

Unitarian Universalist Society: East

Member of the Clara Barton District of the Unitarian Universalist Association



Unitarian Universalist Society: East is a welcoming, open-minded, spiritual community seeking truth and meaning in its many forms. We share responsibility for building a more equitable, peaceful, and sustainable world.

Follow us on Twitter @uuseast. Check out #uuseast.
Find us on Facebook at /UUSEast.



Table of Contents

- Sunday Services Schedule..... 2
 - Easter and Good Friday Services 2
- 2016-2017 Ministry Themes 3
- Sunday Service Flowers 3
- Recorded Services Available 3
- 2016-2017 COM Recipients 3
- Community Outreach Ministry 3
- The Minister’s Column: 4
- Enter, rejoice, and come in! 5
- The President’s Column 6
 - Welcome!..... 7
 - Newcomers Social..... 7
 - Save the Date! 7
 - Intro to UU..... 7
- Visitors and Newcomers..... 7
 - New Member Sundays..... 7
- Out of Order..... 7
- Membership News..... 8
 - Sunday Morning Teams..... 8
 - Goodies 8
 - Mentor Program..... 8
 - The Committee..... 8
- April is Sexual Assault Awareness Month 9
- In Rhythm and Song 9
- Food & Drink 9
- The Big Easy 10
- Awaken Your Spirit..... 10
- Plant Sale..... 10
- Spring Clean-up 10
- The Annual Picnic..... 10
 - Gardening 12
- Green Sanctuary News 12
 - Climate Action 12
 - Vegan Potluck 12
 - Yoga News..... 13
- Books, Classes and Discussions 13
 - Community Drum Circle..... 13
 - Free Mindfulness and Movement Workshop..... 13
 - Book Lovers 13
 - Women’s Sacred Singing Circle 13
 - Community Kirtan 14
 - UU Buddhists..... 14
- Two and Tea 14
- Annual UUS:E Piano Bash 14
- Get Connected! with UUS:E on the Web..... 15
- Pastoral Friends Sharing 15
- Stop and Shop Fundraiser..... 15
- Equal Exchange 15

Sunday Services Schedule

April Ministry Theme: **Reconciliation**

April 2: "Organize, Agitate, Educate."

These words—which Susan B. Anthony said "must be our war cry"—epitomize the spirit of the January 21 Women's March on Washington and the many supportive marches and rallies held across the world. Hear two members of the UUS:E community share their experiences of attending the march in Washington and the rally in Hartford and what it has meant to them since then.

Speakers: Sandy Karosi and Kate Howard-Bender

Special music: Marie Summerwood

Coordinator: Marsha Howland

April 9: "On Eating Bitter Herbs."

One of the many rituals associated with the Jewish celebration of Passover is the consumption of bitter herbs (maror, chazeret) during the Passover Seder. This morning we reflect on the significance of bitter herbs in the story of the ancient Israelites, and also on various experiences of bitterness in our lives today.

Coordinator: Rev. Josh Pawelek

Friday, April 14, 7:00 PM: "Good Friday."

See the right-hand column for details.

Coordinators: Mary Bopp and Rev. Josh Pawelek

April 16: "All Good Gifts."

Easter music service, see the right-hand column for details.

Coordinators: Mary Bopp, Gina Campellone, and Rev. Josh Pawelek

April 23: "Hear the Earth Call."

This morning Rev. Josh, Duffy Schade, and Sharon Gresk proudly introduce their new book, **Hear the Earth Call**. This book features prose, poetry, prayers and photos in celebration of the earth and our relationship to it.

Coordinator: Rev. Josh Pawelek

April 30: "Our Song to Sing."

Multigenerational Service. Percussionist and community organizer, Matt Meyer, leads us in a service of rhythm and song. Matt says: "We imagine a world with more equity and compassion, but the journey to get there is long. How we do celebrate ups and downs on the road while we travel? Where do we find joy in the community that assembles along the way?"

Coordinator: Rev. Josh Pawelek

Easter and Good Friday Services

Two Amazing Music Services on Easter Weekend

Good Friday Tenebrae Service

April 14, 7:00 pm.



This service features New York City-based violinist, Sharon Gunderson, dancer/choreographer, Hannah Barnard, and UUS:E Director of Music, Mary Bopp, performing "Louange à l'Immortalité de Jésus" from "Quartet for the End of Time" by Olivier Messiaen. This performance and others will accompany reflections on the execution of Jesus and the rise of authoritarian movements in our own time.

Tenebrae is an ancient Christian religious service celebrated on the evening before or early morning of Maundy Thursday, Good Friday, or Holy



Saturday. Tenebrae is distinctive for its gradual extinguishing of candles while a series of readings and psalms is chanted or recited. UUS:E's adaptation of Tenebrae will be contemplative, meditative, and truthful about violence and the paths to peace.

Easter Sunday Music Services

April 16, 9:00 and 11:00 AM

Join us for our annual multigenerational Easter music service, featuring selections from the musical "Godspell." The UUS:E choir, the children's choir



and many other instrumentalists offer inspiring music to celebrate Easter and the arrival of spring. Wake up

from winter's long sleep! Let your spirit be reborn with an ancient story of hope and the enduring promise of spring.

2016-2017 Ministry Themes

July	Truth
August	Vocation
September	Transformation
October	Suffering
November	Abundance
December	Joy
January	Evil
February	Love
March	Surrender
April	Reconciliation
May	Devotion
June	Journeys

Sunday Service Flowers

The signup sheet for flowers is in a binder in Annie's office. Please make sure you check off the box, indicating whether you want to take the flowers back home with you or have them donated. The contact person for delivering donated flowers is Cyndi Krupa, 860-986-1957, cyndikrupa@sbcglobal.net

Recorded Services Available

Many of the Sunday Services at UUS:E run on the three community access channels (Cox in Manchester, Community Voice Channel in Bolton, and Charter Communications in Windham). The DVDs are available at UUS:E, and you can sign out the programs you were unable to see. Audio CDs are available one week after each service, and as a download from Jane, our sexton, if you provide a flash drive (USB port).

Community Outreach Ministry

Charitable Giving for February 2016

As always, thank you for your generosity.

"We do not gather our gifts only for ourselves, but to share with the larger community."

Continuing our practice of sharing our gifts with the community beyond our walls, the recipient of fifty percent of our Sunday plate collections for the month of April will be split between **CT Alliance to End Sexual Violence** and **Covenant to Care**.

Connecticut Alliance to End Sexual Violence (The Alliance) is a statewide alliance of individual sexual assault crisis programs. The Alliance works to end sexual violence through victim assistance, community education, and public policy advocacy.

Covenant to Care for Children channels the generosity of caring and faithful people to advocate for, and provide direct assistance to Connecticut's children who are neglected, abused and/or impoverished. The committee overseeing our community outreach efforts welcomes your comments and suggestions.

Please contact Louisa Graver at Graver30@att.net, David Lacoss, or Nancy Madar at nancymadar@hotmail.com.

Checks made out to UUS:E will be treated as follows: If the memo line:

- ✓ is blank or "pledge" is written, all will go toward your pledge.
- ✓ has "COM" or the name of the charity is on the memo line, all will go to the charity.
- ✓ has "1/2 pledge, 1/2 COM," it will be divided equally.

2016-2017 COM Recipients

July	Three area food pantries
August	Kado Pet Foundation and Hartford Higher Education Consortium (CT-JAG)
September	KidSafe CT and Families in Crisis
October	Free At Last Players
November	Manchester Senior, Adult and Family Services
December	Three area shelters
January	Manchester Community Refugee Resettlement Group (MCRRG).
February	Operation Fuel
March	Rebuilding Together (Manchester) and Communitas
April	CT Alliance to End Sexual Violence and Covenant to Care
May	MARC and MARCH, Inc
June	Mary's Place and True Colors

The Minister's Column: Hallelujah!

Dear Ones:

This month marks a milestone for me, Duffy Schade and Sharon Gresk. After more years than I care to count, we are finally ready to publish a book we've been working on entitled **Hear the Earth Call**. It was Duffy's idea originally. She offered to sift through my sermons and prayers in search of meaningful excerpts addressing our experience of Nature. Once she had collected a series of excerpts, she began matching her own photographs to them. Along the way we brought Sharon Gresk onto the team to design the book. Our Sunday service on April 23rd will feature readings from **Hear the Earth Call** and a viewing of some of the photographs in the book. (We will also begin taking orders. All proceeds go to UUS:E!)

Mindful that our ministry theme for April is reconciliation, I would like to share with you part of the Epilogue from *Hear the Earth Call*. It speaks to the way Nature reminds us of inherent oneness in the universe:

.....
"Let us imagine there was a beginning to everything—a primordium—a paradise of sorts—a tiny, compressed moment wherein all boundaries blur, so that shapes and spaces cannot be distinguished, matter and energy cannot be distinguished, light and shadow cannot be distinguished, past, present and future cannot be distinguished—a complete unity, all in one; one in all; a tiny potent moment in which a vast multitude of possibilities resides. This moment, this original unity, pregnant, about to burst forth with immeasurable creative power, if it did exist—and scientists say it did—by definition, must contain all truth.... More precisely, this moment—this astounding, glorious, eloquent unity **is** truth.

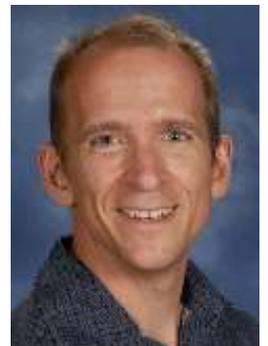
"Let us imagine everything we do in our lives, every decision, every emotion, every thought—everything; even the misguided, harmful things—if we look deeply enough at why we do what we do and feel what we feel, if we look for the motivation

underlying our motivations, if we look in the most intimate way, illuminating our most inner, most vulnerable selves, we realize at our core is a longing—a profound and fierce longing—to return to that primordial moment, that sublime, original unity.

"Let us imagine, that from time to time, each of us in our own way has experiences—experiences of transcending mystery and wonder—brief, fleeting experiences: flashes, visions, dreams, déjà vu, feelings, flickers, intuitions, insights, connections, **A-has!**, eureka!—marked physically by butterflies and goose bumps—moments of awe, exultation, joy, amazement, and sometimes fear, dread, terror. And let us imagine these moments occur in both likely and unlikely places: in the sun rising over the ocean; the sound and call of the pounding surf; the view from the mountain top; the great circle of Midwest sky; humming birds and squirrels taking a meal at the backyard feeder; the exuberance of new love ... spring's rebirth; summer's tomatoes served freshly cut with salt, pepper and oil; autumn's vivid, colorful decay; winter's barrenness; the cry of the newborn ... the final breath before death.... Let us imagine, in these moments—these precious, grace-filled moments, we recognize, if only for an instant, that original unity of all things. We come screaming out of the birth canal into the soft light, into the wet morning, into life's mud and muck and mess, and we know—a profound heart-and-soul-knowing—truth. The words before words sing in our hearts, and we know truth."

Amen and blessed be.

Rev. Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

I've been thinking about friendship a lot lately. In fact, friendship has been the focus of much of our Religious Education programming over the past month. We worked together to make a friendship fruit salad, created friendship posters, designed beaded safety pins for a Friendship Pin Communion, and discussed how being a good friend is a common theme in all seven UU principles. We shared books with one another in a book swap, made a friendship video, played cooperative games, and with the help of some fabulous volunteers we sang and drummed together. We also read several books about friendship, including **The Invisible Boy** by Trudy Ludwig, which was everyone's favorite. The book tells the story of Brian, a boy who feels so lonely he is practically invisible. At the start of this picture book Brian is shown in an almost transparent shade of grey, while the rest of the world is in color, emphasizing his isolation. But when someone reaches out to Brian in friendship, color begins to creep in. By the end of the story, Brian has become part of a circle of friends, and he is revealed in bright, vivid colors. No longer is he an invisible boy!

I suspect the reason children—and adults—respond so well to this story is because its message is universal. Everyone, even the tiniest baby, knows the comfort and joy that come from love and connection, and the loneliness and fear that come from rejection and lack of connection. Only when others truly see us can we feel loved. Only when our hearts feel connected to others can we thrive and shine in full, glorious color.



As members of a beloved community, we at UUS:E can give that gift to one another—the gift of being truly seen. As Director of Religious Education I am privileged to witness this happening all the time. (And oh, what a privilege it is!) When a child shares a joy or concern during children's worship they are celebrated or held in love by their peers and their teachers. And in this way that child is seen. When a parent acknowledges being exhausted from a week of caring for two toddlers with a stomach bug, another parent among the group can always be counted on to offer help or kind, loving words. And in this way that parent is seen.

We all deserve to know the joy of connection, the comfort of love, the gratification of friendship, and the awesome fulfillment of being truly seen. May each of us know it, and may each of us give that gift to one another.

Be well and be loved,

Gina



The President's Column

A Message from Alan Ayers

It is wonderful to have Josh back from his one month sabbatical! Life in the Ayers household is a tad bit too busy. I swear that we will be having a relaxing weekend. But before it has arrived, we have packed it with way too many things. Never a dull moment here but no time to smell the flowers.

The Policy Board worked hard this fall to hammer out a series of budgets for FY18 (July '17 to Jun '18) and you have probably heard about it in your meetings with your steward. If you have not met with your steward, I encourage you to return your steward's calls/emails. If you have not received any, contact Phil Sawyer (860 633-8655). We need your support! We are striving to provide

1. A 1% salary increase to our staff ,
2. Provide resources to a part of our religious education program (Youth after Affirmation – high school) which has been not effectively developed in years and is sorely lacking. Revitalizing this program is critical to our ability to grow.
3. Stimulating & inspiring guest ministers and speakers during Rev. Josh's 4 month sabbatical next year,
4. Acting on our growth strategy by increasing our visibility to the community about our programs, activities and what we stand for.

After considering the discussion at the January Congregational Meeting, the Policy Board decided to terminate our Amazon Smile account. I will be writing a letter to Amazon, explaining our reasons for this termination, which Monica Van Beusekom summarized in her research in January. We get precious little from Amazon and there are way too many detractors in Amazon's business and competitive practices to maintain this account at UUS:E.

UUS:E has received a few large donations in the recent past, and the Policy Board is considering how this money should be used. Some of the thoughts are to: create a fund to explore growth and revitalize sections of our programs like the Youth, pay down the mortgage to lower our annual payments as well as the 2030 balloon payment, and/or putting it in our endowment fund. We are deferring our decision until the results of pledges from our annual canvass have been totaled.

Under the advisement of the Stewardship Committee and the Policy Board, Sham Elshakhs (our Treasurer) is obtaining the capability to accept credit card donations. We will explore how best to use this capability. We will be charged fees for these payments thus detracting from our net revenue, but if we can expand our revenue using this payment method, then it will be worthwhile.

The NLDC is working with Ted Pappas and a group of 10 recently trained people to begin interviewing the members and friends in our congregation over the next two years. In other UU churches, this process has revitalized their congregation by better understanding what is truly meaningful to people while they participate in community and doing a better job of matching programs, committee positions, and leadership opportunities to each individual. This process will begin this month by interviewing the UUS:E leadership, which will help refine the process and then interviews will commence across the congregation.

We also have been receiving a series of donations for the Mortgage Capital Campaign that Sylvia Ounpuu presented at the January Congregational Meeting. We will begin to rollout a soft campaign to remind people of the opportunity to support the building that many people before us made possible. Since the last Capital Campaign (2008) to fund the most recent building expansion, almost 50% of the people participating in our church are new and have never helped fund the brick and mortar of our lovely building. This is a great way to buy-in to a piece of our building if you have not already done so!

Oh, don't forget the annual multigenerational Easter music service this year. It will be on Sunday April 16 at 9 AM and 11 AM. Mary Bopp has been working on the choral parts with our UUS:E choir for more than a month. I think you will enjoy what is coming that day.

Love,
Alan



Visitors and Newcomers

Welcome!

We hope we had a chance to greet you when you first visited. Please stop by the welcome table inside the front door to speak with the person there or join in at the Newcomers Café during coffee hour. You can also contact membership co-chairs Edie Lacey at elacey1@cox.net or 860-481-1922 or Jennifer Klee at jenduv@sbcglobal.net or 860-875-1285.

Newcomers Social

This is something new we're trying. Join us on Third Fridays! Newcomers, new members, and those who want to meet new people, are invited to a friendly evening of coffee, dessert, and socializing at Susan and Malcolm Barlow's Manchester home. Bring a short reading or poem to share with the group. Plan for a few relaxed moments at the end of your week. Info & RSVP: Susan at sbarlow627@aol.com. Due to logistical constraints, this event is for adults only.

P.S. The reading doesn't have to be religious or even serious; maybe something you're reading or a favorite quote or song lyric.

Third Fridays, April 21, May, 19 and June 16 at 7 PM

Save the Date!

There are lots of opportunities to learn more about UUS:E or to pursue membership:

Meet the Church

Visitors are invited to meet Rev. Josh for a brief overview of UUS:E, followed by a tour of the building and grounds. Meet in his office after each service. No RSVP required, watch for announcements in the order of service.

Date: 6/4

Intro to UU

Rev. Josh and the Membership Committee present a lively and informative three-to-four-hour seminar about Unitarian Universalism and Unitarian Universalist Society: East. It's a great way to learn more, and is required if you choose to become a member. Please RSVP to Annie Gentile in the UUS:E office at 860-646-5151. Contact Jennifer Klee with any questions (jenduv@sbcglobal.net). Childcare is available upon request.

Thursday, April 6, 6-9 PM, light refreshments

Sunday, April 23, 1-4 PM, 12:45 for lunch

New Member Sundays

We will have a ceremony to welcome new members twice a year. RSVP to Annie Gentile in the UUS:E office at 860-646-5151. Contact Jennifer Klee with any questions (jenduv@sbcglobal.net). The next one will be on Sunday, May 7, 2017. There will be a reception and dress rehearsal on the Thursday before, May 4, from 7-9 PM.

If you cannot attend one of these services but want to become an official member, you can "sign the book" at any time! Contact Rev. Josh to make arrangements.



Out of Order

Out of Order by the British filmmaker Amanda Bluegrass focuses on five LGBT seminarians hoping to follow their call and become ministers in the Presbyterian Church (USA) at a time when the denomination prohibited LGBT candidates from ordination. This is a story that goes far beyond any one denomination, and the Connecticut screening is sponsored by an ecumenical network of churches and groups.

Filed beautifully, **Out of Order** is the story of personal courage and persistence confronting organizational misunderstanding, fear, and bigotry. It shows the cost of faithfulness. It is also the story of faith prevailing. Here is a link for more information: <http://www.outoforderdoc.com>.

Alex McNeill, Executive Director of More Light Presbyterians and one of the subjects of *Out of Order*, will be present to engage in conversation about the film and his experiences as a transgender person of faith.

The screening will take place on Sunday, April 2 at Westminster Presbyterian Church, 2080 Boulevard, West Hartford, CT. Doors open at 2:45 PM and the screening starts at 3:00. A reception will follow the showing. We will finish early enough so you can be home to see UCONN Women's Basketball!

Membership News



Greetings from the Membership Committee!

Our job is to welcome visitors and to encourage all of our members, whether long-standing or new, to make the most out of your participation in our beloved community. What does “make the most” look like? Well, that varies from person to person, depending on what you’re passionate about, interested in, and need right now. Maybe the Sunday morning music feeds your soul, maybe you’re looking for connections to people, maybe you have a cause to fight for. Opportunities for all of these and more exist at UUS:E. Check the calendar and come to an event or two, or review the committee listing in the front of the directory and pick a committee to try out. They’d all be happy to have you. There are a few events coming up that offer a chance to get to know other people and a short-term commitment: the plant sale (Bob & Jean Knapp), the auction (Sharon Gresk), the annual picnic (Jennifer Klee), Speak-Up (Rev. Josh), and the spring clean-up (Jim Adams). Give a little of your time and talent—you’ll get a LOT.

Sunday Morning Teams

We can always use more help on Sunday mornings. Contact Louisa Graver for greeters, Jennifer Klee for welcome table, and Jackie Heintz or Edie Lacey for hospitality.

Goodies

Thank you to everyone who has signed up and brought in snacks for Sunday morning! There is plenty of room on the schedule if you want a turn. You don’t have to serve; we are only asking for people to provide the snacks. You’ll find the sign-up sheet and very detailed instructions posted next to the serving window.

Mentor Program

Would you consider being a mentor to help new members and regularly attending newcomers ease their integration into the UUS:E community? All you have to be is friendly! Please contact Eric Vogel at esvogel@cox.net if you are interested.

Mentor Roles

1. Be a friend.

Get to know the person and his/her interests and strengths so you can suggest ways to become involved in our community.

Look for your person at coffee hour, introduce him/her to others you know.

Ask him/her to attend a UUS:E event with you.

2. Serve as a guide.

Explain UUS:E events such as the fair, stewardship potlucks, the auction, congregational meetings, Ferry Beach.

Translate our jargon! When the acronyms or other UUS:E-specific terminology starts to fly, provide an explanation.

Talk about the various committees we have and other opportunities for service and suggest ways he/she might like to become involved.

The Committee

Are you interested in joining our busy (and fun) committee? We’d love to have you! Talk to Jennifer Klee (jenduv@sbcglobal.net) or Edie Lacey, co-chairs, or any committee member: Gail Crook, Louisa Graver, Jackie Heintz, Eric Vogel, Wilda Wyse, Susan Barlow, Kathy Lee, and Betsy Nelson to learn more.

April is Sexual Assault Awareness Month

Engaging New Voices

We can all use our voices to change the culture. In order to prevent sexual violence we must address the root causes and social norms that allow sexual violence to exist. This April national anti-violence leaders are calling particularly on faith leaders, parents, coaches and members of Greek Life to play a critical role in changing those causes and norms.

Did you know Rosa Parks was a leading rape crisis activist a decade before she became involved with the civil rights movement?

Nearly 1 in 5 Connecticut residents has experienced a sexual assault in his/her lifetime

One in four (26%) Connecticut women and 10% of Connecticut men are sexual assault survivors

Find out what you can do to #EndRapeCulture at www.endsexualviolencect.org

In Rhythm and Song

A Fun Workshop with Matt Meyer

Sunday, April 30, 1:00 to 2:30



Join us for a workshop in community singing and world percussion. Drumming and singing is as ancient as our most sacred rituals and as grounding and joyful today as ever. Join us in learning songs of justice and community and feeling the beat of drums from around the world.

Matt Meyer is a musician and community organizer who has led hundreds of services and workshops for UU congregations across the country. He has a degree in music and has studied abroad in Cuba, Ghana and Central America. Matt is a founding resident of the Lucy Stone Cooperative in Roxbury and serves as Director of Community Life for Sanctuary Boston.

Cost \$10 for adults, \$4 for kids (subsidies available. See Rev. Josh)



Food & Drink

An evening of awesome storytelling with Speak Up!

Saturday, April 8 at 7:00 PM

(Doors open at 6:30)

Speak Up is a Hartford-based storytelling organization that seeks to promote the art of personal storytelling to a wide audience and foster and support a community of storytellers in Connecticut. Speak Up brings professional and amateur storytellers to the stage to share true stories from their lives. Speak Up founders and producers Matthew and Elysha Dicks work closely with storytellers to help them craft their stories for the stage and teach storytelling workshops to storytellers and professionals at all levels. Speak Up shows feature storytellers who tell true stories from their lives on a predetermined theme. Shows showcase a blend of seasoned storytellers and people telling stories for the first time.

This will be an awesome evening of good, fun, entertainment. Not to be missed. Tickets are \$15 and will be sold following Sunday services in late March and early April. Tickets can also be purchased online at <https://www.eventbrite.com/e/speak-up-food-drink-tickets-31663855444>.

Suitable for ages 14 and older. To reserve childcare during the event, please contact the UUS:E office at (860) 646-5151 or uuse153@sbcglobal.net.



The Big Easy

Considering a visit to New Orleans? Curious about our largest UU gathering of the year? Please think about being a delegate to the UUA General Assembly, convening in New Orleans from June 21-25. Wonderful worship, stimulating workshops and significant social action... all taking place with thousands of other committed religious liberals! See more at www.uua.org/ga. Registration and housing options opened March 1, prices go up on May 1. For information—or to talk about being one of UUS:E's five official delegates—please contact Nancy Pappas at 860-643-8082 or nanapap338@aol.com.

Recent news regarding our UUS:E congregational family and other pastoral items of note. If you would like to be included or know of someone we should reach out to, we would love to hear from you. Please send an email to both Patricia Wildes, pwildes@yahoo.com, and Gene Sestero, oretsets@aol.com.



Awaken Your Spirit

New England Regional Assembly
April 21-22, 2017 in Woburn, Ma

Your New England Region UUA is bringing you a unique opportunity to gather with New England Unitarian Universalists for a celebration of spirit. Worship with acclaimed liturgist-singer-music director Dr. Glen Thomas Rideout and UU/UCC preacher Rev. Robin Bartlett. Sing with composer-musician-song leader Dr. Ysaye Barnwell. Attend a UUA Presidential Candidates Forum. Meet and greet your New England Region UUA staff, and choose from three workshops being offered. Register: new-england.eventbrite.com

Register by February 28 for Early Bird Pricing. Youth are welcome to participate; special rate for ages 12-19. Free child care available for ages 11 and under.



Plant Sale

Saturday, May 20, 9:30 – 11:30 at the Meetinghouse

Outdoors, rain or shine

A wide variety of perennials (most \$5)

Plants will be labeled

Master gardeners will be available for consultation

If you have questions, please contact Bob or Jean Knapp.

Spring Clean-up

Sponsored by Building & Grounds Committee

Where: UUS:E

When: Saturday, May 6

Time: 9:00am – noon

Clear winter debris, prep for summer.

Family friendly event.

Bring gloves and garden tools (we also have some to lend).

Refreshments and good company provided.

Contact Cory Clark 647-0705 with questions.



The Annual Picnic

We are forming a committee to run the Summer Picnic. This year we plan to have it right here at UUS:E, after the second service on June 25, the last Sunday with two services before we go to one service for the summer. We are going to rent a grill instead of renting a park. We are hoping to draw more people, more families, more fun!

There are lots of jobs to be done but many hands make light work!

- Set up
- Clean up
- Grill masters
- Activities
- Music

What else? We welcome your ideas!

We are looking for someone or a team to coordinate the event, with a big group of eager volunteers. Contact Jennifer Klee if you want to join this fun, one-time committee.

RECYCLE

The Affirmation Group would like to remind you to recycle!



Remember, you can recycle
magazines, paper bags
newspapers, office paper
metal cans and aluminum cans, NOT ALUMINUM FOIL, glass bottles
cardboard/paperboard
and plastic containers #1 - 7



**Plastic Bottles and
Containers #1-7**

REMEMBER!! You can't recycle plastic bags or plastic packaging



Gardening

Spring is here! At the moment of this writing, it's 23 degrees, with several inches of snow and ice on the ground, however Spring really does arrive in March! Spring invokes images of maple sap dripping into buckets, flowers poking up through last fall's leaves, and our thoughts turn to GARDENING! Some of us don't feel terribly accomplished in this area, while others can't wait to get their hands in the dirt. It seems that UUS:E is a hotbed of gardening enthusiasts though. We have several Master Gardeners in our midst.

If you're a Master Gardener or someone who loves to garden, or even someone who would like to learn about gardening, we have an opportunity for you! For a number of years, we have had a garden just outside the Religious Education classrooms, and we've had some great gardening experiences with our young UU's. The RE Garden is not part of the RE curriculum now, so the Sustainable Living Committee wants to maintain the garden as a UUS:E COMMUNITY GARDEN. You can help by:

- Joining our Community Garden Task Force. This group will oversee the plots that we have and coordinate the work there. Janet Heller and Chris Larson are working on this, but they'd like some help!
- Taking a plot to grow your own organic food. We have 6 beds full of rich composted soil, an herb area and a strawberry bed. You can sign up for a plot in the lobby during April, or contact Anne Vaughan at LAnne.Vaughan@gmail.com.
- Also, don't forget, the Building & Grounds committee is holding their Spring Clean-up on Saturday, May 6 from 9 AM – noon.

Climate Action

People's Climate Mobilization. There is a large mobilization planned for Saturday, April 29, the 100th day of the Trump administration. The Unitarian Society of Hartford is hoping to fill a bus, so let us know if you're interested. More information can be found here:

<https://peoplesclimate.org/?source=350>. This site also gives information about a "sister march" in Springfield at 3 PM on April 29, which might be a good option for those who can't make the DC trip.



Vegan Potluck

Earth Day is just around the corner! On Sunday, April 23, the morning service will be on the theme, "Hear the Earth Call: Prayers, Preachings, Poems and Pictures." Then at 1:15 PM (or help with setup at 1:00), there will be a Vegan Pot Luck, focusing on how eating a plant based diet is not only healthy for people, it's healthy for the Earth. Some of us are totally vegan, while others of us are moving in that direction. Wherever you are on the spectrum, please come and bring a dish to share that is free of meat, dairy and eggs. To conserve resources, please bring your own place setting, and please RSVP to Paul Cocuzzo (pcocuzzo@gmail.com or 978-270-2056) so that we know how many tables and chairs we need.

If you need an idea for what to bring, check out the recipes at the UUS:E website. Just click on the **Sustainability** tab, then click on **Vegan Recipes**. Or click here, if you are reading this electronically: <http://uuse.org/sustainable-living/vegan-recipes/>

If you have a recipe you'd like to share, you can do it right there. Thanks to Paul Cocuzzo for setting that up! At the dinner we'll also have a video presentation regarding our beautiful earth. Our next Pot Luck will feature Judith Dreyer, author of *At the Garden's Gate* giving a "Tea Talk" on the healing benefits of teas. Date to be decided. Visit her website at <http://www.judithdreyer.com/>



Books, Classes and Discussions

brought to you by...

The Adult Religious Education Committee

(Youth are welcome at all workshops. Childcare is available with one week's notice.)

Yoga News

As Ruth Rempt held her last yoga class on Tuesday, March 7, and is now retiring, there will no longer be Tuesday yoga classes. Thank you, Ruth, for your excellent classes and instruction.

Jessica DeCarli begins a new eight-week yoga session, Monday, April 3 – June 5, 5:45-6:45 PM, with no class on April 24 and May 29.

Susan Barlow is now teaching yoga on Wednesdays, 11 AM-12 noon, starting April 5th. Her first eight week session is April 5-May 24. Welcome Susan!

You can register with:

Jessica at jess.decarli@gmail.com,

Susan at SBarlow627@aol.com,

or Annie at uuse153@sbcglobal.net.

\$40 for the eight week session or \$6 drop-in fee. Walk-ins welcome!

Come enjoy yoga at UUS:E!



Community Drum Circle

Tuesday, April 17, 7:00-8:30 PM

(Third Tuesdays in the Sanctuary)

Open to all levels of ability and experience.

Facilitator Mary Ertel provides djembe drums and other hand instruments, and you may bring your own.

Drum with intentionality, send good vibes out into the world!!

Contact Paul Cocuzzo at pcocuzzo@gmail.com or 978-270-2056 with questions or to reserve a drum.

Free Mindfulness and Movement Workshop

Friday, April 7, 4:30-6pm

This workshop is an invitation to slow down, connect inward, be in your body, and move to music. We will explore meditation, gentle stretching, qigong, and creative expression through dance. All are welcome. No previous experience necessary. Bring a yoga mat, meditation cushion, or bench if you have one, and wear clothes you can move in freely. Contact Annie Gentile at uuse153@sbcglobal.net or Kate Grigg at Kate@kategrigg.com to sign up. Walk-ins welcome. Kate is a Registered Somatic Movement Therapist with a passion for weaving mindfulness and compassion into everyday life. Visit www.kategrigg.com for more info. **Free**

Book Lovers

The Book Lovers will be meeting on Tuesday, April 11 (as always, the second Tuesday of the month), from 3:30 - 5:00 PM, in the chapel area.

We will be discussing **Never Let Me Go**, by Kazuo Ishiguro (author of *Remains of the Day*).

Upcoming:

All are welcome, even if you haven't read the book!

For information: mheaney1932@frontier.net

Women's Sacred Singing Circle

Every Thursday from 7:00 - 9:00 PM, we will be singing in the sanctuary. All women and girls eight years and older are welcome to join our circle regardless of musical training or ability. Come when you are able, stay as long as you wish.

Sing, laugh, and be in community.

For more information, contact Jane Osborn: janeosb3@gmail.com



Books, Classes and Discussions, Continued

Community Kirtan

with



Charlie Braun & friends

Friday, April 21, 7 PM

Note the date – 3rd Friday this month instead of the usual 2nd Friday.

If you're only going to attend one kirtan before the end of the series, this is the one to come to! Charlie Braun has created his own unique style of kirtan. Folk; rock; world-gospel-blues sounds; beautiful, moving melodies; and rhythmic grooves blended with the deeply energizing and radiant mantras of Eastern spirituality. A lifelong singer-songwriter, Charlie is also an award-winning record producer, award-nominated music creationist, and an acclaimed guitarist. He's been referred to as an "alchemist of healing music." Joined by Brie Sullivan (vocals) and Nathan LaFratta (tablas), Charlie brings spontaneous energy, alluring musicality, and a deeply devotional heart to his offerings.

A \$15 donation is requested. No one is ever turned away. For details about all monthly kirtans, please visit Central CT Community Kirtan at

www.facebook.com/CTkirtan

or

www.meetup.com/Nondual-Collective

UU Buddhists

The Buddhist Group will meet at 7:00 PM, Tuesday, April 4, in Room 2, for meditation, dharma, and discussion. The April ministry theme is "reconciliation." Contact Nancy Thompson, nancythompson123@yahoo.com, with any questions.

Two and Tea

Gershwin for Two Pianos

Performed by

Dorothy Bognar and Connie Hegarty

Saturday, April 29, 2:00 PM at the Meetinghouse

TWO & TEA

GERSHWIN

FOR TWO PIANOS

PERFORMED BY

DOROTHY BOGNAR •
• CONNIE HEGARTY



WITH TEA AND DESSERT

SATURDAY • APRIL 29 • 2 PM



Advance Tickets: Adults \$20 • Seniors \$15 •

Ages 10 – 18 \$10 • Under 10 years Free •

Tickets at the door for all ages \$25

To reserve tickets call church office (860-646-5151)

Childcare: Notify Sue McMillen by April 21
(860-724-8447)



Annual UUS:E Piano Bash

Sunday, May 7, 2017, at 3 PM in the meeting room.

Please notify Mary Bopp, Music Director, if interested in participating by playing a piece or two on one of our wonderful pianos!

This is a free presentation sponsored by the Music Committee.

Get Connected! with UUS:E on the Web

UUS:E WEBSITE is located at <http://uuse.org>. Here you can find the latest news about our community and upcoming events, basic information about group and committee activities, Rev. Josh's sermons, and much more.

DIALOGUE FROM HOME is our ongoing virtual **talkback series** that continues online after each of Rev. Josh's sermons. Whether you want to read along, post your thoughts, and/or engage in dialogue about the topic, you are welcome to join this group. Request a password from Annie, the office administrator, to get access to the discussion. Email uuse153@sbcglobal.net.

FACEBOOK! UUS:E has two Facebook pages where members and friends can share all things UUS:E. Our main site is www.facebook.com/UUSEast. You can find out what's going on at UUS:E here. And please share our events to your own page to help spread the word about all of the great things we do!

We also have a second site, UUS:E Happenings, designed specifically to share ideas and events with others in the UUS:E community. Anyone can post here. Is your child going to be in a play? Are you performing a concert? Looking for people to hike with? Post it here! This is a closed group, request to join here:

<https://www.facebook.com/groups/587066578028806/>

MEETUP: We have started a Meetup page! Join our group! Find events, RSVP and more at: <http://www.meetup.com/Unitarian-Universalist-Society-East/>. If you'd like to add an event to the Meetup site, contact Carol Marion at cmarion333@gmail.com.

Rev. Josh has his own website located at <http://revjoshpawelek.org>. Catch up on his latest writings, community work, and more. You can also follow Rev. Josh on **Twitter @revjoshpawelek**, or connect with him at **LinkedIn** and **Facebook**.

Weekly e-blast – Contact Annie at uuse153@sbcglobal.net to be added to this weekly email of what's happening at UUS:E. Send submissions to SBarlow627@aol.com

Pastoral Friends Sharing



Fay Peters



We have received wonderful donations for Fay! Here are the details:

- Member 1 made available a car for a very low price. The car will be available in mid-May.
- Member 2 donated funds to cover the cost of the car plus additional funds for future car repair
- Member 3 loaned Fay a car though the end of April

We are deeply grateful to these members for their wonderful gifts; to other members who provided rides, etc., and to all the members of UUS:E for the daily gifts they give to the community.

Stop and Shop Fundraiser

Please consider buying these cards—the more sales we do, the more it helps UUS:E to fund its programs. It is also a very good way to volunteer your time to sell them. Easy to do and not a lot of time is required. Please call Gail Crook at 860-649-9508 or via email at e.gail.crook@gmail.com if you'd like to volunteer or have questions.



Equal Exchange

Fair-trade, sustainably-grown, **organic coffee, tea, chocolate and now olive oil** are available for purchase in the lobby after each service on the **second Sunday of every month**. These products are good for the growers, good for the Earth, and offered at a very good price. And did you know that the coffee served on Sunday mornings and at other UUS:E events is also **Equal Exchange** brand?

Sponsored by your Sustainable Living Committee.



UUS:E GENERAL INFORMATION

UUS:E Office Schedule: Monday-Friday, 8:00 AM - 4:00 PM

Meetinghouse Office: 860-646-5151

Office Administrator: Annie Gentile email: uuse153@sbcglobal.net

Minister: Rev. Joshua Pawelek 860-652-8961, revpawelek@sbcglobal.net

OFFICE HOURS: Tuesday 10 AM to 7 PM and Thursday 10 AM to 4 PM

President: Alan Ayers, 860-633-6125, ADayers@BUILDINNOVATION.com

Director of Religious Education:

Gina Campellone, 860-875-8468, UUSE.REdir@sbcglobal.net

Newsletter Editor: Paul Cocuzzo, 978-270-2056, uuse.nletter@sbcglobal.net

Website Coordinator: Carol Marion 860-643-8765, uuseweb@gmail.com

World Wide Web address: <http://uuse.org>

May Newsletter Deadline:

April 20

Unitarian Universalist Society: East
153 West Vernon Street
Manchester, CT 06042