

# Unitarian Universalist Society: East

Member of the Clara Barton District of the Unitarian Universalist Association



**Unitarian Universalist Society: East** is a welcoming, open-minded, spiritual community seeking truth and meaning in its many forms. We share responsibility for building a more equitable, peaceful, and sustainable world.

## Table of Contents

Sunday Services Schedule	2
2018-2019 Ministry Themes	2
Sunday Service Flowers	2
Recorded Services Available	2
Community Outreach Ministry	3
Equal Exchange	3
2018-2019 COM Recipients	3
Stop & Shop	3
The Minister's Column:	4
Enter, rejoice, and come in!	5
Enter, rejoice, and come in!	6
2018 Homecoming Celebration at UUS:E!	6
Membership News	7
Steam Rollin'	8
Calling all Canners!	8
Calling all Scarecrow Enthusiasts!	8
UUS:E History Memorabilia Search	8
Care Packages	8
Just in time for the UUS:E 50 <sup>th</sup> Anniversary: WHO ARE WE?	9
Fall Concert Series Kicks Off with Charlie Braun	9
The UUS:E Holiday Fair	10
Get Connected! with UUS:E on the Web	12
Green Sanctuary News	13
Books, Classes and Discussions	14
Community Drum Circle	14
Book Lovers	14
UU Buddhists	14
Women's Sacred Singing Circle	14
Yoga News	14
Living Your Faith!	15
Sacred Contracts Workshop	15
Is There A Clear and Present Danger to American Democracy?	15
UU Parenting: "Empathy is a Verb"	16
Kirtan Returns to UUS:E with Shakti's Light	16



## Sunday Services Schedule

September Ministry Theme: Vision

Services at 9:00 and 11:00 AM  
(except for September 2)

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### September 2 (10 AM only): "Women and Work."

On this Labor Day weekend, hear some perspectives on women's careers and how their choices affect, and are affected by, those around them and the larger world.

**Coordinator:** Marsha Howland

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### September 9: "Homecoming."

Don't miss our annual homecoming worship celebration featuring special music and rituals to mark the commencement of a new congregational year!

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

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### September 16: "Wake Now My Vision."

Our ministry theme for September is vision. So let's dig into the UUS:E vision. Where are we going as a congregation and how are we going to get there! And for that matter, where is Unitarian Universalism going? We'll talk.

**Coordinator:** Rev. Josh Pawelek

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### September 23: "Just Breathe."

Poet Elizabeth Thomas helps us discover the creative muse that exists in each of us and that helps us express our UU ideals in myriad ways.

**Speaker:** Elizabeth Thomas

**Coordinator:** Sheila Foran

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### September 30: "Centering the Other as Spiritual Practice."

"Centering" has become somewhat of a buzzword within national UU culture. Rev. Josh will offer his reflections on what it means to center the other, and how such action contributes to spiritual growth.

**Coordinator:** Rev. Josh Pawelek

## 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](mailto: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 September 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 September will go to KIDSAFE CT.

KIDSAFE CT concentrates on preventing and treating child abuse and neglect in 12 east-of-the-river towns. It is part of a network of centers established by the National Exchange Club Foundation for the Prevention of Child Abuse. Our contribution will support the Parent Aide Program, which matches trained volunteers with parents at risk of abusing or neglecting their children, offering support and guidance.

Please contact Louisa Graver at [lgraver163@gmail.com](mailto:lgraver163@gmail.com), David Lacoss, or Nancy Madar at [nancymadar@hotmail.com](mailto: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.

## 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?

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

## 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 Minister's Column: Hallelujah!

Dear Ones:

### VISION

Our ministry theme for September is vision. With that in mind, I begin this column with a reminder of the vision statement UUS:E members adopted at our annual meeting last May. (Please read it through three or four times.)

UUS:E 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, bear witness to oppression, and boldly work toward social and environmental justice.

In October the UUS:E leadership team will be holding its annual leadership retreat. We will focus some of our time together on articulating what this vision means to us in practice. How shall we achieve it? In the time between now and October, I am curious to learn how you might answer this question. Let's not allow this statement to gather dust at the bottom of some long-forgotten filing cabinet. Let's dig into it, together. Let's make it real in our lives. Please feel free to share your thoughts with me, however you normally do that—face-to-face, phone, email, Facebook, snail mail, etc.

### HOMECOMING

Homecoming Sunday is September 9. After the 11:00 service we will 'break bread' together with a salad potluck (please bring a dish to share), followed by an all-congregation scavenger hunt (special prize for the winner). Homecoming promises to be a special afternoon of fellowship and fun. Please plan to join us!

### THEOLOGICAL AFFINITY GROUPS

For a number of years I've been convening God Talk once per month. God Talk is a small group for anyone interested in exploring the meaning of God in their lives. This group meets on the fourth Tuesday of the month at 4:30 in my office. All are welcome. No belief necessary. The next meeting is September 25.

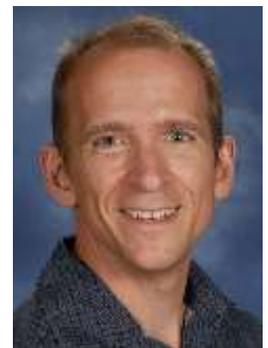
Last year I added a Humanist Study Group. This group meets at 4:30 on the third Tuesday of every month in my office to discuss the history, meaning and practice of Humanism within Unitarian Universalism. All are welcome. The next meeting is September 18.

This year I am adding a Pagan Spirituality group to explore the varieties of pagan and earth-centered practices, theologies and identities that exist within Unitarian Universalism. To begin, we'll be reading the UUA book **Pagan and Earth-Centered Voices in Unitarian Universalism**, edited by Jerrie Kishpaugh Hildebrand and Shirley Ann Ranck (available at the UUA's bookstore, InSpirit). This group meets on the second Tuesday of each month at 4:30 in my office. The first meeting will be October 9. All are welcome.

### THE 2018-2019 CONGREGATIONAL YEAR

I'm anticipating an exciting year at UUS:E. We'll be hiring a new staff member (our Membership Coordinator). We'll be participating in the launch of a new faith-based community organization in Greater Hartford. We'll be working with a variety of immigrants' rights organizations and, if it becomes necessary, hosting guests seeking to avoid deportation. We'll be building our UUS:E music series. We'll be launching a new endowment campaign. And, perhaps best of all, with the arrival of 2019 we begin celebrating our congregation's 50<sup>th</sup> anniversary. It's going to be a great year!!

Josh



## Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

As many of you have heard me say, summer is my favorite season. This is true, not because of, but rather despite the warm weather. While I am not a fan of heat and humidity—and we certainly had plenty of both this summer—I love that summer encourages us to slow down, to take a break from our usual routines, and to spend some time enjoying the company of family and friends. In our household, the summer season also serves as a time for each member of our family to explore something new, pursue a passion, or return to a beloved place or practice. For my son Casey, this meant youth camp; for my daughter Chloe, it meant working her first real job as she transitions from high school to college; and for my husband Glenn, it meant kayaking in RI. As for me, I returned to my spiritual home, Ferry Beach in Saco, Maine, where I spent a week with other Unitarian Universalist religious educators, discussing family ministry and faith formation. As always, it was wonderful to spend time with colleagues, learning from one another and sharing ideas. The week was both restful and rejuvenating, and I returned home refreshed, restored, and ready to begin planning for the 2018-2019 Religious Education program.

Emmy Galbraith, our Religious Education Assistant, and I, along with the RE Committee, have been meeting throughout the summer to plan, organize, and prep for this year's program. The overall focus of this year's program is UU Identity Formation, which will include an exploration of our seven principles, as well as our sources. Of course we will continue to explore how we can be peace makers, social and environmental justice seekers, and active, contributing members of a community that honors and celebrates diversity.

While I am sad to see the summer come to an end, I am also looking ahead to this new program year with great anticipation. I look forward to being together again on September 9, as we kick off a new school year with a multi-generational Homecoming worship service, which will include a Blessing of the Backpacks, a teacher dedication, and the always popular Back-to-School slide show. In the meantime, please check out this year's curricula and programs.

**Pre-K & Kindergarten: Spirit Play:** The goal of Spirit Play is to help children live into their own answers to the existential questions: Where did we come from? What are we doing here? How do we choose to live our lives? This highly successful Montessori-based program engages children using stories from many traditions and group "wonderings." Children choose work activities, sing songs, and partake in a "feast" each week.

**Grades 1 - 3: Picture Book UU:** This curriculum explores Unitarian Universalism using beautiful and engaging picture books. Each lesson is complemented by an age appropriate art or movement based activity, such as junk sculpture, bells for joy and justice, Pin the Star on the Constellation, and other creative endeavors.

**Grades 4 & 5: Toolbox of Faith:** This curriculum invites fourth- and fifth-grade participants to reflect on the qualities of our Unitarian Universalist faith, such as integrity, courage, and love, as tools they can use in living their lives and building their own faith. Each of the 16 sessions uses a tool as a metaphor for an important quality of our faith such as reflection (symbolized by a mirror), flexibility (duct tape), and justice (a flashlight).

**Grade 6: Fifth Dimension: The Twilight Zone** tackled a diversity of social issues and political statements not seen in shows of its time. The Fifth Dimension uses episodes of **The Twilight Zone** as the basis for in-depth discussions of a wide variety of topics. At each class an entire episode is viewed. After viewing, the class engages in discussion and activities, designed to encourage deep contemplation of issues.

**Grades 7 & 8: Building Bridges:** This is a world religions program designed to deepen youth's understanding of the dynamic, fascinating, and varied world in which they live. It seeks to broaden their knowledge of humanity and embolden their spiritual search. This exploration nurtures participants' positive outlook toward other faiths and the people who follow them. Over the course of the year the group will visit or attend services of other religious faiths.

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## Enter, rejoice, and come in!

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**Grade 9: Affirmation:** In this Coming of Age program for teens, youth meet as a group and individually with a mentor from the congregation as they work toward distilling their beliefs within Unitarian Universalism. The program includes a UU Heritage trip to Boston, community service, two retreats, and culminates in a written credo statement presented to the congregation on Affirmation Sunday in May. (Participation in Our Whole Lives is generally a prerequisite.)

**Cooking for a Cause:** Once a month, generally on the second Sunday, children in grades 1 – 8 collaborate as a group to bake or prepare a special treat that will be available for the congregation to purchase following the service. The proceeds will go to a charitable organization that the children help to choose.

**Youth Group for Grades 9 - 12:** Several different types of programming are incorporated to best meet the needs and interests of our high school youth. At bimonthly meetings the group will get together to talk, play games, cook, eat, watch a movie, discuss a TED Talk, or work on a service project. There will also be opportunities for outings, Youth Cons, independent projects, assisting in an RE classroom, stewardship, and social justice activism.

**Junior Youth Group for Grades 6 – 8:** The group meets one Sunday evening each month, generally the fourth Sunday, from 6-7:30 PM, and holds one outing, special activity, or community service project each month. Chat, play games, eat snacks, relax, discuss politics, religion, school, families, friendship, books, movies, video games, the meaning of life, or anything that feels important to the group!. Over the course of the year we might also have an overnight, invite youth from other churches to come here for a get-together, or travel to other congregations to collaborate with their youth groups.

Be well & be loved,  
Gina



## “Love is the Spirit of This Church” 2018 Homecoming Celebration at UUS:E!

Sunday, September 9

9:00 AM & 11:00 AM:

All-Congregation  
Worship:

“HOMECOMING.”

(UU Principles, UUS:E  
Covenant, Blessing of  
the Backpacks, Bags and  
Briefcases and much,  
more.)



12:30 PM:

Salad Pot Luck. Please  
bring a dish to share.



1:15 to 2:00:

All-Congregation  
Scavenger Hunt and  
Committee Fair, plus  
little kids’ bounce house  
and other activities.



2:15:

Grand Prize Drawing!



Volunteers needed for setup and cleanup. Please  
contact Rob Stolzman at  
[robandtammylee@yahoo.com](mailto:robandtammylee@yahoo.com) or Kevin Holian-  
Borgnis at [kevin@borgnis.org](mailto:kevin@borgnis.org).

## Membership News

### Greetings from the Membership Committee!



We hope you had a great summer and look forward to reconnecting on Homecoming Sunday, Sept. 9 at the multigenerational services and then the salad potluck and scavenger hunt! It will be a fun way to catch up with everyone, and to learn about what's coming up for the "new" year at UUS:E.

#### **Help 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](mailto:jenduv@sbcglobal.net). We can also use more helpers in the kitchen serving coffee hour. Contact Jacquie Heintz at [jacqonstance@gmail.com](mailto:jacqonstance@gmail.com).

#### **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.

#### **Newcomer Socials**

Join us on Third Fridays at Susan and Malcom Barlow's home. We'll share coffee, tea and dessert and good conversation! Watch the yellow sheet and weekly e-blast for details. Because we meet at someone's home, these are adult-only events. If you would like to host one of the socials, contact Edie Lacey.

#### **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](mailto: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](mailto: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.

## Steam Rollin'

at Imagine Main Street, Manchester

Join members of the Growth Strategy Team at the FINAL Imagine Main Street in downtown Manchester on Thursday, September 6 from 5:30 PM – 8:00 PM. This month's theme is Steam Rollin'! 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 in the Forest Street parking lot. 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](mailto:clarkski107@hotmail.com) or Joan Macomber at [jmacomberjm@gmail.com](mailto:jmacomberjm@gmail.com) with any questions/concerns, and with a description and quantity of jars you will be donating.



## Calling all Scarecrow Enthusiasts!

We are building a scarecrow for the annual Downtown Manchester Scarecrow Contest for the third year in a row. No experience required; all ages welcome. If you would like to be involved, please meet at UUS:E on Sunday, September 30 at 1:00 PM in the Garden level. Contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net) for more information.

## UUS:E 50<sup>TH</sup>

### UUS:E History Memorabilia Search

Next year will be our 50<sup>th</sup> 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



### Care Packages

It's that time of year when some of our young adults are heading out to start a new post-high school chapter of their lives. To remind them that our congregation is here for them, the Youth Group will be sending Care Packages to them. From Sunday September 9 through Sunday October 7, the Youth Group will be collecting items for the Care Packages. Please consider donating soup, tea, candy, snacks, toiletries, stationary, fun items—anything that a college student or young adult just starting out might enjoy. Not sure what to buy? Please consider making a monetary donation to help defray mailing costs. Feel free to also include a note of encouragement as a reminder of UUS:E. Look for the poster and table in the lobby for the collection location. Please contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net) or 860-543-0490 for more information. Thanks for your support!



## Just in time for the UUS:E 50<sup>th</sup> Anniversary: WHO ARE WE?

The Growth Strategy Team will be conducting a comprehensive survey during the month of October. This survey will gather a variety of information about membership, attendance, participation in Sunday services, special events and religious education, demographics, and more. You will receive an invitation to participate and a link to the online survey in an email.

This ANONYMOUS and CONFIDENTIAL survey is designed to gather important data that will provide a marketing consultant information to help us create a marketing plan. AND it will be used by many other committees, like Membership, Stewardship, Religious Education and Policy Board, for YEARS to come, as the quantity and quality of data will be incredibly valuable for advertising and strategic planning.

You are encouraged to take this survey at home, using your computer, tablet or phone. In addition, six laptops will be available in the library and Josh's office at 10:15 AM and 12:15 PM every Sunday in October and on Sunday September 30. Members of our team will be available to assist anyone who needs help. Snacks and drinks will be provided and CHILD CARE will be available at 12:15 PM. It is CRUCIAL that we get AS MANY PEOPLE as possible to participate so we can get an accurate representation of our community's preferences.

The results of this survey will be shared in the first quarter of 2019 via articles in the newsletter. Thank you in advance for your help with this very important work.

**WE NEED YOU!**

## Fall Concert Series Kicks Off with Charlie Braun



UUS:E is thrilled to announce the kickoff event in our 2018 fall concert series: **The Charlie Braun Band** on Saturday, September 22 at 7 PM. If you love singer/guitarist/song-writer Charlie Braun's kirtan, you won't want to miss this special Saturday night, sing-along, dance party with the Charlie Braun Band (with Jeff Olmstead, keyboards; Charlie Shew, percussion; Garrett Sawyer, bass). Charlie will share some of his other musical loves: world, folk-rock, and gospel-blues influenced originals and easy-to-join-in renditions of some familiar favorites. Get ready to lift your voice and tap your feet—and have a rockin' good time.

Pricing is \$20 adult, \$18 senior, \$10 student, under age 10 free.

Other concert series fall events include: **The Amuse Blues Jazz Trio** on Sunday, October 14 at 4 PM, **Black Music in Motion** on Sunday, November 4 at 3 PM and **Truly Troubadours** on Saturday December 8 at 7 PM. All concerts will be held at the UUS:E. For series details visit [uuse.org](http://uuse.org)>[upcoming events](#)>[musical events](#). For more information, contact us at [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) or 860-646-5151.



## The UUS:E Holiday Fair

November 16 & 17, 2018

The Holiday Fair is our biggest fundraiser. Michelle Spadaccini is enthusiastically continuing as our Fair Coordinator this year! Many in our congregation who have had leadership roles for various parts of the fair have generously agreed to continue to volunteer their time and talents. We're still looking for more volunteers to work with them. This is a wonderful opportunity to get to know others in our congregation and help make the UUS:E fair a success!

How can you get involved? Donate your time, your talent, and your stuff.

### Share Your Time

It's not too early to plan ahead and put our fair on your calendar. We need you! The Fair Week starts on Sunday, Nov. 11 at noon with the big setup. Setup continues every day during that week from 8:30 AM to 8:30 PM. The fair is open Friday night, Nov. 16 from 6:30 PM - 9 PM and Saturday Nov 17 from 10 AM to 3 PM.

There are lots of ways to lend a hand, and it can be a very short time commitment.

- We need a co-chair and members for a Holiday Fair Committee: We are looking for more people to take on leadership roles this year. There are tasks for every interest: creating newsletter ads, coordinating volunteer sign ups, making announcements at Sunday Services, managing space logistics and more! This is a great opportunity to learn the ins and outs of how the Holiday Fair works. Please contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net) for more information.
- Volunteers needed for the After Fair Party: At the end of the Fair, all volunteers are invited to relax and enjoy with food, drink and conversation. But we need a TEAM with energy to organize it, serve

food, and clean up. Please contact Michelle Spadaccini at 860-543-0490 or [michspad@comcast.net](mailto:michspad@comcast.net) if you are willing to help.

- Looking for bookcases to borrow for the Children's Shop during the Fair: Please email Peggy Gagne at [pgagne15@att.net](mailto:pgagne15@att.net).
- Coordinators needed for Friday Night Refreshments: We need a volunteer to coordinate donations and oversee refreshments on Friday night. Please contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net).
- Chairperson needed for the Pride Shop/Rainbow Booth: Everything is LGBTQIA & rainbow related! Please contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net) to coordinate this important booth.
- Chairperson needed for the Stitchery Booth: Sewn or stitched items make great gifts. Please contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net) to coordinate this important booth.
- NEW THIS YEAR: Looking for volunteers to personalize ornaments during the Fair and apply temporary tattoos for guests. Please contact Michelle Spadaccini at 860-543-0490 or [michspad@comcast.net](mailto:michspad@comcast.net) if you are interested.
- Setup Sunday, Nov. 11: Want to see the transformation? Many hands make light work. We could use help setting up after services on Sunday, Nov 11. Contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net) if you are available.
- Book Shop: Contact Susan Barlow at [sbarlow627@aol.com](mailto:sbarlow627@aol.com) if you can help with our books during fair week.
- Children's Shop: Email Peggy Gagne at [pgagne15@att.net](mailto:pgagne15@att.net) to help organize and staff the FUN ZONE!
- Holiday Luncheon on Saturday: We need cooks to help prep, serve and prepare the food, as well as volunteers to clean up. Contact Gail Crook at [e.gail.crook@gmail.com](mailto:e.gail.crook@gmail.com) to help.
- Jewelry—New and Used: Contact Peggy Webbe at [dwebbe@comcast.net](mailto:dwebbe@comcast.net) at or Diana Sherman at [dcreamer12@aol.com](mailto:dcreamer12@aol.com) about helping to organize this booth or work a shift during the fair.
- Tag Sale Boutique: Please contact Deb Gould at [dagould59@comcast.net](mailto:dagould59@comcast.net) or Sandi Karosi at [slkarosi@comcast.net](mailto:slkarosi@comcast.net) if you can help with setup during fair week and or work a shift during the fair.

- Clean up after the Holiday Fair: We really need FRESH faces on Saturday, Nov 17 for Clean Up. Fair volunteers are tired after 2 days on their feet. We need people with ENERGY to help put things back in order for service the next day. Email Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net).

- Leftover removal on Sat Nov 17: Do you have a truck or large SUV? We need people to help remove tag sale and book leftovers. Contact Michelle Spadaccini at [michspad@comcast.net](mailto:michspad@comcast.net) to help.

### **Share Your Talent**

We sell handmade items of all kinds, works of art, and baked goods. Do you make something that would be the perfect holiday or everyday gift? Let us know what you can contribute! Donations need to be brought in between Sunday Nov 11 at 12:00 until Wednesday night, Nov 14.

NEW THIS YEAR: We are asking that you include your name, an estimate of the cost, and a description of your handmade items. Our guests enjoy the 'story behind the item'; it can really help items sell.

- Original Works of Art: note cards, prints, pottery, jewelry and more: Please contact Nancy Madar at [nancymadar@hotmail.com](mailto:nancymadar@hotmail.com).

- Handmade Holiday Crafts or Traditional Items: Are there some holiday ornaments or other decorative items that you enjoy making? We'd love to have more handmade items for the Holiday Table. Contact Louisa Graver at [graver30@att.net](mailto:graver30@att.net).

- Knitted Items: Donating small items that can be made in an evening is a great way to get involved in the fair. Contact either Carol Marion at [cmarion333@gmail.com](mailto:cmarion333@gmail.com) or Phil Sawyer at [psawyer215@gmail.com](mailto:psawyer215@gmail.com).

- Baked Goods: Do you enjoy baking? We need lot of breads, cookies, bars, cakes, and pies. Please contact Joan Macomber at [jmacomberjm@gmail.com](mailto:jmacomberjm@gmail.com) or Jennifer Klee at [jenduv@sbcglobal.net](mailto:jenduv@sbcglobal.net).

- Jams & Jellies, Relishes, Salsa, Chutney: Please note that canning jars can be reused but must be thoroughly cleaned, including removing old labels. Please use new lids and bands. Please contact Cory Clark at [clarkski107@hotmail.com](mailto:clarkski107@hotmail.com) with a description and quantity of jars you will be donating.

- Handcrafted wood items are welcome at the woodworking booth. Contact Bill Graver at [billgraver30@gmail.com](mailto:billgraver30@gmail.com).

### **Share Your Stuff**

Not crafty? We'll gladly take donations of your gently used, pre-loved items. Now's the time to put aside things you can donate as you declutter your home. Donations need to be brought in between Sunday Nov 11 at 12:00 until Wednesday night, Nov 14. PLEASE make sure ANY donations are in GREAT shape, are in WORKING CONDITION and are CLEAN. Unfortunately, we don't have enough time to clean or fix soiled or broken items.

- Jewelry - We are currently collecting jewelry. There's a donation box in the coat room on the shelf. Any donations of fine jewelry (14k, 22k gold, or precious stones) can be left in the office with Annie.

- Books, including cookbooks, CDs, DVDs can be brought in the week of the fair. (PLEASE, no textbooks, encyclopedias or books with mold/mildew)

- Tag Sale Boutique: Don't use it anymore? Let someone else! We needs LOTS of items in very good condition and are especially looking for a few high ticket items for our Friday Night Specials. If you have any questions about specific, or higher value items you would like to donate, please talk to Lesley Schurmann at [lesley57@cox.net](mailto:lesley57@cox.net).

- Children's Books, Games, Small Toys, Puzzles for our FUN ZONE—we need A LOT of items for our busy children!

- Silent Auction Items: Please talk to Mary Ellen Vigeant at [mevig@sbcglobal.net](mailto:mevig@sbcglobal.net) if you have special items for our silent auction, or ideas of places who would donate items.

THE TIME TO START IS NOW! Members are already making items for the fair. Watch for e-blasts, Sunday bulletin ads, the UUS:E Website, Facebook pages, and future newsletters to find out how you can get involved. In the fall, watch for the signup sheets at the helping hands table after services in October or let Michelle Spadaccini know if you would like to help at 860-543-0490. Thank you for your help in making the UUS:E 2017 Holiday Fair a success!



## 2018 Holiday Fair Craft Workshop

Sharon Gresk and Donna Torrey will lead a craft workshop on Sunday September 23, 12:30 PM – 2:30 PM.

Bring your own lunch and join us to make beautiful and unique gifts to contribute to the Holiday Fair. Drinks will be provided. All are welcome!



**Tealight Snowmen Ornaments**



**Wineglasses with Chalkboard Painted Stems**



**Ugly Sweater Ornaments**

Please contact Sharon at 860-646-8040 or [sharongresk@gmail.com](mailto:sharongresk@gmail.com), or Donna at 860-214-3192 or [donnatorrey1@gmail.com](mailto:donnatorrey1@gmail.com) for more information and to sign up.

## 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](mailto: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](http://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](mailto: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](mailto:uuse153@sbcglobal.net) to be added to this weekly email of what's happening at UUS:E. Send submissions to [SBarlow627@aol.com](mailto:SBarlow627@aol.com)

## Green Sanctuary News

### **In Memoriam: Bill Duesing**

Bill Duesing died on July 12, 2018. He was deeply loved and appreciated by a great many people. Anyone at UUS:E who has ever been to a CT NOFA\* conference or event or a NOFA summer conference in Massachusetts will remember Bill. He inspired many people. I am so grateful for the years I served on the CT NOFA board with Bill as president and as executive director. He was utterly committed to living and promoting a way of life that respected, worked with and learned from the natural world. With his gentle manner he encouraged and nurtured others. He mentored beginning farmers, taught gardeners, shared a deep understanding of the true meaning of **organic** and **sustainable**. He was deeply committed to solar energy and how organic farming and land care can help mitigate climate change. He worked with urban youth in community gardens, encouraged and offered leadership in many projects, organizations and groups which promoted a local organic food system and sustainable living.

Personally I learned a lot from Bill, who helped me get involved with farmers and others advocating for sustainable agriculture, organic land care, farmland protection, food justice and other environmental advocacy. He inspired and empowered me with his gentle encouragement. I know he did this for countless others.

Bill's memorial celebration will be held on September 8 at Common Ground High School in New Haven, a charter school with an organic farm established by the New Haven Ecology Project, which was founded by Bill.

If you are inspired you can read more about Bill's life and work, about the Memorial Celebration and potluck and/or donate to the Bill Duesing fund at: <https://www.ctnofa.org/>

\*Northeast Organic Farming Association

### **Sept. 9: Rise Up for Climate, Jobs, and Justice!**

Join us as we rally with 350.org and IREJN on the New Haven Green on Sunday, Sept. 9 at 1:00 PM. This is our response to the Global Climate Action Summit on September 12 - 14 in San Francisco.

From coast to coast, hundreds of thousands of people will demonstrate on behalf of climate, jobs, and justice in order to show the world that we demand action on climate. In Connecticut, IREJN is proud to co-sponsor the Rise Up for Climate, Jobs, and Justice rally and march in New Haven on Sunday, Sept. 9. from 1:00 to 4:00 PM. More info at <https://350ct.org/riseup2018/>.

### **Tuesday, Sept. 11: SLC Meeting**

Join the Sustainable Living Committee for our monthly meeting at UUS:E at 7 PM downstairs in room 2. For information, contact Anne Vaughan [anne.vaughan@gmail.com](mailto:anne.vaughan@gmail.com)

### **Peas & Love Community Garden Tours**

Following Sunday service each week, join us in the UUS:E garden to see what's growing! Learn how to grow plants from seed, fertilize with plant-based materials, apply mulch, create compost, or even start your own garden at home. Come enjoy some fresh-picked veggies with us!

### **Sept. 21: Free film showing at UUS:E— H.O.P.E.**

**What You Eat Matters** at 6:30 PM: an important film highlighting the effects of our western diet and the choices we must make to help protect our health, the environment and animals. Popcorn and light refreshments. <https://www.hope-theproject.com/>

### **Sept. 25: Study Group: Mother Earth's Rules for Living our UU Principles, 7 PM**

Our first evening discussion will focus on the book **A Foodie's Guide to Capitalism** by Eric Holt-Gimenez. This book illuminates the forces at work creating the ills of our industrial food system and how changes can be made to empower small farmers, impoverished people and ordinary consumers. Here is one site:

<https://www.amazon.com/Foodies-Guide-Capitalism-Understanding-Political/dp/1583676597>

## 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

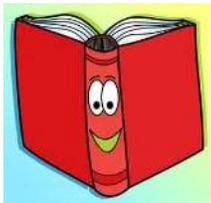
Third Tuesdays and Fourth Mondays  
in the Sanctuary  
7:00 – 8:30 PM

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](mailto: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.

- September 11: **Unless**, by Carol Shields
- October 9: **Ethan Frome**, by Edith Wharton
- November 6: **Atonement**, by Ian McEwan (note date change for November meeting to first Tuesday)

For information: [marlar@wordshard.com](mailto: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 September ministry theme is "vision." Contact Nancy Thompson [nancythompson123@yahoo.com](mailto: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](mailto:janeosb3@gmail.com)

### Yoga News

Come enjoy yoga at UUS:E!

The current yoga session with Susan Barlow is August 8 – September 26, 11AM – 12 noon. Jessica De Carli's class will resume September 10. Her session is 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](mailto:jess.decarli@gmail.com)
- Susan at [SBarlow627@aol.com](mailto:SBarlow627@aol.com), or
- Annie at [uuse153@sbcglobal.net](mailto:uuse153@sbcglobal.net)

To read about their classes, visit 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](mailto: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](http://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](mailto:close@sacredcontractsconsulting.com) or Crystal Ross at [kovaciny.ross@gmail.com](mailto:kovaciny.ross@gmail.com).

### Is There A Clear and Present Danger to American Democracy?

September 13 and 20, 3:30 – 5:00 PM at UUS:E

Facilitator/Lecturer: Lauriston King

Students of politics have expressed increasing concern about the state of American democracy, even to the point of speculating on its possible collapse. This two-part discussion and lecture class will explore the nature of American democracy; the social and political changes that have raised concerns about its future; identify indicators of democratic decline; and examine the special contributions of President Donald Trump to American democracy.

King has taught and written about American politics at multiple universities.

The program is free and open to the public. Please contact Ms. Annie Gentile (860-646-5151), [uuse153@sbcglobal.net](mailto:uuse153@sbcglobal.net), to sign up. For further information, contact Lauriston King ([kingl92@gmail.com](mailto:kingl92@gmail.com)).

## Books, Classes and Discussions

continued



### UU Parenting: "Empathy is a Verb"

Sunday September 23

1:00 – 2:30 PM (pizza at 12:30)

Rm 2 Garden Level

Interested in raising empathetic kids? Join us to watch and discuss a 20-minute YouTube video by internationally recognized educator, speaker, and best-selling author Dr. Michele Borba. In this Tedx Talk, Dr. Borba discusses her research and findings on what instills goodness in humans and how science shows that empathy is a key predictor of our happiness and success. We'll discuss our thoughts, concerns, and possible ways we can help our children (and maybe ourselves) become empathetic beings. For more information visit <http://micheleborba.com/empathy-is-a-verb-my-tedx-talk-to-start-an-unselfie-revolution/>.

Lunch and childcare will be provided. To arrange childcare and have a headcount for lunch, please register as soon as possible by contacting the church office at 860-646-5151 or [uuse153@sbcglobal.net](mailto:uuse153@sbcglobal.net). Co-sponsored by the Adult and Children's Religious Education Committees.



### Kirtan Returns to UUS:E with Shakti's Light

Friday, September 7, 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 Shakti's Light

Shakti's Light consists of singer-songwriters Vicky Hannon and Jenn Richard, performing mantras in a combination of original music and familiar tunes. The two have 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!

September Kirtan will be held on the FIRST Friday of the month in September, a change from the normal 2nd Friday schedule. Check UUS:E's [calendar of events](#) for upcoming kirtans and other musical events.

**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](mailto:uuse153@sbcglobal.net)

**Minister:** Rev. Joshua Pawelek 860-652-8961, [revpawelek@gmail.com](mailto: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](mailto:robandtammylee@yahoo.com)

**Director of Religious Education:**

Gina Campellone, 860-875-8468, [UUSE.REdir@sbcglobal.net](mailto:UUSE.REdir@sbcglobal.net)

**Newsletter Editor:** Paul Cocuzzo, 978-270-2056, [uuse.nletter@sbcglobal.net](mailto:uuse.nletter@sbcglobal.net)

**Website Coordinator:** Carol Marion 860-643-8765, [uuseweb@gmail.com](mailto:uuseweb@gmail.com)

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

October Newsletter Deadline:  
September 20

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