

## **Unitarian Society of Hartford**



**Nourishing Spirit, Building Community, Working for Justice**

**Unitarian Society of Hartford  
Building Community Since 1830  
50 Bloomfield Avenue, Hartford, CT 06105  
Tel: (860) 233-9897 • Email: [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com)  
[www.ushartford.org](http://www.ushartford.org)**

**Office Administrator's Hours: Sunday through Thursday, 9:00 a.m. to  
2:00 p.m. or email/call for an appointment.**

**AUGUST 3, 2022**

**Building Community Since 1830**  
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**August 7, 2022: 10:00 a.m.**

**"Stillness and Flow: Yogic Spirituality and Practice"**

Yoga is more than doing poses. The practice of yoga is ultimately about uniting the body, heart and mind through the breath. This worship service is not a yoga class. Keeping with our summer theme of "Living Fully", we will reflect on teachings provided in ancient yogic texts and additionally hold space for meditating, chanting, and practicing a few gentle seated postures.

**Lucille Giammatteo & Michael Michaud, Pulpit Guests**  
**Sue Smolski, Worship Associate**  
**Sam Moffett, Director of Music Ministries**

**Annie Witzler, interim RE Director, will be with the children today in the Chalice Clubhouse (a/k/a The Chapel).**

**Annie Witzler, Welcome Table**  
**Laurel Goodgion, Greeter**  
**Laura Cipriano & Jim Venneman, Ushers**

**Matters of the Heart:**  
**Electronically by 9 am Sunday: email [HartfordUUHeart@gmail.com](mailto:HartfordUUHeart@gmail.com)**  
**In person – use MOH basket for written cards on Sunday morning**

**10:00 a.m. Hybrid Worship Service**

Summer Services held in Fellowship Hall

Join us in ZOOM [HERE](#).

See Order of Service [HERE](#)

Closed captions are available.

Meeting ID: 931 0388 7934

Passcode: 128493

**11:00 a.m. – Coffee Hour – immediately following services,  
in person and ZOOM**

You can also watch the Sunday service  
at <https://vimeo.com/unitariansocietyhartford>  
or on the USH [Facebook](#) page.



**Lucille Giammatteo, Pulpit Guest**

Lucille (Lu) Giammatteo has been a UU since 2016 and joined USH in autumn, 2021. She recently retired as a corporate dietitian and trainer in the food service industry. Lu has been a certified Yoga teacher since 1974 and trained under Swami Satchidananda (known as The Woodstock Guru) and Carol S. Milano of the Yoga Institute, Houston, Texas. She studied Eastern Spirituality with Ram Dass in 1988 and continued her education at Kripalu Center For Yoga and Health in Stockbridge, MA.

**Pulpit Guest, Michael Michaud**

Michael Michaud has been a UU since 2001 and is a new member of USH. He is a certified yoga teacher and has a deep appreciation for mindfulness, meditation and yoga. His spirituality is rooted in Eastern thought and nature. Michael worked in mental health and addiction services for 33 years before retiring from the State of Connecticut in 2018.

**Sue Smolski, Worship Associate**

What a pleasure to welcome new voices to our pulpit and a new musician. This must be Summer Worship at USH!

## ***Congregational Matters***

Our primary UUA contact from the Transitions Office, Rev. Keith Kron, has

returned from his July sabbatical and is sorting through the stacks of messages awaiting his attention — including an inquiry from USH. He has been in touch with Eve and we hope to know more soon.

The preliminary agenda for next Tuesday's (August 9) board meeting features, among other items, discussion of the recent proposal to list the Meeting House on the National Register of Historic Places, as well as finalizing the 2022/23 budget. Board meetings are always open to guests, with a period near the close of the meeting for guest comments. The Zoom link is found in the calendar of events on our website.

## *Summer Services*

### *Living Fully*

*"Again the chance  
To do the work  
To see the world exactly  
as it is and still  
write it a love letter  
...Rosemerry Wahtola  
Trommer.*



**August 7 through September 4**

**10:00 a.m.**

**Fellowship Hall, in person and livestreamed**

#### **Pulpit Guests/Worship Associates:**

**August 7 – *Stillness and Flow: Yogic Spirituality***

Lucille Giammetteo and Michael Michaud/Sue Smolski

**August 14 — *Receiving Generously*:** Rev. Erica Baron (UUA)/Margaret  
Leicach

**August 21 – *The Importance of Aunts, Uncles, and Other Influential***

***People*** John Bengtson/Laurie Kelleher

**August 28 – *It's OK to Not Be OK*:** Carol Simpson/Judy Robbins

**September 4 – *Music in My Mother's House*:** Fred Louis/Sue Smolski

**Come to Summer Worship at USH!**  
*Sue Smolski, Worship Associate Coordinator*

p.s.: ***INGATHERING SUNDAY*** is September 11 this year.  
 The Worship Associates have planned services through  
 September and have begun planning for the fall months as well.

## ***A Call For Sunday Service Volunteers... For September and Beyond***

Much gratitude for the seven people who signed up at Sunday's Coffee Hour to cover ten openings for ushers, greeters, and the welcome table for the rest of our summer services. We do "help one another" at USH.

This summer, the Welcome Table has remained in the front lobby and that person has been the Upstairs Greeter as well.

Starting with Ingathering, September 11, we return to our sanctuary. Two greeters are needed each week — one at the front entrance and one at the side entrance. Two ushers and the Welcome Table also require volunteers each week.

The Welcome Table position takes some orientation, so ask and you shall receive. Greeters' and ushers' tasks can be learned on the spot. Ushers distribute the Orders of Service and collect, record, and secure the offering each Sunday.



We all know it takes many people to create Worship each Sunday. As you are willing and able, your participation in these important roles is vital.

Use the Sign Up Genius link [here](#) to be part of the Sunday Morning Worship Team.

In appreciation,  
***Sue Smolski***  
Worship Associates Coordinator

## ***USH Community***





## ***USH Banner Project: Update #1***

Here's a brief recap: Evan Williams and Sue Smolski are in the process of cataloging USH banners (used during worship or displayed throughout the Meeting House) in order to create a paper document for our Archives and to enhance the information currently available on our website.

Additionally, Evan is refurbishing any banners that need a bit of TLC.

Now, the search-and-find phase of this project has located banners and fabric wall hangings which had been stashed in various places throughout the church. Four categories were identified: Chancel Art Banners, Historic banners, Past Fundraising Banners, and, of course, Miscellaneous.

In addition to refurbishing the banners that need it, Evan is working on three additional projects with the goal of completing them by Ingathering Sunday, September 11.

One project involves repairing a banner that was created for the 150 year celebration of our church. It will be displayed in the front entrance lobby.

The pictures above are the "before" pictures of the other two projects — "Unconstructed Scenic Quilt Pieces" and "Four Seasons in Felt". The scenic quilt pieces were on display in room #14, David's Den, and were created as part of a Small Group Ministry on Creativity led by Diane Cadrain and Marye Gail Harrison in 2010. The Four Seasons pieces were found on a shelf in one of the storage rooms in Fellowship Hall. Also by Ingathering, these two fabric projects will be prepared for display in Servetus.

Query? Does anyone recognize or know the origins of 'Four Seasons in Felt'?

Please notify [Sue.smolski@gmail.com](mailto:Sue.smolski@gmail.com) if you do.



## *Veggie Abundance Table Debuts Early...*

The plan was to introduce the veggie table this Sunday. But the tomatoes wouldn't wait. And we figured a sneak preview wouldn't hurt. Therefore, a large basket of plump red tomatoes, along with some beautiful kale, appeared in Fellowship Hall as a kind of "pop-up shop". The response was gratifying — produce moved briskly and donations were generous. And gardens are just beginning their annual prolific yields...

So.

If you find yourself wondering how you might share those extra tomatoes, peppers, squashes, eggplants — bring them to USH.

Sundays, through August, and probably into September, there'll be a table set up to accept your garden's abundance. Bring your surplus veggies for 'purchase' by the garden-deprived. We, in turn, can shop for supper right at

Coffee Hour — through free-will donations to the contributions basket on the table. You share your veggies, we share our cash, and everyone benefits! (Thanks very much to the Stewardship folks for this idea.) While you're there, why not take a few minutes to browse the adjacent book table for a summer reading treat or two? Remember, books are *FREE* all through August!

## ***Social Justice***

### **Working for Justice**

*Judy Sullivan, Social Justice Council Chair*

This summer I have been attending more Sunday worship services than in previous years. I'm not really clear why, but I find I look forward to Sunday mornings and leave USH with both renewed energy and a calmer spirit. This has been an unexpected reaction – perhaps an appreciation for some structure, friendly faces and just being physically back in our building after the past 2+ years. Our Worship Associate team has my deep gratitude for their work and commitment, especially in this challenging time.

One recent Sunday (July 10), Kate Byroade was our pulpit guest and spoke about the journey on her career path as a librarian and her current position as director of the Cragin Memorial Library in Colchester. I, for one, have always loved libraries, but I truly had no appreciation for the importance of librarians in protecting the collection and our right to access.

Kate relayed her recent experience with her boss (non-librarian), who told her a parent had complained to him about a children's book currently in the library. Rather than follow the library policy and procedure for such concerns, he told Kate to "close the children's department and produce a complete inventory and thorough review of each and every image in each and every book for possibly

inappropriate content” (the children’s book collection consists of 26,000 items).

Kate handled the matter in a professional way and when the local media became involved, the community supported her. She stressed how important this support is, especially now, when challenges to libraries are increasing. Many of these issues are not known publicly, and community support is vital.

Her sermon ended with clear, concise suggestions for what we can do to support our libraries. Here is her list:

1. Write to members of your town council and board of education and express support for the work of your local library.
2. Write a letter of support to the director of the library.
3. If you have children/grandchildren in local schools, write to the principal and librarian supporting diverse collections that represent the community.
4. Send direct communications to local elected officials.
5. Attend public meetings and speak out if/when there are any current issues.
6. Do **not** donate books – rather, contribute money and designate “to support LGBTQ (or antiracist, or whatever) content”.

So, on that Sunday morning, not only did I learn more about current local issues, I learned how to help. I love hearing stories of individuals with ordinary jobs doing the right thing. These stories confirm my belief that *a job is what we do, how we do it is who we are*. I see Kate’s story as a “best standard” of UU faith in action.

Thank you, Kate.

Update from Kate (dated 7/29/2022):

A couple of updates on how things have been going in Colchester:

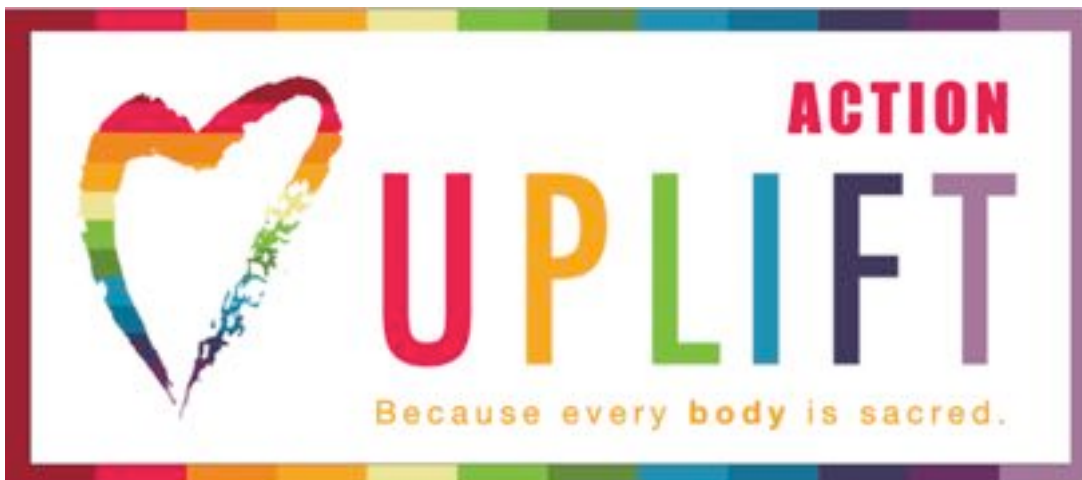
- the review of the collection seems to be off the table, but the First Selectman keeps adding phrases like "for now" and "at this time" to his statements
- there has been a flurry of Freedom of Information Act (FOIA) requests related to the Library's policies and the authority of the

First Selectman vs. the Board of Selectmen to direct the activities of the town departments and town department heads, which may lead to some more public struggles down the line, but we'll see what happens

The support from the community has been consistent and very welcome and heartens me that this concerted effort to undermine libraries won't be tolerated, at least here in Connecticut.

A chilling piece of news from Oklahoma is that library staff at the Metropolitan Library System in Oklahoma City, OK have been told\* not to assist patrons asking about abortion, lest they violate state law about abortion. In my view, they should absolutely go ahead and answer the information needs of their patrons and risk arrest.

- Similarly, LGBTQ teachers in Florida are being told not to have pictures of their partners visible to students at work. Rosa Parks sat in that seat for a reason, John Lewis sat at lunch counters for a reason. Martin Luther King Jr. was jailed for a reason. The idea that we wouldn't call out clear violations of American citizens' first amendment rights is sickening. \*not sure who's doing the telling--city administration or library administration



## *Reproductive Justice 101*

In response to the Supreme Court's decision in Dobbs v Jackson, UUA's Side With Love has undertaken a campaign to work for reproductive justice.

UPLIFT Action is this campaign – working for LGBTQIA+, Gender, and Reproductive Justice.

A few of us from USH are currently participating in their training for UU congregations to assess the reproductive justice and resources in our state. See link [HERE](#) for website info.

When our training is soon complete, we will offer opportunities to share and discuss what we have learned and where the congregation wants to put energy and resources. Meanwhile, I will pass on some of what was presented as a general introduction to this work.

The Guttmacher Institute is a research organization – you can find their interactive map, click on individual states to see legislative policies, and access issues. See Link [HERE](#).

What surprised me the most (so far!) is the difference between "Choice" and "Access". I want to share a short (6 minutes) video with you that is a great explanation of the difference between Reproductive Justice, reproductive health and reproductive rights.

Link below:

[video on “Choice vs. Access” from Planned Parenthood of the Pacific Southwest.](#)

**Please email me with any questions or comments.**

**Working for justice,**

***Judy***

**jasullivan57@gmail.com**

### **Food Bank Information**

Food donations for all area towns go down in the Spring and Summer months while hungry individuals and families remain. If you are a West Hartford resident, the Food Bank is at West Hartford Town Hall.

Here are this week's needs:

**Tuna**

**Canned chicken**

**Baked beans**

**Canned pasta (spaghettios)**

If you live in another area town, you can check on your local needs by going online. Some towns like Bloomfield, Hartford, East Hartford, Glastonbury, and Manchester have multiple sites from which to choose.

Please give as you are able! Thanks!

**Grocery bags are now being collected by the office door rather than the main entrance.**

*~Diana Heymann*

## ***Democratic Process: Public Service Announcement***

**CT Primary, August 9...  
be sure to VOTE!**

August's often a lazy time – we're at the beach, the lake, the pool, hanging out on the deck.

But democracy continues to roll along, and we UUs honor

that democratic process as one of our core values. Which brings us to next week's **August 9** statewide primary election, choosing





candidates for the general election in November. There's a lot at stake: at the national level, a U.S Senate seat and one House district are being primaried. Statewide, primary candidates for State Treasurer and Secretary of State are on the ballot. And there are numerous seats for Connecticut's state legislature, both House and Senate, depending where you live. [HERE's](#) a complete rundown of the seats at stake.

As Judy Robbins reminded us all in ***Let Freedom Ring*** last month, our democratic republic is a rare and fragile thing, and it's up to us as citizens to keep it alive by showing up and voting. Even if it's August.

## *Chalice Clubhouse*

# HAPPENING IN SUMMER:



## **The Chalice Clubhouse at USH**

The Chalice Clubhouse is a fun, child-centric curriculum fostering individuality and free-thinking, using the Seven Principles as our guiding compass. For summer, we will have a freeform classroom set up with different activities available from week to week for children and youth to participate in, including arts and crafts, opportunities for dramatic play, cooperative games, meditation sessions, and much more!

Our Clubhouse is open on Sunday mornings to all children and youth present. **Please note that there will be no Time for All Ages during the summer, so youth and children who wish to participate in RE programming should be in the Paysen Miller chapel (which is located directly behind the main sanctuary) when service begins at 10 am, or be dropped off there when their family arrives for service.**

**We hope to see you there!**

# Make A Difference



Fall is fast approaching and we have several exciting and rewarding opportunities available in the RE program! A huge thank you to everyone who has already signed up!

**We are still in need of RE volunteers, especially for the younger age groups. Please consider joining us for even just a single Sunday a month!**

**The deadline for RE volunteer sign-up is Friday, September 2nd, at 6pm! Don't miss out on a chance to make a difference in our children and youth's lives!**

You can fill out the quick and easy sign-up form online [here](#), or pick up a paper copy this Sunday at the RE sign-in table. Thank you for your ongoing support of the next generation of USH! Please feel free to contact me anytime at [re4ush@gmail.com](mailto:re4ush@gmail.com) or 706-248-9438 for any additional information.

- **Annie Witzler, Interim Coordinator of Religious Education**

Below are our available volunteer opportunities for the 2022-2023 USH RE Program:

### Chalice Clubhouse Instructors:

- Age/Grade Range: Kindergarten thru 6th grade.
- Role Description: Instructors will be asked to provide a fun-loving, responsible, and welcoming presence for Chalice Clubhouse participants. We will do crafts, play games, and have discussions throughout the year with the 7 Principles as our guiding compass in all we do. **This role is ideal for those who enjoy working with elementary-aged children.**
- Number of Roles Available: 3-5.
- Time Commitment: At least one Sunday a month.

### Youth Group Instructors:

- Age/Grade Range: 6th thru 12th grade.
- Role Description: Instructors will be asked to provide an empathetic, responsible, and open-minded presence for Youth Group participants. We will have discussions weekly, make our famous soup for both the Congregation and Hartford's soup kitchens

monthly, and craft a Youth Service at the end of the year. The 7 Principles will be the cornerstone of all our meetings as our youth discover their identities and freely express themselves. **This role is ideal for those who enjoy working with middle and high school-aged youth.**

- Number of Roles Available: 2.
- Time Commitment: At least two Sundays a month.

## Nursery Volunteers:

Age/Grade Range: Infants, toddlers, and Pre-K.

Role Description: Volunteers will be asked to provide a friendly, responsible, and nurturing presence for all nursery participants. We will facilitate free play for those who feel the need to be active, comfortable spaces for those feeling a bit tired, and a safe embrace for those wishing to be held. We hold the 7 Principles close in our hearts as we watch over our youngest participants as they begin their journey of self-discovery and learning. **This role is ideal for those who enjoy working with infants, toddlers, and Pre-Kindergarten aged children.**

Number of Roles Available: 1-2.

Time commitment: At least one Sunday a month.

## Substitute Instructors:

- Age/Grade Range: All.
- Role Description: Instructors will be asked to provide a substitute role in one of our RE groups, be it the Chalice Clubhouse, Youth Group, or Nursery, and provide a warm, responsible, and open-minded presence to our RE participants. They will be assisted by fellow volunteers regardless of the position they are asked to fill in for. **If there is a specific group you would feel more comfortable being a substitute for, please feel free to specify when you sign up.**
- Number of Roles Available: 3-5.
- Time commitment: At least one Sunday a month.

**IMPORTANT NOTE:** We ask all volunteers working with children and youth to submit a Connecticut State Background check before they enter our classrooms. Stop by the RE office to pick up a quick, easy form!

## Programs & Events



# Meeting House Sing-Along August 20, 2022

We are Back! Had Great Vacation!

Contact: Fred Louis ( [FLouis@yahoo.com](mailto:FLouis@yahoo.com)) or Ed Savage 860-966-8155 (mobile) ([EdSavage03@yahoo.com](mailto:EdSavage03@yahoo.com))

Join us at the next Meetinghouse Sing-Along; this month only on the **3rd Saturday!** Fred Louis and Ed Savage are offering an opportunity to CT Singing families, singers, song-writers and audience members to join in song on the **THIRD Saturday of August** from 2 to 5 PM. We will have song-sheets and some loaner copies of 'Rise Up Singing' available. Bring along your own 'Rise Up Singing' if you have one, as we have used it a lot in other months. We will also use the **NEW 'Rise Again'** sequel – 1200 more songs to sample.

Given the events in Ukraine, let's bring forward songs of peace and solidarity with the victims of the war..

We'll put some chairs in a circle and take turns singing or playing, with those who know the tune or words joining in as they wish. You can come early or come late, whatever fits your family schedule. The UU meetinghouse is at 50 Bloomfield Avenue in Hartford. Some of us bring snacks, but that is not required ( or organized) Look for a sign near the door if you can't see or hear us right away. We will be around to the right of the main entrance, down the hall.

***VAX protocol*** — OK to sing, socially spaced, if you are vaccinated AND boosted; even so, if anyone is uncomfortable about singing unmasked, we should all wear masks. Please feel free to express your caution about COVID contagion by contacting Fred and Ed (above).

We will have some KN95s for sale if you come without any mask. If you have NOT completed a COVID Vaccination regime, we ask that you skip the Sing-Alongs for now, to protect you from US.

### Meetings, Events, Programs

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

#### **Book Selections 2022**

August 11 – *The Vanishing Half* – Brit Bennett

#### **Disability Support Group:**

This group meets online the first Saturday of each month at 10:30 a.m. The zoom link is sent a few days prior to the meeting. In this group participants discuss the challenges of physical disability (chronic illness, chronic pain, impaired senses, impaired mobility) and emotional pain (loss, mental illness) and the stresses of caretaking a loved one. What is said in the group stays in the group. Email **Gloria Bent** for more information at [bentgloria@gmail.com](mailto:bentgloria@gmail.com) or call at 860-904-7768.



## ***Caring Network***

**From the USH Caring Network:** Please inform the Caring Network of needs, or volunteer your services. If you know of any member or friend experiencing some difficulty, please contact **Janice Newton** at [janicecnewton@gmail.com](mailto:janicecnewton@gmail.com) 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.

**And** — are you aware of the new Nationwide Mental Health Crisis and Suicide Prevention hotline? If someone close to you... or you, yourself... are experiencing a crisis, you can call *or text* **988** and talk with a counselor. In 2020, the Lifeline answered more than 2.1 million calls and over 200,000 chats. Officials said they hope the three-digit number will be easier to remember than the old 1-800 number, making emergency mental health care more accessible.

### **2022-2023 USH Board of Directors**

**Eve Pech: President**  
**Dana Donovan: President-Elect**  
**Jon Covault: Treasurer**  
**Sarah Harmon McKenzie: Secretary**  
**Peter Meny: Spiritual Life Council Chair**  
**Paul Cipriano: Administration Council Chair**  
**Judy Sullivan: Social Justice Council Chair**  
**Tina Davies: Community Within Council Chair**

**The August board meeting is scheduled for August 9, 6:30 p.m. Access link [HERE](#) and in the USH calendar via this [LINK](#)**

The latest financial reports for **FY Nov-Dec 2021** have been posted, click [HERE](#) to view.

The **2021/22 Annual Report** is available [HERE](#)

The Board Meeting minutes for **May and June 2022** have been posted. To view the USH Directory, Reports, meeting minutes and other church business information online, click [HERE](#). Contact Buffie Pinney at [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) for the username and password.

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

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

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

Please consult our Online Calendar regularly for all upcoming events coordinated by the Unitarian Society of Hartford: [www.ushartford.org/events/](http://www.ushartford.org/events/)

To submit a Calendar Request (also for an online USH Zoom Room gathering) 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. Announcements about upcoming events typically appear for two consecutive weeks maximum, unless other arrangements have been made with the editorial team.

**USH Staff:**

<http://www.ushartford.org/staff-members/>

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Annie Witzler, Interim Religious Education Coordinator  
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Patty Peck, Bookkeeper – Office or Phone by Appointment  
[ushtreasurer50@gmail.com](mailto:ushtreasurer50@gmail.com) 860-233-9897 ext. 102

Buffie Pinney, Office Administrator & Building Rentals  
[hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) | 860-233-9897 ext. 100



## USH Calendar of Events

calendar  
for August 2022  
can be  
viewed HERE.

Please  
contact Buffie with any questions or concerns.

### *From Buffie's Desk*



Please contact our Office Administrator, **Buffie Pinney**, with any administrative questions or concerns.

Buffie works Sunday through Thursday,  
from 9 am – 2 pm.

Please email her at

[hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com)

Buffie is *always* happy to hear from you!

The deadline for USH Enews submissions is

**Tuesday at 12 Noon.**

Email to: [hartforduusociety@gmail.com](mailto:hartforduusociety@gmail.com) OR  
[enewsush@gmail.com](mailto:enewsush@gmail.com)

Please note in the subject line "USH Enews." Thank you for your submission!



"Guess who's coming to dinner?"

*(Photo thanks to a USH member)*