



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

USH-Enews ~ **January 15, 2020**  
**Building Community Since 1830**  
**Sunday Service 10:30 AM**  
Revs. Cathy & Heather Rion Starr, Co-Ministers

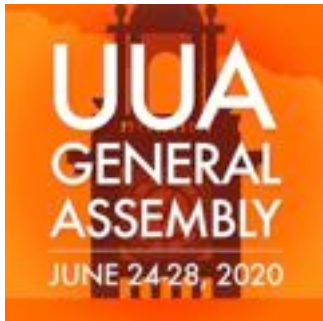


Image: washington.edu

**Worship Service, January 19th, 2020, 10:30am**  
**"Hand In Hand"**  
**Rev. Cathy Rion Starr, Co-Minister**  
**Margaret Leicach, Worship Associate**

**Good Neighbor Offering** - On Sunday, January 19, the proceeds of a Good Neighbor Offering will go to the quilting program at Hartford's Chrysalis Center, a nonprofit

organization serving people living in poverty, veterans, people struggling with mental health issues and addiction, and people returning from homelessness or incarceration. Donations will go toward the ongoing need for supplies such as quilt batting and rotary cutter blades. Adria Giordano, Chrysalis' Director of Development, will greet the congregation on behalf of the organization. USH members Diane Cadrain and Jennifer Cook organize and run the quilting program, along with co-teacher Carol Vinick.



#### UUA General Assembly June 24-28, 2020

Our national annual denominational conference, General Assembly (GA), is wonderfully close by this year, in Providence, Rhode Island, June 24-28. Please consider if you might attend! Ask anyone who has attended a GA as there is nothing quite like it. It can be incredibly energizing to be around thousands of UU's from across the country, continent, and beyond.

Especially in this pivotal national election year,

nourish your spirit by worshipping, organizing, connecting, rallying, and engaging with your Unitarian Universalist community. Full details are here: <https://www.uua.org/ga>.

The Unitarian Society of Hartford is able to provide some financial support for attending GA on a limited basis. We especially encourage youth and young adults to attend! If you are a youth or a parent of a youth, please let Rayla Mattson know if you/your youth is interested and able to attend.

Please let Board Treasurer Phil Gardner know if you are interested in attending GA and in need of financial assistance. Anyone who wishes may attend GA. As a congregation, we will have 5 members attend GA as delegates who vote on behalf of our congregation on matters of denominational business and significance. If you are interested in serving as a delegate to GA 2020, please let Rev. Heather (as well as the above folks as well, if relevant) know.

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

[RE News You Can Use](#)

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

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[Church Business News](#)

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[Connection Circles: Disability Focused Connection Circle](#)  
[Events & News of Our Community](#)  
[Meeting House Presents](#)  
[Get Involved at USH](#)  
[Upcoming Events & News in the Larger Community](#)

**Missed Last Week's Enews? Click Below:**

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

**See Articles and News for USH and the Surrounding Area you may have missed or find a link to the USH Facebook Page [HERE](#).**

**Please consult our Online Calendar regularly for all upcoming events at the Unitarian Society of Hartford: [www.ushartford.com/events/](http://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 nursery will be available this week during the morning worship hour. There will be a Time For All Ages followed by age appropriate classes.

Our Director of Religious Education is still in much need of additional teachers and assistants for the remaining 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](mailto:dre@ushartford.com) or 860-233-9897 ext 104. Thank you! --Rayla

### The Traveling Chalice



I'd like to thank everyone who has shown interest and excitement around our traveling chalice. It is with our first family and I'm excited to hear more about it! Please let me know if you'd like to be next!

As a reminder, 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.

**Offering this gift to you all with my love~**

Images: [farmviewmarket.com](http://farmviewmarket.com)

Rayla D. Mattson, Director of Religious Education  
860-233-9897 ext. 104 | [dre@ushartford.com](mailto:dre@ushartford.com)

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



Letter of Introduction from Dianne Daniels

**(USH Intern Minister, January 2020 - December 2021, half-time) I'm writing this letter to introduce myself to all of you and to give you some additional information on who I am. I look forward to working with and getting to know all of you.**

**Unitarian Universalism came into my life after my family and I left the denomination that my husband had grown up in – the Fire Baptized Holiness Church of God of the Americas. There were some wonderful people and families there, but one too many experiences with “Do as I say, not as I do” expressions of authority from the leadership was enough for us. My family was “unchurched” for a couple of years until an elder from our community invited us to a Kwanzaa ceremony at the Unitarian Universalist Church of Norwich, CT. The people were so warm and welcoming, and even better, they were not opposed to answering questions about the Unitarian Universalist (UU) Church, the faith, or their part in it. Our second experience was being invited to a Community Meal. The doors of the church were thrown open and whoever was outside was brought in and fed. Good, stick-to-the-ribs kind of food, nothing fancy, and the church members were sprinkled throughout the hall, sitting with the community residents who attended. It didn't matter where in the community they had come from – parents with children of varying ages, elders and young adults – they were all welcomed. They simply showed up, got fed, and experienced the warmth of community UU-style.**

**20 years later, after living and loving my life as a UU, I began to feel a stronger call toward ministry. I'd felt it before, but not as strongly, and I was in a position in my personal and professional life to answer the call. The ministers who had served our UU Church of Norwich had left an impression on me. The ones I resonated with the most and felt the most connection to had all attended the Starr King School for the Ministry. That knowledge helped me make up my mind – I was going to pursue Ministry, and I was going to do it at Starr King through their low-residency distance program, allowing me to remain at home and**

still pursue my Master of Divinity degree.

Now, I want to bring my talents as a public speaker, coach and consultant to USH and help to build an even stronger institution. I want to pay back some of what Unitarian Universalism has given me by helping others to find their way to the faith, and to learn about the rich history and foundational principles that guide other UUs. I want to help seekers find a place within the community that nourishes you right where you are, just who you are, and encourages you to stretch and grow into your best selves.

I want to be a part of an organization that opened its arms to welcome a branch of Christopher Penczak's Temple of Witchcraft to hold events in your space – because there just aren't enough organizations that feel comfortable doing that, and USH didn't just talk about it, you DID it!

I hope this letter gives you a little more insight into who I am and conveys some part of my enthusiasm at the opportunity to work with and for the congregation over the next couple of years. I look forward to being a part of the USH family.

Peace and Blessed Be!

*Dianne M. Daniels*

You can reach out to and welcome Dianne by e-mailing her at [USHInternDD@gmail.com](mailto:USHInternDD@gmail.com)!

***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.***

## Staff News



Please see our Office Administrator, Buffie Pinney with any administrative questions or concerns. Buffie will be here at USH through at least June 2020. Office hours are now Sunday through Thursday, 9am-1pm. **Buffie's always happy to hear from you!!**

## News from the USH Board of Directors



### Greetings from the Board:

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 2020 USH Board

**Joe Rubin: President**

**Martha Bradley: President-Elect**

**Phil Gardner: Treasurer**

**Sarah Harmon McKenzie: Secretary**

**Peter Meny: Spiritual Life Council Chair**

**Sue Tenorio: Administration Council Chair**

**Judy Sullivan: Social Justice Council Chair**

**Carolyn Carlson: Community Within Council Chair**

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

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

## Social Justice at USH



### Americans of Conscience

January 15th, 2020. 165 weeks down, 42 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.

For full article click [HERE](#).

## GHIAA News

### Greater Hartford Interfaith Action Alliance

GHIAA teams have been busy since the October founding working on the current action campaigns: Education, Housing, Criminal Justice Reform, Healthcare and Gun Violence.

Dana Donovan and I are members of the Healthcare team, which is working on the issue of medical reclamation, which will involve:

(1) Establishing a new law in CT (CT is one of only 12-13 states that don't have this law in place) that would allow for the use of reclaimed medications from CT (i.e. from nursing homes, etc), to be dispensed in "charity" pharmacies to qualified patients (uninsured/underinsured)

(2) Making connections with Hartford area entities that would want to open a charity pharmacy and use existing unclaimed medication pharmacy services from out of state— these meds are free, only would pay nominal amount for shipping.

To register for training: go to [cljct.org](http://cljct.org) and click on Trainings in the upper right corner.

### **GHIAA Core Team Training #1**

Thursdays, January 16, 23, 30, and February 6, 2020  
6:00-9:00pm



Location: TBD  
 Cost: No Charge.  
 These trainings are for people interested in joining a core team.

**OR**

### **GHIAA Core Team Training #2 (Retreat Format)**

Friday, January 24, 12:00-5:00pm and  
 Saturday, January 25, 9:00am-5:00pm  
 Location: Congregational Church in South Glastonbury, 949 Main Street, South  
 Glastonbury, CT 06073  
 Cost: No Charge.  
 These trainings are for people interested in joining a core team.

Anyone interested in more information please contact Judy Sullivan at 860-719-9886  
 or [jasullivan57@gmail.com](mailto:jasullivan57@gmail.com).

## **Church Business News**

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

The Board Meeting minutes for **December 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 [hartfordusociety@gmail.com](mailto:hartfordusociety@gmail.com) for the username and password.

### **When the Meeting House Loses Electric Power**

Please note that when there is a power outage **NO** water or sewer services should be used. This will cause a flood in Fellowship Hall. Please refer questions or concerns to Buffie, Office Admin.

**Thank You for your cooperation during such events.**

## **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/](http://www.ushartford.com/building-community/adult-family-programs/).

**Programs:****New Program! Despair & Empowerment Circle: Nourishing Our Spirits to Face the Climate Crisis.**

The deepening climate crisis can cause many of us to fall into denial and despair. Yet our grief, anger and fear are healthy responses to the harsh realities of our time. The pain we feel for the world is not meant to be borne privately and alone because we are an integral part of the world. We gather in circle to recover, refresh, and renew ourselves as environmental and social suffering spreads. We will honor our natural responses to the climate crisis through the revolutionary practice of the Work That Reconnects. We heal feelings of powerlessness so that we may think more clearly, act more boldly, and love more deeply as we move forward.

**Meets:** 6:30-8:00pm, 1st Thursday of the month (Feb-June). Exception: Wednesday 4/1. The first 15 minutes will be a warm-up with movement mediation and music.

No pre-registration required - come for one, some or all sessions. Not an organizing or activism group. \$2-5 sliding scale for each session.

Facilitator: Lisa Galinski, [lisa.galinski@gmail.com](mailto:lisa.galinski@gmail.com), 860-518-0197.

**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 invites you 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 with you. 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. For more information contact Marye Gail Harrison ([maryegailh@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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.



### Faith Forward

Faith Forward is the new adult religious education program that will be replacing UU and You this coming year. Faith Forward is a curriculum that was developed by the First Unitarian Church in Dallas,

TX as a way to increase engagement and involvement within congregations. There will be nine individual modules on various aspects of our faith, congregational life, services, and opportunities available to USH members. Registration for each module will be open to anyone who is considering becoming a USH member or anyone who would like to learn more about the foundations of UU here at USH. You can participate in as many modules as you like, you do not have to enroll in all nine. **Please see Nicole DeRonck, Carolyn Carlson or Brian Harvey for more details.**



Art in the Ambulatory  
Retiring director of the USH ambulatory art program, Sara Sturges, has turned the program over to Diane Cadrain,

who has organized a meeting for anyone who would like to brainstorm about the art displays that typically hang in the ambulatory (the circular hallway that encompasses our building). What would you like to see, and

how can you help make that happen? Come bring your ideas to Servetus, directly after the service, on Sunday, February 2nd. **Contact Diane Cadrain for more details.**

### 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](mailto:marthabradley49@yahoo.com) for more information or click [HERE](#).

### Meeting House Presents!



**2019-2020  
Season**



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



*Reggie Harris*

SONGWRITER · STORYTELLER · LEADER

Friday, Jan. 24, 2020, 7:30pm - Reggie Harris

A well-traveled performer, lecturer and cultural ambassador, Reggie has earned wide acclaim and respect from peers and audiences alike throughout the U.S., Canada, Europe and around the world. He combines spirituals and roots music, historic inspiration, and moving original songs, often in the themes of unity and social justice. Knowing this, audiences have bestowed upon him a fitting slogan: “Songs of Joy, Hope, and Freedom.”

**Save These Dates - Coming Up:**

**Friday, Feb 28, 2020** [Belle of the Fall](#) lead singer, Julia Autumn Ford possesses the voice of an angel. 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 hope that you will join us!***

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



### **"Pike St."**

#### **A story of redemption and survival.**

The one-woman show "Pike St." inspired and focused RevHeather's reflection On Sunday, January 12th. If you'd like to see the show yourself, here's how to do that! "Pike St." is running through February 2 at Hartford Stage. You can learn more and buy tickets at [hartfordstage.org](http://hartfordstage.org). Save 20% on tickets to all performances through January 17 with code **UNITARIAN20** (this code expires on January 17). For

more information, please do check out [hartfordstage.org](http://hartfordstage.org).



**Honest Conversations with Muslim Neighbors** is a collaboration among three organizations in the Greater Hartford area: the Connecticut Council for Interreligious Understanding (CCIU), the Muslim Coalition of Connecticut (MCCT), and Hartford Seminary. Our aim is to promote open and respectful dialogue, foster greater understanding of Islam, and further

the commonalities that unite all faith traditions.

We welcome you to attend our next "Conversation".

**DATE:** Thursday, January 23

**TIME:** 7:00-8:30 pm

**HOSTS:** Shepherd of the Hills Lutheran Church

**ADDRESS:** 7 Wescott Road, Simsbury, CT 06070

For more information email: [prchrisd@sbcglobal.net](mailto:prchrisd@sbcglobal.net) or call: 860-658-0583

### **USH Staff:**

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

Rayla D. Mattson, Director of Religious Education and Rentals Manager

[dre@ushartford.com](mailto:dre@ushartford.com) | 860-233-9897 ext 104

Sam Moffett, Director of Music Ministries

[smoffett@ushartford.com](mailto:smoffett@ushartford.com) | 860-233-9897 ext 108

Buffie Pinney, Office Administrator

[hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) | 860-233-9897 ext 100

Brian Mullen, Bookkeeper

Office Hours by Appointment | [bmullen@ushartford.com](mailto:bmullen@ushartford.com)



### **Lost and Found**

I still have a "mophie" i-Phone charger that someone left in the parking lot and I have a beautiful burgundy scarf that was left on a pew last Sunday.

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 container of articles! Thank You! Buffie Pinney, Office Admin~

***The deadline for USH-Enews submissions is Tuesday at 12 Noon.  
Email to: [ushenews@ushartford.com](mailto:ushenews@ushartford.com) OR [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com)  
Please note in the subject line "USH-Enews." Thank you for your submission!***



May you keep on moving into the New Year with this child's level of joyous abandon and enthusiasm!  
Image: Courtesy of Rayla

**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.