

Unitarian Universalist Society: East

Member of the Clara Barton District of the Unitarian Universalist Association



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

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Sunday Services Schedule

January Ministry Theme: Integrity

Services at 9:00 and 11:00 AM

January 5: "Reclaiming Integrity."

Our ministry theme for January is integrity. In this era of political polarization, impeachment hearings, corruption allegations, fake news, and institutionalized denials of truth, personal integrity seems less and less meaningful. What is the role of the liberal religious church in reclaiming integrity?

Coordinator: Rev. Josh Pawelek

Stop & Shop 1st Sunday

January 12: "Let Us Begin."

Lara Herscovitch is a touring singer-songwriter, former Connecticut State Troubadour, policy social worker and advocate; her guest sermon theme is **Let Us Begin**. Lara's song by the same title was inspired by Dr. King's **Beyond Vietnam** speech. Her sermon will invite us deeper into our commitment, asking us to reflect on and honor our past, remember the torch(es) of justice we carry and steward for future generations, and courageously move deeper into who we are called to be.

Coordinator: Martha Larson

Equal Exchange 2nd Sunday

January 19: "Fragility and the Struggle for Beloved Community."

"White Fragility" has become a common term in the public discourse on race and racism. As we worship on Martin Luther King Sunday, Rev. Josh discusses the role white fragility plays in holding institutional racism in place.

Coordinator: Rev. Josh Pawelek

January 26: "Compass Communion: An Exploration of Integrity."

All-Congregation Worship. Join us for stories and songs that guide us in knowing what is true and right in our lives. Participate in our first ever "compass communion."

Coordinator: Marsha Howland, Sheila Foran, Gina Campellone and Rev. Josh Pawelek

February 2: "Roots Where None Ought to Be."

Have you ever encountered a tree growing on sheer rock, its roots stretching in unexpected and even unfathomable ways to find moisture? Our ministry theme for February is resilience. "Roots where none ought to be" is a powerful image of resilience.

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

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

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

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

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:

Happy New Year! I hope you've had a wonderful holiday season and are ready to begin 2020—UUS:E's 51st year! Sorry, no big anniversary celebrations this year! But now that we've spent a year dedicating a good portion of our collective energy to reviewing the past five decades of our existence, it's time to look forward. UUS:E leaders are beginning to envision a new strategic planning process. This process will be informed by the results of last year's congregational survey. I am excited for us to now take a very intentional look at the future of our congregation!

Speaking of the new year, I've always loved a reading from the 20th-century Christian mystic Howard Thurman called "The Work of Christmas." It's #615 in our hymnal. He writes:

When the song of angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,
The work of Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry,
to release the prisoner,
to rebuild the nations,
to bring peace among the [siblings],
to make music in the heart.

This reading says to me: "You've celebrated your values. Now that the festivities are over, put your values into action!"

Our ministry theme for January is integrity. Putting one's values into action, living one's values—which is what Thurman's post-Christmas reading is about—is a definition of integrity. Our theme-based ministry resource, Souls Matters, reminds us that "Integrity stems from the Latin word 'integer' which means whole and complete. So integrity requires an inner sense of 'wholeness' and consistency of

character. When you are in integrity, people should be able to visibly see it through your actions, words, decisions, methods, and outcomes. When you are 'whole' and consistent, there is only one you. You bring that same you wherever you are, regardless of the circumstance. You don't leave parts of yourself behind."

It has always been my hope that being part of the UUS:E community helps each of us to live with integrity—to be whole and consistent, to be fully ourselves. That is also my hope for us as a congregation. Within the context of our UU principles and our congregational covenant, what are our core values and how do we live them out? How do we put them into action? What is the shape of our integrity? How do people in the wider community recognize it? I suspect these will be ongoing, underlying questions for us as we begin taking that intentional look toward our UUS:E future. In the meantime, if you have thoughts about integrity, I'd love to hear them. Please feel free to reach out to me.

Once again, happy new year! Here's to a great 2020 at UUS:E!

With love,
—Rev. Josh



Ladies At Lunch

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

Second Friday of the month (usually noon)

Next meeting: Jan 10

Kobe Asian Bistro

1155 Tolland Tpke. (Burr Corners)
Manchester, CT
860-783-5818



Contact Anne Vogel (vogel212@cox.net) by Wednesday, January 8, 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.

Confronting Our Own White Supremacy Culture

an Antiracism Conversation presented by members of the UUS:E

Social Justice / Anti-Oppression Committee:

Azucena Minaya Llantoy

Rhona Cohen

David Luchetti

Rev. Josh Pawelek

Sunday, January 19, 1:30 to 4:00

This workshop will consider:

- The characteristics of white supremacy culture in institutions
- Antidotes to those characteristics
- The need to expand the Black/White dichotomy in dialogues on race
- What we can do at UUS:E to build the beloved community

Please register with the UUS:E office during regular business hours at 860-646-5151 or uuseoffice@uuse.org. Need childcare? Can't make it but want to receive relevant information? Let us know!

Join us to make your very own

Family Chalice!

Saturday January 11, 5:00 – 7:00 PM



Enjoy pizza & drinks, learn about why the chalice is the symbol of our UU faith, and create your own personalized family chalice to use at home.

Start a new family tradition!

Feel free to bring a dessert to share.

RSVP by 1/8 to Gina at Redirector@uuse.org, or on our Facebook event page.

\$3 per person suggested donation to help defray the cost of pizza and supplies.

Thanks and an Opportunity

With our Partner School!

Thank you for your incredible generosity helping Verplanck families to have a more festive holiday season. We felt like Santa (minus the reindeer) as we loaded up gifts for 40 children, which filled two good-sized cars! The first half-year of this partnership has been very busy! School supplies ... teacher appreciation ... Thanksgiving food ... and holiday gifts ... our contact at Verplanck says "I feel so blessed to have you in our lives!"

Now we're moving into the next phase of our relationship: The site director of the after school program welcomes volunteers to help with homework, recreation and educational activities. There are more than 120 students in the extended day program, 3:40 – 6 PM, Monday-Friday. Fortunately, there's a staff of 18 (including four certified teachers) who keep things running rather smoothly.

Are you interested in helping? There are two basic time frames:

- 1) Recurring assistance (weekly/every-other week for 60 – 90 minutes). This can focus on academics OR hobbies and activities, mostly planned by the staff.
- 2) Limited duration, volunteer designed. The kids would enjoy some new "clubs," built around an interest like chess, cooking, crafts, theater, science, etc. The UUs would plan the activity and staff would assist with crowd control, etc. We can set the size of group, age and duration. For example, 10 kids in 3rd and 4th grade, meeting twice per week for two months.

If interested—or simply curious—please contact Nancy Pappas nanapap338@aol.com. **Note:** No need to email if you're already on the Verplanck list! In mid-January we'll meet at the school, so volunteers can hear directly from the coordinator and see the facilities.

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

Auction/Chili Cook-Off



Unitarian Universalist Society: East
Goods and Services Auction
SPICE UP WINTER
with our Annual Chili Cook-Off
Great Food & Family Fun

Raise money! Raise the temperature! Raise the roof!

January 18 at 5 PM*

Join the Fun!

- 🌶️ Spend an evening in lively community, with special activities for the kids!
- 🌶️ Compete for the top honors in the chili cook-off—both veggie and meat are welcome.
- 🌶️ Enjoy a FREE chili dinner with cornbread, salad and dessert – and vote for the very best chili!
- 🌶️ Bid on the fantastic items!
 - Dinners and activities are a great way to get to know people better
 - Lots of practical services or things to learn
 - Local merchant & restaurant gift cards, baked goods and handmade gifts
 - And some spectacular surprises in the Live Auction!!

Pitch In!

- 🌶️ Donate! Could you teach, repair, entertain, drive or bake? Sign up in the lobby, on the UUS:E home page or at <https://forms.gle/4gQqRm1WKS9taTbi6>
- 🌶️ Contact your favorite merchants to ask for donations. Pick up a request letter in the lobby or ask us to email one to you!
- 🌶️ Cook! Compete in the chili cook-off or contribute cornbread or dessert. Sign up in the lobby or email Nancy Pappas to enter.
- 🌶️ Assemble a raffle basket with your friends or group. Golf, wine, kids' activities, pampering ... whatever theme you like. We will help you package it! Email Jennifer Klee for details.
- 🌶️ Join the team. We need volunteers! Sign up in the lobby or email any committee member.

RSVP before Jan. 13 and get a \$5 credit on your auction invoice! Sign up in the lobby or email Nancy Pappas at nanapap338@aol.com. Tell us how many adults & children. Last year every seat was filled ... so don't delay!

Any questions? Got suggestions? Please contact: Stan McMillen (stanley.mcmillen@uconn.edu), Nancy Pappas (nanapap338@aol.com), Jennifer Klee (jenduv@sbcglobal.net), Chris Larson (larsonc3@gmail.com), Ctaci Beltster (this.is.ctaci@gmail.com), or Susan Gabriele (susangabriele49@gmail.com)

*Snow date January 25.

It's coming.....Once again

The Fifth Annual UUS:E Chocolate Auction!!!

Special UUS:E 51st Anniversary Edition!
Sunday afternoon, February 16, 12:45 PM



More info to come.....



Time to Think General Assembly

General Assembly (GA) is the annual gathering of Unitarian Universalists from throughout the country where we meet to conduct the business of our Association, explore the underpinnings of our faith, and learn ways to take action based on our mission and principles. GA 2020 will span five days—Wednesday, June 24 through Sunday, June 28—and is being held in Providence, RI. There will be inspirational worship, informative workshops, opportunities to make new UU friends and reconnect with old ones. All this and more promises participants will leave with renewed energy and new ideas to share with UUS:E and the larger community.

Over the course of five days there will be more than 100 programming selections featuring workshops, panel discussions, worship services and musical opportunities. As always, a wide range of theological perspectives will be explored. The Service of the Living Tradition is both inspiring and commemorates our religious leaders past and present. Sunday Morning Worship is a powerful event and is the largest yearly gathering of UUs in worship. Experiencing the solidarity and strength in numbers is awe-inspiring and energizing.

Each year a distinguished guest speaker is invited to address the General Assembly as the Ware Lecturer. Recent lecturers have been Bryan Stevenson, Cornel West and Maria Hinojosa. The 2020 lecturer will be announced soon.

Registration is now open at uua.org/ga. Full time adult registration is \$400 and high school youth registration is \$240. Lesser rates are available for part-time registrations. There is a payment plan option to spread payments over several months if you act before February 29.

FAITHIFY.org has been a useful crowd-funding vehicle for some to attend GA. We might want to explore this option. Several of our high school youth are highly interested in going to GA and are actively engaged in fundraising showing great initiative! If you are interested in helping to defray

expenses for attendees, as some others have already done, contributions to the Minister's Discretionary Fund so designated would be gratefully received.

For those who have never attended a GA and for those who have, this year is a great opportunity since Providence is so nearby. Would you consider being involved full-time, part-time or as a volunteer? Or perhaps you would be interested in representing UUS:E as a delegate to deliberate and vote on Association business? Please feel free to address questions and interest to Rev. Josh, Rob Stoltzman, or me.

Bill Graver, Denominational Affairs Chair

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.

Green Sanctuary News

Library of Things

Planning a project this winter but need a specific tool to do the job? No need to go out and buy a new one when you can borrow it instead! That's the idea behind the UUS:E Library of Things (LoT). The Sustainable Living Committee recently sent out a survey soliciting interest in becoming a borrower or lender for household items. Anyone can participate, and the cost is FREE! You just need to sign up. 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://www.uuse.org/sustainable-living/LoT/>.

Climate Resistance

On Nov 29 and Dec 6, young people and adults all across the United States and around the world continued the momentum from the September 20 Climate Strike to demand action to address the climate crisis. Protests and rallies were also held in Madrid, Spain at the 2019 United Nations Climate Change Conference, also known as COP25. World leaders met over two weeks to hash out a plan, but experts called their efforts insufficient to fend off climate change's catastrophic effects. We need to demand more and take action now! A new tool published by 350.org has published a guide on the next steps: **The Climate Resistance Handbook or I was Part of a Climate Action! Now What?** If you are interested in joining a brief discussion group on this free book (67 pages), please contact Jay/John Stewart in the UUS:E Directory..

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. At the December meeting, CCL notified participants of the status of the proposed Killingly Energy Center (KEC) natural gas plant. The planned KEC will increase Connecticut's dependence on fossil fuels and endorse the use of fracking to recover gas. CCL and the SLC oppose the KEC and propose alternative energy solutions that focus on renewable energy generation and community partnerships that foster energy security and reduce grid demand. All are encouraged to contact Gov. Ned Lamont to pause this project and research solutions that better integrate zero emissions

targets. The next meeting is on Sunday, January 12, 2 – 4. Anyone is welcome to come, and we can carpool from UUS:E. Please join us!

Trinity Solar Update

Our partnership with Trinity Solar is winding down! 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 gets \$1,000! So go ahead and make that appointment! Contact David Luchetti at David.Luchetti@trinity-solar.com.

New Year Vegan Brunch Potluck

January is the time many of us make that resolution to finally get more fit, lose those extra pounds, and eat healthier. So what could be more timely than our New Year Vegan Brunch Potluck on Sunday, January 5? Please join the Sustainable Living Committee as we ring in the New Year and celebrate our compassionate community! We'll meet 1:00 – 3:00 PM for a delicious Pot Luck Brunch and taste new foods, indulge in some favorites, and get recipes and menu ideas for healthier eating. Reducing or eliminating meat and dairy is healthier 1) for people, 2) for the Earth, and 3) for the animals! Contact Mary Lawrence at wellonwheels@hotmail.com or 860-985-1645 for more info.

Check Out Green New Deal-Related Art

<https://www.sierraclub.org/art-green-new-deal>

Fun Food Fact

While a single almond requires about 1 gallon of water to produce, a single egg requires 53 gallons, a hamburger 660 gallons, and a gallon of cow's milk requires 880 gallons of water to produce, according to the Water Footprint Network.

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.

- January 14: **The Scarlet Letter**, Nathaniel Hawthorne
- February 11: **Cry The Beloved Country**, Alan Paton
- March 10: **Love You Hard**, Abby Maslin

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



Honoring the Rev. Martin Luther King, Jr.

January 20, 2020, 7:00 – 9:00 PM
(snow date January 27, 7 – 9)

“The Arc of the Universe Bends toward Justice.”

From the Rev. Theodore Parker to Abraham Lincoln and Martin Luther King, Jr.

The nineteenth century Unitarian minister Theodore Parker believed that the main function of a democratic government was to promote and assure fairness and justice for all people. He influenced the thinking and writing of Abraham Lincoln and Dr. Martin Luther King, Jr. In this class we will focus on the ways these three extraordinary men created our modern understanding of the nature of justice through the beauty and power of their sermons and speeches.

Led by UUS:E member Carol Lacoss, retired high school English and American Studies teacher

Books, Classes and Discussions

continued



Yoga News

Come enjoy yoga at UUS:E!

Announcing 2 special holiday yoga classes!

Due to Susan's regular Wednesday morning yoga classes falling on Christmas & New Year's, she is scheduling classes on two Fridays: December 27 and January 3, 11:00 AM – 12 noon, \$6 drop-in fee. (They are not part of any 8-session package, just one-time special classes.) Beginners especially welcome to these gentle all-levels classes. Come. Bring a friend or relative! Plenty of space. We have extra mats.

Our regular yoga:

The current yoga session with Susan Barlow ends Wednesday, January 8. Her next session is January 15 – March 4, 11:00 AM – 12 noon, weather permitting. The current yoga session with Jessica DeCarli ends Monday, January 20. Her next session is January 27 – March 16, 5:45 – 6:45 PM, weather permitting.

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 Rohlf at rohlf26@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.

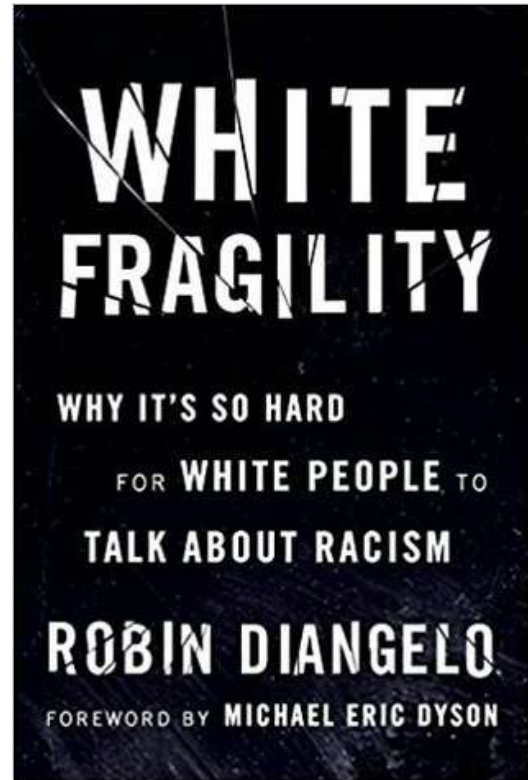
<http://uuse.org/religious-ed/adult/yoga-classes>

White Fragility

Book Discussion

Thursday, January 30, 6:30 PM

In the Chapel



As part of our ongoing commitment at UUS:E to confront our own White Supremacy culture, Rev. Josh will continue a discussion of Robin DiAngelo's best-selling Beacon press book, **White Fragility: Why It's So Hard for White People to Talk about Racism**. If you didn't participate in last June's discussion, that's not a problem. All are welcome. Purchase the book now! If you need help purchasing the book, or if you'd like childcare for the event, please contact Rev. Josh at 860-646-5151 or revpawelek@gmail.com.

Books, Classes and Discussions

continued



A NEW Kirtan Experience for Valentine's Day!

Friday, February 14, 7:00 PM

On February 14, we will welcome the internationally acclaimed Swan Kirtan to UUS:E. The group draws from global musical traditions, offering a universal message of love, devotion and unity. Ashok Nalamalapu leads multifaith devotional chants, singing in the traditional Indian Raga style and playing the harmonium. Ashok was born in India and has been a devotee since his childhood. He has led festivals from California to Maryland to Maine, and has led kirtan for colleges, temples and other centers throughout India, the US, and Spain. We are so fortunate to host Swan Kirtan to kick off our 2020 Kirtan season, to celebrate our shared love for the earth and all life!

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.



Coming in February



Chosen Times: The Liturgical Jewish Year

A three-session course with Rabbi Richard Plavin, Ed.D., Rabbi Emeritus, Temple Beth Shalom 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!

Join us to make your very own

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

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

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

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**December Newsletter Deadline:
November 20**

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