

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

October Ministry Theme: Courage

In October we continue with two Sunday morning services at 9:00 and 11:00 AM. We simultaneously broadcast the 11:00 service in 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

Although COVID is still present in the wider community, we currently have no attendance limit. Furthermore, while we continue to recommend wearing masks to indoor events at UUS:E, we no longer require them.

October 2: "Courageous, Part I."

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? The children's Religious Education program will join us for the first 15 minutes of this service.

Coordinators: Rev. Josh Pawelek

October 9: "Mothers and Daughters."

One of the most powerful relationships there is! Come hear reflections on and celebrations of this relationship from members of the UUS:E community—talks by Donna Johnson and Marsha Howland, original writings by Kate Howard-Bender and Gianna DiMaiolo and some very moving, very special music.

Coordinators: Gianna DiMaiolo, Kate Howard-Bender and Marsha Howland

October 16: "Courageous, Part II."

This morning we welcome long-time UUS:E friend and co-conspirator, the Rev. Dr. Alvan N. Johnson, long-time pastor of Bethel African Methodist Episcopal Church in Bloomfield, and Grant AME Church in Boston. "Dr. J," as he is affectionately known, has lots to say about courage.

Coordinator: Rev. Josh Pawelek

October 23: "When Death Comes."

Penny Field will share reflections about the challenges of living fully while consciously holding the truth that we all grow ill and die.

Coordinator: Penny Field and Sandy Karosi

October 30: "Ancestor Day."

All congregation worship! Join us for a celebration of our ancestors. If you would like to share a memory of a deceased loved-one but are unable to be present for this morning's service, 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.

Coordinators: Gina Campellone and Rev. Josh Pawelek

Community Outreach Ministry

Charitable Giving for October 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 October will go to Native American Cultural Programs.

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.

November: Manchester Senior, Adult, and Family Services

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

Enter, Rejoice, and Come In!

A Religious Education Message from Gina

Dear Friends,

It was such a joy to see so many of you at last month's Homecoming Worship Service. Celebrating the start of a fresh, new school year by sharing backpack blessings is one of my favorite UUS:E traditions. I hope the charm or pin you selected will serve as a tangible reminder that you are a beloved member of this community not just on Sunday mornings, but every day!

While I'm not a student, this fall marks a fresh, new start for me, as well. As many of you know, over the summer I took an 8-week leave of absence. Coordinating our Religious Education program throughout the course of the pandemic, though in many ways a privilege, was an extraordinary challenge. Ultimately, we managed to offer a consistent, quality program that sought to respond to the fluctuating needs of our children and families. I'm proud of what we accomplished. But after two plus years I found myself mentally, physically, and emotionally exhausted. Spiritually depleted and low on energy, I knew it was time for me to pause and regroup. It was clear to me that if I didn't allow myself some time to rest and process, I would have very little left to give to our community.

I'm grateful I was able to recognize and name that need when I did, and grateful for the support I received from Rev Josh and the RE Committee in taking the time off. Many people asked if I had a plan for how I wanted to spend my time off. My answer was no. The only plan I had was to **not** have a plan. For the first time in my entire adult life, I was without a plan, without a deadline to meet, without a project to complete or an agenda to follow. At first it felt weird, disconcerting, even a bit uncomfortable. I had to push back hard against the voice in my head that kept insisting I was wasting time.

The poet Anne Sexton wrote, "Put your ear down close to your soul and listen hard." As one who is introspective by nature, I thought I'd been doing just that all along, albeit with very limited success. It wasn't until this summer when I finally slowed down and embraced the stillness that I discovered my soul actually had a whole lot to say. It proclaimed, "Art matters! Go make stuff!" It shouted, "Poetry matters! Go read stuff!" It sang,

"Words matter! Go write stuff!" So that's exactly what I did. I played with paint sticks, immersed myself in poetry, and filled a few journals. I also wrote dozens of letters, always including a favorite poem or quote, tucking them into envelopes decorated with bold, bright colors of paint, and attaching the most beautiful postage stamps I could find before finally dropping them into the mailbox to make their magical trek across the country, or simply across town. Each one was a labor of love, and I enjoyed every moment.

An outside observer may have deemed my summer dull and uneventful, but that's only because so much of the growth, the discovery, and the action happened internally. It may not have been visible on the outside, but inside my being there was a symphony orchestra warming up, a flower garden preparing to bloom, and the voice of my soul, now crystal clear, reminding me that in order to care for others I must first care for myself. Sure, I'd heard that before, but for the first time I actually understood it. Even better, I'd figured out how to do it!

My time off this summer accomplished exactly what I hoped it would, and more. It provided me the opportunity for some much-needed rest and relaxation, which was both restorative and rejuvenating. More importantly, it helped me find something I wasn't even aware I'd lost: the ability to trust myself. Somewhere along life's journey I began to doubt the wisdom of my soul, and so I stopped listening. I knew the exhaustion I was feeling was more than just physical, but I didn't know what to do about it. Turns out the answer was pretty simple and had been in me all along. Creativity is what makes me feel most alive. It's what nourishes and sustains me and making time in my life for creativity is a way of caring for myself, which ultimately prepares me to care for others.

My fresh start this fall is all about incorporating creativity into my life on a daily basis, because that's what makes me feel most alive. What makes **you** feel most alive? If you're unsure, I suggest you "put your ear down close to your soul and listen hard." And once you know what that thing is, I encourage you to do lots and lots of it!

With love,
Gina



Intro to UU

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

Please attend the Intro to UU

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.

Ladies at Lunch

The October lunch gathering will be Friday, October 14 at 12:00. We will dine at Georgina's Restaurant in Bolton, 275 Boston Turnpike. I will reserve for outdoors. I have been told they have some heaters on the patio. Do join us if you can! Please let Sharon Huber know by Thursday the 13th if you will be attending. Sayhuber@yahoo.com or call/text 860-543-9444.

Trunk or Treat



UUS:E RE committee presents:

Trunk or Treat 2002

[flyer](#)

All ages event!

October 29, 2022, 6 – 7 PM

Come to the UUS:E parking lot to celebrate Halloween. Dress up as a favorite character for trick or treating among car trunks decorated in a variety of themes. Dare to venture through the High School Youth Group's Haunted Hallway.

Come at 5:30 to decorate your trunk and bring treats to hand out to trick or treaters.

Contact Desirée Holian-Borgnis for more information: desiree.holian@gmail.com

Get Connected!

with UUS:E on the Web

UUS:E WEBSITE is located at <http://uuse.org>. Here you can find the latest news about our community and upcoming events, basic information about group and committee activities, Rev. Josh's sermons, and much more.

DIALOGUE FROM HOME is our ongoing virtual **talkback series** that continues online after each of Rev. Josh's sermons. Whether you want to read along, post your thoughts, and/or engage in dialogue about the topic, you are welcome to join this group. Request a password from Annie, the office administrator, to get access to the discussion. Email uuseoffice@uuse.org.

FACEBOOK! UUS:E has two Facebook pages where members and friends can share all things UUS:E. Our main site is www.facebook.com/UUSEast. You can find out what's going on at UUS:E here. And please share our events to your own page to help spread the word about all of the great things we do!

We also have a second site, UUS:E Happenings, designed specifically to share ideas and events with others in the UUS:E community. Anyone can post here. Is your child going to be in a play? Are you performing a concert? Looking for people to hike with? Post it here! This is a closed group, request to join here:

<https://www.facebook.com/groups/587066578028806/>

MEETUP: We have started a Meetup page! Join our group! Find events, RSVP and more at: <http://www.meetup.com/Unitarian-Universalist-Society-East/>. If you'd like to add an event to the Meetup site, contact Carol Marion at cmarion333@gmail.com.

Rev. Josh has his own website located at <http://revjoshpawelek.org>

Catch up on his latest writings, community work, and more. You can also follow Rev. Josh on **Twitter @revjoshpawelek**, or connect with him at **LinkedIn** and **Facebook**.

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



Send submissions to uuseoffice@uuse.org

The Minister's Column: Hallelujah!

In my September 18 sermon on belonging, I spoke about the challenge of learning to ask for help. I quoted a passage from **Emergent Strategy**, the 2017 book by writer, activist, facilitator, and organizer, adrienne maree brown. In this passage, brown talks about learning to ask for help. It wasn't easy. It took practice. There were a lot of cultural norms around not sharing that got in her way. But she learned to ask, even when she knew there was no way she could return the favor to the person helping her. It changed her life. She writes: "The result of this experience is that I feel so much more woven into the world. I still anticipate independence, my default can-do self space. But I don't want to sever any of this connecting fabric between myself and all of the incredible people who held me ... saw me, corrected me, held me in my contradictions, met my needs. I want more of my life to feel this interdependent, this of community and humanity." (I highly recommend this book!)

In a similar vein, I'd like to share with you some words from **How We Show Up: Reclaiming Family, Friendship, and Community**, by Mia Songbird, another writer, activist, facilitator and organizer. She quotes Amoretta Morris (a wise woman she knows), who wrote: "It's okay to ask for help. In fact, by doing so, you are taking part in the divine circle of giving and receiving. While we often focus on what the request means for the asker/recipient, we should remember that giving can be transformative for the helper.... By not asking for help when you need it, you are blocking that flow." Mia Songbird adds: "This is one of the most liberating things I've ever read. We have a responsibility to each other to ask for help when we need it. Instead of listening to the fictitious lone wolf in us, we must listen to the wolf in the pack, and tap into the impulse that moves us to co-create opportunities for mutuality, opportunities to care for and be there for one another." (I highly recommend this book!)

I'm going to continue talking about asking for help, naming our vulnerabilities, addressing our feelings of isolation, etc. As we move more fully into this post-pandemic era, our congregational community will benefit as we learn to ask for, receive, and give help. I suppose this ties in nicely with our ministry theme for October: courage. As I said in my September 18 sermon, asking for help, confessing

our vulnerabilities, naming how we don't feel like we fully belong—these are not our natural inclinations. They require practice. They require intentionality. They require courage. But the benefit, as both adrienne maree brown and Mia Songbird point out, is that we live more fully into interdependence. We feel more secure in the world. And that matters.

For now, if you're feeling isolated, or if you're living with vulnerabilities that you have trouble sharing, I encourage you to tell someone at UUS:E. Tell me. Tell a member of the Pastoral Friends Committee (Sally Gifford, Ellen Williams, Sid Soderholm, Sue McMillen, Gene Sestero, Ann Stowe, Peg Darrah, Laurie Semprebson). Tell someone to whom you feel close. It very well may take courage. Indeed, such feelings are often difficult to name openly. But naming them gives others a chance to respond in creative ways. And even if there is no way for us to fully address how you feel, at least someone else will know. You will be seen, held, loved. And that matters. Take courage friends!

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

The concept of sustainable living is a complex one. We all care about what is happening to the planet we live on and depend on for our daily lives and future lives, even if we bury ourselves in technology and the built environment. Trying to live sustainably can be very difficult - and even depressing—the more we are aware of how everything we do impacts the air, water, soil, animals, plants and other living things and the resources all life needs. It is difficult to keep in mind that most Americans use many times more resources than people in other countries around the world, and it is painful to realize that we are causing environmental destruction effecting the lives, health, and even homes of many of the most vulnerable and least responsible for this damage.

So how do we live sustainably in this place we call home? Each of us as individuals or as families must decide for ourselves. For many years UUS:E and our members have made major decisions and commitments to trying to make our congregation work as sustainably as possible. We worked together to become a twice certified Green Sanctuary congregation and later to be recognized as an Energy Star congregation. Our building is a beautiful energy efficient space for all our needs. Our grounds have been managed lovingly and with ecologically sound plantings and care.

Many of us practice sustainability personally in whatever ways work for us. We are not perfect at this, and we each have different challenges that make doing things the most sustainable way difficult or impossible. Not all of us are able to walk or bike to church or work, though we greatly admire those who do. Not all of us can afford a hybrid or electric car but are glad to see what others are doing to reduce their carbon output. Not all of us are able to put solar panels on the roofs of our homes for various reasons, though we would love to do it. Not all of us can choose a totally plant-based diet but we can choose more organic and locally grown food when possible. Not all of us can create a garden and make compost where we live, but we appreciate those who do. Not all of us can give up flying across the country to stay connected with relatives, but sometimes we can take a train or bus. It's helpful to talk about and hear the things others are doing and sometimes we are inspired to try something new and more sustainable. We can try harder to greatly reduce, reuse and, only at the last resort, recycle.

Personal sustainable practices are valuable even if they will never save us from the effects of climate change and the massive environmental destruction of nations and international business and industry. The final practice we can all take part in is political. We can vote and pressure our legislators to pass legislation that can shift town, state, national and international activities towards sustainable practices. We can support or join with environmental groups who are dedicated to getting this done, despite how slow the process often seems.

You can join us, the Sustainable living Committee, and share our hopes, efforts, plans and wishes for the Earth. Second Tuesdays at 7:00 OM on zoom for now. Contact Mary Lawrence welonwheels@hotmail.com or Paul Cocuzzo pcocuzzo@gmail.com to receive the link and agenda for our next meeting on Oct 11.

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.



Sunday Services Committee Survey

Can you sing? Do you play a musical instrument? Would you like to read for a Sunday Service? We're searching for members and friends who might be interested in contributing their talents to make our services even better! Please take a moment to fill out the [survey](#) that is in the Wednesday eblast and also posted on the website. Your feedback matters, whether you want to participate or not. Thank you!

UU the Vote



Despondent about democracy? Enraged about Roe? Harness that energy with UU the Vote, our denomination-wide effort to fight for fair elections, advance voting rights, protect abortion access, and resist the targeting and criminalization of Black, Indigenous, and people of color communities. UUS:E members have already started writing letters to traditionally under-represented voters urging them to vote. It's quick, easy, and something you can do from home.

Sign up through UU the Vote's partner organization, Vote Forward, at voteforward.org. They'll provide print-ready letters encouraging voter participation along with names/addresses. You print the letters, add a brief handwritten personal message, and address and stamp the envelopes. We'll mail our letters in late October for maximum effect.

There's one more step. In order to be counted as part of UUS:E's effort to UU the Vote, please email: Maude McGovern at memcgov@aol.com. She will also provide tips and answer questions.

And if all this sounds familiar, it's because in 2020 UUS:E members and friends wrote almost 6,000 (yes, 6,000!) letters. Join us in 2022!

UU Class Conversations!

We are writing to ask that you please share our job posting for a caucus coordinator with those who might be interested in joining us. While for all UUs, this job may be of particular interest to divinity students and community ministers. Our Working Class Caucuses, meeting from January – June 2023 will focus on those who identify as working-class and will generate recommendations for UU congregations and our larger association on ways that their policies and procedures can become more welcoming for people with more limited class advantage. We hope you will share this in your communications with them as well.

Until next time, with hope and faith,

The UU Class Conversations Steering Committee
info@uuclassconversations.org



From My Piano Bench

A Live Concert by Dorothy Boggar

Sunday, October 2, 2022

3:00 PM

Unitarian Universalist Society: East

Flyer

"From My Piano Bench" features a selection of pieces from Dorothy Boggar'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!

Women's Circle Forming at UUS:E

Nora Mijares Alpers-Leon, facilitator



Third Tuesdays at 7:00

In person at UUS:E

Suggested Donation: \$10 per session (or ask about sliding scale)

Nora describes this women's circle as a "judgment-free comfort zone." She invites participants to "sit, connect and share." Bring a journal and a pen and a cushion or mat to sit on if you prefer that to a chair.

The theme for the first session is "Falling Gracefully into Autumn."

Nora Mijares Alpers-Leon is an indigenous (Colombian) mother, developmental psycholinguist and educator, who has a background in dance, yoga, and mindfulness. She completed 2 bachelor and 2 master's degrees and a graduate certificate between UW-Madison and UConn. She did her Yoga Teacher Training in the Berkshires, and has led mindfulness workshops and talking circles in the United States and Colombia with both adults and children.

To sign up for this circle, or if you want more information, contact Nora at alpers6@gmail.com or 608-620-5969.

Feeling Isolated?

Want a Buddy at UUS:E?

The UUS:E Pastoral Friends Committee is creating a buddy system as one way to address the many forms of isolation people experience as Connecticut enters the post-pandemic era.

After more than two years of restrictions and precautions, some still may not feel ready to jump back fully into congregational life, and thus feel isolated. Some may still be vulnerable to disease due to health conditions or age, and thus feel isolated. Some may experience isolation in their lives due to factors other than the pandemic, only to have the pandemic heighten those factors. Some may be returning to congregational life yet find that their daily patterns and needs have changed significantly, and thus feel isolated. Some may have experienced medical changes that make them more homebound (temporarily or permanently) and thus may feel isolated. The point is isolation comes in many forms for many reasons. The dynamics of post-pandemic life have the potential to magnify them.

The UUS:E buddy system attempts to link people for one-on-one connections and conversations. Buddies will meet on a schedule they determine (monthly, weekly, daily). They can meet on a regular basis, or they can agree to meet as needed. They can meet in-person or online.

Participating in the UUS:E buddy system is entirely voluntary. If you would like to be paired with another UUS:E member or friend for regular conversation, check-ins, friendship, etc., let us know. Contact Pastoral Friend Ann Stowe at 860-586-8579 or anhared7@outlook.com. Ann and Rev. Josh will pair you with a buddy!

UUS:E Aesthetics Chair Opening!

After more than a decade of decorating UUS:E's sanctuary, Cyndi Krupa is stepping down from her role as Aesthetics Chair. Similarly, her partner in this work, Kristen Dockendorff is also stepping down. When you encounter either Cyndi or Kristen, please give them a big, warm UUS:E **thank you** for their years of service.

Cyndi writes:

I have had the total pleasure of being the Aesthetics Chair for many years but now find I need to move on. This position for me has been a joyful one with fringe benefits. In the beginning it was as simple as being part of a group that agreed to bring flowers in once every 6 weeks, but I was totally inspired in a different direction with the opening of our new Meeting Room.

While the music played during that first service I glanced out the window to see a Red-Tailed Hawk flying effortlessly through the trees outside. It felt like we now had our own special version of "stained glass windows," only ours were alive, moving and changing with the seasons, and I wanted to see more of nature in the room as well. But that was my vision and now it's time for someone new.

The "fringe benefits" I spoke of earlier included meeting many more people in our congregation which helped me feel even more connected as a member. It also introduced me to the wonderful artistic community we have within UUS:E! These talented artists can be called on to enhance any service and would gladly have their artwork hanging on our walls. Then there's our annual holiday Deck the Halls in our Meeting Room, which has taken on a party vibe and we've had fun!!! The actual time allotment has not been huge, especially when you invite people to help you.

UUS:E is looking for a new Aesthetics Chair!

Are you interested in volunteering? Or perhaps being part of an Aesthetics Team? Let us know. Contact Rev. Josh at minister@uuse.org or 860-652-8961. And please know that Cyndi has graciously offered to coach anyone who is willing to take on the position; and Kristen has offered her ongoing services as an artist available for special aesthetics projects.

Carry On: Baggage

[Video and Artist Talk]

with Sandra Gustafson

Sunday, October 16, 1:00 PM

UUS:E sanctuary and Zoom



On August 12, about 20 UUS:E members and friends joined artist (and UUS:E member) Sandra Gustafson for her performance of **Carry-On: Baggage**. If you missed the performance, but want to get a taste of the experience, join us on Sunday afternoon, October 2 at 1:00 PM. Sandra will share a beautiful and compelling video about the project, followed by discussion. This event will be held in-person in the UUS:E sanctuary, and also streamed live over Zoom. (Watch our regular eblasts for login information.)

Questions? Contact Rev. Josh at minister@uuse.org or 860-652-8961

Carry On: Baggage is an exploration of how personal and intergenerational memory combine to form unique identities. Through the construction and deconstruction of a freestanding, transient mural, artist (and UUS:E member) Sandra Gustafson highlights the duality of trauma. "We are restricted by the very legacies that define us," says Ms. Gustafson, and "sacred communities arise from suffering. **Carry-On: Baggage** asks audiences to consider which parts of our experiences are worth holding on to, and what happens when we challenge our value structures."

Carry-On: Baggage was created with the generous financial support of the Elizabeth Greenshields Foundation.

Improving UUS:E Building Ventilation

Another Component in Reducing the Spread of COVID

At my request Jim Adams prepared the following summary of the Meetinghouse ventilation status. He expressed his willingness to discuss this issue further with interested persons.



—Peggy Webbe, President

The UUS:E Building & Grounds committee (B&G) has implemented various measures to improve the indoor air quality within the Meetinghouse. These measures help to reduce the risk of COVID-19 transmission through a combination of fresh air (ventilation, best choice) and filtration (air purifiers, acceptable alternative). Note that these measures, while providing significant improvements, do not eliminate the virus transmission risk inherent with indoor spaces. Also, any such measures can never make the air quality equivalent to being outside.

Transmission of viruses, like COVID-19, is inherently higher risk in an enclosed space or building where the exhaled breath of an infectious person can be transported in the air and remain aloft for hours. Bringing fresh outdoor air into a room (ventilation) can dilute and/or displace any present airborne virus, reducing the risk of infecting others. Where increased ventilation is not possible, the use of HEPA air purifiers is an alternative means of removing the virus from the air. None of these measures completely eliminate the viral risk.

Experts agree that improved air quality should be incorporated as part of a layered defense against COVID-19. It is recommended that this be done using outside air ventilation and/or air purification, targeting a combined 4 – 6 air changes per hour (ACH) through a combination of these approaches. ACH is a simplified way of quantifying the amount of ventilation or filtration flow relative to the size of the space involved. For example, if your ventilation system flows 4000 cubic feet of fresh air per hour into a 1000 cubic foot room, that equates to 4 ACH (4000/1000). However, due to the mixing involved during that hour, this does not mean that all air in the room is replaced 4 times per hour. In fact, due to mixing, it would take approximately 45 minutes to replace 90% of the room air with a flow level of

4 ACH. And as mentioned previously, these levels of air flow can never make an indoor space equal to outdoors, where air replacement around a person(s) occurs within seconds with even the slightest breeze.

A major component of the air quality improvements is provided by existing features of the building heating and air conditioning (HVAC) system. The HVAC system includes 3 heat recovery ventilators (HRV), which introduce fresh air into the building when required. Up to now, these HRVs were controlled by wall mounted CO₂ sensors, and only provided fresh air when enough people were present in a space to bring the CO₂ levels up to uncomfortable levels (which was rarely the case). B&G recently made changes to the HVAC control system (aka, "new thermostats") to allow the HRVs to now be used on demand. A large HRV now provides 4 ACH of fresh air to the sanctuary, and the 2 smaller HRVs provide 1 ACH of fresh air to the remaining common spaces and offices upstairs, and all areas on the Garden Level except for the classrooms. To achieve the target 4 ACH in these common spaces and offices, air purifiers with the required flow have been put in place throughout the building. All bathrooms utilize motion detector actuated vent fans for these low occupancy spaces. The RE classrooms all have their own wall mounted HVAC unit, which provide heating and cooling. However, they unfortunately do not have any fresh air capability. Therefore, each classroom space has been provided with special ventilation window fans which provide at least 4 ACH of fresh air for these spaces, year-round. Testing was conducted by B&G to confirm the fans provide the required 4 ACH, and that the HVAC units are able to maintain comfortable temperatures in the room during winter.

For all of the improvements to work, they must be turned on properly when spaces are occupied. Instructions have been placed above each thermostat describing how to turn on the HRV ventilators, and instructions are in each classroom describing how to utilize the window fans. Air purifiers should be turned on manually when people are present for significant time in the other spaces.

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

- Oct. 11: **Clara and the Sun**, by Kazuo Ishiguro (320 pages)
- Nov. 8: **The Doctors Blackwell: How Two Sisters Brought Medicine to Women and Women to Medicine**, by Janice P. Nimura (352 pages)
- Dec. 13: **Books for Living**, by Will Schwalbe (257 pages)
- Jan. 10, 2023: **Search**, a novel by Michelle Huneven (400 pages)
- Feb. 14: **Redeeming Justice: From Defendant to Defender, My Fight for Equity on Both Sides of a Broken System**, by Jarret Adams (304 pages)
- Mar. 14: **The Overstory**, a novel by Richard Powers (512 pages)
- Apr. 11: **Remarkable Creatures**, a novel by Tracy Chevalier (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

October topic/book: **Shamanism**

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...

N/D: Misogyny and the Roots of Chauvinism



Community Drum Circle

First and Third Mondays
in the Sanctuary
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
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