

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

October Ministry Theme: Atonement

Services at 9:00 and 11:00 AM

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

October 8: "An American Muslim Journey."

For this service, our guest speaker Dr. Reza Manzoor, will talk about being Muslim in America from 9/11 to Trump and beyond, drawing from his book **Stigmatized**. Dr. Manzoor is a board certified physician in both internal medicine and cardiology and the President of the Islamic Association of Greater Hartford, Advisory Board Member of Muslim Student Association-CT Council, and Founding President of the Muslim Coalition of Connecticut.

Coordinator: Penny Field

October 15: "Bearing Witness – The Power of Joys and Concerns"

This simple spiritual practice each week honors and makes meaning of life's events. Listening opens the hearts of those present and speaking lifts the burdens of the speakers. Although this practice is not limited to our denomination, it is a reflection of many of our beliefs.

Coordinator and Presenter: Beth Hankin, with time for congregational contributions

October 22: "Indigenous."

Responding to the call for a second White Supremacy Teach-In, this morning we pay due reverence to the indigenous nations within the United States whose land was essentially stolen and whose cultures were all but obliterated by the horrific realities of settler colonialism. How are those of us who are white European accountable for this in our own time—not drowning in guilt, but redeemed by accountable actions? This a

profoundly spiritual matter, arising from the heart of what it means to be in covenant with the interconnected web of life.

Guest Preacher: Rev. Jan Carlsson-Bull.

Coordinator: Martha Larson.

October 29: "Ancestors Day."

Multigenerational service. Join us this morning to celebrate the lessons and gifts of our ancestors, and to remember those who have died recently or in years past. Bring a photo or memento to place on our altar of remembrance.

Coordinators: Mary Bopp, Gina Campellone, and Sheila Foran

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 October 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 **Hurricane Harvey Relief**.

Hurricane Harvey Relief is an effort to help victims of Hurricane Harvey, in cooperation with the UUA/UUSC alliance (Unitarian Universalist Association/Unitarian Universalist Service Committee).

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.

Rev. Josh on Sabbatical

Rev. Josh will be on sabbatical from October 2 until the first Sunday in February.

2017-2018 COM Recipients

July	Three area food banks (Manchester, Vernon, East Hartford)
August	Kado Pet Foundation and STRIVE
September	KIDSAFE CT
October	Hurricane Harvey Relief
November	Manchester Senior, Adult and Family Services
December	Three area shelters McKinney Men’s Shelter (Hartford), East Hartford Community Shelter, Cornerstone Shelter (Rockville)
January	Moral Monday CT
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

Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

October is one of my favorite months of the RE year. September is all about getting ready: creating class rosters, training volunteers, organizing materials, planning worship themes, and so much more. October, on the other hand, is all about getting down to business. And by business I mean the business of learning, playing, and having fun together in beloved community. September is the work of raking the leaves into a big pile, and October is the joy of jumping in!

There's no shortage of engaging, enriching opportunities to "jump into" at UUS:E this year. In fact, there are quite a few offerings coming right up in October. You can access a complete schedule of activities by checking out the calendar of events on the UUS:E Web page. I encourage you to take part. Not sure where to begin? You might consider attending one (or more) of the following:

- Pet Memorial Service, 10/ 1, 1:00 PM at UUS:E ; Bring a photo or other memento to place on an altar as we pay tribute to our deceased pets.
- CT Rally for Racial Justice, 10/1, 2:00 PM in Hartford; Practice social justice advocacy as a family!
- Build a Scarecrow, 10/8, 12:30 PM at UUS:E; Folks of all ages are invited to help build a UU Super Hero Scarecrow for the Annual Downtown Scarecrow Festival in Manchester.
- UU Parenting Film & Discussion, 10/15, 12:30 PM at UUS:E; Join us to watch the documentary "Resilience," lunch and childcare provided.
- RE Harvest Brunch, 10/22, 10:15 – 11 AM (between services) on the Garden Level; All are invited to this multigenerational feast. Bring a dish to share if you can!

- Trunk or Treat, 10/28, 6:30 PM at UUS:E; Adults come "trick out" your car trunk and kids come collect some yummy treats! Afterward we'll go inside for refreshments and a not-too-scary movie.
- Ancestor Day Multigenerational Worship Service, 10/29 at 9 & 11 AM, followed by Trick or Treating for UNICEF. Feel free to come in costume. Please bring coins for the UNICEF collection boxes.

The High School Youth Group will also be working on a month long project collecting donations for care packages that will be sent to young adults from the congregation who are away at school or pursuing other adventures. A collection box will be located in the upstairs lobby. Please consider donating soup, tea, candy, snacks, toiletries, or any fun items a college student might enjoy. Handwritten notes are great, too. Or make a monetary donation to help cover the cost of shipping.

I wish you an autumn filled with an abundance of all good things. May you not be afraid to jump right in!

Be well & be loved,
Gina



The Policy Board's Column

A Message from Wayne Starkey

Unitarian Universalist Society: East as an Employer

UUS:E is a place of worship, support, shared values and friendships. It is a place where we enter with individual dreams and beliefs and attempt to better understand who we are and how we relate to the world. UUS:E is also an employer and operates similar to many workplaces. As we all attempt to mesh our UU values into our daily lives, vocations and community, UUS:E must do the same within a community of rules and regulations, both State and Federal. These rules are no more evident than with our personnel management.

The mission of the Personnel Committee is very simply to seek, hire, and retain qualified and dedicated employees.

The Personnel Committee is charged with the responsibility of personnel management. Its members deal directly with our values in discussions regarding salaries, benefits, time off, fairness, and evaluations. Thirty years ago UUS:E employed only a minister and a part-time church secretary. Today the church employs a full time minister, office administrator, and sexton as well as a 30 hour music director, 32 hour director of religious education, and a part-time RE assistant. Our congregation of nearly 300 members supports a personnel budget exceeding \$349,000 or 69% of our annual church budget.

We fulfill our mission by following our first two principles: 1) inherent worth and dignity of every person and 2) justice, equity and compassion in human relations.

We do not do this work within a vacuum. The UUA offers a great deal of support and information through its Fair Compensation program. The program regularly updates and publishes guidelines for salaries and benefit thresholds. Our committee members use this information to carve out a unique package of benefits that supports our staff and recognizes our resources.

The salaries offered at UUS:E fall within the UUA Fair Compensation Guidelines, as do our employee benefits which include: comprehensive individual and family health insurance, dental insurance, life insurance, and a retirement plan. As part of our annual performance evaluation, employees are asked to develop goals in collaboration with their respective committee. During spring evaluations these goals and performance expectations are reviewed through a meeting with the minister, a member of the relevant committee, a member of the personnel committee, and the employee. As part of this annual review each employee also meets individually with a member of the personnel committee to complete a workplace satisfaction survey.

The personnel committee members are Shirley Schiumo, Randy Huber, Stan McMillen, and myself, Wayne Starkey, Chair.

Membership News

Greetings from the Membership Committee!

UUS:E is certainly going full steam ahead now that summer is over and we're all "back." The membership committee has a very full plate, too, and we could really use your help.

Coffee

Everyone loves coffee hour, but it can't happen if we don't have enough volunteers. We need some new faces to join us in the kitchen! It is simply not fair to have the same people doing it week after week after week. This is a rewarding job—you get to say hi to everyone at the service—and it's NOT HARD. Contact Jackie Heintz or Edie Lacey if you want to join this important team.

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.

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.

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 in February when Rev. Josh returns from sabbatical. In the meantime, please don't hesitate to ask membership committee co-chairs Jennifer Klee (jenduv@sbcglobal.net) or Edie Lacey (edielacey1@gmail.com) or any member of the committee or anyone at the Welcome Table anything at all! We're happy to help!

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, October 20 and December 17 at 7 PM. Info & RSVP to Susan by Thursday 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

Due to unforeseen circumstances, the Mindfulness and Movement Workshop on Friday, October 20 is cancelled. Kate apologizes for any inconvenience.

Community Drum Circle



Tuesday, October 17, 7:00 – 8:30 PM
(Third Tuesdays in the Sanctuary)

Open to all levels of ability and experience. Facilitator Mary Ertel provides djembe drums and other hand instruments, and you may bring your own.

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

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

Book Lovers

We meet on the second Tuesday, 3:30 - 5:00 PM, in Chapel, garden level. Everyone is welcome, even if you haven't read the book.



- October 10: **Everyone Brave is Forgiven**, by Chris Cleave
- November 14: **Just Mercy: A Story of Justice and Redemption** by Brian Stevenson

For information: marlar@wordshard.com



UU Buddhists

Room 2, 7:00 PM on October 3

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

Vegan Soup Making 101

A warm bowl of soup and a crispy slice of toast is the perfect way to cozy up this fall. Join vegan chef Mary Lawrence to learn soup recipes that are quick and easy to make, affordable, and use seasonal ingredients. Learn how to prepare a classic mirepoix and bouquet garni for flavoring stock. Then transform these soup bases into a delicious vegetable or bean based soup, or a hearty chowder seasoned with fresh herbs and dried spices. Finally, top everything off with garnishes that add flavor and texture, including cashew crema, fresh herbs, and toasted spiced pepitas.

Saturday, October 7, 2017, 1:00 – 3:00 PM. Class includes ingredients, recipes, hands-on instruction, and ample tasting of delicious soups. Space is LIMITED, so please reserve your ticket in advance by logging on to Mary's event page:

<https://www.eventbrite.com/e/soup-making-101-tickets-37370656640>. \$25 in advance, refunds up to 7 days before event; \$30 at the door. Please contact Mary Lawrence at

WellOnWheels@hotmail.com or Kat Dargan at katdargan@gmail.com if you have questions. Sponsored by The Sustainable Living and Adult Religious Education Committees.

Women's Sacred Singing Circle

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



Sing, laugh, and be in community.

For more information, contact

Jane Osborn: janeosb3@gmail.com

Books, Classes and Discussions

continued

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

Understanding the Other Side, Continuing Conversation

Sunday, 10/8, 1:00 - 3:00 PM

Please join us in our continuing conversation about understanding and engaging with people whose political views are in opposition from ours. In our last session Joel Devonshire and Dr. Mark Friedman introduced Non-Violent Communication (NVC). We were encouraged to listen—not to the views—but to the needs of the other person. This perspective opens new opportunities for understanding and connection. At our next session, we'll recount situations that trigger a reaction in us and discuss these experiences from an NVC perspective.

Yoga News

Come enjoy yoga at UUS:E!

Jessica DeCarli's Monday night yoga class is back, September 11 - November 6, 5:45 - 6:45 PM, with no class October 9. Susan Barlow's new session is September 20 - November 15, 11 AM - 12 noon, with no class September 27.

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>

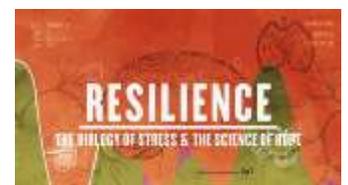
RESILIENCE: The Biology of Stress and the Science of Hope

Sunday October 15 1:00 – 4:00 PM
UUS:E Sanctuary

Extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. Learn about Adverse Childhood Experiences (ACEs) and a new movement among professionals and communities to treat and prevent Toxic Stress as documented in this one-hour film. (For more information on RESILIENCE visit <http://kpfjfilms.co/resilience/>.)

Pizza will be at 12:30 PM, film and discussion from 1:00 PM to 4:00 PM. Space is limited so please register on the event Web page at <https://www.tugg.com/events/resilience-the-biology-of-stress-the-science-of-hope> as soon as possible. Contact Tammy Stolzman at tammystolzman@gmail.com to let her know if you need childcare (number of children, what ages), if you will be there for pizza, and with any questions.

Co-sponsored by the Adult and Children's Religious Education Committees.



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.

Community Kirtan

Music & Mantra with Charlie Braun

Friday, October 13, 7:00 PM

\$15 donation requested, no one turned away.



facebook.com/CTkirtan

meetup.com/Nondual-Collective

charliebraun.com

Announcing the Institute for Basic Judaism

<http://www.ibjewish.org/>

Manchester-based rabbi, Richard Plavin, is offering a 21-session introduction to Judaism, beginning in November. This course is open to anyone who wants to learn more about Judaism. Classes will meet at the Emanuel synagogue in West Hartford. The program will meet on 21 Thursday evenings beginning on November 2, 2017, 7:35 – 9:15 PM. Cost is \$295 per participant. For more information, contact Rabbi Plavin at (860) 573-4503 or riplavin@gmail.com.



Care Packages

It's that time of year when some of our young adults are heading out to start a new post-high school chapter of their lives! To remind them that our congregation is still here for them, the Youth Group will be sending Care Packages to them in November. During the month of October, the Youth Group will be collecting items for the Care Packages. Please consider donating soup, tea, candy, snacks, toiletries, stationary, fun items—anything that a college student or young adult just starting out might enjoy. Not sure what to buy? Please consider making a monetary donation to help defray mailing costs. We have 17 Care Packages to send this year! Feel free to also include a note of encouragement as a reminder of UUS:E. Look for the poster and table in the lobby for the collection location. Please contact Michelle Spadaccini at michspad@comcast.net or 860-543-0490 for more information. Thanks for your support!



Holiday Fair

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

Each fall we gather together to create something special—the UUS:E Holiday Fair. A dedicated team of volunteers works hard to offer our best to our community. This is our congregation's biggest fundraiser and we need everyone's participation to make it a success! There are endless ways to participate! If you have any questions about anything fair-related, talk to our fair coordinator Michelle Spadaccini at michspad@comcast.net or 860-543-0490.

Be a part of something special! Lend a hand!

We need your time, your talent and your donations!

Share Your Time!

Contact Michelle Spadaccini at michspad@comcast.net for these opportunities to help out:

- NEW THIS YEAR! We would LOVE to offer a Pride Shop where everything comes up RAINBOWS! But we need a chairperson to run this booth.
- Any decorators in the crowd? Help beautify our meetinghouse with holiday decorations for the Fair!
- Place Posters: Help us spread the word about our beloved fair by hanging posters in local shops and restaurants.
- Set-Up Sunday, Nov. 12 after services.
- 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!
- 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.

- Greeters: We need friendly faces to greet visitors!
- 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.
- Busy during the Fair days? No problem! We also need help with After Fair Sales on Sunday Nov 19 and 26 after services.

Other Ways To Share Your Time

- Book Shop: Talk to Susan Barlow at sbarlow627@aol.com to help with books.
- Children's Shop: Talk to Peggy Gagne at pgagne15@att.net to help at 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 set-up 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 if you can help prepare food during fair week or serve food during the fair.
- Jewelry—New and Used: Contact Peggy Webbe at dwebbe@comcast.net at or Diana Sherman at dcreamer12@aol.com to help organize jewelry or work a shift during the fair.

Share Your Talent!

Do you make something that would be the perfect holiday or everyday gift? Let us know what you can contribute! Please bring donations to UUS:E by Wednesday night, Nov 15 and include your name on your donation. Baked goods can be dropped off on Friday, so they're fresh.

- Original Works of Art for the Gallery: note cards, prints, pottery, jewelry and more. Please contact Nancy Madar at nancymadar@hotmail.com.
- Handmade Holiday Crafts are welcome for the Holiday Table! Contact Louisa Graver at graver30@att.net.
- Sewn & Knitted Items: Contact 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 can sell as much as the congregation can make! Please contact Jennifer Klee at jenduv@sbcglobal.net or Jean Mamonas at bjeanmamonas@gmail.com.
- 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!

We'll gladly take donations of your gently used, pre-loved items. We can start accepting donations AFTER set-up on Sunday Nov. 12 if you absolutely cannot bring them Monday–Wednesday. Please leave things in your car during the service. If you cannot drop off by Wednesday night, Nov. 15, be sure to contact the chair/s of the area so they can save room for you. Also, PLEASE make sure ALL 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 already 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, and please feel free to dust them first.)
- Tag Sale Boutique: We need 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. No clothing, please.
- 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.

THE TIME TO START IS NOW! Watch for e-blasts, Sunday bulletin ads, the UUS:E Website, Facebook pages, and future newsletters to find out how you can get involved. Watch for the sign-up sheets at the helping hands table after services in October and November, 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!



Card Tables Needed

Do you have a card table to spare for the Holiday Fair? We need LOTS for the luncheon! Please leave them in the coatroom with your name on the bottom. They will be available for pick up after the Fair.



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! They may be left 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!



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.



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.



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.

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

Trunk-or-Treat!



Saturday, October 28 6:30 – 8:30 PM

UUS:E Parking Lot & Sanctuary

Halloween is around the corner and that means Trunk or Treating at UUS:E. Kids and adults are encouraged to wear costumes. Adults will hang out by their "tricked out" trunks as the kids trick or treat from car to car. From there it's inside to the sanctuary for snacks and a (short) not-too-scary movie. We need volunteers to "trick" out their trunks and pass out treats—adults do not need to be accompanied by a child for this event! Bring treats to hand out, a bag for your child to use for gathering treats, and a snack to share inside (maybe on the healthier side to balance out the candy). No nuts or peanuts please!

Volunteers can set up trunks in the parking lot between 5:30 & 6:30 (arrive no later than 6:10).

Be as creative as you want or keep it simple. Email Jenn (jennford22@gmail.com) or Tammy (tammystolzman@gmail.com) with questions. To sign up to help visit:

<http://www.signupgenius.com/go/20f054dadaf23a6fa7-trunk>. Or, just show up with your trunk and treats!



Calling all Scarecrow Artists!

We are creating a scarecrow for the annual Downtown Manchester Scarecrow Contest for the second year in a row! No experience required; all ages welcome! If you would like to be involved, please meet at UUS:E on Sunday, October 8 at 12:30 PM in the Garden level. Contact Michelle Spadaccini at michspad@comcast.net for more information. Hope to see you there!

Green Sanctuary News

So what is the number one most important thing you and your family can do to help reduce global warming? If you guessed "drive a hybrid or electric vehicle" you would be wrong! If you guessed "eat a plant-based (or mostly plant-based) diet" you would be correct! Did you know, for example, that...

- Livestock account for at least 32,000 million tons of carbon dioxide (CO₂) per year, or 51% of all worldwide greenhouse gas emission?*

Or that...

- Methane has a global warming potential 86 times that of CO₂ on a 20-year time frame? U.S. methane emissions from livestock and natural gas are nearly equal.**

We could go on with many more sobering statistics, but suffice to say, the more plant-based meals you eat, the more you are fighting global warming with every bite! It's as simple as that.

We will be having more vegan potlucks, so stay tuned. This month on Saturday October 7 from 1:00-3:00 PM you can take a vegan cooking class right here in our UUS:E kitchen, taught by Mary Lawrence, Chef Extraordinaire and expert on vegan nutrition and meal preparation. You will learn how to make delicious vegan soups and stews. The hands-on class is limited to 10 people, the cost is \$25. For questions contact Kat at katdargan@gmail.com. For more info and signup go to:

<https://www.eventbrite.com/e/soup-making-101-tickets-37370656640?ref=estw>

Don't miss your last(?) chance to see the film **SEED: The Untold Story**. We showed this film in July when many folks were on vacation, so it is back by popular demand for another viewing on Saturday November 3 at 7:00 PM. This remarkable and beautifully photographed story of seeds is an epic "good vs evil" saga playing out in modern times. Learn why these precious gifts of nature are in danger today, and about the passionate seed keepers who are the heroes defending the future of our food. Free admission and free popcorn!

You are invited to attend the Fifth Annual Climate and Creation Stewardship Summit sponsored by the Inter Religious Eco Justice Network (IREJN) on Saturday, October 28 from 9:30-4:30. This year the event will be held at Spring Glen Church, 1825

Whitney Avenue, Hamden, CT. The focus of this year's Summit is on water, both on land and in the oceans. Suggested Donation: \$30. Includes breakfast and lunch. Carpool from UUS:E will be facilitated by Kat at katdargan@gmail.com. For additional info and to sign up go to: <https://www.eventbrite.com/e/climate-and-creation-stewardship-summit-tickets-34954243082/>

We are very pleased to report that US Representative John Larson has joined the House Bi-Partisan Climate Solutions Caucus, which now boasts 28 Republicans and 28 Democrats. They have pledged to work together to find solutions to combat global warming. The requirement to join this Caucus is one must also bring in a House member from the other party.

Finally, the next meeting of the local chapter of Citizens Climate Lobby (CCL) will be on October 26, 7:00 PM at Goodwin College. Several UUS:E folks have joined this important organization. You can too! For more info contact Janet at janet.heller@snet.net.

*Goodland, Robert & Anhang, Jeff. "Livestock and Climate Change: What if the key actors in climate change are...cows, pigs and chickens?" WorldWatch. November/December 2009

Hickman, Martin. "Study claims meat creates half of all greenhouse gases." Independent. November 2009

Hyner, Christopher. "A Leading Cause of Everything: One Industry That Is Destroying Our Planet and Our Ability to Thrive on It." Georgetown Environmental Law Review. October 23, 2015.

** Shindell, Drew T, et al. "Improved Attribution of Climate Forcing to Emissions." Science. 326, 716 (2009)

"IPCC Fourth Assessment Report: Climate Change 2007. 2.10.2. Direct Global Warming Potentials." Intergovernmental Panel on Climate Change

"Overview of Greenhouse Gases." United States Environmental Protection Agency.

"Key facts and findings. By the numbers: GHG emissions by livestock." FAO.

"Inventory of U.S. Greenhouse Gas Emissions and Sinks 1990-2015." United States Environmental Protection Agency

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.

Bach in October

October 31, 2017 marks the 500th anniversary of "Reformation Day." On that day a courageous Augustinian friar named Martin Luther posted his "95 Theses"—a document criticizing the Catholic Church at a time when it was dangerous to do so. This is commonly understood as the beginning of the Protestant Reformation in Europe. The Reformation resulted over time in the establishment of hundreds if not thousands of Christian sects known as Protestants. Among those sects were Unitarians and Universalists. To commemorate this important anniversary I will be presenting music by devout Lutheran church composer JS Bach throughout the month of October.



Thread City

October 11 – 15, 2017

Proscenium Theater at Eastern Connecticut State University Fine Arts Instructional Center

An original multi-arts production about the tapestry of peoples of Willimantic!

Conceived and directed by Alycia Bright Holland and Kristen Morgan

Shows:

- Wednesday, Friday, Saturday at 7:30 PM
- Thursday at 5:30 PM
- Friday matinee at 11:00 AM
- Sunday matinee at 4:00 PM



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.ccfu.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**



Chamber16

New York City based ensemble
A fun and inspiring evening concert

"Embodied: Dances of the Soul"

When: Sunday October 22, 2017 at 7 PM

Where: Unitarian Universalist Society: East

Tickets: \$20, senior \$18, ages 10-18 \$10,
under age 10 free

A seamless combination of music and dance,
featuring:

Mary Bopp, pianist

Hannah Barnard, dancer and choreographer

Sharon Gunderson, violinist

Leah Coloff, cellist and vocalist



Program was previously presented at Lincoln
Center.

Audience comment:

"It was like watching a sculpture come to life."

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

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>

**December Newsletter Deadline:
November 20**

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