

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

March Ministry Theme: Wisdom

Services at 9:00 and 11:00 AM

Sermon talk-backs at 10:15 every Sunday morning when Rev. Josh preaches. All are welcome.

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

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

Coordinator: Rev. Josh Pawelek

Stop & Shop 1st Sunday

March 8: "Calling in the Light: A Kirtan Experience."

Join our own Jenn Richard and John Sepples from the Unitarian Universalist Church in Meriden for a celebration of mantra and music through the call and response practice of kirtan. If you have been interested in the UUS:E Friday night series, but have yet to attend, this will be a good introduction. All voices welcome!

Coordinator: Sandy Karosi

Equal Exchange 2nd Sunday

March 15: "Wisdom for Our Era, Part I."

Our March ministry theme is **wisdom**. What makes a person wise? What makes a people wise? Rev. Josh looks for the wisdom that will serve us best in our times.

Coordinator: Rev. Josh Pawelek

March 22: "A friend is a gift you give yourself."

Join us for an all-congregation worship service to explore the truth of this quote by Robert Louis Stevenson. Through stories and music we will celebrate the many gifts of friendship for all ages.

Coordinators: Beth Hudson-Hankins, Rev. Josh Pawelek, Gina Campellone

March 29: "Wisdom for Our Era, Part II."

Our exploration of wisdom for our era continues. We are joined this morning by the awesome UU folk-rock group Meeting House.

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 March 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 March will be split between Rebuilding Together – Manchester and Communitas.

Rebuilding Together – Manchester is part of a national non-profit organization called Rebuilding Together. Its goal is to bring communities together in efforts to assist those in need of general home repair and improvements. To be eligible to receive assistance from this volunteer organization a person must own and occupy their home in Manchester and be unable to do the work themselves. There are income guidelines as well. Priority is given to fixed, low-to moderate-income families, elderly or disabled individuals. The number of homeowners to be assisted each year depends upon available resources such as money for materials, volunteer labor and the ability to complete the work in one day.

Communitas Inc is a local non-profit organization that provides support for people with disabilities not available from a traditional service provider. It promotes the building of a positive, inclusive community locally—a community that welcomes all, finds the "gifts" in each member, and actively supports the expressions of each person's gift. 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.

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

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?

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:

I'd like to share some thoughts about raising MONEY at UUS:E!

First, our annual appeal kicks off on March 1st. Those of you who've been around UUS:E for more than a year know how this works. Sign up for a pledging pot luck. If you can't, please expect an annual appeal steward to contact you for a one-on-one meeting. Please get back to them in a timely fashion. They want to know why and how UUS:E matters in your life!

The cost of operating a nearly 300-member congregation never seems to decline. It only seems to rise. So, as always, we're asking for increases in financial pledging for the next fiscal year. What drives our projected increases? The Policy Board has set a number of important goals: matching our staff compensation and benefits to UUA guidelines; supporting initiatives to enhance building security; paying dues to the Greater Hartford Interfaith Action Alliance, and providing sustainable funding for our Membership Coordinator (we hope to re-hire this position over the summer).

But making a generous pledge for the coming year is not just about reaching these short-term goals. It's also an ongoing investment in our spiritual home. Indeed, your investment ensures there will be a home for liberal religion east of the Connecticut River for many years to come—a home for the free and responsible search for truth and meaning; a home for our children to develop their religious identities; a home for beautiful music and compelling visual art; a home for the growth of heart, mind, soul and relationships; a home that sends us forth to work for justice and equity in the wider community. Our theme for this year's annual appeal is "Building Beloved Community Through Generosity." Please plan to make as generous a pledge possible for all we do to build beloved community at UUS:E.

Second, as some of you are aware, our congregation, like many congregations around the country, is regularly harassed by scammers. They typically pose as me or our president, Rob

Stolzman. Using fake email addresses, they send requests for gift cards to UUS:E members and friends. Please ignore these messages. And Please know that we will never ask anyone at UUS:E for any kind of donation in this way.

Third, thanks to everyone who participated in February's sixth annual UUS:E Chocolate Auction. Thanks to the bakers and the bidders. We had everything from good old-fashioned chocolate cake, to chocolate meringue pie, to black bean chocolate brownies and much, much more. The auction earned just under \$1300 for UUS:E.

Finally, speaking of fundraisers, the UUS:E policy board is looking to develop our fundraising efforts over the next year. We're about to put together a team to manage the UUS:E virtual tag sale on eBay. If you'd like to be part of that team, let me know. We're also in the early planning stages for a vendor-based fair, the "All Creatures Great and Small Festival." This is a day-long event scheduled for September 26th. It will showcase animal-related services: medical, training, adoption, therapy, etc. There will be live-animal demonstrations, crafts for sale, an art show, raffle and much more. We need volunteers for publicity, set-up, clean-up, parking, managing finances, food prep and food service. We need you! Contact Sheila Foran at sforan2@Cox.net to get involved. There's still more. Want to cook a gourmet meal for the UUS:E community to have a night out at Chez UU? Want to work on a team exploring how to rent out our kitchen to local food vendors for off-hours food prep? Contact me.

That's it for now. Enjoy the end of winter and beginning of spring!

With love,
—Rev. Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

Once upon a time I had a bad case of **Youth Group Envy**. What's that? Here's a definition.

youth group envy

[noun]

1. to wish one had a youth group as booming and robust as that of another congregation

"The DRE felt a twinge of **youth group envy** when her colleagues described their sizeable youth groups."

Not too many ago, UUS:E's Youth Group was dangerously close to extinction. The number of high school youth participating in Religious Education and other church activities was dwindling considerably, and we were at a loss as to how to remedy that. We even began to wonder if attempting to remedy it made any sense. Were we investing too much time and energy into a program that seemed destined to fail? Perhaps the concept of a Youth Group was no longer relevant to today's teens? Maybe. But we weren't quite ready to throw in the towel. And so we persisted.

We gathered our teens together, provided them with plenty of pizza, and asked them to talk about how they felt UUS:E could best support them. And then we listened and took notes! Lots of listening and lots of notes later, we began to understand that our youth do indeed still crave opportunities for in person connection with one another, and that spending time with UU peers is something they value.

We discovered that what we'd interpreted as apathy on the part of the youth, or a disinterest in connecting with their peers, was not that at all, but rather an appropriate response to what we were offering them—a Youth Group designed not with their needs in mind, but instead fashioned after the youth groups we knew (and loved) in generations past.

The reality is that today's youth are busier, more tired, and more stressed than teens of twenty or thirty years ago. It turns out that what they most need from us, their spiritual community, is a safe container in which they can just **be**. A place where they feel supported and loved, listened to and valued. A place where adults provide guidance and navigation as needed, but make sure that the voices of the youth are always heard.

So we scrapped our old blueprints and started fresh. Thanks to the hard work of a very dedicated group of adults, and our teens' willingness to keep showing up even when none of us really knew what we were doing, UUS:E now has an active, thriving Youth Group that continues to grow each year. Under the leadership of Michelle Spadaccini, our lead volunteer Youth Group advisor, our teens meet weekly and spend their time together in a variety of ways, with a very intentional balance of active engagement in the community and downtime to simply socialize and relax. On any given Sunday—and sometimes other days of the week—you might find our Youth Group organizing a bake sale, devouring a bag of Doritos, lighting a chalice, doing a check in, watching a movie, preparing breakfast burritos, playing Dungeons & Dragons, attending or participating in a worship service, making mosaics, volunteering at the fair, helping Buildings & Grounds with fall clean up, or just hanging around in their beloved "couch room". All of these have value – even hanging around the couch room. **Especially** hanging around the couch room.

Suffice it to say, I no longer have Youth Group Envy!

With love,
Gina



The Policy Board Column

A message from Rob Stolzman

Funding the Seeds for Growth

It's March which means it is time for the annual appeal. The Policy Board has been hard at work collaborating with the Finance committee and Stewardship team, trying to balance all of the wants and needs of our beloved community with our resources so that we can begin the fiscal year in July with a responsible and realistic budget. As part of this process, we've seen a desire to engage in more fundraising for our community. Additional fundraising is required as we see our demographics shift and, in an attempt to secure our future for at least another 50 years, we strive to get a little younger and more diverse. This desire to grow led us to vote on and approve a membership coordinator position at last year's annual meeting. We see this position as part of the long term answer to our desire to grow in a sustainable way. But in order to responsibly support this new staff position, we realize that we will need to encourage more fundraising over the next several years. That is why we have decided to form a fundraising support team. We are hoping for a team of three to four volunteers who will serve as the foundation of knowledge for our future fundraising efforts. We don't expect this small team to undertake all of our fundraising efforts, but envision them as a resource to make fundraising more easy and accessible to the whole community. The members of this team will be asked to share their knowledge on how to set up, organize, publicize and, in general, conduct a fundraiser at UUS:E. They will be a resource as we encourage new fundraising efforts not just within UUS:E but within the greater Manchester community. The team will aid and assist by advising on how to fundraise and help us ensure that we remain well organized as we do so. If you, or someone you know, would be a good fit for this team, please let me or Rev. Josh know. Together, we can work to put UUS:E on a firm footing for another successful 50 years.

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

Membership News

March

Greetings from the Membership Committee!

The UUS:E Membership Committee is welcoming several new members to our fellowship. They will be formally introduced to you at our New Member Sunday on March 1st, with their photos and biographies in our April column. So...Look for it!

Dates to Remember:

- "Intro to UU," May 3, 2020
12:45 – 4 PM (invitations are sent out, but anyone can attend; just RSVP to Annie Gentile in the office, 860-646-5151)
- UUS:E New Member Sunday,
June 7, 2020

Urgent Call for Coffee Hour Goodies



THANK YOU to all of you who, in the past, have supplied the delicious refreshments for our coffee and social hour at the end of each service.

However, we have been running short—or have had none at all—recently.

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. If you can do just one of the services, it would be greatly appreciated. Just add a note on the sign-up sheet.

Sunday Mornings

Part of our committee's activity centers around Sunday Mornings. For those of you who would like to start, or broaden, your relationships within UUS:E....Please let us suggest.....

Hospitality

Serving refreshments during coffee hour is a great way to meet everyone in our community, and it is fun. The crew in the kitchen has a good time. We are looking for people to volunteer one Sunday a month, or be on our substitute list and help from time to time. It's easy, and we'll show you everything you need to know. Contact Jackie Heintz (jacconstance@gmail.com).



Greeting



We are looking for a few more volunteers who are willing to give their time once a month serving at the Welcome Table and as substitute Greeters. Contact Jennifer Klee (jenduv@sbcglobal.net), or Louisa Graver (louisagraver163@gmail.com).

Turning Visitors into Members

Another role we fill is welcoming visitors and helping them to become members. We run classes and info sessions throughout the year to help newcomers learn about UUS:E. Please feel free to join us and meet the new visitors.

Fun!

We also plan fun, community-building events for UUS:E, like the Summer Picnic, as well as others which promote camaraderie and a great time!

The Committee

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

Ladies At Lunch

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

Second Friday of the month (usually noon)

Next Meeting: March 13 at Noon

Stone and Paddle Restaurant

269 West Middle Turnpike in Manchester



Contact Sue McMillen by Wednesday, March 11, 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.

Holiday Choir!

It's not too late to join the UUS:E Holiday choir! We rehearse every Wednesday at 7:15 PM to get ready for Easter services on April 12 at 9 AM and 11am. No audition necessary. For more information speak to UUS:E Music Director, Mary Bopp or any choir member.

Rhythms of Life

Film and Drum Circle

Sunday afternoon, March 8, 2-3:30 PM

Main Meeting Room



We are all born with rhythm – our heartbeats! No wonder drumming has universal appeal.

Come watch this award-winning film capturing the ancient and modern practices of drumming to heal, celebrate and transform, with producer/director Craig Norton. Afterwards, experience the joy and community yourself as Craig leads us in a drum circle. Bring your own drum/rhythm instrument or use one of Craig's. Dancing will be allowed and encouraged!

Children can enjoy the film with parents or play in daycare and join us after the film for the drum circle. Daycare spots must be reserved ahead and is provided at no cost.

Suggested donation \$10 per adult but no one is turned away;

Please RSVP at 860-646-5151 or uuseoffice@uuse.org so we know how many drums we will need and to reserve daycare spots.

Checkout the film trailer:

<https://vimeo.com/353414730> See the drumming dog!



Rooted, Inspired, & Ready!

GA Toolkit for Congregations

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

New! Congregational Block Grants

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

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

Priority will be given to congregations that:

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

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

New! Ridesharing And Carpooling

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

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

General Assembly 2020 has been posted on the rideshare site RickyRides.com. Drivers and riders can post ride offers or requests with by location (ZIP code). Congregations can create a post and put park-and-ride information in the description.

Congregations might also consider using a church vehicle or renting a van and providing transportation—either as a fundraiser or just a way to facilitate attendance from your congregation. Consult your insurer before implementing a rideshare program.

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

Congregational Certification

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

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

Registration And Housing

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

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

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

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

Youth Groups

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

[For GA Youth Group Organizers](#)

Promoting GA To The Congregation

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



Classical Concert

UUS:E is pleased to host a classical concert featuring the world premiere of **Serenade** by New York City composer, Bruce Lazarus, a trio for oboe, cello and piano. The performers, Kurt Kaufman (cello), Emily Ferguson (oboe), and Bruce Lazarus (piano) will also perform compositions by Bach and Benjamin Britton. Bring the family and enjoy this wonderful performance on Sunday afternoon, March 29 at 4 PM. For more details, see <https://www.brucelazaruscomposer.com/uus-concert>.

Call to Action

From the
Greater Hartford Interfaith Action Alliance (GHIAA)



GHIAA will hold a public action on Thursday, March 12 at 7 PM at Union Baptist Church, 1921 Main St. in North Hartford.

We are asking congregations to turn out at least 10 people from each institution. To confirm your attendance, email GHIAA at ghiaa@cljct.org or call or text Cori Mackey at 860-810-9736. Then register for the event here: <https://ghiaamarch.eventbrite.com>.

At this action, we will ask key representatives and senators to support our two legislative campaigns for the current legislative session. These campaigns are:

1. **Welfare liens:** repeals the statute that allows the state to place liens on people who receive welfare benefits, requiring them to repay some of their benefits if they sell a house, or receive a legal settlement or an inheritance. Such liens limit their ability to get out of poverty, stay out of poverty and lead more productive lives. GHIAA has finalized a repeal bill which will be introduced in the Health and Human Services Committee by Rep. Matt Ritter.

2. **Clean Slate:** allows for the expungement of criminal records for people who remain crime-free for 3 years (misdemeanors) or 5 years (low-level felonies). Expungement will enable formerly incarcerated people to more easily access jobs, housing and education. Governor Lamont introduced Clean Slate legislation that is very disappointing (we're still publicly shaping GHIAA's response in a coordinated effort with partner organizations).

GHIAA will be sponsoring workshops on how to conduct legislative advocacy in support of these two bills in early March. For more information, contact Al Benford at AlNatParkLvr@cox.net.

GHIAA has five issue committees: Criminal Justice, Education, Gun Violence, Housing and Healthcare, all with an antiracism focus. Anyone wishing to be involved with any of these committees may contact Rev. Josh for more information at minister@uuse.org.

The Sunday Services Committee Wants Your Opinion

The Sunday Services Committee is thinking of making a change! For many years, immediately following the conclusion of the 11:00 service, members of the congregation have quickly and efficiently folded their chairs and moved them to the north wall of the sanctuary. This has been a great help, but some members of our community have mentioned that the commotion does mean that moments of quiet contemplation are not really possible and it can also be hard to sit and have a meaningful conversation with a friend or visitor as chairs are whisked away.

Our thought is this: For the first five or so minutes following the service, we will not move our chairs, and hymnals can be put away quietly. If someone wants to take the opportunity to converse with their neighbor ... if people want to enjoy a moment of solitude ... or if you are called by the fresh coffee and refreshments ... all can take place in a more meditative environment. After five minutes, members of the congregation who would like to help may then start folding and putting away the chairs in a more orderly fashion.

What do you think? Let Rev. Josh or SSC Co-Chair Martha Larson know your thoughts, either in person or via email. Their emails are: revpawelek@gmail.com and marlar@wordshard.com.



Hungry for Some Fun?

Join the Youth Group for a pasta dinner fundraiser, Saturday March 14 at 5:30 – 7 PM. All ages welcome! Youth will be cooking and serving, as well as entertaining you during the meal with music and laughs. Watch for more information in yellow sheets, e-blasts, and flyers. All proceeds to go to Youth Group trip to General Assembly in June 2020. Contact Michelle Spadaccini at michspad@comcast.net or 860-543-0490 for more information.

Sunday Afternoon at the Movies

Women in Film: A Celebration

Join Mary Ann Handley and David Garnes at our spring film series. This time we are honoring the women's suffrage movement (American and international) with wildly different depictions of women, real and fictional, who stood up and made a difference. All showings at 4 PM in Room 2, free admission (popcorn, too!) with pre- and post-film commentary and discussion. See you at the movies!

March 15: "Suffragette" (director Sarah Gavron). In 1912 London, an eclectic group of women is galvanized into radical political action as they work to effect women's suffrage. (2015) Carey Mulligan, Helena Bonham Carter, Meryl Streep.

April 19: "Hidden Figures" (director Theodore Melfi). A team of female African-American mathematicians serves a vital role in NASA during the early years of the U.S. space program. (2016). Octavia Spencer, Taraji P. Henson, Janelle Monae.

May 24: "Nine to Five" (director Colin Higgins) Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him. A comedy with something to say. (1980) Lily Tomlin, Dolly Parton, Jane Fonda.

Book Discussion: Braiding Sweet Grass

April 21 and 28 4 PM-5:30 UUS:E

Author Robin Wall Kimmerer has accomplished the difficult task of transcending science and spirituality in her book **Braiding Sweet Grass**. She is both a Native American and a professor of ecology whose thoughtful observations extends our ability to understand the world around us. Her writing gives us a deeper understanding about how to live in community with our fellow human beings as well as with the plants and animals. Join Beth Hudson-Hankins for a discussion of Kimmerer's book and the interviews she has given. Reading the book in advance is helpful. See <https://milkweed.org/book/braiding-sweetgrass>.

Spring Equinox Ritual



Join the UUS:E
Pagan Study Group
For a special Druidic
ritual presented by
the
Charter Oak Grove,
A.D.F.
Friday March 20,
6:00 – 8:00 PM

UUS:E Main Room
All are Welcome!

The name for the festival of the Spring Equinox in Druidry is Alban Eilir, which means 'The Light of the Earth'. As the Sun grows warmer, so life begins to show through the soil. Join us and our special guests as they show us how they celebrate this time of year as the Wheel of the Year turns.

Please bring a dish or light snack to share after the ritual, when we can exchange experiences and ideas

If you are planning to attend, please RSVP at uuseoffice@uuse.org or 860.646.5151.

Building Beloved Community Through Generosity

The 2020 UUS:E Annual Appeal
March 1 to April 5

Join in—this is an all-inclusive congregation-wide event!

- Be sure to read the Annual Appeal materials that were mailed to you.
- Attend a Pledging Pot Luck—March 13, 14, 15 and March 20, 21, 22—sign up in the foyer Sundays beginning February 16 or contact Adam Bender, adambender@hotmail.com.
- Especially for RE families—Saturday morning RE brunch with entertainment for the kids—March 21 or 28, 10-12. Sign up with Adam at the Garden Level.
- Welcome your steward's visit.
- Together we can build beloved community through generosity.
- Give as generously as you can!

This message is from your Stewardship Committee:
Adam Bender, Louisa Graver, Larry Lunden,
Stan McMillen, and Phil Sawyer

Helping Our Partner School

Our friends at Verplanck Elementary School have defined some specific ways that we can help their students through the spring semester. Please take a look at the following ideas, and see what might work into your schedule!

No matter what option you choose, you're invited to a one-hour overview and introduction to the school on Tuesday March 24 at 8:30 AM. A curriculum specialist will give us pointers on how to help the children, and we will get a quick tour of the school.

We hope to start "for real" in April, pending background clearances. (Forms are available in the UUS:E copy room or via email.) For questions or to volunteer, contact Nancy Pappas at nanapap338@aol.com. Note: This is a tentative schedule, we have some flexibility if you have conflicts.

Classroom assistance – reading:

Looking for five adults (and a sub) for reading practice with small groups of kindergarten children, Thursdays 10:40 – 11:40 AM. Work in the same class each week, helping students read aloud from materials introduced by the teacher. Weekly consistency preferred, but pairs can share an assignment.

Classroom assistance – arithmetic:

Looking for three to six adults to help youngsters with arithmetic on Tuesday afternoons 1:20 – 2:25 PM. You will work with one or two students at a time for 10-15 minutes each, using materials provided by the teacher. Children will be in kindergarten, first or second grade.

After school assistance – homework:

Adults are needed from 4:15 – 5:15 PM to help students in the after school program complete their homework. This function is overseen by three certified teachers, but the children can use some more individualized help. Design your own monthly schedule.

Saturday Fun Day:

Can you help with the Verplanck Spring Fun Day on Saturday April 4, 8:30 – 10:30 AM? Children hunt for plastic eggs, compete in hula hoop contests, do crafts and enjoy other activities. Looking for adults or older teens to help, as well as donations of plastic eggs filled with small candies. Rain date April 18.

Save the date!



Join us on Sunday, April 5, from 1 – 4 PM for a workshop with CB Beal of Justice & Peace Consulting.

Mind Your T's and Q's An Introduction to Radical Welcome of Trans, Non-Binary, Genderqueer, and Gender Non-Conforming People.

This workshop is for anyone who wants to learn more about gender diversity and support people whose gender is not what our society has taught us to expect typically. Participants should be willing to explore the ways our own experience of gender isn't the only experience of gender. This workshop is especially for people who might not even be sure we know what all those words in the title mean! CB will create a space in which people can be curious and brave to ask questions and explore gender and gender identity in new ways so that we can better be the Beloved Community, an open community of justice, equity, and love, for all.

This workshop is open to youth (grade 8+) and adults (18-98).

To maximize accessibility, please do not wear scents or perfumes.

CB Beal, M.Div. (they, them, theirs) specializes in the facilitation of learning experiences that involve issues of marginalization, oppression, and privilege; to help participants hold the complexities of our lives in perspective, and co-create a safe[r] brave[r] space where people are challenged to learn and grow.

They are a nationally known presenter and consultant for congregations, schools, social service agencies. Their focus is in the intersections of Preemptive Radical Inclusion, safer communities/congregations, supporting gender creative and trans/non-binary children and youth in youth-serving organizations, and sexuality/consent education. They are an Our Whole Lives Trainer and Trainer of Trainers and teach sexuality and consent education classes to elementary and middle school students around Massachusetts.

Previous to doing their work at Justice and Peace Consulting full time, they were the Director of Religious Education at the Unitarian Society of Northampton and Florence for 16 years after

holding several different educational and training positions in adjacent fields. CB received a Master of Divinity from Union Theological Seminary in New York in 1991 and is the Unitarian Universalist Association's 2019 Angus H. MacLean Award for Excellence in Religious Education.

CB is a white, non-binary/genderqueer, mostly able-bodied fat person of sturdy farmer stock.

For a taste of what CB is like in person, you can view their acceptance of the Angus H. MacLean Award at this year's General Assembly [here](#).

Pity the Fool: Stories of Fools and Foolishness

with Speak Up!



Saturday, April 4, 2020 7:00 PM at UUS:E

Tickets: \$18. Reserve seats now: search "Pity the Fool" at [Eventbrite.com](https://www.eventbrite.com). Or purchase tickets on the night of the show. For sliding scale, contact Josh Pawelek at minister@uuse.org or 860-652-8961.

Back by popular demand: UUS:E Welcomes Speak Up Storytelling. Six brave souls will tell stories of fools and foolishness.



Speak Up is a Hartford-based storytelling organization that seeks to promote the art of personal storytelling to a wide audience and foster and support a community of storytellers throughout Connecticut.

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.

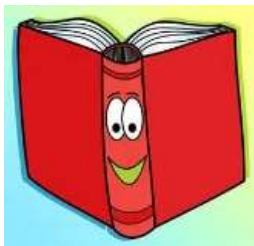


Community Drum Circle

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.

- March 10: **Love You Hard**, Abby Maslin

For information: marlar@wordshard.com

Women's Sacred Singing Circle

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

Sing, laugh, and be in community.

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



Yoga News

Come enjoy yoga at UUS:E!

The current yoga session with Susan Barlow ends March 4. Her next session is March 11 – April 29, 11 AM – 12 noon. The current yoga session with Jessica DeCarli ends March 16. Her next session is March 23 – May 11, 5:45 -6:45 PM.

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

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

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

You can register with, and direct questions to:

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

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

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

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.

Books, Classes and Discussions

continued

Matthew Andrews Kirtan

A Spring Blooming of Universal Love

Friday, April 17, 2019 at 7 PM – 8:30 PM

UUS:E Meeting Room



Matthew Andrews will lead kirtan here at UUS:E. Matthew is a singer/songwriter and poet who weaves Sanskrit mantras with non-traditional musical melodies. In discussing his vision of kirtan, Matthew says it is “a practice of togetherness, a kindling of hope, and a clearing away of debris from our hearts.” Join us in this spiritual “spring cleanup” in the onset of spring’s awakened abundance.

Matthew’s songs evoke our essential longing to join the sacred and the ordinary, and to shine the heart’s radiance through every word, every action. This philosophy lives in his music. Join us and shine right along with him as we sing, sway, dance or simply drink in the love-affirming celebration that is Kirtan.

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. Remind your friends that UUS:E is a scent-free space.

You can more about Matthew Andrews, is vision of Kirtan, and sample his beautiful music at <https://matthewandrewsmusic.com>.

Green Sanctuary News

The **Library of Things** is now open and waiting for you to (a) list what you will loan to others or (b) check out the list of what you can borrow. It is all located under the Sustainability tab at UUSE.ORG or go straight there with

<http://uuse.org/sustainable-living/lot/>

CT’s chapter of the **Northeast Organic Farmers Association** annual meeting is Saturday, March 7 at Wesleyan. Details at <https://ctnofa.org/>.

Movie: “A Prayer for Compassion” will be shown at UUS:E Friday, March 13, 6:30 – 9:00 PM. Snacks at 6:30 and movie at 7 PM. Trailer:

<https://vimeo.com/ondemand/aprayerforcompassion/283775716>.

Meat Eaters! Were you heartened by the recent media coverage of a research study indicating that red and processed meats were not harmful to you? Sorry, but that study has been debunked as biased (Ref1) and you should avoid those meats to protect your health. It will also protect the Earth and its ecosystems by reducing green-house gases (GHG), clean water use and pollution, wildlife loss, and destructive land use (Ref2). This is especially true regarding eating less beef, but how the beef was produced and delivered to you can vary its impact greatly (Ref3). However, even at its best, beef has 10 times the GHG impact of plant-based proteins (Ref3). The statistics on the impact of our diet choices for ourselves and the planet will continue to vary, as will people’s ethical positions on the subject.

Ref1:

<https://www.scientificamerican.com/article/so-is-it-okay-to-eat-more-red-and-processed-meat/>

Ref2:

<https://www.forbes.com/sites/michaelpellmanrowland/2018/06/12/save-the-planet/#78cb4983c81f>

Ref3:

<https://ourworldindata.org/less-meat-or-sustainable-meat>



Emergency Preparedness #1

#1 *EVACUATION*

Our newly created Emergency Operations Plan defines actions to be taken when a critical situation occurs on the property. This "all hazards plan" identifies twelve situations that could risk personal safety or property damage. Each emergency situation is designated as a separate annex with specific instructions.

DID YOU KNOW?

In several annexes, an evacuation of the building may be required. When an evacuation is ordered, fire and police responders will be on the way. Did you know that many fire trucks cannot come to the building using the entrance driveway? The slope at the top is too great for many trucks. For this reason, fire apparatus will come to us using the exit driveway! The exit driveway must be kept clear! **Once you reach your car in the parking lot, do not drive off the property until directed by responding fire and police officials.**

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

The following procedures are to be followed:

- a. **IF NOT** during Sunday services:
 - i. All occupants are to exit the building and go to their cars. Then see second paragraph (c), below
- b. **IF DURING** Sunday services:
 - i. Children and staff on the lower level will leave the building at the nearest exit.
 - ii. That group will assemble together a safe distance away from the exit.
 - iii. Adult leaders will take separate small groups of children at intervals up to the front of the building.
 - iv. Adults upstairs will use the main exits to leave the building.
 - v. Parents of children who are in RE classes will assemble as a group a safe distance near the front exits until their children are brought to them.
- c. Then **FOR BOTH SITUATIONS**:
 - i. Parents with children, and all adults will go to their cars in the parking lot and remain there until all the fire apparatus arrive. Many of the larger trucks will enter the property down the exit driveway and must not find cars backed up blocking their way.

**PARENTS – DO NOT TO GO DOWNSTAIRS TO FIND YOUR CHILDREN – THEY WON'T BE THERE!
WAIT OUT FRONT FOR THEM TO BE BROUGHT UP.**

UUS:E GENERAL INFORMATION

UUS:E Office Schedule: Monday-Friday, 8:00 AM to 4:00 PM

Meetinghouse Office: 860-646-5151

Office Administrator: Annie Gentile email: uuseoffice@uuse.org

Minister: Rev. Joshua Pawelek 860-652-8961, revpawelek@gmail.com

OFFICE HOURS: Tuesday 10 AM to 7 PM and Thursday 10 AM to 4 PM

President: Rob Stolzman, 907-268-1871, robandtammylee@yahoo.com

Director of Religious Education:

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

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

Website Coordinator: Carol Marion 860-643-8765, uuseweb@gmail.com

World Wide Web address: <http://uuse.org>

Newsletter Deadline:
The 20th of Each Month

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