

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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Need a Hard Copy?

If you or someone you know could benefit from receiving a paper copy of this newsletter, please contact Annie at the office at 860-646-5151.

Sunday Services Schedule

September Ministry Theme: Belonging

In September we return to two Sunday morning services at 9:00 and 11:00 AM. 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 or contact Annie Gentile in the UUS:E office to arrange another method of receiving relevant information

While we currently have no attendance limit for any events at UUS:E, we are maintaining our mask mandate until reported COVID cases in Connecticut drop below 10 per 100,000 residents per day, or until the UUS:E Emergency Preparedness Team and the Policy Board determine it is reasonably safe to drop the mandate.

September 4: "What Does it Mean to Belong."

Our spiritual theme for the month of September is **Belonging** and in this service, Anne Vaughan, Anne Vogel, and Sheila Foran will share the ways in which their individual life journeys have led them to a place of belonging.

Coordinators: Sheila Foran and Anne Vogel

September 11: "Homecoming."

All-Congregational Worship! Rev. Josh Pawelek and Gina Campellone will lead us in worship as we launch the new congregational year. This morning we celebrate our liberal faith, our congregational community, and all the ways we "belong" at UUS:E.

Coordinators: Gina Campellone and Rev. Josh Pawelek

September 18: "On Belonging."

Rev. Josh preaches the first sermon in his 20th year as the UUS:E minister. He will speak to all the ways isolation is possible in this endemic COVID era, and he will speak to all the ways we "belong" at UUS:E.

Coordinator: Rev. Josh Pawelek

September 25: "Then And Now: Women Finding Their Voices."

Nancy Madar and Carol Lacoss will tell stories of how belonging to UUS:E for over 50 years has inspired them to advocate for women's rights.

Coordinator: Nancy Madar

October 2: "On Courage."

Our October ministry theme is courage. In what ways are we called to be courageous in the current historical moment? Do we have the necessary support to be courageous people?

Coordinator: Rev. Josh Pawelek

Community Outreach Ministry

Charitable Giving for September 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 September will be split between [KIDSAFE CT](#) and [PowerUp](#).

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: Native American Cultural Programs

2022-23 Ministry Themes

September:	Belonging
October:	Courage
November:	Change
December:	Wonder
January:	Finding Our Center
February:	Love
March:	Vulnerability
April:	Resistance
May:	Creativity
June:	Delight

The President's Column

Dear UU Friends,

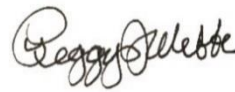
Recently our congregation and UUs generally have been inspired to "widen our circle" and reinvigorate our efforts to combat racism. Certainly, this is not the first time we have tried to tackle this problem, but somehow we never achieve the success we desire.

I do not have the answers, but I do believe that people are more successful obtaining results when they have a personal and emotional stake in an issue. So, I would like to share a couple of experiences in my life that increased my sensitivity to the plight of Native Americans.

I grew up in the West in a community that believed that Native Americans must be incorporated into the white community and taught white values. There were a number of Native American foster children that attended school with me while they lived in white families. I remember Alvina from the second and third grades. Alvina said not one word the entire time she went to my school—no one heard her say anything at all. She did not have a physical disability that prevented her from speaking; she was likely just very traumatized being away from her family and community and living in a culture that did not value her customs.

Later in my life I traveled to the north side of Yellowstone Park in Montana. It was over these beautiful, large mountains that Chief Joseph led his people, the Nez Perce, as they fled U.S. troops in the hopes of reaching Canada. After an exhausting and brutal journey, resulting in the deaths of many Nez Perce, Chief Joseph finally laid down his rifle and said the famous words, "I will fight no more...forever". U.S. officials then promised him he could return to his homeland in northern Idaho, but alas, another promise unkept. Chief Joseph died in a reservation in Washington at the age of 64. His doctor said he died "of a broken heart".

These experiences touched me, and I believe that an experience such as this that tugs at your heart strings is often the best way to grow your understanding and acceptance of a larger principle. I understand that reciting my personal experiences offers no specific idea to us of countering racism. But...maybe if each of us can draw on similar personal experiences, we may discover new ideas for achieving our anti-racism goals



Peggy Webbe

Intro to UU

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

Please attend the Intro to UU

Save the Date

(Registration will open in September)

Sunday, October 2, 2022, 1:00 to 4:00 PM

Location – UUS:E

(Zoom option available)

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

Questions?

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

Music Salon Unplugged—

Good Music and Good Fun

The Music Salon Unplugged is upcoming on Friday,
August 26 at 6:30 PM! We will have some fun
performing and listening to each other. Both
performers and listeners are welcome. If you would
like to perform, please let me know at
peggywebbe@gmail.com or you can contact Mary
Bopp at Marybopp@Verizon.net.

Ladies at Lunch

Our September lunch will be Thursday, September
8, at 12:00. We will enjoy our meal in a lovely
setting outside at the Lakeview Restaurant in
Coventry. FYI, they do take separate checks. Join
us if you can! Please let Sharon Huber know by
Wednesday evening (7th) if you will be there.
Sayhuber@yahoo.com or call/text 860-543-9444.

The Minister's Column: Hallelujah!

Let's cut right to the chase: I begin my 20th year as UUS:E's minister this summer, August 15 to be precise. No mincing of words: This is a huge milestone, not only for me, but for all of you. The average length of a parish ministry these days is ridiculously brief, 4 – 5 years. I'm not entirely sure why the average tenure is so short. It may have something to do with all the headwinds facing traditional congregations in our era—headwinds which the pandemic exacerbated. Whatever the cause, it hasn't impacted UUS:E. Twenty years is indeed a huge milestone, and for that reason I am feeling celebratory! (I'm sure we'll find time to celebrate at some point.)

As I have been reflecting on twenty years of ministry, two features of my experience at UUS:E stand out to me. First, UUS:E is committed to shared ministry on Sunday mornings. The full-time minister is not a full-time preacher. This means that the congregation hears wisdom and insight not only from me, but from its own members and guest speakers on a very regular basis. I firmly believe (and I'm being completely serious when I say this) my ministry has lasted so long because you don't hear from me every Sunday. My voice is certainly prominent, but it is one voice among many. There's a balance, a multiplicity of perspectives and approaches, a very natural and inherent worship democracy. If it were me in the pulpit every single Sunday for twenty years, no matter how much you appreciate me as your minister, there would be no balance, no pulpit diversity. It would be much harder to sustain a long-term parish ministry.

Second, over twenty years, it is possible to develop strong personal relationships with many members of the congregation. I know you. I know your stories. I know your struggles. I know your joys. I know your children, especially if they grew up at UUS:E. And not only do I know you, I know the wider community. I have strong personal relationships with clergy from many faiths, leaders from community organizations, town and state workers, activists, politicians, labor leaders, social workers, teachers, therapists, medical providers, nursing homes, funeral homes, and more. These relationships are a natural outcome of serving as a minister in one place for twenty years. They are assets one simply cannot develop in a 5-year ministry.

Along those lines, "relationship-building" and "community-building" are going to be important themes for me this year. During my study leave hours I've been reading writers who focus on these themes as responses to the challenges of White Supremacy culture, patriarchy, and hyper-capitalism: Mia Songbird (**How We Show Up**), Adrienne Marie Brown (**Emergent Strategy**), Alexis Pauline Gumbs (**Particle and Wave and M Archive: After the Fall of the World**). I was drawn to these and other resources because it is clear to me that as we slowly move from COVID as pandemic to COVID as endemic, the possibility for isolation is strong. COVID has changed our ways of interacting; and while some people are thriving in terms of community engagement, others are feeling more isolated than ever, more lost, more forgotten. It is important to me that UUS:E does everything it can to address that risk and potential for isolation within our congregation and in the wider community. You can expect to hear much more from me on this topic. As I begin my twentieth year as your minister, I am excited for the transformative ministries that we have yet to build. I hope and trust you are excited as well.

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.

Green Sanctuary News

What a great time of year to get local food from farmers' markets, CSA's, and our own gardens! Not only do these fresh, local, and mostly organic foods taste good, they are more nutritious, and much better for our health. Studies have shown that conventionally farmed, mono-cropped, and synthetically fertilized GMO crops actually have less nutrition.

Mark Bittman in **Animal, Vegetable, Junk**, puts it this way.

Food affects everything. Not only is it crucial to existence, but its quality can change us for better or worse. Yet over the course of modern history the nature of growing and producing our most important substance has been changed in ways that made increasing numbers of humans begin to eat manufactured creations that had little in common with the food from which they were made, while the land used for their production has been degraded and humans ruthlessly exploited.

Recent articles about brain health all seem to come down to the same things we've been told for years about heart health: get some exercise, eat a healthy diet, get enough sleep. It sounds so simple, and yet our national health statistics show that a lot of us aren't following that advice very well. There's plenty of debate about what kind of exercise or which diet is best. Too many of us aren't getting enough sleep for a variety of reasons. Watching TV or You Tube or TikTok will likely make us want to create some high fat sugary dessert or order some super cheesy, bacon loaded high calorie food! Take-out and highly processed foods are a boon for busy families, however a steady diet of these won't lead to our best health. By eating more real food, more unprocessed food, less sugar and animal fat, we're likely to be much healthier.

Here's to enjoying the local farm produce, taking a walk in nature, getting a good night's sleep, and benefitting from interactions with friends such as those we meet at UUS:E!



Member Spotlight Participants

The Membership Committee invites you to participate in our getting-to-know-you spotlights of members, a periodic series that is published in our monthly UUS:E newsletter. Similar to "new member profiles," these spotlights help us learn more about each other—what's important to you, why you come to UUS:E, what your hopes are for the future, etc. If you want to participate in an interview, please contact Gail Crook at e.gail.crook@gmail.com

Hispanic Heritage Month

My name is Susan Bourret, I am a member of Concordia Lutheran Church, and a GHIAA participant.

The Manchester Latin Affairs Council is sponsoring a Hispanic Heritage Month event on September 24, 2022 from 11:00 AM to 3:00 PM outdoors at Manchester's Mahoney Recreation Center, 110 Cedar Street, rain or shine.

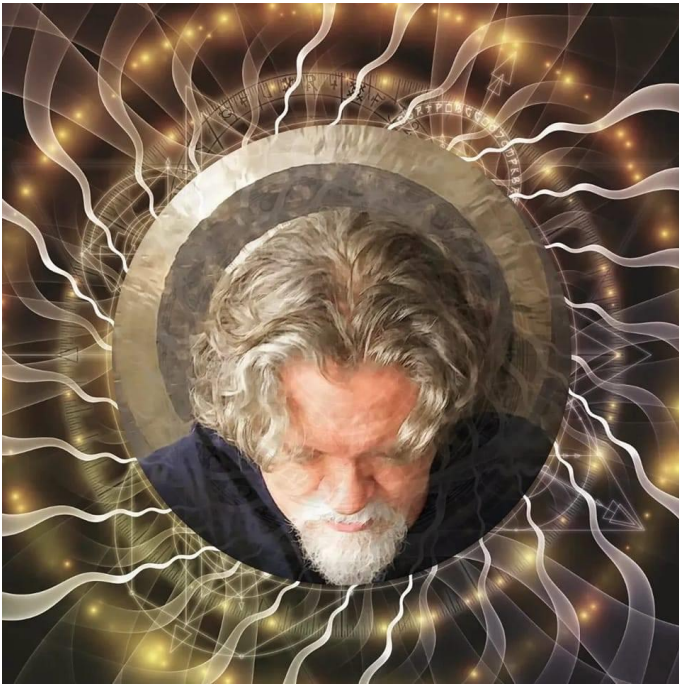
Several Manchester organizations are working on this event including the Board of Ed, Early Learning Center, fire, and police departments. The theme of the event is Esperanza / Hope. Planning is underway, with entertainment, food trucks, crafts and resource tables. This is an opportunity for you to support and reach out to the community.

We need volunteers from area churches to help with this event.

These volunteers will be working with the Early Learning Center and MHS volunteers to provide decorations, crafts, set-up, and clean-up. We also will be helping to publicize the event; flyers will be provided. Ideas for decorations and crafts are needed. Any way you can help with this community event will be appreciated.

Please respond to let us know if you can help or let me know a day and time I can call if you would like more information. We are in the planning stages and hope to make this event a success.

susan.bourret@yahoo.com



Gong Journeys

Into the Sacred Heart

Friday, September 9

6:45 PM

Unitarian Universalist Society: East

[Facebook Event Notice](#)

Neuro-acoustic sound therapist and gong teacher Ed Cleveland is back by popular demand. Ed will create a meditative, healing sound-bath (using gongs and other instruments) that facilitates a shift from beta brainwaves to theta and delta, or deep meditative states of consciousness.

This profound shift, facilitated by the gongs, gently signals the nervous system and vagus nerve to move from the sympathetic (fight/flight/freeze) response to the parasympathetic (rest and digest). The result is relief from stress, deep relaxation, renewed health, and a sense of well-being.

Bring your own folding gravity chair, yoga mat, blankets, pillows, etc. Dress for comfort. Doors open at 6:45 to get settled. Gong bath starts at 7 PM.

Suggested donation: \$25. No one will be turned away.



From My Piano Bench

A Live Concert by Dorothy Bogнар

Sunday, October 2, 2022

3:00 PM

Unitarian Universalist Society: East

[Flyer](#)

"From My Piano Bench" features a selection of pieces from Dorothy Bogнар's repertoire, featuring a variety of styles and moods, all intended to lift the spirits.

This concert is generously being offered by Dorothy as part of our 2022 Goods & Services Auction.

Seats are \$15 each. You may attend in-person or via Zoom.

To Buy Tickets:

Call Annie in the UUS:E Office at 860-646-5151 or stop by the table in the lobby on Sunday mornings.

There is a maximum of 60 in-person attendees and unlimited Zoom attendees. Invite your friends!

Member Highlights



This month the Membership Committee invited Benjamin Elzerman (he/him) to be interviewed for its monthly column, "Member Highlights".

Besides being married to Reta Soderholm (she/her) and father to 8-year-old Vera (they/them), Benjamin is probably most readily known for the instrument he plays—the bagpipes. He said when he graduated from high school he knew then that he wanted to play the bagpipes and that's never changed.

His father was a Free Methodist pastor, which meant he moved quite a few times growing up, first, to two different towns in Michigan, then two different towns in Illinois. While studying mechanical engineering at Northern Illinois University, he joined a community bagpipe and drum band called Tunes of Glory Pipes and Drums. It was through this first pipe band he got the opportunity to compete locally as well as take a trip to compete in the World Pipeband Championships in Glasgow, Scotland in 2001. He was involved in a Presbyterian campus ministry in college, but gradually turned away from Christianity, and is now best described as atheist.

His first real engineering job out of college was in Bridgeport, West Virginia at Pratt & Whitney. Most of his first paycheck went to buy a bellows blown Scottish smallpipe, something he had wanted for a long time but couldn't buy as a student. The small artisan made bagpipe was much more expensive than the used, great highland bagpipe he bought to play in the bagpipe and drum band. His latest project is actually making various bagpipe drones using a 3-D printer, so perhaps we'll get to hear some at a service!

Early on Benjamin took advantage of the many perks that Pratt & Whitney offered its employees and earned an MBA at West Virginia University through the employee scholar program.

Benjamin and Reta met online back when you had to use a computer and there were no apps to swipe. As their relationship grew Reta's father (Sid Soderholm) suggested the couple try out the Morgantown UU Fellowship to become more involved with a community. They were married in the fellowship building and became very involved in the small gathering. They moved to East Hartford when Benjamin was transferred in 2010 and soon became involved at UUS:E, joining in 2011. He's been with Pratt & Whitney for 17 years.

In 2013 bagpiping took him to Switzerland to be one of a cast of hundreds and play in a Tattoo in St. Gallen. Reta came along, and they took a train to London and Wales for a week after the week of nightly shows in Switzerland. Benjamin also went back to Switzerland in 2016 to play in the Basel Tattoo.

Vera was born in 2014 and is now a very inquisitive 8-year-old. Benjamin got them started learning to play the drums with the bagpipe band and they love to learn about history and make up whole worlds of adventure with their cousins.

Reta is homeschooling Vera, and Benjamin, who often works from home, becomes the cafeteria mom when it's time for lunch and the gym teacher when it's time for activity. Vera is also enrolled in our RE program.

Despite his busy schedule, social activism is important to Benjamin, and he finds time to support a number of social causes when he can, attending rallies, especially those involving women's rights. He supports environmentally friendly transportation including high speed rail and safe bicycling and walking infrastructure.

In addition, after confronting the question of whether or not to circumcise their child when Reta was pregnant, Benjamin became increasingly disturbed when he learned more about the practice of routine infant circumcision. He is now working to raise awareness of this practice in hopes that his efforts will lead to the cessation of a procedure that he personally finds unconscionable.

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

- 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 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.

"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 for the Zoom link.

We meet on 4th 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 for the Zoom link.

We meet on 3rd Tuesdays at 4:30 PM.

Science and Religion Discussion Group

Fourth Thursdays at 4:30 PM in the Sanctuary
September topic/book: **This is the Voice**, by John Colapinto.

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...

Oct: Shamanism

N/D: Misogyny and the Roots of Chauvinism



Community Drum Circle

First and Third Mondays
in the Sanctuary

No Circle on September 5

7:00 – 8:30 PM

Open to all levels of ability and experience. Facilitator Mary Ertel provides djembe drums and other hand instruments, and you may bring your own.

Contact Paul Cocuzzo at pcocuzzo@gmail.com or 978-270-2056 with questions or to reserve a drum. 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

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, 860-268-4636, redirector@uuse.org

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

Website Coordinator: Carol Marion 860-643-8765, uuse.web@uuse.org

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

Newsletter Deadline:
The 20th of Each Month

Unitarian Universalist Society: East
153 West Vernon Street
Manchester, CT 06042