

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

February Ministry Theme: Brokenness

Services at 9:00 and 11:00 AM

February 4: "Women and Power: #MeToo is Not Enough."

Explore varied topics under this large umbrella. Be motivated to think about how women are denied power, how they use power, and what can and should be done beyond the first days and weeks of the #MeToo movement, an effort to take back power for women. Consider how women and men can work together in many areas to improve how women are seen, heard, respected and supported in all roles that should be open to them.

Coordinator: Marsha Howland

February 11: "The Healing Power of Love."

In this month of "Brokenness," we celebrate the power of ordinary love to heal. We'll be sitting in the round (or oval?) and seeking wholeness in word, song, and story. We'll send love to those of us who are feeling broken and out into the fractured world.

Coordinator: Martha Larson

February 18: "Living Whole in the Midst of Brokenness."

Our theme for February is brokenness. This morning, Rev. Josh considers resources for maintaining our sense of wholeness when the world feels like it's breaking.

Coordinator: Rev. Josh Pawelek

February 25: "A Surplus of Warm Fuzzies!"

Family Service. This morning, we learn why we'll never run out of "warm fuzzies." And we'll explore all the ways we can stay strong and resilient even when "cold prickles" abound!

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

March 4: "You Are Visionary: Kicking Off Our Annual Appeal."

Today we begin our annual appeal and look forward to a future of growth at UUS:E. We also welcome new members into the congregation.

Coordinator: Rev. Josh Pawelek

2017-2018 Ministry Themes

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

Sunday Service Flowers

The signup sheet for flowers is in a binder in Annie's office. Please make sure you check off the box, indicating whether you want to take the flowers back home with you or have them donated. The contact person for delivering donated flowers is Cyndi Krupa, 860-986-1957, cyndikrupa@sbcglobal.net

Recorded Services Available

Many of the Sunday Services at UUS:E run on the three community access channels (Cox in Manchester, Community Voice Channel in Bolton, and Charter Communications in Windham). The DVDs are available at UUS:E, and you can sign out the programs you were unable to see. Audio CDs are available one week after each service, and as a download from Jane, our sexton, if you provide a flash drive (USB port).

Community Outreach Ministry

Charitable Giving for February 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 February will go to **Operation Fuel**.

Operation Fuel (<http://www.operationfuel.org/get-help/>) provides cash assistance for heating expenses for households in crisis, with incomes at or below 75% of the State Median Income guidelines. Local fuel banks assess client eligibility and make payments to vendors.

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.

Memorial Service for Bruce Hockaday

Saturday, February 10, 2:00 PM

UUS:E will hold a memorial service for Bruce Hockaday on Saturday afternoon, February 10, at 2:00 PM. A reception will follow. All are welcome. For information, please contact Rev. Josh Pawelek at 860-652-8961 or revpawelek@gmail.com. If you would like to assist with the reception or bring a dish to share, please contact Christine Joyner at 860-983-6705 or spiritmoon7491@gmail.com.

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

The Minister's Column: Hallelujah!

Dear Ones:

My four-month sabbatical is winding down. The sabbatical has been a very positive experience for me, and I want to express my deep gratitude to you, the members and friends of the Unitarian Universalist Society: East, for providing this opportunity to me. In particular, I'd like to thank the members of the Policy Board and Program Council for their ongoing leadership during my absence—especially our new president, Rob Stolzman, and vice president, Sylvia Ounpuu. I'd like to thank the members of the Sunday Services and Pastoral Friends Committees—chaired by Lorry King and Patricia Wildes respectively—who've been covering my regular worship and pastoral duties since October. And I'd like to thank the UUS:E staff—Gina, Mary, Jane, Annie, and Emmy—who've been functioning with their usual excellence.

During my sabbatical, I continued writing the novel I started on my first sabbatical in 2007. While I have not been able to complete it to my satisfaction, I do expect to have a readable rough draft finished by the first week of February. Writing a novel is a very different discipline than writing sermons, meditations, prayers and newsletter columns. It requires different modes of thinking, feeling, imagining, planning, expressing and creating. It has been very important to me over the past four months to explore and practice these different modes. Having had this opportunity, I am hopeful that I am returning to ministry refreshed and rejuvenated, and ready to provide high quality spiritual leadership to our thriving congregation.

When I return in February, I am looking forward first and foremost to being with all of you in person, reconnecting, and getting back to the daily and weekly tasks of ministry. I am also looking forward to establishing a new Humanist discussion group (the first meeting is Feb. 13, 4:30 PM in my office), updating UUS:E's Safe Congregation policy in light of new best practices, working with the Policy Board to finalize UUS:E's vision statement, working with the Social Justice/Anti-Oppression Committee to make UUS:E a charter member of a new, regional interfaith coalition, and hopefully adding a part-time Membership Coordinator to our staff.

I'd like to hear from you. First, if there has been a significant event or change in your life (family, career, health, etc.), please feel free to tell me about it. Contact me to make an appointment. Call me. Send me an email, text or Facebook message. My home office phone is still 860-652-8961. However, I have a new email address. My old address will work for a few more months, but the new address is revpawelek@gmail.com.

Second, in my last sermon before my sabbatical, I said that "the congregation has the opportunity to notice, by virtue of the minister's absence, what it does well, what it does not do so well, where it excels, where it needs improvement." I am genuinely curious to know whether you have had any insights along these lines. Specifically, are there ways we can do things differently, more effectively, more meaningfully? One thing I've come to understand about myself during this time is that trying new things in congregational ministry is important to me. As much as it is easy to do things the way we've always done them, I have always assumed that the ongoing experience of health, vitality, meaning and purpose for the minister and for the congregation depends on a willingness to reinvent ourselves from time to time. Our primary ministries and our core values are more or less permanent, but how we do things must continually evolve. So, if you've had insights about how we might do things differently, I want to hear them!!

That's it for now. But there's much more to come. I can't wait to be with you at UUS:E!

With love,
--Rev. Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

February's ministry theme is brokenness. Most of us have experienced feeling broken at some point in our lives. I can clearly remember a time I felt that way. It was June, 2006. I was 36 years old and had three children between the ages of one and eleven. I was struggling with an extended bout of postpartum depression and recovering from a bad case of shingles. My one-year-old was covered from head to toe in an alarming red rash, which turned out to be an allergic reaction to birthday cake frosting. My five-year-old's fear of "loud, scary night noises" meant that she'd been sleeping between my husband and me in our bed for the better part of a year, rendering us chronically exhausted and irritable. A recent fall on the school playground left my eleven year old with a broken arm and no chance of dancing in a long awaited upcoming recital. And then I suddenly found myself in the hospital having emergency gall bladder surgery. I felt overwhelmed. I felt distraught. Most of all, I felt broken. I'd even begun to wonder if my own "brokenness" was "breaking" the rest of the family.

And then the doorbell rang. Literally. It was someone from UUS:E, bearing a pot of warm carrot ginger soup, a hearty salad, and a loaf of homemade bread. We were told not to worry about cooking or buying groceries, as meals had been lined up for us for the next two weeks. Sure enough, night after night the doorbell rang. Folks from UUS:E took turns bringing us dinner. In the beginning, they would drop off the meal and leave, but as I got better sometimes they would stay and enjoy the meal with us. In addition to the meals, my mailbox filled with cards from people wishing me well and letting us know they were thinking of us.

At the time all of this happened, my family had been attending services at UUS:E for just about 8 months. We'd been part of the community for less than a year, yet the outpouring of kindness and generosity was such that we felt as though we were being held in the arms of a loving extended family. And indeed, we were.

The night the doorbell rang is when the healing began. It took some time, of course, but gradually we all started to feel better. The baby's rash cleared up, the five year old eventually moved out of our bed, and the eleven-year-old's broken bone mended. And I too improved, both physically and emotionally. As I regained my strength, I discovered I was no longer feeling quite so broken. In fact, I was feeling pretty darn whole!

The support of a loving community is the antidote to brokenness. I am sure of that. The power of love to heal and make whole is even greater when shared in community. There is no shame in brokenness, and there is boundless grace in the act of a community holding someone in kindness and love until they can make themselves whole again.

With much love and gratitude,

Gina



The Policy Board's Column

Visioning UUS:E's Future

A Member-at-Large Perspective

I was so moved by the Leadership Retreat held in September and by Josh's last sermon before his sabbatical "You are a Visionary." In his closing paragraph, he wrote "May the ways of this congregation meet the needs of a hurting world. May the truth that lies at the heart of this congregation be "as exciting as fire, and as bright—as powerful as water, and as fluid—as solid as earth, but as transparent as air! May the life this congregation saves, nurtures and sends forth bring love and healing into the world. You each have it within you. In the coming months, be visionary."

Led by Tammy Stolzman, a small group, David Garnes, Rhona Cohen and I volunteered to take the information gathered at the retreat and from Josh's sermon to craft a draft vision statement for UUS:E. Please consider this vision statement.

Unitarian Universalist Society: East will be home to a spiritually alive, richly diverse, and growing congregation. In learning to love ourselves, we will send forth energy, spirit and strength into our beloved neighboring communities. We will be more able to love, to be present to suffering, to comfort, to heal; to bear witness to oppression and injustice. We will actively and boldly work toward social and environmental justice by resisting and fighting to dismantle the systems that hold oppression in place. Ours will be a community committed to building a more just, loving and fair society.

In the coming weeks, we plan to give everyone the opportunity to view the panel presentation that kicked off the Leadership Retreat. This moving evening set the tone for our visioning work for the next day. Please take the time to hear their messages. The draft vision statement will be displayed in the foyer at UUS:E with a box for comments. And I encourage you to read Josh's sermon delivered on October 1 which is available on our website. Our hope is that at the annual meeting, we will have had many opportunities to discuss this Vision Statement in many formats and forums, and as a congregation, we will be able to embrace our shared vision as a loving community.

So, call me crazy! Why in the world did I involve myself in a project that I knew would be a challenge? I am a seeker of truth and purpose for my life, and I found a community of seekers at UUS:E. I believe we are at the door ready to welcome new folks in and ready to walk out from our door into our communities. At the last two Leadership Retreats, there was discussion about our visibility in community. I want to be bold and put our words into action. Actions start with a vision.

-Anne Carr

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.

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. And it's required if you choose to become a member. Our next class will be on Sunday, February 18, 1-4 PM. Lunch will be served at 12:45 PM and childcare is available upon request.

New Member Sunday

Our next ceremony to welcome new members will be on Sunday, March 4. RSVP to Annie Gentile in the UUS:E office at 860-646-5151. Contact Jennifer Klee with any questions (jenduv@sbcglobal.net). There will be a reception and dress rehearsal on the Thursday before, March 1.

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.)



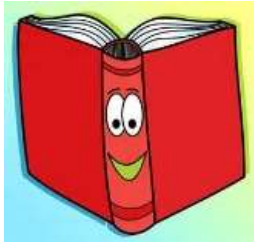
Community Drum Circle

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.

- 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 February ministry theme is "brokenness." 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 January 24 – March 14, 11 AM-12 noon. The current yoga session with Jessica De Carli is February 5 – March 26, 5:45-6:45 PM.

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

Compassionate Communications, Part 2

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

New Humanist Discussion Group Forming

Tuesday, February 13, 4:30

Rev. Pawelek is launching a new Humanist discussion group. This ongoing group explores Religious Humanism and its applications to life, both historically and today. We will begin by reading **Humanist Voices in Unitarian Universalism**, edited by Kendyl Gibbons and William Murry. This book is available from InSpirit, the bookstore of the Unitarian Universalist Association. Participants do not have to read any portion of this book prior to the first meeting. The first meeting will be Tuesday, February 13, at 4:30 PM in the Minister's Office. Questions? Contact Rev. Josh at revpawelek@gmail.com or 860-652-8961.



Green Sanctuary News

The Sustainable Living Committee members at the December meeting voted unanimously to endorse Carbon Fee and Dividend—the policy promoted by Citizens' Climate Lobby. This policy imposes a fee—based on greenhouse gas production—on all fossil fuel inputs as a way to create a market-based, level-playing field for all sources of energy. ALL the raised fees are redistributed in monthly dividends to households. More information on this policy is at <https://citizensclimatelobby.org/basics-carbon-fee-dividend/>.

Northeast Organic Farming Association's CT chapter will have its Winter Conference in Danbury on Saturday, March 10. In addition to numerous workshops and craft displays, the keynote speaker will describe how the National Organic standards have redefined "organic" to suit the demands of corporate agriculture and what consumers need to know and do in order to support and eat the best organic foods. <http://ctnofa.org/winterconference/> Banning fracking waste town by town is important because the State ban is temporary. 35 towns have already banned fracking waste, which contains hundreds of chemicals, including some that are carcinogens and/or radioactive. Many other towns are working on bans, including Manchester, Vernon and South Windsor. The following site lists town meetings where ban efforts are ongoing: <https://irejn.org/upcoming-meetings-on-banning-fracking-waste-across-ct/>. Contact Janet Heller about efforts in Manchester, at janet.heller@snet.net.





Auction Results

More than 120 UUS:Easters – from youngsters to seniors – enjoyed a rollicking time on January 20 at Spice Up Winter, our first combined auction + chili cook-off. The place was absolutely packed, with guests poring over 75 different items offered in the silent and “live” auctions. You never know which item will be most fiercely contested: This year the biggest “fight” was over a beautiful quilted table runner in shades of purple, created by Louisa Graver.

Twenty competitors offered fabulous pots of chili in many different flavors, ranging from sharply hot to mild and creamy. After all the guests had voted with their little red tickets, the youngest chef, Dexter Coleman (age 10), took first prize in the vegetarian category, and Gina Campellone (our own RE Director) won the meat category. (See recipes in the right column.)

Referring to the social buzz in the room, several people assured organizers, “This would have been a success, even if you hadn’t raised a single dollar!” But of course that wasn’t the point ... so we’re pleased to say that the preliminary profit looks to be more than \$8,600 !!

If you missed the event you can “participate” through this video, which is also on the UUSE Facebook page:

<https://www.youtube.com/watch?v=bCzrdOxDpfs&feature=youtu.be> We look forward to next year, when we can do it bigger and better than ever!



Start thinking about what you want to donate – and what you’re wishing that someone else would offer.

Your coordinators: Kat Dargan, Jen Klee, Stan McMillen, Nancy Pappas

First Prize Creamy Chicken Chili

(Gina Campellone)

- 2 boneless, skinless chicken breasts
- 1 lb can black beans, drained & rinsed
- 1 12-ounce can corn, undrained
- 1 lb can Rotel Tomatoes and Green Chiles, undrained
- 1 package ranch dressing mix
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- 1 (8 ounce) pkg. cream cheese

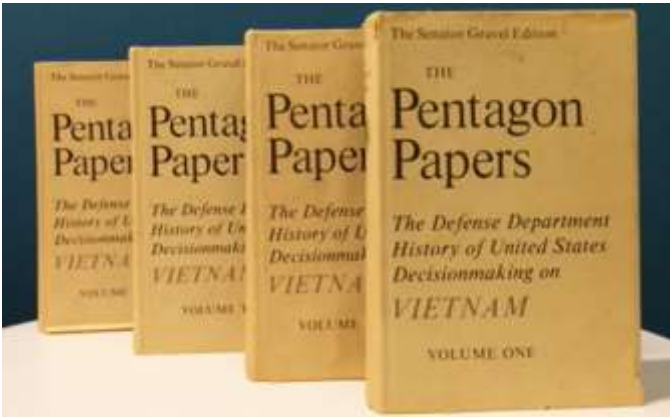
Place chicken in bottom of slow cooker. Combine beans, corn, Rotel, ranch seasoning, cumin, chili powder and onion powder and pour over chicken. Place cream cheese on top. Cover and cook on low for 6-8 hours. Stir cream cheese into chili. Use 2 forks and shred the chicken. Stir together and serve

First Prize Vegetarian Taco “Soup”

(Dexter Coleman)

- Olive oil as needed
- 1/2 package Morningstar Farms crumbles or Boca meat (or use 1lb ground meat if you want)
- 1 10-ounce can tomato sauce
- 1 packet of taco seasoning OR make your own blend - for the cook off Dexter combined the following:
 - 1 tablespoon chili powder
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon onion powder
 - 1/2 teaspoon paprika
 - 1 1/2 teaspoon cumin
 - 1 teaspoon salt
 - 1 teaspoon pepper
- 1 package of Hidden Valley Ranch seasoning
- 1 lb can black beans
- 1 lb can small red beans
- 1 lb can of Rotel tomato and chilis (choose your level of heat and salt)
- 1 12-ounce can corn (drained)

In pot over medium heat coat bottom with olive oil. Add crumbles, tomato sauce and seasonings including Hidden Valley. Cook for five minutes.



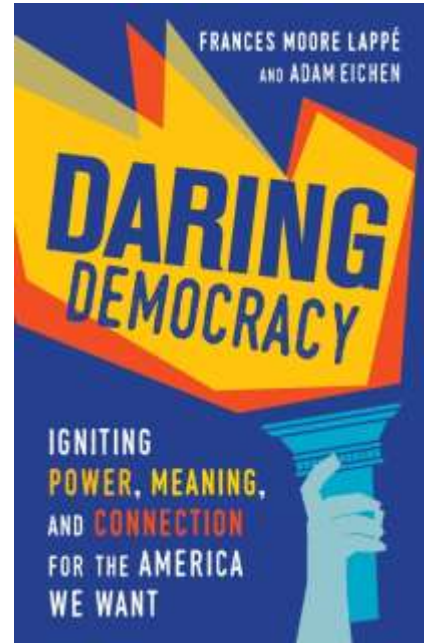
The Pentagon Papers— a UU publication!

You've probably heard about the new hit film, **The Post**, starring Meryl Streep and Tom Hanks. It tells the riveting tale of The Washington Post's courageous decision to publish portions of the thousands of pages of stolen documents about the origins and mishaps of the Vietnam War—documents which came to be known as The Pentagon Papers.

But you may never have heard about the involvement of Beacon Press, the publishing arm of the Unitarian Universalist Association. Sen. Michael Gravel, one of two UUs in the Senate at the time, wanted to see The Pentagon Papers published as a series of books, so that American citizens could read it for themselves. "Dozens of commercial and university publishing houses rejected Gravel's proposal, citing near-guaranteed political persecution and a bleak bottom line," says a recent blog post from Beacon Press. "Ideologically, Beacon felt compelled to publish and agreed to take on the Pentagon Papers, despite financial and political risks."

A 1971 article in the Unitarian Universalist World asked, "Why should the UU press take the risks and become involved in the most vicious battle for the free press since the Zenger trial? For the simple reason that freedom from bureaucratic censorship is one of the objectives of this denomination and of the press which represents it."

This link will take you to a fascinating article about this important project and its implications for today. <http://www.beaconbroadside.com/broadside/2017/12/our-civic-duty-why-we-published-the-pentagon-papers.html>



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 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 by the Social Justice/Anti-Oppression and Denominational Affairs committees.



Annual Appeal

2018-19 Annual Appeal takes place during March. Do your part. Sign up to be a steward. Sign up to host, or attend a pledging potluck!

Challenge!

Make a list of the gifts you bring to UUS:E and, conversely, list the gifts you receive from this beloved community.

Here are some of the gifts the Stewardship Committee identified:

What we give: leadership and mentoring skills, committee participation, energy and support, teaching, technical expertise, long-term commitment, financial support directly through pledging as well as by supporting events like the Fair and Auction.

What we get: a spiritual home, shared commitment to justice, grounding, experiences with the arts, diversity of inspirational experiences, religious education for children and adults, comfort, fellowship, a sense of family.

How does your list compare?

We give not only our time and talent to support our collective vision for UUS:E, we also give our money. Our pledges are one way we demonstrate the value we place on this community.

From the Stewardship Committee: Louisa Graver., Sande Hartdagen, Lynn Kayser, Larry Lunden, Stan McMillen, Phil Sawyer, Debbie Starkel

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.

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 on 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 Home & Garden Sale

coming on Saturday, May 19

This spring, we will hold a joint **Tag Sale and Plant Sale** at the meeting house.

As in the past, the Plant Sale will feature a variety of perennial plants from the gardens of members and friends. If you are thinking of thinning your gardens (or know someone who is), please consider donating plants for the sale (and if you need a little help with the task, please contact Bob Knapp at rwknapp@snet.net).

This year, we are adding a Tag Sale featuring items for the home and garden, such as gardening tools, flower pots and seasonal sports items. To help make our event a success, please put aside your "treasures" for the tag sale and think about donating plants from your gardens.

Anyone interested in helping out, please contact Deb Gould (dagould59@comcast.net) or Sandy Karosi (slkarosi@comcast.net for the Tag Sale and Bob Knapp (rwknapp@snet.net) for the Plant Sale.



Ice Cream Social and Games for All

Saturday, February 24 at 2:00 PM in the sanctuary

What's better than ice cream? Ice cream AND games!

Join us at UUS:E for a fun afternoon of ice cream sundaes and multigenerational games.

We'll start with cooperative group games, break for ice cream sundaes, and then move on to some board games. Bring one of your favorites, or see what others love.

This event is open to all ages. There is no cost to attend, but please RSVP so that we can be sure to have enough ice cream!

Questions? Contact Gina Campellone, uuse.redir@sbcglobal.net.



Emergency Preparedness #4

4

Medical Emergencies

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 C: Medical Emergencies.

DID YOU KNOW?

In a case of cardiac arrest, an Automated External Defibrillator (AED) can save a life! There is one AED unit in the facility. Did you know it is located in the lobby, low on the left wall as you come in through the entrance? Did you know that there is no lock on the glass door and anyone can easily open it? Did you know that when opened, a tone sounds to simply indicate the door is open? This tone is not connected to any emergency response service or 911 call.

DO YOU KNOW WHEN THERE IS A MEDICAL EMERGENCY...

...the following procedures are to be followed?

1. Remain calm. Assess the ability of the ill or injured person to speak or react to painful stimulus.
2. If unresponsive, manage the airway and determine if the person is breathing and has a pulse.
3. If breathing and/or a pulse is not present, immediately have someone call 911 and begin CPR.
4. Have someone bring the automated external defibrillator (AED) to the patient. Initiate its use following the audible instructions that the device will provide.
5. If breathing and a pulse are present, assess the patient for any open wounds. If bleeding is present, put direct pressure over the wound to control external blood flow.
6. If there are any fractures including possible fractures in the head and neck, **call 911**.
7. Keep the patient comfortable. Anyone with first aid or EMS training can begin appropriate positioning and fracture care.
8. If the person has no signs of trauma, is alert and refuses treatment, call 911 for advice before allowing the person to deny an ambulance response and go on their own.

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>

March Newsletter Deadline:
February 20

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