

# 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.

Editor's Note: due to COVID-19 precautions, UUS:E has closed the Meetinghouse for all activities. Only staff members will enter the building until further notice.

Check our website and watch for email eblast notices for updates. <http://uuse.org>

Follow us on Twitter @uuseast. Check out #uuseast.  
Find us on Facebook at /UUSEast.



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## Sunday Services Schedule

June Ministry Theme: Play

In June we continue to hold one virtual worship service every Sunday morning at 10:00 AM, with the exception of June 28 when we are all encouraged to view the Unitarian Universalist Association General Assembly Sunday worship (information below). For the time being our Sunday services will be held using Zoom. For now, Zoom login and call-in information will be shared through the congregational eblast. If you are not subscribed to the congregational eblast, please send a message to [e-news@uuse.org](mailto:e-news@uuse.org) or contact Annie Gentile in the UUS:E office to arrange another method of receiving relevant information.

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### June 7: "On Universals and Particulars."

"Is there a universal morality?" That was the question UUS:E member Michael York asked after purchasing a sermon at the 2019 goods and services auction. We'll learn what Michael's answer is, and we'll learn what Rev. Josh has to say about it in light of the moral questions generated by the coronavirus pandemic.

**Coordinator:** Rev. Josh Pawelek. (Note: this service was originally scheduled for this past February but needed to be postponed.)

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### June 14: "Religious Education Sunday."

Although this year's Religious Education program has been interrupted by a global pandemic, we still have plenty to celebrate! Join us this morning for a virtual version of our annual RE Sunday worship service as we review the highlights of this year's program and show our gratitude to the awesome volunteers whose energy and dedication make it all possible.

**Coordinator:** Gina Campellone

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### June 21: "Summing it Up ... or Not."

Rev. Josh's last sermon of the 2019 – 2020 congregational year. He'll reflect on our collective experience of the coronavirus pandemic, and imagine what our congregational life will look like in the coming year.

**Coordinator:** Rev. Josh Pawelek

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### June 28: "General Assembly Worship."

In lieu of our regular Zoom service, all UUS:E members and friends are invited to watch the Unitarian Universalist Association General Assembly worship. This powerful, communal worship

experience will stream on <http://uua.org/ga>, Sunday, June 28, 2020 at 10:00 AM. All are welcome.

More information about the UUA General Assembly service:

- It will include a collection for the Tomaquag Museum, an indigenous museum featuring an extensive collection and archive of Southern New England tribal communities.
- It will feature a sermon delivered by the Rev. Joan Javier-Duval, minister of the Unitarian Church of Montpelier, VT. She is the daughter of immigrants from the Philippines, mother of a kindergartener, and spouse of a proud Vermonter. Beauty, gratitude, and love are at the heart of her faithful striving for collective liberation and a thriving planet.
- It will also feature contributions from the Rev. Mykal O'Neal Slack. Rev. Slack is currently the Community Minister for Worship and Spiritual Care for Black Lives of Unitarian Universalism, an organization and growing spiritual community committed to supporting Black folx in our faith; and a co-founder of the Transforming Hearts Collective, a ministry that supports spaces for LGBTQ people to access resilience, healing, and spirituality. He is a husband and father from the South, committed to healing and truth-telling, as well as community accountability and care.
- It will feature a variety of musical pieces under the direction of Benjie Messer. Mr. Messer currently serves as Music Director at the UU Congregation of Phoenix and has just completed the UUA Music Leadership Certification Program. His goal in this year's virtual GA is to share the beauty and joy being created by the wonderful musicians throughout our faith. Benjie's musical experience includes leading a New Orleans brass band, arranging for a digital music start-up, composing for film and media, teaching at every level from preschool through college, and now, like so many staff musicians, leading online rehearsals via conference call.



## Sunday Services, continued

### July 5: "Pandemic Patriotism."

As we celebrate July 4, 2020, amidst the persistent pandemic, we are challenged to rethink the meaning of patriotism in times of deep community stress.

**Coordinator:** Lorry King

## 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

## Community Outreach Ministry

Charitable Giving for June 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, the recipient of fifty percent of our Sunday plate collections for the month of June will go to one or more organizations dedicated to mitigating food insecurity in our region.

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

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

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

## Get Connected!

with UUS:E on the Web

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

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

**FACEBOOK!** UUS:E has two Facebook pages where members and friends can share all things UUS:E. Our main site is [www.facebook.com/UUSEast](http://www.facebook.com/UUSEast). You can find out what's going on at UUS:E here. And please share our events 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](mailto:cmarion333@gmail.com).

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

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

**Weekly eblast** – To sign up, look for the button near the top-right at [uuse.org](http://uuse.org):



Send submissions to [SBarlow627@aol.com](mailto:SBarlow627@aol.com)

## The Minister's Column: Hallelujah!

Dear Ones:

As many of you know by now, the Unitarian Universalist Association is recommending that congregations be prepared to refrain from in-person gatherings for another year—May of 2021. While this may seem extreme to some, this guidance is grounded in a deep concern for the most vulnerable members of our congregations, as well as in the wider community. As I have said elsewhere, this guidance is not definitive for us. That is, we need to make our own reopening decisions based on the best data we can find for conditions in our geographical region. Nevertheless, in the very least, we need to take the UUA guidance seriously, and we need to be prepared for a long, physical absence from each other, even as Connecticut and the rest of the nation reopens businesses and other entities.

Given the high likelihood that we will be continuing as a virtual community for the rest of 2020, I have a few questions for you to consider. I would love to get your feedback. You can email me at [minister@uuse.org](mailto:minister@uuse.org) or give a call at my home office, 860-652-8961.

First, regarding the UUA statement on reopening, I've heard two kinds of responses so far from UUS:E members. One is an expression of sadness and grief that our separation may last so long. The other is an expression of gratitude for a very wise and ethically grounded statement. But there may be other responses. If you haven't had a chance to read the statement, you can find it on the UUA website at [https://www.uua.org/safe/pandemics/gathering-guidance?fbclid=IwAR1Va37FGZ\\_FhtQIBR0Q4dXn3n0AyjbHCvP-d\\_t5VCuJadvOCoh97S8X-fY](https://www.uua.org/safe/pandemics/gathering-guidance?fbclid=IwAR1Va37FGZ_FhtQIBR0Q4dXn3n0AyjbHCvP-d_t5VCuJadvOCoh97S8X-fY).

Second, do you feel you are aware of the various online events we are holding at UUS:E? The primary vehicle for learning about events is our eblast, which comes out on Wednesday mornings and Saturday afternoons, along with some special announcements at other times. You also might be learning about events from reading Gina Campellone's eblasts to the RE families, reading this newsletter, viewing the UUS:E website, or following us on Facebook and Instagram. My main

concern is that you are getting the information you need to connect to events. If not, please let me know!

Third, beyond Sunday morning, are you finding at least one other way to connect with UUS:E on a weekly or monthly basis? If not, is there some kind of program or small group activity that you would like to see us offering? Please send me your ideas. I can't promise that we can do everything, but I can promise that we will try! (I can also promise that if you have a great idea, I will likely ask you to help make it happen!)

Finally, given that we are likely going to be continuing with virtual church into the fall, and possibly well into 2021 (sobering, sad, I know), how are you feeling? What should we be thinking about in terms of keeping people connected? What should we be doing to make sure UUS:E continues to meet you where you are in the middle of a global pandemic?

Again, I welcome hearing from you with your responses to these questions. We've got a lot of planning to do for the fall, and your responses will help us make sure we are doing everything we can to maintain our beloved, spiritual community.

With love,

—Rev. Josh



## Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

I am writing this from my back yard, sitting on the patio, laptop battery fully charged. The sun is shining, the breeze is warm and gentle, and my ears are filled with birdsong and the chatter of squirrels. It's practically idyllic. And yet, I miss terribly my cozy, cheerful little Garden Level office at UUS:E. I miss the colorful collage painted on the wall opposite my desk, the bamboo plant in the kitchen, even the ants and crickets that inevitably make their way into the building this time of year. (Okay, that's a bit of a stretch. I don't actually miss the insects.) But mostly I miss people. I miss my colleagues. I miss the children, the parents, and the elders. I miss my faith community. I miss hugs.

This is by far the strangest, most surreal time I (and probably many of us) have ever lived through. I have to admit, I'm finding some days harder than others. The UUA recommendation that we be prepared to continue virtual programming through May of 2021 is heartbreaking, and yet I support the recommendation fully, and wholeheartedly believe that we must do everything in our power to protect the most vulnerable.

Soon the Religious Education Committee and I will begin reimagining what a virtual RE program might look like as we plan for next year. We know that nothing can compare to worshipping, learning, and growing together in community. However, we are confident that we can find ways to adapt and continue to offer our children and youth opportunities to explore their faith, experience multigenerational friendships, and grow in mind, body, and spirit. Our RE focus will surely prioritize connection over content, and the fostering of UU identity formation. More to come!

Before we move on to planning the logistics of a new program, I think it's important to first

allow ourselves some time and space to process all that has happened thus far, and to hold one another's hearts as we grieve what we have lost. Only then can we begin to embrace silver linings and fully turn our attention to what comes next.

And we certainly cannot let this church year come to a close without our annual RE Sunday service, in which we celebrate our Religious Education program, reflect on all that's been learned and experienced over the past year, and of course express our gratitude to the dedicated volunteers who make it all possible. Please be sure to join us at our first ever virtual Religious Education Sunday worship service at 10 AM on June 14!

With love,

Gina



## Membership News

Greetings from the Membership Committee!



The UUS:E Membership Committee would like to express our gratitude and joy at welcoming 24 New Members from February, 2019 through March, 2020. So many new talents and skills have enhanced our Fellowship immensely.

A big Thank You to all of you who have helped us by volunteering for events and for help with Hospitality, Welcoming Visitors and being one of our Greeters. We couldn't have done it without you!

If you would like to help out, but maybe hesitant to do so, please let our committee know—not only is it easy, but also FUN, too! Please contact any of our members if you'd like to be involved.

### The Committee

Sylvia Ounpuu-Adams, Susan Barlow, Gail Crook, Carolyn Gimbrone, Louisa Graver, Jacquie Heintz, Jennifer Klee, Edie Lacey, Kathy Lee, Betsy Nelson.

We wish you a safe and happy summer!

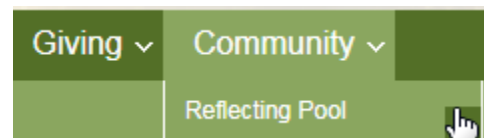


## Reflecting Pool

Welcome to the UUS:E Reflecting Pool, a quiet place where members and friends, including children, are invited to share their personal written observations, experience, concerns, thoughts, and meditations during these unsettled times. We hope that this will be one more way to draw strength and inspiration from one another, to remain connected, and to learn what is on our minds and in our hearts. There are a few simple guidelines:

- Contributions are personal statements, not words from others, editorial commentaries, or comments best posted on social media.
- Each piece should be about 500 words or less, include a very short title, the author's name, date, and (optional), an email address.
- Contributions to the Reflecting Pool invite direct contact between reader and writer, but are not meant to generate a public string of online dialogue.
- Please send contributions to Marsha Howland ([marshahowland13@gmail.com](mailto:marshahowland13@gmail.com)) who will review for grammar and typos (but not content) prior to posting to the Reflecting Pool site.

Please take a moment to read the contributions that have already been posted by going to the UUS:E homepage and locating the Reflecting Pool link.



## Books, Classes, and Discussions

Adult Religious Education

### Two Workshops on Spiritual Practices

to Sustain Us Through Pandemic

All are welcome!

#### Awakening the Heart: Compassion Practices for Challenging Times

Friday, June 5 at 10:00 AM, with Penny Field

Join Penny Field for a free 1-hour Zoom workshop on how to bring compassion practices into your life. Penny will share some of the teachings of several spiritual and scientific leaders in the field of compassion and the workshop will be highly experiential. Please make sure you have updated to Zoom 5.0 and please preregister for the workshop.

Registration information will be in the regular Wednesday and Saturday UUS:E eblasts. You can also contact Annie Gentile in the UUS:E office for registration information.

#### Mindfulness and Metta: Staying Grounded in the Midst of Pandemic

Monday, June 15 at 10:30 AM, with Peter Oliver and Stefanie Toise

COVID-19 has profoundly affected day-to-day life as we know it. Furthermore, we now continue into an uncertain future. In this experiential, one-hour workshop led by Peter Oliver and Stefanie Toise, participants will be introduced to two interrelated concepts and practices that support wellness: Mindfulness and Metta (or loving kindness) meditation. Mindfulness has been defined as purposeful moment-to-moment awareness of one's experiences not with judgment, but with an attitude of curiosity and affection. Metta is a form of meditation that expresses positive, loving energy and compassion toward self and others. No prior experience with meditation is required. Participants are encouraged to join the workshop from a quiet and peaceful setting. The workshop should last approximately 1 hour.

Peter Oliver is a member of UUS:E along with his wife, Laura Dunleavy, and their son, Kyle. A devout student of yoga, meditation and the healing arts, Peter received foundational training in mindfulness-based stress reduction at the Center for Mindfulness at UMass Medical Center. Peter has also been teaching full time for over 30 years as a university professor.

Dr. Stefanie C.F. Toise, a healthcare consultant for over three decades, has designed and evaluated Integrative Medicine programs both nationally and internationally. Her research and clinical work have been instrumental in establishing Integrative Medicine modalities which result in sustainable health behavioral change. Dr. Toise has been a practicing yoga therapist for over twenty years and practicing meditator for over 45 years. She comes to UUS:E through her connection with the Rev. Drew Moeller.

Registration information will be in the regular Wednesday and Saturday UUS:E eblasts. You can also contact Annie Gentile in the UUS:E office for registration information.

### Book Lovers

The Book Lovers will meet on Tuesday, June 9, at 3:30 on Zoom. We will discuss **The Plague** by Albert Camus. Previously announced **Where the Crawdads Sing** may be in July or later. Martha will send the NEW sign in information. Future books will be chosen one month at a time until the libraries are open.

For information: [marlar@wordshard.com](mailto:marlar@wordshard.com)

### Yoga News

Yoga during the Coronavirus

Due to the coronavirus, yoga classes will be temporarily canceled. Susan's session, March 11 – April 29, 11 AM – 12 noon, met March 11. When classes resume, seven classes remain in that session.

Jessica DeCarli's last session should have ended March 16. Due to the virus, that March 16 class was canceled. When classes resume, students will have one remaining class from that session.

**Jessica is teaching an online yoga class. Interested students may contact her at [jess.decarli@gmail.com](mailto:jess.decarli@gmail.com)**

You can contact and direct questions to:

- Jessica at [jess.decarli@gmail.com](mailto:jess.decarli@gmail.com),
- Susan at [SBarlow627@aol.com](mailto:SBarlow627@aol.com), or
- Annie Annie at the church office, 860-646-5151

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

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

## Musical Oasis

Every Wednesday at 2:30 PM

Feeling disconnected? Out of sorts? Come to the UUS:E virtual concert series, "Musical Oasis." UUS:E Music Director, Mary Bopp, will bring healing and inspiring piano music designed to nourish, delight and excite the soul. AND in the coming weeks she will be welcoming favorite musical guests familiar to us at UUS:E.

## Litha / Midsummer Ritual

Join the UUS:E Pagan Study Group

Sunday June 21, 6:00 via Zoom

All are Welcome!



As our lives take on unusual changes, please join us as we adapt and celebrate Litha, or Midsummer, via Zoom. Peggy Gagne will host by casting a circle at her own altar and include in her circle all who wish to join the celebration as the Wheel of the Year turns. We will have a little history, a ritual to bring us closer, hopefully some songs as well as perhaps a chance to reflect on how we have grown, along with the young god, in these very different times.

Please plan on having a small snack and drink of some kind on hand so we can all share in cakes and ale.

The Zoom link will be published in the weekly eblast.

## Fraud Watch

UUS:E Pastoral Friends Committee recommends this AARP CT Webinar. Registration is free and open to people of all ages. Please register at the address listed in the following write-up.

June 17, 2020 at 1 PM **AARP Fraud Watch Network—The Con Artist Playbook:** Offers insights into the psychology behind ID theft, fraud and scams through actual testimony of scammers, insights and advice. Participants will walk away armed with the tools they need to keep themselves and their families safe.

<https://aarp.cvent.com/June17Fraud>

## Please Help

The Sunday Services Committee has read the UUA Guidelines which include the "strong recommendation that congregations plan for ongoing virtual gathering and operations through May 2021." While it is possible that UUS:E might be partially open sooner, it's also possible that virtual services will need to continue beyond May of 2021. In any case, the Sunday Services Committee will be planning and presenting MANY virtual services.

Our professional staff have been/will be involved in ALL the services from March 15 through June 21. (As opposed to our normal Shared Ministry model where Josh has about 2 Sundays a month out of the pulpit.) Josh, Gina, Mary and Jane all have vacation time coming this summer, which means that Committee members will have to do the technical things that Josh and Jane have been doing as well as providing content, speakers etc. We are asking you, the members and friends of UUS:E, to seriously consider helping. We always welcome new members with new ideas and talents, and are particularly in need of people who are computer savvy, familiar with Zoom, or able to use another system if we should choose to migrate to a platform other than Zoom. If you can't be a full contributing member but would be willing to use your technological skills, without having to plan or present content, that would also be appreciated.

If you think you can help, please contact co-chairs Marsha Howland and Martha Larson. Thank you.



## Thank You to Stewards

Dear Beloved Community,

This has been a pledge drive unlike any we have experienced. There have been lessons learned and exciting new opportunities in this time that has also brought hardship and pain. The Stewardship Committee would like to take this opportunity to extend our most heartfelt gratitude to each person who chose to be a steward this year. Stewarding this year may not have been the experience they expected, but each steward, whether a potluck host or personal steward, rose to the occasion and made our Annual Appeal an effort to be proud of, especially in light of the challenges they faced. Please read carefully the list of stewards below. It is likely that one of these people reached out to you personally, but please know that they have all contributed selflessly to "Building Beloved Community Through Generosity."

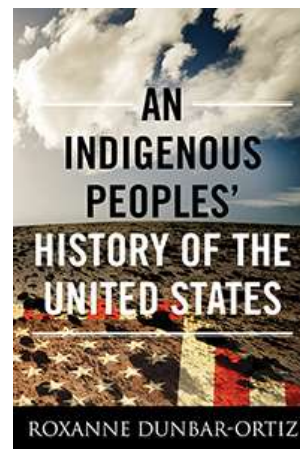
With love and appreciation,  
The Stewardship Committee

- |                          |                      |
|--------------------------|----------------------|
| • Kathy Ayers            | • Kate Kimmerle      |
| • Alan Ayers             | • Bob Knapp          |
| • Susan Barlow           | • David Lacoss       |
| • Al Benford             | • Martha Larson      |
| • Susan Bosworth         | • Kathy Lee          |
| • Jason Corsa            | • Nancy Madar        |
| • Gail Crook             | • Sue McMillen       |
| • Kathleen Eaton Robb    | • Lesley Schurmann   |
| • Sham Elshaks           | • Laurie Semprebon   |
| • David Garnes           | • David Sherman      |
| • Bill Graver            | • Michelle Spadacini |
| • Mary Ann Handley       | • Robin Starkel      |
| • Janet Heller           | • Randy Stewart      |
| • Bob Hewey              | • Rob Stolzman       |
| • Desiree Holian-Borgnis | • Mary Ellen Vigeant |
| • Sharon Huber           | • Anne Vogel         |
| • Beth Hudson-Hankins    | • Eric Vogel         |
| • Donna Johnson          | • Jean Wahlstrom     |
| • Sandy Johnson          | • Peggy Webbe        |
| • Sarah Karstaedt        | • Dave Webbe         |

## Book Discussion

### **An Indigenous Peoples' History of the United States**

by Roxanne Dunbar-Ortiz



Introductory session, Tuesday, June 16 at 7:00 PM  
Roxanne Dunbar-Ortiz' 2014 Beacon Press title, **An Indigenous Peoples' History of the United States**, was selected as the 2019 – 2020 Unitarian Universalist Association "Common Read." As such, the UUS:E Social Justice / Anti-Oppression Committee is hosting a multi-session book discussion. The introductory session is scheduled for Tuesday evening, June 16 at 7:00 PM by Zoom. The expectation is that participants will read the entire book during the summer months, and we will reconvene for more in-depth discussion in the fall. (For login information, contact Rev. Josh Pawelek at [minister@uuse.org](mailto:minister@uuse.org) or watch for announcements in the regular UUS:E eblasts.)

In **An Indigenous Peoples' History of the United States**, Dunbar-Ortiz offers a history of the United States from the perspective of Indigenous peoples and reveals how Native Americans, for centuries, actively resisted expansion of the US empire. Spanning more than four hundred years, this classic bottom-up peoples' history radically reframes US history and explodes the silences that have haunted our national narrative.

Purchase **An Indigenous Peoples' History of the United States** through the UUA bookstore, InSpirit at <https://www.uuabookstore.org/An-Indigenous-Peoples-History-of-the-United-States-P17699.aspx>. If you require financial assistance in making this purchase, please contact Rev. Josh at [minister@uuse.org](mailto:minister@uuse.org).

## Green Sanctuary News

### Library of Things

The UUS:E Library of Things is up and running! While projects may be on hold for the moment due to social distancing, you can still peruse our database to find out what's available for the future. However, you're welcome to proceed with caution if you're comfortable doing so (and electric hair clippers ARE available for those who are daring!). If you're interested in becoming a borrower or lender of household items, sign up, fill out the simple form, and start planning. Anyone can participate, and the cost is FREE! The LoT can help save money, reduce our congregation's impact on the environment, and build community among our members and friends. To learn more, go to <http://uuse.org/sustainable-living/LoT/>.

### Citizens' Climate Lobby Update

The Greater Hartford chapter of Citizens' Climate Lobby (CCL) meets every second Sunday from 2:00 to 4:00 at the Unitarian Society of Hartford or virtually via Zoom. To celebrate Earth Day, CCL held a virtual conference on April 25 featuring guest speaker, Dr. Katharine Hayhoe, an atmospheric scientist at Texas Tech University and director of the Climate Science Center. Our chapter members will participate in the virtual CCL Conference (June 13 and 14) and Lobby Day meetings set up with members of Congress. For more Greater Hartford Chapter info contact [janet.heller@snet.net](mailto:janet.heller@snet.net). Register for the virtual national conference at <https://citizensclimatelobby.org/2020-june-conference/>

### Trinity Solar Update

Trinity Solar has increased their referral donation to \$1,500! If you haven't made your appointment yet but are still curious about installing solar on your home, now is the time to find out how. UUS:E receives a \$100 donation from Trinity Solar for each appointment, and if you decide to install solar, the church now gets \$1,500! So go ahead and make that appointment! Contact David Luchetti at [David.Luchetti@trinity-solar.com](mailto:David.Luchetti@trinity-solar.com).

### Peas & Love Community Garden

We kicked off the season with our Spring Planting Day on Sunday, April 19. Six of us donned gloves and masks and practiced safe, social distancing while spreading compost and planting peas,

carrots, kale, chard, and kohlrabi. If you're in the area and interested in helping our garden grow (watering, weeding, etc.), contact Mary Lawrence at [wellonwheels@hotmail.com](mailto:wellonwheels@hotmail.com) or 860-985-1645 for more info.

### Farm System Reform Act (S 3221/HR 6718)

Animal agribusiness has a devastating impact on the environment, including air, water, and land pollution, desertification, deforestation, and species extinction. Sen. Cory Booker recently introduced legislation that would place a moratorium on factory farms/CAFOs and restore mandatory country-of-origin labeling requirements on meat. This legislation would crack down on monopolistic practices and provide aid for family farmers. More information can be found here:

<https://www.booker.senate.gov/news/press/booker-unveils-bill-to-reform-farm-system>

### Plant-Based Cooking Webinar

Because of the concern about food safety, the health of our planet, as well as our own health, more and more people are choosing a plant-based diet. But inevitably questions follow.... where do you get your protein? What about calcium and iron? What foods will boost my immune system? All of these questions and more will be addressed in this free webinar on Wednesday, May 27, 6:00 – 7:00 PM. This webinar will teach the basics of a whole foods, plant-based diet for optimum health and nutrition. To RSVP, visit <https://www.wellonwheels.com/events-1/plant-based-cooking-for-optimal-health-nutrition-2>

**FUN FOOD FACT:** Patrick Brown, founder and CEO of the plant-based meat company Impossible Foods, was recently featured in Forbes.com where he stated that his mission is to displace the \$1.5 trillion meat industry with plant-based meats in 15 years, not because it is more virtuous, but because it's affordable, more nutritious, and more delicious. Environmentally speaking, "Plant-based meats could produce as much meat as the animal-based industry using only 4 percent of the land area. Restoring the biomass of all that land is an opportunity to mitigate climate change and restore the planet's collapsing biodiversity."

**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](mailto:uuseoffice@uuse.org)

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

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