#### USH E-news October 25, 2023



**Unitarian Society of Hartford** "Nourishing Spirit, Building Community, Working for Justice" 50 Bloomfield Avenue, Hartford, CT 06105 Tel: (860) 233-9897 • Email: hartforduusociety@gmail.com www.ushartford.org

> **Minister's Office Hours:** Tuesdays & Thursdays 10 a.m. – 3 p.m. or by **appointment**.

**Office Administrator Hours:** Sunday 9:00 a.m.– 1:00 p.m. Monday – Thursday 9:30 a.m. – 2:00 p.m. Virtual Hours: Monday – Thursday, 5:00 p.m. – 7:00 p.m.



Seeking, Striving, Soaring Sunday Morning Service 10:30 a.m. **October 29, 2023** 

#### "Ghosts" - Remembrance Ritual

Rev. Bob Janis, Minister Miriam Byroade, Worship Associate Sam Moffett, Music Director



**Matters of the Heart** To have a Joy or Sorrow read from the pulpit on Sunday morning, e-mail **Matters of the Heart** 

In person – use the MOH basket for written cards on Sunday morning.

#### Religious Education in person 10:30 a.m. Annie Witzler, Interim RE Coordinator

Can't be here in person for worship? Join us on ZOOM 10:30 a.m. Meeting ID: 931 0388 7934 Passcode: 128493 **Virtual Coffee Hour to follow!** 

Service is also streamed on Facebook – Follow our page and receive notifications every time we go live.

Couldn't make it to USH, and missed the livestream? Watch any service, anytime, here on <u>Vimeo</u>

#### **Worship Calendar** Join us, in person or online.

**Upcoming Services:** 



November 5 - RE/Faith Focus, "Giving It Away", Reverend Bob/ Margaret Leicach, Worship Associate

November 12 – Brian Harvey, Fred Louis, and Peter Upton, Pulpit Guests/Peter Meny, Worship Associate

November 19 – "Gratitude", Rev Bob/ Michael Michaud, Worship Associate, USH Choir

November 26 - "Science, Healing, and Justice For All", Nina Elgo, Pulpit Guest/ Carol Simpson, Worship Associate





Halloween Dream

It has been foretold that you will enter an uncertainty, vast and deep a dark wood, unattempted yet in prose or rhyme armed only with an orange, plastic, pumpkin bucket.

Your parent or guardian is in the distance somewhere, keeping an eye out, or perhaps they have their own devices.

And as it must be, you tread on in the night, your little legs encased in velour, your body propping up a costume that was cherished once, and not so long ago, before the weather revealed

how ill-suited you really were to such grandeur.

You will knock on a home – maybe it is your home, or maybe you have no home to go to, anymore. You will look up at the door, unmoving, as solid as the absence of hope. You wait. The door opens a crack, and then a yard. From the blackness comes a form.

You lift, to the skies, your orange. plastic, pumpkin bucket. It is, in the yearning moment, all you have.

Yours gratefully, Rev. Bob

#### In the Thin Times ...

In his sermon on Thin Times last Sunday, Reverend Bob spoke of the need for us as a community to offer space and support for those experiencing thin times. He described it as a place where you can come when life is frayed — a place where you don't have to have it all together. As he spoke I felt he was describing my experience of the USH Disability Support Group.

The Disability Support Group had its genesis in a sharing circle led by Bill LaPorte-Bryan where we explored issues of disability through a series of New York Times articles. During the Covid lockdown we reconvened as a Zoom group, brought together because we identified in some way as having a disability or because we are caregivers for someone who does and we were looking for a place of connection in the midst of isolation.

Last year was a prolonged thin time for my family as my husband entered a health crisis that ultimately led to his passing. During the 10 months of this painful process, the first Saturday of every month at 10:30 a.m. I took my frayed self into the Disability Support Group zoom meeting where I did not have to have it all together — where I could be my always exhausted, sometimes angry, frequently frightened self and find safe space and support. A place where I could be assured that though my heart was breaking open, a time would come when it would all be all right and that these wonderful people would be there for me until it was. I could not have made it through that thin time without them.

Disability Support Group continues to meet the first Saturday of the month via zoom. What is said in the group stays in the group. The zoom link is sent the Thursday before the meeting. Please contact me at **bentgloria@gmail.com** or 860-904-7768 for more information or to receive the link for the next meeting.

Gloria Bent



**Pre-Holiday Clean-up of Fellowship Hall** 

Come along with a Building and Grounds-led cleaning effort and help make a difference. When: Saturday November 4

Time: 9:30 a.m. to 1:30 p.m. Come for part or all of that time.

All cleaning supplies are provided but bring your own rubber gloves if you wish.

Snacks and water provided.

In order to best organize, we'd like to know if you plan to come.

Evan Williams- evanwilliams.ms@gmail.com LU Giammatteo - lulugee.giammatteo@gmail.com



**Calling All Readers – Send Us Your Quotes!** 

Do you like to read? We are looking to ramp up our social media presence, and we could use a few good quotes. If you've read something that made you think or inspired you, please send it along to us at hartforduusociety@gmail.com and we'll consider it for use, with attribution to the author or poet, on our social media sites.

Short quotes of 1-2 sentences often work well, but we'll occasionally consider longer excerpts too. Thank you!!

## **USH News**



This Saturday! **Piano Solo Concert Series: Benjamin Dix** 

October 28, 2023 1-3 PM Free Admission

Waltzes and Dances Through the Centuries (Mozart Six German Dances, von Weber Invitation to the Dance, Chopin: Grande Valse Brillantes Op. 18 and Op. 34 # 1 and more)

## **Meeting House Presents**



Friday, November 17, 7 p.m. **Guitarists without Borders!** 

Van Manakas with Wayne Lopes, and Ellen Iovino, with Lynn Tracey Two lifelong friends and musical collaborators come together for a rare performance of guitar improvisation.

Wayne Lopes has been a mainstream performer in the NYC scene as well as performing internationally with his late wife Sylvie Dejiez as the "Gift of Eagle." Van Manakas, guitarist, has recorded many jazz dates as well as has toured continents.

In addition, there will be a set of music by Sleepless Beauty: Lynn Tracey and Ellen Iovino; both are amazing artists who sing and play guitar and have been in the CT scene as a duo since 2019. Lynn is a jazz guitarist and has directed a big band in the Hartford area. Ellen is well-known in the region for her performances with her late husband, the prolific Larry Ruhl. All this magic will be topped by a collaboration between Ellen, Lynn and Van on some jazz favorites! It should an amazing evening of music and friendship. Please join us!

Van & Wayne video links

person? Join us via **Zoom!** 

Wayne Lopes and Van Manakas 'Study #3 (For Petes Sake)' – YouTube https://www.youtube.com/watch?v=vNay8XfnRDg



### Weekly

**Gentle Yoga** 

Yoga at your own pace... listen to your body and do only what feels right for **you**. Gentle Yoga incorporates deep breathing, movement, and meditation. This is a calming, yet enlivening, way to begin your week; whether you remain seated or choose to stand, you'll soon see... and feel... benefits. LU Giammatteo has been teaching yoga for decades, and offers a supportive environment for all levels of practice (especially for beginners).

> Mondays, 10 – 11 a.m. in the Meditation Room **Comfortable clothing suggested** \$5 donation (to USH) requested

### Monthly

See something interesting? Find more information about our weekly/monthly gatherings by clicking here.

Lunchtime Poetry Workshops with Rev. Bob - October 26, Noon -1:30 p.m. Come to an exploration of poetry and spirit, led by Rev. Bob. Can't make it in

Disability Support Group – November 4, 10:30 a.m.

First Tuesday Hangouts & Discussion – November 7, 10:30 a.m. Zoom Link

USH Book Club – November 9, 2:30 – 4 p.m. Klara and the Sun by Kazuo Ishiguru.

An intriguing take on how artificial intelligence might play a role in our futures. The story of Klara, an Artificial Friend with outstanding observational qualities who, from her place in the store, watches carefully the behavior of those who come in to browse and of those who pass on the street outside. She remains hopeful that a customer will soon choose her. A book that explores the fundamental question: What does it mean to love?

Friday Pizza and Movie Night – November 10, 5 – 9 p.m. The movies have a social justice emphasis this month, with James Baldwin's *I Am Not Your Negro* as the featured attraction. Post-viewing discussion will be led by Gloria Mengual.

Lunch Bunch – November 14\*, Noon – 2 p.m. at Butterfly... the Bunch is testing a return to restaurant dining in a new-for-us location. Let's see how we like it... \* 2nd, not 3rd, Tuesday – Thanksgiving's coming soon!

Saturday Sing-Along – November 18, 2 p.m.

Security Task Force – November 19, 12 noon Contact Laura Cipriano or Lu Giammatteo for more information. **Click HERE for the Zoom Link.** 

Social Justice Council – November 21, 7 – 8:30 p.m. Interested in justice work? Come meet with us to learn the latest about ongoing activities and discover new initiatives. Everyone's invited! Click HERE for the Zoom Link.



**Click <u>HERE</u> for October's Meeting Minutes** 

Message from Rev. Jocelyn Gardner Spencer on behalf of the GHIAA/Center for Leadership and Justice team "We invite your prayers for Cori Mackey, for her family, for her medical team, and for our staff team as well. If you would like to send your wishes for healing, we invite you to send a card to Cori at our office (47 Vine St., Hartford CT 06112) and we will deliver it to her at the hospital. Please refrain from calling and texting her at the moment, but please do pray for her in all the ways you can."

**October GNO:** hawkwing

For more than 20 years **Hawkwing, Inc.** has served the people of the Cheyenne River Sioux/Lakota Tribe (CRST) in South Dakota by providing resources to enhance health and education, to end hunger, reinforce clean water infrastructure, and empower individuals to overcome generational repression through programs focused on personal and community development. Hawkwing's vision is that tribal members enjoy healthy fulfilling lives free from generational trauma and hardship.

Greater Hartford Interfaith Action Alliance Information

**GHIAA Core Team Trainings (registration required)** 

Join GHIAA staff and leaders to learn the principles and skills of organizing: relational culture, power analysis, issue campaigns, and more. This training is open to incoming and continuing core team members, as well as clergy and other leaders from your congregation. Please register for your preferred series by visiting: https://cljct.org/ghiaa/trainings/

- Fall Intensive (in person): Sunday through Wednesday evenings, November 12-15, 6:30-8:30 pm, location TBD. On Sunday, Nov. 12 we will begin with dinner at 5:30. For the subsequent evenings, an optional dinner will be available at 6pm for those who would prefer to eat before the training.
- Winter Session (remote): Thursday evenings, February 15, 22, 29, and March 7, 6:30-8:30 pm, via Zoom

For more information, speak to **Diana Heymann** in person or via email.



#### The Horace Bushnell Food Pantry

In Gratitude for FOOD, WINTER COATS, and GIFT CARDS Folks serviced by the Horace Bushnell

Pantry have empty cupboards and it's time for Thanksgiving food.

Folks also have empty closets! They need new and gently worn winter coats.

The Food Pantry would also benefit greatly from cash donations which can be put into the offertory basket as checks ("For" line saying, "Food Pantry") or cash in an envelope with "Food Pantry" written on the outside. See new food items list <u>here</u>

## **RE and Chalice** Clubhouse



Looking for a supportive, inclusive, nonjudgmental home for your family's spiritual needs? Let USH be yours! Visit and learn about Unitarian Universalism, our congregation, and how USH can foster your family's religious or spiritual journeys.

Join the fun at USH -

Sign up for Sundays <u>here</u> online or in person at the welcome table. Questions? Reach out to our Interim Religious Education Coordinator Annie Witzler for more information.



Children and youth are welcome in our sanctuary wearing school-friendly Halloween costumes this Sunday for our ghostly-themed Remembrance Ritual. There will be goody bags available after the service for all in attendance, and we plan to take a group photograph at Coffee Hour downstairs in Fellowship Hall after the service. Hope to see you!

**Click HERE for this weeks RE Newsletter** 

# **Events Around Hartford**



**New World Trio at UUS:E** 

**New World Trio** presents "Commemoration," a chamber music program, on Sunday, November 5, at 4 p.m. at Unitarian Universalist Society:East, 153 Vernon St. West, Manchester. Suggested donation is \$20 to benefit UUS:E. The concert will include works by

Rachmaninoff, Hagen, and Shostakovich. New World Trio is Anhared Stowe, violin, Peter Zay, cello, David Ballena, piano.

www.newworldtrio.org for info

## **USH Resources**

Flu and Covid seasons are upon us; pharmacies, clinics, and local health departments offer vaccines. Please protect yourself and those around you.

Masks are available at the Welcome Table for anyone who wants one. We have both children's and adult sizes.

If you ever come to a USH event and test positive for Covid in the week following, we ask you to please let the office, or Rev. Bob, know. These things happen – as we know, many of us have had the virus once or twice – and we just want to keep people informed **and** care for you, if needed.

#### 2023 – 2024 USH Board of Directors

**Dana Donovan**: President

Nancy Kemmerer: President-Elect Jon Covault: Treasurer

**Gloria Mengual**: Secretary

Rick Tsukada: Spiritual Life Council Chair Paul Cipriano: Administration Council Chair

Judy Sullivan: Social Justice Council Chair

Tina Davies: Community Within Council Chair

Laurie Kelliher: Membership Council Chair Jim Venneman: Finance Council Chair

Have a question or comment for the board? Send an email to: ushboardofdirectors@gmail.com.

#### **Board Meeting** The next board meeting is Tuesday, November 14, 6:30 p.m. **Zoom Link HERE**

The latest financial reports for FY 2023-2024 have been posted, click **HERE** to view.

The 2022/23 Annual Report is available HERE

The **Board Meeting Minutes** for September 2023 have been posted.

Click **HERE** to view the USH Directory, Reports, and other church business information online. Contact Karolina Wojtysko for the username and password.

#### **USH Staff:**

Rev. Bob Janis, Minister ushminister@gmail.com | 860-233-9897 ext. 103

**Sam Moffett**, Director of Music smoffettuu@gmail.com

Annie Witzler, Interim Religious Education Coordinator re4ush@gmail.com | 860-233-9897 ext. 104

Patty Peck, Bookkeeper

ushtreasurer50@gmail.com | 860-233-9897 ext. 102

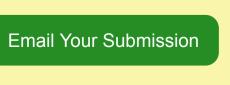
Karolina Wojtysko, Office Administrator & Building Rentals hartforduusociety@gmail.com | 860-233-9897 ext. 100

> The deadline for USH E-news submissions is **Tuesday at Noon.**

Please write in the 'Subject' field "USH Enews", and include the dates that your submission should be featured. Announcements about upcoming events appear for two consecutive weeks maximum, unless other arrangements have been made with the editorial team.

When forwarding information concerning an "outside" event or organization, please pre-edit your copy in order to keep the piece to 200 words or less.

Articles should be sent as email file attachments, (MS Word preferred) and images need to be sent separately as jpeg, jpg, png, tiff, bmp, or gif files. Thank you for your submission!





#### **USH Calendar of Events**

The calendar for October **2023** can be viewed HERE.

SUNDAY	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY	FRIDAY 6	S.
*	9	10	п	12	13	
15	16	17	15	19	20	
22	23	24	25	26	27	
29	30	31			-	

Please consult our Online Calendar regularly for all upcoming events coordinated by the Unitarian Society of Hartford

To submit a Calendar Request (also for an online USH Zoom Room gathering) click **HERE**.



Unitarian Society of Hartford | 50 Bloomfield Avenue, Hartford, CT 06105 Phone: 860-233-9897

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