de COVID-19.

¿Qué es COVID-19?
COVID-19 es una enfermedad respiratoria que puede transmitirse de persona a persona. Es causada por un nuevo tipo de coronavirus.

¿Qué nos pone a mayor riesgo?
La Gente de Color son más propensas a:

- Ser empleados en posiciones esenciales de alto riesgo, como en cuidado médico, en hogares de ancianos, en ferias, o en mercados
- Vivir en comunidades superpobladas con estándares más bajos de aire y agua
- Paliar de condiciones preexistentes como la diabetes, enfermedades cardíacas, o asma—condiciones preexistentes o empeoradas por el racismo sistémico
- No tener acceso a comida saludable y asequible
- Enfrentar barreras a atención médica de alta calidad
- No tener acceso a las pruebas de COVID-19

¿Qué puede hacer ahora para mantenerse saludable?

- Quédese en casa, siempre que sea posible
- No reunirse con nadie fuera de las personas que viven con usted
- Use una máscara cada vez que salga; es un requisito legal durante la crisis
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos
- Coma más alimentos que fortalicen su sistema inmunológico, como frutas y vegetales

¿Qué puede hacer siguiendo adelante?
 Póngase en contacto con organizaciones locales que trabajen por causas que afectan a la GC: racismo, injusticia ambiental, acceso a cuidado médico, derechos de inmigración, problemas económicos, y acceso a comidas saludables.

¡Comparte lo que sabes sobre el crisis de COVID-19 con los demás!

¿Cómo se transmite COVID-19?

- A través de gotas producidas cuando una persona infectada tose o estornuda
- Al tocar una superficie que tiene el virus y luego tocar la boca, la nariz o los ojos
- **Las personas que no tienen síntomas pueden transmitir COVID-19**

¿Quién puede contraer COVID-19?
 ¡Cualquier persona! Gente de todas edades, razas y etnias pueden contraer COVID-19. Incluso las personas sanas pueden contraer COVID-19 y sufrir complicaciones graves.

¿Cuáles son los síntomas de COVID-19?
 Los síntomas pueden ser leves o suficientemente graves como para requerir hospitalización. Pueden incluir:

- Fiebre
- Tos
- Dificultad para respirar

Es más probable que tenga síntomas graves, o que muera, si usted:

- Es mayor de 65 años
- Está embarazada
- Tiene condiciones de salud crónicas como diabetes, enfermedades cardíacas, alta presión o asma.

Llame al 911 si tiene síntomas que señalan una emergencia

Señales de emergencia incluyen, pero no se limitan a:

- Dificultad para respirar
- Dolor o presión en el pecho que no mejora

¿Cuáles son otras formas de evitar contraer COVID-19?

- Manténgase al menos 6 pies de distancia de otros, si no puede quedarse en casa
- Evite tocar los ojos, la nariz, y la boca.
- Frecuentemente limpie y desinfecte superficies tocadas diariamente (pomos de las puertas, apagadores de luz, faves de baño, teclados, teléfonos)
- Use desinfectante para manos con al menos 60% de alcohol, si no puede lavarse las manos
- Haga su propia máscara. Para obtener instrucciones sobre cómo hacer una máscara sin costura, visite: bit.ly/COVIDfacem
- Lave su máscara de tela regularmente

¿Qué haces si se siente mal?
 Llame a su médico de atención primaria; si una prueba se requiere, necesite un referido del doctor para obtenerla. Si no tiene un médico de atención primaria, llame al 211.

- Quédese en casa y lejos de otras personas con las que vive, si es posible
- Practique las estrategias de prevención mencionadas anteriormente
- Tose y estornuda en un papel higiénico o en su codo

Manténgase al día con las guías del CDC, visite: bit.ly/CDCbug



COVID-19 and People of Color

People of color get - and die from - COVID-19 at higher rates than whites.
Protect yourself!

Have COVID-19 questions? Visit: 211CT.org

Call: 211

Text: CTCOVID to 898211

Do you feel sick? Call your Primary Care Doctor—you need their referral for testing, if appropriate

If you don't have a Primary Care Doctor, call 211



Share what you know about the COVID-19 crisis with others!

What you should know:
 COVID-19 is affecting People of Color (POC) at higher rates. POC are more likely to get COVID-19 and to die from COVID-19 complications.

What is COVID-19?
 COVID-19 is a respiratory illness that can spread from person to person. It is caused by a new type of coronavirus.

Why are POC at higher risk?
 People of Color are more likely to:

- Work in high risk essential jobs (healthcare, nursing homes, retail, grocery stores)
- Live in crowded communities with lower air and water standards
- Have higher rates of pre-existing conditions like diabetes, heart disease and asthma caused by or made worse by systemic racism
- Lack access to affordable, healthy food
- Face barriers in accessing quality healthcare
- Lack access to COVID-19 testing

What can I do right now to stay safe?

- Stay home, whenever possible
- Not gather with anyone outside of the people you live with
- Wear a mask whenever you go out - It's legally required during the crisis
- Wash your hands with soap and water often and for at least 20 seconds
- Eat more foods that boost your immune system, like fruits and vegetables

What can I do moving forward?
 Reach out to local organizations that work on issues affecting POC: racism, environmental justice, access to healthcare, immigration rights, economic issues, and access to healthy foods.

Stay up-to-date with CDC guidelines by visiting: bit.ly/CDCbug

How is COVID-19 spread?

- Through droplets produced when an infected person coughs or sneezes
- By touching a surface that has the virus on it and then touching your mouth, nose, or eyes
- **People who have no symptoms can spread COVID-19**

What can get COVID-19?
 Anyone! People of all ages, races, and ethnicities can get COVID-19. Even healthy people can get COVID-19 and have serious complications.

What are COVID-19 symptoms?
 Symptoms may be mild or severe enough to require hospitalization. They may include:

- Fever
- Cough
- Shortness of breath

You may be more likely to have severe symptoms, including death, if you:

- Are over 65 years old
- Are pregnant
- Have chronic health conditions such as diabetes, heart disease, high blood pressure, or asthma

Emergency warning signs include, but are not limited to:

- Trouble breathing
- Pain or pressure in the chest that does not go away
- New confusion or inability to wake

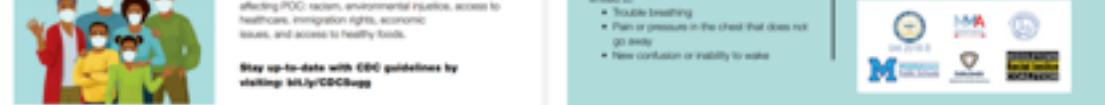
Call 911 if you are experiencing emergency warning signs

What are other ways to prevent getting COVID-19?

- Stay at least 6 feet away from other people if you can't stay home
- Avoid touching your eyes, nose, mouth
- Frequently clean and disinfect touched surfaces daily (doorknobs, light switches, faucets, keyboards, phones)
- Use hand sanitizer with at least 60% alcohol if you can't wash your hands
- Make your own mask. For instructions for making a no-sew mask, visit: bit.ly/COVIDfacem
- Wash your cloth mask regularly

What do you do if you feel sick?
 Call your primary care doctor - you need their referral for testing, if appropriate. If you don't have a primary care doctor, call 211.

- Stay home and away from other people you are living with, if possible
- Practice the prevention strategies above
- Cough and sneeze into a tissue or your elbow



UPDATE:

Water, gas, and electricity service to residential homes will not be shut-off, regardless of payment status, until the end of the public health emergency.



Visit CT.gov/coronavirus for up-to-date information from all state agencies



Image: www.chabbad.org