



50 Bloomfield Avenue, Hartford, CT 06105  
Tel: (860) 233-9897 • Email: [firstunitarian@ushartford.com](mailto:firstunitarian@ushartford.com)  
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00  
or call for appointment  
USH-Enews ~ **March 18, 2020**  
**Building Community Since 1830**  
**Sunday Service 10:30 AM**  
Revs. Cathy & Heather Rion Starr, Co-Ministers



Image: [hippostcard.com](http://hippostcard.com)

**Worship Service**  
**March 22nd, 2020, 10:30am - WORLD WATER DAY 2020**  
**"Water: Giver and Sustainer of Life"**  
"Water cleans, transforms, allows all the fertile earth to bloom. It is a universal symbol of purification and regeneration, and so we baptize and christen. Every ancient culture revered water. In most religious traditions, water is taken to be the first significant element that precedes all form and supports all of creation."  
-- Rev. Marilyn Sewell - Interdependence, The Seventh Principle, and the Water of Life.  
**Rev. Lilia Cuervo, Pulpit Guest**  
**Margaret Leicach, Worship Associate**  
**Rev. Cathy Rion Starr, supporting Co-Minister**

**Worship will be live streaming on Sunday, March 22nd at 10:30am (we'll turn the livestream on well before that). Find a candle or chalice and watch via our Facebook page (you don't need to be logged in, just click [here](#)). Tune in on our homepage [www.ushartford.com](http://www.ushartford.com). You will be able to view the Order of Service [here](#).**

**After worship: Virtual Coffee Hour**

There will be an online coffee hour in the Zoom Room  
here: <https://zoom.us/j/8602339897>

It should just work...but if it doesn't, fear not! We will be developing ways to support folks to learn how to use Zoom – email Buffie at [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) if you have trouble getting in so we can get you set up for next time.

**As a reminder**, the Meeting House is closed for all in person gatherings for now, and we ask your help in growing 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.

**Where are you at? What do you need? What can you offer?**

We want to get as much of an actual sense of how you are doing as we can. Please take a few minutes to fill out this survey link: <https://www.surveymonkey.com/r/WC5BK5H> so we can start to gather information from you directly about what your needs and/or resources are and where you collectively need our energy to be focused in the coming days and weeks. Please fill out this **survey** and share your thoughts with us. And don't hesitate to call, email, or text your Revs and other USHers!

**Moving Events Online:**

We would like to begin 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 it online with 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.**

**Foodshare** welcomes your financial contribution 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.

**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.**

## **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](https://www.ct.gov/coronavirus) for up-to-date information from all state agencies



Dear USH Members and Friends,

As you have probably gathered, we too have come to the decision that it is necessary to cancel all in-person gatherings at the Unitarian Society of Hartford Meeting House until further notice. This includes Worship services and Circle Dinners. We have made this decision not out of fear or panic, but out of care, concern, and love for our community. Given the strong advice from Governor Lamont, state health officials, the Centers for Disease Control, and our own Unitarian Universalist Association, we feel not only that this is the right decision, but that we have a moral obligation to do everything in our power to help reduce avenues for transmission of the coronavirus.

As UUA President, Susan Frederick-Gray, wrote on March 12, "we believe it is our moral obligation to follow the guidance of health professionals who recommend early action even before cases have been confirmed in an area because it is most important to protect public health and the most vulnerable people in our communities. This moment indeed reminds us of the interconnected web of which we are all a part. It also reminds us of our responsibility as religious communities to be mindful of our need to care for our whole community."

We are working on many ways to connect from our homes – please join us!

### Worship:

This coming Sunday (March 22nd) we WILL hold the worship service -- virtually --- at 10:30am on Facebook and our homepage, where you will also find an order of service to view or print yourself. We will broadcast the service in two places: Facebook Live (publicly from the Unitarian Society of Hartford Facebook page) and directly on our website through the livestream platform Vimeo. We are working on having a link on the USH website that will take viewers directly to the livestream without any further logging in or familiarity with social media in order to view. Plan to get online from your home by 10:15am and to have a candle or chalice ready to light this Sunday and experience our first effort at creating a service to be livestreamed.

### **Circle Dinners and other activities: Let's go virtual!**

Our Circle Dinners and all other in-person activities are also cancelled, but Lisa Galinski is starting to create "Virtual Community Circles" instead -- stay tuned for more, or contact Lisa if you want to help or host. We encourage you to consider doing the same for your USH groups! We now have a USH Zoom account that we will use for these community circles and this USH Zoom Room is available for any other USH online gatherings. It's simple and easy to use videoconferencing for up to 100 devices (more than 1 person can be at a device) at a time -- let Buffie or RevCathy know if you want to use it for any USH activities!

We all need to take care of ourselves in this unsettling time. Please: go for a walk, listen to the vespers service Cathy just reposted to the USH Facebook page, write a letter to someone you haven't seen in a while, make some art, get on Facetime with another family's kids -- do whatever it is you do to ground yourself. And of course: wash your hands for 20-30 seconds frequently, stock up on medicines and some food/essentials, stay home as much as possible, and check on your neighbors.

We are all living together into this strange new reality, moment-by-moment. Thank you for your patience, understanding, good energy and

thoughtfulness at this incredibly turbulent time.

Thoughtfully, Revs. Cathy & Heather, USH Staff & Board members.

Please see [here](#) to view the warm and uplifting words from last Sunday's Worship Associate, Laurie Kelliher.



### **The Ordination of Margalie Belizaire**

The Boards of The Unitarian Church in Westport (TUCW), where Margalie is completing her ministerial internship and The Unitarian Society of Hartford (USH), Margalie's home congregation, are co-sponsoring her Ordination into Unitarian Universalist Ministry on Saturday, May 30th at 3pm, here at USH, with a reception to follow at 4:30 pm in the Fellowship Hall. If due to COVID-19, the plan for this ordination has to be changed in some ways and/or moved online, that will be determined in April. This will be a joyful celebration of her successful journey to enter into UU ministry. Her Ministerial Committee at TUCW shares the following: Margalie Belizaire is the third Ministerial Intern at TUCW. She has greatly enriched their congregation through her sermons and the introduction of innovative forms of worship. Margalie has worked in partnership with their other ministers to develop her skills in Worship, Rites of Passage, Pastoral Care, Social Justice, and Administration. Concurrently, Margalie has been a Learning Fellow with our denomination's on-line congregation, The Church of the Larger Fellowship. She has successfully participated in the creation of Spiritual Development activities for herself and for others. Meeting the goal of a Minister-in-training to develop a practice for self care and personal development, she has defined and pursued personal spiritual practices and has found a mentor. As her gift to TUCW, Margalie is creating a tool for the assessment of Cultural Competency which will be used to enrich TUCW's self-knowledge for years to come. In December, the Ministerial Fellowship Committee of the Unitarian Universalist Association determined that Margalie completed all the necessary requirements to enter UU Ministry. Additionally, she achieved the highest score possible for an Intern. Do plan to be part of

celebrating the **Ordination of Margalie Belazaire on May 30th at 3 pm at USH.**

**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/](http://www.ushartford.com/events/)**

**To submit a Calendar Request 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**



I hope you are well. I am missing you all so very much but I'm not far away! I will be reaching out to as many of you as I can via letters, calls, and emails. You can also reach out to me! Ask your parents how to contact me. I'm looking forward to staying in touch with you all. I am also posting

videos and notes to my FaceBook page as well as the USH page. Please ask your parents to help you go online and check them out! During this time I hope you are remembering some of the things we have talked about and worked on in RE. I'm hoping that many of you who took a turn with our Travel Chalice have been able to make your own chalice and are having a time set aside to work on the spiritual practice you developed. If you did not get a turn and would like some assistance in putting something together with your family, please let me know and I can help you put something together.

I'm also thinking of a day and time to have a Zoom check-in. Please let me know if you're interested in participating so I will be sure you have the correct day, time and log in. I miss you all very much and I hope you are well. Hopefully we will see each other soon!

**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.**

## Staff News

**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.

## 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



**From the Nominating Committee:**

Dear USH Members,

In the coming weeks, the USH Nominating Committee will be developing a slate of candidates to fill open positions on the Board of Directors. Board positions include President, President-Elect, Treasurer, Secretary, and four Council Chairs (about half of the current board terms expire this June 30 so not all positions are available for nomination this year). The slate will be voted on by the congregation at the May 17th Annual Meeting.

At the same time, we are gauging member interest in participating in various sub-councils, either in leadership roles or for specific projects. More information on the Council Chair and sub-councils are included on the attached document. Please click on the following link to complete our brief Survey Monkey by Friday, April 3rd:

***<https://www.surveymonkey.com/r/K288G86>***

Thank you for participating in our survey!

Sincerely,

Your USH Nominating Committee: Marie Basche, Adam Brown, Dana Donovan, Makenzie Hurtado, Sherry Manetta

**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** **174 weeks down, 33 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. **See [here](#) for more info.**



### UU the VOTE

<https://www.uua.org/justice/vote2020>

"The church must be reminded that it is not the master or the servant of the state, but rather the conscience of the state. It must be the guide and the critic of the state, and never its tool. If the church does not recapture its prophetic zeal, it will become an irrelevant social club without moral or spiritual authority."

~Rev. Dr. Martin

Luther King, Jr.

## Church Business News

### USH CHOIR - Music for these troubled times

**I regret that I'm unable to see you all in the sanctuary Sunday, as our practice of digitized worship continues and develops.**

**During troubled times such as these, I often turn to music as a way of spiritual practice and healing. Sometimes I focus in on a particular song, while other times I have it on in the background as I'm doing other life tasks. Today I have found a YouTube playlist from Davies UU Congregation in Camp Springs, Maryland. I hope that some of you might find this playlist comforting throughout this week.**

**Thank You, Sam Moffett, Director of Music Ministries**

<https://www.youtube.com/playlist?list=PL6B257199CC44C6AB>

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

**The Board Meeting minutes for February 2020 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](mailto:hartforduusociety@gmail.com) for the username and password.

## Programs for Adults and Families

All gatherings at the Unitarian Meeting House are currently cancelled. Please stay home to the degree that you are able. If you would like to help organize a USH "Zoom Room Gathering" of a program you would typically participate in, please let the leader or facilitator of that program know.

### **Programs:**

**Despair & Empowerment Circles: 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.

**Was meeting:** 6:30-8:00pm, 1st Thursday of the month (Feb-June).

Exception: Wednesday 4/1. Facilitator: Lisa

Galinski, lisa.galinski@gmail.com, 860-518-0197.

**Disability Support Group:** Was meeting: First Saturdays of each month, 10-11;30am. The next meeting of the group will be on Saturday, April 4th. This group will be a chance for participants to discuss the challenges of physical disability (chronic illness, chronic pain, impaired senses, impaired mobility) and emotional pain (loss, mental illness) and the stresses of care-taking a loved one. All are welcome and what is said in the room stays in the room. Call Bill LaPorte-Bryan for more information at 860-308-2688 or email him at [b37bryan@gmail.com](mailto:b37bryan@gmail.com).

**USH Artists' Group: Was meeting** 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. For more information contact Marye Gail Harrison [maryegailh@gmail.com](mailto:maryegailh@gmail.com).

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

**Tai Chi Gigong: Was meeting** on 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, was meeting 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: Was meeting** 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: Was meeting** on 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: Was meeting** 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 were meeting 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 have been on the second Thursday of the month at 2:30 pm.

### Connection Circles (formerly known as Small Group Ministries)



#### **Connection Circle**

Stay Tuned and Be Well~

Please text or email Martha Bradley at 860-305-3307,  
**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

#### **Save These Dates - Coming Up:**

**Our March show has been postponed. We are hoping to reschedule it next year.**

We will wait and see what happens before deciding about the April and May shows.

We are already planning for next season. Here is a sneak preview:

**Susan Werner – Friday, September 18, 2020**  
**Vance Gilbert – Friday, October 16, 2020**  
**Mad Agnes – Friday, November 20, 2020**  
**Local Showcase – Friday, December 18, 2020**  
**Lindsey Fyfe (Dec. 18)**  
**The Wool Hats (Dec. 18)**  
**Among the Acres (Dec. 18)**

**Friday, January 15, 2021 – TBA**  
**Friday, February 19, 2021 – TBA**  
**Abbie Gardner – Friday, March 19, 2021**  
**Reggie Harris and Pat Wictor – Friday, April 16, 2021**

*We hope that you will join us then! Stay Healthy and Safe!*  
**We are looking for people with a guest room willing to give band members a place to sleep the night of their show. Please help get the word out.**

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](mailto: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](mailto: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.

**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](#).

Community Clergy Training Program at Hartford Seminary

From USH's Intern Minister, Dianne Daniels

**Sometimes it is brought home to you that we truly live in a small world. I received an invitation to a Community Clergy Training workshop being hosted at the Hartford Seminary from two different ministerial colleagues. The invitation came from Rev. Craig Nowak, who had preached in my home congregation of Norwich, CT, and from him it went to Rev. Joshua Pawelek, who is the Minister at UUS:E in Manchester, but who pastored my home congregation of Norwich for more than 5 years.**

**I was fortunate to be able to attend the two-day workshop with the blessing of Rev. Heather and Rev. Cathy, and was looking forward to learning more about Community Clergy and the Veteran community. Veterans are an important part of any community, and it's important that their spiritual needs are considered by local churches and houses of worship where they live.**

**The workshop leaders included Rev. Chris J. Antal, DMin, who is a staff chaplain at the Corporal Micheal J. Crescenz VA Medical Center in Philadelphia and the settled minister at the Unitarian Universalist Congregation of Rock Tavern, New York. Rev. Antal is a leader in developing interventions for military moral injury and is the national subject matter expert and regional lead for the Community Clergy Training Program.**

**Rev. Antal was joined by Rev. Rotunda East, who is a Chaplain with the VA and a military veteran, and Ben Kaler, from the Veterans Experience Office - Community Engagement, and Rev. James Parnell of All Saints Orthodox Church in Hartford, who is also a Chaplain in the Army National Guard.**

**During the two days of the workshop, we covered a number of subjects, including military culture, the effect on military members of not being able to consider their actions and emotions in the moment (follow orders, don't ask questions), and the inability to decompress and consider their actions and emotions until they return home.**

**The numbers we discussed in the training were shocking: between 20 and 22 veterans kill themselves every day and 33% of veterans are connected to the VA for resources and assistance, but that means that fully 67% - two-thirds - of veterans are NOT connected, and NOT getting the help or care they need. Each veteran is connected to an estimated 36 additional people - their reach and influence is wide, and unaddressed problems affect more than just the individual veteran.**



**Challenging points of discussion included the fact that the average American citizen doesn't see or truly understand the individual cost of war – in a room of 50 people attending the workshop, only ONE person could name an individual who died in combat. One of the veterans assisting with the workshop stood and recited the names and ranks of over 20 people he knew personally who had died in combat. It's unfair that veterans carry the burden of remembering the names of their fallen comrades alone.**

**Solutions to the challenge of reintegrating veterans into the community – VERY different from assimilating them – means learning about and advocating for programs with an Integrative Care approach – one that deals with the veterans' whole health – and faith traditions like Unitarian Universalism must be prepared to help veterans return to themselves, provide forgiveness and reconciliation, and help veterans deal with their moral struggles. Liturgy is needed for when the veterans return home from active duty – not just when they leave to serve the country.**

**Reintegration is harder because the vast majority of civilians have never experienced any kind of war or conflict, don't know anything about the training, and have not experienced the violence and danger that service members face.**

**What can we do? We as a faith community can participate in training sessions like the one I attended, we can learn the actions covered under the acronym S.A.V.E:**

**S – Signs – is the veteran withdrawn, silent, avoiding contact, or segregating themselves?**

**A – Ask – The difficult question: "Are you thinking about killing yourself?" – The words are hard to say, but they MUST be said.**

**V – Validate – Do your best to validate and understand their experience. Get them talking and then just listen, being careful to avoid judgment or condemnation.**

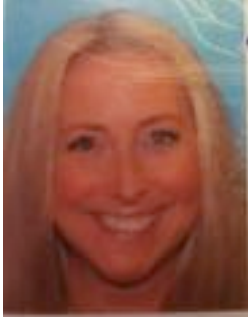
**E – Expedite / Escort / Encourage – Help the veteran get help – expedite this by calling the VA hotline (1-800-273-8255, then press 1). There are veterans manning the phones as well as trained personnel to talk with veterans and help them work through their challenges. You can also help by encouraging the veteran to make the call, making the call for them, and by helping them to get to their appointments, etc.**

**More information and details on how to help veterans in our community and the numerous services offered by the Veterans Administration are available online at**

**<http://www.Veteranscrisisline.net>, or by calling the Crisis Line at 1-800-273-8255, ext. 1 (required).**

**This workshop taught me a lot – since I’m from a military family, this subject is close to my heart, and I’ll be looking for ways to help implement some of the good ideas I heard during the training – far too many to include all in this article.**

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



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, (only occasional Mondays) from 9am-1pm. **Buffie's always happy to hear from you!**

**USH Staff:**

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

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[revcathyrionstarr@gmail.com](mailto:revcathyrionstarr@gmail.com) | 860-233-9897 ext. 103

Rev. Heather Rion Starr, Co-Minister  
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*The deadline for USH-Enews submissions is Tuesday at 12 Noon.  
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 Please note in the subject line "USH-Enews." Thank you for your submission!*



**Image: [nativepartnership.org](http://nativepartnership.org)**

**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.