

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.

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Find us on Facebook at [/UUSEast](#).



Sunday Services Schedule

July Ministry Theme:
Services at 10:00 AM Only

July 2: "Annual Hymn Sing."

This is the beginning of our summer schedule—just one service at 10:00. Come make a joyful noise as we join our voices in song. Sharing why you are choosing a hymn is always appreciated, but it's not necessary.

Coordinators: Mary Bopp and Martha Larson

July 9: "Patriotism in a Time of Turbulence."

Coordinator: Beth Hudson-Hankins
Speakers: Beth Hudson-Hankins, Monica Van Beusekom

July 16: "The Courage to Create."

Coordinator: Molly Vigeant.

July 23: "Arts in Spirit, Spirit in the Arts.."

Art exerts a powerful spiritual force on both the artist and those touched by it. This is the first in a series of services to share reflections on this theme by drawing on personal experiences with the performing and visual arts..

Coordinator: Lauriston King
Speaker: Nancy Madar

July 30: "Dispatches from Ministry Days, General Assembly, and a Long, Slow Summer."

Rev. Josh offers reflections on June's Unitarian Universalist Association General Assembly in New Orleans.

Coordinator: Rev. Josh Pawelek

2017-2018 Ministry Themes

July	Courage
August	Identity
September	Vision
October	Atonement
November	Faith
December	Hope
January	Justice
February	Brokenness
March	Generosity
April	Transcendence
May	Compassion
June	Restlessness



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).



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

I'm excited to share with you the curricula we will be using in our 2017-2018 Religious Education program. This past year our focus was on UU Identity. This coming school year we will shift our focus to an exploration of our sources, the Hebrew and Christian traditions, as well as other world religions. In order to fully understand what it means to be a Unitarian Universalist, it's important to become familiar with the many religions that have informed, inspired, and influenced us.

If you have questions, or if you'd like to learn more about how you can be involved in RE, please feel free to contact me.

Wishing you a happy & healthy summer!

Be well & be loved,

Gina

2017-2018 Curricula

Religious Education for Children and Youth

Pre-K & Kindergarten: Spirit Play: The goal of Spirit Play is to help children live into their own answers to the existential questions: Where did we come from? What are we doing here? How do we choose to live our lives? This highly successful Montessori-based program engages children using stories from many traditions and group "wonderings." Children choose work activities, sing songs, and partake in a "feast" each week.

Grade 1: Bible Superheroes: In a world where so often "might makes right," and at an age when they are beginning to form values that will take them through their lives, children in this class will meet super heroes from the Bible who were powerful in mind, body, and spirit. The goal of the curriculum is to introduce children to the stories of people from the Bible who have acted with courage and wisdom in their attempts to lead their lives fully and make the world a better place for others, just as we strive to do as Unitarian Universalists.

Grade 2: Picture Book Bible Tales & World Religions: This curriculum offers an introduction to Bible stories from the Hebrew & Christian traditions, as well as Hindu, Islamic, and Buddhist faiths using beautiful and engaging picture books. Each lesson is complemented by an age-appropriate art or movement-based activity, such as Arabic alphabet

calligraphy, cooking with dates for Ramadan, peacock feather art, sand play, and more.

Grades 3 & 4: Passport to Spirituality: This curriculum teaches children not just about world religions, but how they can actually utilize world religions to gain wisdom and develop their own spirituality. Participants in this class will "travel the world." At each country the children visit, they will receive a passport sticker, learn about a different religion, engage in a spiritual practice used by that religion, and pick up a souvenir to take home.

Grades 5 & 6: Bibleodeon: This curriculum is ambitious and inventive! Participants don't just read, they experience the great stories of the Hebrew and Christian Bibles. They encounter a crime scene that tells the story of Cain and Abel. They face down the temptation of candy. They conduct a Bible Women's Awards Night. They construct masks of animals that didn't make it onto the ark, and build living sculptures. In this class, children learn about the Bible as one of the many wonderful and important UU sources.

Grades 7 & 8: Our Whole Lives (OWL): This nationally recognized, highly successful UU program on human sexuality is designed to help adolescents acquire accurate information, develop positive attitudes, and make healthy decisions about the role of sexuality in their own lives. Advisors are trained by the UUA. Participation requires regular attendance and parental permission.

Grades 9 – 12: Youth Group: This year we will be experimenting with many different types of programming to best meet the needs and interests of our high school youth. While this is subject to change, the plan at this point is to offer bi-monthly meetings when the group will get together to talk, play games, cook, eat, watch a movie, discuss a TED Talk, or work on a service project. There will also be opportunities for outings, Youth Cons, independent projects, assisting in an RE classroom, stewardship, and social justice activism.

Faith in Action: Social justice work is central to Unitarian Universalism. Empowering children to find ways to practice the Seven Principles is an important goal of our RE program. Once per month, generally on the second Sunday, children in grades 1 – 6 will work together to put their UU faith into action through service to our church, our community, and our world.

The President's Column

A Message from Robert Stolzman

Hello UUS:E Community,

I am taking the opportunity to write you a short note, introducing myself, and thanking you for all of the support you have shown me as I begin my term as the UUS:E President.

First of all, I would be remiss if I didn't take this chance to express my thanks to Alan Ayers for the wonderful job he just completed as UUS:E President. Under his stewardship, our community has thrived. We addressed many important challenges including the hiring of a new Religious Education Director and a Director of Music. I know that Alan worked ceaselessly and tirelessly to ensure that UUS:E continued to be a healthy and vibrant spiritual community under his watch, and I realize that I am filling large shoes. I am confident that Alan has left me a strong foundation, however, on which to try and continue to build. Again, many thanks to you, Alan, for all of your hard work and dedication. Three cheers for a job well done!

I realize that not everyone in the community may know me that well since Tammy, my spouse, and Anya, our daughter, joined the Society only four years ago. We moved from Alaska to Connecticut in 2013, and having been involved in a UU community in Anchorage, we were excited to find another spiritual UU home on the East coast. We visited the society in the spring and immediately fell in love with the place. You welcomed us with open arms and accepted us into your community with warmth and grace. Together, we have been able to learn and grow, and for that I will always be grateful.

I hope to continue to learn and grow as I serve in the office of the President of the organization. We have a strong and bold community that seeks to make a difference, not only in our lives, but in the lives of many. I hope to keep UUS:E on an upward trajectory, continuing to build upon the successes we have achieved in all of our programs. I also hope to engage with you on a discussion regarding our future. Reverend Josh's sermon on white supremacy struck a chord within me that continues to resonate. The ongoing efforts to revitalize our youth program, and our growth strategy work and our efforts to attract young adults, strike me as

being of critical importance as well. I'd like us to engage as a community in a conversation discussing these topics and explore the issues involved, and to discover whether or not there are common themes that we might be able to build upon as we develop a path forward. Knowing the passion and commitment of the people involved in our community give me great hope that we can, and will, continue to build a spiritual home that is warm and welcoming and exemplifies our seven principles. Thank you again for putting your trust in me. I'm excited to continue to learn and grow with you.

- Rob Stolzman

Membership News



Greetings from the Membership Committee!

Happy Summer! Remember that we are on our summer schedule with ONE SERVICE at 10 AM.

We need you!

We will be setting up our Sunday morning teams over the summer to take care of welcoming visitors at the welcome table, greeting (distributing orders of service, passing the mic, and taking the collection) and hospitality (the friendly folk who make the coffee). When Rev. Josh is on sabbatical next fall, we will be counting on the welcome table volunteers to be the face of UUS:E for visitors.

To make scheduling simpler, we ask people to commit to one set service a month, for example, second Sundays at 11. That's only 11 times a year (you get a month off in the summer) and the team members are very flexible about swapping with each other as needed. If this model doesn't work for too many interested people, we can talk about other options.

We will have training as a reminder for the veterans and to bring "newbies" up to speed. The summer is a great time to sign up to serve coffee, since it's lemonade and there are no dishes to be done! We would love to have some new faces join us! Contact Louisa Graver for greeters, Jennifer Klee for welcome table, and Jackie Heintz or Edie Lacey for hospitality.

As always, I encourage you to 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, especially with new chairs beginning their terms in July.

The Committee

Are you interested in joining our busy (and fun) committee? We'd love to have you! To learn more, talk to Jennifer Klee or Edie Lacey, co-chairs, or any committee member: Susan Barlow, Gail Crook, Lisa Drexler, Louisa Graver, Jackie Heintz, Kathy Lee, Betsy Nelson, and Wilda Wyse.

Visitors and Newcomers: Welcome!

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

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: 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; it could be something you're reading or a favorite quotation or song lyric. Third Fridays, June 16, July 21 and August 18 at 7 PM.

Intro to UU

Would you like to know more about Unitarian Universalism and Unitarian Universalist Society: East? Rev. Josh leads this seminar where you will learn more about the UU faith tradition, including a brief history and background of our theology and UUS:E. It provides a great opportunity to meet others, share our stories about what brings us together as UUs, and to find out how to get more involved in the life of our society. Our next class will be on Sunday, September 10 from 1-4 PM. Childcare is available upon request. RSVP to Annie at 860-646-5151 or uuse153@sbcglobal.net.

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.

New Member Sundays

We have a ceremony to welcome new members twice a year. The next one is on Sunday, October 1. RSVP to Annie Gentile in the UUS:E office at 860-646-5151. Contact Jennifer Klee with any questions (jenduv@sbcglobal.net). 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.

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

Come enjoy yoga at UUS:E!

The current yoga sessions are underway and run Monday, June 12-July 31, 5:45-6:45PM, with Jessica DeCarli, and Wednesday, May 31-July 19, 11AM-12 noon, with Susan Barlow. Susan's next session will be July 26-September 13. Jessica's Monday class will resume in September.

\$40 for the eight-week session or \$6 drop-in fee. All welcome, including beginners. Bring a mat and wear comfortable clothes.

Questions may be directed to:

Jessica at jess.decarli@gmail.com

Susan at SBarlow627@aol.com

Or Annie at uuse153@sbcglobal.net

To read about their classes, visit UUSE.org.

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

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.

Book Lovers

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

We will be discussing **When Breath Becomes Air**, by Paul Kalanithi et al.

Upcoming Discussions:

- August 8 **The Muralist**, by B.A. Shapiro

All are welcome! Please join us, 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



Come and Grow

A Joint Offering with Our 3 Local UU Churches

Building (and Living!) Your Own Theology is a newly designed, intensive and interactive 12-session program in which participants define/discuss their faith and its impact on their lives, taking a very deliberate look at who they are, what they believe, and who they, individually and collectively, can become.

Program participants will be drawn from the three UU congregations in our area – the Unitarian Society of Hartford (USH), the Universalist Church of West Hartford, and the Unitarian Universalist Society: East (UUS:E) in Manchester. Bi-weekly sessions will be held September – March on **Tuesdays**, from **7:30 – 9:00**. Meeting locations will rotate among the participating congregations. Facilitator is USH member, Tom Gervais: 860-558-3000; tom.j.gervais@gmail.com.

The group will be limited in size, with a maximum of 12 participants, including 4 from each congregation. Please register by August 15, 2017.

UUS:E participants, please sign up as you would for a UUS:E program, by contacting Annie at uuse153@global.net or 860-646-5151.

Books, Classes and Discussions

continued

Save the Date!



Free Mindfulness and Movement Workshop

August 25, 4:30-5:45 PM

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 information.



UU Buddhists

The Buddhist Group will not meet on its regularly scheduled day in July, but will meet Tuesday, July 18, at 7 PM in Room 2 for meditation, talk, and discussion. The August 1 meeting is canceled. Contact Nancy Thompson nancythompson123@yahoo.com with questions.

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

Green Sanctuary News



Eat & Learn. Saturday, July 15 is vegan potluck and movie time. Join SLC/CAT for a Vegan Potluck at 6 PM followed by the presentation of "SEED: The Untold Story." View the trailer at <http://www.seedthemovie.com/trailer>. Please bring your own dishes and utensils. The event is FREE, although tossing in a donation to help pay for the film will be received with a smile.



Deadline Approaches for "Solarize with Faith" Solar Panels. On January 8, UUS:E members approved our participation in the Solarize with Faith campaign. Sustainable Living Committee and Climate Action Team will not be hosting any further presentations. The deadline to get into this program is July 9. If you are interested go to the Solarize with Faith webpage at <http://www.solarizect.com/faith> or call Sunlight Solar at 203-878-9123. Be sure to mention you are in the "Solarize with Faith" campaign at UUS:E.

Citizens' Climate Lobby (CCL) Changes Name and Meeting Place. The Manchester chapter of CCL is now The Greater Hartford chapter of Citizens Climate Lobby. The name change reflects the growth of our Manchester CCL chapter and desire to include more people from the whole capitol region. We are now meeting at Goodwin College on Riverside Drive, East Hartford, CT. GPS set to 195 Riverside Drive—the first smaller building on the right—Room 201. We will continue to meet every 4th Thursday of the month at 7 PM. Our next meeting is in Thursday, July 27.



Got a Green Thumb? Even without one you can help weed and care for the gardens around UUS:E on Wednesday mornings. You may find people already there to work with you.



Farmers Market opens in Manchester. The Spruce Street Market is open for business every Wednesday evening through October 4 from 5 to 8 PM. Local produce from local farmers. Check out our Vegan Recipes: <http://uuse.org/sustainable-living/vegan-recipes> and enjoy those veggies while doing your part for Mother Earth. Remember, you can still get a CSA Membership and a steady supply of local, organic produce by joining a CSA (Community Supported Agriculture). A few farms in the state offer CSA memberships and these tend to sell out, so find which ones are near you at <http://ctnofa.org/CSAs.htm>.



A Good Read is New York Times best-seller **Climate of Hope: How Cities, Businesses and Citizens Can Save the Planet** by Michael Bloomberg, former New York City Mayor, and Carl Pope, Sierra Club former executive director . <https://us.macmillan.com/static/smp/overheated/>



Upcoming meetings you are welcome to and encouraged to attend:

Sustainable Living Committee/Climate Action Team's SUMMER MEETING will be Tuesday, August 8, a potluck supper meeting at 6:00. Please bring your own utensils. (There is no July meeting.) Regular monthly meetings are held the second Tuesday at 7 PM.

Citizens Climate Lobby meets at 7 PM on Thursday, July 27, at Goodwin College, Room 201



Part-Time Job Opportunity: Nursery Coordinator

If you enjoy caring for babies and toddlers, and can commit to being in the nursery every Sunday during the 11 AM service, this position might be a good fit for you. Qualified candidates must be at least 17 years of age, have experience caring for infants and toddlers, enjoy working with volunteers and establishing relationships with families, and pass a criminal background check. The position is year-round and pays \$20 per week (10:45 AM – 12:30 PM). Think you might be interested? (Or know someone who might be?) Contact Director of Religious Education, Gina Campellone, at UUSE.redir@sbcglobal.net to learn more.



Faith in Action

In keeping with the UUS:E mission statement, our Religious Education program for children and youth aims to teach kids to put their UU faith in action. This year we will dedicate one Sunday each month to special "Faith in Action" projects. These projects will provide opportunities for our children, youth, and folks of all ages to share compassion, do service, and spread justice in a way that yields growth in faith for all involved. If you have a cause that you're passionate about, if you are involved in social, environmental, or economic justice work on a local or national level, we'd love to hear from you. Let's help our kids realize that they really can make a difference! If you have ideas to share, or would like to learn more about what we have planned, please contact Director of Religious Education, Gina Campellone, at UUSE.redir@sbcglobal.net.



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.



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.

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: Rob Stolzman, 907-268-1871, robandtammylee@yahoo.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 20

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