

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

March Ministry Theme: Generosity

Services at 9:00 and 11:00 AM

March 4: "Spirit-Filled Risk!"

Today we begin our annual appeal and look forward to a future of growth at UUS:E. We are looking toward a bold future for our congregation. What risks are we willing to take? We also welcome new members into the congregation.

Coordinator: Rev. Josh Pawelek

March 11: "Compassionate Communication: Connecting to the Needs that Enrich Our Lives."

Compassionate, or Nonviolent, Communication (NVC) assumes that we are all compassionate by nature, and that violent strategies—whether hidden in thought, or outwardly expressed verbally or physically—are learned behaviors taught and supported by the prevailing culture. Join us for an experiential introduction to NVC, a practice and consciousness that creates human connections that empower compassionate giving and receiving.

Presenter: Dr. Mark Friedman, Center for Nonviolent Communication.

Coordinator: Linda Duncan

March 18: "On Being Curious."

One of the ways we minister to one another is through listening with open hearts and minds. Curiosity resides at the heart of our capacity to listen authentically to each other. Are we curious enough?

Coordinators: Rev. Josh Pawelek; special music, Nancy Madar

March 25: "Giving Well."

Family Service. This morning we explore a variety of ways to give of ourselves for the betterment of others and the world. How can we make extraordinary giving ordinary?

Coordinators: Beth Hudson, Gina Campellone, Rev. Josh Pawelek

April 1: "Sunrise Song."

Our Annual Easter Music Service. Family Service. "Very early on the first day of the week, when the sun had risen, they went to the tomb..." Easter points us toward new beginnings both personal and cosmic. What new beginning offers itself to you this Easter? What sunrise song are you singing?

Coordinators: Mary Bopp, Gina Campellone, 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 March 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 March will be split between **Rebuilding Together – Manchester** and **Communitas**.

Rebuilding Together – Manchester is part of a national non-profit organization called Rebuilding Together. Its goal is to bring communities together in efforts to assist those in need of general home repair and improvements. To be eligible to receive assistance from this volunteer organization a person must own and occupy their home in Manchester and be unable to do the work themselves. There are income guidelines as well. Priority is given to fixed, low-to moderate-income families, elderly or disabled individuals. The number of homeowners to be assisted each year depends upon available resources such as money for materials, volunteer labor and the ability to complete the work in one day.

Communitas Inc is a local non-profit organization that provides support for people with disabilities not available from a traditional service provider. It promotes the building of a positive, inclusive community locally—a community that welcomes all, finds the "gifts" in each member, and actively supports the expressions of each person's gift. Please contact Louisa Graver at Graver30@att.net, David Lacoss, or Nancy Madar at nancymadar@hotmail.com.

Checks made out to UUS:E will be treated as follows: If the memo line:

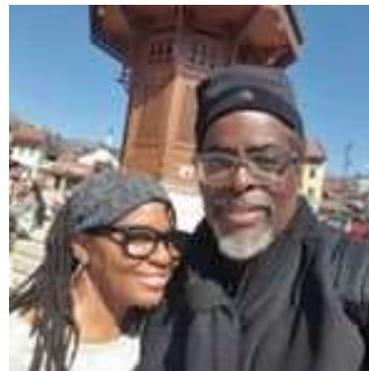
- ✓ is blank or "pledge" is written, all will go toward your pledge.
- ✓ has "COM" or the name of the charity is on the memo line, all will go to the charity.
- ✓ has "1/2 pledge, 1/2 COM," it will be divided equally.

2017-2018 COM Recipients

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

Bearing Witness on the West Bank

Sunday, March 4, 2:00 PM



Bishop John and Pamela Selders will share images and stories from their recent trip to the West Bank, Israel, and Jordan. They will facilitate a discussion about how the the Palestinian-Israeli conflict takes a toll on our humanity. If you need childcare, please contact Annie Gentile in the UUS:E office at 860-646-5151.

The Minister's Column: Hallelujah!

Dear Ones:

Our annual appeal begins in March. For those of you who are new to UUS:E, the Annual Appeal is our opportunity to reflect on the value of UUS:E in our lives and to make a corresponding financial pledge for the coming fiscal year. Because the vast majority of our operating funds come from the financial gifts of members and friends, this is the most significant fundraiser in the life of our congregation. I urge all of you to begin thinking about the role UUS:E plays in your life. Then, if you haven't done so already, please sign up for one of the Annual Appeal potluck dinners. (Sign-up sheets will be available following Sunday services in March.) And as always, if a steward contacts you to meet about your pledge, please respond to them as soon as possible. They are volunteers and we deeply appreciate their work on behalf of our congregation's financial health.

As in every new year, there are many factors that drive increases in our proposed budget—changes in insurance, cost-of-living adjustments for our staff, and expansion of our programs, to name just a few. This year the UUS:E Growth Team, the Policy Board, and I are all in agreement that it's time for UUS:E to hire a part-time Membership Coordinator (MC). MCs are staff members who are responsible for tracking visitors to UUS:E and helping them discern whether membership is right for them. MCs also help foster engagement of members and friends in congregational activities such as small group ministries, circle groups, adult religious education, social justice work, etc. Many UU congregations around the country who have hired MCs report not only increases in membership and financial giving, but increases in spiritual growth among members. Of course, there is a cost associated with such a hire. It's always risky to try to increase the

size of a church staff. But I feel strongly this is a risk worth taking—a spirit-filled risk!

I'm not the only one who feels this way. This year, a group of members who also feel very committed to reaching this goal have established a challenge fund. For any member or friend who increases their annual pledge from anywhere between 5% and 10%, the fund will match an amount equal to your increase. I deeply appreciate the generosity of these members, and I hope you'll take them up on their offer!

Here's my challenge: The tenth person who sends me a note at revpawelek@gmail.com, or leaves me a message at 860-652-8961 and tells me 1) three things they love about UUS:E, and 2) that they are increasing their pledge by at least 5%—that person will get a breakfast, lunch or dinner on me!

There are so many good things happening at UUS:E. We're actively exploring what it means to become a Sanctuary Congregation. We're actively exploring joining a new Greater Hartford interfaith coalition. We're taking very intentional steps to improve our emergency management procedures and make our building safe. We're formally establishing a UUS:E concert series. We're crafting a new vision statement. Please take seriously the question: "What does UUS:E mean to you?" And please make as generous a pledge as possible for the coming year.

With love,
--Rev. Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

Empowering children to find ways to practice the Seven Principles is an important goal of our Religious Education program. And social justice work is central to Unitarian Universalism. Now, more than ever, children need to know that their voices can be heard, and that they have the power to effect real change. This year our RE program features a monthly "Faith in Action Sunday," in which adult volunteers work together with children in grades 1-6 to put their UU faith into action through service to our church, our community, and our world. Projects thus far have included:

- Selling cider and cookies to raise funds for The Hole in the Wall Gang Camp, which provides camp experiences to children with life threatening illnesses
- Making ornaments and chocolate covered Oreos for the Holiday Fair, which raises necessary funds to support UUS:E and its mission
- Learning about the challenges faced by ex-inmates and putting together backpacks filled with essentials to be given to individuals upon being released from prison
- Creating an anti-bullying campaign, practicing ways to interrupt if they witness someone being bullied and ways to extend compassion and friendship to those who have been bullied

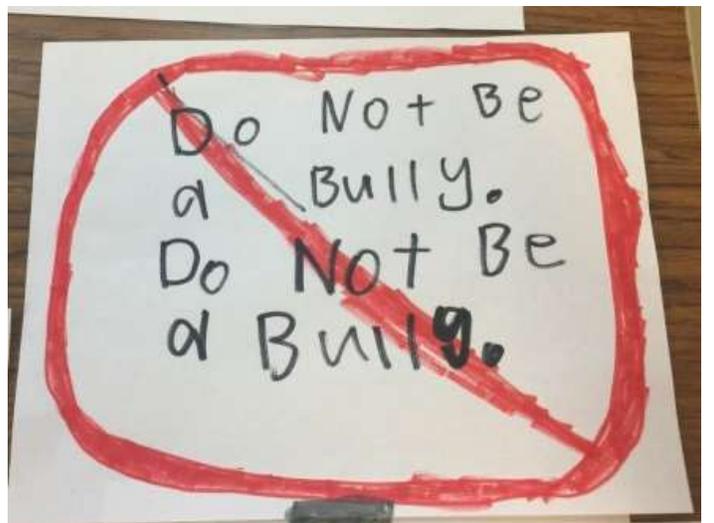
In upcoming months we will be exploring the many different social justice causes supported by folks at UUS:E by surveying bumper stickers in the parking lot and creating some stickers in support of causes that are important to us. Food Share will also be coming to lead a program called Hunger 101, which will help increase awareness and understanding of hunger and its many causes in our community.

If you are passionate about a social justice cause, we would love to have you join us in RE to explore the issue with the children and allow them an opportunity to put their activism skills to work!



With love,

Gina



The Policy Board's Column

A message from UUS:E President,
Rob Stolzman

The Policy Board is busy continuing the important work of reviewing our administrative and strategic policies and goals in the hopes that we can make the foundation of our strong, thriving and wonderful community even stronger.

As part of this larger work, a team of respected UUS:E members from the congregation at large drafted a new vision statement for us. We introduced this statement in the February edition of the newsletter and, after a few minor tweaks, wanted to share it with you again.

Unitarian Universalist Society: East will be home to a spiritually alive, richly diverse and growing congregation. We will send forth energy, spirit, and strength into our beloved communities. We will love, be present to suffering, comfort, heal, and bear witness to oppression and injustice. We will actively and boldly work toward social and environmental justice.

The really exciting news is that we have scheduled multiple sessions to meet and discuss this new vision statement. As part of this conversation, we also have a short video of the Friday night listening session that UUS:E leadership hosted last fall in which local leaders of neighboring religious and minority communities joined us and shared with us their thoughts on how we were doing in our efforts to build a more peaceful and just world.

So please mark your calendars and join us to watch this inspiring video and discuss our new vision statement. The dates are Monday, March 12 at 7 PM in the Meeting Room, Sunday, March 18 at 1 PM in the Meeting Room, and Sunday, March 25 at 1 PM in the downstairs chapel.

On Becoming a Sanctuary Congregation

Rev. Paul Fleck

Sunday, March 18, 2:30 PM



Shall the Unitarian Universalist Society: East designate itself as a "Sanctuary Congregation?" This is a question our congregation is going to be asking very carefully over the next few months. Members of the UUS:E Social Justice / Anti-Oppression Committee, as well as other members of the congregation, have allied themselves with groups from Manchester, Hartford, and around the state to advocate for immigration justice in Connecticut and the United States. We have been present for deportation hearings, rallies and vigils. We held an informational forum in January at UUS:E. But there is more we can do as a congregation. Frankly, we have power we are not using in support of immigration justice. We can take the step of declaring ourselves a Sanctuary Congregation. This may mean providing sanctuary to a person or a family who wishes to avoid deportation. But it can mean many other things as well. In order to learn more about what it could mean for us, we have invited the Rev. Paul Fleck of New Sanctuary CT to address UUS:E members and friends. Please bring your questions and concerns on Sunday afternoon, March 18 from 2:30 to 4:00 at UUS:E. We hope you can attend. If you need childcare, please contact Annie Gentile in the UUS:E office at 860-646-5151.

Membership News



Greetings from the Membership Committee!

Summer Picnic

We are planning the summer picnic, yes, already! We are hoping for a big event like the chili cook-off with full tables and so much conversation you can barely hear. So, we'd like a little input about the location from you. We're looking at Northwest Park (we got the message that Tolland was too far) or having it at UUS:E again. Do you have a preference? You can vote here: <https://doodle.com/poll/38mhva5g3zrhd27y>.

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. We will have classes on Sunday, March 11 and May 6, both from 12:45-4 PM. Lunch will be provided and childcare is available upon request. RSVP to Annie at 860-646-5151 or uuse153@sbcglobal.net

New Member Sunday

We have a ceremony to welcome new members twice a year. The next one is on Sunday, March 4 and then again on June 3. 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.

Meet the Church

Visitors are invited to meet Rev. Josh for a brief overview of UUS:E, followed by a tour of the building and grounds. Meet in his office after each service. No RSVP required. Sunday, April 22 and June 3.

Newcomer Socials

We are putting these on hold for the winter but watch for announcements soon!

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.)



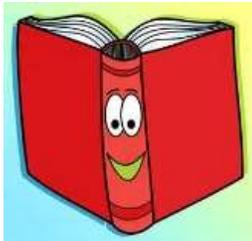
Community Drum Circle

Third Tuesdays and Fourth Mondays
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.

- March 13: **A Gentleman in Moscow**, by Amor Towles
- April 10: **The Handmaid's Tale**, by Margaret Atwood
- May 8: **Hillbilly Elegy**, by J.D. Vance
- June 12 **The Curious Charms of Arthur Pepper**, by Phaedra Patrick

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 March ministry theme is "generosity." 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 ends March 14. Her next session is March 21 – May 9, 11 AM – 12 noon. The current yoga session with Jessica De Carli ends April 2. Her next session is April 9 – June 4, (no class on May 28), 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



Spiritually Assisting at the Moment of Death

On Sunday, March 25, 1-2 PM, Clear Light Society will present "Spiritually Assisting at the Moment of Death." In this free, one-hour demonstration, Clear Light director of training Melissa Lewis, RN BSN, will:

- Offer simple, effective techniques that foster a deep and meaningful connection with loved ones;
- Introduce the Clear Light Meditation for the Dying (recognized as a **terma**, or mind treasure, by the Venerable Trungpa Rinpoche); and
- Speak to the preparation of conscious awareness for the "dawning of the Great Light" at the moment of death.

Perfectly suited for the UU community, these practices are personalized to an individual's own beliefs and traditions. With interest from the community, Melissa will offer a four-part training at UUS:E for those who want to gain further understanding and facility in the practices.



Community Kirtan

This month only: Third Friday

On Friday, March 16, at 7 PM, we are welcoming a new artist: **Shakti's Light**, featuring UUS:E's own Jenn Richard. Please note the date, as it is the third Friday, a change from the regular schedule.

Shakti's Light consists of singer-songwriters Vicky Hannon and Jenn Richard, performing mantras in a combination of original music and familiar tunes. The duo has been performing together in bhakti yoga settings since 2009, providing live music for various yoga classes and leading kirtan. Their style is an energizing acoustic guitar-based rock, with an emphasis on tapping into universal spirit. Vicky and Jenn believe that music makes the world better in a far-reaching way that anyone can experience, regardless of personal faith, or perceived vocal talent. Come and experience Shakti's Light and share your voice!

A \$15 donation is requested. No one is turned away.

This kirtan is held in a scent-free space. Feel free to bring your own floor cushions. Chairs are provided.

Upcoming Kirtan

Charlie Braun will return Friday, April 13, 7 PM.

In May, we are proud to announce Adam Bauer will be leading kirtan. That's Friday, May 11, 7 PM.

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.



Equal Exchange

Fair-trade, sustainably-grown, **organic coffee, tea, chocolate and olive oil** are available for purchase in the lobby after each service on the **second Sunday of every month**. These products are good for the growers, good for the Earth, and offered at a very good price. And did you know that the coffee served on Sunday mornings and at other UUS:E events is also **Equal Exchange** brand?

Sponsored by your Sustainable Living Committee

Green Sanctuary News



South Windsor recently joined the 35 Connecticut towns that have banned fracking waste, while 16 more towns are considering a ban, including Manchester and Vernon. Contact Kat Dargan about efforts in Manchester, at katdargan@gmail.com.

Mary Lawrence has made exciting strides in planning the UUS:E Community Garden outside the RE entrance. The University of Rhode Island has donated 150 packets of seeds, including flowers, and organic vegetable seeds. There will be a meeting on March 18 for all those in the UU community who might be interested in volunteering in the garden.

We can help our planet, and earn some money for UUS:E by recycling such items as cell phones/pagers & accessories, GPS & radar detectors, calculators, eBook readers, iPads, tablets, iPods, small digital/video cameras, as well inkjet cartridges (but not laser/toner cartridge). If an inkjet cartridge is leaking, please enclose it in a plastic bag. Deposit your items in the Planet Green box, located in the vestibule beside the water cooler. From there, Duffy Schade will send them to PlanetGreen which produces "highest quality remanufactured toner and inkjet cartridges. UUS:E also receives a percentage from sales of these cartridges. So if you are low on ink, check planetgreenrecycle.com. If you have questions email duffy@goodalehillpress.com.

The next Citizens Climate Lobby meeting is scheduled for Thursday, March 22 at Goodwin College 7 PM. Please contact Janet Heller for more information at janet.heller@snet.net.

Basecamp3/Seework Update

Basecamp 3 is our new version of Seework and is available to committees. Basecamp 3 offers a much easier to navigate interface and team workspace. We encourage committees to start working with Basecamp 3 to keep all their committee work in one place. Committees and groups that would like to start using Basecamp 3 to organize their meetings, share documents, create to-do lists, and communicate can now have a project in the new Basecamp 3. Basecamp 3 is user friendly, easier to navigate, and even has folders!

Contact Carol Marion, Joe Madar, or Annie in the office to get started.

Accessing Basecamp

The easiest way to access Basecamp 3 is to go to uuse.org and click on the Online Community button on the right side. Then click on either of the Click Here to Log on to Seework or Basecamp 3 links. Read the instructions below the links on how to navigate between the two versions. We are not using Basecamp 2.

UUS:E Policies and Procedures

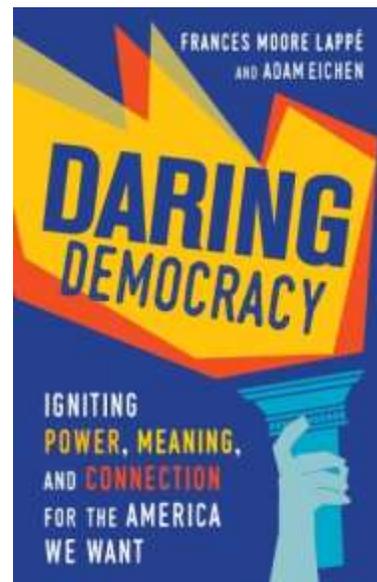
We have worked hard at moving important policies and procedures from Seework to Basecamp 3 for easier access. Not everyone has been added to the list for viewing these document, so contact us if you need access. If you are a user of Seework, you will still need to be added to Policies and Procedures in the new Basecamp 3 before you can access the documents.

Several policies are also available at <http://uuse.org/about-2/unitarian-universalist-society-east-policies> under the About Us menu.

Basecamp Notes

Basecamp is a private, secure space online where people working together can organize and discuss everything they need to get a project done. See it, track it, discuss it, act on it. Tasks, discussions, deadlines, and files—everything's predictably organized in Basecamp.

For Seework users (Basecamp Classic), you will see no change in how you are currently working in Seework. All your data is available and will remain available in the future.



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. (Note change in time.)

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 \$13 in the lobby between services on March 4. Audio version available from Beacon Press, and digital/Kindle from Amazon.

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.



Many Gifts, One Vision

The 2018 Annual Appeal
March 4 – April 8

Join in—this is an all-inclusive congregation-wide event

- Be sure to read the Annual Appeal materials that were mailed to you.
- Attend a Pledging Potluck—March 9, 10, 11 and March 16, 17, 18. Sign up in the foyer or contact Sande Hartdagen at drsehart@gmail.com.
- Welcome your steward's visit.
- Consider the gifts you and your family receive from UUS:E.
- Give as generously as you can!
- Participate in the "Matching Gift" incentive by increasing your pledge by between 5 and 10%.

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.

It's Not Too Late!...

...to sign-up for a potluck to enjoy fellowship and to (privately) make your pledge. The sign-up sheets will be in the lobby for one more Sunday (3/4). Can't get to the sign-up sheets? Email (drsehart@gmail.com) or call/text (860-805-0550) Sande Hartdagen for a potluck 3/9-3/11 and 3/16-3/18. Prefer not to attend a potluck? A steward will contact you to arrange an individual meeting. Thank you for welcoming their call!

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 call Bob Knapp).

This year, we are adding a Tag Sale featuring items for the home and garden, such as gardening tools, flower pots, gently used household goods and seasonal sports items. No furniture or damaged goods will be accepted.

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.

Did you know?...

UUS:E sells Stop & Shop gift cards after services on the first and third Sundays of the month? If you do your weekly grocery shopping at Stop & Shop, buying cards is a GREAT way to support the church without it costing you a cent. Cards for \$50, \$100, or \$250 can be purchased at face value, and, in return, Stop & Shop gives the church 5 percent of the sales. This simple fundraiser has raised nearly \$2,000 each year for UUS:E, and with stores in Manchester, Vernon, South Windsor, East Hartford, and Glastonbury—it's likely a lot more folks from UUS:E are out there that can participate who just don't realize it. If you shop at Stop & Shop, please consider picking up one of these easy-to-use cards.



Emergency Preparedness #5

#5

Exercises

Our newly created Emergency Operations Plan defines actions to be taken when a critical situation occurs on the property. But the plan is useless unless people know what to do!

DID YOU KNOW?

When an emergency strikes, no one will know where the plan is located! How do we use the plan if we can't find it? Training, yes, but did you know there is a better way to learn than by listening to a boring lecture? **Exercises!**

DO YOU KNOW WHAT TO DO IN AN EMERGENCY?

Do you remember when you first learned to drive a car? No one would think of taking a driver's test after just reading an instruction manual. You first take driving lessons. And practice driving.

We will now shift our training of the Emergency Response Plan by using exercises. The goal is to have more than 80% of the members receive this training in the months ahead. There will be multiple opportunities offered.

- Tabletop Exercises—where a group talks through responses to scenarios. Time is allowed for discussion and the written plan is used to explore alternatives.
- Functional Exercises—groups act out responses without looking at the plan. No one can make a mistake, however, because guidance will be provided along the way.

Exercises can be fun! They also will save lives and reduce the risks of property damage. **Come join!**

UUS:E GENERAL INFORMATION

UUS:E Office Schedule: Monday-Friday, 8:00 AM - 4:00 PM

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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

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March 20

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