

# Unitarian Universalist Society: East

Member of the New England Region of the  
Unitarian Universalist Association



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

## Table of Contents

Sunday Services Schedule	2
Community Outreach Ministry	2
2021-2022 Ministry Themes	2
Music Salon	3
We Need You!	3
Medicine Bottles for Haiti	3
Green Sanctuary News	3
The Minister's Column: Hallelujah!	4
Enter, rejoice, and come in!	5
Contact Info Changes	5
UUS:E Outdoor Tag Sale	6
Stop & Shop Cards	6
Books, Classes, and Discussions	6
Book Lovers	6
Buddhist Group	6
Yoga at the Meetinghouse!	6
UU SpiritLife	7
Intro to UU	7

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



## Sunday Services Schedule

September Ministry Theme: Embracing Possibility

In September, we continue to hold one virtual worship service every Sunday morning at 10:00 AM in Zoom. Our Zoom login and call-in information will be shared through the congregational eblasts on Wednesdays and Saturdays. To subscribe to the congregational eblast, please send a message to [enews@uuse.org](mailto:enews@uuse.org) or contact Annie Gentile in the UUS:E office to arrange another method of receiving relevant information.

Also: we are reopening, slowly but surely. As part of our "soft" reopening, a limited number of members and friends can join us in the sanctuary for worship! Sign up with our Office Administrator at [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) or 860-646-5151..

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### September 5: "On Faith in Labor."

There is a long and sometimes complicated history of faith communities and labor unions working together for social justice. What does that relationship look like today? We'll hear from some prominent Connecticut labor leaders about living our faith in solidarity with workers.

**Coordinators:** Sheila Foran and Rev. Josh Pawelek

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### September 12: "Ughhh! This Thing Ain't Over Yet?!?!"

All congregational worship. Since we are delaying our transition to in-person (hybrid) services due to Connecticut's current coronavirus infection rates, we are also delaying our annual homecoming service. This morning we celebrate our community, express our grief at the need for continued pandemic vigilance, and explore our September ministry theme, "embracing possibility."

**Coordinators:** Mary Bopp and Rev. Josh Pawelek

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### September 19: "What the Body Thinks."

What if thinking isn't only a function of the brain? What if the non-brain parts of our bodies think too, or at least contribute to the effectiveness of our thinking? What if the world around us thinks with us? Rev. Josh responds to "The Extended Mind: Thinking Outside the Brain," by science journalist Annie Murphy Paul. Warming: you may think differently after attending this service!

**Coordinator:** Rev. Josh Pawelek

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### September 26: "Forgiveness."

What is forgiveness? What does it do for the person who is forgiven and the person who

forgives? Join us as we hear from members of the UUS:E community and the worlds of literature, music and faith about the challenges and rewards of forgiveness.

**Coordinator:** Marsha Howland

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### October 3: "All You Need is Love?"

As religious liberals, we place a lot of our faith in the power of love to solve social problems. But is love enough? Might love at times actually prevent real solutions from emerging? Note: This morning's sermon was purchased by Paul Cocuzzo at the 2020 UUS:E goods and services auction (just prior to the beginning of the pandemic).

**Coordinator:** Rev. Josh Pawelek

## Community Outreach Ministry

Charitable Giving for September 2021

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 months of July and September will be split between [KIDSAFE CT](#) and [PowerUp](#).

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

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

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

October: University of Connecticut Native American Cultural Programs: <https://nacp.uconn.edu/>

## 2021-2022 Ministry Themes

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

September:	Embracing Possibility
October:	Cultivating Relationship
November:	Holding History
December:	Opening to Joy
January:	Living with Intention
February:	Widening the Circle
March:	Renewing Faith
April:	Awakening
May:	Nurturing Beauty
June:	Celebrating Blessings

## Music Salon

There will be a virtual Music Salon Unplugged on Friday August 27 at 6:30 PM! It will be virtual, so recordings of musicians will be presented, but the musician will be there "in-person." Musicians of all levels are invited to perform. We will be on Zoom, enjoying each other's music and having fun. Bring your favorite beverage and relax! As always, listeners will be welcome. If you would like to participate as a musician or listener, or if you simply want more information, contact Peggy Webbe at [peggywebbe@gmail.com](mailto:peggywebbe@gmail.com). Or contact [MaryBopp@verizon.net](mailto:MaryBopp@verizon.net). A day or so before the event, we will send Zoom sign-in information to those who have contacted us.

## We Need You!



### What do you love to do?

Are you a painter, a quilter, a knitter, a print maker, a collage artist, a cartoonist, or a set designer? Do

you enjoy acting, storytelling, origami, or puppeteering? Perhaps you are a chef, a poet, a scientist, a nature lover, an outdoor enthusiast, or a naturalist? Do you have a passion for music, drumming, activism, meditation, or yoga?

Everyone has a hobby, a talent, a special skill, or a practice that makes them come alive! This year's RE program will use project-based learning in the form of workshops to explore religious themes and concepts. We are seeking members and friends of the congregation to share their passions or gifts with the children. Don't see your hobby or skill listed above? No worries! Those are just some potential activities. We'd love to hear about your own passion.

Reluctant to make a long-term commitment? You're in luck. The commitment is just two or three Sunday mornings in total. That's it! You'll have the support of RE staff and volunteer assistants, so there's no need to worry about managing on your own. And please know that you need not be an expert! Your enthusiasm is what matters most!

To learn more about how you might be involved, please contact Gina Campellone at [redirector@uuse.org](mailto:redirector@uuse.org).

## Medicine Bottles for Haiti



Peggy Gagne has set up a yellow collection box for empty medicine bottles in the foyer, near the ink cartridge recycle box, to help Jean Labutis with a project. Jean has a contact in Haiti who has been receiving donations of medicines in very large batches, and they need empty pill bottles to distribute them into. So, we are recycling by collecting pill bottles of all sizes, with the labels removed or with info blacked out. Please drop them in the yellow box in the foyer. Thank you!

Any questions, please contact Jean Labutis, [jeanalabutis@gmail.com](mailto:jeanalabutis@gmail.com), or Peggy Gagne, [pgagne15@att.net](mailto:pgagne15@att.net).

## Green Sanctuary News

### Climate Action

The 2021 IPCC\* report sounds the alarm.

"The UN Secretary-General António Guterres said the Working Group's report was nothing less than 'a code red for humanity. The alarm bells are deafening, and the evidence is irrefutable'."

Please contact your legislators to urge them to include carbon pricing in the reconciliation package. Internalizing the cost of greenhouse emissions is the surest way to change behavior.

<https://citizensclimatelobby.org/write-your-representative/#/74/>

\*Intergovernmental Panel on Climate Change

### Reduce Your Footprint by Buying Less Stuff

Need an item for a project and afraid you will never need that item again? Like a digging bar, telescoping pole, tortilla press? Check out our Library of Things (LoT). It may be a bit awkward to use, due to privacy and liability concerns, but we think it is worth using. We are open to feedback about the process. Also, we have no way of knowing if anyone is using it, so please let us know if you have borrowed or lent anything through the LoT.

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

## The Minister's Column: Hallelujah!

Dear Ones:

Welcome to the 2021-2022 congregational year! I am hoping beyond hope that in the coming year UUS:E continues to be a place of love, nurture, healing, creativity, spiritual growth and public witness for you. I am hoping beyond hope that UUS:E meets your spiritual needs, meets your family's spiritual needs, meets our collective spiritual needs.

I want to express my sadness and my anger that the pandemic is continuing to disrupt our functioning at UUS:E. As most of you know by now, given Connecticut's current public health data (which we track on covidactnow.org), the UUS:E Policy Board, working with the UUS:E Emergency Response Team, decided at its August 17<sup>th</sup> meeting to postpone our transition to hybrid services, originally scheduled for September 12<sup>th</sup>. While Connecticut is in far better shape than most states, we agreed that an infection rate well over 1.15% and nearly 20 new cases per day per 100,000 residents present far too much risk to our collective safety.

I am sad because I was really looking forward to more of us being physically together in community as the congregational year begins. How sweet it would have been to physically "come home" for homecoming! While I have the opportunity to interact with many of you online, we all know it's not quite the same thing as being in each other's physical presence. So, I am sad.

I am angry because the spread of the delta variant in the United States was preventable. The evidence is clear: we are now living in a pandemic of the unvaccinated. I understand some people aren't able to get vaccines (children, the immuno-compromised, etc.). I get it: there are some good reasons not to get a vaccine. But politics and political party aren't good reasons. Gubernatorial ignorance isn't a good reason either. Believing in conspiracy theories doesn't count. Machismo? Not an excuse. Faith in the power of Jesus? Newsflash: Jesus wants everyone to get their vaccines! (If the vaccines aren't miracles, I don't know what is!) The bottom line is that too many people who could've followed the guidance of public health experts refused to do so, and it has impacted everybody else. So, yes, I am angry.

I will get over it. And one of the ways I hope to get over it is to figure out how UUS:E can start advocating in the wider community to raise the vaccination rate in Connecticut. For me, it's beginning to feel like a justice issue. As long as the coronavirus remains present, the most vulnerable, elders, essential workers, frontline workers, emergency responders and health care workers continue to be at risk.

On a different but related topic, 18 months of pandemic living have led me to focus my theological reflections on what it means to live in a physical body. Lockdown, masking, social distancing and online communicating can be very disembodied, and I find myself longing for a spiritual life that centers the body. During my summer study leave I have been exploring questions about the spiritual dimensions of the body. Some of the books I've read include Annie Murphy Paul's **The Extended Mind: Thinking Outside the Brain**, Resmaa Menakem's **My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies** (thanks to Lisa Sementilli or the rec!), Alexis Pauline Gumbs' **Undrowned: Black Feminist Lessons from Marine Mammals**, and two novels: Rivers Solomon's **Shadowland** and Richard Powers' **The Overstory**. More to come. Always more to come!

With love,  
Rev. Josh





## Enter, rejoice, and come in!

### A Religious Education Message from Gina

Dear Friends,

Traditionally the month of September is one of new beginnings. It marks the start of a new school year, a new church year, and a new Religious Education program. It's a busy and exciting time, a time of preparation and anticipation, a time of wondering what's in store for us as we return again to the familiar schedules and routines that were on pause during the summer.

My September newsletter column typically describes the RE programming we've planned for the upcoming school year, and provides a detailed calendar of meeting dates, all congregation worship services, and special events. However, for the second year in a row, things are a bit up in the air due to the ever-changing status of the coronavirus pandemic.

The Delta variant has introduced new complications and led to a rise in the rate of infections. But we are hopeful that the spike will be short lived, and we remain optimistic that with continued mask wearing and safety protocols in place, a return to in person programming will be possible in the very near future.

At the time of this writing, it appears that UUS:E's original plan to reopen on September 12<sup>th</sup> will be pushed out to early October. This could change, of course, depending on how this new wave of the coronavirus unfolds. As has been the case for the past 18 months, patience and flexibility will be necessary. It's frustrating and disappointing that the kickoff to this year's RE program will not be as smooth as we hoped it would be. The good news is that the excellent program we have planned isn't going anywhere. It's simply on hold. The silver lining is that the delayed start affords us extra time to prepare and recruit additional volunteers.

For the time being, worship services will remain online, and we will continue to offer some RE programming outdoors, as well as some virtual gatherings on Zoom. The RE Committee and I are in the process of working out dates and details. You can expect to hear from us soon with the specifics.

In the meantime, if you've not already done so, please take a look at what's planned for the coming year. For a succinct summary of the program and

curricula you can check out this PowerPoint [slide show](#). We've made some changes to both the structure and content of the RE program, and I urge everyone—not just parents—to read about it. This year, more than ever before, we are counting on the support of volunteers to make our program successful. We are especially in need of folks who can share a special hobby, skill, or passion with the kids on Sunday mornings. It's a very short-term commitment, requiring just one to three Sunday mornings in total. Please consider what role you might play.

Parents, if you've not registered your child for RE, please follow [this link](#) to do so ASAP. A new registration must be completed each year. All children, including those who may be in the nursery, should be registered. If you have any questions, please don't hesitate to reach out to me. The best way to contact me is by email ([Redirector@uuse.org](mailto:Redirector@uuse.org)) or Facebook messenger.

Thank you for your unwavering support and patience as we continue to navigate our way through the many unknowns.

### Contact Info Changes

Al Benford  
186 New State Rd, Apt 40  
Manchester, CT 06042

Ctaci Belster-Coleman & Jason Coleman  
157 St. John Street  
Manchester, CT 06040

Sofie Buyniski  
74 Pond Circle  
Glastonbury, CT 06033

Sandy Johnson  
328 Oak Street  
East Hartford, CT 06118

Ruth Rempt  
400 Seabury Drive, Apt. 3114  
Bloomfield, CT 06002

Steve & Ann Simon  
38 Winding Brook Trail  
Vernon, CT 06066

Kevin Stolp  
37 Bolton Center Road  
Manchester, CT 06040

Mary Young & Joe Young  
16 Angela Lane  
Willington, CT 06279

Fay Peters: 860-514-3090

## UUS:E Outdoor Tag Sale

Saturday September 18, 9 AM – 2 PM (Rain date September 25)



We will be accepting donations at UUS:E daily, starting 9/12. Drop-off times to be announced. Please consider pre-pricing your items!

Fill-a-bag for \$4 starting at 1 PM (We hope this will decrease volume of items left over.) Please collect paper bags from Highland Park or Trader Joe's for the "fill-a-bag" hour.

There will be a booth for new items. Have you gotten something you didn't want or need? Still in box or with tags? Donate to the booth! We can price these items higher. Want to donate collectibles? Please try to research "sold" prices on eBay and recommend a price range. This would be a great help!

Flyers/yard signs will be available for pick-up at Meetinghouse:

- Sunday 8/29: 9 – 9:45 AM and 11 – noon (before & after services)
- Tuesday 8/31: 9 – 11 AM

Please consider volunteering:

- Manage a booth (Books or New Items/Collectibles)
- Distribute posters or flyers - pick-up 8/29 or 8/31
- Pricing items - 9/12 - 9/17
- Set-up day of sale
- Work at the sale on 9/18 - one hour shifts or more
- Break-down day of sale
- Take leftover items to donate

We want this to be a successful fundraiser for our beloved UUS:E and we need your help and support! Look for further announcements through e-blast and at beginning of services.

Know you want to help already? Contact Marcie or Sandy

Marcie Brown & Sandy Karosi

## Stop & Shop Cards

Stop & Shop cards can still be purchased despite the pandemic. Anyone who is interested in buying a card can contact Annie, our office administrator. Cards come in \$50, \$100 and \$250 amounts. The money raised from this effort goes into the general fund. And they make great holiday gifts! If you need any help with this or more information, contact Sandy Johnson at 860-888-9673.

### Books, Classes, and Discussions

Adult Religious Education

#### Book Lovers

The Book Lovers meets second Tuesdays at 3:30 on Zoom. Ask Martha Larson ([marlar@wordshard.com](mailto:marlar@wordshard.com)) for the Zoom sign in.

Goodreads descriptions:

[https://www.goodreads.com/review/list/130686405-paul-cocuzzo?ref=nav\\_mybooks&shelf=uuse-book-lovers](https://www.goodreads.com/review/list/130686405-paul-cocuzzo?ref=nav_mybooks&shelf=uuse-book-lovers)

- September 14: **The Left Hand of Darkness**, by Ursula Le Guin
- October 12: **The Book Woman of Troublesome Creek**, by Kim Michele Richardson.
- November 9: **Friday Black**, by Nana Kwame Adjei-Brenyah

#### Buddhist Group

The Buddhist Group meets via Zoom at 7 PM on the first Tuesday of each month, for meditation and discussion. All are welcome; no meditation experience necessary. Contact Nancy Thompson at [nancythompson123@yahoo.com](mailto:nancythompson123@yahoo.com) for the Zoom info.

#### Yoga at the Meetinghouse!

All welcome to gentle-to-moderate yoga classes in the UUS:E Meetinghouse, Wednesdays at 10:00 AM with Susan Barlow. \$5 drop-in fee. Bring a yoga mat or towel and wear comfortable clothes. All welcome, including beginners! Yoga provides an opportunity to quiet the mind as well as strengthen and relax the body. Direct questions to: Susan at [SBarlow627@aol.com](mailto:SBarlow627@aol.com) or Annie at the church office, 860-646-5151. Yoga is one of the UUS:E adult education offerings. We are polling interest in a Monday evening class. For the time being, masks are required whenever inside the building.



## UU SpiritLife

UU SpiritLife offers spiritually-focused programs to members and friends of the three Hartford area UU churches.

Fall 2021 Offerings Include:

### Daytime

- Spirituality for UUs - This course helps UUs to establish and deepen their spiritual lives in a religion without a creed. 12 weekly Zoom sessions; Sept 7-Nov 23; Tues, 10 AM – noon with Judy Robbins and Rick Tsukada

### Evening

- Living Your Faith - participants articulate the tenets of their faith and explore how this faith is manifested in their daily lives. 12 sessions; Tue: 7:00-8:30; dates TBD. Zoom with Tom Gervais

—OR—(Either Living Your Faith OR Spiritual Practices for UUs will be offered, depending on the sign-ups for the two programs)

- Spiritual Practices for UUs is a 9-month program in which participants experiment with different spiritual practices to explore how these practices can change how they experience and live life. 16 sessions; Tue: 7:00-8:30; dates TBD. Zoom with Tom Gervais
- Tending Your Spiritual Garden - participants explore how they might reap the bounty of a soulful spirituality. 2 sessions; Thu 7:00-8:30; dates TBD. Zoom with Tom Gervais
- Being a Monk in the World—finding and living from your inner monastery. 4 conversational Zoom sessions, including a review of recent writings on the subject. First Wed 7:00-8:30; Sept-Dec. with David Gonci
- How Your Former Catholicism Can Expand Your UUism - Ex-Catholic? No need to drop it all. 8 Zoom sessions on alternate Thurs starting Oct 14; 6-7:30 PM. With Rev Joy Christi Przeworski and Judy Robbins.

For more complete information including registration visit <http://www.UUSpiritLife.org>

## Intro to UU

Would you like to know more about Unitarian Universalism and Unitarian Universalist Society: East?

Please attend our Intro to UU  
(Zoom or in person)

Sunday, October 3, 2021, 1 to 4:00 PM

Rev. Josh Pawelek and the Membership Committee invite you to an informative seminar where you will learn more about the UU and UUS:E, including:

- A brief history and background of our theology
- UUS:E's mission
- Opportunity to meet others interested in Unitarian Universalism
- Sharing of stories about what brings us together

To register, please contact Annie Gentile at (860) 646-5151 or [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org)

Please RSVP by noon Thursday, September 30th, 2021.

Questions?

Please contact Sylvia Ounpuu or Sheila Foran at [membership@uuse.org](mailto:membership@uuse.org)

or Rev. Josh Pawelek at 860-646-5151 or [minister@uuse.org](mailto:minister@uuse.org)

We hope you will join us!

**UUS:E GENERAL INFORMATION**

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

**Meetinghouse Office:** 860-646-5151

**Office Administrator:** Annie Gentile email: [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org)

**Minister:** Rev. Joshua Pawelek 860-652-8961, [minister@uuse.org](mailto:minister@uuse.org)

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

**President:** Peggy Webbe, 860-871-8035, [peggywebbe@gmail.com](mailto:peggywebbe@gmail.com)

**Director of Religious Education:**

Gina Campellone, 860-875-8468, [redirector@uuse.org](mailto:redirector@uuse.org)

**Newsletter Editor:** Paul Cocuzzo, 978-270-2056, [newsletter@uuse.org](mailto:newsletter@uuse.org)

**Website Coordinator:** Carol Marion 860-643-8765, [uuse.web@uuse.org](mailto:uuse.web@uuse.org)

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

Newsletter Deadline:  
The 20<sup>th</sup> of Each Month

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