

## UU and You

the monthly newsletter of the Unitarian Universalist Church in Meriden

Ours is a religion of covenant rather than creed. Practicing Loving Community, Advancing Justice, and Nurturing Spiritual Growth are how we seek to live this faith.

### **From the Minister**

Summer of Love—a long time ago? Why not a resurrection of a summer of love, wider and deeper than that which some remember from a previous lifetime? Writing from General Assembly of our Unitarian Universalist Association in Kansas City, Donna Stimpson, your congregational president, and Molly Nolan (off-site/on-line), and I as your delegates are privy to love rising from our roots and our possibilities in this faith that we share through vibrant worship, friendships made and renewed, stories told from deep inside, and public witness in moral outrage over the evil separation of children from their parents and the criminalization of those among us who risk lives to cross borders toward a better life, toward life itself.

Why not a summer of love rising like the sun in our larger faith, our congregational life, and out into the life of our communities? Let's "dance Sarah's circle" on behalf of the well-being of our delicately woven web of fragile humanity and all living creatures.

Kudos to all who raised your hands high, voting at our annual meeting for an On the Side of Love/Black Lives Matter banner to post visibly on the front of our Meeting House. Kudos to all who continue to support our congregation as an active sanctuary and for showing up and raising your voices at public witness in our community and our state. Kudos to you who are living loving community, advancing justice, nurturing spiritual growth.

Let's draw from summer Sunday worship in forms informal and uplifting all summer long. Let's find also respite and renewal in vacating from routine as we do nothing at all or head to the beach, the mountains, the parks, the outdoor concerts with friends and family or perhaps solo. Let's discover as if for the first time summer's epiphanies of grace and beauty. May the Spirit of Life buoy us in the turbulence of our time. Come September, may we reflect on the summer on whose threshold we stand as a summer of love beyond our imagination. Loving you,

#### Jan

During the time she is here this summer, her hours remain Tuesday through Friday 10:30 AM to 4:30 PM and by appointment. Given vacation time (4 weeks annually) and reading time (4 weeks annually) and one week off a month considering 2/3 time, she will be at UUCM: July 17-22, August 7-10, and will lead worship July 22 and August 19. For a pastoral emergency, you can reach Jan at 781-733-0355. You can access her Chalice Light blog at pastor.uumeriden.org.



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# The Spiral Garden is in Full Bloom

relatives to visit. Also if you are so inclined, feel free to pull a few weeds.



This is the the sixth year that the Spiral Garden has been blooming and offering a sanctuary for anyone wishing to meditate or spend some



quiet time in the garden. In 2013 the Spiral Garden sprang into being through the work and dedication of a number of people from UUCM. Please visit any time you wish

(mornings and evenings are best in the summer because of the heat) and invite your friends and

#### Masthead

*UU and You* is the monthly newsletter of the Unitarian Universalist Church in Meriden.

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Send newsletter submissions prior to the 15<sup>th</sup> of each month to: <u>newsletter@uumeriden.org</u>

#### Contacts

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The Unitarian Universalist Church in Meriden is a fair-share member of the Unitarian Universalist Association of Congregations. www.uua.org

### **From the President**

At the end of June, I will complete my first year of a twoyear term as President of the Board of Trustees of this congregation. I want to thank, by name, all the people who stepped up to be leaders in this church and help guide us through good and difficult times in the past year. We brought the love and grace of Unitarian Universalism to our community and Central Connecticut.

Officers and Board of Trustees: I would like to thank, on behalf of the congregation, the following officers and Board of Trustee members:

Trish Schneider - For her untiring dedication to this church through her time and talent and willingness to wear multiple hats this year. For example, as Vice President: providing wise counsel, organizing the Board Retreat, and leading the Leadership Council to better communication; as Chair of the Leadership Development Team: initiating training and assistance to current and future leaders in providing education and skill building on church matters. For taking on the Chair of the Stewardship Team and shepherding us through another successful Stewardship campaign. As Chair of Adult Education/Exploration: helping establish the Women's Singing Circle, assisting in Wednesday night worship and TED talk dialogues. As de facto Chair of the Communications Committee: initiating new ways to communicate through blogs, restarting the newsletter, using Facebook and working on the website. And moving forward, Trish volunteered to be the new Treasurer.

**Cori Theriault** – For taking on the Treasurer position and experiencing "baptism by fire" in a manner of speaking, preparing monthly Treasurer's Reports and building the 2018-19 budget and making it balance within our means. Cori is stepping down from the Treasurer's position to study to become an accountant. He enjoys working with numbers and is seeking a career change!

**Tracy Smith** – As Clerk he has done a wonderful job preparing minutes of Board of Trustees meetings throughout the year as well as at the Annual Meeting and special congregational meetings in the past year. He will continue to do this fine work in the year to come. Sandy Duffy – As Finance Chair, Sandy monitors finances, reviews and monitors the church Endowment funds as well as the donated funds for our Sanctuary ministry. He leads the Finance Committee in their fiscal responsibilities. Sandy will continue to do great work in the coming year.

Randy Heath – As Property Chair, Randy began to learn the Property Committee ropes, even as he healed from surgery and broken bones. We thank him for assuring we passed the Health Department kitchen inspection, for installing a new kitchen faucet as well as new LED lighting in the kitchen, fixing small issues, and willingness to tackle large projects around the church.

Jane Dioguardi – As At-Large Board member, Jane provided her perspective and updated the Board on the FUNdraising Team, Stewardship, and Membership Committees. Jane has accepted the Vice President position for the new year.

Ann Smith – As At-Large Board member, Ann has provided her wealth of knowledge about the church and raised thoughtful questions on how we "do church." She has updated the Board on the Worship Associates and Children and Youth Religious Education (CYRE) Committees.

**Michael Milardo** – As At-Large Board member, Michael provided his viewpoint and updated the Board on Chalice Sanctuary Team and Social Justice activities and events. He was the church's representative on the Unitarian Universalist Service Committee (UUSC), participated in United Action CT (UACT) events and conducted the "Guest at Your Table" Campaign for UUSC. Michael has resigned as of June 30 to pursue writing his next book.

I want to thank the following leadership as chairs, coordinators and advisors who helped guide our congregational ministries:

*Megumi Yamamoto*, Chair of the Children and Youth Religious Education (CYRE) Committee

*Deirdre Theriault* and *Cindy Ferguson,* Youth Group Coadvisors

*Barbara Kline,* Co-Coordinator with Rev. Jan for Worship Associates

Molly Nolan, Chair of the Membership Committee

Tim O'Brien, Chair of the Committee on Shared Ministry

*Diane Szymaszek* and *Steve Volpini*, Co-Chairs of the Social Justice Council

*Steve Volpini*, Co-Chair of Small Group Ministry Coordinating Team with Rev. Jan

Angie Swanger – Chair of the Anti-Racism Task Force

Nancy Burton – Chair of the Chalice Sanctuary Team (CST)

Karl Eckert – Chair of the Auditing Task Force

Donna Stimpson – Chair, FUNdraising Team

Your dedication and service to our congregation is inspiring and essential to moving us forward.

THANK YOU ALL!!!

### **Upcoming Services**

www.uucentralct.org/worship

Please arrive by 9:50 and be seated by 9:55, so that we may worship together as the chimes ring out.

#### Sunday July 15<sup>th</sup> 10:00 AM

*Polar Opposites* Worship Leader: Jeff May Worship Associate: Lynne Grobsky

It seems as if our country and our culture are more divided every day. Those of us who have strong beliefs driven by our core values find it difficult to have conversations with friends, family, and colleagues who have a different perspective. It is clear that screaming talking points at one another across the blue vs. red canyon isn't working. How can we begin a conversation that both honors our own values and also respects the right of conscience of those on "the other side"?

### Sunday July 22<sup>nd</sup> 10:00 AM

Season of Wonder

Worship Leader: Rev. Dr. Jan Carlsson-Bull

Wonder, awe, and amazement are the stuff of memories lasting and memories in the making in the time that is summer. While there is no seasonal monopoly on such experiences, stories of wonder abound in this time of sun and warmth, of early mornings and balmy evenings, of sacred time alone and sacred time with family and friends. Yet all is not bliss this summer, when we may well wonder at the realities known by too many of us, realities that are not wonderful at all. What does this season of wonder hold for you? For me? For us?

#### Sunday July 29th 10:00 AM

A UU Kirtan

Worship Leader: John Sepples Worship Associate: Lynne Grobsky Kirtan is the repetitious call and response singing of the many names of God. It is part of an ancient form of Yoga known as Bhakti, or the Yoga of Devotion. In Bhakti the meaning of "devotion" is expanded to include every human emotion turned toward God through a variety of creative expressions including song, dance, poetry, visual art, and worship. By singing together we will give strength, safety, and passion to each other, and give ourselves permission to sing freely, releasing and expressing through our voices, the emotions tightly locked in our hearts.

### Happenings

#### www.uucentralct.org/calendar

Warmest welcome to our newest members, who received the Right Hand of Fellowship on June 17<sup>th</sup>:

- Penny Barsch
- Annu Patel and Bill Leighton
- Ryan Senft
- Paula Snedeker



Getting to Know U Who are you? Who are we? Why are we here?

Sunday, July 22, 11:30 AM to 1:00 PM (after worship)

This is an introductory workshop in which Rev. Jan and a few other congregational leaders welcome newcomers for a getting acquainted gathering. Who are you? What is your spiritual journey? What brought you here? Who are we and what are we about? A light lunch is served, and activity packets are available for children.

### Sunday August 12<sup>th</sup> 10:00 AM

*NO as an Affirmation* Worship Leader: Barbara Kline

As someone who can be a people pleaser, I am learning to say "no" to things I really cannot take on. I will be looking at self-care and not always saying "yes" in fear of upsetting someone. Sometimes you need to say "no," and that is not a bad thing.

### Sunday August 19th 10:00 AM

Salt Air, Mountain Air, Fresh Air A Multigenerational Service

Worship Leader: Rev. Dr. Jan Carlsson-Bull

Worship Associate: Lisa Urso

Breathe. Just breathe. Close your eyes. Breathe in where you are. Then travel with your breath—yes, your breath. Where were you a year ago? Breathe it. Where were you five years ago? Breathe it. Where were you in your earliest memory? Breathe it. Then return, return. Who knows where we will go by simply and profoundly breathing?

#### Sunday August 26<sup>th</sup> 10:00 AM

*Recommencement* Worship Leader: Lisa Urso

A new school year is upon us. If you have kids, it's a big deal. If you don't, still take advantage of a brand new year! January 1st is not the only opportunity we have in the calendar to begin anew! How can we all use this back-to-school time to refocus and refresh, even if we have been out of school for a long time?

#### Sunday September 2<sup>nd</sup> 10:00 AM

### Labor Day Reflection: Hannah Arendt on the "Active Life"

Worship Leader: Robert Reutenauer

Is there a difference between "labor" and "work"? Why do many languages have distinct words for each? The late political philosopher Hannah Arendt noted that this is not simply word-play. We "labor" with our bodies (think birth!) and "work" with our hands. Arendt added public "action" as the third element of her notion of "the active life." Together with "the contemplative life," she posits this as our "human condition." On this Labor Day Sunday, let's explore through worship the ever-gristy matter of our human condition.

#### SUMMER WATER GATHERING

During the summer that has arrived, please gather a portion of water for our September 9 Ingathering/Water Communion Service. Our streams will merge through the water we bring from the mountains, the ocean, a lake, a pond, our backyard—whatever site in our "blue boat home" holds special meaning for you. Whether you are brand new to this tradition or well seasoned, join in the joy of this summer ritual and September ingathering!

### **Gifted Promises Stories**

Shared at worship Sunday, June 10, 2018 – Focus: "Seeds in Blossom"

In early March, UUCM had a worship service around the theme of "Seeds for the Sowing," a phrase that emerges from "Gather the Spirit," one of my favorite hymns in Singing the Living Tradition. It's a phrase that also brings to mind the parable as told by Jesus, beginning with "A sower went out to sow." How did his seeds fall? That is, how did the sower tend her garden? We are all sowers of seeds, and so I surprised you that day with some "seed funding"—six \$50 bills ready for some of you to receive as mini challenge grants, with the caveat that you would use these sums over the next few months for the benefit of the congregation or the larger community. You who took the challenge signed pledges that you would honor the conditions of this seed funding and tell your stories of how and for what at worship on June 3. Your stories inspired us all. They follow:

#### James Dawson

Two years ago, my son JT came to me with an idea. He wanted to raise money for the children's hospital to buy toys, games etc. Originally, he wanted to do this for Christmas. Instead, my wife and I persuaded him and my daughter Katie (who enthusiastically joined in) to wait until March, since Christmas is a time of year when many organizations are flooded with donations. Given the nature of a children's hospital, all toys etc. must be new and unopened when donated due to infection risks. So, the need is always present.

This was the time we started giving our children an allowance, which they are asked to split three ways (spend, save, and give). Whatever they give, I match. They must put aside something for giving and saving each time, but the amounts are up to them.

This year, I accepted and matched Rev. Jan's donation and donated another \$50 (half my payment for officiating a wedding) to make a total of \$240. The kids do the shopping and make the delivery.

The idea is one that's based on teaching kids how to be responsible with money. Also one that's grounded in Scripture in the words of Jesus, "Freely you have received, freely give."

#### Steve Volpini

Two years ago, Kayla Parker, our ministerial intern, helped start a new group dedicated to helping families in recovery. We called it Spirit of Recovery, and those who attended were primarily the parents of adult children who had become addicted to drugs.

When Kayla left, Sue Willette led the group with me. It was a solace and support for about a dozen people—some from our church, some from outside—who found that simply checking in with one another provided relief from the stress—even terror—they were experiencing.

You may remember the powerful church service the Willettes led last year, with wrenching stories and evocative music. That service, I'm sure, touched many people deeply. Sue Willette and her husband, Dave, are active in Roadway of Hope, a group which they formed a few years back when two of their sons were struggling with addiction and the legal consequences of their action. Roadway has added a component dealing with mental health and its connections with drug addiction.

Roadway hosts an annual picnic, and I want to help support it and to invite the church to reach out as well. This will also be an opportunity for families to learn about Unitarian Universalism and how we practice loving community.

Sue has invited UUCM to set up a table with literature at the picnic, which will be held at Hubbard Park on the afternoon of Saturday, August 11. I hope you'll come with me to the picnic and meet the families who are facing down addiction. Their stories are inspiring.

There are always good musical groups there, too, and we may get a chance to walk up the road toward Castle Craig.

Please contact me if you are interested.

### Harriet Gottlieb, Liz Hall, Alice Sherard, and Diane Szymaszek

Plastic has become a major problem for our Earth and environment. Our group wanted to do something environmental with our \$50, so we decided to come up with a list of some little things that people can do to help protect the environment from plastics.

We can't get away from plastic, as it is everywhere in our lives, but there are many little things we can do to make a little difference. Number 1 is to start by being aware of the amount of plastic in our daily lives, then choosing one or two or more ways to be vigilant in eliminating plastic from our life. Some ways are fairly easy, like using cloth bags or not buying the very convenient plastic water bottles, but using a reusable water bottle. We donated our \$50 to Greenpeace, one of the many environmental groups working to help our environment.

From Greenpeace: "Healthy oceans are the life support system for our planet, providing 97 percent of the Earth's livable habitat and a home to more than 700,000 species. That's why we are campaigning to end the flow of plastic into our oceans. Globally, less than 2 percent of the ocean is under protection. We're campaigning to establish ocean sanctuaries in 30 percent of the world's oceans by 2030." http://www.greenpeace.org/

#### Tina, Mark and Max Caplan

Shortly before taking this on, the tragic shooting had happened in Parkland, Florida. Despite the regularity with which school shootings sadly occur in this country, this was the first time that Max, our ten-year old son, was aware of what had happened. That something like that could happen in a school seemed incomprehensible to him. When I found out about the March for Our Lives rally that was scheduled for Hartford, it seemed to only make sense that we would put our resources there. We donated our money to the rally and attended the March.

We also wanted to create a more lasting way to honor those we've lost to gun violence. I was encouraged by Diane Szymaszek to find something native to the area for a planting. We chose a rhododendron, not only for its beauty, but also because Ralph Waldo Emerson had written about them so beautifully. We deepened our connection to Unitarian Universalism even further when we discovered that Emerson had been a Unitarian minister in Boston.

Thank you for the opportunity!

### Asher Fritz on behalf of the Youth Group

When our youth group was talking about whom we wanted to give our allotted money to, we figured it should be something related to being a youth. And right now, sadly, the biggest problem facing the youth of America isn't too much homework or popularity; it's that they could literally be shot going to school. So obviously we recognized that this was a huge problem and we wanted to help fix it. Because our \$50 alone probably isn't enough to fix gun violence in America, we also tried to get involved in the movement beyond monetary donations. The movement's name is March for Our Lives, and the most prominent leaders in it are all teens, mainly from Parkland, Florida. The branch we donated to and worked with was the Connecticut movement, which was marching on the Capitol. While most of us weren't able to actually make it to the march due to scheduling issues, we went to a planning meeting to help provide input on logistics, and we also took part in our schools' student walkouts. Even though school is letting out, this isn't an issue that's going to go away without change, because in 2018, America averaged over one school shooting per week, a statistic that should be zero. Our \$50 went toward lowering that number and making students feel safe in what is essentially their second home.

### **Social Justice Committee**

Adult RE and the Social Justice Council bring you a suggested Summer Read: Small Great Things, new fiction by Jodi Picoult. An easy read with intriguing ideas. The "San Francisco Book Review" states: "A novel that puts its finger on the very pulse of the nation that we live in today....A fantastic read from beginning to end, as can always be expected from Picoult, this novel maintains a steady, page-turning pace that makes it hard for readers to put down." A copy of the book in paperback or electronically can be found at your favorite book seller. It was published in paperback in 2018, shouldn't be hard to find.

A discussion of this book will be held at UUCM in the fall, date and time TBA.

At the Annual Congregational Meeting on June 10th there was a unanimous vote to place a Black Lives Matter/Siding with Love (formerly known as Standing on the Side of Love) banner/sign on the meetinghouse/church building. The type of banner/sign will be determined by the Anti-Racism Discussion group and the Social Justice Council. Our goal is to do the research during the summer and have the banner/sign ready for installing in September. One of the greatest responses to the "Black Lives Matter" statement is "But don't all lives matter?"

I give you two potential responses to consider:

"Of course all lives matter....we believe that every individual is important and every person deserves to be treated with justice and compassion. We live, however, in a society that often suggests otherwise. Because of the continuing injustice and violence disproportionately faced by people of color, we affirm that Black Lives Matter."

And another written by Gene Testimony Hall:

"Let's be clear: Black Lives Matter. We never said *only* black lives matter. That was the media. In truth we know that all lives matter. We've supported your lives throughout history. Now we need your help. Black lives matter, for black lives are in danger

### Worship Associates

Now that it's summer, some things will remain the same, and some will be different. First, the Worship Associates and I want to thank all who participated in worship services this past year. Your presence is very important. What remains the same is that we will continue to have services all summer long. Two will be led by Rev. Jan, and the rest will be led by Worship Associates and members. The big difference is that services will start at 10 AM from July 1st through September 2nd. We will revert to 10:30 on September 9th. If you think we have fun creating services, you are right! Let me or any other Worship Associate know if you would like to lead a service or become a Worship Associate. You can e-mail me at barbarakline93@gmail.com or worship@uumeriden.org. If you prefer the personal touch, feel free to speak to me after any service.

Barbara Kline, Co-Chair Worship Associates

### **Adult Religious Education**

In June, the Adult RE held the following workshops and gatherings: Wednesday Worship, Hands-On Saturday, TED Talks, Women's Sacred Singing Circle, and Buddhanature Gathering Group. Hands-On Saturday held a marmalade-making workshop. Karen Silva taught how to make Lime Marmalade using the limes left over from the Daffodil Festival. Thank you, Karen! She processed about eleven pounds of limes into about 40 jars of marmalade, which will be sold at some of the church's fundraising activities.

The Adult RE committee has been planning summer and fall workshops and gatherings:

Ongoing ARE groups: Buddhanature Gathering Group, Wednesday Worship, and Women's Sacred Singing Circle will meet during the summer. Hands-On Saturday and TED\* Talks are on hiatus for the summer. Please visit the Adult RE page at uumeriden.org for schedule changes.

Special summer events: Women's Singing Circle will have a Manchester/Meriden Singing Circle/Potluck on July 28th. Angie Swanger is planning an anti-racism read for the summer. Buddhanature Gathering Group may take some field trips this summer.

Fall 2018 programs: The Adult RE committee is planning the following workshops: Sacred Space: Creating a Personal Altar, Interactive UU History Timeline, plus the ongoing workshops and gatherings.

Trish Schneider, ARE chair

# From the Committee on Shared Ministry

In the 2016-17 church year, UUCM formed a Committee on Shared Ministry (CoSM). The committee is entering its third year. The current members are Tim O'Brien (chair), Bob Reutenauer, and Pat Stark; Rev. Jan is an ex officio member. Presently, we are working on recruiting two new members.

The focus of a CoSM is the spiritual health of the entire ministry of the congregation. The success or failure of the church's ministry is measured by fulfillment of the congregation's mission. Ministry is a shared effort, and we are collectively accountable for the outcome.

The CoSM has a number of functions including promoting ministry awareness through education, making assessments of the status of the ministry, making recommendations for ministry improvement, and handling issues of conflict. After two years, we have a much better understanding of our role and are working on making ourselves more visible to the church community. We'll soon start working on an assessment of the congregation's ministries. We'll keep you informed.

Please seek out Tim O'Brien, Bob Reutenauer, and/or Pat Stark with any questions about the CoSM. We want to hear from you and start a dialogue about the CoSM's role and how the congregation's ministries are meeting the church's mission. Our mission is "Practicing Loving Community, Advancing Justice, Nurturing Spiritual Growth". In the succinct words of UU minister Rev. Robert Latham, "Mission is why a congregation exists." Ministry is everything it does to fulfill the mission. Let's ask ourselves.... How are we doing?

### Kudos and Thank You to:

Abundant thanks to all who made possible the first phase of Reverend Jan's sabbatical during April and May:

Our amazing Worship Associates: Barbara Kline (co-coordinator with Jan), Lynne Grobsky, Jeff May, John Sepples, and Lisa Urso

Our stellar Shared Ministry Committee, which also served as the Sabbatical Committee: Tim O'Brien (chair), Bob Reutenauer, and Pat Stark

Our diligent Board of Trustees: Donna Stimpson (President), Trish Schneider (Vice President), Tracy Smith (Clerk), Cori Theriault (Treasurer), Sandy Duffy (Finance Chair), Randy Heath (Property Chair), and Jane Dioguardi, Michael Milardo, Ann Smith (At-Large)

And thank you to all who engage and contribute in countless ways to our congregational life!

If you know someone who has contributed to this church in a distinctive way in the recent past or someone whose life happenings call for special wishes, please let Rev. Jan know at <u>revjcarlssonbull@uumeriden.org</u> so that me might extend Kudos, Thank You, Congratulations or Loving Wishes in our next newsletter!

### Join Us In...

Summertime worship begins at 10 AM and runs from June 24 through September 2. Come, bring family, bring friends, and invite strangers. "Come, yet again come!"

In the spirit of hospitable community, thanks to all who have signed on to host refreshments and fellowship this summer. We still have some open Sundays. Please sign up on the chart that is on the buffet in the foyer OR phone Maureen, our Office Administrator (203-237-9297), and let her know we can count on you for whenever.

### **Our Larger UU World**

How Was the Unitarian Universalist Association (UUA) General Assembly (GA)?

It was: Exciting, Energizing, Exhausting, Joyous, Sad, Fearful, Inspiring, Holy; brought me to tears and laughter, a little more "woke," and hopeful. Here are a few observations about my experience.

My soul was uplifted by meaningful and challenging sermons, wonderful songs and heart-belted singing.

My conscience was further awakened by the Ware Lecture presenter, Britany Packnett, who is an unapologetic educator, organizer, writer and speaker on culture and justice. She pointed out that the America we see today is exactly who we are, who we have always been -oppressing people at the margins of society. She gave example after example. She challenged UUs to make a choice – to be an ally or dare to stay "woke" and become an accomplice. My choice is to lean into the difficult role of an accomplice. Why? As she aptly explained, the oppressed are already powerful, and to stand with the oppressed is not to save them – but to save ourselves. More on the Ware lecture later.

In the workshop entitled "Conflict, Covenant and Community" we were encouraged to lean into difficulties and address churches' holding onto conflicts by deeply listening about struggles, (sometime decades old). We discussed what a covenant is and how we (our church) "do relationships." We explored the question, "What might community look like?"

This year a part of my strategic goals is to complete a Board of Trustees Behavioral Covenant. I also hope to complete a congregational Behavioral Covenant to answer the question, "What might community look like?" I hope you will join me and the Board of Trustees as we begin to answer these questions.

In the workshop entitled "Outreach and In-Reach: Attracting, Integrating and Nourishing UUs," we talked about the need for spiritual practices for these times. Do we know what people would say about our UU church at the local coffee shop? Go find out.

I was asked if I had become a GA junkie yet. My first reaction was I did not like the word "junkie" due to its negative connotation – then I realized that I have attended four of the last five GAs and I enjoyed them. So yes, I am a GA junkie!! Won't you join me in Spokane, Washington June 19 – 23, 2019 for the next GA? Seriously - think about it. Start saving money to attend next year's awesome General Assembly.

The Unitarian Universalist Church in Meriden

328 Paddock Avenue Meriden, CT 06450