

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

August Ministry Theme: Freedom

Services at 10 AM Only

August 5: "What's Bubbling Up?"

Rev. Josh will discuss some of the ideas he imagines preaching about during the 2018-2019 congregational year. Be prepared: He may ask "what's bubbling up for you?"

Coordinator: Rev. Josh Pawelek

August 12: "Childhood: a Lamentation and a Celebration."

Reflections on the power of our childhood experiences and how they can help or hurt us later in our lives..

Coordinator: Marsha Howland

August 19: "Photography: A Beacon on our UU Principles."

Joe Madar will show the ways Photography has influenced society, and how it reflects our UU Principles. Think of a world without photographs, where we are influenced only by what we see in front of us.

Speaker: Joe Madar

Coordinator: Nancy Madar

August 26: "Where We Stand, Why We March."

Those from religiously liberal traditions, especially Unitarian Universalists, are often recognized for their social activism. Several speakers will share the roots of their activism and be supported by songs of protest and hope provided by the band, The Meeting House Folk.

Speakers: Sue McMillan, Clare DeMaiolo

Coordinator: Lorry King

2018-2019 Ministry Themes

July	Witness
August	Freedom
September	Vision
October	Sanctuary
November	Memory
December	Mystery
January	Possibility
February	Trust
March	Journey
April	Wholeness
May	Curiosity
June	Beauty

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 August 2018

As always, thank you for your generosity.

"We do not gather our gifts only for ourselves, but to share with the larger community."

Continuing our practice of sharing our gifts with the community beyond our walls, the recipient of fifty percent of our Sunday plate collections for the month of August will be split between the Kado Pet Foundation and STRIVE.

The STRIVE mission (from their website):

"To help people acquire the life-changing skills and attitudes needed to overcome challenging circumstances, find sustained employment, and become valuable contributors to their families, their employers, and their communities.

"STRIVE is committed to serving the hardest-to-employ, most at-risk individuals. These include the long-term unemployed, the formerly incarcerated, disconnected youth, recovering addicts, public assistance recipients, veterans, the homeless, and the working poor."

The KADO Pet Foundation provides lifetime care for animal companions living with low income seniors and those with serious medical conditions. KADO provides pet food, supplies, and veterinarian services as well as assistance with adoption to qualified individuals who want to have an animal companion and may not be able to pay for its care.

Please contact Louisa Graver at lgraver163@gmail.com, 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.

Sponsored by your Sustainable Living Committee.

2018-2019 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 for Children
May	MARC and MARCH, Inc
June	Mary's Place and True Colors

Equal Exchange

Fair-trade, sustainably-grown, **organic coffee, tea, chocolate and now 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?

Stop & Shop

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 these 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. It's likely a lot more folks from UUS:E are out there who can participate but just don't realize it. If you shop at Stop & Shop, please consider picking up one of these easy-to-use cards.

The Policy Board's Column

A Message from Rob Stolzman
UUS:E 50th Anniversary

Did you know that on January 19th, 1969, forty-nine members signed a charter giving birth to the the Unitarian Universalist Society of Manchester? Later, in 1973, we changed our name to the Unitarian Universalist Society: East to better reflect the location of members' homes in the greater Eastern Connecticut region but this change of name did not change who we are. That means that our 50th Anniversary is on the horizon!

To celebrate this happy occasion, the Policy Board and Program Council are exploring ways to incorporate our anniversary into our entire 2019 UUS:E calendar. From our stewardship campaign in the spring, to our summer picnic, autumn homecoming and winter Holiday Fair, we hope to join together to celebrate the strength and courage of our charter members and to recognize and celebrate how much we have built together since they started us on this wonderful journey a half a century ago.

We are also brainstorming on how to gather for a special occasion to reflect on 50 years of successfully building a thriving spiritual community....and gear up for at least 50 more! If you would like to join us in planning this special celebration, please contact me or Reverend Josh or any of the Policy Board members and we will help you get involved.

UUS:E is a special place. When I think of all of the love, compassion and giving that I have seen over just the last five years that I have been involved with our community, I am amazed. To think that we have a history of 50 years of love and giving and togetherness to celebrate leaves me speechless. Let's come together in joy and fellowship and make 2019 a special year to remember.

- Rob

UUS:E Memorial Garden

For all the days to come...

Dear Members and Friends:

Most of you are familiar with our Memorial Garden, located on the grounds in back of the meetinghouse. This wooded area provides a cultivated expanse of beauty and dignity for the burial of ashes of society members, their significant others, and friends of UUS:E. Originally planned and planted in 1992, the garden was installed with over 113 shrubs, trees and perennials.

Enhancements over the years have included new steps and considerable arbor work. In 2008, following the construction of the new building, a new patio, sitting wall, and small retaining wall were installed.

We are about to begin the celebration of our 50th year as a congregation. In keeping with our goal of maintaining and enhancing this special area of repose, the Memorial Garden Trustees, with the approval of the Policy Board, are initiating a project that will improve walkability, reduce erosion, and facilitate the ease of upkeep. Plans include the widening of paths and the installation of pavers and additional steps and handrails. New bulbs, perennials, and fresh mulch will also be added.

In addition to drawing on available funds from the Memorial Garden account, we will encourage members to pre-purchase garden plots and to donate toward this ambitious, but timely, project.

Stay tuned for further information...And if you haven't visited the Memorial Garden lately, take a stroll down back and pause to enjoy this quiet place, remember loved ones, and appreciate what this beloved community means to you.

David Garnes, for the Memorial Garden Trustees
(Jeanne Pitney, Eric Vogel, Sharon Gresk, Gene Sestero, and David Garnes)

Thanks

Thank you for the Memorial Garden—recently I spent an hour there remembering my dear ones whose ashes are kept safe with your care. Paul, Jim, Marilyn and of course, Bob. It was a beautiful day, the laurel was splendid and the birds in full song. One cheeky chipmunk objected to my presence but we reached an accommodation. Thank you for this place of quiet beauty and solace. With affection, Peg (Mueller) Richardson.

Membership News

Greetings from the Membership Committee!



The membership committee meets once a month to work towards helping the community flourish. The tasks are simple enough, but when done meaningfully together, make everyone's life easier, the community stronger and more attractive to those seeking a community to join, not to mention a more comfortable place for all of us. A secondary benefit being that by growing we also increase our financial ability to help others and do the greatest good possible. Your participation in making this congregation more connected and familial is appreciated, and we hope you'll join us or one of the church's other foundation committees.

Newcomer Socials

Join us on Third Fridays this SUMMER, starting in August. We'll share coffee, tea and dessert and good conversation! Because we meet at someone's home, these are adult-only events. If you would like to host one of the socials, contact Jennifer Klee.

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! Talk to or Edie Lacey, Chair, Jennifer Klee, Susan Barlow, Gail Crook, Louisa Graver, Jacquie Heintz, Kathy Lee, Betsy Nelson or Alex Herpst to learn more.

Intro to UU

Would you like to know more about Unitarian Universalism and Unitarian Universalist Society: East? Rev. Josh leads this seminar where you will learn more about the UU faith tradition, including a brief history and background of our theology and UUS:E. It provides a great opportunity to meet others, share our stories about what brings us together as UUs and to find out how to get more involved in the life of our society. We will have a class on Sundays, Sept. 16, Oct. 28, Jan. 20, March 3 and May 5 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 Sundays

We have a ceremony to welcome new members a few times a year. For 2018-19 we will have the ceremony on Sunday, December 2, March 24, and June 2. There will be a reception and dress rehearsal on the Thursday evening before. RSVP to Annie Gentile in the UUS:E office at 860-646-5151. Contact Edie Lacey with any questions (edielacey1@gmail.com). 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 on September 30, November 11, February 24, April 14, and June 2.

Engaging Our Community at Imagine Main Street, Manchester

Join members of the Growth Strategy Team at Imagine Main Street in downtown Manchester on Thursday, August 2 from 5:30 PM – 8:00 PM. This month's theme is **Imagine the Goodness – Volunteer Celebration**. Enjoy musicians, vendors and local businesses displaying their wares up and down Main Street. Partnering with Uniting for Safe Inclusive Community–Manchester, the Growth Strategy Team is sponsoring an informational booth and craft project for all ages. Bring your family and friends! Meet people in our community and help us spread the good word about UUS:E. Look for us on the sidewalk near Katherine's Hair Design and Sean's Fine Jewelry between Brainard Place and Bissel Street. Hope to see you there!



Calling all Canners!

We need Jams and Jellies! Now is a great time to harvest for preserves for the 2018 Holiday Fair. If the weather is too hot for canning, consider freezing the fruit or vegetable and canning it during cooler weather. We are also looking for Relishes, Salsas and Chutney. Remember that jars can be reused but must be thoroughly cleaned, including removing old labels. Please use new lids and bands. We also need used canning jars! Please leave them on the steel shelf in the janitor's closet next to the coatroom. Please contact Cory Clark at 860-597-9417 or clarkski107@hotmail.com or Joan Macomber at jmacomberjm@gmail.com with any questions/concerns, and with a description and quantity of jars you will be donating.

UUS:E History Memorabilia Search

Next year will be our 50th Anniversary as a society. We are looking for any materials you may have saved over the years, such as photos, slides, documents, videos, that we can use during our celebration of this milestone. Please search your attics and garages or any place where you might have these items.

Please contact Joe Madar if you have anything to contribute. The intent is to create a digital history of our society, by having items scanned and returned to you if you wish. Items that can't be digitized will be archived as well.

Thanks for your help.

Joe Madar 860-647-8559



2018 Holiday Fair Planning Meeting

Do you enjoy crafts and socializing? Would you like to be part of a dedicated group of volunteers working toward a common goal? Join us on Sunday Aug 5 from 12 PM - 3 PM for the 2018 Holiday Fair planning meeting! We will discuss how last year's fair went and ways to improve on it, as well as plan details of this year's fair. It will be a potluck, so please bring a dish to share!

We will meet and eat for an hour or so; then those who would like to stay can try their hand at making Reusable Cling Wraps to sell at this year's Holiday Fair. All supplies will be provided!

Please email Michelle Spadaccini at michspad@comcast.net or 860-543-0490 to RSVP or with any questions.

Green Sanctuary News



Some good news from CT NOFA (Northeast Organic Farming Association): Connecticut has recently passed 2 bills protecting our pollinators. CT NOFA wants to spread the word nationwide in hopes that other states will duplicate our efforts.

Public Act No. 16-17: An Act Concerning Pollinator Health restricts the use of neonicotinoids. **Senate Bill No. 104: An Act Prohibiting the Use of Residential Automatic Pesticide Misting Systems** will go fully into effect on January 1, 2019 and will protect people, pets, and pollinators across Connecticut. Check their website for other news and events <http://www.ctnofa.org/>

Among upcoming events is their Summer Conference August 10-12 at Hampshire College, Amherst, MA. UUS:E member Mary Lawrence will be presenting at a workshop there. Also, featured speaker Eric Holt-Gimenez has recently authored a book, **A Foodie's Guide to Capitalism**, which we hope to use as a book study. (See below)

And some sad news we just heard. Bill Duesing, founding President and former Executive Director of CT NOFA, died on July 12. He has been a gentle and deeply inspiring advocate for the earth and local organic agriculture and land care.

Our Equal Exchange Coffee Sale continues the second Sunday of each month. We're trying some new products such as cashews and a new coffee from the Congo. It comes in whole bean only, but it's so much more than just a pound of coffee. The Equal Exchange website explains:

The Democratic Republic of Congo has been plagued by violence for decades. Equal Exchange founded the Congo Coffee Project with the Panzi Foundation as a means to bring Congolese coffee to market in the United States and raise awareness

about the alarming rate of sexual violence that takes place every day. \$1 from each bag sold supports the project. Since inception in 2011, the Congo Coffee Project has raised more than \$60,000 for survivors of sexual violence.

COMING EVENTS:

Peas & Love Community Meals, Sunday August 19 12:30-2:30 (option to stay longer for discussion and/or games) Join us for a plant based potluck to discuss veganism and get to know the plant based and vegan community. There will be some suggested discussion to help break the ice and guide discussion. Please bring a vegan dish to serve 4-6 and your own dishes and utensils, the event is free.

Movie: "H.O.P.E. What You Eat Matters," Friday, September 21, 6:30 PM. The movie deals with eating food for health, food insecurity, the health of our planet and more. Save the date!

Book Discussion: Mother Earth's Rules for Living our UU Principles, dates to be announced.

Do our lifestyle and food choices really have anything to do with our Seven Principles? How important are our food choices? Who influences what we eat? What does that have to do with Climate Change? Am I truly living a nonviolent life, and how does that relate to climate change?

Our Sustainable Living Committee is sponsoring this study as part of the Adult RE Program. The primary study book will be **A Foodie's Guide to Capitalism**, by Eric Holt-Gimenez. We will also draw on John Dear's "They Will Inherit the Earth" for inspiration and ethical guidance.

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

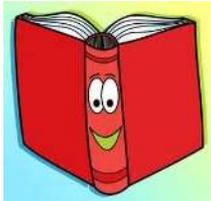
Third Tuesdays and Fourth Mondays
in the Sanctuary
7:00 – 8:30 PM

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.

- August 14: **Prodigal Summer**, by Barbara Kingsolver
- September 11: **Unless**, by Carol Shields
- October 9: **Ethan Frome**, by Edith Wharton

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 August ministry theme is "freedom." 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 August 1. Her next session is August 8 – September 26, 11AM – 12 noon. Jessica De Carli's class will not meet in August. Her next session will be September 10 – October 29, 5:45-6:45 PM.

Our UUS:E yoga classes are for all abilities and are moderate-to-gentle level. They provide 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).

<http://uuse.org/religious-ed/adult/yoga-classes>

Books, Classes and Discussions

continued

Living Your Faith!

Living Your Faith (formerly known as Buiding [and Living!] Your Own Theology) is an intensive and interactive 12-session program in which participants define/discuss their faith and its impact on their lives, taking a very deliberate look at who they are, what they believe, and who they, individually and collectively, can become.

Program participants will be drawn from the three UU congregations in our area: The Universalist Church of West Hartford, the Unitarian Society of Hartford, and UUS:E. The group will be limited in size (like a Small Group) and meeting locations will rotate among the participating congregations.

Sessions will be held twice a month, September – March on Tuesdays, from 7:30 – 9:00 PM. If you would like to participate, please contact the facilitator, USH member Tom Gervais, at 860-558-3000 or tom.j.gervais@gmail.com.

Program dates:

- August Potluck Gathering, date t/b/d
- Session 1 – Introduction and goal setting (9/11/2018)
- Session 2 – Spiritual Autobiographies (9/25/2018)
- Session 3 – Your Sacred Life (10/9/2018)
- Session 4– Personal Practice (10/23/2018)
- Session 5 – Soul and Religious Experience (11/6/2018)
- Session 6 – Congregational Life (11/20/2018)
- December Potluck Gathering, date t/b/d
- Session 7 – The Nature of God (1/8/2019)
- Session 8 – Ethics (1/22/2019)
- Session 9 – Repentance and Forgiveness (2/5/2019)
- Session 10 – Putting Faith to Work in the World (2/19/2019)
- Session 11 – So What? Imperatives of My Theology (3/5/2019)
- Session 12 – The Manifesto (3/19/2019)
- Post-Program Potluck Gathering (date TBD)

Manifesto Services will be held at the three participating congregations on (dates TBD) at the Unitarian Society of Hartford, the Unitarian Universalist Society: East in Manchester, and the Universalist Church of West Hartford.

How Well do You Know Yourself?

Sacred Contracts Workshop

Two Saturdays, 9/1, 9/8, 9:00 AM to noon

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. If you have questions, please email Frederika Close at close@sacredcontractsconsulting.com or Crystal Ross at kovaciny.ross@gmail.com.



Attention Plant Lovers!

Approximately 40 stalks of 4-inch lucky bamboo up for grabs. Very easy to plant—you just need a planter/vase of some kind (no holes in the bottom) and some pebbles for the base. Keep them in plenty of distilled or filtered water. Free to anyone who wants them! Contact Michelle Spadaccini, 860-543-0490 or michspad@comcast.net.



Chamber Music Salon

A Chamber Music Salon will be held on Friday evening, August 3, 2018 at 6:30 PM in the main meeting room. This is an informal gathering of musicians of all ages and levels of experience to enjoy making music together. We need to know in advance who is coming and what instrument you play so we can be prepared with the right music. If you plan to attend but haven't let us know yet, send an email to Peggy Webbe (peggywebbe@gmail.com) or Mary Bopp (marybopp@verizon.net).

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 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@gmail.com

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

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Website Coordinator: Carol Marion 860-643-8765, uuseweb@gmail.com

World Wide Web address: <http://uuse.org>

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