

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

September Ministry Theme: Vision
Services at 9:00 and 11:00 AM
(except 9/3/17 is 10:00 AM only)

September 3: "The Inherent Worth and Dignity of Every Woman."

10 AM Only

Despite decades of struggle for equal rights and dignity, women in the United States still endure the indignities of being regarded as "less than" in the workplace, in health care and even in the church. This service will begin a conversation on continuing efforts to realize the worth and dignity of every woman. First in an occasional series designed to help us all wrestle with these issues.

Coordinator: Marsha Howland

Speakers: Carol Marion and Marsha Howland

September 10: "Homecoming."

Don't miss our annual homecoming worship celebration featuring special music and rituals to mark the commencement of a new congregational year!

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

September 17: "This is Not A Drill!"

This service will introduce recent updates to the UUS:E emergency preparedness plan. It will also ask deeper questions about the ways people respond in emergency situations, and how our spiritual lives may prepare us to respond well if and when we are in such situations.

Coordinator: Rev. Josh Pawelek

September 24: "Forgiveness."

Join us today for a celebration of the Jewish New Year, with a particular emphasis on forgiveness—both for ourselves and others.

Coordinator: Linda Duncan

Presenters: Lynn Kayser, Shoshana Levinson

Music: Chris Crossgrove.

October 1: "Are You a Visionary?"

Rev. Josh will report on the UUS:E leadership's recent visioning retreat and invite members and friends to consider their vision for the congregation's future.

Coordinator: Rev. Josh Pawelek

October 1, 1:00 PM: "Special Pet Memorial Service."

All are welcome to attend a special memorial service for pets who have died in recent years. This service will include music, prayer, and a chance to pay tribute to our deceased pets. For more info, see blurb in this newsletter

Coordinator: Mary Bopp and 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).

Community Outreach Ministry

Charitable Giving for September 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 go to **KIDSAFE CT**.

KIDSAFE CT concentrates on preventing and treating child abuse and neglect in 12 east-of-the-river towns. It is part of a network of centers established by the National Exchange Club Foundation for the Prevention of Child Abuse. Our contribution will support the Parent Aide Program, which matches trained volunteers with parents at risk of abusing or neglecting their children, offering support and guidance.

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.

Special Pet Memorial Service

Sunday, October 1, 1:00 PM

All are welcome to attend a special memorial service for pets who have died in recent years. This service will include music, prayer, and a chance to pay tribute to our deceased pets. Please feel free to bring a photo or other memento of your pet to place on an altar during the service. Also, if you are planning to attend—and even if you are not—please feel free to send an electronic photo of your pet to Rev. Josh at revpawelek@sbcglobal.net for a memorial service slide show. Other questions? Contact Rev. Josh at 860-646-5151.

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

UUS:E Mental Health Ministry Summit

Saturday, September 16 at UUS:E, 9:00 to Noon



All are welcome to attend the UUS:E fall, 2017 Mental Health Ministry Summit. This is an opportunity for anyone who lives with a mental illness, is in recovery from a mental illness, lives with and/or cares for someone with a mental illness, has a family member or friend with a mental illness, works as a health care provider to people with mental illness, or is just interested in the Mental Health Ministry, to meet with a committed, fun-loving group of people for fellowship, food and activities. If there are particular activities you’d like to engage in during the summit, or if you just have questions, contact Rev. Josh Pawelek at 860-646-5151 or revpawelek@sbcglobal.net.

The Minister's Column: Hallelujah!

Dear Ones:

As summer begins to wind down, I begin my 15th year as the Unitarian Universalist Society: East's minister. If I have my facts correct, I am now the congregation's longest-serving minister in its 48-year history!

This congregational year will be different than usual in that I will be taking a long overdue sabbatical from October 2nd to February 3rd. During my sabbatical, I will be working on a novel that I started on my first sabbatical in 2007. My goal is to complete this novel, though writing fiction is so different from writing sermons, that I have no idea whether achieving this goal will actually be possible. I am very much looking forward to this project, and I cannot express enough my gratitude to the Policy Board and to the congregation for granting me this time.

Ministerial sabbaticals can be anxiety-producing for members and friends who rely on the minister's presence, especially on Sunday mornings. Please know that the Sunday Services Committee is working with me to plan compelling, life-affirming worship services during my time away. Local UU ministers will be filling the pulpit on many Sundays. The Sunday Services Committee is a talented group of people, many of whom were on the committee during my last sabbatical. They know what to do! They will provide excellent services in my absence.

For pastoral crises that require ministerial presence, we will have a list of local UU (and possibly other) clergy who are available. In the event of a pending death or an actual death, I will certainly come away from my sabbatical to provide care and to conduct a memorial service. All the other regular caring activities performed by our Pastoral Friends Committee will continue without interruption during my sabbaticals.

If you have any questions or concerns about what happens at UUS:E when the minister is on sabbatical, please do not hesitate to contact me. I like to think we are taking care of every important detail, but you may have a question or concern we have not yet thought of. And whether or not we've thought of everything, UUS:E has strong leaders

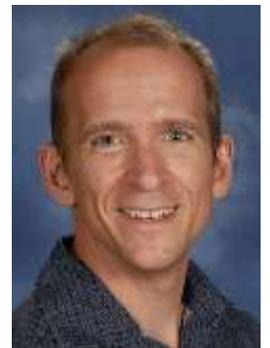
and a strong staff who function wonderfully whether I am present or not!

Despite my absence this fall, UUS:E is brimming over with activity and there are many exciting ventures, including our Youth Group "Experilearn" project, our congregational growth initiatives, work on our new congregational vision statement, and our discernment around what it means to be a "Sanctuary Congregation." All of this is over and above our long-standing programs such as children's religious education, adult religious education, music, sustainable living, membership, social justice, the holiday fair and much, much more.

When I return in February, I am looking forward to teaching courses on UU Humanism and UU Paganism, updating UUS:E's Safe Congregation policy in light of new "best practices," finalizing UUS:E's vision statement, and hopefully adding a part-time Membership Coordinator to our staff.

As always, there is much more that lies ahead. For now, our annual season of Homecoming is here. Though our spiritual community never officially stops, we do say "welcome home" in September. So, WELCOME HOME friends! I hope you have a wonderful year at UUS:E.

With love,
--Rev. Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

I've spent the past several weeks in staunch denial of the fact that summer will soon be drawing to a close. I've muted television commercials announcing back-to-school sales, averted my eyes when passing Halloween candy displays in the grocery store, and avoided all the flyers and catalogs that arrive in the mail with reminders that it's time to register for fall classes and activities. I prefer to savor every moment of summer, and resent being rushed! However, I must admit that I am also feeling excited about the fall and all that lies ahead.

Personally this school year is a big one for my family. My daughter Chloe is entering her senior year of high school, which also means complete immersion in the work of applying to colleges, seeking scholarships, and balancing a full academic course load. It's also a significant year for my son Casey, who is starting 7th grade at the Academy of Aerospace and Engineering. I expect there to be some culture shock as he transitions from the Montessori school where he spent nine years to a new world of homework, lockers, and lunch in a noisy cafeteria. But both Chloe and Casey are excited about what this new school year holds for them.

Likewise, I am excited about what lies in store for our Religious Education program in 2017-2018. Last year our focus was on UU identity. This school year we shift our curriculum 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.

Additionally, this year we will continue to talk about race, racism, and hatred. When we avoid such discussions we do everyone a disservice. It's our role to help empower our children to discuss racism, to understand that staying silent about racism is an act of complicity, and to know that there are many ways to fight racism and to serve as ambassadors of love in the world.

If you have children who will be attending RE this year, please be sure to register them ASAP.

I look forward to this year in RE with joyful anticipation, and feel blessed and privileged to work with such an amazing group of children, parents, and volunteers.

Be well & be loved,
Gina



The Policy Board's Column

A Message from Robert Stolzman

Summer seems to be flying by. It is amazing how those long, languid, lazy days of summer that I think I remember don't seem to exist anymore. It seems like Memorial Day was just 2 weeks ago and here we are looking at Labor Day.

The Policy Board is keeping busy planning a leadership retreat for late September. We hope to spend a few productive days looking at the UUS:E vision statement and re-imagining or re-defining it. That means we will have to review our mission statement as well.

How does a vision statement compare with a mission statement? If I can steal from a recent Rev. Josh sermon, I think we define our mission by answering the questions "Where are we now and what are we doing?" I think we explore our vision by answering the question "What should we be doing and how should we be doing it?"

Our vision and mission statements can be found on our website. They currently are:

Our Mission

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.

Our Vision

Unitarian Universalist Society: East will be the vibrant spiritual home to a richly diverse and growing congregation. Members and staff will share our many talents, skills, and gifts to ensure our financial strength, to nurture a soul-stretching, heart-centered, open-minded community, and to work toward social and environmental justice. Our ministry and mission will be transformative and far-reaching.

I'd like everyone in the congregation to give some thought to these questions and share your ideas with leaders from the Policy Board, Program Council or any of our standing committees. We'd love your input as we begin this journey.

Take care and squeeze the most out of the end of summer that mother nature will allow!

Rob

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

Membership News



Greetings from the Membership Committee!

We hope you had a great summer. We're looking forward to our "homecoming" on September 10, when we return to two services at 9 AM and 11 AM.

Welcomers Needed!

When Rev. Josh is on sabbatical this Fall (and always), we will be counting on the welcome table volunteers to be the face of UUS:E for visitors. This job is fun and easy and important. If you can help out, please contact Jennifer Klee at jenduv@sbcglobal.net. We will have training as a reminder for the veterans and to bring "newbies" up to speed.

Refreshments

The schedule is up for anyone who can sign up to supply the snacks we serve with the coffee. All you need to do is drop the goodies off, the coffee team will serve them. Speaking of serving coffee, we would love to have some new faces join us in the kitchen! This is a rewarding job—you get to say hi to everyone at the service. Contact Jackie Heintz if you want to join this important team.

Eager to build your connection to UUS:E?

There are lots of ways, all month long, for every interest. I encourage you to check the calendar and come to an event or two, take a class, volunteer in RE 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! I know membership would hint, hint. The holiday fair is another great way to spend time getting to know new people. Fair Chair Michelle Spadaccini will be happy to find a job for you.

The Committee

Are you interested in joining our busy (and fun) committee? We'd love to have you! 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 to learn more.

Visitors and Newcomers: Welcome!



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.

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.

Newcomer Socials

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. The next two Newcomer Socials are on Friday, September 15 and October 20 at 7 PM. Info & RSVP: Susan by the Thursday before at sbarlow627@aol.com. Due to logistical constraints, this event is for adults only. There won't be a social in November because we hope everyone will be at our wonderful Holiday Fair.

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

October 20, 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



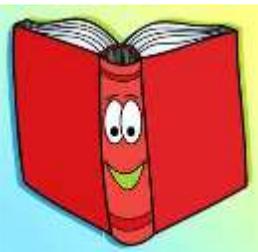
Tuesday, September 19, 7:00 – 8:30 PM
(Third Tuesdays in the Sanctuary)

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.

- 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

Understanding the Other Side: Non-Violent Communication

Sunday, 9/10, 1:00 – 3:00 PM

This session follows our exploration of social psychology to understand the right/left divide in our country. Non-Violent Communication (NVC), can be a tool for communicating with the "other side." It is based on the idea that we all share the same, basic human needs, and that each of our actions is a strategy to meet these needs. Learn to increase understanding, deepen connection and resolve conflict. Co-facilitated by Joel Devonshire and Dr. Mark A. Friedman. Please contact Joel Devonshire, joel.devonshire@gmail.com or Crystal Ross, kovaciny.ross@gmail.com if you have any questions.



UU Buddhists

Room 2, 7:00 PM on September 5

The Buddhist Group meets at 7:00 PM on the first Tuesday of each month, for meditation, dharma, and discussion. The September ministry theme is "vision." Contact Nancy Thompson nancythompson123@yahoo.com with questions.

Books, Classes and Discussions

continued

Deepening Connections through Small Group Ministry

What is Small Group Ministry? A network of small groups (maximum size 8-10) whose main objective is to create an open and safe environment for mutual ministry and spiritual growth. Groups meet monthly, have a regular format, develop a covenant, and explore mutually agreed to topics that promote UU principles and spiritual development. This is not just small talk but an opportunity to explore meaningful topics such as trust, compassion, good and evil, or mindful living. Each group has a facilitator but group members share responsibility by participating fully to deepen their connections to one another, to UUS:E, and to the denomination as a whole.

UUS:E has participated in small group ministry for about fifteen years. A group of current facilitators, who feel strongly in the value of small group ministry, would like to know if there is interest in expanding the number of groups. We would be willing to train new facilitators, establish new groups, and have a sign up process if there is interest.

For more information contact: Louisa Graver, graver30@att.net, or Anne Vogel, Vogel212@cox.net

Preparing Well for the End of Life

Sunday 9/24, 1:00 – 2:00 PM

This brief workshop will explore the various legal and extra-legal documents that help us approach the end of life with confidence, grace and integrity. We will discuss the Vial of Life, the difference between a power of attorney and a healthcare power of attorney, "do not resuscitate" instructions, Last Will and Testament, and how to revise a will if the need arises. We will also have a guide for preparing one's memorial service. If you have any questions, please contact Jean Labutis at jeanalabutis@gmail.com or Rev. Josh Pawelek at revpawelek@sbcglobal.net. Co-Sponsored with Pastoral Friends.



Yoga News

Come enjoy yoga at UUS:E!

The current yoga session with Susan Barlow ends Wednesday, September 13. Her next session is September 20- November 8, 11AM - 12 noon. Jessica De Carli's Monday class resumes on September 11. Her session runs 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>

Compassionate Communications

One session offered two times:

Tuesday 9/12, 7:00 – 8:30 PM and

Thursday 9/14, 2:00 – 3:30 PM

How can we communicate with people who are ill, injured, perhaps even facing death? Cressy Goodwin of UUS:E reflects on his experiences with his wife Jeanne, who was in home hospice care a year ago. Drawing on several resources, we will consider strategies to better understand what people in crisis are experiencing, how family members can work together to foster acceptance and reduce conflict, and how each of us can better communicate our compassion. If you have any questions, please contact Cressy Goodwin at cgoodwin@tiac.net.

Books, Classes and Discussions

continued



One Path, Many Experiences: A Labyrinth Workshop

Saturday, 10/14, 1:00 – 3:30 PM and

Saturday, 12/9, 1:00 – 3:30 PM

Walking a labyrinth quiets the mind and reduces stress. Join us for either or both of these workshops where we'll learn the difference between a labyrinth and a maze, experience the labyrinth first hand, and share our experiences on the labyrinth.

The October workshop will be both informative and experiential. We'll hear the history of the labyrinth, which spans 4,000 years, and then walk an indoor canvas labyrinth.

The December workshop will be purely experiential. We will use labyrinth inspiration cards to guide our walks on both a hand-held labyrinth and an indoor canvas labyrinth.

Please wear or bring socks to protect the canvas labyrinth. Limit of 20 participants in each workshop. If you have any questions, please contact Bobbi Gerlits at bobbigerlits@icloud.com.

Co-Sponsored with Pastoral Friends.



Circle of Race Unity

Continuing the Conversation

Sept. 19, 6:30pm

Join us for a two hour public program and interactive discussion facilitated by a local grass roots organization. The Circle of Race Unity (CRU) will continue leading a discussion with the sharing of experiences, thoughts and ideas. The first CRU meeting at UUS:E took place in May. Everyone is welcome.

CRU is a diverse group dedicated to improving communication between people of different cultures, religions, races, nationalities and other distinctions. CRU believes that through meaningful conversations, people will learn to be respectful of others, accept their diversity as a benefit, and appreciate their contributions to humanity's social well-being.

Emergency Preparedness Workshop

Sunday, September 17, 1:00 PM

At its regular meeting last December, the UUS:E Policy Board created and charged UUS:E's Emergency Preparedness team to develop a set of policies and procedures for the UUS:E community to follow in the event of a wide variety of possible emergencies. The team includes Peter Marotto, Bill Graver, Sue McMillen, Cressy Goodwin, Jane Osborn, Annie Gentile, Gina Campellone and Rev. Josh. Please join members of the team to learn about their updates to the UUS:E emergency response policies and procedures. If you want childcare, please let Rev. Josh know by Sunday, September 10, at revpawelek@sbcglobal.net.



Holiday Fair

The UUS:E Holiday Fair is November 17 & 18, 2017!

The Holiday Fair is our biggest fundraiser. Michelle Spadaccini is excited take over as our Fair Coordinator this year, with deep appreciation to Carolyn Gimbrone for her continued guidance and support! Many in our congregation who have had leadership roles for various parts of the fair have generously agreed to continue to volunteer their time and talents. We're still looking for more volunteers to work with them. This is a wonderful opportunity to get to know others in our congregation and help make the UUS:E fair a success!

How can you get involved? Donate your time, your talent, and your stuff!

Share Your Time!

It's not too early to plan ahead and put our fair on your calendar. We need you! The Fair Week starts on Sunday, Nov. 12 at noon with the big setup. Setup continues every day during that week from 8:30 AM to 8:30 PM. The fair is open Friday night, Nov. 17 from 6:30 PM - 9 PM and all day Saturday from 10 AM to 3 PM.

There are lots of ways to lend a hand, and it can be a very short time commitment!

- We need a chairperson for the Bake Shop: This booth is very popular and busy! We get LOTS of donations and volunteers willing to help, but we need someone to organize it. Please contact Michelle Spadaccini at michspad@comcast.net for more information.
- Setup Sunday, Nov. 12: Want to see how the magic happens? Many hands make light work! We could use help setting things up after services on Sunday, Nov 12. Contact Michelle Spadaccini at michspad@comcast.net if you are available.

- Book Shop: Talk to Susan Barlow at <mailto:sbarlow627@aol.com> if you can help with our books during fair week.
- Children's Shop: Talk to Peggy Gagne at pgagne15@att.net to help organize and staff the FUN ZONE!
- Tag Sale Boutique: Please contact to Deb Gould at dagould59@comcast.net or Sandi Karosi at slkarosi@comcast.net if you can help with setup during fair week and or work a shift during the fair.
- Holiday Luncheon on Saturday: Contact Brent Curtin or Beth Zambrano at bethzambrano@gmail.com. We need cooks to help prepare the food during fair week and to serve during the fair.
- Jewelry—New and Used: Contact Peggy Webbe at dwebbe@comcast.net at or Diana Sherman at dcreamer12@aol.com about helping to organize this booth or work a shift during the fair.
- We need a Chairperson for Clean Up: We really need FRESH faces on Saturday, Nov 18 for Clean Up. Fair Workers are tired by then; we could use people with ENERGY to help put things back in order for service the next day. Talk to Michelle Spadaccini at michspad@comcast.net.
- Leftover removal on Sat Nov 18: Do you have a truck or large SUV? We need people to help remove tag sale and book leftovers. Contact Michelle Spadaccini at michspad@comcast.net to help.
- We need a Party Planner: At the end of the Fair, all volunteers are invited to relax and enjoy with food, drink and conversation. But we need someone with fresh ideas and energy to organize it! Please contact Michelle Spadaccini at 860-543-0490 or michspad@comcast.net if you are willing to help.

Share Your Talent!

We sell handmade items of all kinds, works of art, and baked goods. Do you make something that would be the perfect holiday or everyday gift? Let us know what you can contribute! Donations need to be brought in between Sunday Nov 12 at 12:00 until Wednesday night, Nov 15.

- Original Works of Art: note cards, prints, pottery, jewelry and more. Please contact Nancy Madar at nancymadar@hotmail.com.
- Handmade Holiday Crafts or Traditional Items Are there some holiday ornaments or other decorative items that you enjoy making? We'd love to have

more handmade items for the Holiday Table!
Contact Louisa Graver at graver30@att.net.

- Sewn & Knitted Items: Donating small items that can be made in an evening is a great way to get involved in the fair. Things like table runners, bags, baby items, or tree ornaments would make great gifts. Contact either Carol Marion at cmarion333@gmail.com, Phil Sawyer at psawyer215@gmail.com, or Deb Starkel at ddstarkel@cox.net.
- Baked Goods: Do you enjoy baking? We need lot of breads, cookies, bars, cakes, and pies. Please contact Michelle Spadaccini at michspad@comcast.net.
- Jams & Jellies, Relishes, Salsa, Chutney: Contact Cory Clark at clarkski107@hotmail.com or Joan Macomber at jmacomberjm@gmail.com.
- Handcrafted wood items are welcome at the woodworking booth! Contact Bill Graver at billgraver30@gmail.com.

Share Your Stuff!

Not crafty? We'll gladly take donations of your gently used, pre-loved items. Now's the time to put aside things you can donate as you declutter your home. Donations need to be brought in between Sunday Nov 12 at 12:00 until Wednesday night, Nov 15. PLEASE make sure ANY donations are in GREAT shape, are in WORKING CONDITION and are CLEAN! Unfortunately, we don't have enough time to clean or fix soiled or broken items.

- Jewelry - We are currently collecting jewelry. There's a donation box in the coat room on the shelf.
- Books, including cookbooks, CDs, DVDs can be brought in the week of the fair. (PLEASE, no textbooks, encyclopedias or books with mold/mildew)
- Tag Sale Boutique: Don't use it anymore? Let someone else! We needs LOTS of items in very good condition and are especially looking for a few high ticket items for our Friday Night Specials. If you have any questions about specific, or higher value items you would like to donate, please talk to Michelle Spadaccini at 860-543-0490.
- Children's Books, Games, Small Toys, Puzzles for our FUN ZONE – we need A LOT of items for our busy children!
- Silent Auction Items: Please talk to Mary Ellen Vigeant mevig@sbcglobal.net if you have special

items for our silent auction, or ideas of places who would donate items.

THE TIME TO START IS NOW! Members are already making items for the fair. Watch for e-blasts, Sunday bulletin ads, the UUS:E website, Facebook pages, and future newsletters to find out how you can get involved. In the fall, watch for the sign-up sheets at the helping hands table after services or let Michelle Spadaccini know if you would like to help at 860-543-0490.

Thank you for your help in making the UUS:E 2017 Holiday Fair a success!



Calling all Canners!

We need Jams and Jellies! Now is a great time to harvest for preserves for the holiday fair. If the weather is too hot for canning consider freezing the fruit or vegetable and canning it during cooler weather. We are also looking for Relishes, Salsas and Chutney. Remember that jars can be reused but must be thoroughly cleaned, including removing old labels. Please use new lids and bands. We also need used canning jars! Please leave them on the steel shelf in the janitor's closet. Please contact Cory Clark at 860-597-9417 or clarkski107@hotmail.com with any questions/concerns, and with a description and quantity of jars you will be donating.

2017 Holiday Fair Craft Workshops Available!

Sharon Gresk is offering the following workshops. You can make beautiful and unique gifts to contribute to the Holiday Fair!



Simple Felt Lambs for pins or tree ornaments: Mon Aug 28, 1:00 pm at UUS:E in Room 3. Bring trims for decorating and scissors if you'd like.



Beaded Spool Ornaments: Mon Sept 11, 1:00 pm at UUS:E in Room 3. Bring beads for decorating if you'd like.



Cinnamon Stick decorated Candles: Mon Oct 2, 1:00 pm at UUS:E in Room 3 to MAKE candles AND Tues Oct 3, 1:00 pm at UUS:E in Room 3 to DECORATE candles. Bring trimmings for decorating and a glue gun if you'd like.



Blue Jeans Pockets for gift cards or small gifts: Mon Oct 30 1:00 pm at UUS:E in Room 3. Bring felt, ribbons, buttons if you'd like



Victorian Lace Ornaments: Mon Oct 16, 1:00 pm at UUS:E in Room 3. Bring clear ornaments and extra decorations if you'd like.

Please contact Sharon at 860-646-8040 or at sharongresk@gmail.com for more information and to sign up.

Green Sanctuary News

VEGAN?? OH, PLEASE.

JUST GIVE ME MY BACON CHEESEBURGER AND A CHOCOLATE SHAKE!

This past year our Sustainable Living Committee has hosted several vegan pot lucks, and we expect to do so in the coming year as the people who attend have really enjoyed the delicious and varied food.

I have to confess, though, I had to see the movie "Cowspiracy" twice before I was convinced to change my diet. I felt that vegans I read about or saw in the news were just too trendy and a bit too "holier than thou" if you know what I mean. But I did become convinced that our current agricultural model and heavy diet of meat is a major contributor to climate change, and I'm deeply concerned about that.

It turns out that eliminating—or at least reducing—my meat, egg, and dairy consumption is one of the easiest ways to reduce my carbon footprint.

Reducing, reusing, and recycling are great, and so is driving a hybrid or electric car, but I can make a bigger difference just by eating a plant based diet. Who knew??

Probably the biggest factor affecting our diet is our cultural and religious upbringing. Food is also a source of comfort. Chicken soup when we're sick, or ice cream when the summer sun is beating down on us are foods that make us feel better. We're used to turkey on Thanksgiving, a ham or roast beef for Christmas. Whatever your ethnic background, there are definitely favorite family foods. We all love our family traditions, so it's understandable to resist when anyone suggests that we change our diet.

So why vegan? Well, there are at least 3 reasons:

1. It's better for the environment. For example, according to a recent article in The Guardian by Callum Roberts, the dead zone in the Gulf of Mexico is now at a record 8,700 square miles. It's caused by runoff from farm lands along the Mississippi watershed where corn and soybeans for industrial meat production produce half the nitrogen and a quarter of the phosphorus pollution in the Gulf.

<https://www.theguardian.com/commentisfree/2017/aug/04/meat-industry-gulf-mexico-dead-zones-pollution>

2. It's better for our health. There are plenty of articles on the internet both saying vegan diets are healthier and some saying they're not. But for me, knowing how the vast majority of our meat is grown on factory farms, it seems like avoiding those meats makes a lot of sense. When animals are crowded together, kept in cages, fed hormones and antibiotics and who knows what, it is pretty horrific. That kind of meat cannot be healthy to my way of thinking.

3. It's better for the animals. As I said above, today's CAFO's are terribly inhumane.

Personally, I think there's room for debate about the role of animals in agriculture. After all, small sustainable farms have always relied on manure from the animals to fertilize the soil, and grasslands are ideal for grazing cattle. But it turns out there are also some legitimate reasons why that may not be the best way. This article explains that it's the plant matter rather than animal waste that actually builds soil fertility. <https://navs-online.org/articles/is-it-time-for-a-plant-based-agriculture/>

With 7 billion or so people on this earth, we can't all have chickens and a cow in the backyard and grow our own food anyway. It seems to me that we need to use most of our arable land to grow food for people rather than food for animals which then becomes food for people.

So rest assured, if someone invites you to a vegan pot luck, you don't have to be vegan to come, and you won't have to become vegan after you attend! Just come and enjoy some foods you might not normally eat, maybe learn some things that you didn't know before, and enjoy a positive community feeling! Some of those who attend eat vegan meals often, but not always. I would love some conversations about the topic. A lot of folks could agree with Michael Pollen, when he writes in his book *In Defense of Food: An Eater's Manifesto*, "Eat Food. Not too much. Mostly Plants."

An Opinion Piece by Anne Vaughan

Save the Date:

If you missed the movie "Seed: The Untold Story," we're offering a second showing on Friday, November 3. It will be preceded by a plant-based pot luck supper.

Re-Purposing Circular Metal!

Do you have old metal gears, washers, and nuts in your junk drawers just waiting for a new purpose? We can re-purpose them! The Growth Strategy Team is looking for donations of small metal gears, washers, nuts, and other small circular hardware that can be threaded onto necklaces at our next Imagine Main Street booth on Thursday, Sept. 7. The theme is Steampunk! Please leave donations on shelf in front coat closet labeled **for Michelle Spadaccini for Imagine Main.** Contact Michelle at michspad@comcast.net or 860-543-0490 with any questions.

Help Wanted!

Are you interested in helping our beloved UUS:E community grow and thrive? Do you enjoy thinking outside the box and working with a dynamic and creative team? Then we want YOU! The Growth Strategy Team is looking for new members to help identify and recommend strategies to encourage growth and retain members in our congregation. The committee meets on the second Tuesday of the month. Please contact Michelle Spadaccini at mtspadaccini@sbcglobal.net or 860-543-0490 with questions.

Newcomers Social

Friday, September 15, 2017, 7:00 to 8:30 PM at the Barlows' Manchester home

Newcomers and new members (and those who want to meet them!) are invited to a friendly evening of coffee, dessert, and socializing. Bring a short reading or poem to share with the group and plan for a few relaxed moments at the end of your week. RSVP to Susan Barlow at sbarlow627@aol.com by Thursday, September 14, or phone the church office 860-646-5151. P.S. The reading doesn't have to be religious or even serious; maybe something you're in the process of reading or a favorite quote or poem.



Love Thy Neighbor

Sponsored by the Connecticut Council for Interreligious Understanding

Love Thy Neighbor Dinner

Cost: \$100 per person (Fundraiser for CCIU)

Monday, October 2, 2017 • 6:00 PM

Marriott Hotel • 200 Columbus Blvd. • Downtown Hartford • More info: www.ccfiu.org

Join 16 Community Leaders in Conversation on what it means to Love Thy Neighbor

- Islamic Association of Greater Hartford, Berlin, **Imam Refai Arefin**
- Senior Pastor, Faith Congregational Church, Hartford, **Rev. Stephen W. Camp**
- Hartford Courant Columnist, Susan Campbell
- Executive Editor, WNPR & New England News Collaborative, **John Dankosky**
- CT State Police Information Officer, **Trooper First Class Kelly Grant**
- MetroHartford Alliance CEO/President, **Oz Griebel**
- Hartford Seminary President, Dr. Heidi Hadsell
- Wadsworth Atheneum Director and CEO **Thomas J. Loughman**
- Hartford Archdiocese, **Deacon Art Miller**
- Goodwin College President, **Mark Scheinberg**
- Institute of Living, Psychiatrist-in-Chief, Dr. **Harold Schwartz**
- Engineer and Consultant, **Ripi Singh**
- Jewish Federation of Greater Hartford President, **Howard Sovronsky**
- Hartford Public Schools Superintendent, **Dr. Leslie Torres-Rodriguez**
- Connecticut Lieutenant Governor, **Nancy Wyman**



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.



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>

October Newsletter Deadline:

September 20