

# 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

July Ministry Theme: none

In July and August, we hold one Sunday service at 10:00 AM, which we simultaneously broadcast on Zoom. As always, 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 [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) or contact Annie Gentile in the UUS:E office to arrange another method of receiving relevant information

Also: we are, slowly but surely, loosening our COVID restrictions. We currently have no attendance limit for any events at UUS:E. While masks are still mandated for indoor gatherings at UUS:E, we currently intend to move to a 'masks optional' protocol when new, daily covid cases per 100,000 CT residents reaches 10.

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### July 3: "Kids: Embraced by the Interdependent Web."

Kids in dirt. Kids in piles of autumn leaves. Kids in drifts of snow. Kids examining bugs and looking at the stars. Kids happily hugging and being hugged by what Unitarian Universalists call "the interdependent web of all existence of which we are a part." Kids living this, our Seventh Principle. Hear two members of the UUS:E family reflect on being a kid—decades ago—and on connecting with the natural world.

**Coordinators:** Sande Hartdagen and Marsha Howland

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### July 10: "Compassion & Choices: This is YOUR Life."

Our first principle, the inherent worth and dignity of every person, extends from birth to that moment when our lives come to an end. Join us as we explore what it means to die with dignity with Tim Appleton from Compassion & Choices. This non-profit organization "envision[s] a society that affirms life and accepts the inevitability of death, embraces expanded options for compassionate dying, and empowers everyone to choose end-of-life care that reflects their values, priorities, and beliefs."

**Coordinators:** Sandy Karosi and Stacey Musulin

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### July 17: "Woven in a Single Garment of Destiny."

A recorded service in which UUA President Susan Frederick-Gray brings us a homily that talks about

our connection through covenant. In story and song, this service brings us together in UU fellowship and commitment to our shared ideals. There will be "live" portions of the service in our sanctuary and through Zoom.

**Coordinator:** Sheila Foran

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### July 24: "God's Quiet Things."

All-Congregational Worship! Rev. Josh Pawelek will offer some theological riffing in response to one of his favorite children's books, **God's Quiet Things**, from the writer Nancy Sweetland.

**Coordinator:** Rev. Josh Pawelek

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### July 31: "How to Have a Spiritual Staycation."

A week or two away at a special place (seashore, mountains, lakeside, the family homestead, a world-famous landmark) can relax and re-energize us physically and, most important, spiritually. But what if we can't take a go-somewhere vacation and need that spiritual renewal? How can we transform our "same old place" to meet that need? Hear some ideas about how to do just that—anytime of year.

**Coordinators:** Marsha Howland and David Klotz

## Community Outreach Ministry

Charitable Giving for July 2022

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 July will be split among MACC Food Pantry, Hockanum Valley Food Pantry, CT Mutual Aid East of River Food Pantry

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.

## The Minister's Column: Hallelujah!

Dear Ones:

The following reading appears in **Hear the Earth Call**, a collection of prayers and sermon excerpts that Duffy Schade, Sharon Gresk and I produced a number of years ago. It's called "Digging in the Dirt," and it strikes me as important advice for engaging with summer:

My younger son, Max, who is eighteen months old, likes digging in dirt. Over the past few months, whenever we go outside, Max grabs a plastic shovel from his shelf in the garage and enthusiastically bobs and waddles over to the three small pine trees lining our driveway. He squats at the base of the middle tree and digs in the dirt. He puts his shovel in the ground and loosens a scoop of brown, sandy earth. He lifts it slowly; he studies the scoop intently—his gaze pierces; and then very slowly he slides the dirt off the shovel back onto the ground—again and again and again. Peter Mayer has given me words for what Max is doing. He is memorizing "the pages of gravity."

I don't know what question Max's young mind is really asking as he conducts this almost daily ritual, but he's clearly asking one. His stare is so fixed, as if he's looking for something—not something in the dirt—not a worm or a mole or an acorn or some other buried treasure. It's as if he's looking for the nature of dirt itself. I've seen him touch it, smell it, taste it, share it with others—but it's that intense gaze which says, "I need to know what this stuff is. It's hard and solid underfoot, but in my shovel it becomes a billion tiny pieces that flow like water. How does it do that?"

I hear it said a lot, "young children are sponges." They are learning the world around them, taking in vast amounts of data and integrating it into their knowing. Their quest for information is very natural, very much a part of who they are. They are open, quizzical, experimental, self-directed, uninhibited, compulsive, and at times obsessive. They are firm believers in the notion there are no bad questions. They love to ask "why?" "what?" and "how?" They are sponges. We might also say they are searchers.

When it comes to adult spiritual searching, I contend the most important model we have may be that of young children learning the world for the first time. And this is good news. In some way or another, we've all been there before. Our bodies remember. Do you remember digging in dirt?

Between early July and mid-late August I will be taking approximately 6 weeks of vacation and study-leave. Stephany and I have no big plans this summer, but I certainly am looking forward to some much-needed down-time. During the summer Ellen Williams will be serving as the chairperson for the Pastoral Friends Committee. (Her contact info is in the UUS:E directory or at the UUS:E office.) You can contact her for pastoral needs. She will be in touch with me as necessary.

For now, I wish for you a wonderful summer. I wish for you many good questions—Why? What? How? I wish for you many opportunities for digging in the dirt, for returning to your spongy, childhood self, your searching self, the self that has never fully disappeared. I pray you can encounter that self this summer

With love,  
Rev. Josh



### 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.

## The President's Column

Dear UUS:E Members and Friends,

June was our month to focus on blessings—in their many forms. I asked a couple of our members to share their thoughts on blessings, including “unexpected blessings”.

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First is a contribution from Heli Roy:

### Unexpected blessings

When I was younger, I never really read any poetry. I could not understand it. In college, I studied science and in science, everything is tested using the scientific method. Results either prove or disprove a theory and hence I looked at everything as black or white, true or false. Reading poetry did not fit in my logical thinking. There was too much gray, too much room for interpretation. After joining UU Society East, Manchester, my husband and I joined the small group ministries. For each month we get a packet of material to read and surprisingly, I really liked the poems that were included in the packets. My favorite poet so far is John O'Donohue whose poem was included in the packet for November 2020 on Healing. I have since read some of his poems and find them very soothing, easy to understand and I feel like they talk to me directly, at any situation. Here is his poem on Blessings:

#### Blessing

On the day when  
the weight deadens  
on your shoulders  
and you stumble,  
may the clay dance  
to balance you.  
And when your eyes  
freeze behind  
the grey window  
and the ghost of loss  
gets into you,  
may a flock of colours,  
indigo, red, green,  
and azure blue  
come to awaken in you  
a meadow of delight.  
When the canvas frays  
in the currach of thought  
and a stain of ocean  
blackens beneath you,  
may there come across the waters  
a path of yellow moonlight  
to bring you safely home.  
May the nourishment of the earth be yours,  
may the clarity of light be yours,

may the fluency of the ocean be yours,  
may the protection of the ancestors be yours.  
And so may a slow  
wind work these words  
of love around you,  
an invisible cloak  
to mind your life.  
-John O'Donohue

Another unexpected blessing has been in discovering several nice plants on our yard. I have since transplanted many including three azalea bushes, mountain laurel, lilies and most recently, still waiting to be transplanted, two dogwood trees. When we bought the house, the yard was not in a good shape. A yard service just came and cut the grass every week for the couple who lived at the house before us. We decided to keep part of the yard in a natural state, and it has really been a blessing. Once we stopped cutting the grass in our 'forest' section of the yard, all those bushes, trees and flowers appeared. I also threw in some wildflower seeds and now we have plenty of flowers, which bring in the bees, butterflies and birds and it is a very relaxing and beautiful sight to see. I sit and enjoy seeing all the activity every morning when I have my coffee. I feel blessed.

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Here are thoughts shared with us by Jacquie Heintz:

#### Finding Joy

Pondering what to write about beauty and unexpected blessings, my frequent neighborhood walks kept coming to mind. The words in a hymn also “sang” in my mind: “Wake now my senses...”  
I feel blessed that I have always “sensed” the beauty in the natural world. It has been a gift I cherish.  
My early morning walks are usually alone and quiet. There is little traffic in a peaceful subdivision near my home. There are many well established trees which provide the blessings of cool shading spots. I love to walk by the many flower gardens, even the small ones planted around the mailbox posts by the road. I have come to expect those blessings, but still have unexpected ones. I recently spotted a four leaf clover two days in a row. A third day, another one, this time accompanied by a five leaf clover, another little blessing, something I had not known existed. Little pieces of joy, even if they bring no special “good luck”.  
One morning I saw a small bird interact with a hawk that was perched above, to which the small bird below objected. She/he repeatedly chirped and flew past the hawk, which looked unperturbed. Forced to a stronger tactic, the little bird flew again toward the

hawk, but this time straight at his/her face. I feared the worst. It did not happen. The hawk quickly flew away. A blessing, and a lesson in perseverance.

On afternoon walks in winter, and evening walks in late spring and summer, I am often with my friend and neighbor who shares a love of nature. She is blessed to have bluebirds who frequent her part of our neighborhood. She enjoys the rabbits also, as long as they limit their dining to clover, and not her vegetable and flower gardens. I feel blessed to have a walking buddy who can share conversation but still stop and admire one more encounter with a wild flower or a bluebird on a wire above us. We always look forward to an expected blessing which occurs in the cool shade of a place with woods on both sides of the road. It is the song of the wood thrush, a solo, or a duet, a conversation with another thrush somewhere deeper in the woods.

I still believe there are many blessings to experience, especially when we take time to experience awe in nature, in family, in friendships, and in the good people who plant gardens for all to enjoy as we pass by. And, we can learn how to persevere even in very troubled times. "Wake now our senses..." and find joy.

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As June comes to a close, I give you my wish that blessing, including unexpected blessings, will come your way.



Peggy Webbe



## We're Going to Have a Picnic!

That's right. After an absence due to "you know what" our all-congregation picnic is returning with gusto ... so save the date.

Sunday, August 28 on the grounds of UUS:E following our 10:00 AM service.

It will be potluck. There will be games. We'll have some surprises.

Plan on bringing the whole family. And, if there's something special you'd like to see included, email us at [membership@uuse.org](mailto:membership@uuse.org) with your suggestions.

## Religious Education Summer Schedule

- July 3: No program
- July 10: Rock painting w/Tammy
- July 17: Obstacle Course w/Jeff
- July 24: All Congregation Service
- July 31: Lego Mania w/Paula
- August 7: No program
- August 14: Disney-Pixar Shorts w/Paula
- August 21: Giant Bubbles & Playground games w/Desirée
- August 28: All Congregation Service

## Green Sanctuary News

Have you been wondering if any meaningful climate legislation will come out of this congress? And who knows what might happen after the November election? Well, I listened to a good bit of the Citizens Climate Lobby (CCL) annual conference in DC this June that prepares for lobbying our members of congress. There are some signs of hope for legislation to come with the reconciliation bill that must be signed by the end of September and more likely by the end of August. Senator Sheldon Whitehouse of Rhode Island made it clear to us he believes there is a better than 50/50 chance of getting three things passed:

1. funding for clean energy tax credits
2. the enactment of a methane fee
3. A price on carbon with a border adjustment

These three items would be very valuable legislation if passed. If you would like to hear more about these, listen to Senator Whitehouse's very fascinating and upbeat comments, including follow-up questions, here (you can start 6 minutes in): [https://www.youtube.com/watch?v=nb1qmI1vXUU&list=PLXjILMNokmN7LmHN\\_Rr14HzBNOG2c2YBh](https://www.youtube.com/watch?v=nb1qmI1vXUU&list=PLXjILMNokmN7LmHN_Rr14HzBNOG2c2YBh)

Senator Whitehouse has introduced the Clean Competition Act, a bill that would impose a carbon border adjustment (CBAM) that rewards nations with more carbon-efficient manufacturing and encourages international reductions in emissions. Canada and the EU are already implementing CBAMs, so these provide international pressure and give US businesses a fair playing field.

If you agree these are important, please let your members of Congress know you support these steps! You can use this link and write or edit your comments as you wish:

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

Whether we manage to get these steps passed in the reconciliation bill or not, there will be a lot more work to do, and bi-partisan support, as hard as it sounds, is necessary to make any new legislation stick. So advocates like CCL will be pushing for other state and national efforts. In addition to our main goal of establishing a price on carbon and returning the proceeds to the American people, CCL is especially interested in supporting energy and nature-based policies that help build the clean energy economy and help reforest the land.

In the meantime we can support local and state efforts and care for one another and for our own portion of the Earth and its resources in the best ways we know how. Let's try to live simply, sustainably and joyfully!

The Sustainable Living Committee usually meets monthly on second Tuesdays at 7 PM on zoom. However, we plan to hold our July meeting as a potluck picnic starting at 6 PM on Tuesday, July 12 at Paul Cocuzzo's. Then we plan to skip the August meeting. Please contact Paul [pcocuzzo@gmail.com](mailto:pcocuzzo@gmail.com) or Mary Lawrence [welonwheels@hotmail.com](mailto:welonwheels@hotmail.com) if you would like to join us and be on the SLC email list.

## History Group

### Interested in joining us?

Interested in history? Always wanted to be a librarian/archivist? Are you someone who would like a role in UUS:E congregational life that offers flexibility and creativity and in which your organizational skills and attention to detail will be valued and appreciated?

The History Group is brand new and looking for people to join us. No amount of time is too small. UUS:E is over 50 years old, and we have a lot of articles, pictures, memorabilia, records, etc. that need to be organized and catalogued. Moreover, we need to come up with a good system for preserving our history going forward.

This effort was generously started and maintained by late UUS:E member Lynn Chirico with the help of some founding members of the congregation. With Lynn's passing the torch is ready to be passed to a new group of members and friends who love our community and want to keep its history alive for generations to come.

For more information or to join our group please contact either Carrie Kocher at [misscarrie29@gmail.com](mailto:misscarrie29@gmail.com) or Elise Cotrone at [elisecotrone@yahoo.com](mailto:elisecotrone@yahoo.com).

## Ladies at Lunch

Our July lunch date is Thursday, July 14. We will meet at noon at Wood N Tap in Vernon and dine outside under their tent. Join us if you can! Please let Sharon Huber know by afternoon Wednesday the 13<sup>th</sup> if you will attend. [Sayhuber@yahoo.com](mailto:Sayhuber@yahoo.com) or text/call 860-543-9444.

# Enter, Rejoice, and Come In!

## Religious Education News

### Bridging



Unitarian Universalists recognize that the transition from youth to young adulthood is something to be honored and celebrated. In UU congregations we use the term “bridging” to refer to the process of leaving youth community and finding one’s place in young adult community. It is customary to hold a bridging ceremony for youth who have reached this milestone. This year’s bridging senior, Anya Stolzman, was recognized during the worship service on Sunday, June 5.

Anya and her parents, Tammy and Rob, began attending UUS:E in 2013, upon relocating to CT from Alaska. Anya started out in Elementary RE, and progressed through Our Whole Lives, and Affirmation. At 15 she signed the membership book and officially became a youth member of UUS:E. Anya has been an active member of our High School Youth Group and has engaged in community service and social justice activism both at UUS:E and in the wider community. A talented musician, she has shared her gift of music with the congregation by playing piano at worship services frequently over the years. She was a recipient of the UUS:E Distinguished Youth Service Award both her sophomore and junior years of high school. She is respected and well-liked by both adults and her youth group peers, who describe her as intelligent, quick-witted, and kind.

Anya graduated from RHAM High School in June and will attend Brandeis University in the fall.

Congratulations, Anya!

### Distinguished Youth Service Award



Congratulations to Casey Campellone and Molly Rourke, the 2022 recipients of UUS:E’s Distinguished Youth Service Award. The Distinguished Youth Service Award (DYSA) acknowledges and recognizes those youth who have given their time and energies to perform significant services to the congregation or community. In order to earn the award, youth must take part in a minimum of ten activities over the course of the year. These activities include community service, social justice actions, and education. Participation in such activities allows youth opportunities to practice stewardship, build relationships, and actively engage in the life of the congregation, while fostering personal growth and UU identity formation.

Casey is a senior at the Academy of Aerospace and Engineering in Windsor, and Molly is a senior at E.O. Smith High School in Mansfield.

Well done, Casey & Molly

## Books, Classes, and Discussions

Adult Religious Education



### Book Lovers

The Book Lovers continue to meet via Zoom every second Tuesday from 3:30 to 5:00. You are welcome even if you haven't finished the book. The link is sent out each month with the meeting reminder, usually the weekend before that Tuesday by [Carolyn Gimbrone](#). Here are the books, with number of pages, for the next several months.

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)

- July 12, **The Four Winds**, Kristin Hannah, 464 pages
- August 9, **Still Life**, Louise Penny, 312 pages
- September 13, **Before We Were Yours**, Lisa Wingate, 352 pages
- October 11, **Klara and the Sun**, Kazuo Ishiguro, 320 pages

### Buddhist Group

#### The Buddhist Group will not meet in July.

Starting again in August, 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 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](mailto:SBarlow627@aol.com). Yoga is one of the UUS:E adult education offerings.

### "God Talk"

A discussion group for UU theists

This ongoing group explores how UUs can name and experience God in meaningful, useful ways. All are welcome. Contact Rev. Josh at [mininster@uuse.org](mailto:mininster@uuse.org) for the Zoom link.

We meet on 4<sup>th</sup> Tuesdays at 4:30 PM.

### Humanist Group

This ongoing group explores Religious Humanism and its applications to life, both historically and today. All welcome. Contact Rev. Josh at [mininster@uuse.org](mailto:mininster@uuse.org) for the Zoom link.

We meet on 3<sup>rd</sup> Tuesdays at 4:30 PM.

### Science and Religion Discussion Group

Fourth Thursdays at 4:30 PM in the Sanctuary

July topic/book: **Emerging Energy Technology**

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. Contact Linda Duncan with any questions.

Upcoming topics...

Aug: Under Your Feet – Panpsychism

Sep: Misogyny and the Roots of Chauvinism – Religion

Oct: Quantum Mechanics

N/D: Creating God



### Community Drum Circle

First and Third Mondays  
in the Sanctuary

(depending on COVID restrictions)  
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](mailto:pcocuzzo@gmail.com) or 978-270-2056 with questions or to reserve a drum. Or even better, check out our [Meetup](#).

**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, 860-268-4636, [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>

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The 20<sup>th</sup> of Each Month

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