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USH E-News

October 22, 2025

"Revisiting Spirit, Reconnecting Community, Building for Justice"

Sunday, October 26, 10:30 a.m.
"Bumps in the Night"

There is so much to be afraid of out there... but maybe, just maybe, there is power in the night too. A meditation on fear, fascination, and faith, with a little Halloween thrown in for honor ancestors and loved ones.

Reverend Bob Louis, Minister
Melissa Collins, Worship Associate
Meredith Neumann, Director of Music
Ann Dyer, Choir Director
Gerald Lakes, Pianist

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Matters of the Heart

To have a prayer lifted up or to share the joyful or healing morning, email Shalom Office Hour. Please send in your Matters of the Heart, Concerns and Joys by Friday so that we have time to read.

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Services are livestreamed every Sunday on Zoom and Facebook
Zoom Info: Meeting ID: 921 2388 7944
Password: 1st2Church
Virtual Coffee Hour to follow
Notes: Zoom Coffee Hour ends at seven
Pam Services

JOIN US IN PERSON

Upcoming Worship Services

November 2 – "Fragile Harbor" Owen Robinson, Pulpit Guest/Minister Revisit, Worship Associate/Bath, Noah, and Cole McBroom, Guest Musician

November 9 – Thursday Chapel Service, 6 p.m with Reverend Bob

November 9 – "Laundry in the Light", Reverend Bob Rev. Harvey, Worship Associate/Meredith Neumann, Director of Music/Gift Card and Schola Singers/ Gerald Lakes, Pianist

Weekly Message from Rev. Bob...

I am in the Monday House, at night, the fullness dark. I can just tolerate the sounds the Monday House makes, when I heard the singing.

I recognized it. "The First Noel". Coming from downstairs. It was October.

A miracle? Hardly. I have very well that night, that the Hartford Gay Men's Chorus were rehearsing. I've got the church calendar on my phone. Besides, I'd said hello to many of the members on their way in, two hours ago.

Even so, in a world that is often dripping with hatred and loss-dry of hope, the Hartford Gay Men singing marvelous about it, and Remember, someone is still singing.

Like you, I've been struggling with the news these days. I'm disgusted and terrified by the outright destructiveness, the cruelty, the sneaky tolerance and harm that is contained every day. To make things worse, I seem to have a bad case of "Bah Humbug" this year. I'm not sure what to do, mutter, a dissatisfaction. Which is not nearly as bad as the disease that does the world in, the disease of despair. But it is a sign that I am uncomfortable to know that I'm susceptible to it too.

In recent one to an attempt for singing. I want to be around those who are bringing hope to the midnight hours, lifting their heads up to call out Remember, to call out Merry Christmas right. And, and. Remember, and call out, amen, someone is still singing.

Yours Gratefully,
Rev. Bob

USH General Interest

Music at USH

There are lots of exciting things on the musical horizon at USH! This month we have choirs in large chunk composed of volunteer members of the congregation. Our choir will perform at least once every month through June. We also have a new pianist who serves as section leaders, and also performs as a small ensemble for special services. Gerald Lakes will be our accompanist for the choir, and Benjamin Sidney will be our in-house pianist for all regular services.

Looking to next year, the vision is to expand our choral program by forming a large choir that rehearses and performs regularly, and a small ensemble that rehearses and offering participation opportunities for singers of all levels. Once choirs will sing at USH services, but will also collaborate with other local ensembles to present concerts and events.

If you are interested in getting involved with the choir this year, contact Meredith Neumann, Director of Music at musicdirector@1st2hartford.org.

Friday, October 24/ 7 p.m.— "Graves of Sand"

This Friday evening, USH is having a special prime screening in Fellowship Hall, which will be followed by a Q&A session with the film's director, Sarah Gross.

Filmed over eight years, *Graves of Sand* accompanies the filmmaker's mother and her friends as they navigate life in a Jerusalem Alzheimer's unit. Through conversation, memento, and artwork, along with collaboration the filmmaker herself, they create together this positive, different kind of coming-of-age story.

Margot and Barbara, close friends and artists, who are also the director's mother and her friend, are at the center of the film, accompanied by their caregivers and friends. They are both on the cusp of their ninth decade. As they begin to forget, they also begin to remember. Through the film, we witness their conversation about creativity and aging, exploring what it means for them to create and what it means to live. Their resilient bonds become clear as they accept and change for them.

Margot was born in England and was born in San Francisco with her husband of over ten years. In her studio she reflects on the struggle it took for her to be a woman artist. Barbara participate as the navigated expectations as a wife and mother in Israel. Barbara's life in Israel, including her relationship with her city, the green sloping hills of the Judean Mountains, Margot imagines how it will be to live alone if Peter dies first.

In her studio in Hamburg, mother to her Barbara explains how after her divorce she didn't have much money. She found a way to support herself with her artistic talent, painting the walls of people's homes. Her work was in demand, continue painting until her very last gasp. Barbara shares an apartment with her second husband, and observes how their relationship is changing now that they are both widowed.

Watch the movie trailer here.

Click here for Ticket

Social Justice Meeting tonight is CANCELED.

Hearts and Hands —
No Meeting Friday 10/24

Hearts and Hands will not meet this Friday. Contact Donna with any questions.

Cornfield Concerts

Volunteer Hrs are available for November (through February)
Volunteer and see the concerts for free

Upcoming Concert Details: Saturday October 25, in the Sanctuary
6:00 p.m. Cornfield: A Haunted Evening of Halloween Classics
Tickets: $20 Adult/$15 Senior/$10 Student
Purchase Concert Tickets Here

Would you like a relaxing Sound Bath?
We invite you to come if you're curious...

Lisa Roach, Yoga Teacher, and Alda Anstein will be leading a Sound Bath **on Sunday, October 26 at 10:30 AM during Rev. Bob's Worship Service with Tibetan Singing Bowls, Gongs, and Chimes.** Lisa and Alda offer calm, heart, and peace for the soul. Participants will be lying down on yoga mats for a guided meditation with the Tibetan singing bowls and chimes. Sound vibrations have been proven to be calming, stimulating, and healing. Chimes and other musical

will be presented as well. *Bold* your ability to experience the present moment more fully and to feel more at ease in your body. Sound bath is a form of sound injection is this powerful energy. Remember everything is Vibrant. Sound is considered to be nourished in this healing, sound causes with instruments and voice.

Bring a mat, pillow and blanket if you wish to be down. Chairs will also be available. Prepare to enter a state of deep relaxation. This accesses a powerful period of healing. Sound bath is a form of sound injection is this powerful energy. Sound healing is considered to be nourished in this healing, sound causes with instruments and voice. Participants are encouraged to wear pajamas. With tea or water, allows. We're starting in October, Sundays at 10:30 AM. Sign up in the Sanctuary or email: usshfmusic@yahoo.com to register or get more information.

Lisa Roach, a 500-member and, retired clinical social worker/psychotherapist has been teaching yoga and meditation classes for over 20 years. Lisa's focus is exploring global healing and spiritual practices, particularly mindfulness, sound meditation, sound voice, labyrinth walking, and The Divine Feminine. Terry Nicholas, Lisa's teacher, is a 500-hour Yoga Alliance certified teacher who teaches at Yoga in Motion, Falls Church, retired from a corporate position and is an integrative medicine at a local hospital. She continues to enjoy teaching Reiki as well as meditation and mindfulness. Terry's teaching is based on the Iyengar Yoga method, a number of sound meditation? Dr. This intuitive vin neuron sound and energy together into a dynamic and nurturing experience.

UU Yog-ercises Unite and Invite...

Contributed by Pam Hajdy

Talking with Ann LaPorte Bruce and Briana Bird at Coffee Hour, I learned that they are both very active and so sound evening a UU yogaa class here at USH. Are there others who would be interested? Maybe we could start a group if there is enough interest.

And – if you've been **thinking** of enhancing your eliminating, use of animal products in your daily life but want to know more before committed? where and how to start? Or you're very unknown to some jobs.

Contact Pam Hajdy for more information.

Bring your hollowed out pumpkins and your poems to Fellowship Hall on **Wednesday night, October 29 from 7-9 pm** for an evening of Halloween Poetry. Participants will perform Halloween poems and welcome the audience optional as we carve pulp into a lantern and have a pumpkin seed roasting. Participants will bring original poems or your favorite poem. We'll have Mad Libs style poetry prompts for kids and adults. Bring your Halloween costume and games. RSVP is a two-fold night for pumpkins and a real monster mash up of poetry!

Twilight Fire Circle
Samhain Celebration

Saturday, November 1, at the Unitarian Society of Hartford, downstairs in Fellowship Hall

50 Bloomfield Ave, Hartford
Gathering begins at **5 p.m.**
Fire Circle celebration on the eve of the Celtic New Year

Samhain is a time to remember loved ones who have passed and our ancestors. There will be an ancestral altar set up. Anyone who wishes is welcome to bring photos or other mementos of their loved ones.

Fire is a time of cleansing and purification. Everyone is welcome to bring a dish to share with others. A dish to share is required if you are in attendance.

We will also have a raffle. Everyone is encouraged to bring a small item to be raffled off. Proceeds benefit the Unitarian Society.

We want to remember those who are lost between May 1 to Nov. 1. Bring a dedication of remembrance for guests for the Honor Bedford Food Pantry in Hartford. Please, give from your heart as you can also.

Everyone who an space heart is welcome to our celebration. If all you can bring is yourself – then – so be it! Welcome! Peace and be merry!

Yuletide Festival Saturday, December 6
Need planning meeting November 4, 2:30 p.m. – Library

The Yuletide Festival is shaping up! We need to know how many we can have. Ann, Rosalie/... and the planning is held for 2:30 p.m. Can USH light up the Festival with your special talent?