

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.

Table of Contents

Sunday Services Schedule	2
2017-2018 Ministry Themes	2
Sunday Service Flowers	2
Recorded Services Available	2
Community Outreach Ministry	3
2017-2018 COM Recipients	3
Rev. Josh on Sabbatical	3
Enter, rejoice, and come in!	4
The Policy Board's Column	5
Membership News	6
Books, Classes and Discussions	7
Community Drum Circle	7
Book Lovers	7
UU Buddhists	7
Women's Sacred Singing Circle	7
Yoga News	7
Books, Classes and Discussions	8
Sacred Dance	8
Winter Card-Making: Intergenerational Creative Workshop	8
Strangers in Their Own Land Anger and Mourning on the American Right	8
Community Kirtan	8
Books, Classes and Discussions	9
Discovery of Self Through Creative Exploration	9
Compassionate Communications, Part 2	9
Re-scheduled Film	9
Stewarding Opportunity!	9
Looking for hosts for Pledging Potlucks!	9
Goods & Services Auction	10
Hope for Democracy—A national conversation	11
Farewell	11
Get Connected! with UUS:E on the Web	11
Green Sanctuary News	12
Banning Fracking Waste	12
Looking for some good books?	12
Emergency Preparedness #3	13
Fire or Smoke	13



Sunday Services Schedule

January Ministry Theme: Justice

Services at 9:00 and 11:00 AM

January 7: "The Best of Times, The Worst of Times."

Upset, anxiety, and depression are on the rise in response to the political scene and world news. Penny Field, UUS:E member, psychotherapist, and poet offers a shift in perspective for what seems to be the worst of times. Special music performed by Paul Shumsky and Carol Simpson.

Coordinator: Penny Field

January 14: "Rereading King."

Preacher, prophet, non-violent protester—M. L. King, Jr. left us much more than the sound of his ringing voice and a few famous quotations. He could be writing today of the need to expose and oppose an immoral 'white power structure.' He would be peacefully protesting today's racially targeted police violence. And those statues of the Confederacy's leaders? "One day," he predicted, "the South will recognize its real heroes." Perhaps most controversially, he branched out to address what he called the 'giant triplets' of racism, materialism, and militarism.

Jean Wahlstrom is an ordained UU minister who has served congregations in many areas. She has been a member of UUS:E for 30 years and reconnected with us when she moved back to the area in 2015.

Guest Minister: Rev. Jean Wahlstrom

Coordinator: Sheila Foran

January 21: "Brave Girl."

This multigenerational service is part of a series of services designed to explore the ongoing struggle for equal rights and dignity faced by women and girls in the United States. As a young woman, Ukrainian immigrant Clara Lemlich led the largest strike of women workers in U.S. history. Come learn about her courageous fight for justice and be inspired to carry forward her work, which is still so very necessary over a hundred years later.

Coordinators: Gina Campellone and Molly Vigeant

January 28: "From Moral Mondays to the Middle East: Seeking the Roots of Social Justice."

Guest minister and long-time friend of UUS:E, Bishop John Selders, will share his insights and experience as a leader in the quest for social justice.

Guest Minister: John Selders

Coordinator: 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 January 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, fifty percent of our Sunday plate collections for the month of January will go to **Moral Monday CT**.

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.

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	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	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,

I consider 2017 the year I woke up. (I suspect I am not the only one who feels this way.) I have always fancied myself an open-minded, diversity loving, progressive individual. And yes, I admit it, I'd been lulled into believing that was enough. It wasn't, of course. And the idea that it was seems completely ludicrous now. I've learned a lot about power, privilege, oppression, and systemic racism over the past year. I'm still learning. And I am still convinced that love will ultimately win. But we're not there yet. Sadly, we're not even close. I know now that I need to stay awake. Ask hard questions. Get uncomfortable. Listen. Listen. Listen. Resist. Speak up. Rise up. And keep listening.

As we look ahead to the New Year, many of us will set intentions for 2018. What will yours be? This year consider forgoing the typical (and seldom attained) resolutions to lose weight or exercise more. Instead, why not set some intentions as a family? Involving children in the process is an excellent way to model your commitment to working for a more just and equitable world. Below are some creative and meaningful ideas for New Year's intentions that reflect our seven principles, adapted from an article by Cynthia Parkhill published by the UUA in 2016.

1. The inherent worth and dignity of every person

Get involved with the UUA's Worthy Now Prison Ministry Network which invites people on both sides of prison walls into beloved community. The Worthy Now Network declares that we are all worthy of love, respect, and support right now—not at some future time when we are better people.

2. Justice, equity, and compassion in human relations

Anti-racism is an act of faith, as is working to end xenophobia. Check out LoveResists.org to find out how you can join people of faith and conscience around the country to resist the criminalization of our communities.

3. Acceptance of one another, and encouragement to spiritual growth in our congregations

Teach or participate in a religious education class, perhaps one using the UUA's online religious curricula Tapestry of Faith. Or use and share readings, meditations, music, and worship resources on Worship Web.

4. A free and responsible search for truth and meaning

Read and discuss great books about social justice, history, theology, and more from Beacon Press and Skinner House, available through the UUA Book Store.

5. The right of conscience and the use of the democratic process within our congregations and in society at large

Come to General Assembly in Kansas City, MO, (or participate virtually) to have a say in the business of our Association. Participate in advance by encouraging your congregation to vote in congregational polls.

6. The goal of world community with peace, liberty, and justice for all

Promote world community by traveling on a service learning trip with the UU College of Social Justice. Opportunities available for youth, families, and adults. Or attend the CT Women's March as a family on January 20th.

7. Respect for the interdependent web of all existence of which we are a part

Sign up to be a part of Commit2Respond. This coalition of UUs invites people of faith and conscience to work for environmental justice and advance the rights of people impacted by climate change.

I am deeply grateful to be a part of a community that constantly reminds me complacency is not an acceptable option, and inspires me to put our seven principles into action.

Be well & be loved,
Gina



The Policy Board's Column

A Message from Jim Adams

Every Sunday, a couple of hundred members and friends walk through the door of our spiritual home here at UUS:E for Sunday services or to partake in the children and young adult Religious Education program either as students or teachers. During the week, there are countless meetings, gatherings, or group events held in one of the many classrooms or the multi-use sanctuary. Our fairly new building is comfortable, spacious, and accessible, well suited for all of this. As the Chair of the talented and enthusiastic Building and Grounds Committee, it has been a pleasure to help make this all possible. Like most of our homes, our building and grounds don't take care of themselves. A major renovation was completed in 2010, resulting in the building you see today. The project had a cost of just over \$2 million, the majority of which was paid for by the generous contributions of members and friends at that time, but also by a local bank where we continue to send substantial mortgage payments each month. Including the mortgage, UUS:E spends \$85,000 per year for building and grounds-related expenses, and unfortunately, more than half of that is the mortgage payment. (Please see the weekly insert if you are interested in helping to fix that!) The remainder is spent to care for the building, which was designed with heavy reliance on our 7 principles versus a typical payback financial analysis. Our building was designed from the heart!

One key aspect of our building is the state of the art heating and air conditioning system, which reduced our carbon footprint by 30-40% compared to a conventional system. It is a geothermal system (there are ten geothermal wells under the parking lot) which provides heat from the earth instead of from combustion. And it is powered in part by the large array of solar panels you can see on the south face of our roof. Another key aspect is

the elevator which provides equal access to everyone to both floors of the church. The initial cost of the elevator was substantial, as are the annual costs for service and maintenance. And more and more of the building (and parking lot) are being lit by LED lighting, which requires funds to retrofit, but uses a fraction of the electricity of what we had before. But UU's understand that costs involve more than money. What is the cost of creating 50% more CO₂ emissions with a cheaper heating system, conventional lighting, or forgoing the purchase of the solar panels? What is the cost of not providing access to the Garden Level for all of our members and friends? These are just a few examples of how UUS:E continues to make financial decisions as much from the heart as from the pocket book. We stay within our budget, but the money is spent wisely and conscientiously.

Once a month, the Building & Grounds Committee meets to discuss issues, future plans, upcoming maintenance, and also what's going on in the lives of each committee member. We have a lot of fun. But as I sit and listen during these meetings, I realize that so much of what we do and the decisions we make are not really about the building or the grounds. They are about you, the members and friends of UUS:E, and about the interdependent web of existence of which we are all a part.

Jim Adams

Chair, Building & Grounds Committee

Membership News



Greetings from the Membership Committee!

Happy 2018 Everyone!

What are your resolutions? How about doing something that feeds your soul? Volunteering for one of the hundreds of small jobs that are needed to keep UUS:E running will give more back to you than you give. The membership committee has a few opportunities, but other committees and events welcome new faces, too.

Welcomers Needed!

We could really use a few more people to greet members, friends and visitors at the welcome table on Sunday mornings. This job is fun and easy and **important**. If you can help out, please contact Jennifer Klee at jenduv@sbcglobal.net.

Refreshments

Have you picked a Sunday to provide snacks yet? The schedule is on the wall next to the kitchen serving window. All you need to do is drop the goodies off, the coffee team will serve them.

Eager to build your connection to UUS:E?

The annual goods & services auction is on January 20 and it's a GREAT way to have some fun, maybe learn something, find a deal and meet new people. The first Chili Cook-Off is that evening, which will be a fun party. And the auction offers lots of dinners, excursions, game nights and fun activities like give us a chance to socialize and get to know each other.

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.

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!

Newcomer Socials

We are putting these on hold for the winter but watch for announcements in the spring.

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.)



Community Drum Circle

Third Tuesdays in the Sanctuary
7:00 – 8:30 PM

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 every second Tuesday from 3:30 to 5:00, downstairs in the chapel area. Everyone is welcome—including friends from outside UUS:E. Even if you haven't finished the book, you are invited to the discussion. Books are selected by participants, and we try to choose books that are old enough to be available in paperback, or at least in public libraries.

- January 9: **The Sense of an Ending**, by Julian Barnes
- February 13: **The Postmistress**, by Sarah Blake
- March 13: **A Gentleman in Moscow**, by Amor Towles

For information: marlar@wordshard.com

UU Buddhists

First Tuesdays, Room 2

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

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

Yoga News

Come enjoy yoga at UUS:E!

The current yoga session with Susan Barlow is November 22 - January 10, 11 AM-12 noon. The current yoga session with Jessica De Carli is November 20 – January 29, 5:45-6:45 PM, with no class December 25, January 1, and January 15. Susan's next session will be January 17 – March 7. Jessica's next session will be February 5 – March 26.

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>

Books, Classes and Discussions

continued

Sacred Dance

The Sacred Dance Group at the Unitarian Universalist Society: East invites new participants to join this ancient tradition. All interested members and friends of UUS:E are welcome, and participation is free. No experience is necessary—just the desire to move to the spirit! (It's not necessary to attend every time the group meets.) If you are interested in exploring sacred dance, contact Christine Joyner at 860-983-6705.

Dates and times for meetings will be determined after receiving input from those who are interested, so please be sure to call Christine.

Sacred dance is movement with spiritual intention. The term is a modern one for an ancient practice of worshipping and expressing spiritual beliefs as a group. Women and men usually worshipped separately with drums and dances, often worshipping the different roles of their lives.

Join the Sacred Dance Group at UUS:E for a wonderful, modern variation on the ancient practice, and experience the expression of spirituality through movement and connection with others.

Winter Card-Making: Intergenerational Creative Workshop

Monday, 2/5, 7:00 – 9:00 PM

Make your own greeting cards to reflect your beliefs and sentiments. Join us in designing mixed-media greeting cards just in time for Valentine's Day and other winter events. Each participant will receive all the materials and instructions needed to create a collection of four to six greeting cards. Card blanks, envelopes, colorful paper, embellishments, ideas, and more will be provided. There is no fee for this workshop; adults and children ages eight and over are welcome. Contact Carol Marion at cmarion333@gmail.com or Crystal Ross at kovaciny.ross@gmail.com with questions.

Strangers in Their Own Land

Anger and Mourning on the American Right

Sunday, 2/4, 1:00 – 3:00 PM

Sociologist and author Arlie Russell Hochschild spent five years befriending and listening to people in Louisiana bayou country. Her deep story about the values, endurance, and dignity of these arch-conservatives will help us understand people across the political divide. Watch a one-hour YouTube interview with the author and join a discussion of her ideas. Reading the book is recommended but not required. Please contact Crystal Ross at kovaciny.ross@gmail.com with questions or if you need help getting the book

Community Kirtan

Friday, February 9, 7:00 PM



As always, ALL ARE WELCOME, although 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.

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. A lifelong singer-songwriter, Charlie is also an award-winning record producer, award-nominated music creationist, and an acclaimed guitarist. He's been referred to as an "alchemist of healing music." Joined by vocalist Brie Sullivan and Nathan LaFratta (tablas), Charlie brings spontaneous energy, alluring musicality, and a deeply devotional heart to his musical offerings.

Check out Charlie's kirtan music at www.charliebraun.com.

Books, Classes and Discussions

continued

Discovery of Self Through Creative Exploration

Three Tuesdays, 1/23, 1/30, 2/20, 7:00 – 9:00 PM
In her poem "The Summer Day," Mary Oliver asks, "What is it you plan to do with your one wild and precious life?" This three-part workshop filled with art, writing, and creative exploration is designed to facilitate self-discovery. Engaging in creative pursuits can help us tap into our most authentic self and provide a path to better understanding what we want to do with this one wild and precious life. This class is geared to adults, but mature teens are also welcome to participate. No art or writing experience necessary – really! Contact Gina Campellone, uuse.redir@sbcglobal.net with any questions.

Compassionate Communications, Part 2

One session offered at two times:
Tuesday, 1/30, 7:00 – 8:30 PM
Thursday 2/1, 2:00 – 3:30 PM

It's easy to define compassion, but much harder to practice it. In this follow-up to the September workshop, we will review the stages of grief and ways compassion (love) can be communicated to people who are ill, injured, or facing death. We'll watch a series of real-life video clips of staff working in a hospital with critical patients and family members and practice applying compassionate communication. Facilitated by Cressy Goodwin, cgoodwin@tiac.net. Co-Sponsored with Pastoral Friends

Re-scheduled Film

The movie "42," originally scheduled for November 28, will be shown at the Meeting House on Sunday, January 14, 4-6 PM, in room 2. Part of this year's "Resist and Rejoice!" film series, "42" is the story of the early years of the Brooklyn Dodgers' Jackie Robinson, the first African American player in the major leagues. The viewing is free...and the popcorn, too. All are invited.

Stewarding Opportunity!

The Stewardship Committee is planning our 2018 Annual Appeal for this spring. We are looking for stewards who meet briefly with members about their annual pledges. This is an opportunity to get to know new people, share your passion and commitment for UUS:E and help make our Annual Appeal a success. The time commitment is relatively short with one training session and a few weeks to steward a pledging potluck and/or visit with a maximum of four members or friends. The stewardship conversations are a time of fellowship and sharing our dreams and aspirations. Talking about financial commitment is a small part of a much larger conversation about generosity and community. So please consider volunteering to be a steward this year.

We will provide training on Tuesday evening, March 6 from 6 - 8 PM (pizza & salad provided), and Saturday morning, March 3, 2018 from 9:30 – 11:30 AM (light refreshments). Please email Phil Sawyer at psawyer215@gmail.com or call 860-633-8655 if you are willing to help or have any questions.

Our Annual Appeal occurs during March 4 – April 8, 2018.

Looking for hosts for Pledging Potlucks!

This spring the Stewardship Committee will again offer Pledging Potlucks during two weekends: **March 09 - 11 and March 16 - 18**. We are looking for members who are willing to host a potluck during those weekends. The potlucks are often dinners, but could be a brunch or lunch—especially on a Sunday. We need some events that are family friendly. If you would like, a steward can be available at your potluck in order to facilitate the conversation about pledging. **A final list of hosts with dates and times needs to be compiled by February 5, 2017**. These potlucks are a wonderful way to come together in community, enjoy good food, and have a deeper conversation about our connection to UUS:E. We hope you will consider being a host!

Please call or text Sande Hartdagen at 860-805-0549 or drsehart@gmail.com to volunteer.

Goods & Services Auction

Saturday, January 20 from 5:30 to 8:30 PM



Raise money! Raise the temperature! Raise a ruckus!!

At the UUS:E Goods & Services Auction + Chili Cook-Off from 5:30-8:30 January 20 – fun for all ages!!

Whose chili is the spiciest? Beefiest? The veganist? Absolutely yummiest? Enter your best batch in the Cook-Off to win championship bragging rights for the coming year. Enjoy a FREE dinner of chili, salad, bread and dessert ... vote for your favorite chili ... and bid on the unique (and affordable) auction items like ...

- Meals, game nights and illustrated travelogues in members' homes
- Hikes, kayak excursions, bike tours and other outdoor activities
- Practical services like weeding, dog sitting, airport rides, dump runs
- Pickles, breads, gluten-free cookies, jams and other goodies
- And services at your favorite hair salons, restaurants and theaters

Items start as low as \$20!!

HOW CAN YOU JOIN THE FUN??

- ✓ Could you teach, repair, entertain, bake or share other talent? Sign up in the lobby or on the [UUS:E website](#).
- ✓ Contact local merchants to ask for gift cards or merchandise!
- ✓ Compete for prizes in the chili cook-off!!
- ✓ AND SAVE THE DATE ... JANUARY 20 ... FOR A TERRIFIC EVENING OF FUN & SURPRISES!!

TIME IS SHORT! RSVP by Jan. 10 to Stanley.McMillen@trincoll.edu and get a \$5 credit on your purchases! Any questions? Contact Stan, Jen Klee, Kat Dargan or Nancy Pappas ... all in the directory!

Hope for Democracy—A national conversation

"Daring Democracy: Igniting Power, Meaning and Connection for the America We Want" is a wonderfully optimistic and idea-packed volume by activist Frances Moore Lappé and organizer-scholar Adam Eichen. It's one of the denomination-wide Common Reads suggested by the Unitarian Universalist Association. On Sunday March 11 at 1 PM, we will explore the ideas of Lappé, Eichen and the others they have studied.

They view the Trump presidency as a symptom of a shocking anti-democracy movement and expose the events that drove us to this crisis. But their focus is on solutions: how people from all backgrounds, committed to an array of social-justice causes, are creating hope with what the authors call the "democracy movement." Copies will be sold at a discounted price of \$12 in the lobby between services on the second and fourth Sundays of January and February, and are offered online (Beacon Press.)

Please sign up with Nancy Pappas (nanapap338@aol.com) or Annie Gentile to receive questions to consider while reading the book. Co-sponsored with the Social Justice/Anti-Oppression and Denominational Affairs committees.

Farewell

This is a new Chapter in my life as my husband and I transition to New Hampshire. I will miss so many people. I have been attending here since 2003. There are many brilliant and creative members and friends. I have learned about teamwork and trust. I began my spiritual path in RE (Religious Education) and ended it in RE. I have many fond memories of events and committees I participated in. I miss and grieve the current deaths in the church family who I have known the entire time here. My mind has expanded and my heart has opened. There will be no more shopping for another religious organization. I am proud of my UU faith and its seven principals and will attend a congregation in Portsmouth. If you are ever in the area please let me know and stop by: Kim Rivest, 860-424-1478: 4 Beatrice Lane, Hampton, NH 03842.

Get Connected! with UUS:E on the Web

UUS:E WEBSITE is located at <http://uuse.org>. Here you can find the latest news about our community and upcoming events, basic information about group and committee activities, Rev. Josh's sermons, and much more.

DIALOGUE FROM HOME is our ongoing virtual **talkback series** that continues online after each of Rev. Josh's sermons. Whether you want to read along, post your thoughts, and/or engage in dialogue about the topic, you are welcome to join this group. Request a password from Annie, the office administrator, to get access to the discussion. Email uuse153@sbcglobal.net.

FACEBOOK! UUS:E has two Facebook pages where members and friends can share all things UUS:E. Our main site is www.facebook.com/UUSEast. You can find out what's going on at UUS:E here. And please share our events to your own page to help spread the word about all of the great things we do!

We also have a second site, UUS:E Happenings, designed specifically to share ideas and events with others in the UUS:E community. Anyone can post here. Is your child going to be in a play? Are you performing a concert? Looking for people to hike with? Post it here! This is a closed group, request to join here:

<https://www.facebook.com/groups/587066578028806/>

MEETUP: We have started a Meetup page! Join our group! Find events, RSVP and more at: <http://www.meetup.com/Unitarian-Universalist-Society-East/>. If you'd like to add an event to the Meetup site, contact Carol Marion at cmarion333@gmail.com.

Rev. Josh has his own website located at <http://revjoshpawelek.org>

Catch up on his latest writings, community work, and more. You can also follow Rev. Josh on **Twitter @revjoshpawelek**, or connect with him at **LinkedIn** and **Facebook**.

Weekly e-blast – Contact Annie at uuse153@sbcglobal.net to be added to this weekly email of what's happening at UUS:E. Send submissions to SBarlow627@aol.com

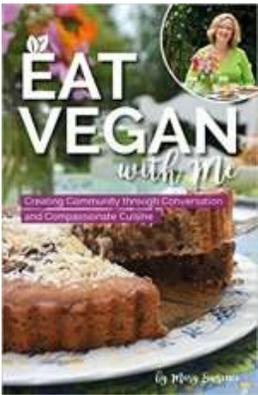
Green Sanctuary News

Banning Fracking Waste

IREJN (Interreligious Eco-Justice Network) reports that 33 Connecticut towns have voted to ban fracking waste in their towns, with several more towns working on similar measures. Our SLC committee is meeting with folks from St. John's Episcopal Church to begin plans to get Manchester to pass such a ban.

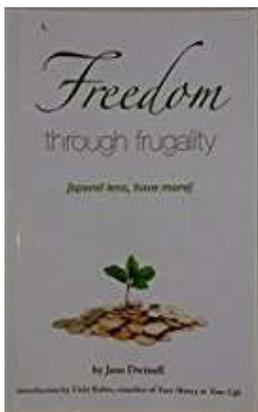
Banning fracking waste town by town is important because the State ban is not permanent and states such as Pennsylvania have a lot of fracking waste to get rid of, and are looking to nearby states for disposal and/or treatment sites. Unfortunately this waste water contains hundreds of chemicals, including some that are carcinogens and sometimes radioactive waste. More info is available here: <https://irejn.org/latest-activity-to-ban-fracking-waste-in-ct/>

Looking for some good books?



Here are some that might be of interest. The first one is by our friend Mary Lawrence of Well On Wheels. Mary is a vegan chef and tells a compelling story about her journey into veganism. Her new book is titled, **Eat Vegan With Me: Creating Community through Conversation and Compassionate Cuisine.** In

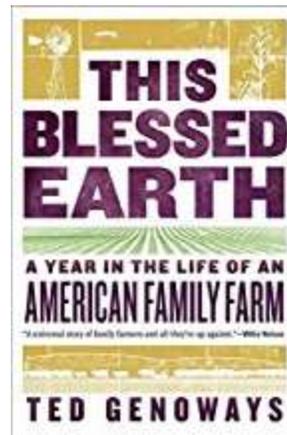
addition to delicious recipes and menu plans, she gives reasons to eat vegan, including for health, for the environment, and for compassion toward animals. The book is available from Amazon.



UU Ministry for Earth has an offer for a FREE book! Author and minister Rev. Jane Dwinell is offering free copies of her book **Freedom Through Frugality** to interested UUs while supplies last. From the book's introduction: "The world needs frugality right now. We are living beyond the means of the earth—

spending more resources annually than can be restored, regenerated or replaced. Experts agree that moderating the quantity and resource intensity of our consumption is a key to our survival."

Contact Rev. Jane at janedwinell@gmail.com with the subject "Freedom Through Frugality," and include a mailing address in your message.



This Blessed Earth by Ted Genoways follows a Nebraska farm family for a year. This is a gripping story about one farm family whose property is in the way of the Keystone XL pipeline. The book helps us understand how farming has changed since World War II. The USDA, seed companies, chemical companies, farm

equipment companies, irrigation systems, banks, and others impact how farmers grow our food.



Xiuhtezcatl Martinez is a 17-year old indigenous climate activist and hip-hop artist. He has recently written a book, **We Rise, the Earth Guardians Guide to Building a Movement that Restores the Planet.** He is also one of the plaintiffs in the lawsuit against the federal government, Juliana v. United States.

Our Children's Trust and Earth Guardians are suing the government for violating their constitutional rights to life, liberty, and property by engaging in actions that cause climate change. SLC, RE and Rev. Josh will be highlighting this issue in a multi-gen service on Earth Day.

Contact Anne Vaughan at LAnne.Vaughan@gmail.com to borrow any of these books.



Emergency Preparedness #3

3

Fire or Smoke

Our newly authorized Emergency Operations Plan defines actions to be taken when a critical situation occurs on the property. This "all hazards plan" identifies twelve situations that could risk personal safety or property damage. Each emergency situation is designated as an annex with specific instructions. Let's look at Annex B: Fire or Smoke

DID YOU KNOW?

In addition to the pull fire alarm boxes at both front entrances, there are several others placed throughout the building. Did you know where they are?

DO YOU KNOW WHEN THERE IS SMOKE OR FIRE?

The following procedures are to be followed:

1. If there is a risk to personal safety or property damage, call 911 AND pull the nearest fire alarm box.
2. If you or anyone else has their clothes on fire, Drop to the ground, and Roll a short distance to extinguish the flames. Use blankets or other clothing to smother the fire if needed. If available, running cold water over the skin is appropriate to treat small burns.
3. Fire extinguishers should be used by a person who is trained in their use.
4. When the room and area near the fire or smoke has been evacuated, close all doors and windows to slow its spread.
5. Make an announcement throughout the building to evacuate.
6. Follow the details defined earlier (See November's Bulletin #1) and evacuate
7. Once you have gone to your car, stay in the parking lot. Fire trucks will use our exit driveway to get to the facility, and it must be kept clear of cars.

**PARENTS – DO NOT TO GO DOWNSTAIRS TO FIND YOUR CHILDREN—THEY WON'T BE THERE!
WAIT OUT FRONT FOR THEM TO BE BROUGHT UP.**

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>

February Newsletter Deadline:

January 20

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