

Unitarian Universalist Society: East

Member of the Clara Barton District of the Unitarian Universalist Association



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

Table of Contents

Sunday Services Schedule	2
2019 – 2020 Ministry Themes	2
Sunday Service Flowers	2
Recorded Services Available	2
Community Outreach Ministry	3
Equal Exchange	3
2019 – 2020 COM Recipients	3
Stop & Shop Cards for Sale	3
The Minister’s Column:	4
Enter, rejoice, and come in!	5
The Policy Board Column	6
New RE Assistant	6
Ladies At Lunch	9
WhaleCoast Alaska 2020	9
Music Salon Unplugged	9
Imbolc Ritual	9
Holiday Choir!	9
GA Toolkit for Congregations	10
Stewarding Opportunity!	11
The Fifth Annual UUS:E Chocolate Auction!!!	11
Green Sanctuary News	12
Books, Classes and Discussions	13
Science and Religion	13
Community Drum Circle	13
Book Lovers	13
Women’s Sacred Singing Circle	13
Chosen Times: The Liturgical Jewish Year	13
Yoga News	14
Mahjong	14
A New Kirtan Experience for Valentine’s Day!	14
UU Buddhists	14
Emergency Preparedness #A	15



Sunday Services Schedule

February Ministry Theme: Resilience

Services at 9:00 and 11:00 AM

February 2: "Back to Your Original Form."

Our ministry theme for February is resilience. When the going gets tough, what keeps you going? Or perhaps more to the point, when life bends and twists and warps you out of shape, how do you get back to your original form? What are our sources of spiritual resilience?

Coordinator: Rev. Josh Pawelek

Stop & Shop 1st Sunday

February 9: "Adventures in Friendship."

It's much easier to go through difficult times with the support of dear friends. Indeed friendship is one of the most powerful sources of resilience in human beings. This morning we hear from UUS:E members about the value of friendship in their lives.

Coordinator: David Klotz

Equal Exchange 2nd Sunday

February 16: "On Universals and Particulars."

"Is there a universal morality?" That was the question Michael York asked after purchasing a sermon at last year's goods and services auction. We'll learn what Michael's answer is, and we'll learn what Rev. Josh has to say about it. And don't miss the chocolate auction following the 11:00 service!

Coordinator: Rev. Josh Pawelek

February 23: "Resilience of All Kinds."

All-Congregation Worship. Join us for stories and songs that help us build up spiritual and ethical resilience.

Coordinators: Kristen Dockendorff, Beth Hudson Hankins, Gina Campellone and Rev. Josh Pawelek

March 1: "What's In It for Us?"

This morning we welcome new members into our congregation and we kick off our 2020 annual appeal. Rev. Josh reflects on the genius of the liberal church in an age when churches of all denominations are in decline

Coordinator: Rev. Josh Pawelek

2019 – 2020 Ministry Themes

<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 February 2020

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 February will go to **Operation Fuel**.

Operation Fuel (<http://www.operationfuel.org/get-help/>) provides cash assistance for heating expenses for households in crisis, with incomes at or below 75% of the State Median Income guidelines. Local fuel banks assess client eligibility and make payments to vendors.

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

We're looking for people who would be willing to sell Stop & Shop cards on the first Sunday of the month especially after the 11:00 AM service. Many folks who volunteered in the past can no longer help out. It's easy and fun and a good way to meet fellow UUs. Please contact Sandy Johnson if you would like to help out (860-888-9673).

The Minister's Column: Hallelujah!

Dear Ones:

Our February ministry theme is **resilience**. Certain questions come to mind. What keeps us resilient when we encounter challenging times in our personal or family life—the death of a loved-one, news of a difficult diagnosis, loss of a job? What keeps us resilient as we encounter and witness the brokenness in our human family stemming from deep-seated oppressions—racism, sexism, homophobia, classism? What keeps us resilient as climate change continues to progress and our leaders seem incapable of taking action to address it? In my view, one of the purposes of a church like UUS:E is to help each of us answer these questions well.

Our Soul Matters resources remind us that resilience comes “from the Latin **re** ‘back’ and **saliens** ‘the beginning, the starting point, the heart of the embryo.’ **Saliens** also holds the suggestion of movement; to leap, to flow, to run, to hurry.” They point out that “one definition of resilience is the ability to return to one’s original shape after it has been unexpectedly jolted, stretched, flattened, bent, etc.” They ask, “Where are you in the journey of resilience? Starting to feel pulled? Already significantly bent? Stretched and worried about snapping? Slowly returning to form? Still trying to figure out what’s causing the kink? Gratefully back? Realizing there’s no going back to that original shape?” I like this line of questioning and I offer it to you for your contemplation during this cold, winter month.

I want to highlight a few things I am looking forward to this month:

First, I am excited to be working with Rabbi Richard Plavin who will be offering a course at UUS:E on the Jewish Liturgical Year. While we discuss various Jewish Holy Days during Sunday morning worship, Rabbi Plavin will provide more depth and explain how it all fits together. Classes take place on Thursdays, Feb. 13, 20 and 27 from 4:00 to 5:30. Sign up in the UUS:E office.

Second, I will be running the UUS:E chocolate auction on Sunday the 16th, following the 11:00 service. Always fun. Do not miss it!

Third, the Unitarian Universalist Association’s “common read” this year is Roxanne Ortiz-Dunbar’s **An Indigenous Peoples’ History of the United States**. From the UUA website: “This extraordinary book challenges readers to learn US history through a narrative that centers the story, the experiences, and the perspectives of Indigenous peoples. In 2019, Beacon Press published an adaptation for young people by Jean Mendoza and Debbie Reese. Upending myths and misinformation that have been promulgated by leaders and media, it asks readers to reconsider the origin story of the United States taught to every US school child.” Our Social Justice / Anti-Oppression Committee will be coordinating book discussions in the spring. Now is the time to purchase the book and begin reading!

Finally, as many of you will remember, a year ago our Growth Strategy Team (GST) took a comprehensive survey of all UUS:E members and friends in an effort to discover what keeps people engaged in the life of our congregation. On Saturday, February 29 from 9:00 to 11:00, the GST will present the findings. All are welcome and highly encouraged to join us. On that same day from 11:00 to 1:00, the GST will work with UUS:E leaders and anyone else who is interested on how to respond concretely to the survey results. See our Policy Board Column in this newsletter for more info. I hope you can make it!

With love,
—Rev. Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

Religious Education can take many forms. Sometimes it happens in a classroom setting, learning about Unitarian Universalism and world religions through stories, games, and crafts. It happens during worship services, sitting in the sanctuary following along with the order of service, singing songs from the hymnal, and listening to the minister or other speakers. Religious education happens at coffee hour, or a multi-generational game night, or any time children and adults have the opportunity to be together and listen to one another's stories. Religious education also happens at home, of course. Parents are their children's first (and best) source of religious education, because Unitarian Universalism is a living tradition. We learn it best as we live it!

As Director of the UUS:E Religious Education program, I value all of the above mentioned forms of teaching our children about religion, and I strive to provide opportunities for both traditional and experiential learning. We dedicate two Sundays each month to classroom learning, reserving one Sunday for whole congregation worship, and one Sunday for an interactive, hands-on learning program we call The Kindness Project.

On Kindness Project Sundays children in grades 1 – 6 come together as a group to explore the second UU Principle, Be Kind in All We Do. Over the course of the year children will explore kindness concepts such as "A simple act can change the world," and "You never know what other people are going through," and "Assume good intent." Each month features a different kindness focus.

Thus far we have covered:

- Friendship (kindness to friends)
- Stewardship (kindness to UUS:E)
- Community (kindness to members of our local community)
- Self-compassion & Self-care (kindness to self)

Some of our activities have included friendship roleplaying, creating handmade items to be sold at the fair, making lasagnas and cookies for community members, leaving messages of kindness on car windshields, practicing loving-kindness meditations, making positive affirmation magnets and posters, and preparing and sharing delicious fruit kabobs to nourish the body and soul.

Our upcoming Kindness Project themes are Kindness to animals, Kindness to the community at large, and kindness to the earth.

We are always looking to expand our team of volunteers. If you would like to help us spread kindness once a month, or if you have ideas to help us explore any of the upcoming themes, please let me know.

And remember, Religious Education is happening all around you!

With love,

Gina



The Policy Board Column

A message from Kevin Holian-Borgnis

For countless hours over the past year and beyond, the Growth Strategy Team has been exploring the questions of "what makes UUS:E a special place?" and "what can we do to make it an even more loving, supportive, and ultimately successful community?"

Led by member-researcher Jessica Offir, the team conducted a massive study of us—our people, our enthusiasms, and our concerns. As part of the study, more than 200 members and friends, past and present, completed a lengthy survey. At the conclusion of the survey, the team spent months on a deep dive into the data. They turned hundreds of pages of survey data into, well, still dozens of pages of summary. But like a game of Cat's Cradle, the team has pulled on the threads to discover a narrative that will excite and challenge us all.

Finally the time is approaching where the Growth Strategy Team, on February 29, will begin to share the insights learned from conducting this massive research effort. Each of us is invited into a community conversation to learn from the comments. Each committee can find actionable items to make ours and even more intentional, courageous and beloved community.

The Community Conversation will take place **Saturday, February 29, starting at 9 AM to 1 PM**. All are welcome—members, friends, elected officers, committees, and volunteers. The first two hours will be a presentation on the survey results and will be followed by a break for light refreshments. The remainder of the time is planned for conversational breakout sessions geared toward applying the findings within our committees and congregational life. You're under no obligation to stay for the second half of the Conversation but are welcome to if you so choose.

I look forward to seeing you at the conversation!

Kevin Holian-Borgnis

Vice President, UUS:E



New RE Assistant

Welcome to our newly hired Religious Education Assistant, Heather Alexson! Heather has worn a few hats but currently is a homeschooling mom to her daughter, Willow. She enjoys cooking, movies and laughing with her husband, Jayson. She has a menagerie of indoor and outdoor, furry and feathered family members. Heather believes strongly in volunteerism to build a community that is hopeful. She is very active as a project leader in 4-H, mentoring projects in dog training, rabbits, visual arts, public speaking and STEAM projects in environmental studies and natural history. Heather has been volunteering with the UUS:E Religious Education program for the last 4 years and is very excited about joining our staff team. And we are equally excited to have her on board!

Membership News



Greetings from the Membership Committee!

The UUS:E Membership Committee would like to express our gratitude and joy at welcoming so many new members in 2019. You have already added substantially to the life of our fellowship by increasing our community's strength and dedication to our mission. Thank you!

We further would like to acknowledge the support and co-leadership provided by our own Growth Strategy Team. Both the GS Team and the Membership Committee have been working closely together in navigating the new UUS:E initiatives over this past year, and we will continue to do so in 2020! Thank You, GST! Rock ON!

Dates to Remember: Coming UP:

- "Intro to UU," February 2, 2020
12:45 – 4 PM (invitations are sent out, but anyone can attend; just RSVP to Annie Gentile in the office, 860-646-5151)
- UUS:E New Member Sunday,
March 1, 2020

Sunday Mornings

Part of our committee's activity centers around Sunday Mornings. For those of you who would like to start, or broaden, your relationships within

UUS:E...Please let us suggest....

Hospitality

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.

We are looking for

people to volunteer one Sunday a month, or be on our substitute list and help from time to time. It's easy, and we'll show you everything you need to know. Contact Jackie Heintz (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 substitute Greeters. Contact Jennifer Klee (jenduv@sbcglobal.net), or Louisa Graver (louisagraver163@gmail.com).

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. Please feel free to join us and meet the new visitors.

Fun!

We also plan fun, community-building events for UUS:E, like the Summer Picnic, as well as others which promote camaraderie 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), (edielacey1@gmail.com) or any committee member: Jennifer Klee, Gail Crook, Louisa Graver, Jackie Heintz, Susan Barlow, Betsy Nelson, and Kathi Lee.



Join Your Friends at UUS:E for a
Multigenerational Game Day

&

Ice Cream Social!

February 15, 2020

2 PM – 4:30 PM

Video Games, Board Games and free
Ice Cream in the Main Sanctuary!



Ladies At Lunch

All UUS:E women—members and friends—welcome!

Second Friday of the month (usually noon)

Next Meeting: Feb 14

Sukhothai

841 Main St

Manchester, CT

860-432-7405



Contact Sarah at 860-643-4377 by Wednesday, February 12, if you plan to attend.

WhaleCoast Alaska 2020

Have you ever dreamed of visiting Alaska? If so, WhaleCoast Alaska 2020 is for you! Four Alaska UU congregations invite you to experience our unique environmental/cultural/spiritual program this summer. See Alaska through the eyes of local UUs, with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, sea lions. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships—our program is truly the best way to visit Alaska! Tours led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime. For complete info go to: <http://www.WhaleCoastAK.org>. Discount for groups of 8 or more. We would love to share our Alaska with you!

Vivian Carlson and Roy Maynard would be happy to share their experiences of this tour with anyone who is interested.

Music Salon Unplugged

Fun for all musicians at the first Music Salon Unplugged of 2020. We will meet on Friday, January 31, 6:30 – 8 PM at UUS:E. We take turns playing and listening to each other in small groups (even solos) or larger groups. Participants bring music and/or play music we provide. All instruments and levels of skill welcome in this relaxed, noncompetitive setting.

Please let us know if you plan to come. Listeners are welcome. peggywebbe@gmail.com
marybopp@verizon.net

Imbolc Ritual

Join the UUS:E Pagan Study Group for a multigenerational ritual of Imbolc
Sunday, February 2, 3:00 – 5:00 PM

Unitarian Universalist Society: East Main Room
All are Welcome!



Imbolc or Imbolg also called (Saint) Brigid's Day is a Gaelic traditional festival & pagan sabbat marking the beginning of spring and celebrating the goddess Brighid. It is held on February 1 or 2, or about halfway between the winter solstice and the spring equinox. Please join us as the Wheel of the Year turns, the ice and snow begin to melt, and we begin to come out of our burrows!

Please bring a dish or light snack to share after the ritual, when we can exchange experiences and ideas. Milk and cheese dishes are traditional for Imbolc, but whatever you bring will be fine. We hope you can join us in the celebration.

If you are planning to attend, please RSVP at uuseoffice@uuse.org or 860-646-5151 to make sure we have enough supplies for all.

Holiday Choir!

Holiday choir rehearsals begin on February 19. That's right—every Wednesday night at 7:15 PM, starting on February 19, Holiday Choir will be in session. We will be getting ready for the Holiday Music Services: April 12 at 9 AM and 11 AM. There are no auditions; if you love to sing you are invited. For more information speak to Mary Bopp, UUS:E Music Director, or any choir member.



Rooted, Inspired, & Ready!

GA Toolkit for Congregations

General Assembly is only a few months away... It's time to get Rooted, Inspired, & Ready! Soon, we will worship, learn, witness, and make decisions together. Whether in person in Providence or through off site participation, GA is powerful because of the ways we connect with each other and share our values. Read on for new opportunities, tips, and resources to make this your greatest GA yet.

New! Congregational Block Grants

The General Assembly Planning Committee will award three Congregational Block Grants:

- Lay Leaders Block Grant: off-site registration for up to four lay leaders
- Delegate Block Grant: off-site registration for all of the congregation's eligible delegates
- Staff Block Grant: off-site registration for up to four ministers and staff

Priority will be given to congregations that:

- have barriers, financial or otherwise, to participation in General Assembly
- are located outside of the New England Region
- have not previously or recently been represented at General Assembly
- actively and positively promote attendance (on/off-site) at General Assembly via pulpit editorials, email marketing and social media
- have demonstrated interest in sharing the tools and resources provided by the UUA in their congregation

Applications for Block Grants will be available on uua.org/ga beginning February 28.

New! Ridesharing And Carpooling

General Assembly is in Providence, RI this summer, within a day's drive for over 50,000 Unitarian Universalists. Let's get there together! Save money, reduce environmental impact, and foster community by sharing rides to GA. Here are some ideas for traveling together:

ridesharing and carpooling. If your congregation has parking that won't be used in June, consider offering your site as a park-and-ride or meeting spot to share rides to GA.

General Assembly 2020 has been posted on the rideshare site RickyRides.com. Drivers and riders can post ride offers or requests with by location (ZIP code). Congregations can create a post and put park-and-ride information in the description. Congregations might also consider using a church vehicle or renting a van and providing transportation—either as a fundraiser or just a way to facilitate attendance from your congregation. Consult your insurer before implementing a rideshare program.

Is your congregation near an Amtrak station? Use your available parking to be a park-and-ride location for the train to Providence.

Congregational Certification

Congregations that haven't done so already must certify by February 3 to have voting delegates at GA in June. Certified congregations will be able to begin distributing member credentials in March via myUUA.org, the same portal used for congregational certification. Ministers and Religious Educators will be able to retrieve their delegate credentials via the self-serve portal in March. More information about certification can be found at uua.org/certification.

The Rev. Meg Riley and Charles Du Mond have been nominated for election as the next co-moderators of the UUA, at the special election to be held at GA in 2020. If elected, they will serve in this position for a term beginning at the conclusion of GA 2020 and ending at the conclusion of GA 2025. Find out who's up for election to a UUA board, committee, or commission at General Assembly 2020. (Note: General Assembly registration is not required to vote in a UUA election).

Registration And Housing

Registration is now open at uua.org/ga. Full-time registration is \$400 for adults, \$240 for high school youth, and \$150 for off-site registrants. Register by March 15 for the lowest rate. Rates will increase on March 16 and again on May 1.

The UUA is committed to the goal of making GA accessible to as many attendees as possible. Go to uua.org/ga to learn about scholarships to support participation—particularly of those from

marginalized groups—and volunteer opportunities (work in exchange for registration).

In addition to a variety of nearby hotels, attendees will also be able to book dormitory-style accommodations at two local universities. Also, UUs from local congregations will serve as host families for Home Hospitality, which is B&B style accommodations. For more information, visit uua.org/ga. Make your hotel reservation beginning March 2 at 9:00 AM Eastern at uua.org/ga.

Youth Groups

Attending the annual General Assembly as a high school aged youth is an incredible experience. Not only do youth get to worship, witness, learn and connect in a multigenerational continental community, youth can get to know hundreds of other youth and participate in making an impact on the Association through the democratic process.

[For GA Youth Group Organizers](#)

Promoting GA To The Congregation

General Assembly is an unforgettable experience for the thousands of Unitarian Universalists and partners that attend each June. Attendees leave with a renewed sense of energy, inspiration, and innovative ideas to take back to their congregations and communities. In order to raise interest and to help Unitarian Universalist congregations and partner organizations learn more about General Assembly, we have assembled these [promotional resources](#) to download, copy, or print for further distribution.

Stewarding Opportunity!

The Stewardship Committee is planning our 2020 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 Monday evening, March 9 from 6 – 8 PM (pizza & salad provided), and

Saturday morning, March 7, 2020 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 1 – April 5, 2020.

Once again

The Fifth Annual UUS:E Chocolate Auction!!!

Special UUS:E 51st Anniversary Edition!

Sunday afternoon, February 16, 12:45 PM



Why? Because chocolate is awesome, and a chocolate auction is a great way to raise \$\$\$\$ for UUS:E!

How will this work? Well, it's pretty simple, actually. We need BAKERS and BIDDERS (and a few volunteers to help out)

All members and friends of UUS:E are invited to create chocolate confections (cookies, brownies, cakes, cupcakes, and any other kind of chocolate dessert you can imagine). Bring your creations to the meeting house on the 15th (include your name and a list of ingredients). Please let Rev. Josh know you are bringing something for the auction at minister@uuse.org.

Then, come to the auction at 12:45 and bid on whatever looks best to you! Bring your check book or cash and pay when you collect your confection. It's that simple!!!

We need 3 – 4 volunteers to help out on the 16th. If you'd like to volunteer, please contact Rev. Josh at minister@uuse.org or 860-646-5151!

Green Sanctuary News

Save the Date

On Friday, March 13 at 6:30 PM, the Sustainable Living Committee is showing the film "A Prayer for Compassion." Compassion and peace are central tenets of major religions and this documentary discusses how we relate our beliefs to our interactions with people and animals. The film supports our 6th Principle: The goal of world community with peace, liberty, and justice for all; and our 7th Principle: Respect for the interdependent web of all existence of which we are a part.

Conservation Training Partnerships (CTP) is a program that works with and supports teens and adult volunteers in local conservation efforts to benefit their community.

Applicants are paired up as a teen and adult from the same community. The team first participates in an interactive two day field workshop where they learn how to apply mapping/web technology to address various conservation efforts. After the workshop, the team carries out a conservation project in their town.

Participants learn:

- Innovative, user friendly mapping technology
- How to tackle environmental projects with the support of UConn faculty
- How to make a tangible impact in their community

Many past and current adult participants are retirees who care about the environment and enjoy working with youth. CTP is currently recruiting participants for their 2020 program. Workshops take place in June at different locations throughout the state; the entire program is free for all teen and adult participants.

For more information contact Nicole Freidenfelds, UConn Natural Resources Conservation Academy (NRCA) at Nicole.freidenfelds@uconn.edu or 860-486-6933.

Library of Things

Our committee is working out details to make the LoT (Library of Things) a reality. This will allow members of UUS:E to borrow a variety of tools from one another, and save having to buy a tool for only occasional use. Learn more and sign up to participate here: uuse.org/sustainable-living/lot.

Did you know? Jane Fonda, inspired by Greta Thunberg and others, teamed up with Greenpeace and other groups to start Fire Drill Fridays in Washington D.C. to tackle our climate crisis. Learn more here:

<https://www.greenpeace.org/usa/take-action/>

Fun Food Fact

The earth freely provides food for our sustenance, and when we work with the earth, we enable it to provide for all our needs. One simple food that grows well in more arid areas is the lentil, which offers hope for areas suffering from climate change. One cup of cooked lentils provides 20 grams of protein as well as zinc, iron, fiber, and many other nutrients. India, Turkey, and Canada are the largest producers of lentils.

Check out this beautiful message for 2020 on YouTube from Dr. Vandana Shiva at her farm in India. <https://www.youtube.com/watch?v=DV4H-Pu4qYE> "Let's sow the seeds of love."



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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.

- February 11: **Cry The Beloved Country**, Alan Paton
- March 10: **Love You Hard**, Abby Maslin

For information: marlar@wordshard.com

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



Chosen Times: The Liturgical Jewish Year

A three-session course with Rabbi Richard Plavin, Ed.D., Rabbi Emeritus, Temple Beth Sholom B'nai Israel

Thursday Afternoons, February 13, 20 and 27, 4:00 to 5:30

In the main meeting room at UUS:E

Rabbi Richard Plavin will provide an overview of the year as practiced and experienced in the Jewish religion. The instruction will deal with rituals and the values they promote. Topics include:

- How the calendar works and the Sabbath
- The Days of Awe: Rosh HaShanah and Yom Kippur
- The Three Pilgrimage Festivals: Pesach, Shavuot and Succot
- The minor Biblical and post Biblical festivals and fast days, including those instituted in the 20th Century.

This course is offered free of charge. Participants will be asked to pay a small materials fee.

To register, or for more information, contact the Unitarian Universalist Society: East office at 860-646-5151. Need childcare? Let us know that too!



Books, Classes and Discussions

continued



Yoga News

Come enjoy yoga at UUS:E!

The current yoga session with Susan Barlow is January 15 – March 4, 11:00 AM – 12 noon, weather permitting. The current yoga session with Jessica DeCarli is January 27 – March 16, 5:45 – 6:45 PM.

If the weather is stormy, email the instructor, or phone the church office, 860-646-5151.

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!

\$6 drop-in fee or \$40 for the eight-week session. If the fee is an issue, please contact Linda Rohlfis at rohlfis26@comcast.net or at 860-872-2526.

You can register with, and direct questions to:

- Jessica at jess.decarli@gmail.com,
- Susan at SBarlow627@aol.com, or
- Annie Annie at the church office, 860-646-5151

To read about their classes, visit UUSE.org.

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



Mahjong

Do you play American Mahjong and have your own set? Anne Vogel is looking for someone to assist her in teaching American Mahjong as an Adult Ed activity at UUS:E. If you are interested, please contact Anne at 860-644-0272 or vogel212@cox.net.



A New Kirtan Experience for Valentine's Day!

Friday, February 14, 7:00 PM

This Valentine's Day join us in the UUS:E meeting room for a unique musical experience with Swan Kirtan. Led by internationally acclaimed, Ashok Nalamalapu, the group draws from global musical traditions, offering a universal message of love, devotion and unity. Ashok leads multifaith devotional chants, singing in the traditional Indian Raga style and playing the harmonium. He has led festivals California to Maryland to Maine, and kirtans for colleges, temples and other centers throughout India, the US, and Spain. Through Swan Kirtan chants, let yourself shift into a sense of calm and inner peace. Join us for this wonderful start of our 2020 Kirtan season.

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. For more information about Ashok Nalamalapu and Swan Kirtan, visit www.swankirtan.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.



Emergency Preparedness #A

#A *EXERCISES*

Our newly created Emergency Operations Plan defines actions to be taken when a critical situation occurs on the property. But the plan is useless unless people know what to do!

DID YOU KNOW?

When an emergency strikes, no one will know where the plan is located! How do we use the plan if we can't find it? Training, yes, but did you know there is a better way to learn than by listening to a boring lecture?...**Exercises!**

DO YOU KNOW WHEN THERE IS A MEDICAL EMERGENCY...

Do you remember when you first learned to drive a car? No one would think of taking a driver's test after just reading an instruction manual. You take driving lessons.

We will now shift our training in the Emergency Response Plan by using exercises. The goal is to have 80% of more of the members receive this training in the months ahead. There will be multiple opportunities offered.

- Tabletop Exercises—where a group talks through responses to scenarios. Time is allowed for discussion and the plan is used to explore alternatives.
- Functional Exercises—responses are acted out without looking at the plan. No one can make a mistake because guidance will be provided along the way.

Exercises can be fun! They also will save lives and reduce the risks of property damage. Come join!

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>

Newsletter Deadline:
The 20th of Each Month

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