



50 Bloomfield Avenue, Hartford, CT 06105
Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment
USH-Enews ~ NOVEMBER 20, 2019
Building Community Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr, Co-Ministers



Image:harvest bounty.org

Worship Service, November 24, 2019, 10:30am
"Gratitude and The Healthy Heart"
Diane Cadrain
Judy Robbins, Worship Associate

Sunday, Nov 24 will be our Thanksgiving service. Judy Robbins is Worship Associate and Diane Cadrain will offer her thoughts on the many ways gratitude is good for the human heart. Please bring a harvest item for our Abundance Table. Suggestions: apples, pears, squashes, autumn flowers, potatoes or other sturdy vegetables....even a favorite recipe. During the service you'll be invited to come forward, choose an item from the table and offer a brief expression of gratitude. Don't worry if you forget your contribution. At USH, there is always plenty of food!

In This Week's Enews:

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Missed Last Week's Enews? Click Below:

<http://www.ushartford.com/nourishing-spirit/newsletters/>
See Articles and News for USH and the Surrounding Area you may have missed or find a link to the USH Facebook Page [HERE](#).

Please consult our Online Calendar regularly for all upcoming events 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.

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


The service on Sunday was heartfelt and engaging as we accept personal transitions and begin new chapters in our present lives. I look forward to the adventures of The USH Traveling Chalice (see below).

The nursery will be available during the morning worship hour.

Our Director of Religious Education is looking for teachers and assistants for the 2019-2020 church year. We need your help in the following grade levels: Prek-2nd, 3rd-5th and 6th-8th. I am still in need of at least 2 more teachers for each grade level. I promise I won't call on you more than once every 4-6 weeks! We have a great group of teachers to work with and I provide everything you need each week. We just need your love and enthusiasm. Please contact Rayla D. Mattson for more information at dre@ushartford.com or 860-233-9897 ext 104. Thank you! --Rayla



Liberal Religious Educators Annual Gathering

My time in Baltimore attending the Liberal Religious Educators annual gathering was so fruitful and I am full. It wasn't without its challenges and heartbreak but after nearly 8 years in this position, it was my first time being able to attend and I am grateful.

I arrived at the conference a day early to attend a gathering for religious professionals of color. For me, it was a very meaningful way to enter into my time with my peers. The following day, as we gathered for opening worship, I kicked off the event by giving the morning's

reflection, setting the tone for the days to follow.

Leaving the conference was bittersweet. I enjoyed time with my peers and colleagues and was excited to bring back to USH what I had learned. However, upon returning the hard truth of being a part-time DRE and also not being in a lifespan roll, hit hard. So, I took time to reflect on how I

could still make my time away meaningful for USH.

Rev. Sofia Betancourt led us through a spiritual practice one day and talked about how we have religious learning for adults and children but we do not always engage in spiritual work for our families as a whole. During the talk, I had a great discussion at the table where I was sitting and have brought back a tool to help us engage more in spirituality as families.

The picture in the photo is what will we call our USH Traveling Chalice. The goal is to help stimulate ideas for families to engage in their own spiritual practices at home. My children and I blessed the chalice and began the process. I am asking families to take the chalice for a week or two to their home; decide how many days during that time you will engage as a family in developing your own spiritual practice. There is a book of reflections to help you get started and reminders of our UU Principles. I am hoping this will lead to deeper conversations within our community on how we can more fully live into our principles on a daily basis.

There will also be starter questions and ideas. At the end of your time with the box, I am hoping you will add a note of reflection or a picture to the journal. Sage and I added notes and Bradshaw and Kennedy drew pictures. You can add a family picture or memento; you can add some design or color to the box or place a note or keepsake in the box. It is whatever we make of it.

After your time, I hope your family will embark on regular spiritual practice. If you like the ideas from the chalice kit, I am happy to help you put together your own kit. You may find that taking a walk as a family or singing as a family is more suited to your needs. But whatever you decide, I

hope it is engaging and meaningful and draws you into a reflective space where you ponder how you can live more fully into our principles.

Please note that while this box was put together with families in mind, I want everyone who would like, to have a turn. You can also join with someone else or create your own group. I am just hoping we move from our spiritual practice being on Sunday morning to something we just live daily.

Offering this gift to you all with my love~

General Assembly

I'm am so excited that General Assembly will be held in Providence Rhode Island this year. I am in my 8th year as staff here at USH and have been coming here for about 10 years! I am thrilled that GA is so close because I have never attended.

With the location being so close, the minsters and I are hoping a large portion of our congregation will attend. I am planning on taking as many youth as we can afford to fund raise to bring. It is a great way for them to meet other UU peers from around the country. Bradshaw, Kennedy and Sage all have UU friends not only around the country but around the world. I would like to give that gift to the rest of our youth.

Bradshaw has been attending events across the country for nearly five years. This year he will be taking a leadership role at The Well which is a summer program for multi-cultural/multi-racial families. Our family along with Rick Tsukada attended last year for its inauguration.

I am encouraging not only Bradshaw, but all of our youth to engage in UU youth leadership. You don't have to be an adult to lead! Below is a link listing leadership opportunities for youth at GA this summer. Not only is it a great opportunity but all volunteer staff will attend GA for free which includes registration, travel, lodging, and a food stipend. Plus, I am hoping many of us will be there in support. Please see Rayla with any questions an/or help applying.

Thank You, Rayla D. Mattson, DRE~

<https://www.uua.org/youth/events/ga/leadership-ga/apply-youth-caucus-staff>

Images: farmviewmarket.com

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.



**BIG
HOLIDAY
EVENT !!
COMING SOON:
THE BIG BASH
AT THE USH
SPACE SHIP!**

**WINTER SOLSTICE SUNDAY 12/22!
SUPERNOVAS! MIGHTY METEORS! EVOLVING EARTH! CREEPING
CRITTERS!**

Alien, hold on! What are you talking about?

After 13.8 billion years, we will land on December 22 at USH SPACE SHIP!

But that's when the Earthlings have Worship!

Perfect! Earthlings should worship their ancestors Gravity and Matter, ancient Hydrogen, their Supernova Grandmother and all that Earth evolved before the birth of these humans.

But why arrive at this place on that day?

Because these Earthlings already celebrate the winter solstice – a very small, local earth-type event – and we need to demonstrate the BIG, and I mean BIG, picture with them.

How you going to do that?

With costumes and masks, and props galore, and tons of imagination! There's a character for everyone in the parade during the BIG BASH UNIVERSE STORY!

Sounds like fun, Alien. USH Earthlings, stay tuned for details about your role in THE BIG BASH!

Message from the Sabbatical Committee

Hello to all! We are now 7 weeks into Rev Cathy and Rev Heather's sabbatical. Our Revs reminded us when they left "We don't be able to do everything as usual. And that's OK." The sabbatical team is proud that spiritual life at USH is strong and steady thanks to the efforts of so many staff, members and friends.

Our dedicated USH staff has been putting in extra time and energy to ensure that Sunday services, programs and classes continue as usual. Many generous volunteers, the Board, and sabbatical team are engaged in filling gaps while our co-ministers are away. Thank you to each and every person who has helped out, gone the extra mile, and/or stepped in when there was a need to get something done in a pinch!

As the holiday season approaches, we will all have extra responsibilities and pressures in our lives. During this busiest time of the church year, we ask you to also consider the impact of "extra requests" on the USH staff. It is a stressful time for many of us, and there will be plenty of activity at the Meeting House. Instead of stretching our staff thin, let us be inspired to consider how we can contribute to supporting and relieving stress on folks in our congregation, including our staff.

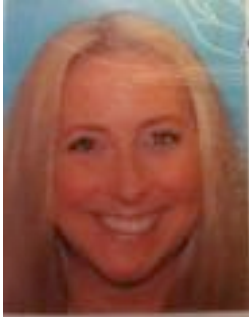
Again, thank you to all for supporting the life of this congregation both in spirit and in action during the Revs' sabbatical. Your generosity is truly wonderful.

Warmly,

Your Sabbatical Team

~Marye Gail Harrison, Lisa Galinski, Laurie Kelliher, Peter Meny

Staff News



Please see our Office Administrator, Buffie Pinney with any administrative questions or concerns. Buffie will be here at USH through mid-February 2020. Office hours are now Sunday through Thursday, 9am-1pm. Please continue to welcome her to USH and let's support her getting acclimated to the Meeting House and the USH congregation!

News from the USH Board of Directors



Greetings from the Board:

Our ministers will be on a well deserved Sabbatical leave until the beginning of January. Please see the Sabbatical brochure for full details. As always, our members and friends keep us going strong. If you would like to be more active and involved in any aspect of congregational life, please contact one of our ministers or any Board member today.

~Joe Rubin, USH Board President

Your 2019-20 USH Board

—Especially while our ministers are on sabbatical until January, please take the opportunity to direct questions and comments about USH to any one of our 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)

From the USH Caring Network

Help Needed ~ It was wonderful to see Valerie and Xavier at the Meeting House on Sunday. She has had a long battle with cancer. Valerie is getting stronger and is now able to drive and is working from home, but some help with meals would be most welcome. We have established a new Take Them a Meal website for Valerie Kloklow and her son, Xavier. We are hoping for one to two meals a week for Valerie and Xavier. Valerie is a vegetarian and loves fresh fruits. Veggies are best cooked. Xavier enjoys pasta, chicken, beef, potatoes, beans, rice, pizza, lasagna, and Mexican foods. Please put foods in disposable containers so Valerie will not have to return them. Best time for delivery is between 3 PM and dinnertime. Apartment is on the second floor. Knock on the door, if there is no response, the food can be left outside the door. If you don't cook, take out meals, GrubHub or similar cards, or Stop and Shop gift cards would be welcome. Valerie's address is: 44 Fairview Street, West Hartford, CT 06119.

Go to the Take Them a Meal website: <https://takethemameal.com>.

Go to "**FIND**" and use **Klokow as last name and 1971 as the PASSWORD**. Then click on "find."

Thank you so much!! If you have difficulty accessing the Take Them a Meal website, please feel free to contact Janice Newton at janicenewton@gmail.com. ~**The Caring Network**

Social Justice at USH



Americans of Conscience

November 20, 2019

173 weeks down, 50 weeks to the presidential election.

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.

I value equality.

Support the dignity of your rainbow of neighbors from every religion, race, ethnicity, culture, gender, sexual orientation, economic status, age, and ability.

Please see [HERE](#) for rest of the AoC checklist.

GHIAA News

Greater Hartford Interfaith Action Alliance

Monday evening, Oct.28, USH participated with over 1,000 people in the Founding celebration of the Greater Hartford Interfaith Action Alliance. USH, with our own large group of enthusiastic supporters, was one of the 35 Founding Congregations and Institutions organizing together for justice in the greater Hartford region. The first slate of issues was presented in areas of education, housing, healthcare, criminal justice reform and gun violence. School superintendents, state legislators, CT State Treasurer Shawn Wooden and Mayor Luke Bronin were among the invited allies, pledging their commitment to work with GHIAA on specific actions for justice. Thank you to all who participated in this powerful evening! This is just the beginning – if you would like to become involved or just learn more about the organization, opportunities are listed below.

90 minute GHIAA Orientation

Thursday, Nov 21, 7pm
or Wednesday, Dec 4, 1pm

Anyone interested in more information please contact Judy Sullivan at jasullivan57@gmail.com.

Race Matters Conversation

Sunday November 24, noon to 1:30 p.m. Meditation Room. **This conversation will continue our readings from the New York Times' "1619 Project". We will read and discuss the article "Why doesn't the United States have universal health care? The answer begins with policies enacted after the Civil War." Copies of the article are available at the Welcome Desk. Please join us for a lively discussion of this significant topic.**

Facilitators: Diana Heyman at heydiana42@gmail.com & Judy Sullivan at jasullivan57@gmail.com.

Sanctuary?

Thank you to everyone who has submitted comments. Many people indicated that hosting a sanctuary guest would be consistent with our UU values and principles. People also showed concern with many of the logistical issues and potential long-term commitment. The group is continuing to investigate how we might support the cause of immigrants in this area, both as a sanctuary and other organized support.

Please contact Virginia de Lima at vadelima@yahoo.com or put a card in the gray basket on the welcome table. All comments are welcome!

Church Business News

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

The Board Meeting minutes for **July - September 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 Buffie Pinney at hartforduusociety@gmail.com for the username and password.



Update from the Sabbatical Committee

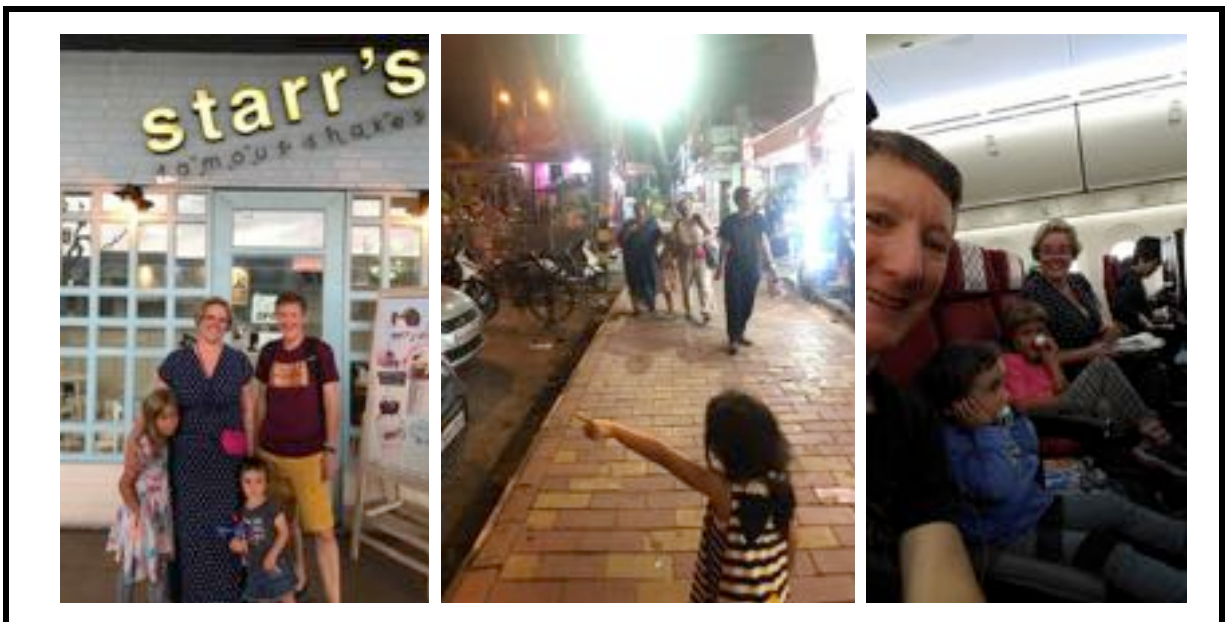
If you follow our Revs on social media, you have probably seen photos of their adventures so far. They have visited UU communities in the Philippines and have recently arrived in India for more UU community activities and continuing their "Big Trip" as a young family. Here are a few photos below from their exciting travels if you have not seen them on Facebook yet.



And a friendly reminder from the Sabbatical Brochure: Our Revs are relieved of all customary ministerial responsibilities during this time so that their sabbatical can truly be a time of renewal. Thus, Revs Heather and

Cathy will not be responding to any congregan emails, phone calls, texts or social media contact. Of course we can enjoy seeing what they are up to and comment on their posts, but the nature of their sabbatical means we shouldn't expect to hear back from them while they are on their sabbatical trip. We will certainly hear more about their travels when they return in early January! To view the Sabbatical Brochure, with all sorts of wonderful details about the Revs' Sabbatical, click [HERE](#).

Warm regards, The Sabbatical Committee (Marye Gail Harrison, Laurie Kelliher, Lisa Galinski and Peter Meny)



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

USH Artists' Group: Mondays at 6:30 PM; Sensing a call to be creative? To write or paint, to collage or sketch, to weave or quilt? Whatever your medium, the USH Artists' Group held its first meeting of the fall on **Monday, September 9 at 6:30pm** in the library, and you are all welcome to join us at future meetings! The group is using the book *Wild Ideas: Creativity from the Inside Out* by Cathy Wild as the stimulus for ongoing discussions. You can purchase the book on Amazon and bring it to the first meeting, when we will collaborate on planning the fall/winter program and begin building community with a simple-but-fun creative activity. All who are interested in exploring and nurturing their creative process are welcome to join these Monday evening gatherings. No need to pre-register - just come to the first meeting. For more information contact Marye Gail Harrison (maryegailh@gmail.com).

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

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

Authentic Connection & Communication: An NVC Practice Group, Wednesdays, 7:15 – 9:15 PM. Contact Mark Friedman for more information: drmarkafriedman@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.

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

USH Book Club: Meets the second Thursday of the month September-June. Off-site, contact Richard Groothuis for more information: rgroopofus@icloud.com or 860-748-3532. Books are selected by Members to raise social and life issues. We meet monthly with the objective to discuss the books as literature but with particular emphasis on how the issues relate to us personally and as UUs. Our discussions follow the Small Group goals of seeking input from all in attendance. Our hope is that those attending will make an effort to make as many meetings as possible. Membership is open to all. Meetings will be on second Thursday of the month at 2:30 pm; we will skip December.



The USH Annual Regifting Sale is right around the corner!

It's time to check your basement, attic, closets and garages for great new or barely used items, fabulous art pieces or other treasures stashed away just awaiting a new home through regifting. Why re-gift? It's an environmentally preferable alternative to buying new

products, it provides an economical way to buy your holiday gifts, it's fun, and it is a fundraiser for USH. The Green Sanctuary Committee invites all USH members, family, and friends to participate in this year's sale.

Re-gifting is easy. Bring your items to the USH lobby or Green Sanctuary table at coffee hour this November and then, on Sundays December 1, 8, and 15, shop at USH for holiday "re-gifts."

We request that your Re-gifting Items be:

- * New, high quality items that you, your family, children, or friends received as gifts but which were not used because they just did not quite suit you – but are likely desirable by others;
- * Barely used items that are like new and no longer needed or wanted;
- * Fine craft or art pieces or jewelry in excellent condition;
- * Theatre or concert tickets that you can't use.

Re-gifting sale success is dependent on volunteers so stay tuned for updates and watch for a volunteer sign-up sheet in Fellowship Hall. If you are interested in helping with this year's Regifting sale (it's lots of fun and rewarding and you get to work with some great people) please contact Mary Sherwin or Jeff Howard on the Green Sanctuary Committee.

Thank You and THINK REGIFTING!!!



Green Sanctuary Sub-Council

Green Sanctuary Sub-Council of the USH Social Justice Council

Here are some things that GSS will be working on this fall-- Green Sanctuary is planning the 2019 Regifting Sale for after the service on the first three Sunday's in December—

1,8, and 15.

Contacts: mary.sherwin@gmail.com or jeff.howard.29@gmail.com.



Ballroom Dancing with Wendy!

Held here at USH. Ballroom dance classes are available to both members and general public. Dance is a fabulous way to exercise and explore a dramatic and exhilarating form of artistic expression. There are so many health benefits to this style of movement as well as a sense of joy and freedom in "the dance" itself. Consider this option to round out your personal fitness routine while having FUN at the same time!! The 'Swing' is a very popular easy, and fun dance which is especially good for beginners.

The class is \$15 for one or both classes (per evening). I offer a special price to members at only \$10 in November. *Each class is 45 minutes long there's a 15 minute break in between for refreshments or practice. No class on November 28 (Thanksgiving)
Please contact Wendy at wendy1017@sbcglobal.net for scheduling a session.



Welcome New Members to Our Congregation!

New Member Sunday – Dec 8, 2019

Twice a year we formally welcome new members into the Unitarian Society of Hartford. Our first New Member ceremony of this church year will be held **Sunday, Dec 8th**. Come and join in this celebration of church membership as our newest members commit to this exciting, and embracing community.

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. 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](#).



USH member **Peter Upton** has generously continued to offer the gift of any one of his paintings (currently on display in the Meeting House ambulatory) to anyone who wishes to have one, in exchange for a financial gift to USH of any amount you feel appropriate. Our great thanks to Peter! Please come and choose your painting through the rest of 2019!! ~Buffie Pinney, Office Administrator.

Meeting House Presents!



**2019-2020
Season**



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



Louise Mosrie

Friday Nov 22nd at 7:30pm 50 Bloomfield Ave.

Friday morning Susan Forbes Hansen will interview Louise Mosrie at 7:00am on her

91.3 WWUH radio show. The show is 6 to 9

a.m. Listen live at 91.3 FM or online

at <http://wwuh.org/>. The show is also archived

at <https://wwuh.streamrewind.com/> for two weeks if you miss the broadcast.

Louise grew up in the small town just outside of Nashville, TN on a farm with British parents and several siblings – riding horses, writing poetry and singing with the radio. After college in Knoxville, she “borrowed” her brother’s Sears guitar, bought a simple chord book and started writing songs. The early material was mostly acoustic pop as she tried to channel her English roots while listening to Everything But the Girl and The Sundays. Come join us!

To hear more click on link: <https://www.louisemosrie.com/music-49.html>.

[Save These Dates - Coming Up:](#)

Friday, Dec. 27, 2019 [Hartford Hot Several Brass Band](#) is bringing their party to USH for a pre-New Year's blast. Since 2012 they have been Hartford's much-needed funky marching band to bring brass, ruckus, and joy to all. Mid-winter joyful noise sure to raise a smile and make you want to dance.

Friday, Jan. 24, 2020 TBA (This show might be rescheduled to a date in May to be determined.)

Friday, Feb 28, 2020 [Belle of the Fall](#) lead singer, Julia Autumn Ford possesses the voice of an angel is beyond obvious. Soft, tender and raw all at once; Julia's vocal delivery is light as a feather yet powerful enough to knock down an entire city block with one turn of a phrase. Her partner in crime, bassist Tracy Walton rounds out Belle of the Fall's folky yet modern sound.

Friday, March 27, 2020 [Seán Heely Celtic trio](#) Experience the magic music of Scotland and Ireland with the Seán Heely Celtic Trio. The group features U.S National Scottish Fiddle champion Seán Heely, acclaimed multi-instrumentalist Kevin Elam, and Highland bagpiper Tracy Jenkins. The three gents bring together multiple different instruments to perform fiery dance tunes and ancient, soaring melodies from Scotland and Ireland. They perform original compositions and have rich vocal harmonies in their solid song repertoire that features ballads, sea shanties, and songs in Irish and Scots Gaelic.

Friday, April 17, 2020 [Scott Cook](#) has managed to distill the stories collected over eleven years touring across Canada, the USA, Europe, Asia, Australia and elsewhere into straight-talking, keenly observant verse. Road-worn, painfully honest, and deeply human, his tunes weave threads of folk, roots, blues, soul and country over spacious fingerstyle guitar and clawhammer banjo arrangements.

We sure hope that you will join us!

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.

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

Coming Up at USH: Citizens Climate Lobby Meeting for Greater Hartford chapter. Sponsored by USH Green Sanctuary

Room: Library

Dates: Dec. 8.

Time: Meeting is 2 - 4p.m. (1:30 - 4:30 includes pre-meeting set-up and post meeting clean-up)

Citizens Climate Lobby Meeting for Greater Hartford chapter. Sponsored by Green Sanctuary

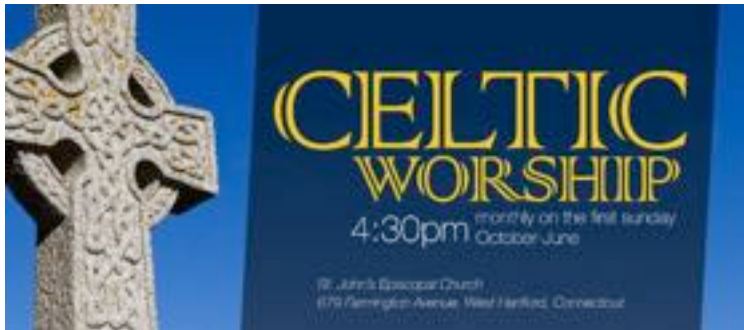
Contacts: ellen.castaldini@gmail.com; jeff.howard.29@gmail.com

Event is free and open to public



Second Discussion of Black Autonomy: Race, Gender, and Afro-Nicaraguan Activism. The second part of *Black Autonomy: Race, Gender, and Afro-Nicaraguan Activism* by Jennifer Goett will be the topic of the Wed., Nov. 20 reading group program of the Hartford Public Library and Hartford/Ocotal Sister City Project. The Nov. discussion of Chapters 3, 4, and 5 and the Epilogue on pp. 85-185 follows the October discussion of pp. 1-84. The Nov. program will be held in Room 141 on the main floor of the library at 500 Main St. from 12:30-1:30 P.M. Light refreshments will be

available, and participants may bring a brown bag lunch if they wish. All are welcome at this free program in the library's Bridging Cultures Series. For info see [FLYER](#). Contact Kate and Sherwood Anderson at: kqanderson@snet.net or sanderson03@snet.net.



**Celtic
Community
Contemplative
Walk on
November 24.**

November is an exquisite month to experience the subtle hues of the great outdoors.

Come join us on

our Celtic Community Contemplative Walk in the Simsbury woods on November 24 at 12:45 PM. This gentle hike will be mostly in silence. Occasionally, we will pause to hear a brief reading or reflection and to acknowledge our connection to sacred ground. Save this date on your calendar! For info see [FLYER](#). Contact David at DHADDEN@rc.com.

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 **Buffie Pinney** at hartforduusociety@gmail.com.

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! ~Buffie

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

Someone dropped a Welsh and American Service pin and I will keep it until it is claimed as it is quite nice actually!!

I will be donating the lost and found items to a local Goodwill or Salvation Army at the end of every month so please come and visit my "treasure trove" of articles!! ~Buffie Pinney, Office Administrator

USH Staff:

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

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

Buffie Pinney, Office Administrator
hartforduusociety@gmail.com | 860-233-9897 ext 100

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

Our Co-Ministers, Revs Cathy and Heather Rion Starr, are on a well-deserved Sabbatical for October, November and December 2019. If you wish to set up an appointment with Rev. Cathy in January, you may do that here: <https://RevCathyRionStarr.as.me>. If you aren't sure who to contact right now, please see the [Sabbatical Brochure](#).

***The deadline for USH-Enews submissions is Tuesday at 12 Noon.
 Email to: ushenews@ushartford.com OR 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.