

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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Sunday Services Schedule

August Ministry Theme: Identity
Services at 10:00 AM Only

August 6: "Crystal Silence."

In keeping with the August ministry theme of **Identity**, musician and UUS:E member Paul Shumsky shares his personal story of identity, spirituality, and music.

Coordinator: Penny Field, with special music by Paul Shumsky

August 13: "Humanism in Uncertain Times."

In response to a UUA General Assembly presentation by Dr. Mtangulizi Sanyika, Rev. Josh reflects on the power and the weaknesses of Unitarian Universalist Humanism.

Coordinator: Rev. Josh Pawelek

August 20: "Poetry, Words, and Spiritual Power."

This morning, three UUS:E poets share their thoughts on poetry and spirituality, along with some of their poetry.

Coordinator: Martha Larson

Poets: Cory Clark, Bruce Cohen, and Carolyn Kolwicz

August 27: "What Do We Really Know?."

What role does the liberal religious community have in guiding personal judgments when so much of what we think we know is grounded in personal psychology, social trends, and overwhelming amounts of information?.

Coordinator and Speaker: Lauriston King

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).

Community Outreach Ministry

Charitable Giving for August 2017

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 **KADO Pet Foundation** and **STRIVE**.

The **STRIVE** mission (from their website):

"To help people acquire the life-changing skills and attitudes needed to overcome challenging circumstances, find sustained employment, and become valuable contributors to their families, their employers, and their communities.

"STRIVE is committed to serving the hardest-to-employ, most at-risk individuals. These include the long-term unemployed, the formerly incarcerated, disconnected youth, recovering addicts, public assistance recipients, veterans, the homeless, and the working poor."

The **KADO Pet Foundation** provides lifetime care for animal companions living with low income seniors and those with serious medical conditions. KADO provides pet food, supplies, and veterinarian services as well as assistance with adoption to qualified individuals who want to have an animal companion and may not be able to pay for its care. 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.

2017-2018 COM Recipients

July	Three area food banks (Manchester, Vernon, East Hartford)
August	Kado Pet Foundation and STRIVE
September	KidSafe CT
October	Free At Last Players
November	Manchester Senior, Adult and Family Services
December	Three area shelters McKinney Men's Shelter (Hartford), East Hartford Community Shelter, Cornerstone Shelter (Rockville)
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

Ladies at Lunch

Are you home during the week days...? Feeling alone, eating the same old food, following the same old routine? Would you like a gaggle of girls from UUS:E to brighten your day? Creative chatter and laughter spontaneously evolves often. This lunch group is open to all interested women from UUS:E. We meet one Thursday and one Friday each month.

The UUS:E schedule will list the days that LAL meets.

Call or email Annie Gentile at the UUS:E office with your name, phone number and the day that you plan to attend. If Annie is away, contact Sue McMillen, Marianne Cornish, Chris Joyner or Sarah Karstaedt. The restaurant where the meeting is held at is decided from meeting to meeting.

The meeting dates for August are Friday Aug.11 and Thursday Aug. 24. We meet at noon. Hope to see you there.

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.)

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.

Community Drum Circle

Tuesday, August 15, 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 meet on the second Tuesday of each month, from 3:30 – 5:00 PM, in the chapel area.

- August 8: **The Muralist**, by B.A. Shapiro.
- September 12: **Bel Canto**, by Ann Patchett
- October 10: **Everyone Brave is Forgiven**, by Chris Cleave

All are welcome! Please join us, even if you haven't read the book.

For information: marlar@wordshard.com

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



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

Charlie Braun & Friends

Friday, August 11, 7 PM

We couldn't go the whole summer without a live music kirtan, so UUS:E has graciously stepped in to bring back Charlie Braun & Friends on Friday. A \$15 donation is requested at the door. No one is ever turned away. Chair seating is provided. Bring your own floor cushions if you want to sit on the floor in the front. Footwear is optional. The kirtan is held in a scent-free space. UUS:E welcomes all faiths, abilities, and identities.



About Charlie Braun & Friends

Charlie Braun has created his own unique style of kirtan. He blends folk; rock; world-gospel-blues sounds; beautiful, moving melodies; and rhythmic grooves with the deeply energizing and radiant mantras of Eastern spirituality. Joined by vocalist Brie Sullivan and Nathan LaFratta (tablas), Charlie brings spontaneous energy, alluring musicality, and a deeply devotional heart to his musical offerings.

<http://www.charliebraun.com>.

About Kirtan

Kirtan is music + mantra. It originates in the Vedic culture of India, and has traveled the world, growing into a movement that blends East and West. It is not a performance, but a musical spiritual practice. Kirtan in the United States utilizes Western instruments and Western modalities of music or blends them with Indian ones. Many of the mantras that we sing are Sanskrit (Hindu), but American kirtan may include Judaic, Christian, Moslem, and Native American names of God as well. The kirtan "wallah," or band leader, "serves" the kirtan to all those in attendance, creating a sacred musical container for the mantras to be sung in. The wallah sings the mantra. Another vocalist generally leads the response singing of the group. Everyone who attends sings the mantra back (or you may be silent and let the mantras wash over you). This call-and-response singing of mantra opens our hearts, raises our vibration, and connects us with the divine. It is a profound, heart-opening, spiritual practice.

Yoga News

Come enjoy yoga at UUS:E!

The current yoga session with Susan Barlow, Wednesday, July 26 - September 13, 11AM - 12 noon, is underway. Jessica De Carli's Monday class will not meet in August. Her next session will be Monday, September 11 - November 6, 5:45 - 6:45 PM, with no class October 9.

Come enjoy physical strengthening and emotional awareness. Bring a yoga mat or towel, and wear comfortable clothes. All welcome, including beginners!

\$40 for the eight-week session or \$6 drop-in fee.

You can register with, and direct questions 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>



UU Buddhists

The Buddhist Group will not meet in August.

Contact Nancy Thompson

nancythompson123@yahoo.com with questions.



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.

Green Sanctuary News

Our next **Vegan Presentation** will be on Wednesday, August 16, at 7:00 PM. Vegan Chef and author, Mary Lawrence, will give a presentation on "Cooking Vegan for Non-Vegan Friends." She says, "Eating out can be a chore when you're the lone vegan. In this program, you'll learn how to establish the right tone and stay positive, poised, and passionate in your vegan convictions while creating menus that are familiar yet fabulous. I'll also address the importance of mindful eating as a tool for engaging conscious compassion and overcoming any obstacle."

A voluntary donation of \$5 for Mary will be appreciated. Remember, eating plant-strong really can help reduce global warming as well as improve our health. Come and learn. All are welcome!

Upcoming meetings you are welcome to attend:

Sustainable Living Committee/Climate Action Team. Our SUMMER MEETING will be Tuesday, August 8, a plant-strong potluck supper meeting at 6:00. Please bring your own utensils. Regular monthly meetings are held the second Tuesday at 7 PM.

Our **Citizens' Climate Lobby-Greater Hartford Chapter** has recently been meeting at Goodwin College in East Hartford. However, the college is on break in August for our regular meeting date. So we are inviting everyone to come to UUS:E for the following event instead of an August meeting:

On Saturday, August 26, at 7 PM come and see the beautiful documentary film, **Chasing Coral**, from the director who made Chasing Ice a few years ago. <http://www.chasingcoral.com/>. See what is happening to corals all around the world, see the effort these people are making to show us what we must work to save, and why!

Co-sponsored by Citizens' Climate Lobby-Greater Hartford and the UUS:E Sustainable Living Committee. The film is free of charge. Bring friends.

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

Flamingo

14 Piece All Female Big Band
Playing Music of the 30's through the 90's

Where: UUS:E

When: Saturday, September 9, 2017 from 7 PM-9 PM

Tickets prices: Adults \$20; Seniors \$18; Ages 10-18 \$10; Ages 9 and under are free. Tickets go on sale beginning August 13 at UUS:E after each service. Tickets can be reserved through the church office at: 860-646-5151. They will also be available at the door on the evening of the concert.

Please notify Sue McMillen for child sitting by September 1 @ 860-742-8447.





Books, CDs and DVDs for the Holiday Fair

It's time to start setting aside items to sell at the UUS:E fair. The book room needs books in GREAT condition, especially recent best-selling novels, recent recipe books, biographies, history, and other non-fiction. Please, no magazines, old software manuals, encyclopedias, textbooks, Readers Digest books, or anything in poor condition. At the fair, we have a modest amount of space, so we need books that are proven sellers. Start collecting! And plan to come to the fair, and buy a lot of great books, music and movies! Questions: Susan Barlow, sbarlow627@aol.com



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.



Unitarian Universalist Society: East CRAFT & FOOD HOLIDAY FAIR

UUS:E Holiday Fair's KICK-OFF GATHERING!

WHO: All members and friends of UUS:E are invited to attend. If you have ever thought about volunteering to help with our fair now's the time to get involved.

WHAT: Our annual Holiday Fair Kick-Off Gathering includes fellowship time, a brief meeting, and refreshments. We're looking for feedback from last year's fair and new ideas for this year's fair.

WHEN: Wednesday, August 9, from 7 - 9 PM

WHERE: UUS:E Meeting House—Main Meeting Room

WHY: This is our opportunity to come together to plan for this year's holiday fair. Our fair will take place on Friday evening Nov. 17 and all day on Saturday, Nov. 18. We have a number of volunteers returning to work on the fair, but we need more volunteers—

WE NEED YOU!

Everyone has time and talent that they can give—we'll help you find what's right for you. Being a part of the fair is a great way to meet new people and deepen our connections with one another. Our annual budget relies on the success of this fundraiser. We can modestly say: "It's the best holiday fair in town!"

Join us at the Kick-Off Gathering and help make this year's fair our best yet! Meet our NEW Fair Coordinator, Michelle Spadaccini. If you have any questions about the fair please contact Michelle at 860-543-0490 or by email at michspad@comcast.net.

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>

September Newsletter Deadline:
August 20

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