

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.

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



Sunday Services Schedule

October Ministry Theme: Cultivating Relationship

In October, 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 e-news@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 or 860-646-5151.

October 3: "Cultivating Relationship."

All-congregation worship! Our ministry theme for October is "cultivating relationship." This morning we learn from some very wise members of our community about what it takes to build relationships and, even more importantly, to sustain relationships.

Coordinators: Gina Campellone and Rev. Josh Pawelek

October 10: "The Art of Self-Compassion."

In our second Unitarian Universalist principle, we affirm and promote "justice, equity, and compassion in human relations." Who is the closest human relation we have, if not the relationship we have with ourselves? How do our responses to our own feelings and actions serve us? How can we develop kindness and compassion for ourselves and others? In this service, we'll explore the importance and practice of mindful self-compassion.

Coordinator: Stacey Musulin and Martha Larson

October 17: "What the Body Thinks, Part II: Cultivating Relationship."

Rev. Josh continues with his reflections on science writer Annie Murphy Paul's **The Extended Mind: The Power of Thinking Outside the Brain**. What might it mean for our spiritual lives to know that we think better when we think with others?

Coordinator: Rev. Josh Pawelek

October 24: "We'll Build a Land: Cultivating Relationships Towards Our 8th Principle."

Rev. Chris Long, Minister of Pastoral Care and Programming at Community Church of New York, will speak about our Unitarian Universalist journey towards spiritual wholeness as we work to build a diverse, multicultural Beloved Community. Rev. Long is a graduate of Starr King School for the Ministry. He is a close friend of Rev. Josh and is familiar with UUS:E's ongoing commitment to social justice.

Coordinator: Sheila Foran

October 31: "Ancestor Day."

All congregation worship! Join us for a celebration of our ancestors, which will feature at least one, very scary, though special guest who we haven't talked to in a while. Also, if you would like to share a memory of a deceased loved-one, we encourage you to make a brief video and forward it to Rev. Josh at minister@uuse.org. Or contact Josh to have him record you in Zoom. What lesson do you take from their life? Together we will share the ongoing power of our ancestors' lives in our collective life today.

Coordinator: Coordinators: Gina Campellone and Rev. Josh Pawelek

Community Outreach Ministry

Charitable Giving for October 2021

As always, thank you for your generosity.

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

On Sunday, October 3, we will be donating all of our Community Outreach offering to disaster relief. Half will go to the UUA Disaster Relief Fund which allows the UUA to respond flexibly to current disaster needs as well as to new emergency situations as they arise. The other half will go to the UUSC whose relief program seeks to remove barriers to federal aid for communities most impacted by the climate crisis. Both organizations work with local partners to provide fair and equitable access to assistance.

On the remaining Sundays in October, we will donate the usual half of collections to the University of Connecticut Native American Cultural Programs: <https://nacp.uconn.edu/>.

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.

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

Message from the President— Peggy Webbe

The Policy Board has established a committee of four to follow up on the recommendations in the Report on the Sanctuary Conflict. The report contained numerous recommendations for resolving the issues raised by the conflict. The committee of Josh Pawelek, Peggy Webbe, Vivian Carlson and Ellen Williams will develop an implementation plan to be reviewed and approved by the Policy Board and then distributed to the congregation. Feel free to contact me or any member of the team with comments or suggestions that you may have related to implementing the recommendations.

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.

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, or Peggy Gagne, pgagne15@att.net.

Green Sanctuary News

Stuff

It was great to see so many UU friends on Saturday at the Tag Sale as we found ways to repurpose a lot of the extra stuff we all have, and all have no need for. It sure did pile up during the pandemic!

Now there is one way to avoid getting a lot MORE stuff we might only need to use once or twice and that is by connecting to our **Library of Things** (LoT)—things to borrow from other UUs and things we have to loan to others. Are you starting your fall cleanup and find you need to buy some tools, like saws, loppers, or even a ladder? Don't buy them, borrow them from the UUS:E Library of Things. To see what is available go to <http://uuse.org/> and click on the Sustainability tab at the top. If you like, offer things for others to borrow and help minimize our impact on the Earth.

Anxiety

Are you feeling the need to find something uplifting in the face of worries about climate change, about societal dilemmas, about political polarization, about the pandemic of the unvaccinated, and on and on?? You just might find something very uplifting at the YES! Fest Oct. 7 – 8 which you can register for here:

<https://www.yesmagazine.org/about-yes-fest>

“Join Vandana Shiva, Alicia Garza, Adrienne Maree Brown, Fania Davis, Dallas Goldtooth, Rev. Dr. Liz

Theoharis, Amanda Alexander, Mariah Parker, YES! co-founders Sarah van Gelder and David Korten, and more for a special two-day online festival to support YES! on our 25th anniversary. You'll hear lively discussions about the solutions and ideas that go into building a more equitable and sustainable world and learn how you can help us advance solutions for the next 25 years.”

If you don't know YES! magazine yet, it's time to find out what they are about. If you do connect with it, let us - members of the Sustainable Living Committee - know so we can share ideas and thoughts.

Here is a local statewide action we can take part in...

Activism—

End Environmental Racism: A Climate Emergency Rally

<https://act.sierraclub.org/events/details?formcampaignid=7013q000002Fe7YAAS>

Join us for a march to protest state inaction on the climate crisis! From the Sierra Club:

“Despite voicing concerns about the climate crisis, the Connecticut government continues to expand the use of fossil fuels. Fossil fuel emissions damage the environment and directly harm Black, Latinx, Indigenous, and low-income folks. Today's extractivist practices are stealing a livable planet away from future generations. We all deserve clear air, clean water, and a safe future on this planet. We aim to tip the scales of justice in favor of the Earth and achieve environmental justice for all.

Please join us in sending a clear message to state leaders: a serious, urgent plan for getting off fossil fuels is long overdue!”

Saturday, October 30, 2 PM, Bushnell Park

Join Us!

As always you are welcome to join the Sustainable Living Committee, which meets on second Tuesdays at 7:00 PM for the time being on Zoom. Next meeting: October 12. Contact Paul Cocuzzo or Mary Lawrence for the Zoom link.

Membership News

We Are UUs!

UUnpeeling the Layers

A series to learn more about each other



Mary Lawrence

Mary Lawrence first visited UUS:E in 2015. She learned about our congregation from Kat Dargan, a beloved member, now deceased. They shared a common passion for vegan living and sustainability.

When Mary learned that Reverend Josh would be preaching a sermon advocating for sustainability and a vegan diet, she decided to check it out. She was impressed and discovered that UUS:E was a comfortable fit for her own spirituality. She was raised as a Catholic, but eventually left the faith, unhappy with the dogma. For a long time, she had avoided all organized religions.

Before long, Mary was planting a "community garden" behind the meeting house. The space had previously been an organic garden used by the children's Religious Education Program. Before

long, vegan potlucks were being held in the sanctuary.

Mary first tried a vegan diet in college, after learning about the extensive destruction of rain forest in order to provide land for cattle to graze. She eventually made a firm commitment to a vegan diet for health reasons. She gave up animal products, processed food, dairy and gluten. Her health vastly improved.

Mary enjoys travel and drove cross country three times. In the 90s she played guitar in a band. She was guest chef for a cooking segment on a WWLP television program. Her career has included advocacy and writing about vegan eating. Until recently, she also worked as a personal chef. That ended due to the pandemic. She now teaches English at the community college level and finds it very rewarding. She believes that COVID has forced her to be more creative. She has studied to become a Master Gardener and created a "pandemic garden." She planted lots of flowers for pollinators, vegetables, and herbs, both culinary and medicinal.

She joined the "Food for Free" movement, posting signs to encourage neighbors and others to help themselves to some of her produce.

Mary Lawrence is now chairperson for the Sustainable Living Committee/Climate Action Team at UUS:E. That is no surprise, nor was her choice of the picture of herself, for this article, posing with one of her "heroes," Horton of **Horton Hears a Who!**

The Minister's Column: Hallelujah!

Dear Ones:

Our ministry theme for October is **cultivating relationship**. I'm reminded of the 20th-century Jewish mystic and philosopher, Martin Buber, who said "all real living is meeting." Of course, he wasn't talking about committee meetings (in case you thought that was where I was headed with this). He was talking about honest, vulnerable connection with other people, the world and the self. He was talking about deeply knowing others, world and self; caring for others, world and self; loving others, world and self. For those of you who are familiar with Buber's philosophy, meeting refers not to the **I-it** relationship, which inevitably turns the other into an object to be exploited in some way, but the **I-thou** relationship, which recognizes the other as a fellow being, worthy of respect, compassion and love.

All real living is meeting. Amen. Blessed be.

There are many ways to describe the value a congregation brings to our lives. But perhaps most fundamentally, congregations are places of meeting. Meeting for worship. Meeting to conduct the business of the congregation—board meetings, committee meetings, special team meetings. Meeting for religious education. Meeting for choir rehearsal. Meeting for special events—picnics, tag sales, auctions, concerts, poetry slams. Meeting for giving and receiving care. Meeting for community organizing, public witness and activism. Meeting for staff supervision and evaluation. At the core of all of it are people meeting each other, learning about each other, caring for each other, challenging each other, respecting each other, loving each other. Building relationships, many that last lifetimes. Yes, at the core of all of it is relationship.

All real living is meeting. Amen and Blessed be.

One of the hardest things to experience is the death of a loved-one, someone with whom we have been meeting in Buber's sense; someone with whom we have been really living. In April we laid Andy Sebula to rest in our memorial garden. He was dear to those of us who knew him and "got" his quirky spirituality. In September we laid Lynn Chirico to rest. She was dear to so many of us who loved her passion for life. In September we also laid Sterling Heraty to rest. Most of us didn't know him, though he had been a UUS:E member back in the 1980s. Those who joined us for his service

loved him dearly, admired his artistry. **And on Friday, October 15, at 3:00 PM, we'll be laying John Crowley to rest**, more than a year after his death. So many of us have "met" John over the years in so many ways. What real living he brought to us!

Feeling these losses so keenly makes the presence of new lives in our community so much more wonderful. In June we dedicated Nora, Sadie, Jolly, Sophie, and Violet—one of the most joyful moments for us during the pandemic! And congratulations are in order: in August Nora Alpers-Leon and Raul Mijares welcomed a baby into the world. I can't wait to meet each of these children and their parents as they travel along their life paths. There is so much to look forward to, so much meeting, so much real living.

I'm reminded just how much UUS:E is a place of meeting, a place of real living.

And indeed, all real living is meeting. Amen. Blessed be.

With love,
Rev. Josh



Enter, rejoice, and come in!

A Religious Education Message from Gina

Dear Friends,

The ministry theme for the month of October is "relationship," which has actually been the focus of our Religious Education program for the past 18 months, and indeed remains our focus now, as we begin a new school year. How serendipitous!

Quite early in the pandemic it became clear that if we hoped to offer ongoing Religious Education to our children and youth it would have to happen in a virtual format. In order to do that, we needed to reduce the scope of the program. We worried about how that might impact the quality of our program. We wondered about the ramifications of significantly scaling back something that had been so comprehensive. We had no idea what to prioritize. And so, we just did our best to muddle through, taking it one week at a time.

But we need not have worried. It didn't take long to discover that regardless of the content of any given lesson or activity we offered, the most valued and appreciated outcome was the opportunity to simply connect with others in beloved community. With this realization, we immediately named and embraced our new focus: **cultivating relationship**. That focus has allowed our children and youth, our families, all of us, to nurture and support one another even when we could not physically be together.

Although COVID remains a very real concern and makes it nearly impossible to predict what our Religious Education program will look like from one week to the next, at the moment we're grateful for the opportunity to be together again on Sunday mornings, even if it means holding everything outdoors. Gathering in person means that we're now able to reinstate some of the more traditional components of RE, such as group games and crafts. However, it is our intention to keep **cultivating relationship** as our primary focus. Given what we've learned, why on earth would we do otherwise?

For the time being, the parking lot, garden, and field have become our classrooms, and based on the smiles, energy, and enthusiasm I've witnessed thus far, I think it's safe to say that folks are pretty happy about it!

With love,
Gina



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.



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>

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) for the Zoom sign in.

Goodreads descriptions:

https://www.goodreads.com/review/list/130686405-paul-cocuzzo?ref=nav_mybooks&shelf=uuse-book-lovers

- 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 for the Zoom info.

Yoga at the Meetinghouse!

All welcome to these 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! Bring a friend or neighbor; you do not have to be a UUS:E member to come to the classes. Yoga provides an opportunity to quiet the mind as well as strengthen and relax the body. Direct questions to: Susan at SBarlow627@aol.com. Yoga is one of the UUS:E adult education offerings. For the time being, masks are required inside the building.

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.

Please RSVP by noon Thursday, September 30, 2021.

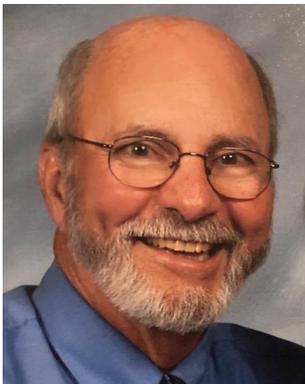
Questions?

Please contact Sylvia Ounpuu or Sheila Foran at membership@uuse.org

or Rev. Josh Pawelek at 860-646-5151 or minister@uuse.org

We hope you will join us!

Memorial Service for John Crowley



UUS:E Memorial Garden/South Parking Lot and on Zoom

Friday, October 15
3:00 PM

Join us as we say bid farewell to a dear friend.
All are welcome.

UUS:E Holiday Fair 2021



It's that time of year! Our fair will again be virtual this year between Friday November 5 and Saturday November 20. We need your help to make it successful! Whether you want to help put orders together, run orders when people come to pick-up or create things for us to sell at the fair WE NEED YOU!

What kinds of things do we need? Jam, Jelly, Cookies, Pie, Bread, Knitted and Crocheted goods, Potholders, Table Runners, Aprons, Wood Worked Items, Holiday Crafts, Special Items for the Auction, A Painting, Pride Items... The list goes on. All items need to have a short description, be photographed and sent to fair@uuse.org by October 31.

Stories for all Ages

Wanted: Young people under 19 to ask questions Do you like hearing stories? Are you curious about "the olden days?" Do you ever wonder what kids did before there were cell phones and computers? What was RE like? What would you like to know? Send your question(s) to Martha Larson marlar@wordshard.com. You may be chosen to ask your question on a video call, and have it answered by a UUS:E elder at the November 7 service. Vaccinated youth may be able to participate in person.

Wanted: People over 60 to answer questions Would you like to connect with a young person by answering their questions about "the olden days?" Please let Martha Larson know if you would like to participate, possibly in person, but more likely pre-recording your answers.

The November ministry theme is Holding History. At the November 7 All Congregation service, we'll hear stories from some elders as they respond to questions from our children and youth.

November 7 may seem far away, but this service will require a lot of preparation, so please let Martha know as soon as possible if you would like to participate. Thank you.

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

President: Peggy Webbe, 860-871-8035, peggywebbe@gmail.com

Director of Religious Education:

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

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

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Newsletter Deadline:
The 20th of Each Month

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