

Unitarian Universalist Society: East

Member of the Clara Barton District of the Unitarian Universalist Association



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

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

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

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Find us on Facebook at [/UUSEast](#).



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Sunday Services Schedule

July Ministry Theme: none

In July we continue to hold one virtual worship service every Sunday morning at 10:00 AM. For the time-being our Sunday services will be held using Zoom. Our Zoom login and call-in information will be shared through the congregational eblast. If you are not subscribed to the congregational eblast, please send a message to e-news@uuse.org or contact Annie Gentile in the UUS:E office to arrange another method of receiving relevant information.

July 5: "July 4, 2020: A Quiet Birthday?"

No parades. No fireworks. No patriotic songs on the town green. No public readings of the Declaration of Independence. But that silence invites us to remember the sustaining ideals of the founding and the hope they can bring in these troubled times.

Coordinator: Lorry King

July 12: "Mary Oliver: Attention to the Natural World."

The COVID-19 pandemic has turned our daily lives upside down in many ways. Quarantine, self-isolation and social distancing have left most of us at home with limited options to keep interest and variety in our days. Many people have turned to activities that connect them with nature—hiking, birding, gardening, and others. Poet Mary Oliver lived her life in nature and wrote many poems in the spirit of our connection with the natural world. Join UUS:E members in learning more about Mary Oliver and enjoying her wonderful poetry.

Readers: : Susan Barlow and David Garnes

Coordinators: Sandy Karosi and Marsha Howland

July 19: "Sacred Places."

As Unitarian Universalists, we do not limit our sacred spaces to churches or locations mentioned in the Bible. This week's service will be an exploration of what makes a place sacred to an individual, a family, a culture, or a nation.

Coordinators: Beth Hudson-Hankins and Penny Field

July 26: "Forgiveness For All of This."

At their best, religious communities strive for forgiveness in response to harm. Yet, in the midst of a global pandemic that will likely kill hundreds of thousands before it runs its course; in the midst of the hyper-exposure of race and class inequality in the United States; in the midst of a new national

consciousness about police violence against people of color, what does it mean to forgive? Who needs to be forgiven? And who needs to forgive? Note: This morning we are joined by the members and friends of the Unitarian Universalist Society of Bangor, Maine. We will be joining their service on August 2.

Coordinator: Rev. Josh Pawelek

2020 – 2021 Ministry Themes

<https://www.soulmatterssharingcircle.com/themes.html>

July	none
August	none
September	Renewal
October	Deep Listening
November	Healing
December	Stillness
January	Imagination
February	Beloved Community
March	Commitment
April	Becoming
May	Story
June	Play

Community Outreach Ministry

Charitable Giving for July 2020

As always, thank you for your generosity.

"We do not gather our gifts only for ourselves, but to share with the larger community."

Continuing our practice of sharing our gifts with the community beyond our walls, the recipient of fifty percent of our Sunday plate collections for the month of July will be dedicated to a variety of organizations working to address the problem of food insecurity. These organizations include the Manchester Area Conference of Churches, the HVCC Food Pantry and the East of the River Mutual Aid Society's "Fill the Fridge" Program. As a supplement to our fundraising, the UUS:E Social Justice / Anti-Oppression Committee will be organizing food / supply drives. Watch our regular eblast for more information.

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.

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 eblast – To sign up, look for the button near the top-right at uuse.org:



Send submissions to e-news@uuse.org

Musical Oasis

Every Wednesday at 2:30 PM

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

Virtual Hymn Sing

On August 9, the Sunday service will be our annual Hymn Sing. How, you may ask, can there be a virtual hymn sing? With your help, that's how!

You have enjoyed the virtual children's choir, adult choir, and Singing Circle musical contributions to our Zoom services.

(Thanks to Dan Thompson for producing.) You have sung along with Josh on hymns. Now you can participate, too. Here are some things you can do:

1. If you have a favorite hymn or song you would like included, please let Martha Larson and Mary Bopp know what it is.
2. If you would like to share why it's important to you, or a story about the hymn, you can record yourself talking about the hymn. (Or at least send the information so we can include it.)
3. If you have a musical instrument, you can record yourself, or you and your family, playing/singing the hymn.

Because of the corona virus, we are still unable to have groups singing together. But a small group or a strong singer, when Zoomed out to the congregation, makes it easier for you at home to join in and sing. It may be a long time before we can sing together at the Meeting House, but we CAN sing together virtually. But preparing ahead of time is essential so please think about what hymns you want and let us know ASAP. Thank you for participating at least this way, and if you can also do #2 and/or #3, let us know what you are working on and if you need help. I'm excited about coordinating what is probably my 13th Hymn Sing.

—Martha

The Minister's Column: Hallelujah!

Dear Ones:

We come to the end of the 2019-2020 congregational year. Our congregational life now slows down for a few months. I'm looking forward to time off for vacation ("staycation") and study leave. I desperately need some time off at this point. And while using the word "desperately" in that last sentence, in a regular year, might seem overly dramatic, I trust you all understand that I—and all our UUS:E staff—desperately need some time off this summer. I am tired after these last three-and-a-half months of pandemic church. I am feeling raw, drained, worn out, worn down, not at my best self—not even close. Many of you feel these things too.

How could it be otherwise? We're making our way through a global pandemic that will likely result in more than 200,000 American deaths—many that could have been prevented had we had competent national leadership. We're making our way through the pandemic-related hyper-exposure of racial and class inequities in our nation, and vowing not to return to that old normal. And we are making our way through a national Black Lives Matter uprising in response to police violence, figuring out our place in it, figuring out how to work for substantive change. As liberal and progressive people of faith, we face these difficult and painful realities. They draw our attention, and we feel called to address them, called to engage, to struggle, to fight. This call is inherent in our seven UU principles. It is a central part of the mission of our UU faith. And of course, in order to pursue our mission, in order to uphold our principles, we also have to run the day-to-day operations of our congregation, manage the finances, maintain the building, educate our children, tune our pianos. And since March we've had the added challenge of working with new technologies, dealing with weak Wi-Fi signals, figuring out how to teach classes on line, how to organize food drives, how to respond to a local police shooting, how to keep in touch with each other. So, yes I am feeling tired, raw, worn down, worn out, etc. How could it be otherwise?

But I also feel pride. I'm proud of our UUS:E staff for responding with grace to the realities of the

pandemic. None of our staff has been perfect, but what they've given us is better than perfection. They've given us devotion, patience, heart, creativity and love. I am so proud of them, and grateful too.

I'm also proud of our lay-leaders, our Policy Board and Program Council members, who have kept us moving along as a congregation under very difficult and quite novel circumstances. No, they have not been perfect either. But like our staff they've given us better than perfection. They've given us commitment, flexibility, optimism, and love. They've made hard decisions.

I'm proud of all of you for rolling with us through these frightening, unnerving, technologically challenging, and isolating times. The trust you have put in the UUS:E staff and lay-leaders has been critical. The support you've shown us has made all the difference.

And, last but not least, I'm proud of myself. It's been a rocky ride. I've made mistakes. I've not been my best self. But I look back now on everything that's happened, including an 11-day sun-up to sun-down fast to urge the legislature back into session, and I feel pretty darn good about it. Raw, worn-down, worn-out, not my best self—yes. But I am beaming with pride too. Please know that about your minister.

Have a great summer friends! I will definitely "see" you along the way; and I look forward to the coming year. It will also be exhausting, but full of opportunity, full of ministry.

With love,

—Rev. Josh



Enter, rejoice, and come in!

A Religious Education message from Gina

Dear Friends,

The 2019-2020 Religious Education year has come to a close, and whew—what a year it's been! I wish to express my gratitude and appreciation to everyone who played a role in making our RE program a success. I am proud of the excellent learning opportunities we offered throughout the months of September through March, when we were still able to be together in person. During that time our children and youth learned about world religions, traditions and rituals, spiritual practices, sacred places, kindness and compassion to self and others, astronomy, ecology, and conservation. They had opportunities to practice community service and work for social justice. They baked cookies, prepared lasagnas, met a wildlife rehabilitator, fed and cuddled rabbits, made hand sanitizer, shared joys and concerns, and so much more. When the coronavirus pandemic was declared three months ago, meeting in person was no longer an option, and the RE program as we knew it came to an abrupt halt. But it didn't take long for a new kind of program to emerge. Yes, virtual RE looks and feels a whole lot different than an in person program. But together, as a community, we're making it work! Children's chapel has morphed into "Time with Gina," a component of our weekly virtual worship services in which I share a story and a reflection. Through the magic of Zoom, I am able to see so many children and parents watching the service together, and although it's not the same as being in one room, I find it a powerful and moving experience. Weekly Wednesday afternoon Zoom Chats with the children have also worked well to help keep the kids connected to me and to one another. I look forward to their kind, silly, loveable energy each week, and I'm certain I get just as much out of that time together as they do.

During the months of July and August we will offer a modified RE program, which the RE Committee designed based on families' responses to the summer survey sent out in May. The survey results indicate that most families are looking forward to a break from screen time this summer but would be interested in a few nature-focused RE activities that they can do on their own time as a family. With that in mind, Heather Alexson and I have created four nature-based lessons and projects, which will be packaged as "RE To-Go Kits." Families who choose to participate will be asked to sign up so that we know how many kits to create. We'll have all the kits ready in advance and will notify families when they can swing by UUS:E to pick them up. (All four kits will be available at once, so that only one trip to UUS:E is necessary.) Each kit will include a summary of the activity, instructions, and all the required materials. Families can opt to do the activities whenever they would like, but our suggestion is to take pictures of (or save) your finished products so that everyone can share during four scheduled Zoom calls on the following Sundays at 11:15 AM: July 12, July 19, August 9, and August 16. Virtual worship services will continue at 10 AM all summer long, and most will include a "Time with Gina," except for a few weeks when I take vacation. I encourage families to continue to attend those services together.

Details and signup information for summer RE will be sent directly to families. In fact, it may have already been sent by the time this newsletter reaches your inbox. Please don't hesitate to reach out to me with any questions or concerns.

Be well & be loved,

Gina



Membership News

Greetings from the Membership Committee!

Opportunity coming your way!!

The Membership Committee is working on establishing virtual UUS:E Meetup groups, and like the social Meetups, based on shared interests and activities.

You may be a woodworker, artist, hiker or walker, crafts person, cook, culinary explorer, chicken farmer, song writer, or movie buff in an endless list of possibilities.

This is your chance to meet and interact with others in our community who have a passion for a shared interest. As we progress through this time of social distancing, participants will be able to connect with others virtually, at first, then in person as a group.

So, here's what to do:

Think about with what you REALLY like to be involved.

Contact one of our Committee Members—we'll take care of the organization.

Meet new and old friends!

Let us know!!

Contact:

Sylvia Ounpoo: Ounpoo.adams@comcast.net
Carolyn Gimbrone: Bowbrone@aol.com
Susan Barlow: Sbarlow627@aol.com
Gail Crook: e.gail.crook@gmail.com
Jacquie Heintz: jacqonstance@gmail.com
Jennifer Klee: jenduvklee@gmail.com
Edie Lacey: edielacey1@gmail.com
Kathi Lee: katjlee7@cox.net
Betsy Nelson: dakotanh@yahoo.com

Books, Classes, and Discussions

Adult Religious Education



Book Lovers

The Book Lovers will meet on Tuesday, July 14, at 3:30 on Zoom. We will discuss **Where the Crawdads Sing** by Delia Owens. Ask Martha Larson (marlar@wordshard.com) for the Zoom sign in.



Yoga News

Yoga during the Coronavirus

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

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

Jessica is teaching an online yoga class. Interested students may contact her at jess.decarli@gmail.com

You can contact 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>

Food Drive

As part of our efforts to help supply needed food and household goods for the local community during the pandemic, UUS:E will be conducting a food/goods drive in the coming weeks for MACC (Manchester Area Conference of Churches) and East of the River Mutual Aid Society. The drive will supplement our UUS:E community outreach cash offerings for June and July, which will also be dedicated to addressing food insecurity.

Members and friends can drop off their donations (see below for needed items) at UUS:E anytime starting June 20 and deposit them in the metal bin located at the front entrance of UUS:E. Volunteers will also be available as couriers to pick up food items from your home and take them to the church, if you need that help. Appropriate social distancing procedures will be utilized by the couriers.

For questions about the program, contact Jim Adams at jimadamsuu@gmail.com or 860-682-2564. If you need a courier or are willing to volunteer as a courier, please contact Bob Knapp at rwknapp@snet.net

Needed items (requested by MACC):

- Laundry detergent
- Dish detergent
- Toiletries
- Sugar
- Flour
- Mayonnaise
- Jelly
- Size 5-6 diapers
- 5 and up Pullups
- Canned Beef stew
- Tomato soup
- Various soups
- Canned Mixed veggies
- Rice mixes
- Lipton pasta mixes
- Canned Peas
- Canned Carrot
- Baked beans
- Pork and beans
- Gluten free food
- Cake /muffin mixes

You may also donate other non-perishable food items that you would typically buy for yourself.

Letter to the JI

The following letter to editor of the Journal Inquirer was published in edited form on June 16, 2020.

Dear Editor:

I was one of the many hundreds marching Saturday June 6 from the Manchester Town Hall to the Police Station a mile away. At least half of the people gathered were white, and all mostly young and passionate. The most common chant was "Black Lives Matter."

We marched by the Nazarene Church building at 466 Main Street that has had many uses. It is now part of the MACC (Manchester Area Conference of Churches) complex. It was the first religious home of Manchester's Unitarian Universalist Society: East, now located at 153 West Vernon Street. The building reminded me that a young girl named Elizabeth Anderson attended the Society's Sunday school in the 1970s. She has since become one of the world's most renowned philosophers and is on the faculty of the University of Michigan. Her books have earned her an international reputation as a practical thinker.

The New Yorker a year ago termed Professor Anderson "...a champion of the view that equality and freedom are mutually dependent." In one of her books, **The Imperative of Integration** with copyright in 2010 by Princeton University Press, she explains in great detail how she came to this view. One line stands out:

"It is necessary to block and dismantle the mechanisms that perpetuate unjust social inequality, and to realize the promise of a democratic state that is equally responsive and accountable to citizens of all identities." From Page 180 of her book.

After Saturday's march across Manchester, I am now more convinced that Professor Anderson, this wonderful product of our town, is right. Equality and freedom are mutually dependent. For all of us. Saturday was a refreshing proof of her view.

Very truly yours,

Malcolm F. Barlow

UU the Vote:

Matching Gift Opportunity

Many of you are familiar with UU the Vote and the UUS:E project of writing letters to under-represented voters in swing states, encouraging them to vote. (If you aren't, it's explained below "What's New.")

What's New

First, as of mid-June, volunteers have already prepared over 600 letters! Second, an anonymous gift has been made to match donations up to a total of \$500 to cover the cost of stamps. Why's this important? This effort is volunteer funded. Some people can write letters and easily cover the cost of stamps. But for some, the cost of stamps is prohibitive. Others might not have the time to write but can contribute to cover the cost of stamps. If you want to support someone else writing letters to encourage greater voter participation, please consider donating to the stamp fund. And if you have hesitated to write letters yourself because of the cost of stamps, remember that assistance is available. (For more information, contact Rev. Josh.)

UUS:E Participates in UU the Vote

UU the Vote is the UUA's nonpartisan faith initiative to engage people, educate communities, and mobilize voters to protect our fundamental Unitarian Universalist values in the upcoming decisive election. UUA is supporting congregations working for electoral justice at the local, state and national levels with suggestions about ways to act alone or with partner organizations. For more information, check out the spring edition of UU World and go to uuthethevote.org.

UUS: E is working with Vote Forward (votefwd.org), a nonpartisan organization that is endorsed by UU the Vote as a partner. We're writing letters now to send in late October to people on lists provided by Vote Forward of registered voters who often skip elections. The lists are nonpartisan and include people of all parties and leanings in swing states. Each letter contains standard verbiage encouraging the recipient to vote. The letter begins with, "I'm writing to you today to urge you to vote and to share my story with you. I vote in every election because..." followed by enough space for three or four sentences. Reasons can include issues such as health care or a sense of obligation to vote. However, one shouldn't mention any candidates or

parties by name. The goal is to increase voter turnout, nurture democracy, and elect leaders who will represent the interests of all segments of society. The letters will be mailed close to the election when they will be most effective.

Before COVID-19 turned the world upside down, our plans focused on letter writing parties at church. Now our strategy has changed to one where individuals write letters at home. Volunteers will be instructed on how to access lists of voters on the Vote Forward website (votefwd.org) and complete the letters. For more information on how to be part of UUS:E's project to UU the Vote, contact Maude McGovern (memcgov@aol.com).

Please Share Your Sacred Places

Do you have a personal sacred place? Have you visited places in the world that were sacred to you or others? If so, please forward photos of places that are sacred to you, your family or your culture. Bonus points if the photo includes you. These are to be shared during the July 19 Sunday service. Please send photos to <mailto:bhudsonhankins@hotmail.com> by July 14.

Census

A representative of the U.S. Census Bureau asked us to pass on a reminder: "...Responses to Census are critically important to the local community and the country. Local communities depend on the information from the Census to decide where schools, highways, hospitals, and other important services are needed. You can answer Census questions online at my2020census.gov or by phone. English: (844) 330-2020, Spanish: (844) 468-2020, TDD (Telephone Display Device): (844) 467-2020."

Green Sanctuary News

Library of Things

The UUS:E Library of Things is up and running! You're welcome to peruse our database of items to lend and proceed with caution if you're comfortable doing so. We did have one borrower take up the offer of a hair trimmer to get a greatly appreciated haircut. If you're interested in becoming a borrower or lender of household items, sign up, fill out the simple form, and start planning. Anyone can participate, and the cost is FREE! The LoT can help save money, reduce our congregation's impact on the environment, and build community among our members and friends. To learn more, go to <http://uuse.org/sustainable-living/LoT/>.

Citizens' Climate Lobby Update

The Greater Hartford chapter of Citizens' Climate Lobby (CCL) meets every second Sunday from 2:00 to 4:00 at the Unitarian Society of Hartford or virtually via Zoom. Our chapter members participated in the virtual CCL conference "A Community Stronger than COVID" held on June 13 and 14. Speakers included members of the US Senate Climate Solutions Caucus and Climate Solutions Caucus in the US House, including Senator Chris Coons who introduced the Energy Innovation and Carbon Dividend Act which the UUS:E has endorsed. For more Greater Hartford Chapter info contact janet.heller@snet.net.

Trinity Solar Update

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

Peas & Love Community Garden

The garden is growing! We're harvesting radishes, arugula, garlic scapes, and peas right now, so stop by and pick some veggies for your salads and stir-fries. Tomatoes, peppers, squash, and cucumbers were planted after Memorial Day, so hopefully we'll have some to harvest in another month or two. If you're in the area and interested in helping our

garden grow (watering, weeding, etc.), contact Mary Lawrence at weltonwheels@hotmail.com or 860-985-1645 for more info.

The Condor & The Eagle Movie Screening

Join UU Ministry for Earth, Side With Love, DRUUMM (Diverse Revolutionary UU Multicultural Ministries), Native Caucus, Interfaith Power & Light, and other partners for this multifaith screening and discussion of the documentary, **The Condor & The Eagle** (rated one of the 7 best new films about climate change by EcoWatch). The screening and discussion will take place online on Sunday, June 28, 6:00-8:30 ET with Spanish subtitles, and the conversation will have live translators to be 100% bilingual (Spanish & English). Learn more & [register here](#).

FUN FOOD FACT: In the 1960s, the Black Panther Party established more than 60 "survival programs" to meet community needs. One of these was a breakfast program that distributed free breakfasts to 20,000 children in 19 cities—and is credited with jump-starting the National School Breakfast Program.

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, minister@uuse.org

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

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

Newsletter Deadline:
The 20th of Each Month

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