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**Website: [www.ushartford.com](http://www.ushartford.com)**  
**Office Administrator's Hours (adjusted for COVID-19): Tuesdays,**  
**Wednesdays, Fridays and Saturdays, 9:00am to 1:00pm, or**  
**email/call for an appointment.**  
**FEBRUARY 10, 2021**

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



**Image: [michelleomara.com](http://michelleomara.com)**

**February 14th, 2021, 10:00am**

**"Share the Love Sundays (Yes, two!)"**  
**Rev. Cathy Rion Starr, Co-Minister**  
**Rayla D. Mattson, DRE**  
**Sam Moffett, DMM**  
**Laurie Kelliher, Worship Associate**  
**Buffie, Coffee Hour Host**

**This year, we are sharing love and siding with love in two parts:**

**Part I with Rev. Cathy: 2/14/21**

Love is central to Unitarian Universalism, but sometimes we let it be reduced to words on a Valentine's Day Card. This morning, we'll go beyond the Hallmark version of love to honor and rekindle our connection with the big kind of love that holds us all. Come and be reminded that YOU are loved while we share our love with one another across our screens. **You won't want to miss the Big Reveal of this year's Courageous Love Award. (Hint: you'll hear more about grocery bags!)**

**Part II with the national Side with Love team: 2/21/21**

This Side With Love [Sunday worship](#) service lifts up those themes: Living our values, Hospitality & inclusion, Educating for Liberation, and Restoration and Reparations. What if to "side with love" meant making bold, faith-full choices? What if it were even a little bit scary? This worship service brings together worship leaders and musicians from across the country to offer hopeful, moving, challenging reminders about what we, as Unitarian Universalists, are called to do, and BE, in the world.

**10:00am Worship Service - Join us [HERE](#)  
Meeting ID: 952 8306 7113  
Passcode: 014277**

**The Zoom Room "opens" at 9:50am with music and a brief slide show; you will be admitted from the Waiting Room when you join. Please watch the recording later on our [USH webpage](#), [Facebook Page](#) or [USH Vimeo library](#)**

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

**New Year Updates**

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

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

- **Chomp and Chat:** we are shifting this from weekly to monthly. Join ministers and staff on the **LAST Wednesday of each month 12:00pm-1:00pm** for a bit of chit-chat while we chomp on our lunches on Wednesday afternoons. Next one: **Wednesday, February 24th** with Rev. Cathy. Click [HERE](#) to register & enjoy some casual conversations and just plain old "catch up" with one another. Bring your snack and we will "see" you there!!

**...and lots more elsewhere in this enews!**

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

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

**Hello USH Family!!  
Join our DRE for this week's story.**

**Please join our DRE for this week's story. [\(20+\) Unitarian Society of Hartford | Facebook](#)**

**Prek-2nd graders should have received their postcards by now. Please let me know if you didn't get yours.**

**Class this week for our 3rd-8th graders will be meeting on Friday at 6:00pm.**

<https://zoom.us/j/95867398885?pwd=dnF2LzNYV2lHTzlkamNNL2phMzlhcz09>

**Our Dungeons and Dragons group will meet at 7:00pm on Friday**

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

**ALSO:**

**Please join us for an all ages Game Night. Feb, 26, 20201**

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

**Be well, Rayla**

**Rayla D. Mattson, Director of Religious Education**

**860-233-9897 ext. 104 | dre@ushartford.com**

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

## **Programs for Adults and Families**

### **Adult Programs:**

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

**The USH Book Club:** Meets **monthly**, on the **2nd Thursday**, 2:30 – 4:30 pm, via Zoom. All adults in the USH community are welcome. Please contact Ginny Allen at [\*\*fiddlenurse1@gmail.com\*\*](mailto:fiddlenurse1@gmail.com) if you'd like more information or if you want to join. An email with Zoom link will be sent a day or two before the meeting.

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

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

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

**20's/30's Group: Friday, Feb 12 at 7 pm - "Self Love in Isolation"**

Coming up on a year in isolation, in what ways have you grown and learned to show your self love? What strategies have you employed and difficulties have you encountered? Let's talk and share love and ideas in this snowy time apart. Come hang out and enjoy an evening of virtual connection and conversation. Friends, visitors and newcomers are welcome. Please see the Zoom link below. Hope to see you there! If you would like to join, please email Tara Cote at [tcote11@gmail.com](mailto: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](mailto:b37bryan@gmail.com).

## Church Community & Business News

### Listening Sessions Update

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

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

We hosted eight dedicated groups, plus a few off-the-cuff encounters which lent themselves to the format. More than 60 individuals participated. The exact figure is still a bit sketchy since a number of folks came to multiple sessions, but even after sorting through duplicates, the count of "unique" participants tops

that '60' figure. I sat in, taking notes, on most of the groups; it was wonderful to see you all.

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

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

While we grieve and honor our losses, we also recognize our resilience. Some themes stood out immediately... no big surprises here, but it's always good to have your surmises validated:

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

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

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

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

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

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

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

Stay warm and stay safe,  
Tina

A Message from the Caring Network

Roll Up Your Sleeves!!

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

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

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

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

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

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

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

This pandemic could have been slowed by careful management, but it was not. We are now looking forward to reducing and/or exterminating this disease, perhaps as we have done with Smallpox, or at least reduce COVID to the status of Polio, Measles or Chicken Pox. To get close to this objective, we need a very high percentage of immunized folks in our "herd." That means probably at least seven or eight of every ten people immunized. If

successful, that means a greatly diminished ability of the disease to sustain itself by finding new people to infect. This would be good for society in general not to mention shortening the time before we can once more enjoy personal contacts during coffee hour following in person Sunday services.

Please do get immunized without hesitation!

Responsible leaders and media urge you to do so based on scientific studies and facts. These are the folks practicing the scientific methods that invented antibiotics, perfected immunizations that controlled a long list of diseases, and generally have made our current civilization safer for its participants than ever before.

Further, urge and gently reason with others who may fear immunization. As a society, we need to cooperate with one another bringing about a better world.

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

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

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

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

If you find yourself unusually worn down by worry, nervousness or loneliness during this pandemic, your ministers have assembled a small team of counseling professionals. They have volunteered to offer free, supportive, confidential, one-on-one phone calls. If a phone session or two would feel helpful to you, please do not hesitate to contact either Rev Cathy at [revcathyrionstarr@gmail.com](mailto:revcathyrionstarr@gmail.com) or Rev Heather at [revheatherrionstarr@gmail.com](mailto:revheatherrionstarr@gmail.com). We are all in this together and together we will stay strong.

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

### **News from the USH Board of Directors**

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

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

#### **Board News**

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

It is with great sadness that the Board received the news of Lisa's decision to resign her position as President Elect of USH. In the over seven years that Lisa has been a member of USH, she has contributed to the Society as a Worship Associate, member of the Sabbatical Committee, Co-chair of the Ad Hoc Covid Advisory team, host of virtual coffee hours, and was instrumental in getting USH online when the pandemic caused the closure of the Meeting House. As President Elect, she helped to organize the post-election meeting and the listening sessions. The Board joins me in thanking her for her outstanding service. It has been a

pleasure working more closely with Lisa and getting to know her better over the past six months. We wish her all the best as she turns her focus in other directions. Please see her note below~  
Martha Bradley



**Dear USH Community,**

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

Worship Associate, and to be connected with you in other ways.

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

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

**All my best, Lisa**

**Your 2020-2021 USH Board**

**Martha Bradley: President**

**TBD: President-Elect**

**Bob Hewey: Treasurer**

**Sarah Harmon McKenzie: Secretary**

**Peter Meny: Spiritual Life Council Chair**

**Jon Covault: Administration Council Chair**

**Dana Donovan: Social Justice Council Chair**

**Tina Davies: Community Within Council Chair**

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

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

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

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

## Social Justice at USH

Please stay tuned for more Social Justice info~

## News in the Larger Community



**13th Annual  
Connecticut  
Darwin Day  
Celebration 7:00 PM  
EST, February 19,  
2021 -  
[darwindayct.org](http://darwindayct.org)  
Register:**

<http://bit.ly/DarwinDayCT2021>

The Nature of Reproducing Nature: From Drawing to Naming to Mimicry – James Prosek

How are we to understand the evolution of artistic expression and language? What is communicated in the reproduction of the natural world?

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

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

His 2021 exhibition at Yale University Art Gallery titled Art,

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

**AIM Alert: Accessibility and Inclusion Ministry Resources from EqUUal**

We want to bring to your attention these resources and connections now regularly available for Unitarian Universalists who self-identify as living with disability. If you are a person with a disability, you can go to the EA website to find the weekly theme and the active links to join all connections by Zoom: **<http://www.equualaccess.org/connect-online/>**

- **Tuesdays @ 3:00 pm** Eastern Time: Theme Chat (with an EqUUal Access facilitator)
- **Thursdays @ 8:00 pm** Eastern Time: Oasis (worship service/spiritual gathering by/for disabled UUs led by EqUUal Access volunteers, ministers, seminarians)
- **Fridays @ 1:00 pm** Eastern Time: Craft & Chat (bring your latest craft project/idea and join in relaxed conversation-- with an EqUUal Access facilitator)
- Individual Pastoral Conversation with a UU minister (by appointment)

Pastoral Conversation appointments are available with Rev. Helen McFadyen or Rev. Barbara Meyers. Please email [hmcfadyen@uuma.org](mailto:hmcfadyen@uuma.org) or [bfbkmeyers@gmail.com](mailto:bfbkmeyers@gmail.com) to arrange a private Zoom or telephone call.

Thank You,  
Shelly & Helen (AIM Administrative Director Duo)  
AIM Alert by Rev. Helen McFadyen, Administrative Director



**CommunityNOW:**

Please see this online calendar compiling what other UU churches and

organizations are doing during this pandemic. Check out some new programs **here!**

**COVID-19 Hartford Community Resources**

**A way for Hartford residents to connect with Hartford resources and beyond...**

For City of Hartford updates go to: <http://www.hartford.gov> and follow <https://www.facebook.com/Hartford311/>. See full article **here.**

~Provided by USH member, Wildaliz Bermudez (**<https://wizandjosh.org/>**).

**Resources for the food insecure and places to give:**

These are tough times for many folks already living paycheck-to-paycheck and/or food insecure. If this is you, please reach out to the Revs so we can mobilize some financial and/or food support for you. Here are a few community resources for food in particular:

- Bloomfield food for kids: Carmen Arace Middle School food pick-up: Breakfast 8:00-9:00am and lunch 12:00-1:00pm. It's a drop-in pick-up only.
- West Hartford Meals for kids and adults: <https://www.smores.com/jxwvz>
- Hartford meals for kids: <https://ct-kids.org/>
- Foodshare has mobile sites for food pick up. Click here for more info: <http://site.foodshare.org/site/PageServer?pagename=coronavirus>

**Foodshare** welcomes your financial contributions and is in need of volunteers especially right now. They have extra safety precautions in place. If you are not already high risk, please consider signing up. The Universalist Church of West Hartford is

working to keep their pantry functioning and could use volunteers who are not in the high risk categories (underlying pulmonary/cardiac/immune issues or diabetes...and/or 50+ years old). Call Jacob Lee, their food ministry coordinator, at 860-233-3669 x109 if you are interested in helping through the coming weeks and months. See more here: <https://www.feedingamerica.org/research/coronavirus-hunger-research>

**For questions about Coronavirus in CT, call 211 to talk to a person 24-hours a day, 7 days a week. The hotline is for general questions about COVID-19. If you're experiencing symptoms, contact your medical provider.**



Please contact our Office Administrator, Buffie Pinney, with any administrative questions or concerns. Buffie is working on Tuesdays, Wednesdays, Fridays, Saturdays & Sundays from 9am-2pm. While the church remains closed, please email at her at [\*\*hartforduusociety@gmail.com\*\*](mailto:hartforduusociety@gmail.com).

**Buffie's always happy to hear from you!**

**More In This Week's Enews:**

[RE News You Can Use](#)

[News from the USH Board of Directors](#)

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[Church Business News](#)

[Programs for Adults and Families](#)

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[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/](http://www.ushartford.com/events/) To submit a Calendar Request (also for an online USH Zoom Room gathering) click [HERE](#).**

**To read the USH Blog click [HERE](#).**

**E-News Contributors please take note: The deadline for USH E-News submissions is *Tuesday at 12 Noon*. Please include the dates that your submission should be included in the 'Subject' field.**

**USH Staff:**

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

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Rev. Heather Rion Starr, Co-Minister  
[revheatherionstarr@gmail.com](mailto:revheatherionstarr@gmail.com) | 860-233-9897 ext. 103

Dianne Daniels, Intern Minister (half time, through December 2021, & not in July or August)  
[USHInternDD@gmail.com](mailto:USHInternDD@gmail.com) | 860-233-9897 ext. 109

Rayla D. Mattson, Director of Religious Education and Rentals Manager  
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*The deadline for USH-Enews submissions is **Tuesday at 12 Noon.**  
Email to: hartforduusociety@gmail.com  
Please note in the subject line "USH-Enews." Thank you for your submission!*

**Peace – as we come to the close of the USH-Enews week.  
Be kind to others – and to yourself.**

**Our Unitarian Universalist Principles:** The member congregations of the Unitarian Universalist Association covenant to affirm and promote: the inherent worth and dignity of every person; justice, equity, and compassion in human relations; acceptance of one another and encouragement to spiritual growth in our congregations; a free and responsible search for truth and meaning; the right of conscience and the use of the democratic process, within our congregations and in society at large; the goal of world community with peace, liberty, and justice for all; respect for the interdependent web of all existence, of which we are a part. Consider the proposed 8th Principle as well! <https://www.8thprincipleuu.org/>.