

Unitarian Universalist Society: East

Member of the Clara Barton District of the Unitarian Universalist Association



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

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Sunday Services Schedule

August Ministry Theme: none

Service at 10:00 AM Only

August 4: "Knowing Yourself Through Knowing Your Ancestors."

UU ministerial candidate Dianne Daniels will speak about her ancestry, how she drew a connection between her Pagan leanings and the practice of Rootwork and Hoodoo, and how her beliefs inform her current journey into ministry.

Coordinator: Sheila Foran

August 11: "Living and Learning."

This service is about finding where you fit in life. It's about growing when you're tired as well as living and learning alongside your spirituality.

Coordinator: Molly Vigeant

August 18: "The Summer Day"

Today's service focuses on Mary Oliver's poem, "The Summer Day." Several speakers, ranging in age from 15 to 87, will reflect on this awesome poem. How will they answer the poem's last lines: "...what is it you plan to do with your one wild and precious life?"

Coordinator: Martha Larson

August 25: "Reflections on Growth."

Rev. Josh offers thoughts on what it means to grow spiritually. What might the results of UUS:E's 2018 survey suggest about spiritual growth as a congregation?

Coordinator: Rev. Josh Pawelek

2019 – 2020 Ministry Themes

Correction: we now use themes from Soul Matters. I had the old 3-year rotation themes listed in the July newsletter.—Editor

<https://www.soulmatterssharingcircle.com/themes.html>

July	none
August	none
September	Expectation
October	Belonging
November	Attention
December	Awe
January	Integrity
February	Resilience
March	Wisdom
April	Liberation
May	Thresholds
June	Play

Sunday Service Flowers

The signup sheet for flowers is in a binder in Annie's office. Please make sure you check off the box, indicating whether you want to take the flowers back home with you or have them donated. The contact person for delivering donated flowers is Cyndi Krupa, 860-986-1957, cyndikrupa@sbcglobal.net

Recorded Services Available

Many of the Sunday Services at UUS:E run on the three community access channels (Cox in Manchester, Community Voice Channel in Bolton, and Charter Communications in Windham). The DVDs are available at UUS:E, and you can sign out the programs you were unable to see. Audio CDs are available one week after each service, and as a download from Jane, our sexton, if you provide a flash drive (USB port).

Community Outreach Ministry

Charitable Giving for August 2019

As always, thank you for your generosity.

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

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

The **STRIVE** mission (from their website):

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

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

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

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

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

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

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?

2019 – 2020 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

Stop & Shop Cards for Sale

During the last fiscal year, members of our congregation purchased \$22,350 in Stop & Shop cards. After removing \$800 for those purchased for Manchester Senior & Adult Services, that leaves a profit of \$1077.50 for UUS:E!

We want to thank all of you who purchased cards and those who volunteered to sell them. This year, there are a few changes. Gail Crook, who ran this program for four years, will be handing off the fundraiser to Sandy Johnson, who has been assisting Gail these past two years. In addition, the cards will be sold on the first Sunday of the month only. Please continue to support this fundraiser in the future!

Note: The minister's and Religious Education columns will return in September.

Membership News



Greetings from the Membership Committee!

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.

Continuing our year of celebration, the committee extends a warm welcome to our newest member (see right column).

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 Jacquie Heintz (jacqonstance@gmail.com). If you have 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), Jerry Arcari, Membership Coordinator (membership@uuse.org), or any committee member: Jennifer Klee, Gail Crook, Louisa Graver, Jacquie Heintz, Betsy Nelson, Alexander Herpst, Susan Barlow, and Kathi Lee. You can always join us on the third Tuesday of the month at 6 PM in Room 2. No RSVP necessary.

Get Connected! with UUS:E on the Web

UUS:E WEBSITE is located at <http://uuse.org>. Here you can find the latest news about our community and upcoming events, basic information about group and committee activities, Rev. Josh's sermons, and much more.

DIALOGUE FROM HOME is our ongoing virtual **talkback series** that continues online after each of Rev. Josh's sermons. Whether you want to read along, post your thoughts, and/or engage in dialogue about the topic, you are welcome to join this group. Request a password from Annie, the office administrator, to get access to the discussion. Email uuse153@sbcglobal.net.

FACEBOOK! UUS:E has two Facebook pages where members and friends can share all things UUS:E. Our main site is www.facebook.com/UUSEast. You can find out what's going on at UUS:E here. And please share our events to your own page to help spread the word about all of the great things we do!

We also have a second site, UUS:E Happenings, designed specifically to share ideas and events with others in the UUS:E community. Anyone can post here. Is your child going to be in a play? Are you performing a concert? Looking for people to hike with? Post it here! This is a closed group, request to join here:

<https://www.facebook.com/groups/587066578028806/>

MEETUP: We have started a Meetup page! Join our group! Find events, RSVP and more at: <http://www.meetup.com/Unitarian-Universalist-Society-East/>. If you'd like to add an event to the Meetup site, contact Carol Marion at cmarion333@gmail.com.

Rev. Josh has his own website located at <http://revjoshpawelek.org>

Catch up on his latest writings, community work, and more. You can also follow Rev. Josh on **Twitter @revjoshpawelek**, or connect with him at **LinkedIn** and **Facebook**.

Weekly e-blast – To sign up, look for the button near the top-right at uuse.org:



Send submissions to SBarlow627@aol.com

Partnering With A Manchester Elementary School

This fall, UUS:E will be starting on a "faith-community partnership" with Verplanck Elementary, a large and diverse school in Manchester. Verplanck is officially a "high need" school where the majority of children are eligible for free and reduced-price lunch.

We think this is a great opportunity to connect in a very substantive way with low-income families in Manchester. As a partner, we may collect school supplies, Thanksgiving food or holiday gifts. Volunteers can "mentor" individual students during the lunch hour, or help with reading, math and research skills.

Beyond that, it appears that we can start slowly and go at our own pace in terms of building the relationship. Over time, we can work with the staff and PTA on evening events or weekend projects (bike rodeo, playground clean-up, garden planting, Fun Run etc.)

Fifteen UUSEasters have already said they are interested, and we held our first meeting with the Family Resource Center Coordinator. If you want to learn more, please send a short note to Nancy Pappas at nanapap338@aol.com. Let her know your availability—during the school day, in the evening or on weekends. Thank you!

School Supplies Needed

The children of Verplanck need your help.

They need the following:

- Backpacks (no wheels and no lights)
- One subject spiral note books
- 2-pocket folders
- Pencils
- Small pencil sharpeners with catch for shavings
- Pens
- Crayons (both small and large)
- Colored pencils (sets of 6)
- Glue sticks
- 12" plastic rulers

We will be collecting the supplies at the meeting house in a bin in the coat room. They will be needed by August 28th. Please donate for the children who are in need of supplies. If you have any questions, please contact Diana Sherman.



Calling all Canners!

We need Jams and Jellies! Now is a great time to harvest for preserves for the 2019 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 with any questions/concerns, and with a description and quantity of jars you will be donating.

We Need You!

Looking for the new Chairperson for the 2019 Holiday Craft Fair, as well as volunteers for the Fair Committee! We need a Crafts Coordinator, an Internal Advertising Coordinator, an External Advertising Coordinator, a Recruiting Coordinator, and an Announcements Coordinator, to name a few. Be part of a dedicated, friendly and fun team! TRAINING PROVIDED! You will receive clear cut, tried and true guidelines & deadlines, and support from experienced volunteers. PLEASE contact Michelle Spadaccini with questions: michspad@comcast.net, 860-543-0490.

2019 Holiday Fair Planning Meeting

Would you like to be part of a dedicated & fun group of volunteers working on UUS:E's **biggest fundraiser** of the year? Join us on Sunday Aug 11 from 12 PM – 3 PM in the Main Room for the 2019 Holiday Fair planning meeting! We will discuss how last year's fair went and ways to improve on it, as well as plan details of this year's fair. It will be a salad potluck, so please bring a salad to share! Please contact Michelle Spadaccini at michspad@comcast.net or 860-543-0490 to RSVP or with any questions.

New UUS:E Road Signs

After 2 years of planning and working through various 'red tape' issues, the Growth Strategy Team is pleased to announce that five new UUS:E road signs have been installed in Manchester, Vernon and Bolton. The team would like to extend a special thanks to CT State Representative Geoff Luxenberg, who represents the 12th Assembly District of Manchester, for his invaluable assistance in negotiating with the State of Connecticut DOT on our behalf.

As you travel the area, keep a look out for our new signs!



In Vernon on Route 30 southbound near Arts Center East



In Bolton on Rte 44 westbound near the intersection with Rte 85

Come Celebrate Lughnasadh!

August 3, 7:00 PM

Also known as Lammas, this is the first of the three harvest festivals. Halfway between Summer Solstice and Fall Equinox, Lughnasadh is the harvest festival in pagan tradition. We will celebrate the ingathering of the many seeds sown last spring, and give thanks for our harvests, physical and spiritual. Please bring a snack to share for afterward. **Please** RSVP to Leslie Greene 860-461-3286, or greenedog423@gmail.com.

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.)

Science and Religion

4th Thursdays 4:30 – 6:00 in the Chapel

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. For information contact LindaKDuncan@gmail.com.

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.

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



Book Lovers

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

- August 13, **Eleanor Oliphant is Completely Fine**, fiction by Gail Honeyman, leader Martha
- September 10, **Factfulness**, by Hans Rosling, nonfiction, 2018, leader Carolyn
- October 8, **What the Dog Saw**, by Malcolm Gladwell, nonfiction, leader Linda D.

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.

Contact Nancy Thompson
nancythompson123@yahoo.com with questions.

Women's Sacred Singing Circle

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



Sing, laugh, and be in community.

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

Yoga News

Come enjoy yoga at UUS:E!

As Jessica DeCarli is on maternity leave, Susan Barlow is leading both the Monday and the Wednesday yoga classes at UUS:E. Her current sessions are Wednesday, July 17 – September 4, 11 AM – noon, and Monday, July 22 – September 16, 5:45 – 6:45 PM (no class September 2). Jessica plans to resume teaching her Monday evening classes in the fall.

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. If the fee is an issue, please contact Linda Rohlf at rohlf26@comcast.net or at 860-872-2526.

You can register with, and direct questions to:

- Susan at SBarlow627@aol.com, or
- Annie at uuse153@sbcglobal.net

To read about their classes, visit [UUSE.org](http://uuse.org).

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

Books, Classes and Discussions

continued



Celebrate Fall's Beauty on Friday the 13th **Kirtan with Charlie Braun Is Back!**

Friday, September 13, 7:00 PM

Charlie Braun's kirtan is a cornerstone of joy for our kirtan season at UUS:E. It's a fusion of melodic folk-rock that wanders into reggae, blues, and other musical forays, but stays true to the heart-opening power of Sanskrit mantras. A lifelong singer-songwriter, Charlie is also an award-winning record producer, award-nominated music creationist, and an acclaimed guitarist. Joined by percussionist Charlie Shew and vocalist Brie Sullivan, Charlie guides the group in the call-and-response singing of mantras, co-creating a joyful, sacred musical atmosphere that uplifts, comforts and is a whole lot of fun. So come sing, dance, or just kick back and drink it in!

Check out Charlie's kirtan music at <https://www.charliebraun.com/>

All are welcome. While 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.

Tonal Eclipse

Sunday, September 22 at 4:00 PM

You loved them at Coffee house, now hear them in concert. The Music Committee is thrilled to sponsor Tonal Eclipse, a talented and entertaining a cappella group. Put Sunday, September 22 on your calendars if you want to enjoy a noncontroversial, fun, sometimes funny, always awesome, amazing group of musicians.

Flyer



women singing acapella



Tonal Eclipse is a vocal quartet of women who prioritize having fun. We sing barbershop, jazz, classics, Broadway, oldies, cheeky classical and a few pop songs from this century. We love weaving our voices together to make chords ring, people smile and hearts soar!

Suggested Donation:

\$15 (more if you can; less if you can't)

Music Salon

Last Friday of Each Month

Friday, July 26 at 6:30, will be the music salon, focusing on music we will (or might) play at the WuudSTOCK party the following day. Even if you can't make the WuudSTOCK party on Saturday, you are welcome to join us Friday evening. There may also be time for some other music as well. Please let us know if you plan to come. Listeners are welcome.

peggywebbe@gmail.com

marybopp@verizon.net

Honoring the Past, Envisioning the Future



Golden Gala

Dining & Dancing Across the Decades

Friday October 4, 6:30 – 9:30 PM

Georgina's Restaurant, Bolton

A delightful evening for young, old and everyone in between! Delicious buffet dinner, dancing with DJ Jeff Slogesky, and special surprises. Celebrate our first half-century in style!!

Vegetarian/vegan/gluten-free options. Buy tickets every Sunday after services from August 4 – September 15. \$20 for adults, \$10 for teens, free for children age 12 and under, \$60 household maximum. On-site child care for 5-and-under by reservation. Can't get to church on a Sunday? Email Lesley Schurmann to make reservations lesley57@cox.net. Let's celebrate 50 years of Unitarian Universalism East of the River!

August Milestones ~ This Month in UUS:E History:

August 1974: Just five years after our founding, the UUS:E directory lists 255 members and other involved adults! We report 99 children age 14 or under to the Unitarian Universalist Association's Department of Extension, with an actual church school enrollment of 65.

August 1977: James Juros, the architect for the new UUS:E building on West Vernon Street, begins meeting with every group and committee at the church. The excitement is palpable!

Looking forward to other 50th Anniversary commemorations, including:

- "Revisiting the Empowerment Controversy," discussion of Rev. Morrison-Reed's book looking at events in the Unitarian Universalist Association 50 years ago. September 19 at 3 and 7 PM. See article elsewhere in this issue.
- Looking Back, Looking Forward. A legacy service on November 3.
- Affirmation Reunion. Tentative – Thanksgiving weekend.
- Watch for mug and tee-shirt sales in the lobby. Ongoing.
- Multi-media timeline created by Carol Marion (to the right of the stage) and photos of each of our congregational homes (hallway near office entrance.) Ongoing..

Questions? Ideas? Want to volunteer for anything?? Contact Anne Carr:

acarr06040@yahoo.com

UUS:E GENERAL INFORMATION

UUS:E Office Schedule: Monday-Friday, 8:00 AM to 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>

September Newsletter Deadline:
August 20

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