

# 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

October Ministry Theme: Vision

Services at 9:00 and 11:00 AM

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### October 7: "Create Yourself."

Artist Tony Ferraiolo, born female, but identifying as a boy, will share his hard-won message of hope as he pursued the full realization of his identity as a man. He now serves as a mentor and advocate for trans- and gender-variant children and their families.

**Speaker:** Tony Ferraiolo

**Coordinator:** Lorry King

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### October 14: "Love Prepare Me."

Our October ministry theme is Sanctuary. Rev. Josh explores multiple meanings of sanctuary—a place of safety and protection, a place of retreat and reflection, a place of beauty and creation. Love prepare me to be a sanctuary!

**Coordinator:** Rev. Josh Pawelek

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### October 21: "Into the Garden."

Reflections on the history and meaning of the UUS:E Memorial Garden and the role it plays in anchoring us to our faith in a natural setting.

**Presenter:** David Garnes

**Coordinator:** Sheila Foran

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### October 28: "Ancestor Day."

All-congregation worship. Join us for a celebration of our ancestors. Bring a memento or a relic of someone dear to you who has died. Place it on the altar. Share the ongoing power of their life in your life.

**Coordinators:** Gina Campellone, Mary Bopp, Beth Hudson Hankins, 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 October 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 October will go to Free at Last Players.

Through their performances of original poetry, skits, and music, the Free At Last Players communicate what it is like to live with mental illness. All performers have had or are still coping with mental illness.

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:

Our October ministry theme is **sanctuary**. We've been talking a lot about sanctuary as the peace of mind and physical protection we expect to offer to people seeking to avoid deportation—and, of course, we will continue to talk about it that way. But I also think it's important to explore sanctuary in all its meanings. I'm mindful that we often refer to our main meeting hall at UUS:E as "the sanctuary." I'm mindful that we sometimes refer to those "joys and sorrows that remain unspoken in the sanctuaries of our hearts." I'm mindful that for so many members and friends of UUS:E, our meetinghouse and our congregational community offer sanctuary from the stresses of a chaotic nation and world, from the rush and crush of busy lives, from the everyday anxieties we carry with us. A sanctuary is a place of safety and protection, a place of retreat and reflection, a place of beauty and creation.

UUS:E is a sanctuary for all of us.

My colleague, the Rev. Angela Herrera, writes: "All that you need / for a deep and comforting peace to grow / lies within you. / Once it is in your heart / let it spread into your life, / let it pour from your life into the world – / and once it is in the world, / let it shine upon all beings." These words appear in Rev. Herrera's 2012 meditation manual, **Reaching for the Sun**. They speak to me about the value of a sanctuary like UUS:E. Indeed, I think of UUS:E as a place where each of us can peer within and find what we need for a "deep and comforting peace to grow." (**Find that place in you, where you may go, when you yearn for peace.**) And I think of UUS:E as a place that encourages us to pour the peace in our hearts out into the world—to "let it shine on all beings." (**That place from which you reach out to others who are suffering.**)

How has UUS:E been a sanctuary for you? Has it provided refuge at a time in your life when you were vulnerable? Has it offered direction at a time in your life when you felt aimless? Has it offered solidarity at a time when you needed to not face life alone? In a culture whose values skew toward the material, the technological and the crass, has UUS:E helped you raise your children to value spirituality, human connection and love? I'm not just asking a rhetorical question. I really want to know your answers. Please share with me how you've experienced UUS:E as a sanctuary. You can email me at [revpawelek@gmail.com](mailto:revpawelek@gmail.com) or call at 860-652-8961.

And then there is the question many of you have asked: When will UUS:E provide sanctuary to a person seeking to avoid deportation? The truth is, we don't know. We've been "on alert" three times since we voted to become a sanctuary congregation in May. But in each case, the person or family in question was able to resolve their legal issues and remain in the United States. Still, we know from news reports that people are being deported in record numbers. While we actually shouldn't want to ever have to offer this kind of sanctuary, now that we've made it known we are ready, it's only a matter of time before someone in profound need will accept our offer. I wish we didn't live in a world where congregations had to make such offers. But since we do live in such a world, I am proud that we are ready.

With love,

—Rev. Josh

Josh



## Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

Our worship theme for the month of October is sanctuary. In Religious Education we will spend time in children's chapel each week exploring the concept of sanctuary through several different lenses:

- Sanctuary as a sacred space, a building or room designed or designated for people to come together to worship, pray, meditate, share, sing, and seek truth and meaning
- Sanctuary as a place of inner quiet or retreat, a place within each of us where we can find peace and take respite from the noise and hectic pace of daily life
- The Sanctuary Movement and how UUS:E has become a designated sanctuary space in order to protect and provide a safe shelter for immigrants who are at risk of being deported

We will explore these concepts of sanctuary through stories, guided meditations, and creative exercises. Each week in the RE Update I will include links for books, YouTube videos, and other resources that might be useful in further exploring the concept of sanctuary with your child at home. (Remember, religious education is not limited to Sunday mornings! Religious education can take place all week long, in any location, and at any time. Dinner time conversations, bedtime stories and songs, and discussions in the car on the way to gymnastics or piano lessons are all opportunities to explore religion and spirituality!)

I encourage all of you to explore the idea of sanctuary, too. In what ways does UUS:E feel like a place of sanctuary to you? Does sanctuary always imply a quiet, contemplative environment, or can the experience of sanctuary also be found in the not-so-quiet hum of beloved community? If you're looking for opportunities to become more involved in

the life of the UUS:E community, there's no shortage of engaging, enriching activities being offered this year. In fact, there are quite a few offerings coming right up in October. Check out the possibilities below and see if any are of interest to you.

- **A Self-Made Man:** Documentary Screening and Discussion with transgender activist and educator Tony Ferraiolio; Sunday 10/7 1:00-3:00 PM
- RE Harvest Brunch; Sunday, 10/21, 10:15 AM Join us on the Garden Level between services for a multigenerational potluck brunch. Please bring a dish or baked good to share!
- Trunk or Treat; Saturday, 10/27, 6:30-8:30 PM. Adults come "trick out" your car trunk and kids come collect some yummy treats! Afterward we'll go inside for refreshments and a not-too-scary movie.
- Ancestor Day Multigenerational Worship Service, 10/28 at 9 & 11 AM, followed by Trick or Treating for UNICEF. Feel free to come in costume & bring coins for the UNICEF collection boxes.

Wishing you an abundance of blessings this fall!

Be well & be loved,

Gina



## Membership News

### Greetings from the Membership Committee!



Fall is a great time to come back together after a busy summer. UUS:E is bustling and energized for the coming months. Our Membership Committee is geared up to serve our members, welcome visitors, and do our part to make your experience at UUS:E a positive one.

#### Sunday Mornings

A big part of our committee's work centers around Sunday Mornings. It takes an army of volunteers to do all that we need to do.



#### Hospitality

It's really nice to have a cup of coffee or tea after the service, isn't it? Serving refreshments during coffee hour is a great way to meet everyone in our community, and it is **fun**. The crew in the kitchen has a good time, especially if you ask a friend to do it with you. We are looking for people to volunteer **one Sunday a month** serving the refreshments. That's only twelve times a year for a couple hours. It's easy and we'll show you everything you need to know. Contact Edie Lacey ([elacey1@cox.net](mailto:elacey1@cox.net)) or Jackie Heintz ([jacqonstance@gmail.com](mailto:jacqonstance@gmail.com)).

#### Goodies

Do you like a little snack with your coffee?



**We give everyone in the congregation the opportunity to provide the snack for coffee hour.** All you have to do is pick a Sunday and drop off your goodies. The hospitality team will serve them. The sign-up sheet and very detailed instructions are posted next to the serving window.

#### Greeting

We are looking for a few more volunteers who are willing to give their time once a month serving at the Welcome Table and as Greeters. Contact Edie Lacey ([elacey1@cox.net](mailto:elacey1@cox.net)).

#### Turning Visitors into Members

Another role we fill is welcoming visitors and helping them to become members. We run classes and info sessions throughout the year to help newcomers learn about UUS:E We just had our first fall "Intro to UU" on September 16, and will hold our next one on October 28. Please feel free to join us and meet the new visitors. We meet from 12:45-4 PM in the lower level.

#### Fun!

We also plan fun, community-building events for UUS:E, like the Summer Picnic, as well as others which promote comradery and a great time!.

#### The Committee

Are you interested in joining our busy committee? We'd love to have you! Talk to Edie Lacey (chair), ([elacey1@cox.net](mailto:elacey1@cox.net)) or any committee member: Jennifer Klee, Gail Crook, Louisa Graver, Jackie Heintz, Susan Barlow, Alexander Herpst, Betsy Nelson, and Kathi Lee.

## Faith-Based Community Organizing Coming to UUS:E



For the past two years, members of UUS:E have been involved in a new effort to create an interfaith social justice organization in the greater Hartford region. There are more than fifty congregations involved in the process, each of them at various stages of readiness to be part of such an effort. There have been multiple trainings in community organizing and anti-racism as part of this process. Currently, ten UUS:E members and Rev. Josh have established a UUS:E Core Team. This team has many responsibilities, but while the larger organization is in its beginning stages, the Core Team is responsible for getting to know as many other UUS:E members as possible. They want to know who you are, what you are passionate about, and what issues most draw your attention, concern and action. The better they get to know you, the better they can represent you to the larger organization.

With this in mind, the UUS:E Core Team is beginning a period of "congregational in-reach." They will be conducting a series of one-on-one meetings with UUS:E members and friends throughout the fall. We will be selecting a rather large group of you at random to be interviewed by Core Team members. Again, the purpose of the congregational in-reach is to get to know YOU. We've learned through our training that all successful community organizing is grounded in strong relationships. Through these one-on-one meetings, we hope to strengthen and deepen our relationships at UUS:E.

If you receive a phone call or an email from one of our UUS:E Core Team members, please respond in a timely manner. If, for any reason, you'd rather

not meet with a Core Team member, just let them know. If you don't get contacted, but you'd like to meet with one of the Core Team members, please reach out to Rev. Josh at 860-652-8961 or [revpawelek@gmail.com](mailto:revpawelek@gmail.com).

And if you think you might like to learn more about building a faith-based community organization, or if you think you'd like to become a member of the UUS:E Core Team, there are trainings available. Rev. Josh can connect you with the training that is right for you.

Special thanks to Polly Painter, Monica Van-Beusekom, Nicole Bornhorst, Jim Adams, Al Benford, Judi Durham, Marcia Leonard, Nancy Pappas, Lisa Sementilli and Rhona Cohen who are all serving on UUS:E's Core Team.

## Everyone Evacuate the Building!

A Message from the UUS:E Emergency  
Management Team

"Everyone evacuate the building!" Hearing this during a Sunday Service, you will know the Emergency Response Plan has been activated. But what do you do? If it happens during a Sunday service, you must leave the building, using both exits out to the parking lot. Go to your car and remain in your car. If you have a child on the garden level, you may assemble at a safe distance from the front of the building so that your child can be brought to you. If you are on the Garden Level when the alarm is sounded, RE children and staff are to exit the building at the nearest exit and assemble at a safe distance from the building. Adult RE leaders will bring small groups of children at intervals around to the front of the building to be reunited with their parents.

Very important: fire apparatus must come down the exit ramp—STAY IN YOUR CARS AND DON'T DRIVE OUT, CLOGGING THE WAY FOR RESPONDERS! Wait for fire officials to let you know you can leave.

PS—a fire drill is coming soon to a Sunday Service near you. Be ready!!!

## Harvest Brunch

### Regarding Multigenerational Worship...

A message from Rev. Josh and Gina

(The following messages are printed on bookmarks placed in the hymnals at UUS:E. We wanted to take this moment at the beginning of the congregational year to share these messages more widely. UUS:E offers all-congregation or multigenerational worship on Sunday mornings approximately 10 times per year. We believe successful worship requires us to welcome all people as they are, and that includes welcoming children.)

TO THE MEMBERS & FRIENDS OF UUS:E...

The presence of children is a gift to our congregation. They are a reminder that our congregation is growing.

When our children join adults for worship, please welcome them and give a smile of encouragement to their parents.

TO THE PARENTS OF OUR YOUNG CHILDREN, MAY WE SUGGEST...

Relax! Mother Nature put the wiggle in children (and some adults too!); don't feel you have to suppress it in our worship service. All are welcome! Sit toward the front where it is easier for your little ones to see and hear what's going on at the pulpit. They tire of seeing the backs of others' heads.

Quietly explain the parts of the service and actions of the minister, service leaders, musicians, etc.

Sing the hymns, voice the responses. Children learn worship behavior by copying you.

If you have to leave the service with your child, feel free to do so, but please come back. Children belong in sacred spaces.

Remember that the way we welcome children in church directly affects the way they respond to the church and to one another. Let them know that they are at home at UUS:E.

TO THE CHILDREN...

Welcome! We are so glad you are here. There are activity packs at the back of the sanctuary which contain supplies for doodling and coloring, as well as other small objects to keep your hands busy while you listen to the worship service.



Sunday, October 21, 10:15 AM

Please join us on the Garden Level for a Multigenerational Brunch at 10, between services.

Please bring something to share. Suggestions include pastries, egg dishes, fruit, bagels, breads, or a vegan dish.

No peanuts or tree nuts, please!

Sponsored by the Religious Education Committee

### Hey There Punkin Heads!

For the third straight year, UUS:E kids and adults are creating a terrific entry for the Downtown Manchester Scarecrow Festival. Several students in summer Religious Education developed the concept of Caring for the Garden Earth and several more of the children helped to build the display in September.

The past UUS:E entries have been Justice Woman and Peace Rules. This is one of the UUS:E Growth Team's strategies for raising community awareness of our name and our values.

Between 30-25 scarecrows will be on display along Main Street from October 13 thru October 27. (We will include our exact location in the yellow sheet and the weekly e-blast.) Visitors vote for their favorites and prizes are awarded in both the People's Choice and Facebook Favorites categories. Other groups have created pumpkin-headed Minions, ET on a bike, a recycled robot plus chefs, barbers, students and more.

Please visit the display, snap pictures and vote for your favorites! Paper ballots are available at seven locations along Main Street. After the first few days, organizers will also have an online gallery where you can vote at:

[www.facebook.com/DowntownManchesterScarecrowFestival.%20%20](http://www.facebook.com/DowntownManchesterScarecrowFestival.%20%20)



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

The UUS:E Growth Strategy Team will be conducting a comprehensive on-line survey throughout October. This ANONYMOUS and CONFIDENTIAL survey will paint a picture of who we are, how we found UUS:E, and why we get and stay involved with the meetinghouse.

The data will help to shape the work of the Membership, Pastoral Care, Communications, Sunday Services, Religious Education committees (among others). We will also share results with the congregation in the first quarter of 2019.

**You will receive an email with an invitation to participate and a link to the online survey.** We encourage you to take this survey at home, using your computer, tablet or phone. Please get comfortable before you start—your thoughtful responses will probably take between 30 minutes and an hour.

**In addition, the Growth Team will have six "survey stations" set up at the meetinghouse on Sunday September 30 and every Sunday in October. Team members will be on hand to assist you in the Library, in Josh's office and/or Annie's office at 10:15 AM and 12:15 PM on each of those days. CHILDCARE will be available at 12:15 PM. No advance reservations are required—just join us and participate!**

**It is CRUCIAL that we hear from AS MANY PEOPLE as possible so we can get an accurate representation of our community's preferences.**

**Remember...**

- ✓ **Whether you have attended for 2 months, 2 years or 22 years ... your input is important!**
- ✓ **Whether you come to the meetinghouse once in a while, every Sunday or several times each week... your input is important!**
- ✓ **And if you've been gone for a while... or come less often... we especially want to hear from you!**

**Thank you in advance for your help with this very important work.** The results are definitely worth the time that you invest!

Any questions about this project? Contact [uuse-gst@googlegroups.com](mailto:uuse-gst@googlegroups.com). Need help completing the survey? Call Annie in the church office, and she will connect you with a helper.

**WE NEED YOU!**

## Green Sanctuary News

### SLC Monthly Meeting

Tuesday, October 9, 7:00 PM

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

### Farewell to Duffy

Sunday, October 28, 10:00-11:00 AM

Long-time SLC member Duffy Schade will be relocating to Mystic, CT. We will have a gathering between services to wish her well and thank her for her many contributions to the UUS:E community.



### Plant-Based Potluck

Sunday, October 28,  
1:15-3:15 PM

Come share a meal and mindful conversation. Intended for creating a supportive plant-based community for vegans and the veg-curious, but

open to all who can be completely plant-based for an afternoon. Info: [alexandermherspst@gmail.com](mailto:alexandermherspst@gmail.com)

### Peas & Love Community Garden Tours

Following Sunday service each week, visit 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! Info: [mary@wellonwheels.com](mailto:mary@wellonwheels.com).



### 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!

## 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

## Update on UUA Legacy Challenge Grant

Malcolm Barlow has offered to provide free legal services to members who change their estate plans, including a new will or a codicil to an existing will or an amendment to a trust, which plans include a gift to the UUS:E. The UUA challenge grant will match your bequest at 10% (up to \$10,000). The match is based on the expected market value of your bequest and will be paid to UUS:E in 2019 or 2020. Important reminder – the matching grant fund is expected to run out of funds in the near term, so if you are interested please apply for the grant soon. Legal services are not required if there is already a bequest in your legacy documents; you simply attach a copy of your bequest information to the UUA application form. For more details, you can see the previously mailed letter or contact Jean Labutis or Patricia Wildes.

Jean Labutis, at [jeanalabutis@gmail.com](mailto:jeanalabutis@gmail.com), or at 860-646-5305

Patricia Wildes, at [pwildes@yahoo.com](mailto:pwildes@yahoo.com), or at 860-646-7157

Malcolm Barlow, at [mbarlow@malcolambarlow.com](mailto:mbarlow@malcolambarlow.com), or at 860-646-4081

## Fall Concert Series Continues



### Black Music in Motion

Sunday, November 4 at 3 PM

Find a fresh appreciation of the beauty and messages of "Black Music" through **Kareem Mack**, Baritenor, and friends **Chelsea Lorraine**, Soprano; **Tyler Panek**, Baritone and **Sarah Puckett**, pianist. They will perform spirituals and other selections by African American composers, from traditional hymns to contemporary music. Through singing and movement, **Kareem Mack** aspires to change the face of many performance fields with his avant-garde persona and willingness to be bold. \$20 adult; \$18 senior; \$10 student, under age 10: free



### The Amuse Blues Jazz Trio

A Benefit Concert for UUS:E

Sunday, October 14 at 4 PM

UUS:E's own **Paul Shumsky**, guitarist; **Ryan Ford**, double bassist and **Steve Dauphinais**, drummer will bring their own flavor to familiar numbers. They will offer a lively and varied program of songs and compositions from the standard jazz repertoire, including selections from the American Popular Songbook, featuring composers such as Duke Ellington, George Gershwin, Johnny Mandel, Antonio Carlos Jobim, and others.

Suggested donation \$15. (It's only a suggestion—no one is turned away)

### Stay tuned for our final fall event:

**Truly Troubadours** on Saturday, December 8 at 7 PM.

## Syrian Refugee Chronicles Her Story Through Evocative Art

### Adeebah; My Life, My Story Continues



An exhibition of drawings by Adeebah Alnemar, self described artist, woman, and mother, will be on display at:  
UUS:E Meeting Room  
Oct 5 to Nov 4, 2018

A Muslim refugee from Homs, Syria, Adeebah's art evocatively depicts the torrent of emotions she experienced before fleeing Syria, during the family's four exiled years in Jordan, their ultimate arrival in the US on election night November 2016, and adjustment to this foreign land that is now "home."

An Artist's Reception, Talk Back, and Celebration will be held on Sunday, October 28, 6:00 – 8 PM, in the UUS:E Meeting Room. Focus will be two-fold: the symbolism in Adeebah's art; and a celebration of author Jake Halpern, and graphic artist Michael Sloan, for their receipt of a Pulitzer Prize for the New York Times' emotionally powerful series told in graphic narrative form, *Welcome to the New World*. The work chronicled a Syrian family's arrival and struggle in the US, and is currently being developed into a full-length book.

Food at the reception will showcase Adeebah's Middle Eastern Cuisine, a catering business begun by this talented, entrepreneurial woman.



### Trunk-or-Treat!

Saturday, October 27 6:30 – 8:30 PM

UUS:E Parking Lot & Sanctuary

Halloween is fast sneaking up on us and you know what that means...Trunk or Treating at UUS:E! Kids of all ages are invited and encouraged to wear costumes. We need big kids (adults) to haunt their trunks while trick-or-treaters glide from car to car. From there it's inside to the sanctuary for spooky snacks and a (short) not-too-spooky movie. We need volunteers to "trick" out their trunks and pass out treats—adults do not need to be accompanied by a child for this event! Bring treats to hand out, a bag for your child to use for gathering treats, and a (somewhat healthy?) snack to share inside. No nuts or peanuts please!

Volunteers can set up trunks in the parking lot between 5:30 & 6:30 (arrive no later than 6:10).

Be as creative as you want or keep it simple. Email Tammy ([tammystolzman@gmail.com](mailto:tammystolzman@gmail.com)) or Emmy ([uuse.reasst@sbcglobal.net](mailto:uuse.reasst@sbcglobal.net)) with questions or if you'd like to help. Or, just show up with your trunk and treats!



### 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.



## The UUS:E Holiday Fair

November 16 & 17, 2018

The Holiday Fair is our biggest fundraiser! 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

We need you! The Fair Week starts on Sunday, Nov. 11 at noon with the big set-up. 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: 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 Brooke Cournoyer at [brookecournoyer@gmail.com](mailto:brookecournoyer@gmail.com).
- 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).
- UPDATE: Donna Johnson and Sande Hartdagen will coordinate **Friday Night Refreshments!** If you can help out, please contact Donna at

[dhmjohn@gmail.com](mailto:dhmjohn@gmail.com) or Sande at [drsehart@gmail.com](mailto:drsehart@gmail.com).

- UPDATE: Ctaci Belster-Coleman volunteered to chair the **Pride Shop/Rainbow Booth!** Everything is LGBTQIA & rainbow related. Please contact her at [this.is.ctaci@gmail.com](mailto:this.is.ctaci@gmail.com) to help.
- UPDATE: Carolyn Gimbrone has agreed to chair the **Stitchery Booth!** Please contact her if you have donations or questions: [Bowbrone@aol.com](mailto:Bowbrone@aol.com).
- 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 Stitchery items are always popular, including items for the home, adults, and babies/children. Looking for Donations! Please contact Carolyn Gimbrone at [bowbrone@aol.com](mailto:bowbrone@aol.com) if you have any questions, donations, or ideas for this booth.
- 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/Crocheted 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: Like to bake? If you make it, we can sell it! Whatever your specialty is. Cookies, pies, breads, vegan, gluten free, you name it. The cookies by the pound are REALLY popular and the more we have the more people buy, plus we get a good return on your investment. Please contact Jean Mamonas at [bjeanmamonas@gmail.com](mailto:bjeanmamonas@gmail.com) or Jennifer Klee at [jenduv@sbcglobal.net](mailto:jenduv@sbcglobal.net).
- Jams & Jellies, Relishes, Salsa, Chutney: Our customers love these homemade treats. 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 need 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. Appropriate items would be valued minimally at \$50 and many items are valued much higher.

THE TIME TO START IS NOW! Watch for the sign-up sheets at the Helping Hands table after services in October or let Michelle Spadaccini know if you would like to help at [michspad@comcast.net](mailto:michspad@comcast.net).

Thank you for your help in making the UUS:E 2017 Holiday Fair a success!



## 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.)



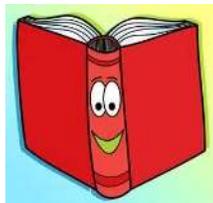
### Community Drum Circle

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.

- October 9: **Ethan Frome**, by Edith Wharton
- November 6: **Atonement**, by Ian McEwan (note date change for November meeting to first Tuesday)
- December 10: **Being Mortal—Medicine and What Matters in the End**, by Atul Gawande

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 October ministry theme is "sanctuary." 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 October 3 – November 21, 11 AM - 12 noon. The current yoga session with Jessica De Carli is September 10 – October 29, 5:45-6:45 PM.

Come enjoy physical strengthening and the opportunity to quiet the mind. 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).

<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:

- 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.

### New Pagan Study Group Launching

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 Ranck, available from InSpirit, the bookstore of the Unitarian Universalist Association. The group will meet with Rev. Josh on second Tuesdays, 10/9, 11/13, 12/11 and 1/8 from 4:30 to 6:00. Sign up with Annie in the UUS:E office. Want to know more? Need help ordering the book? Contact Rev. Josh at 860-652-8961 or [revpawelek@gmail.com](mailto:revpawelek@gmail.com).

### Community Yoga Class

Saturday October 6, 9:00 – 10:30 AM

Please arrive 15 minutes prior to the start of class. Please join Vinod Singh in this free YogaTalk Events class. It will consist of a 60-minute Vinyasa Hatha Yoga flow, followed by a deep relaxation and mantra singing meditation. This class is appropriate for all ages 12 and up, and all levels of yoga experience. Beginners are especially welcome. Please bring a yoga mat and water. A pillow, eye mask, and blanket are optional. Please contact Vinod Singh at 808-271-8366 or Marie Lorenzo at 860-798-1477 if you have questions.

**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>

**November Newsletter Deadline:**

**October 20**

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