

Unitarian Universalist Society: East

*Member of the Clara Barton District of the
Unitarian Universalist Association*



*July 2016
NEWSLETTER*



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](#).



UUS:E Newsletter Cover	1	Two Mindful Journeys in 2017	9
Table of Contents	2	Peru.....	9
Sunday Services Section.....	2	Portugal/Spain	9
Sunday Services Schedule	3	“Eating-For-Life” Potluck	10
2016-2017 Ministry Themes	3	Will Tuttle.....	11
Community Outreach Ministry.....	4	Hear Ye, Hear Ye! The Bard has come to UUS:E!	12
Sunday Service Flowers.....	4	Shakespeare Lovers Take Note!.....	12
DVD / Audio CD Loan Services Available in Office 4		Zo Tobi.....	12
Commentary Section.....	5	¿Qué Dijiste?.....	12
The Minister’s Column: Hallelujah	5	Refugee Family	13
Enter, rejoice, and come in! A Religious Education message from Gina.....	6	New Member Biographies.....	14
Service and Growth Section	7	Rob & Tamara Sehi	14
Books, Classes and Discussions.....	7	Sandy Karosi & Deb Gould	15
Book Lovers.....	7	Marcia Leonard	16
UU Buddhists.....	7	Jena Rose	16
Community Drum Circle.....	7	Denay Johnston	17
Yoga Classes	7	Get Connected! with UUS:E on the Web	18
Community Kirtan	7	Stop and Shop Fundraiser	18
Women’s Sacred Singing Circle.....	7	Equal Exchange.....	18
News and Events.....	8	UUS:E recycles!.....	18
UUS:E Calendar of Events for July.....	8	Address and Contacts Page	19
Special Forum on Aid in Dying	9		

Sunday Services Schedule

July 2016 Ministry Theme: **Truth**

Services at 10:00 AM Only

July 3: "Addressing Patriotism from a UU Perspective."

UUs can have conflicted feelings about patriotism. As we anticipate the July 4th holiday, David and Rob will share their views on what patriotism means to them. Please remember that this will be our first single Sunday service, beginning at 10 AM.

Presenters: David Garnes and Robert Sehi

Coordinator: Sarah Karstaedt

July 10: "Our Favorite Hymns."

Today we will hear from several people who will share a few words about their favorite hymn/song at UUS:E. We will all sing those songs. Any instrumentalists who would like to play along are invited. If you'd like to talk about a hymn, or other music at UUS:E, please contact Martha. If you want to play an instrument, please contact Mary.

Coordinator: Martha Larson and Mary Bopp

July 17: "Creating Your Own Sacred Book."

What words - books, poems, quotations, talks, songs – do you find inspirational? As part of Rev. Josh's recent class "Deepening Your Spirituality," each participant compiled a book of favorite words that give voice to his or her own philosophy. Today three of them will share their books, and some truths they learned about themselves from taking part in this process.

Presenters: Penny Field, David Garnes, Carol Simpson

Coordinator: Linda Duncan

July 24: "Continuing the Stories."

More participants from Rev. Josh's class "Deepening Your Spirituality" will offer thoughts about inspirational words they have included in their "Sacred Books."

Coordinator: Nancy Madar

July 31: "Sermon Survey Winner."

Rev. Josh will preach the sermon named most in his early July survey (see July newsletter column). We are also joined in worship this morning by the extraordinary singer/songwriter/cellist Leah Coloff.

Coordinator: Rev. Josh Pawelek

2016-2017 Ministry Themes

Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Truth	Vocation	Transformation	Suffering	Abundance	Joy	Evil	Love	Surrender	Reconciliation	Devotion	Journeys

Community Outreach Ministry

Charitable Giving for July 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, for the month of July, the recipients of 50% of our Sunday plate collections not otherwise designated will be split among three area food pantries.

Contributions to the food pantries are especially important during the summer when children from needy families are not receiving breakfast and lunch at school.

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.

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.



DVD / Audio CD Loan Services Available in Office

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).



The Minister's Column: Hallelujah

Dear Ones:

I have a request. I'd like to hear from as many UUS:E members and friends as possible what your favorite sermons of mine have been over the years. Please write to me at revpawelek@sbcglobal.net or leave a message on my home office phone, 860-652-8961. If you don't remember titles, that's OK. (I don't remember most of the titles either!) If you can tell me what the sermon was about, or if there was a particular story or message that you remember, that should be enough to help me identify which sermon you are referring to. And if you can't remember specific sermons but there's a certain type of sermon that you like, you can inform me of that too.

I'm making this request mainly so I can identify what has stuck with you over the years. I'm trying to discern which sermons have had the most impact on you, or have meant the most to you, or have been the most helpful to you. I want to learn what works best for the congregation.

I'm also planning to "re-preach" the two sermons that get named most frequently in this little survey. I will update them and preach one on July 31st and the other on August 28th.

When you send me an email or leave a phone message, you will get a message informing you that I am on vacation and study leave. That is true. But don't worry. I want to hear from you in response to this question. Which have been your one or two favorite sermons of mine?

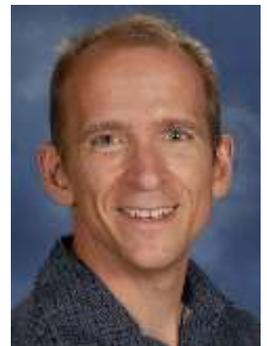
Speaking of vacation and study leave, I will be taking approximately six weeks off for this purpose between July 5th and August 21st. As is always the case, I am available for pastoral emergencies during my vacation and study leave. I request that people only contact me in the event of emergencies (and to tell me about your favorite sermons!)

During the summer, our family will be spending some time in the Berkshires with Stephany's parents. The boys will be participating in various camps there. We'll be taking a road trip to Baltimore. And we'll also be spending a week on Cape Cod with my parents and my brothers' families. My primary focus of study this summer will be the work of Morris Berman. Some of you may remember the sermon I preached on May 1st in response to his first book on human consciousness, **The Reenchantment of the World**. This summer I will be studying his other two books on human consciousness, **Coming to Our Senses** and **Wandering God**. I will also wade into his series on the United States of America, **Twilight of American Culture**, **Dark Ages America**, and **Why America Failed**. My goal is to teach an Adult Religious Education course on his work sometime next year.

Finally, as many of you know, UUS:E has made plans to hire a ministerial intern and become a teaching congregation. Well, we were poised to begin the internship in September, however, our candidate ultimately accepted an offer from another congregation. This means that we will not be commencing with this program in the fall. I was very disheartened by this news. Such is life. We will eventually do this, just not next year.

With love,

Rev. Josh



Enter, rejoice, and come in! A Religious Education message from Gina

Dear Friends,

What a wonderful year we've had in Religious Education. During the months of July and August, the RE program shifts to summer mode. The theme of our summer RE program, "Sunday Fun-days," is simple: fun and community. The summer provides an excellent opportunity for children to be with their UUS:E friends, deepening their connections with one another and having fun together.

Each Sunday morning throughout the summer will feature a different activity, many of which are planned and facilitated by members of the RE Committee and other volunteers. The Sunday Fun-days program is designed for children entering kindergarten and up. Nursery care will be provided for children 4 and under. Middle and high school youth will have the option of participating in the planned summer activities—the younger kids absolutely love when the "big kids" play, too. They may also choose to assist in the nursery or attend the worship service. If you are willing to volunteer over the summer, in the nursery or with the planned activities, it would be greatly appreciated. Even just one Sunday would be a big help! Talk to me or our RE Assistant, Reta Soderholm, to sign up.

Below is the schedule of Sunday Fun-days activities.

- June 26Outdoor games (11 AM)
- July 3No RE
- July 10Theatre games
- July 17Weather workshop
- July 24Magical fairy gardens
- July 31Pictionary and other games
- August 7Tee-shirt decorating (Bring a tee-shirt!)
- August 14.....Sacred dance
- August 21.....Natural history activity
- August 28.....Art extravaganza

Please remember that during the months of July and August UUS:E holds just one service at 10 AM.

Wishing you a great month!

Be well and be loved,

Gina

Be well and be loved,

gina



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)

Book Lovers

The Book Lovers will be meeting on Tuesday, July 12 (as always, the second Tuesday of the month), from 3:30 - 5:00 PM, in the chapel area.

We will be discussing **Death at LaFenice**, by Donna Leon.

Upcoming selections:

August 9..... **The Light in the Ruins**, by Chris Bohjalian

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

For information: mheaney1932@frontier.net

UU Buddhists

The Buddhist Group will meet at 7:00 PM, Tuesday, July 5, in Room 2, for meditation, dharma, and discussion. March's ministry theme is "creation."

Contact Nancy Thompson, nancythompson123@yahoo.com, with any questions.

Community Drum Circle

Tuesday, July 18, 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.

Yoga Classes

Come enjoy yoga at UUS:E!

Tuesdays at 9:30 AM, with Ruth Rempt. Summer class June 14 to August 2.

Cost: \$40 for an eight-week session or \$6 drop-in fee.

To read about their classes, visit [UUSE.org](http://uuse.org). To read about their classes, visit [UUSE.org](http://uuse.org).

<http://uuse.org/religious-ed/adult/yoga-classes/#.V3HU-Xn2a70>

Community Kirtan

Central CT Community Kirtan returns to Manchester, CT, July 8, at 7 PM, with New York-based ensemble Satya Franche & Ma Kirtan leading an exquisite evening of divine feminine kirtan—guided by the divine play of Satya's guru, Sri Neem Karoli Maharaj. Satya's no-holds-barred style of kirtan is influenced by both the Western kirtan wallahs and her experiences of kirtan in India. Her vocal skills are imbued with a sense of enthusiasm—and clear love for the practice—making her a popular leader of modern kirtan.

Satya has recorded and performed with many of today's kirtan leaders, including Krishna Das, Shyamdas, David Newman & Mira, and Sruti Ram & Ishwari. She has also toured in India, Canada, and the Northeastern States with the late Ma Chetan Jyoti, one of kirtan's great voices. Satya holds two degrees in music, and has worked extensively both in live performance and in the studio. She recorded the pop album **As We Were** with her group So Sudden in the 1980s, as well as the kirtan album **Love Is in the Name** (2009). Currently, Satya is working on her second kirtan release, entitled **Faith in Hand**.

Central CT Community Kirtan is held on the 2nd Friday of each month, 7 PM, at UUS:E. Please BYO floor cushion (or, folding chairs provided). Central CT Community Kirtan is made possible with the support of the Call & Response Foundation. A goodwill offering will be accepted. No one will be turned away.

For more info: [facebook.com/CTkirtan](https://www.facebook.com/CTkirtan) or [meetup.com/nondual-collective](https://www.meetup.com/nondual-collective)

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



UUS:E Calendar of Events for July

For details, please go to <http://uuse.org/events/calendar-2/#.VB9etWd0y71>

Unitarian Universalist Society: East						
Today July 2016 Print Week Month Agenda						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 9am Sunday Service 11am Sunday Service	27 12pm AA Group, MR/K 6:30pm Navigators, Ch 7pm Spirit Play Teache 7pm Pastoral Friends, .	28 9:30am Yoga/Adult RE, 12pm Fire Alarm. Inspe 7pm RE Committee, Rr	29 7pm Sacred Dance You 5:45pm Sisters in Harm 7pm IRIS Forum, Chap 7pm Manchester Wome	30 7pm Women & 7th Gra 5:45pm Sisters in Harm 7pm Manchester Wome	Jul 1 10am Music Rehearsal,	2
3 9am Sunday Service 11am Sunday Service	4 12pm AA Group, MR/K 7pm Building & Groupc 7pm RE Committee, Rr	5 9:30am Yoga/Adult RE, 12pm Fire Alarm. Inspe 7pm RE Committee, Rr	6 7pm Women & 7th Gra 5:45pm Sisters in Harm 7pm Manchester Wome	7 7pm Women & 7th Gra 5:45pm Sisters in Harm 7pm Manchester Wome	8 10am Music Rehearsal,	9
10 9am Sunday Service 11am Sunday Service 12:15pm Music Commit	11 12pm AA Group, MR/K 7pm Communications (3 7pm Finance Committe	12 9:30am Yoga/Adult RE, 7pm Aid In Dying Pres 7pm MLI/Jewish Cultur	13 9am MLI/Jewish Cultur 7pm Dream Group, Rr	14 9am MLI/Jewish Cultur 7pm Dream Group, Rr	15 10am Music Rehearsal, 8pm Mid-Summer's Nig	16
17 9am Sunday Service 11am Sunday Service	18 12pm AA Group, MR/K 7pm Membership Comi	19 9:30am Yoga/Adult RE, 7pm Membership Comi	20 5:45pm Sisters in Harm 6:30pm Policy Board, C 7pm Manchester Wome	21 5:45pm Sisters in Harm 6:30pm Policy Board, C 7pm Manchester Wome	22 10am Music Rehearsal,	23
24 9am Sunday Service 11am Sunday Service	25 12pm AA Group, MR/K 7pm Denominational A	26 9:30am Yoga/Adult RE, 7pm Denominational A	27 5:45pm Sisters in Harm 7pm Citizens Climate L 7pm Manchester Wome 7pm Program Council,	28 5:45pm Sisters in Harm 7pm Citizens Climate L 7pm Manchester Wome 7pm Program Council,	29 10am Music Rehearsal,	30
31 9am Sunday Service 11am Sunday Service 1pm Mental Health Min	Aug 1 12pm AA Group, MR/K 7pm Building & Groupc 7pm RE Committee, Rr	2 Jane - Vacation 6pm Sustainable Living 7pm Buddhist Group, F	3 5:45pm Sisters in Harm 7pm Manchester Wome	4 5:45pm Sisters in Harm 7pm Manchester Wome	5 10am Music Rehearsal,	6

Special Forum on Aid in Dying

Wednesday, July 13, 7:00 PM

UUS:E Main Meeting Room



On Wednesday evening, July 13 at 7:00 PM, in the UUS:E main meeting room, the Connecticut Valley Atheists will host an informational forum on the topic of aid in dying.

Forum speakers will include:

- Stanley Greenberg of the Hartford Area Humanists and the CT Coalition of Reason. Mr. Greenberg has been very active in the effort to pass an aid-in-dying law in Connecticut;
- Helen Kingstorf, RN, who will present her perspective as a hospice nurse;
- Tim Appleton, the Connecticut Campaign Manager for Compassion and Choices.

Among the goals of the forum are to call attention to the personal, moral, and legislative issues surrounding aid in dying; to encourage more citizens to become involved and make their presence and informed opinions known in the media and in the legislative process; and for all of us to become more aware of individuals and organizations—civil, religious, and secular—with whom we need to cooperate to make aid in dying legal in our state.

All are welcome. For more information, contact Klaus Kingstorf at 860-729-7724.

Two Mindful Journeys in 2017

For UUs and Their Friends

Peru

Always wanted to experience Machu Picchu? Join us March 25-April 5, 2017. Our journey will be filled with comfortable places to stay, Shamanic conversations, lovely food, water blessings at an old Inca spring, beautiful natural vistas and reflections while sitting on a mountain top.

Portugal/Spain

May 14-24, 2017, from Lisbon to Santiago de Compostela. Along the way, we enjoy soulful Fado music, a tile-making workshop, wine, port, and culinary tastings, and a bit of a walk on the Camino. Imagine cruising down the Douro River tasting port while reflecting on the scenic vineyard-covered hillsides.

Journeys led by UU minister, Wayne Walder, Toronto, Canada (<http://www.nuuc.ca>). To receive a detailed itinerary for either journey, please email Beverlz@me.com. To learn more about Mindful Journeys, go to <http://nuuc.ca/spiritual-growth/spiritual-practice/mindful-journeys/>

Come one, come all!

“Eating-For-Life” Potluck

Friday, July 22, 5:30 PM preceding Dr. Will Tuttle Presentation

This will be a **vegan*** potluck

If you’re not sure how to make a vegan dish, it’s fairly easy to find recipes online. Just think about your favorite potluck dish and enter a search for it, prefaced with the word “vegan”—there is a vegan version of nearly everything.

To keep it balanced, we suggest you bring a dish based on the first letter of your last name. (Don’t get too stressed over this part; nobody is keeping score. You can bring cider, juice, or bread if no time or inclination to cook.)

Suggested guidelines are:



First letter of last name	Bring
A through H	Main Dish
I through P	Dessert
Q through Z	Salad or appetizer



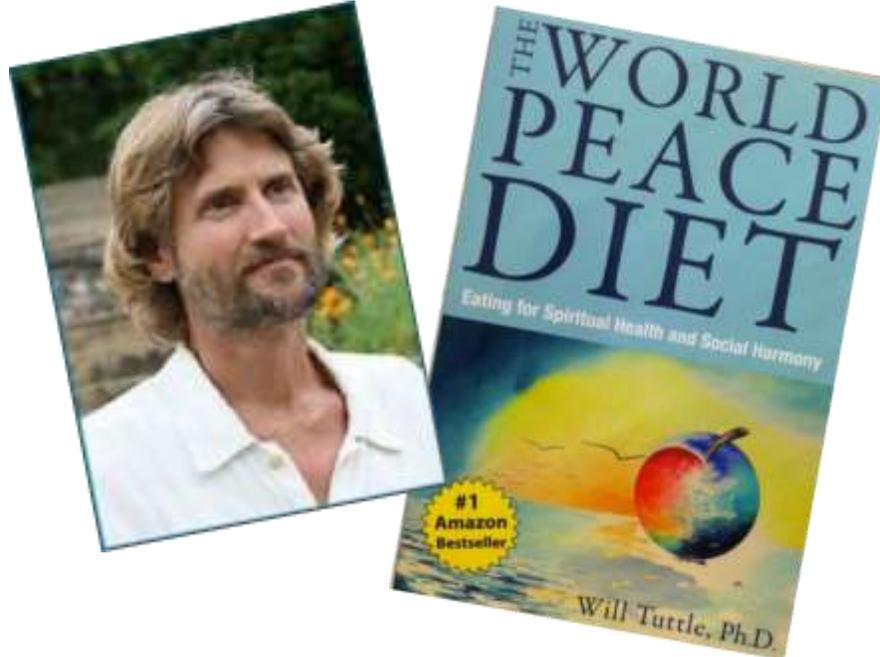
Please bring your own plates and utensils. This will be a huge time-saver for the cleanup crew. We will have a few available for those who forget, but do your best. Thanks.

Please email Kat at katdargan@gmail.com or call at 860-657-6083 to sign up and indicate what you will bring.

*To be **vegan**, a dish cannot contain **meat, poultry, fish, eggs, dairy products or honey**. As with all potlucks, make a dish to serve eight hungry people. Please jot down a list of ingredients to place next to your dish.



Will Tuttle



Will Tuttle, Ph.D., author of **The World Peace Diet**, will be speaking at the
UUS:E Meetinghouse

Friday, July 22, 2016, at 7:00 PM

Sponsored by the Climate Action Team and the Eating-For-Life Group of
Unitarian Universalist Society: East (UUS:E.)

Dr. Tuttle is an award-winning author, speaker, educator and an acclaimed pianist. He offers a set of universal principles for all people of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plates, and what it all means. He speaks for the animals, the environment, the poor, and our physical and spiritual health. **The World Peace Diet**, which has been translated into more than a dozen languages, suggests how we might move our consciousness forward so that we can be more free, more intelligent, more loving, and happier in the choices we make.

There is no charge for this event. Goodwill offering welcome.

The talk will be preceded by our Eating-For-Life Potluck dinner starting at 5:30 PM. This is a plant-based meal (no meat, fish, dairy, eggs or honey.) If you would like to attend the potluck please contact Kat Dargan to RSVP and indicate what you will bring — katdargan@gmail.com.

Hear Ye, Hear Ye! The Bard has come to UUS:E!

Join us for performances of the boisterously hilarious comedy **TWELFTH NIGHT**, on Saturday, July 16, in the Meeting Room at 8 PM, and on Sunday, July 17, outside on the lawn at 2 PM. There is no charge, but a goodwill offering will be accepted. Email Jessica at jtoandcc@charter.net with any questions, and we hope to see you there!

Shakespeare Lovers Take Note!

Capital Classics, the **Greater Hartford Shakespeare Festival**, is presenting **Othello** this summer—and celebrating their 26th year of professional theatre in our area! The productions take place on the beautiful grounds of University of St. Joseph in West Hartford on 3 weekends (Thursday through Sunday), **July 14-31**. Ticket information: www.usj.edu/arts. If you come in a group of 10 or more, ask for the **10% group discount**. And if you contact Nancy Simonds (860-254-5418), she will make sure the UUS:E group gets a shout-out from the microphone during opening announcements! So, bring your picnic and your lawn chairs and prepare to enjoy **Shakespeare under the stars**. It's a wonderful way to spend a summer evening.

Zo Tobi



A Soundtrack for Change
Live at The Unitarian Universalist Church in Meriden
Sunday, July 10, 4:00 PM
A Solo Acoustic Performace

328 Paddock Avenue, Meriden, CT
4:00 PM, doors open at 3:30 PM
<http://zotobi.com/>

¿Qué Dijiste?

What Did You Say?

You may start encountering Spanish language expressions here and there in our congregational life – in our worship, in our signs, in our literature, in our music. In our efforts to become a more welcoming congregation we plan to start introducing Spanish on a more regular basis at UUS:E.

If your primary language is English, and you have traveled to a foreign country where English is not the primary language, you probably felt more comfortable if some basics were in English—Where is the bathroom? How do I find my hotel? How much are those peaches?

True, not many Spanish speakers have visited UUS:E, but some have, and there are many living in Manchester who might appreciate that we are making an effort to be more welcoming. Most of us are very often are not in the position of having to struggle with language. Even when we travel, many people in other countries have learned English so we can just talk as we normally do without having to make any effort at all. And at UUS:E, we can make the same assumption that we can speak English all the time and those for whom English is not their first language will have to get used to it.

If we truly want to be welcoming, it would be a learning opportunity for us to have a little struggle—to say that we're willing to become a little bit uncomfortable knowing that for native Spanish speakers, they're dealing with discomfort much of the time.

Just as the LGBTQ people feel welcomed by the rainbow on our outdoor sign and the flag hanging indoors, we hope native Spanish speakers will feel welcomed hearing and seeing some Spanish used in our everyday lives at UUS:E.

¿Qué piensas?

Refugee Family

What Do We Still Need?



Did you know that there are currently 20 million refugees in the world, and that over the next year, approximately 85,000 will be settled in the US? Nearly 900 will be settled in CT. To meet this demand, the Integrated Refugee and Immigrant Services (IRIS) in New Haven, has been soliciting co-sponsorship groups from all over CT to assist with resettling families. Locally, the Manchester Community Refugee Resettlement Group (MCRRG) has begun work to eventually be able to tell IRIS that we are ready to welcome a refugee family into our community. Judi Durham has agreed to take over coordination of the project. Although we have a small group of volunteers who have taken responsibility for several necessary tasks, we are still in need of others as there is still much work to be done. Below is a brief list of some of the areas in which we are still in need of assistance.

Contributions:

We need to have a minimum of \$6000 before we can apply to have a family come to Manchester.

- To contribute by check: Make check out to Manchester Council of Churches (MACC) with Refugee Resettlement on the memo line. Mail to MACC, 466 Main Street, Manchester, CT 06040, or give to Judi Durham.
- To contribute by credit card go to <http://macc-ct.org/donate/> Make sure that after selecting the credit card you will use, and completing that information, on the bottom of the page where it asks for **Donation Information** that you designate the Manchester Refugee Project so the funds will go to the correct account.

Volunteers:

Please consider volunteering with the many tasks/activities that we will be engaged with to help this family become independent and self-sufficient in our Manchester community.

Let Judi know what you would like to do, or that you are interested, and she can help you determine where you might be of the most service. (judi.durham@gmail.com; 860-716-7266)

What We Still Need:

- Interpreters for the many languages in the Middle East.
- People to provide transportation to doctors, clinics, school, jobs, etc.
- People to help the family learn to navigate and acclimate to this new country—as friends, coaches, tutors, etc.
- Assistance with finding employment and housing.
- People to attend IRIS training in New Haven – this is an excellent way to get an overview of the whole project as well as learning how well IRIS will support us.

However you choose to contribute, PLEASE CONTRIBUTE!

New Member Biographies

Rob & Tamara Sehi



Robert Sehi

Rob, as he prefers to be called, is a licensed clinical social worker who practices at Eastern Connecticut Health Network. He has been there for 16 years. He received both his bachelor's and master's degrees at two separate California state universities, earning the master's degree in 1995. Rob became an ordained minister through One Spirit Seminary in New York City in 2015.

He served in Vietnam from 1970 to 1971. He is a retired Master Sergeant from the Air National Guard. In 1998 he and Tamara moved to Connecticut and bought a home in Hebron that they share with their two cats. Rob was not raised with any religious training and seldom attended church as a child. Upon his return from Vietnam, while stationed in Georgia, he became a Southern Baptist. When he returned to California he joined a Southern Baptist Church there. Over time the church licensed Rob to participate and where offered to begin steps towards ordination.

In 1991, Rob had an accident leading to a near death like experience. This changed his religious beliefs. In 2013, while in seminary, Rob had a second near death experience. These have had a profound impact on him and the manner in which he now worships.

Rob heard about UUS:E through a fellow seminarian. He had no prior knowledge of Unitarian Universalism. He began attending in May 2014 and became a regular in 2015. He feels that the values and principles UUS:E present and demonstrate reflect his faith and philosophy today.

Tamara Sehi

Tamara currently lives in Hebron, with her husband Rob and their two cats. She has lived in Europe and the Caribbean, as well as in the Midwest and California. She moved to Connecticut after completing her graduate education on the West Coast.

Tamara is an Air Force veteran. Her first career was in human resources. She now works for the Department of Veterans Affairs in Newington in Education.

Her early religious upbringing was in Catholicism. She moved away from organized religion for most of her adult years. Rob, her husband, attended UUS:E and suggested that she attend. To her surprise, this open-minded, and friendly congregation is an excellent fit for her spiritual beliefs. She looks forward to making friends with many of the UUS:E members.

Sandy Karosi & Deb Gould



Sandy and Deb have been together for 21 years, married almost 3, and share their home with their two cats, Harry and Izzy.

Deb is a life-long New Englander who grew up in Windsor and has lived in Vernon for the past 25 years. Although not involved in the UU Community directly as a child, Deb's grandparents, great aunt, mother and aunts were all UU from a small parish in Monson. In more recent years, she attended services periodically with her aunt, who was a proud active member for over 90 years. Another strong influence for Deb as a child was her great Aunt Lottie, who was active in the women's right to vote movement and a member of the Unitarian Society of Northampton. She has always felt fortunate to have such strong women in her life.

Her professional life began in the Air Force as a jet engine mechanic in the late 1970's for the 14th Flying Training Wing (stationed in Mississippi) and has progressed on a path in the aerospace industry. She is currently a business unit manager and purchasing supply chain manager for an aerospace company in Eastern Connecticut. In her free time, Deb enjoys golf, canning and traveling. She is also a member of the UUS:E Building & Grounds Committee.

Sandy was born in Detroit, Michigan, and moved to Ashford, CT, with her father and brother at the age of 12 when her parents divorced. She has been a resident of Vernon for the past 25 years. Sandy is a graduate of the University of CT and has always worked in the aerospace industry initially as a graduate machinist apprentice at Pratt & Whitney in the '70s and currently as director of human resources at an aerospace company in Eastern Connecticut. Sandy enjoys gardening, reading, traveling and trying to beat Deb at golf. Sandy's father was a non-practicing Roman Catholic and although her mother was raised as 7th Day Adventist she left the church as soon as she was able to move out on her own. Sandy's parents were progressive for the '60s in that they felt that she and her brother should be free to explore religion and spirituality when they were older. They never tried to force it on them. Sandy has always been spiritual and was looking for a community that aligned with her core values. She has found that community at UUS:E.

Deb and Sandy started searching for a UU community in December of 2014 and found UUS:E right in their backyard. They both feel that they have found their spiritual home.

Marcia Leonard



Marcia comes to UUS:E from The First Unitarian Church in Worcester where she'd been a member for 20+ years. It was her first church since growing up German Lutheran in Santa Rosa, California. A friend said, "I thought you always were a Unitarian." Marcia replied, "I guess I was."

Marcia was born in north central Minnesota, raised in California, attended UC Berkeley and then taught history, social studies and French. In 1963 she and her husband and baby son moved to CT when he became an assistant professor of resource economics at UConn. They raised a son and daughter and had a rich social and UConn community life. Marcia was active with International Neighbors, the League of Women Voters and UConn League. They divorced in 1984.

On the advice of a friend she had learned COBOL programming and took a position with the TJ Maxx Corporation in Natick, MA. She lived in the Worcester area, visiting her children during weekends, participating in music organizations and church choir, and teaching Sunday school.

Marcia loves to travel and retirement in 2003 meant even more time to do so. She's been all over the world from taking music tours and Elderhostel bicycle tours in Europe, to China and Tibet, Norway by mail boat, into the arctic near Russia and the Costa Rican rainforest.

She moved back to the Storrs area recently to be close to her daughter and her family. Her son is deceased.

Marcia supports liberal and progressive causes and efforts in our country and state to end racial inequality. She applauds this society for its small carbon footprint. She appreciates how this congregation is so open to the world and one another, always in helpful ways and is happy to be a part of UUS:E.

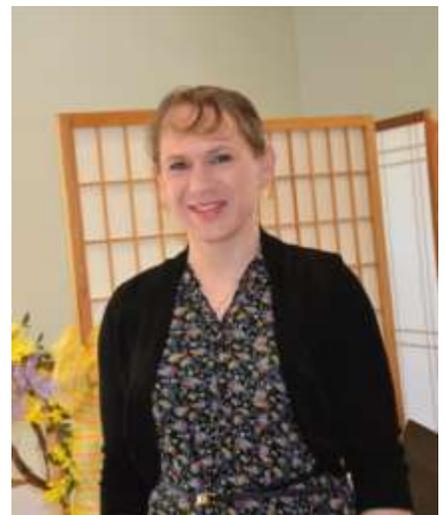
Jena Rose

Jena is a resident of Manchester, CT and recently retired from the U.S. Army (July 31, 2015). She grew up in Manchester, CT, and lived in various locations across the country and overseas.

Her spiritual journey includes being baptized and confirmed Roman Catholic, non-denominational Christianity, followed by a long spiritually dry-spell, and finally finding a home as a Unitarian Universalist in 2014 at the Sky Island UU Church of Sierra Vista, AZ.

Her professional life has revolved around US Army electronics repair, logistics management, and security. She completed her bachelors of science in information technology in 2007 and is currently one class away from completing her masters of information systems with a certificate in audit control.

Prior to Jena's retirement from the Army, she found UUS:E through a web search for UU congregations in anticipation of her move back to Connecticut. She was very happy to find UUS:E right here in Manchester. She looks forward to being a part of the congregation for as long as she can stay while awaiting confirmation of being hired for a full-time job with the Department of Defense in Maryland.



Denay Johnston



Denay grew up in Vernon and attended the First Congregational Church of Vernon from birth until college. She studied Elementary Education and Spanish at Saint Michael's College in Burlington, Vermont which gave her the opportunity to study abroad in Mexico. After graduating college, Denay moved to Mexico to be an elementary school teacher where she taught English for 8 years, completed her master's degree, got married to Fabian, and started a family. After their first son was born, Denay and Fabian decided it was time to move to the states. They thought growing up stateside would give their children more opportunities in life, you know, the "American Dream". Denay found a job teaching high school Spanish, AGH! but quickly realized that it wasn't much different than teaching Elementary level students. She's finishing her 8th year of teaching at Bacon Academy in Colchester next month.

When Denay isn't at work, she is making memories with Fabian and their three children. The boys keep her on her toes and busy with their multiple afterschool activities and very active personalities. Where do kids get all their energy from, and why hasn't someone figured out a way to share it with the adults?! And Fabian keeps her focused on the big picture and helps her to slow down and enjoy it all.

Denay is also a La Leche League leader, giving mother-to-mother breastfeeding support, locally and internationally. La Leche League has also provided her the opportunity to coordinate community outreach events to help normalize breastfeeding at the local, national and international levels.

Spiritually, Denay lost touch with her childhood church during college and never felt the desire to return there. She visited Catholic churches while living in Mexico. Boy, they are aesthetically beautiful, but they never resonated well with her. Fabian wasn't a practicing Catholic, so she never felt pressured to find a connection in the Church. Once they moved to the states, they started talking about how it would be good for them to find a spiritual place they both felt comfortable with. Over the years, they attended a handful of different services, in various churches, but never felt the urge to go back to one in particular, until they came here. Since the first time they arrived as visitors, they knew they had found the right place. Denay looks forward to connecting with others while on her spiritual journey, and raising her children within a community of people who share the same ideals and principles.

Get Connected! with UUS:E on the Web

UUS:E WEBSITE 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**.

YOUTUBE – We have our own UUS:E YouTube channel with Rev. Josh's sermons and other services: www.youtube.com/user/uuseweb

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

Your Communications Committee

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 recycles!

Bring your used ink-jet cartridges and old cell phones here. They will be properly recycled, and the money will go into the UUS:E general operating fund. The collection box will be in the vestibule most Sundays, especially coffee sales days. The box will be kept in the Recycling Room when not in the vestibule. Please insert the cartridge into a plastic bag so the ink doesn't leak out.



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>

August Newsletter Deadline:
July 22

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