
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.

~ Adopted by the Congregation in 2010

*This publication is available in large print
and electronic formats. To request an alternate
format, please contact us at 860.646.5151*



UNITARIAN UNIVERSALIST
SOCIETY: EAST
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MANCHESTER, CT 06042
860.646.5151
UUSEOFFICE@UUSE.ORG, WWW.UUSE.ORG

09-18



Green River Reservoir by Carol Marion

Adult Religious Education Programs

Fall 2018

Unitarian Universalist Society: East
Manchester, CT

Rev. Joshua M. Pawelek, Minister

Fall Adult Religious Education Programs

Presented by Unitarian Universalist Society: East

SPECIAL PROGRAMS

Honoring Native American Culture

Our Native American community still suffers from the treaties (or lack thereof) in our country, still living in isolation on desolate lands. Our presenter, Judith Dreyer, traces her ancestry to the Mohawk tribe. She will share some teachings and philosophy she learned from her travels and participation in Seneca Nation's Women's Council, working to help native elders. We will walk a Medicine Wheel of truths, with storytelling, rattling and drumming. Attendees are encouraged to bring their own Native American drums, flutes or rattles to add to the ambiance of the event.

Peggy Webbe, peggywebbe@gmail.com

Monday, 9/17, 7:15 – 9:00 PM



Remembering the Flu Pandemic of 1918

In the fall of 1918 - one hundred years ago – the Spanish flu pandemic, one of the greatest medical catastrophes in history, was sweeping across the globe. Millions of people all over the world died from this disease. Manchester and Connecticut suffered serious losses during the fall and winter of 1918-1919. Mary Ann Handley will lead a presentation about this episode to help us understand what happened, what the local responses were, and what we can learn from it. Manchester Town Troubadour Bill Ludwig has learned some songs of the period and will join us.

David Garnes, davidgarnes@msn.com, Mary Ann Handley, handleymaryann@gmail.com

Wednesday, 9/26, 7:00 – 9:00 PM

Sunday Afternoon at the Movies: “The Moral Imperative”

Join Mary Ann Handley and David Garnes for our annual film series. Popular and entertaining, these movies examine questions of morality and the choices we make. Popcorn served; discussion encouraged.

October 21: “High Noon” (director Fred Zinnemann). A law-abiding marshal in a small town in the old West faces a crisis of conscience. Nominated for seven Oscars. (1952)

November 18: “The Apartment” (director Billy Wilder). A landmark comedy-drama, both cynical and sentimental, about aspects of big-city corporate America—and who wins and who loses. Oscars for best picture, best director, best screenplay. (1960)

Cont. on page 3

December 16: “The Third Man” (director Carol Reed). This film noir examines the social, economic, and moral corruption of a battered, post-WWII Vienna. Named by the British Film Institute as the greatest British film. Filmed on location, outstanding musical score and cinematography. (1949)

David Garnes, davidgarnes@msn.com, Mary Ann Handley, handleymaryann@gmail.com

3 Sundays, 10/21, 11/18, 12/16, 4:00 – 6:30 PM

Is American Democracy Dying?

The conservative ascendancy and the Trump presidency have intensified grave concerns that our American democracy is under attacks that make for an uncertain future. This round-table discussion will provide the social and political context for these concerns and invite participants to share their thoughts on the prospects for the nation's democratic future. Facilitator: Lauriston King.

Lorry King, KingL92@gmail.com

2 Thursdays, 9/13 & 9/27, 3:30 – 5:00 PM

How Well Do You Know Yourself? Sacred Contracts Workshop

Do you ever ask yourself, “Why do I keep doing the same things?” or “How did I end up here yet again?” This two-session workshop, based on Caroline Myss's best-selling book, *Sacred Contracts*, will help you live the life you were born for, your soul's journey, rather than the life you succumb to, your ego's journey. Led by Fredericka Close, a certified Sacred Contracts Consultant. Please visit www.sacredcontractsconsulting.com to learn more.

A \$25.00 donation is requested for each session, no one will be turned away. The first session is a prerequisite for the second. It is necessary to register in advance, as class size is limited to ten. Please contact Annie Gentile at 860-646-5151 or Freddie Close at 860-872-2911 to sign up.

Fredericka Close, close@sacredcontractsconsulting.com, Crystal Ross, kovaciny.ross@gmail.com

2 Saturdays, 9/1, 9/8, 9:00 AM – noon

- Sign up at uuseoffice@uuse.org or 860-646-5151. Please include course name and date.
- Youth are especially encouraged to attend.
- Please let us know if you require special accommodations.
- Childcare is available with one week's notice.
- Contact the program coordinator if you have questions.
- Programs held at Unitarian Universalist Society: East, 153 Vernon St. W., Manchester, CT
- In case of inclement weather, contact the program coordinator. Only building closures will be posted on the website at uuse.org.

COMMITTEE- SPONSORED PROGRAMS

Introduction to Unitarian Universalism

“Introduction to Unitarian Universalism” is for those interested in finding out more about Unitarian Universalism in general and UUS:E in particular. It is a prerequisite for those seeking to become members of UUS:E. Same program offered on two dates. Sponsored by the Membership Committee.

Jennifer Klee, jenduv@sbcglobal.net, Rev. Josh Pawelek, revpawelek@gmail.com

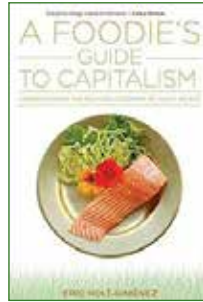
Sunday, 9/16 or Sunday, 10/28, 1:00 – 4:00 PM

Study Group: Mother Earth’s Rules for Living Our UU Principles

Join us to explore our food choices and consider how they relate to our Seven Principles, climate change, and a nonviolent life. The primary study book will be *A Foodie’s Guide to Capitalism: Understanding the Political Economy of What We Eat* by Eric Holt-Gimenez, a book for “people fighting to end hunger, food insecurity, and diet-related diseases (and) for equitable and sustainable agriculture...” We will also draw on John Dear’s *They Will Inherit the Earth: Peace and Nonviolence in a Time of Climate Change* for inspiration and ethical guidance. It isn’t necessary to buy both books, only the primary one by Eric Holt-Gimenez. Sponsored by the Sustainable Living Committee.

Anne Vaughan, anne.vaughan@gmail.com, Crystal Ross, kovaciny.ross@gmail.com

Tuesday, 9/25, 7:00 – 9:00 PM. Additional sessions TBD by participants.



Documentary Screening and Discussion of “A Self-Made Man”

Born female, Tony Ferraiolo identified as a boy and grew up bullied and isolated. At a crucial turning point, he heard an inner voice say, “Create yourself,” and he began his transition process. Filmmaker Lori Petchers tells Tony’s story in her documentary, “A Self-Made Man”. At this time of quickening in transgender awareness, younger kids are declaring their gender identities and families are struggling to adjust. Tony provides guidance for families to move

forward together with love, empowerment, and compassion. Discussion led by Tony Ferraiolo. Co-sponsored with the Sunday Services Committee.

Lorry King, KingL92@gmail.com

Sunday, 10/7, 1:00 – 3:00 PM

Tea with Mr. Darwin: Faith, Religion, and Science

Charles Darwin and his wife Emma were raised in free-thinking Unitarian families. Darwin studied for a life as an Anglican clergyman, and religious faith was frequently on his mind. His Anglican faith, however, was challenged by his developing ideas about natural selection and by his difficulty accepting the idea of eternal punishment. This presentation will discuss Darwin’s personal struggles with religious faith and the religious context in which his work developed. Mr. Darwin will be portrayed by Professor Kenneth Noll of UConn’s Department of Molecular and Cell Biology. Co-sponsored with the Sunday Services Committee.

Lorry King, KingL92@gmail.com

Sunday, 12/2, 1:00 – 3:00 PM

UU Parenting: “Empathy Is a Verb”

Interested in raising empathetic kids? Join us to watch and discuss a 20-minute Tedx Talk video by internationally recognized educator, speaker, and best-selling author Dr. Michele Borba. Learn of her findings on empathy as a key predictor of our goodness, happiness, and success. We’ll discuss and share our thoughts about ways we can help our children (and maybe ourselves) become empathetic beings. Please visit <http://micheleborba.com/empathy-is-a-verb-my-tedx-talk-to-start-an-unselfie-revolution/> for more information. To arrange childcare and have a head count for our pizza lunch, please register as soon as possible by contacting the church office at (860) 646-5151 or uuseoffice@uuse.org. Co-sponsored with the Religious Education Committee.

Tammy Stolzman, tammystolzman@gmail.com

Sunday, 9/23, pizza at 12:30, program 1:00 – 2:30 PM

Music and Mantra: Community Kirtan

Join us for an evening of kirtan in the Western style: a fusion of melodic folk rock, reggae, blues, and other genres with Sanskrit mantras. Leaders guide the group in the call-and-response singing of mantras, co-creating a sacred space in which to be uplifted, deepened, comforted, and revitalized. You may sing along, dance, do yoga, or just meditate and soak in the heart-opening, high vibration. No experience necessary. \$15 donation suggested. No one turned away. For more information, please see Central Connecticut Community Kirtan, www.facebook.com/CTkirtan. Co-sponsored with the Music Committee.



September 7: Shakti’s Light with Jenn Richard and Vicky Hannon

November 9: Charlie Braun, www.charliebraun.com

Sudha Sevin, beingshining@gmail.com, Peggy Webbe, peggywebbe@gmail.com

Fridays, 9/7, 11/9, 7:00 – 9:00 PM

Watch Your Newsletter for Additional Activities and Events!

ONGOING CLASSES, PROGRAMS, AND GROUPS

NEW MONTHLY GROUP

Pagan Study Group

This new group will meet for four sessions to explore Pagan and Earth-Centered spirituality in the context of Unitarian Universalism. We will read and discuss *Pagan and Earth-Centered Voices in Unitarian Universalism*, edited by Jerrie Kishpaugh Hildebrand and Shirley Ann Ranack, available from InSpirit, the bookstore of the Unitarian Universalist Association.

Rev. Josh Pawelek, revpawelek@gmail.com

Second Tuesdays, 10/9, 11/13, 12/11, 1/8, 4:30 – 6:00 PM

EXPERIENTIAL PROGRAMS

Yoga Classes

The practice of yoga encourages both physical strengthening and emotional awakening. These are moderate/gentle classes, appropriate for all levels of experience; beginners are especially encouraged to attend. Wear comfortable clothing, and bring a yoga mat or beach towel. Classes are taught by certified instructors. Cost: \$40 for eight sessions. Walk-ins are welcome at \$6/class. Ongoing eight-week sessions.

Jessica DeCarli, jess.decarli@gmail.com,

Susan Barlow, sbarlow627@aol.com

Mondays, 5:45 – 6:45 PM or Wednesdays 11:00 AM to noon. See planning calendar for specific dates.

Women's Sacred Singing Circle

A space for women and girls eight years old or older to come together through song and chant to enjoy each other, lift our spirits, and find the strength to continue the path of healing ourselves, our community, and the earth. No musical training or ability needed.

Jane Osborn, janeosb3@gmail.com

Thursdays, 7:00 – 9:00 PM

Community Drum Circle

Drum with intentionality, send good vibes out into the world! Open to all levels of ability and experience. Facilitator Mary Ertel provides djembe drums and other hand instruments, and you may bring your own. Contact Paul Cocuzzo with questions or to reserve a drum.

Paul Cocuzzo, pcocuzzo@gmail.com

Third Tuesday and fourth Monday of each month, 7:00 – 8:30 PM

Spiritual Art Play, Open Studio

Join us monthly to explore art as a form of spiritual self-expression and discovery. The beginning of each session will include an inspirational quote or meditation and a prompt to encourage doing something specific for that evening. Spiritual works in progress are always welcome, as are all forms of media: paint, colored pencils, ink, collage, clay, paper cutting, journaling, writing, bookmaking, weaving, knitting, etc. Limited materials will be provided.

Nancy Madar, nancymadar@hotmail.com

Second Monday of each month*, 7:00 – 9:00 PM

***Not meeting Nov. 2018**

Meet-up Walks in the Hartford Area

Larry Lunden of UUS:E leads hikes, with short informational talks, in the Hartford area. Please check this website for directions on where to meet: www.meetup.com/Hartford-Area-Hiking

Larry Lunden, Kingbird613@comcast.net

Check meet-up website for dates, times and locations

DISCUSSION GROUPS

Dialogue from Your Home

This ongoing virtual talk-back series 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 Gentile, our office administrator, to get access to the discussion. (email: uuseoffice@uuse.org)

Rev. Josh Pawelek, revpawelek@gmail.com

Online

Small Group Ministry

The dual purposes of Small Group Ministry are intimacy and ultimacy: getting to know the group members at a deeper level and discussing questions of spiritual growth. Meeting once a month, each group is made up of five to ten people, one of whom is a designated leader. Meetings are two hours long, including opening and closing words, check-in, and a discussion of a topic of the group's choice. Additional groups can be formed as needed.

Rev. Josh Pawelek, revpawelek@gmail.com, Louisa Graver, graver30@att.net

Varies

- Sign up at uuseoffice@uuse.org or 860-646-5151. Please include course name and date.
- Youth are especially encouraged to attend.
- Please let us know if you require special accommodations.
- Childcare is available with one week's notice.

Watch Your Newsletter for Additional Activities and Events!

Politics and Public Affairs Sessions

Special guests, articles, and columns provide the basis for conversation. For those interested in receiving notices about the meetings, please provide your contact information to Lorry King.

Lorry King, KingL92@gmail.com

Thursdays, 9/20, 10/18, 11/8, 12/13, 3:30 – 5:00 PM

UUS:E Book Lovers Group

Join us in lively and thoughtful book discussions. Participants recommend and select books. We choose books available in paperback or in public libraries. Members of the group volunteer to lead discussions each month. Everyone is welcome - including friends from outside UUS:E.

September 11: *Unless* by Carol Shields

October 9: *Ethan Frome* by Edith Wharton

November 6*: *Atonement* by Ian McEwan (contact David Garnes at davidgarnes@msn.com to borrow a copy of this book)

December 11: T/B/D

Martha Larson, marlar@wordshard.com

Second Tuesday* of each month, 3:30 – 5:00 PM

*Nov. meeting first Tuesday

SPIRITUAL GROUPS

Humanist Group

This ongoing group explores Religious Humanism and its applications to life, both historically and today. We are currently reading *Humanist Voices in Unitarian Universalism*, edited by Kendyl Gibbons and William Murray, available from InSpirit, the bookstore of the Unitarian Universalist Association.

Rev. Josh Pawelek, revpawelek@gmail.com

Third Tuesday of each month, 4:30 – 6:00 PM

UU Buddhist Group

The Buddhist Group offers a place to meditate, study, and explore Buddhist teachings as they relate to our lives. Each session begins with a meditation period, followed by a teaching on an aspect of Buddhism and discussion. Nancy Thompson, a teacher with the Interdependence Project, leads the group.

Nancy Thompson, nancythompson123@yahoo.com

First Tuesday of each month, 7:00 – 9:00 PM

- Contact the program coordinator if you have questions.
- Programs held at Unitarian Universalist Society: East, 153 Vernon St. W., Manchester, CT
- In case of inclement weather, contact the program coordinator. Only building closures will be posted on the website at uuse.org.

Theist Group

God Talk: An Open Conversation. There are many ways to name and experience God, from the dogmatic to the mystical. This ongoing group will explore how theistic Unitarian Universalists can name and experience God in meaningful, useful ways.

Rev. Josh Pawelek, revpawelek@gmail.com

Fourth Tuesday of each month from 4:30 – 6:00 PM

OUTREACH AND SUPPORT

Mental Health Ministry

This network provides understanding and support for folks affected by mental illness and to caregivers.

Twice a year we hold a summit. It is a program, open to the congregation, to informally share and learn more about our experiences with mental illness. We use spiritual activities such as art, walking in the woods and in labyrinths, and games to express our feelings. Please contact Sarah Karstaedt or Christine Joyner to be included on the email contact list for the next meeting.

Sarah Karstaedt, sarah_karstaedt@sbcglobal.net, Christine Joyner, spiritmoon7491@gmail.com

Summit programs twice / year, Dates TBD

- Sign up at uuseoffice@uuse.org or 860-646-5151. Please include course name and date.
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PLANNING CALENDAR

September	Date	Day	Time
Sacred Contracts Workshop	9/1, 9/8	Sat.	9:00 AM – noon
Evening Yoga Classes	9/10, 9/17, 9/24	Mon.	5:45 – 6:45 PM
UU Buddhist Group	9/4	Tue.	7:00 – 9:00 PM
Morning Yoga Classes	9/5, 9/12, 9/19, 9/26	Wed.	11:00 AM – noon
Women's Sacred Singing Circle	9/6, 9/13, 9/20, 9/27	Thu.	7:00 – 9:00 PM
Music and Mantra: Kirtan with Shakti's Light, Jenn Richard and Vicky Hannon	9/7	Fri.	7:00 – 9:00 PM
Spiritual Art Play, Open Studio	9/10	Mon.	7:00 – 9:00 PM

September (Cont.)	Date	Day	Time
UUS:E Book Lovers Group	9/11	Tue.	3:30 – 5:00 PM
Is American Democracy Dying?	9/13, 9/27	Thu.	3:30 – 5:00 PM
Introduction to Unitarian Universalism	9/16	Sun.	1:00 – 4:00 PM
Honoring Native American Culture	9/17	Mon.	7:15 – 9:00 PM
Humanist Group	9/18	Tue.	4:30 – 6:00 PM
Community Drum Circle	9/18 9/24	Tue. Mon.	7:00 – 8:30 PM
Politics & Public Affairs Sessions	9/20	Thu.	3:30 – 5:00 PM
Parenting Discussion: “Empathy Is a Verb”	9/23	Sun.	12:30 – 2:30 PM
UUS:E Theist Group	9/25	Tue.	4:30 – 6:00 PM
Study Group: Mother Earth’s Rules for Living Our UU Principles	9/25	Tue.	7:00 – 9:00 PM
Remembering the Flu Pandemic of 1918	9/26	Wed.	7:00 – 9:00 PM
October	Date	Day	Time
Evening Yoga Classes	10/01, 10/8, 10/15, 10/22, 10/29	Mon.	5:45 – 6:45 PM
UU Buddhist Group	10/2	Tue.	7:00 – 9:00 PM
Morning Yoga Classes	10/3, 10/10, 10/17, 10/24, 10/31	Wed.	11:00 AM – noon
Women’s Sacred Singing Circle	10/4, 10/11, 10/18, 10/25	Thu.	7:00 – 9:00 PM
“A Self-Made Man” Documentary Screening and Discussion	10/7	Sun.	1:00 – 3:00 PM
Spiritual Art Play, Open Studio	10/8	Mon.	7:00 – 9:00 PM
UUS:E Book Lovers Group	10/9	Tue.	3:30 – 5:00 PM
Pagan Study Group	10/9	Tue.	4:30 – 6:00 PM
Humanist Group	10/16	Tue.	4:30 – 6:00 PM
Community Drum Circle	10/16 10/22	Tue. Mon.	7:00 – 8:30 PM
Politics and Public Affairs	10/18	Thu.	3:30 – 5:00 PM
Movie Series: “High Noon”	10/21	Sun.	4:00 – 6:30 PM
UUS:E Theist Group	10/23	Tue.	4:30 – 6:00 PM
Introduction to Unitarian Universalism	10/28	Sun.	1:00 – 4:00 PM

November	Date	Day	Time
Women’s Sacred Singing Circle	11/1, 11/8, 11/15, 11/29	Thu.	7:00 – 9:00 PM
Evening Yoga Classes	11/5, 11/19, 11/26	Mon.	5:45 – 6:45 PM
UU Buddhist Group	11/6	Tue.	7:00 – 9:00 PM
UUS:E Book Lovers Group	11/6	Tue.	3:30 – 5:00 PM
Morning Yoga Classes	11/7, 11/14, 11/21, 11/28	Wed.	11:00 AM – noon
Politics and Public Affairs	11/8	Thu.	3:30 – 5:00 PM
Music and Mantra: Kirtan with Charlie Braun	11/9	Fri.	7:00 – 9:00 PM
Pagan Study Group	11/13	Tue.	4:30 – 6:00 PM
Movie Series: “The Apartment”	11/18	Sun.	4:00 – 6:30 PM
Humanist Group	11/20	Tue.	4:30 – 6:00 PM
Community Drum Circle	11/20 11/26	Tue. Mon.	7:00 – 8:30 PM
UUS:E Theist Group	11/27	Tue.	4:30 – 6:00 PM
December	Date	Day	Time
Tea with Mr. Darwin: Faith, Religion, and Science	12/2	Sun.	1:00 – 3:00 PM
Evening Yoga Classes	12/3, 12/10, 12/17	Mon.	5:45 – 6:45 PM
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