

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
Thoughts From the Leadership Retreat	7
Trunk or Treat	7
New Fundraisers at UUS:E!	8
Shared Ministry and You	8
Calling all Canners!	9
Calling All Singers!	9
Music Salon	9
A Special UUS:E 50 th Anniversary Benefit Concert!	9
Free at Last Players	10
Greater Hartford Interfaith Action Alliance (GHIAA)	10
Care Packages	10
Books, Classes and Discussions	13
Science and Religion	13
Community Drum Circle	13
Book Lovers	13
UU Buddhists	13
Women’s Sacred Singing Circle	13
Yoga News	13
Celebrate Life with Shakti’s Light	14
Books, Classes and Discussions	14
Gong Journeys:	14
Get Connected! with UUS:E on the Web	15
Green Sanctuary News	15
Honoring the Past, Envisioning the Future	16



Sunday Services Schedule

October Ministry Theme: Belonging
Services at 9:00 and 11:00 AM

October 6: "Turning Points."

Today's service is another this year to recognize and celebrate our 50th anniversary. It will highlight some important decisions that our congregation made, which have significantly shaped the character of our UUS:E today.

Speakers: David Garnes and Sylvia Ounpuu

Coordinator: Nancy Madar

October 13: "Beloved Community."

So often, the term "beloved community" is used to describe an ideal state we are working toward as a faith community. But describing that ideal state can easily distract us from the actual work of being "beloved community." What is that actual work?

Coordinator: Rev. Josh Pawelek

October 20: "Lessons from Away"

What we learn from visiting new places. Rose was in Puerto Rico over the summer, when the governor was removed.

Speakers: Lynn Dove and Rose Reyes

Coordinator: Beth Hudson-Hankins

October 27: "Ancestor Day."

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

Coordinators: Members of the UUS:E Pagan Study Group, Gina Campellone, Mary Bopp, Rev. Josh Pawelek

November 3: "Living On."

As our biological families may leave us bequests, our beloved community at UUS:E has left us bequests, too. We will hear the stories of some of our spiritual UUS:E ancestors and gain some insight into ways in which their gifts help us continue on. With all their ordinariness, their example, their humanity, these ancestors live on in this, our beloved community.

Presenter: Jean A. Lebutis

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 October 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 October will go to **Free at Last Players**.

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

Please contact Louisa Graver at lgraver163@gmail.com, 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!

The Minister's Column: Hallelujah!

Dear Ones:

Our ministry theme for October is **belonging**. Consider this set of questions from the 20th-century Quaker teacher, Douglas Steere:

The ancient question, "Who am I?" inevitably leads to a deeper one: "Whose am I?"—because there is no identity outside of relationship. You cannot be a person by yourself. To ask "Whose am I" is to extend the question far beyond the little self-absorbed self, and wonder: Who needs you? Who loves you? To whom are you accountable? To whom do you answer? Whose life is altered by your choices? With whose life is your own bound up, inextricably, in obvious or invisible ways?

Steere's premise is correct: "You cannot be a person by yourself." Yet my sense is our larger society invites us more often than not to respond only to the question "Who am I?" as opposed to "Whose am I?" I feel this most poignantly right now as my high school senior goes through the process of applying to colleges. The fundamental question he is invited to answer in this process is "Who am I?" Similarly with any effort to find a job these days: Who am I? What value do I bring to this workplace? And certainly with the rise of social media over the last decade, people have more and more opportunities to broadcast to the world their answer to the question, "Who am I?"—their brand, their unique version of self, etc. Even in Unitarian Universalism we focus on this question. We contend that each person is free to choose their own spiritual path, their own beliefs. We build our own theology. "Who am I?"

To be sure, it is a good thing to know who we are. But if we only focus on knowing who we are, we risk forgetting where we are from, what forces have shaped us, and how various communities hold us, support us, and send us forth into the world. We risk forgetting whose we are. So, I'd like to suggest an exercise for the month of October.

Notice how often you are encouraged to answer the question "who am I?" vs. how often you are encouraged to answer the question "whose am I?" "Who am I" questions will have to do with being your best self, or speaking your truth, or sharing what you are passionate about.

"Who am I" questions will have to do with you as a unique individual. But "Whose am I" questions will attempt to understand you as a member of groups—family, neighborhood, town/city, church, etc. These questions will sound more like Steere's questions: Who needs you? Who loves you? To whom are you accountable? To whom do you answer? Whose life is altered by your choices? With whose life is your own bound up, inextricably, in obvious or invisible ways?

Please let me know what you learn from engaging in this exercise. I suspect we aren't invited to answer the "Whose am I" questions enough. That is, we aren't invited to reflect on and share with others the deeper, interconnected parts of ourselves. And yet we need to be in touch with these parts of ourselves. We need to have the "Whose we are" questions in our lives, because we have no life without them. You cannot be a person by yourself.

As UU's we are well-practiced at asking "Who we are." But we need to work on "Whose we are." We do have answers to this question: we belong to the Earth. We belong to Nature. We belong to the divine. We belong to spirit of life. We belong to our wider community. And, perhaps most importantly, we belong to each other. Whose are you?

Amen and blessed be.

With love,
—Rev. Josh

Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

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

- Belonging to a history, the practice of making sure no one gets left out of the story
- Belonging to yourself, the practice of knowing who you are
- Belonging to Big Things, the practice of opening to the Interdependent Web and understanding that we all belong to one another

We will explore these concepts of belonging through stories, guided meditations, and creative exercises. Each week in the RE Update and in the RE Families Facebook group I will include links for books, YouTube videos, and other resources that might be useful in further exploring the concept of belonging with your child at home. (Remember, religious education is not limited to Sunday mornings! In fact, parents are actually a child's first and best religious educators. Religious education can take place all week long, in any location, and at any time. Dinner time conversations, bed time stories and songs, and discussions in the car on the way to soccer practice or dance lessons are all opportunities to explore religion and spirituality!)

I encourage all of you to explore the idea of belonging, too. In what ways does UUS:E feel like a place of belonging to you? Are there ways in which you sometimes feel as though you don't belong? Does our community welcome everyone in a way that allows all to feel a sense of belonging here? How might we do a better job centering the voices and experiences of those who are oppressed and often silenced?

Sometimes the first step in belonging is engagement! If you're looking for opportunities to become more involved in the life of the UUS:E community, there's no shortage of engaging, enriching activities being offered this year. In fact, there are quite a few offerings coming right up in October. Check out the possibilities below and see if any are of interest to you.

- **Care Packages for our Young Adults;** Through October 13 the Youth Group is collecting items to make up care packages for the young adults of our congregation who are away at school or pursuing other post high school adventures. Donations of tea, snack bars, hot chocolate, inspirational notes, and other goodies can be dropped in the collection box in the lobby. Monetary donations to help offset the cost of postage are also welcome!
- **RE Harvest Brunch;** Sunday, 10/20, 10:15 AM Join us on the Garden Level between services for a multi-generational potluck brunch. Please bring a dish or baked good to share!
- **Trunk or Treat;** Saturday, 10/26, 6:00-8:00 PM Adults come "trick out" your car trunk and kids come collect some yummy treats! Afterward we'll go inside for refreshments and a not-too-scary movie.
- **Ancestor Day Multigenerational Worship Service,** 10/27 at 9 & 11 AM, followed by Trick or Treating for UNICEF. Feel free to come in costume & bring coins for the UNICEF collection boxes.

Wishing you an abundance of blessings this fall!

Be well & be loved,
Gina



Membership News



Greetings from the Membership Committee!

We have many new visitors each and every month, and thank you for reaching out to new folks.

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

Coming Up:

UUS:E New Member Sunday, September 29

Intro to UU, November 3, 12:45 – 4 PM

UUS:E New Member Sunday, November 24

Sunday Mornings

Part of our committee's work centers around Sunday Mornings. It takes an army of volunteers to do all that we need to do. For those of you who would like to start, or broaden, your relationships within UUS:E....Please let us suggest....



Hospitality

It's really nice to have a cup of coffee or tea after the service, isn't it? Serving refreshments during coffee hour is a great way to meet everyone in our community, and it is **fun**. The crew in the kitchen has a good time. 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 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 comradery and a great time!.

The Committee

Are you interested in joining our busy committee? We'd love to have you! Talk to Edie Lacey (chair), (edielacey1@gmail.com) or any committee member: Jennifer Klee, Gail Crook, Louisa Graver, Jackie Heintz, Susan Barlow, Betsy Nelson, and Kathi Lee.

Thoughts From the Leadership Retreat

Anne Carr

On Saturday September 14, many UUS:E Leaders—both elected and appointed—met all day to discuss the future of our beloved community, as well as trends within Unitarian Universalism. The leadership retreat is an annual event sometimes onsite and in other years at a retreat center. This year we stayed home. The Nominating and Leadership Development Committee (NLDC) plans this annual event. We thank them for their efforts on our behalf.

This year's focus centered around leadership as a spiritual practice. Living our UU principles is a spiritual practice that enriches my life. Together, we considered the spiritual gifts we bring to our community. We all bring gifts, I give good hugs.

Rev. Josh, Rhona Cohen, David Luchetti, Azucena Minaya Llantoy, and Judi Durham shared their personal takeaways from attendance at a 3 day conference, Undoing Racism® by the New Orleans-based People's Institute for Survival and Beyond (PISAB). This workshop focuses on understanding what racism is, where it comes from, how it functions, why it persists, and how it can be undone. There will many opportunities this year for all of us to learn what it means to confront White Supremacy Culture.

In the afternoon, Stan McMillen and I led the group in a review of new Unitarian Universalist Association materials on Leadership as a Spiritual practice. We talked about turning the leadership pyramid upside down to insure our individual voices lead the way in the decisions we make as leaders. We considered the pros and cons of Roberts Rules and reviewed some alternatives.

We considered our future with the establishment of a Spiritual Plan as the current Strategic Plan sunsets this year. We reflected on the UUS:E Vision Statement: Unitarian Universalist Society: East will be home to a spiritually alive, richly diverse and growing congregation. We will send forth energy, spirit and strength into our beloved communities. We will love, be present to suffering, comfort, heal, bear witness to oppression, and boldly work toward social and environmental justice. How can we take this vision and build a Spiritual Plan? Those in attendance began to consider this question. In the near future, we will form an ad hoc group to begin

articulating this Plan. Please bring your passions to this group.

Community Conversation with the Policy Board

Please join us on Thursday, October 10 at 2 or 7 PM for our next Community Conversation with the Policy Board. This is an opportunity for you to share your perspectives on the spiritual health of our beloved community. The topics we seek to discuss at this event include: (1) An update on the Membership Coordinator staff position; (2) UUS:E Fundraising; (3) UUA General Assembly in Providence 2020; and (4) The Greater Hartford Interfaith Action Alliance. We want to hear your voices! Please join us for this Policy Board event.

Join us for UUS:E's Annual



Trunk or Treat

Saturday, October 26, 6:00 – 8:00PM

UUS:E Parking Lot & Sanctuary

It's October and that means Trunk or Treating at UUS:E! Kids of all ages are invited and encouraged to wear costumes. We need big kids (adults) to haunt their trunks while trick-or-treaters glide from car to car. From there it's inside to the sanctuary for spooky snacks and a (short) not-too-spooky movie. We need volunteers to "trick" out their trunks and pass out "treats"—adults do not need to be accompanied by a child for this event!

Bring treats to hand out, a bag for your child to use for gathering treats, and a (somewhat healthy?) snack to share inside. No nuts or peanuts please!

Volunteers can set up trunks in the parking lot between 5:00 & 6:00 (arrive no later than 5:45).

Be as creative as you want or keep it simple. Email Desiree (desiree.holian@gmail.com) or Tammy (tammystolzman@gmail.com) with questions or if you'd like to help. Or, just show up with your trunk and treats!

Can't wait to haunt the parking lot with you!

New Fundraisers at UUS:E!

UUS:E is planning to experiment with a few new fundraisers in the coming congregational year. Revenues from these fundraisers will add to our already successful Holiday Fair, Goods and Services Auction, Chocolate Auction, and Stop & Shop gift card sale. A list of new ideas appears below. Want to help out? We'd love to have your participation to make these fundraisers successful. Contact Rev. Josh at 860-646-5151 or minister@uuse.org if you'd like to help out with any of these efforts.

Restaurant Nights—Participating restaurants dedicate a portion of their sales on a dedicated night to UUS:E for every customer who mentions their affiliation with the congregation. Is there a local restaurant you love? Want to share it with your fellow congregants? Let us know.

Virtual Tagsale—Create a UUS:E page on E-Bay. You donate items to UUS:E. We sell 'em online. We're looking for people who know their way around E-Bay and who would be willing to teach others.

Pop-Up Kitchen—Local chefs from UUS:E or from the wider community prepare a meal in our commercial kitchen. Buy tickets to a sit-down dinner, or purchase a meal to go.

Vendor-Based Fair (Springtime)—Area vendors rent table space for a day from UUS:E. The best idea we've heard yet? "Animal Days." Local vendors who work with animals—dog-walkers, cat-sitters, groomers, trainers, kennels, pet stores, etc—spend a day at UUS:E introducing themselves, their services and their products to the wider community.

Niche Game Tournaments—Host a tournament for competitive games such as Scrabble, Chess, or even a popular video game. Participants pay a fee to enter. UUS:E splits the proceeds with the tournament winner.

Bring back the **UUS:E Plant Sale**—we have in-depth directions on how to run this popular fundraiser in mid-Spring. Brings in lots of people from outside the congregation.

There are more possibilities: craft nights, fine art sales, etc. And if you have any ideas for a cool new fundraiser, please contact Rev. Josh.

Shared Ministry and You

Shared ministry at UUS:E is unique. Services that are planned, coordinated and led by lay members bring great diversity to ideas and perspectives offered on Sunday mornings. Half of our services are the responsibility of the Sunday Services Committee, a group of volunteers who collaborate with Rev. Josh, Music Director Mary Bopp and Director of Religious Education Gina Campellone. The Sunday Services Committee is seeking to expand its membership in order to increase its diversity and bring new eyes, ears and spirits to our Sunday morning services.

We want you to consider joining us.

These are some things you need to know:

- Being a member of the Sunday Services Committee is intellectually challenging and spiritually rewarding.
- Teaming with the professional staff – Josh, Mary and Gina – is a great learning opportunity and a chance to get to know them better.
- Coordinating services can be challenging at first, but there is a Sunday services procedures manual, and veterans are always willing to provide mentorship.
- Serving on the Sunday Services Committee is an excellent way to make new, strong connections with other members of the congregation.
- Meetings are held at 7 PM on the second Tuesday of the month.

If you're interested in the possibility of joining the Sunday Services Committee, please contact one of the co-chairs, Martha Larson or Marsha Howland. They can provide more information and arrange for you to attend a meeting to see what it's all about.



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.

Calling All Singers!

Holiday choir rehearsals begin on October 23. That's right—every Wednesday night at 7:15 PM, starting on October 23, Holiday Choir will be in session. We will be getting ready for the Holiday Music Services: December 15 at 9 AM and 11 AM. There are no auditions; if you love to sing you are invited. For more information speak to UUS:E Music Director Mary Bopp, or any choir member.

Music Salon

UUS:E Main Meeting Room

Friday, September 27 at 6:30 PM

Friday, October 25 at 6:30 PM

- **Washboard Melody** on Friday, September 27. We play a variety of music, from serious to pure fun. This week we'll try out "The Washboard Melody."
- **Music Salon Unplugged** on Friday, October 25. 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.



A Special UUS:E 50th Anniversary Benefit Concert!

The Amuse Blues Jazz Trio returns with a relaxing late afternoon of jazz on Sunday, November 3rd, 2019, at 4 PM. Our own Paul Shumsky (guitarist), Ryan Ford (double bassist), and Steve Dauphinais (drummer), will bring their unique flavor to familiar numbers, performing an eclectic mix ranging from Cole Porter and Kurt Weill to Henry Mancini and Gabriel Faure.

About the players:

An eclectic guitarist, Paul Shumsky has performed at Boston Symphony Hall under the direction of Gunther Schuller; with the band, Wildest Dreams which he co-managed specializing in Afropop, Caribbean, funk and Brazilian styles and now, The Amuse Blues Jazz Trio playing his favorite music, improvisational jazz.

Ryan Ford, double bassist has performed at Carnegie Hall with the National Festival Orchestra under the baton of Lukas Foss and has attended over 10 summer sessions with legendary solo bassist, Gary Karr. He holds a Doctorate of Musical Arts Degree from the Hartt School.

Steve Dauphinais, drummer has performed with groups including the City Lights Jazz Orchestra, the Guinea Pigs, and Pop Omelette in styles including rock, folk-rock and jazz.

There is a suggested donation of \$15, no one is turned away.

Free at Last Players

Promise & Possibility

Sunday, October 13, at 1 PM at UUS:E

Shining a light on the lived experience of mental illness.

"Mental illness belongs up on a stage where everyone can begin to truly understand it—not hidden away by ignorance."

Free at Last Players *Promise & Possibility*

Shining a light on the lived experience of mental illness

Unitarian Universalist Society: East

Sunday, Oct 13th, 2019 at 1pm

Music • Raps • Monologues • Poetry



"Mental illness belongs up on a stage where everyone can begin to truly understand it— not hidden away by ignorance."

Join Us for the Official Launch of Greater Hartford Interfaith Action Alliance (GHIAA)

Monday October 28, 2019 at 6:45 PM

Central Connecticut State University

Welte Auditorium

New Britain, Connecticut

Park at Welte Garage; Doors open at 6:15 PM.

After three years of preparation involving over 40 religious institutions, congregations in the greater Hartford area are launching the Greater Hartford Interfaith Action Alliance (GHIAA).

GHIAA is a deliberate effort to cross lines of race, class, religion and geography to build relational power to address social justice issues in local communities and beyond, while helping our congregations come alive!

Please join 1,000 GHIAA members, denominational leaders, Governor Lamont and mayors of the region for this historic night.

Please RSVP. For more information contact Cori Mackey, via email cmackey@christianactivities.org, or via phone 203-671-3948.

Care Packages

It's that time of year when some of our young adults are heading out to start a new post-high school chapter of their lives! To remind them that our congregation is still here for them, the Youth Group will be sending Care Packages to them in November. Through October 13, the Youth Group will be collecting items for the Care Packages. Please consider donating soup, tea, candy, snacks, toiletries, stationary, fun items—anything that a college student or young adult just starting out might enjoy. Not sure what to buy? Please consider making a monetary donation to help defray mailing costs. We will send 7 Care Packages this year! Feel free to also include a note of encouragement as a reminder of UUS:E. Look for the poster and table in the lobby for the collection location. Please contact Michelle Spadaccini at

michspad@comcast.net or 860-543-0490 for more information. Thanks for your support!





The Holiday Fair is our biggest fundraiser! This is a wonderful opportunity to get to know others in our congregation and help make the UUS:E fair a success! How can you get involved? Donate your time, Donate your talent, Donate your stuff!

Share Your Time

We need you! The Fair Week starts on Sunday, Nov. 17 at noon with the big set-up. The fair is open Friday night, Nov. 22 from 6:30 PM - 9 PM and Saturday Nov 23 from 10 AM to 3 PM.

There are lots of ways to lend a hand, and it can be a very short time commitment.

- We need a co-chair and members for a Holiday Fair Committee. There are tasks for every interest:

- ✓ creating newsletter ads
- ✓ coordinating volunteer sign ups
- ✓ managing space logistics and more!

This is a great opportunity to learn the ins and outs of how the Holiday Fair works. Please contact Desirée Holian-Borgnis at desiree.holian@gmail.com for more information.

- Volunteers needed for the After Fair Party: At the end of the Fair, all volunteers are invited to relax and enjoy with food, drink and conversation. But we need a TEAM with energy to organize it, serve food, and clean up. Please contact Stacey Musulin at smuz@outlook.com.
- Looking for bookcases to borrow for the Children's Shop during the Fair: Please email Peggy Gagne at pgagne15@att.net.
- Pride Shop/Rainbow Booth is being coordinated again by Ctaci Belster-Coleman. Everything is LGBTQIA & rainbow related. Please contact her at this.is.ctaci@gmail.com to help.
- Carolyn Gimbrone has agreed to chair the Stitchery Booth again! Please contact her if you

have donations or questions:

Bowbrone@aol.com.

- Looking for volunteers to help coordinate breakdown and set up before and after the fair. If you are able to help please contact Desirée Holian-Borgnis at desiree.holian@gmail.com.
- Set-Up Sunday, Nov. 17: Want to see the transformation? Many hands make light work. We could use help setting up after services on Sunday, Nov 17. Contact Desirée Holian-Borgnis at desiree.holian@gmail.com if you are available.
- Book Shop: Contact Susan Barlow at sbarlow627@aol.com if you can help with our books during fair week.
- Children's Shop: Email Peggy Gagne at pgagne15@att.net to help organize and staff the FUN ZONE!
- Holiday Luncheon on Saturday: We need cooks to help prep, serve and prepare the food, as well as volunteers to clean up. Contact Anne Carr to help.
- Jewelry—New and Used: Contact Peggy Webbe at dwebbe@comcast.net at or Diana Sherman at dcreamer12@aol.com about helping to organize this booth or work a shift during the fair.
- Tag Sale Boutique: Please contact Deb Gould at dagould59@comcast.net or Sandi Karosi at skarosi@comcast.net if you can help with set-up during fair week and or work a shift during the fair.
- Clean up after the Holiday Fair: We really need FRESH faces on Saturday, Nov 23 for Clean Up. Fair volunteers are tired after 2 days on their feet. We need people with ENERGY to help put things back in order for service the next day. Email Desirée Holian-Borgnis at desiree.holian@gmail.com.
- Leftover removal on Sat Nov 23: Do you have a truck or large SUV? We need people to help remove tag sale and book leftovers. Contact Desirée Holian-Borgnis at desiree.holian@gmail.com to help.

Share Your Talent

We sell handmade items of all kinds, works of art, and baked goods. Do you make something that would be the perfect holiday or everyday gift? Let us know what you can contribute! Donations need

to be brought in between Sunday Nov 17 at 12:00 until Wednesday night, Nov 20.

**We are asking that you include your name, an estimate of the cost, and a description of your handmade items. Our guests enjoy the "story behind the item;" it can really help items sell.

- Original Works of Art: note cards, prints, pottery, jewelry and more: Please contact Nancy Madar at nancymadar@hotmail.com.
- Handmade Holiday Crafts or Traditional Items: Are there some holiday ornaments or other decorative items that you enjoy making? We'd love to have more handmade items for the Holiday Table. Contact Louisa Graver at graver30@att.net.
- Handmade Stitchery items are always popular, including items for the home, adults, and babies/children. Looking for Donations! Please contact Carolyn Gimbrone at bowbrone@aol.com if you have any questions, donations, or ideas for this booth.
- Knitted/Crocheted Items: Donating small items that can be made in an evening is a great way to get involved in the fair. Contact either Carol Marion at cmarion333@gmail.com or Phil Sawyer at psawyer215@gmail.com.
- Baked Goods: Like to bake? If you make it, we can sell it! Whatever your specialty is. Cookies, pies, breads, vegan, gluten free, you name it. The cookies by the pound are REALLY popular and the more we have the more people buy, plus we get a good return on your investment. Please contact Jean Mamonas at bjeanmamonas@gmail.com or Jennifer Klee at jenduv@sbcglobal.net.
- Our customers love these homemade treats. Please contact Cory Clark at clarkski107@hotmail.com with a description and quantity of jars you will be donating.
- Handcrafted wood items are welcome at the woodworking booth. Contact Bill Graver at billgraver30@gmail.com.

Share Your Stuff

Not crafty? We'll gladly take donations of your gently used, pre-loved items. Now's the time to put aside things you can donate as you declutter your home. Donations need to be brought in between Sunday Nov 17 at 12:00 until Wednesday night, Nov 20. PLEASE make sure ANY donations are in GREAT shape, are in WORKING CONDITION and

are CLEAN. Unfortunately, we don't have enough time to clean or fix soiled or broken items.

- Jewelry - We are currently collecting jewelry. There's a donation box in the coat room on the shelf. Any donations of fine jewelry (14k, 22k gold, or precious stones) can be left in the office with Annie.
- Books, including cookbooks, CDs, DVDs can be brought in the week of the fair. (PLEASE, no textbooks, encyclopedias or books with mold/mildew)
- Tag Sale Boutique: Don't use it anymore? Let someone else! We need LOTS of items in very good condition and are especially looking for a few high ticket items for our Friday Night Specials. If you have any questions about specific, or higher value items you would like to donate, please talk to Lesley Schurmann at lesley57@cox.net.
- Children's Books, Games, Small Toys, Puzzles for our FUN ZONE – we need A LOT of items for our busy children!
- Silent Auction Items: Please talk to Mary Ellen Vigeant at mevig@sbcglobal.net if you have special items for our silent auction, or ideas of places who would donate items. Appropriate items would be valued minimally at \$50 and many items are valued much higher.

THE TIME TO START IS NOW! Watch for the sign-up sheets at the Helping Hands table after services in October or let Desirée Holian-Borgnis at desiree.holian@gmail.com.

Thank you for your help in making the UUS:E 2018 Holiday Fair a success!

Books, Classes and Discussions

brought to you by...

The Adult Religious Education Committee

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

Science and Religion

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

***Exception:** November and December meetings will be combined into one on 12/5/19.

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.

- October 8, **What the Dog Saw**, by Malcolm Gladwell, nonfiction, leader Linda D.
- November 12, **The Sweet Hereafter**, by Russel Banks
- December 10, Essays of E.B. White

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!

The current yoga session with Susan Barlow is September 11 – October 30, 11 AM-12 noon. The current yoga session with Jessica DeCarli is September 23 – November 11, 5:45 -6:45 PM.

Come enjoy physical strengthening and the opportunity to quiet the mind. Bring a yoga mat or towel and wear comfortable clothes. All welcome, including beginners!

\$40 for the eight-week session or \$6 drop-in fee. If the fee is an issue, please contact Linda Rohlfs at rohlfs26@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/religious-ed/adult/yoga-classes>



Books, Classes and Discussions

continued

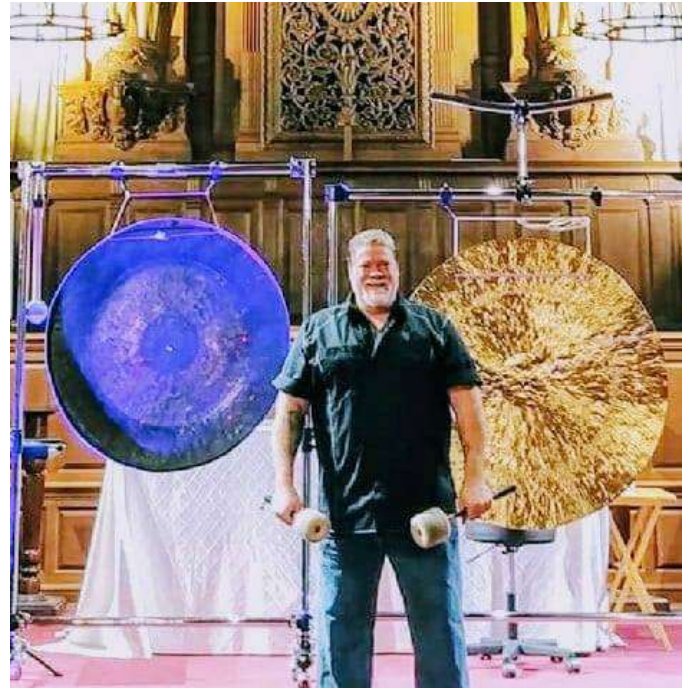


Celebrate Life with Shakti's Light

Friday, November 8, 2019 7:00 PM

Start the Thanksgiving season with the return of Shakti's Light Kirtan. Singer-songwriters Vicky Hannon and Jenn Richard lead call and response mantras in a combination of original music and familiar tunes. Their style is an energizing acoustic guitar-based rock, with an emphasis on tapping into our universal spirit. Vicky and Jenn believe that music makes the world better in a far-reaching way that anyone can enjoy, no matter what your faith, or what you **think** your singing quality is. Come to UUS:E and experience Shakti's Light for yourself: share your voice, and share the joy!

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. Footwear is optional. **The kirtan is held in a scent-free space.**



Another Path to Sound's Healing Power

Gong Journeys:

Into the Sacred Heart with Ed Cleveland

Friday, October 11, 7:00 PM

We all know that music soothes the soul in myriad ways, but join Ed Cleveland's Gong Journeys: Into the Sacred Heart, to experience the power of sound on a deeper level. Ed is a certified Reiki Master and Holographic Sound Master and Teacher, offering a wide range of abilities to enrich your healing experience. Using singing bowls and gongs, he creates sound waves that trigger the release of healthy neurochemicals and hormones—sounds that can ease pain, boost your creativity, and promote a healthier, freer state of mind. Be still, dance, sway, or lie down—let the vibrations and tones wash over your body and into your soul.

A \$15 donation is requested at the door, but no one is ever turned away. Chair seating is provided. Bring your own floor cushions if you want to sit on the floor. If you choose to lie on your back for the hour, bring your own mat, blanket, pillows—whatever you need for your comfort.

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

Green Sanctuary News



The international youth-led climate strikes on September 20 showed us the amazing growth of youth-led activism to implement solutions to end the climate crisis. About a dozen UUS:E folks showed up in Hartford at the State Capital and heard some excellent speeches from some very inspiring CT youth, heard some good music, and took part in an 11 minute

die-in (eleven years to turn it all around!). Huge rallies took place all around the world. Most are calling for the end of fossil fuels and the Green New Deal. We still think the first step should be passing the Energy Innovation and **Carbon Dividend Act – HR 763**. We hope you will let your representative in congress know that you support the young people demanding action to protect their futures, and that you ask for passage of **HR 763** as a vital first step. Thanks!

Sunday, Oct 13, 2:00 PM: **Citizens' Climate Lobby of Greater Hartford** has become re-established and is now meeting regularly on second Sunday afternoons from 2:00 - 4:00 PM at Unitarian Society of Hartford. Check with Janet heller, janet.heller@snet.net if you wish to carpool over on October 13.

Friday, Oct. 18, 7:00 PM: Come to UUS:E and watch a powerful film called "Advertising at the Edge of the Apocalypse." This may be an eye-opener for us as we face the holiday season and consider the effects of advertising on society and the earth. Snacks will be available.

The Sustainable Living and Climate Action Committee, who led UUS:E through the process of becoming a certified Green Sanctuary congregation, invites you to join us for our regular monthly meeting (second Tuesdays) on Tuesday, October 8 at 7:00 PM in Room 2.

Honoring the Past, Envisioning the Future



Don't Forget Our Golden Gala

October 4, 6:30 PM, Georgina's Restaurant, Bolton

More than 175 of us will gather on October 4 for a delightful evening of dining, dancing, music and more! A limited number of seats may still be available – check with Lesley Schurmann: lesley57@cox.net. Remember that on-site child care is offered for children 5 and under, but reservations are needed by October 1!

Can't make it to the party? Watch for the photo show on the UUS:E home page—click on the 50th Anniversary icon.

Until September 29 you can donate a bottle of wine for the Cork Pull—a fundraiser we'll hold during the party. Each person who buys a "chance ticket" goes home with one of the libations. **Exciting News:** We have a Geno Auriemma Prosecco signed by the coach himself! Who will be the lucky winner?

October Milestones ~ This Month in UUS:E History:

October 1969: Interim Minister-at-Large Arthur Olsen arrives to provide the "professional leadership" which the members requested at the May Annual Meeting. His first two services were: "The Positive Aspects of the UU Faith" and "Trends in Present Day Religious Liberalism." In three months in Manchester, Rev. Olsen helped lay leaders make plans to hire a settled minister.

October 1970: The society votes to call the Rev. Arnold Westwood as the first settled minister of the Unitarian Universalist Society of Manchester, after he presents his second service in our pulpit. The meeting was conducted by president Thomas Latham. Rev. Westwood was installed the following month.

Looking forward to other 50th Anniversary commemorations, including:

- "Turning Points," a service highlighting important decisions that have shaped the direction and character of UUS:E. October 6.
- "Looking Back, Looking Forward," a legacy service. November 3.
- Affirmation Reunion, December 1 (Thanksgiving weekend). Have you ever been an Affirmation mentor? When? And who were your mentees? Help build the contact list by emailing tammystolzman@gmail.com.
- Purchase our sleek black 50th Anniversary tee shirts or the beautiful blue mugs, every Sunday after services in the lobby.

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>

November Newsletter Deadline:

October 20

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