

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

January Ministry Theme: Possibility

Services at 9:00 and 11:00 AM

January 6: "Resolutions."

New Year's resolutions have been around since ancient times. What kind of resolutions resonate with today's UUs? What commitments can we make in the spirit of Unitarian Universalism? Members will reflect on questions such as these.

Coordinator: Marsha Howland

January 13: "Fifty Years!!!!!!!"

Multigenerational Worship. This morning we kick off our fiftieth anniversary year. We dedicate a new, semicentennial chalice. We tell the story of our beloved spiritual community. Special music by UUS:E charter member, Roland Chirico. Special breakfast after the 9:00 service. Soup social and program after the 11:00 service.

Coordinators: Sheila Foran, Gina Campellone, Rev. Josh Pawelek

January 20: "A Tale of Failure; a Tale of Possibility."

Continuing with our fiftieth anniversary series, Rev. Josh reviews a series of painful events related to race and racism within Unitarian Universalism in 1969 (often referred to as 'the Black Empowerment Controversy'). Today, the emergence of Black Lives of UU offers an opportunity to fulfill old promises and new ones as well.

Coordinator: Rev. Josh Pawelek

January 27: TBD.

February 3: "Groundhogin'."

Halfway between the winter solstice and the vernal equinox, we explore some of the ancient mysteries associated with this time of year. How might such mysteries inform our spiritual lives today?

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

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 January 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, fifty percent of our Sunday plate collections for the month of January will be split between **Moral Monday CT**, "supporting the humanity of oppressed and marginalized people" and **Black Lives of Unitarian Universalism (BLUU)**, a movement within the UUA to be more expansive and inclusive as we honor the perspectives and leadership of black lives within our denomination

Please contact Louisa Graver at lgraver163@gmail.com, David Lacoss, or Nancy Madar at nancymadar@hotmail.com.

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

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

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 and Black Lives of Unitarian Universalism (BLUU)
February	Operation Fuel
March	Rebuilding Together (Manchester) and Communitas
April	CT Alliance to End Sexual Violence and Covenant to Care for Children
May	MARC and MARCH, Inc
June	Mary's Place and True Colors

Equal Exchange

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

Sponsored by your Sustainable Living Committee.

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!

To all UUS:E Members:

I wish to offer you my deep and heartfelt congratulations on reaching your fiftieth anniversary year. This is an awesome milestone. I am so pleased to be serving as your minister as we "enter, rejoice, and come in" to our semicentennial!

Our ministry theme for January is **possibility**. For me, this suggests a look toward the future. But I don't want to think about it quite that way, at least not at the beginning of this celebratory year. Instead, I invite each of us to recognize that fifty years ago, the founders of our congregation were looking toward the future. They imagined a liberal religious, Unitarian Universalist congregation east of the Connecticut River, committed to spiritual freedom, reason in religion, and the search for truth and meaning. They imagined possibility after possibility. We, today, are the fruit of their imagining. We are the possibility they helped bring into reality. In truth, we may not be exactly what they imagined at the time. But that's OK. Approximately 2600 Sunday mornings later, approximately 600 board meetings later (not to mention 50 Christmas Eves, 50 Homecoming services, fifty annual meetings, 4 settled ministers, hundreds and hundreds of people elected to leadership positions, and countless potluck meals), we are the fulfillment of their dreams!

I want to give a special shout-out and thanks to Anne Carr, a Member at Large on the UUS:E Policy Board, who graciously volunteered to lead the coordination of our celebration efforts. She has put together a great team of volunteers who are planning various events, Sunday services, a carnival in June, a gala celebration in September, and much more.

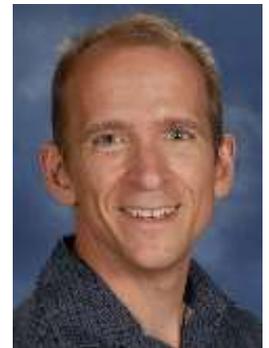
Over the course of the coming year, there will be a variety of Sunday Services that look back over the decades, that try to tease out the various legacies of those who've been part of this congregation. We will consider the big themes that have defined UUS:E, such as covenant, shared ministry, beloved community, sustainability, generosity, and caring. And come next fall, we will be taking our own look at the future. What possibilities do we imagine, and how do we start turning those possibilities into realities, such that those who are here fifty years from now will be the fulfillment of our dreams?

Happy New Year!

Happy Fiftieth Anniversary Year!

With love,

—Rev. Josh



It's coming...

Once again (after a year's hiatus)

The Fifth Annual UUS:E CHOCOLATE AUCTION!!!

Special UUS:E 50th Anniversary Edition!

Sunday afternoon, February 17, 1:00 PM

More info to come...



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

With the hubbub of the holidays behind us, now is the perfect time to reflect on the year that has just passed and to consider the possibilities of the year ahead. Serendipitously, **possibility** just happens to be our ministry theme for the month of January. Each week in children's chapel we will explore the concept of possibility from several different angles.

We'll begin the year with a special New Year's ritual, a hand blessing, in which water is used to bless one another's journeys in the upcoming year. The hand blessing reminds us that there are many new possibilities for each of us this year. The new year provides us with an opportunity to change what we don't like, become better at our favorite things, and discover something new. It also reminds us that we are part of a beloved community, here to support and cheer each other on.

We'll watch Harry Bellafonte and the Muppets singing "Turn the World Around," a song that illustrates the Possibility of Change. We'll discuss Impossible Possibilities, things that once seemed impossible but in fact became possible, such as flying machines (airplanes) or pocket sized computers (smart phones). Finally, we'll discuss the Possibility of Being Wrong, also known as humility. As Unitarian Universalists (and as citizens of the world) it's important that we understand that it's possible to be wrong and to learn from our mistakes. Some mistakes and mess-ups lead to self-discovery, and some are actually "happy accidents," resulting in unexpected surprises, such as popsicles, potato chips, and Silly Putty!

I encourage you to further explore the concept of possibility as a family. Religious Education on Sunday mornings is just a starting point, a place to introduce a topic. The best and most effective religious education and faith formation happens as a family, at home around the dinner table, in the car while running errands, or in those quiet, sometimes silly moments before bed. Religious Education doesn't have to involve a curriculum, a craft, or a video. However, if you'd like some tools to use in exploring possibility with your child, the resource list on the following pages may be of help.

May the new year be overflowing with possibility!

Be well & be loved

Gina



Resources to Explore Possibility

Family Adventure Ideas

- **30 Days of Love Family Calendar**

<https://static1.squarespace.com/static/5449513ee4b025f84fddfa72/t/5a551ac008522941933bf172/1515526848381/30+DOL+2018+All+Ages+Calendar.pdf>

Practice the Possibility of kindness and love with this calendar of family activities, one for each day from Mid-January until Valentine's Day.

- **Create a New Year's Resolution Together**

Focus on the Possibilities....

One thing I want to learn more about...

One thing I want to stop being afraid of...

I want to improve my ...

I want to spend more time....

I want to spend less time...

I want to be more...

Books To Read Together

- **Good People Everywhere**

Lynea Gillen (Author), Kristina Swarner (Illustrator)

https://www.amazon.com/Good-People-Everywhere-Lynea-Gillen/dp/0979928982/ref=sr_1_1?ie=UTF8&qid=1539373198&sr=8-1&keywords=good+people+everywhere

"A colorful picture book that will warm the hearts of children and adults alike, each of its pages contain endearing examples and vibrant illustrations to inspire children to grow into grateful, caring, and giving people. It provides a wonderful way to calm children before sleep, ease their fears, and help them develop an appreciation for good work." - Amazon

Theme Connection: We believe in the possibility of good in all people.

Family Movie Night Ideas

- **A Goofy Movie (G)**

<https://www.common sense media.org/movie-reviews/a-goofy-movie>

"Free of the pressures that sometimes smother the big Disney releases, this movie has a

refreshingly casual feel, with some sly humor, even daring to poke fun at Disney itself. The teen characters are contemporary without the prepackaged feel of other Disney productions (like "The New Mickey Mouse Club"), and there are lively songs performed by Tevin Campbell. It's a shame that the G rating might scare off the film's optimal audience, the 10-14 age group. If you can persuade them to take a look, they will find much to enjoy and identify with.

At the center of the story is Max, struggling through the torturous insecurity and self-consciousness of adolescence. Like all teens, he is humiliated by his father's goofiness. But the movie's great joke is that in this case, his father is not just goofy, he is Goofy, the Goof of all Goofs, the Uber-Goof!" - Common Sense Media
Theme Connection: The possibility of being wrong and restoring a relationship.

- **Gym Teacher: The Movie (age 6+)**

<https://www.common sense media.org/movie-reviews/gym-teacher-the-movie>

"Parents need to know that this made-for-TV movie touches on themes like teamwork, perseverance, and self-perception and examines what it means to be a winner. There's some poor sportsmanship and bullying (twens tease a classmate, putting him down and throwing things at him), but it could prompt family discussions about respecting others and being tolerant of differences..." - Common Sense Media

Theme Connection: The possibility of change.

Support for Parents as Faith Formation Guides

- **Starting over;** Despite our best intentions, all parents make mistakes, act inconsistently, and generally fall short of our goals. But we can also model asking for forgiveness.

Michelle Richards

<https://www.uuworld.org/articles/starting-over>

- **How to Teach Humility to Your Kids in a Digital Age**

<https://www.thetechedvocate.org/how-to-teach-kids-humility-in-a-digital-age/>

Honoring the Past, Celebrating Today and Envisioning the Future

Did you know that our beloved spiritual home, Unitarian Universalist Society: East, turns 50 in 2019? And what's even better than a 50th anniversary celebration? A Golden Anniversary that lasts an entire year! That's right, we have 52 weeks to commemorate our 50 years of building a caring and inclusive spiritual home for seekers East of the River—and to clarify our commitment to carry the legacy forward.

Our anniversary year gives us a chance to recommit to our values, deepen connections in the wider community, attend to our legacy and build a sustaining endowment.

The kickoff is January 13 with multigenerational services featuring the dedication of our new 50th Anniversary chalice. You can look forward to special treats for the 9 AM coffee hour, and a soup and salad potluck lunch after second service, with a program featuring historical slide shows, great music, and art projects for the kids. So save the date!!

The Auction & Chili Cook-off on January 26 will also honor our half-century of service to the community, with a goal of more than 50 donations worth at least \$50 per participant. Look for the article elsewhere in this newsletter.

As the year unfolds, we will be honoring our founding members and learning our origin story. Several members are collecting photos and archiving documents as they work on our UUS:E history. We will invite our "ministerial alumni" (members who go on to become clergy) to return to our pulpit. We are planning a spring fair and picnic, a fall gala and so much more.

The steering committee is small but extremely enthusiastic! Can you contribute time, memories, talents or other support? Please get in touch with Anne Carr, acarr06040@yahoo.com

UUS:E History Memorabilia Search

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

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

Thanks for your help.

Joe Madar 860-647-8559



Missing VHS Tapes

From 1980 through 1985, six Broadway productions were presented to packed audiences at our UUS:E meetinghouse. They were produced and directed by our beloved Bob Richardson and many of the performers were our own members. Videos were made from each of these productions, but alas, only two still exist, thanks to Howard and Miriam Epstein: **Music Man** in 1983 and **Carnival** in 1985.

We are looking for the missing ones – 1980 – **Forum**; 1981 – **South Pacific**; 1982 – **Carousel**; 1984 – **Fiddler**. If anyone has these tapes or is aware of where they might be, please call Annie at the church office or contact Joe Madar at 860-647-8559. Thanks for your help.

Membership News

Greetings from the Membership Committee!



We Warmly Welcome our New Members who have joined this Fall!

Chris Bailey

Azucena Minaya Llantoy

David Luchetti

Jenny Starret

Ann Stowe

Danielle Zora

We have many new visitors each and every month, and **thank you for reaching out to new folks.** From the comments we've received, your friendliness has made a big impact.

So many of you have volunteered faithfully to help with Coffee Hours on Sunday, as well as being at the Welcome Table, and being a Sunday Service Greeter. Heartfelt THANKS go to all of you. However, substitutes are still needed from time to time. If you'd like to occasionally help with Coffee Hour please Contact Jackie Heintz (jacqonstance@gmail.com). If you had some time to be at the Welcome Table, Jennifer Klee would love to know, so contact her at jenduv@sbcglobal.net. Louisa Graver schedules all of our Greeters, so please contact her at lgraver163@gmail.com.

Are you interested in joining our busy (and fun) committee? We'd love to have you! Talk to Edie Lacey, chair, (edielacey1@gmail.com; elacey1@cox.net) or any committee member: Jennifer Klee, Gail Crook, Louisa Graver, Jackie Heintz, Betsy Nelson, Alexander Herpst, Susan Barlow, and Kathi Lee to learn more. You can always join us on the third Tuesday of the month at 6 PM in Room 2. No RSVP necessary!

Our next **Introduction to Unitarian Universalism** is on January 20, 2019.

Come and learn more about us!

Stewarding Opportunity!

The Stewardship Committee is planning our 2019 Annual Appeal for this spring. We are looking for stewards who meet briefly with members about their annual pledges. This is an opportunity to get to know new people, share your passion and commitment for UUS:E and help make our Annual Appeal a success. The time commitment is relatively short with one training session and a few weeks to steward a pledging potluck and/or visit with a maximum of four members or friends. The stewardship conversations are a time of fellowship and sharing our dreams and aspirations. Talking about financial commitment is a small part of a much larger conversation about generosity and community. So please consider volunteering to be a steward this year.

We will provide training on Tuesday evening, March 5 from 6 – 8 PM (pizza & salad provided), and Saturday morning, March 2, 2019 from 9:30 – 11:30 AM (light refreshments). Please email Phil Sawyer at psawyer215@gmail.com or call 860-633-8655 if you are willing to help or have any questions.

Our Annual Appeal occurs during March 3 – April 7, 2019.

Daring Democracy—From Discussion to Action

This is a continuation of last year's discussion of the UU Common Read, Daring Democracy. Using the solutions offered in this hopeful book as a base, we will explore and implement actions to restore democracy in the United States. Some examples of solutions we might consider are Campaign Finance Reform (a perennial favorite), Ranked Voting (recently passed in Maine), Restoring Voting rights to former Felons (yeah, Florida!), National Popular Vote, an End to Gerrymandering, and Fair Elections. At our first meeting we will decide when and how often to meet and our next steps. Daring Democracy is an easy, engaging, empowering, but not required read. New participants welcome! Join the "millions of Americans leaving despair behind as they push for and achieve historic change in the modern Democracy Movement."

Date: Sunday, February 10, 1:00 PM Meeting Room
questions? deenasteinberg@gmail.com

Green Sanctuary News

There has been a lot of not-very-good news of late about the effects happening world-wide from climate change. NOAA's recent report detailed the tremendous losses of sea ice in the arctic, NASA's report warned of unanticipated accelerations of glaciers melting into the sea in various regions off Antarctica, and the American Meteorological Society (AMS) discussed how 15 major weather disasters in 2017 were clearly influenced by human-induced climate change. These and other reports came out close to the time of the UN climate talks (COP24) in Katowice, Poland, which concluded on Dec. 15, with most rules having been hashed out, despite much controversy, over how the nations of the world will act going forward on the deal to cut climate emissions and keep global warming below 1.5 C. They meet again next year in Chile.

For the time being as a member or friend of our UUS:E Green Sanctuary congregation, we can all think smaller, try to drive less, reduce waste, reuse and repurpose what we can, reduce or eliminate meat and dairy consumption. Think of recycling as a second-to-last resort, because a lot of it still ends up in the trash since China is not accepting much of what they used to take from us. And support local efforts to reduce emissions and increase wind and solar in our town and state. Last but not least, look to the US government and tell your congressional representative that you want effective national legislation.

There is an important new bipartisan bill in Congress fully supported now by Citizens' Climate Lobby called the **Energy Innovation and Carbon Dividend Act—H.R. 7173**. This bill calls for a rising fee on the carbon pollution from coal, oil and natural gas to be paid by the companies that extract or import these fossil fuels. The funds collected will go into a trust and will be paid as a monthly carbon dividend to all American households. The carbon dividend payments will increase each year as the fee rises. The dividend will help low and middle income households deal with rising fuel costs while providing great incentives to American technology innovation and ingenuity to move much faster toward a sustainable economy and away from the

destructive carbon economy. More information about the bill can be found at <https://energyinnovationact.org/how-it-works/>. Look for a table in the lobby in the near future for ways to support this legislation.

For a unique way to share info about Climate Change take a look at an episode or two of "global Weirding" by one of our favorite climate scientists, Katharine Hayhoe, here:

<https://www.pbs.org/show/global-weirding/> or watch these short YouTube films by Roger Kuhns :

no1 Carbon Fee. https://youtu.be/An_db8H31zs

no2 HR7173. https://youtu.be/Skj_vsV59ic

Please feel free to join our next Sustainable Living Committee meeting on Tuesday, January 8th, at 7 PM in Room 2.



Music Salon

A Chamber Music Salon will be held on Friday evening, January 11, 2018 at 6:30 PM in the main meeting room. This is an informal gathering of musicians of all ages and levels of experience to enjoy making music together. We need to know in advance who is coming and what instrument you play so we can be prepared with music. You may also bring music that you would like to play. You are welcome to come and listen if you prefer. If you plan to attend but haven't let us know yet, send an email to Peggy Webbe (peggywebbe@gmail.com) or Mary Bopp (marybopp@verizon.net).



Raise money!
 Raise the temperature!
 Raise the roof!

UUS:E Goods & Services Auction + Chili Cook-Off

January 26, 4:30 to 8:30 PM

Join the Fun!

- ✂ Spend an evening in lively, beloved community, with special activities for the kids!
- ✂ Enjoy a FREE chili dinner with cornbread and dessert – and bid on the very best chili!
- ✂ Bid! There are SOOOOO many great items, many are \$20 or less!
 - Dinners and activities are a great way to get to know people better
 - Lots of practical services or things to learn
 - Local merchant & restaurant gift cards, baked goods and handmade gifts

Pitch In!

- ✂ Donate. Could you teach, repair, entertain, bake? Share your talent in other ways? Look for the wishing well in the coffee room to see what people are asking for! Sign up in the lobby or online at <http://uuse.org/events/uuse-auction>
- ✂ Contact merchants to ask for donations. The first week in January is perfect—no one has used up their annual contribution budget yet. Pick up a request letter in the lobby or ask us to email one to you!
- ✂ Compete in the chili cook-off or bring cornbread or a dessert. Sign up in the lobby or email Nancy Pappas (nanapap338@aol.com) if you would like to enter the contest. **We are limiting chili contestants to the first 15, so sign up soon!**
- ✂ New this year—**Teacup Raffle Baskets**
 Can you put together a themed gift basket for our teacup raffle? Ask a couple friends to chip in. Feel free to mix donations, gently used items and things you buy. We will help you package it! And they'll be on display on Jan. 20 for early ticket sales. Email Jennifer Klee at jenduv@sbcglobal.net to get all of the details.
- ✂ Join the team. We will need a small army on the night of the event to spread the work out so no one is working through the whole event. Can you help? Sign up in the lobby or email any committee member.

RSVP before Jan. 15 and get a \$5 credit on your auction invoice! Sign up in the lobby or email Nancy Pappas at nanapap338@aol.com. Tell us how many adults & children. Last year every seat was filled ... so don't delay!

Any questions? Got suggestions? Please contact Stan McMillen (stanley.mcmillen@uconn.edu), Nancy Pappas (nanapap338@aol.com), Jennifer Klee (jenduv@sbcglobal.net), Chris Larson (larsonc3@gmail.com) or Ctaci Beltster (this.is.ctaci@gmail.com)



We're Kicking Off Our **Golden Anniversary** on January 13!

Save the date ... You'll want to be there when we:

- ✓ Dedicate a new chalice for the next half-century
- ✓ Time-travel through our past in stories and music
- ✓ View an inspirational slide show
- ✓ Savor brunch food (after 1st service)
- ✓ Celebrate the return of the Soup Social (after 2nd service) followed by a brief, multi-gen program!

This Month in UUS:E History:

On January 16, 1969, 49 determined UU's signed the incorporation papers to create the Unitarian Universalist Society East, a progressive and welcoming spiritual home east of the Connecticut River. These legal steps followed just four months after the initial meeting at Buckley Elementary School, held to gauge local interest in establishing a UU church in Manchester. Malcolm Barlow recalls that 78 people signed their names on the clipboard that first evening, and a committee was formed to pursue this goal. Talk with Malcolm or Susan Barlow, Naomi Zima, Roland Chirico, Mary Ann Handley, or Dave Sherman to hear more about those first few exciting months!

Other 50th Anniversary events this month:

- ✓ January 20, Rev. Josh will preach about the Unitarian Universalist Association's challenges in responding to racism, in 1969 and today (see Sunday Services Schedule, page 2).
- ✓ On January 26, be part of the "50 Donors Challenge" at the UUS:E Auction & Chili Cook-off.
- ✓

Questions? Want to help plan these and other exciting events, including a carnival, a gala and many more? Please contact Anne Carr at acarr06040@yahoo.com

Announcing Religious Education Family Pledging Movie/Potlucks!

This spring the Stewardship Committee is happy to introduce RE Pledging Potlucks! On two Saturdays in March we will be hosting a Movie and Brunch Potluck at UUS:E specifically geared towards RE families and their children, but everyone is welcome. Your cherubs will be supervised, watching a movie upstairs, while we chat downstairs about ways to strengthen our UUS:E community! The Brunches will be held on March 9 and March 30 from 10 AM – 12 PM. These potlucks are a way to come together in community, enjoy good food and have a deeper conversation about our connection to UUS:E. There will be a signup sheet in the UUS:E RE Lobby after Classes in the month before the Potlucks. We hope to see your family there!

Please contact Adam Bender at 860-559-5501 or adambender@hotmail.com to help with facilitation.

Stewarding Opportunity!

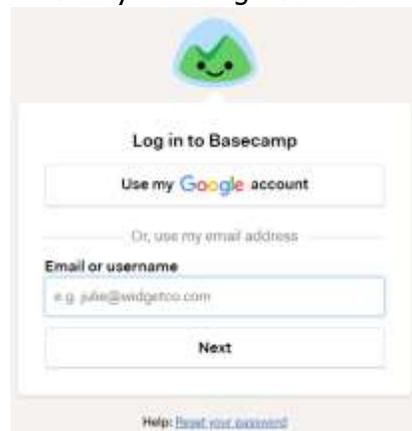
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Our Annual Appeal occurs during March 3 – April 7, 2019.

Did you Know? Accessing Society Files

UUS:E uses Basecamp3 (formerly Seework) for projects, committee work, and collaboration. For example, the 50th Anniversary Planning Team is using Basecamp3 to plan, organize, share files, and keep up-to-date. If you are on the team, you can access files and get messages.



Policies and Procedures

UUS:E , Basecamp3 has a project named **Policies and Procedures (B3)** that any member or friend of UUS:E can access...if you have a login. Want to read the minutes of the last Policy Board meeting? Once you are in Basecamp3, click **Policies and Procedures (B3)** and go to **Docs & Files** to see UUS:E policies, procedures, and committee minutes*. Want to read the minutes of the last Policy Board meeting? Go to Board Minutes.

To access Basecamp3 go here:
<https://3.basecamp.com/3535256/>.

How Do I Get a Login?

What if you don't have a login or have forgotten your login? Contact Annie at uuseoffice@uuse.org or Carol Marion at cmarion333@gmail.com. If you have a login and cannot see Policies and Procedures, contact us.

* We are in process of locating and updating all policies and procedure documents, so if something is missing or out of date, inform Larry Lunden, Kingbird613@comcast.net. Only committees who have submitted minutes to Larry are represented. DO NOT ADD OR DELETE DOCUMENTS HERE. Please send policy and procedure related documents to Larry Lunden for formatting, naming and uploading in the correct location. If your committee would like to do your committee work on Basecamp3, let us know.



Sanctuary Guest Update

Sleepover People needed

With help from the staff and Sanctuary Team, Rocky appears to have settled into his life at UUS:E. He is meeting with his attorney frequently and they have begun working on his asylum case. To maintain his safety and to comply with the UUS:E rule that no person be left alone in the building, we will continue to have a person sleeping over every night for the duration of Rocky's stay. This means that we need your help! Currently we only have about 6 people on the Sleepover team, and they would like to spend a bit more time in their own beds. With just a couple dozen more people, folks would only need to spend one night a month sleeping at the church. If you are able to spend a night (9:00 PM to 7:00 or 8:00 AM) sleeping on the futon in the Affirmation room, please let Judi Durham (judi.durham@gmail.com) or Rhona Cohen (rhoatwork@gmail.com) know. We will make sure that you get oriented to the routine (such as checking doors, locking up) before your stay.

Monthly Potlucks

So that more people may get to know Rocky, we are organizing monthly potluck dinners with 6 – 10 people. Even if you have met him, but would just like to join in the fun, please do. The dinners will take place in the Chapel and classroom #1 space on a variable day and time schedule to accommodate different needs. We may even do a potluck lunch sometime as well. These meals have a couple secondary benefits. First, it gives Rocky the opportunity to taste some of our favorite foods, and second, it fills Rocky's frig with leftovers. There are many foods beyond what Rocky chooses at the grocery store that he enjoys, like fish, especially salmon, that he doesn't cook. But he is skilled at reheating in the microwave! If you are interested in

joining one of these potlucks, please contact Lynn Dove (lynndove@gmail.com) or Judi Durham (judi.durham@gmail.com).

Pocket Money for Rocky

Need your leaves raked? Christmas decorations hauled out of your attic? Help cleaning out your garage? Need snow shoveled? Ask Rocky!

As an asylum seeker, Rocky is not allowed to seek any employment in this country until his asylum is granted. But he is able to accept odd, domestic jobs for which folks might give him a small amount of cash. Having pocket money means he could go to the movies, go out with friends, take the bus somewhere, in essence, be more independent. If you have a task you'd like help with, please contact him directly, or if you need help contacting him, please let Judi Durham (judi.durham@gmail.com) or Rhona Cohen (rhoatwork@gmail.com) know and we'll help you out.

Donations Greatly Appreciated

Rocky's needs are few, but we are buying him food, paying for his cell phone, and have purchased a few basic clothing items to help him begin to manage winter. (He is looking forward to seeing snow!) We also may need to purchase a new futon or mattress for folks sleeping over. Not sure what other needs may come up, but he will probably be with us for at least 6 months.

To make a charitable donation:

By Check—Please write 'Sanctuary' in the memo line and send check to:

UUS:E

153 Vernon St. West

Manchester, CT 06040

By Credit Card or PayPal—go to our GoFundMe Account:

<http://www.gofundme.com/help-a-sanctuary-family-in-crisis>

Books, Classes and Discussions

brought to you by...

The Adult Religious Education Committee

(Youth are welcome at all workshops. Childcare is available with one week's notice.)

Community Drum Circle

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

Open to all levels of ability and experience. Facilitator Mary Ertel provides djembe drums and other hand instruments, and you may bring your own.

Drum with intentionality, send good vibes out into the world!!

Contact Paul Cocuzzo at pcocuzzo@gmail.com or 978-270-2056 with questions or to reserve a drum.

Book Lovers

We meet every second Tuesday from 3:30 to 5:00, downstairs in the chapel area. Everyone is welcome—including friends from outside UUS:E. Even if you haven't finished the book, you are invited to the discussion. Books are selected by participants, and we try to choose books that are old enough to be available in paperback, or at least in public libraries.

- January 8: **Born a Crime: Stories from a South African Childhood**, by Trevor Noah
- February 12: **Small Great Things**, by Jodi Picoult
- March 12: **The Age of Innocence**, by Edith Wharton

For information: marlar@wordshard.com



UU Buddhists

First Tuesdays, Room 2

The Buddhist Group meets at 7:00 PM on the first Tuesday of each month, for meditation, dharma, and discussion. The January ministry theme is "possibility." Contact Nancy Thompson nancythompson123@yahoo.com with questions.

Women's Sacred Singing Circle

Every Thursday from 7:00 – 9:00 PM, we will be singing in the sanctuary. All women and girls eight years and older are welcome to join our circle regardless of musical training or ability. Come when you are able, stay as long as you wish.



Sing, laugh, and be in community.

For more information, contact Jane Osborn: janeosb3@gmail.com

Increase Your Emotional Intelligence Through Self Awareness

Join us for this unique and powerful seminar led by longtime friend of UUS:E, Skip Gattling. This seminar will help you increase your happiness and success by learning to reduce self-defeating negative emotional reactions. We ask for a one-time materials donation of \$5 (no one will be turned away). Two Sundays, January 6 and 13, 1:00 – 2:00 PM. Please contact Annie Gentile at 860-646-5151 or uuseoffice@uuse.org to sign up.

Yoga News

Come enjoy yoga at UUS:E!

The current yoga session with Susan Barlow ends January 16. Her next session is January 23 – March 13, 11 AM – 12 noon. The current yoga session with Jessica De Carli ends January 21. Her next session is January 28 – March 18, (weather permitting) 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
- Susan at SBarlow627@aol.com, or
- Annie at uuse153@sbcglobal.net

To read about their classes, visit UUSE.org.

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

Books, Classes and Discussions

continued

New Monthly Discussion Group: Science and Religion

How does science inform our beliefs? Where do science and religion meet? Where are they in opposition? Members of this ongoing group will select and discuss readings covering myriad topics such as evolutionary biology, artificial intelligence, climate change, the brain, genetics...and the way we look at the Big Questions. Fourth Thursday of each month, 4:30 – 6:00. Please sign up in advance, by contacting Annie Gentile at uuseoffice@uuse.org or 860-646-5151 or Linda Duncan at lindakduncan@gmail.com. Those who sign up will receive information about the first meeting's topic and questions. First meeting: Thursday, January 24, 4:30 – 6:00.



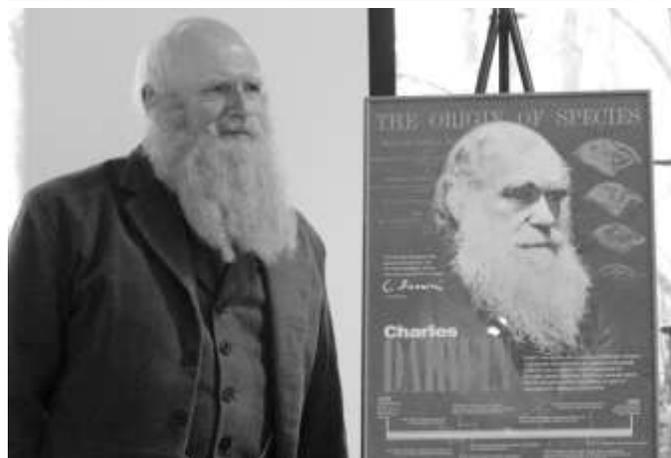
Jesus and After: The First Eighty Years

This course explores the earliest years of Christianity, when it was still a universalist sect of Judaism. Together we will read E. Bruce Brooks' **Jesus and After: The First Eighty Years**, available at <http://www.umass.edu/wsp/publications/early/jesus/index.html>. As one reviewer has said, "this book reveals a Jesus compatible with science and Unitarian Universalism, a Jesus with urgent ethical relevance to our lives today." Meet in Rev. Josh's office on Thursday afternoons January 31, February 14 and 28, and March 14 from 4:00 to 5:30 PM.

Tea with Darwin



On Sunday, December 2, Adult RE put on a program called "Afternoon Tea with Mr. Darwin"... it was well attended...perhaps due to the tea and scones that were promised...and served.



Books, Classes and Discussions

continued

Revitalize Your Body, Mind, Soul Connection

Do you ever feel drained and wonder if there is anything you can do to restore vitality? This workshop is based partially on the work of Caroline Myss, five-times New York Times best-selling author and medical intuitive, who tells us "your biography becomes your biology." Learn the tools to release detrimental beliefs that are depleting your vitality so you can "reorder your biochemistry." Hear about recent medical data that confirms the body, mind, soul connection. Led by Fredericka Close, a certified Sacred Contracts Consultant. Please visit <http://www.sacredcontractsconsulting.com> to learn more. A \$30 donation is requested, no one turned away. Please register in advance with Annie Gentile at 860-646-5151 or Freddie Close at 860-872-2911 as class size is limited. Saturday, January 12, 9:00 AM – noon.

Soul Mate Workshop

Release yourself of rigid contemporary beliefs of what a soul mate is and what a soul mate is supposed to do for you. Deep soul relationships call on us to embrace the sacred mysteries of our soul, not our ego, in the ordinary events of our lives. Discover how to be in relationships soulfully and how to identify whom you have a soul mate relationship with. Led by Fredericka Close, a certified Sacred Contracts Consultant. Please visit <http://www.sacredcontractsconsulting.com> to learn more. A \$30 donation is requested, no one turned away. Please register in advance with Annie Gentile at 860-646-5151 or Freddie Close at 860-872-2911 as class size is limited. Saturday, February 16, 9:00 AM – noon.



Renew Your Spirit in this Brand New Year with Shakti's Light

Friday, January 18, 2019 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

Singer-songwriters Vicky Hannon and Jenn Richard, who form Shakti's Light, perform mantras in a combination of original music and familiar tunes. The two have been singing and playing 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 to UUS:E, experience Shakti's Light and share your voice!

Please note that kirtan will be held on the THIRD Friday of the month in January, a change from the normal 2nd Friday schedule. Check the [UUS:E calendar of events](#) for upcoming kirtans and other musical events for 2019.

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: uuseoffice@uuse.org

Minister: Rev. Joshua Pawelek 860-652-8961, revpawelek@gmail.com

OFFICE HOURS: Tuesday 10 AM to 7 PM and Thursday 10 AM to 4 PM

President: Rob Stolzman, 907-268-1871, robandtammylee@yahoo.com

Director of Religious Education:

Gina Campellone, 860-875-8468, redirector@uuse.org

Newsletter Editor: Paul Cocuzzo, 978-270-2056, newsletter@uuse.org

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

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

February Newsletter Deadline:

January 20

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