



# ADULT AND FAMILY PROGRAMS AT USH

## **Sing-Along**

Join us at the next Meeting House Sing-Along every third Saturday 2 – 5 pm. Song sheets and some loaner copies of Rise Up Singing or Rise Again are available. Come early or come late, whatever fits your schedule. Some of us bring snacks, but that is not required (or organized). If the weather is good, we meet outside around to the right of the building, in the Memorial Garden. Contact: Fred Louis [flouis@yahoo.com](mailto:flouis@yahoo.com) or Ed Savage [EdSavage03@gmail.com](mailto:EdSavage03@gmail.com) for more information.

## **Lunch Bunch**

The Lunch Bunch next meets on the third Tuesday each month at noon in Fellowship Hall. Bring your own lunch and beverage, and share conversation and community. Please sign-up during Fellowship Hour so we know how many tables to set up.

## **First Thursday Evening Vespers 6 – 7 p.m.**

On the first Thursday of each month, you're invited to come to a short, meditative service in our chapel, at 6 pm. All welcome.

## **Magdalene Circle**

This group meets the second Saturday of the month from 2 to 5 p.m. and explores the Divine Feminine principle with particular attention to the historical, archetypal, and spiritual Mary Magdalene. We look at ancient and modern material as well as practices we can integrate into our daily lives to expand Love of ourselves and each other. Contact Lisa Burch at [spiritmattersct@outlook.com](mailto:spiritmattersct@outlook.com) for more information.





### **Social Justice Council - Zoom**

Interested in justice work? Come meet with us to learn the latest about ongoing activities and discover new initiatives. Everyone's invited! Meetings are held on Zoom every third Tuesday of the month from 7 pm – 8pm. Contact Judy Sullivan [jasullivan57@gmail.com](mailto:jasullivan57@gmail.com) for the Zoom Link.

### **First Friday Hangout and Discussion**

(formerly First Tuesdays)

Every first Friday of the month, in our library and simultaneously on Zoom, Rev. Bob hosts a time when anyone can drop in to talk about life, the universe, and everything else. We begin our time with a check-in, where anyone around the Zoom room can share whatever they like about the past week. Then, we delve into our topic. Everyone is welcome to share, but no one is required to. Newcomers are always welcome; stop by whenever you like! E-mail [minister@hartforduu.org](mailto:minister@hartforduu.org) for more information.

### **USH Book Club**

The Book Club meets from 2:30 – 4 p.m. on the second Thursday of each month, September through June, either on Zoom or occasionally as a hybrid meeting. If you would like to participate in a discussion of the book and related issues, please contact Ginny Allen at [fiddlenurse1@gmail.com](mailto:fiddlenurse1@gmail.com). An email with the Zoom link will be sent to you a day or two before the meeting.

### **Pizza and a Movie Night**

Join us for an evening of conversation, pizza, salad, dessert a movie, held every second Friday of the month from 5:30 pm -8:30 pm. Sign up at Coffee Hour at the Caring Network table, or email Janice Newton at [janicecnewton@gmail.com](mailto:janicecnewton@gmail.com)

**Questions? E-mail [office@hartforduu.org](mailto:office@hartforduu.org)**

### **Gentle Yoga, Monday Mornings at 10**

Gentle Yoga meets weekly on Monday mornings, in the Meditation Sanctuary. Led by experienced yoga practitioner and teacher LU Giammatteo, these hour-long sessions incorporate gentle stretching and strengthening positions and movements in a supportive, encouraging environment. Stand or sit, according to your preference and ability... all levels are welcome. Contact LU Giammatteo at [lulugeegiammatteo@gmail.com](mailto:lulugeegiammatteo@gmail.com) for more information.

### **Disability Support Group**

This group meets online on the first Saturday of each month at 10:30 a.m. The Zoom link is sent a few days prior to the meeting. In this group, participants discuss the challenges of physical disability (chronic illness, chronic pain, impaired senses, impaired mobility) emotional pain (loss, mental illness), and the stresses of caretaking a loved one. What is said in the group stays in the group. Contact Gloria Bent at [bentgloria@gmail.com](mailto:bentgloria@gmail.com) for more information.