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Youth Program Coordinator	Claire Wheeler		
Sunday Staff Assistant	Kathleen Anderson		
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Website Manager	Amanda Aldieri		
Social Media Editor	Herb Emanuelson		
A/V Coordinator	Clifford Robbins-Sennewald		
Nursery Caregiver	Victoria Kukla		

Submission Deadline
for the
Summer Quarterly
May 1, 2023

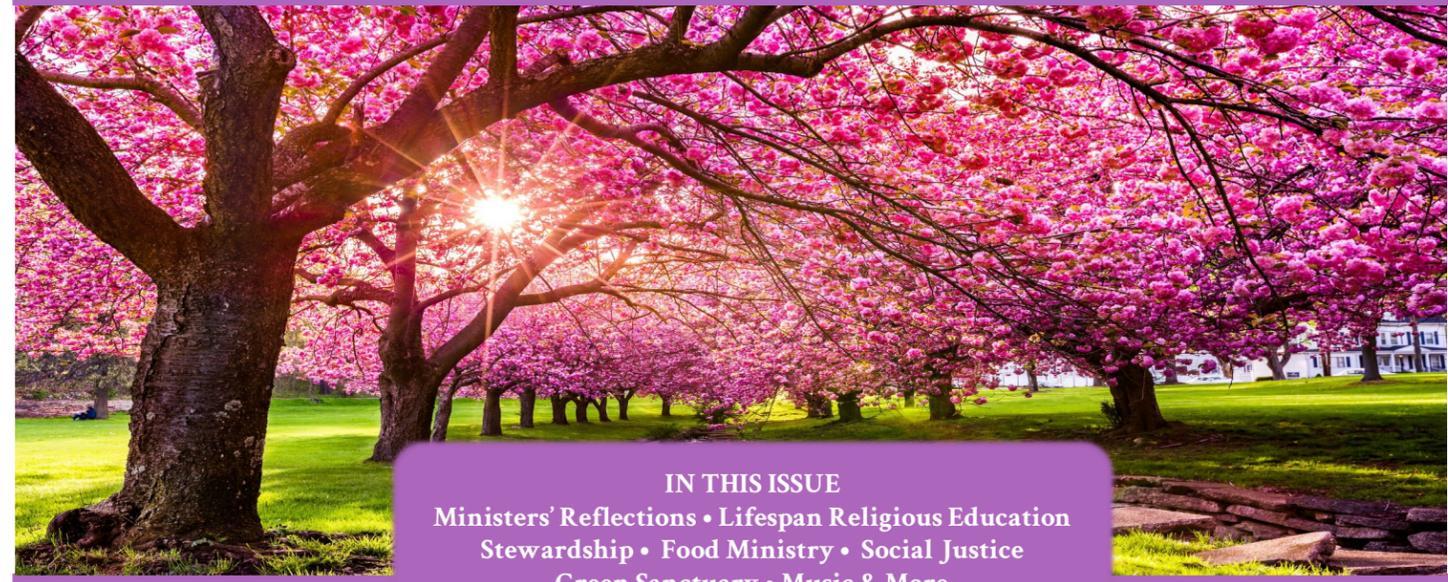


433 Fern Street, West Hartford CT 06105
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Universalist
CHURCH
of West Hartford
Love is the Spirit

Universalist Quarterly



IN THIS ISSUE
Ministers' Reflections • Lifespan Religious Education
Stewardship • Food Ministry • Social Justice
Green Sanctuary • Music & More

Happy Spring! This recent snow may make it seem like we're regressing toward January, but there are daffodil leaves and crocus spears poking their heads above the soil underneath the snow. This snowfall before spring arrives in earnest feels like the slightest, rudest apology for a too warm and too dismal winter. Climate change makes things weird. Perhaps it's global warming, but really, it feels like global weirding.

Here at the Universalist Church, we've got a springtime full of our Social Action Ministries—Social Justice, Green Sanctuary, Connections, and the Food Ministry—that can help us to manage the weird for ourselves and help those impacted by the many forms of weirding we're seeing around us. Our Lifespan Religious Education programs will provide opportunities for children through adults to gather and explore ideas, art, and religion. By volunteering, learning, and coming together in community, we can work toward improving things for one another and ourselves. Whatever the weather brings, our support of one another and determination to make the world better today than yesterday can make tomorrow better still.



FROM THE MINISTER'S STUDY

Rev. Dr. Adam Robersmith

We are in a season of preparation: preparation for our long-delayed bicentennial celebrations, my sabbatical, façade repairs, a capital campaign. I'm preparing to do the research for my dissertation. The UUA is preparing for a new president and an exciting conversation about new ways to think about our faith and our promises to one another across our congregations.

The UUA by-laws require us to examine and consider the possibility of rewriting our denominational covenant—now held in Article II of the UUA by-laws—every fifteen years at most. From 2017 to 2020, three significant efforts arose among UUs to change the principles, making the language more inclusive and active, as well as to add a potential 8th principle about multiculturalism and anti-oppressions work. In that context, the UUA Board called for a commission to fulfill the requirement of our by-laws, take seriously these calls for change, and consider the renewal of our covenant among congregations.

The Article II Commission was instructed to ground its work in love—how Universalist!—and to feel free to reimagine completely. They have taken 2.5 years to speak with thousands of UUs about our faith, what we share, and how we practice.

As a result, they have created a report and proposal that can be found on the UUA website: bit.ly/3yjipOJ. This proposal names seven (easily remembered) values and actions that we engage with one another and the world: Love, Equity, Interdependence, Transformation, Pluralism, Generosity, and Justice.

At our General Assembly this coming June, the delegates will vote on whether or not to consider the proposal for a year of study. Over the course of that year, we'll be able to consider whether the new language fits who we are now and who we are seeking to become. We'll think about whether it is useful for our education and for guiding us faithfully forward. We'll be having great conversations about where Unitarian Universalism has been and where it is going...and share the results with the Commission for any possible changes to the proposal.

Then, at General Assembly 2024, we will examine a final proposal and vote on whether we renew our covenant with new language or renew it by keeping what we already have. Either way, it is a renewal of our commitments as a denomination. If you have questions about the process or what it means, please reach out and ask me. I'll be preaching about this more in March and we'll have a workshop/conversation about it in the next couple of months, too. I am very excited about the possibilities!

Faithfully,

Rev. Adam

<https://www.uua.org/pressroom/press-releases/why-change-principles>

<https://www.uua.org/uuagovernance/committees/article-ii-study-commission>

<https://www.uua.org/files/2023-02/article-II-study-report-2021-23.pdf>

https://www.youtube.com/watch?v=I6MxP_QVXfU&t=68s



SUNDAY WORSHIP 10 AM

In-Person & Livestream

Upcoming worship dates to note:

4-7-23: Good Friday Worship and Concert at 7 p.m.

4-9-23: Easter Worship at 10:00 a.m. Communion at 11:15 a.m.

4-16-23: Shakespeare Worship

4-23-23: Child Dedication

4-30-23: Social Justice Ministry Worship

5-7-23: Youth Sunday

6-4-23: Flower Communion

Our COVID safety policy:

When COVID risk is low, masks are optional for vaccinated people and required for unvaccinated people two years and older. We will continue to livestream worship via YouTube and offer Zoom options for meetings and classes.

WORSHIP

Worship Readers & Liturgists: Rev. Adam - Minister@westhartforduu.org
Worship Ushers: Peggy Gray

LIFESPAN RELIGIOUS EDUCATION

Dr. Patricia McKee - LRE@westhartforduu.org
Religious Education Classes & Youth Group
Religious Education Committee & Religious Education Connections
Adult Religious Education & Programming

MUSIC MINISTRIES

Ted Hine - thine@westhartforduu.org
The Universalist Choir & The Universalist Bell Choir
Arts & Music Ministry: Patrice Fitzgerald - MusicArts@westhartforduu.org

SOCIAL JUSTICE

Social Justice Ministry: Tai A. Feaster - SJM@westhartforduu.org

OUR CARING CHURCH

Care Team: Rev. Joy Christi - CommunityMinister@westhartforduu.org
Lay Caring Ministers: Rev. Joy Christi - CommunityMinister@westhartforduu.org
Creative Hands Knitting Ministry:
Monica Prestianni & Patty Lee - CreativeHands@westhartforduu.org
Shawl Knitting Ministry: Sheila Huddleston - PrayerShawls@westhartforduu.org
Fellowship Hour: Donna Leibin - Fellowship@westhartforduu.org

CHURCH PROGRAMS

Small Groups: Anne Bailey - SmallGroups@westhartforduu.org
Short Story Conversations: Jan Janis - ShortStory@westhartforduu.org
Women's Circle: Linda Scacco - WomensCircle@westhartforduu.org
Men's Group & Retreats: Joe Wilson - MensGroup@westhartforduu.org
Book Group: Pat Hale - BookGroup@westhartforduu.org

COMMUNICATION TEAM:

Amanda Aldieri - Info@westhartforduu.org
Church Communications: Weekly Notes, Website & Social Media
Cindy Schafer & Herb Emanuelson - Communication@westhartforduu.org

FERN STREET FOOD MINISTRY:

Tai A. Feaster - FoodMinistry@westhartforduu.org
Foodshare Mobile: Andy Hahn - FoodShareMobile@westhartforduu.org
Community Breakfast: - CommunityBreakfast@westhartforduu.org
Food Pantry: Tai A. Feaster - FoodPantry@westhartforduu.org
Backpack Program: Katherine Wilson - Backpack@westhartforduu.org
Have-a-Heart Sandwich Program: Peggy Gray - HaveAHeart@westhartforduu.org



CARING MINISTRY

Rev. Joy Christi Przeworska
Pastoral Care Minister

This quarter begins the celebration of Black History Month. One of my favorite quotes comes from one of the wise ancestors, Booker T. Washington. He noted, "If you want to lift yourself up, lift up someone else." In reflecting on the efforts of our Lay Pastoral Team, I would note that our efforts have been **to live** these words!

We have chosen to do so through collaborating both within the team itself and with the congregants we continue to enjoy connecting with, visiting, writing through snail mail, e-mails, and texting. The etymology of the word collaboration, according to the reliable resource of Merriam-Webster, comes from late Latin, *collaborare*, "to labor together." We've been deliberately and intentionally laboring together.

Our work has been to connect each team member with their specific chosen three or four congregants on a monthly basis. Each of the team also spent at least two hours in preparation for the Mental Health First Aider Certification program held on Saturday, January 7 in our Program Center from 9 to 4pm.

Most of our Lay Pastoral Team plus interested congregants (a total of 14 folks from our congregation) participated in this learning opportunity. This training was facilitated by two outstanding women, Janine Sullivan-Wiley and Emily McCave. They shared issues and scenarios that impact everyone's mental health. All fourteen congregants are now certified Mental Health First Aiders.

The team unanimously agreed that this training was excellent, enjoyable, and very informative.

We also agreed that collaborating with our neighbors, the Baptist Church Pastoral Team, was a wonderful day of exchange. We are considering other ways to share learning experiences as well as designed workshops, at least once each year, so that our collaboration grows and allows us multiple opportunities to help and support one another in our pastoral ministry.

In the upcoming months, watch for opportunities to discuss in small groups, grief and aspects of preparations for your own journey with death and dying. Our team wishes to offer you the time and space to discover where you find yourself in this process as well as what you may need to even begin. Watch the weekly E-news for these opportunities.

Our team is still looking to find congregants to help expand our outreach into our congregation and beyond. If you are interested in joining our Lay Pastoral Team, please contact any of our team members: Denise Kennedy, Rose Anne Austin, Ray Giolitto, Carol Ann Mader, Joyce Harmon, Alyssa Hawn, Lisa Smith-Horn, and Rev. Joy Christi. We'd love to have you join us! We can guarantee that you will "lift yourself up by lifting up someone else."



RELIGIOUS EDUCATION

Dr. Patricia McKee
Dir. Of Lifespan Religious
Education

Lifespan Religious Education Update

LRE continues to provide and support opportunities for learners of all ages. In November, we gathered for a well-attended adult movie night. The film – Big Night – helped us all appreciate how a shared meal can create community, heal conflict, and ultimately transform us. This program was tied to different, food-centered event hosted by Green Sanctuary for what we called “Harvest Weekend.” In December, the congregation participated in an interactive, intergenerational worship service that culminated in a beautiful retelling of the Gospel narrative of the nativity.

January saw us resume middle school Coming of Age sessions, adding five adult volunteer mentors. Also in January, the DLRE led worship and preached. In February, both the Senior Minister and the Director of LRE began teaching two different adult education series. February also welcomed Jesey Meche, our new Religious Education Assistant. Jesey works 8 hours per week assisting the DLRE with various tasks and leading a music enrichment once per month as part of our K-5th grade Church School program. The Church School program also began hosting Library Sunday once each month, with volunteer assistance from Diane Alexander. Finally, we’re excited about current and upcoming developments in High School Youth Group – read about those following!



Follow us on Instagram @westhartforduu



CHURCH LIVE & ZOOM EVENTS

Our Church Continues to be Vibrant and Active!

Contact Amanda at LRE@westhartforduu.org for more information

Social Justice Ministry
Monthly—TBD

Shawl Knitting Ministry
First and Third Thursdays at 7:00 p.m.

Membership Development Committee
Third Tuesdays at 5:30 p.m.

Creative Hands Daytime Knitting Group
Tuesdays at 11:00 a.m.

Lay Pastoral Team
Fourth Wednesdays at 4:00 p.m.

Book Group
Fourth Tuesdays at 6:00 p.m.

Short Story Group
Third Tuesday at 4:30 p.m.

Men’s Group
Fourth Tuesday at 7:30 p.m.

Family Small Group
First and Third Fridays 6:30 p.m.

Women’s Circle
Monthly—TBD

Grief Group
Saturdays at 10:00 a.m.

Bible Study Conversations
TBD

Travel Group
Monthly—TBD

Small Group Conversations
TBD

Music, Music, Music

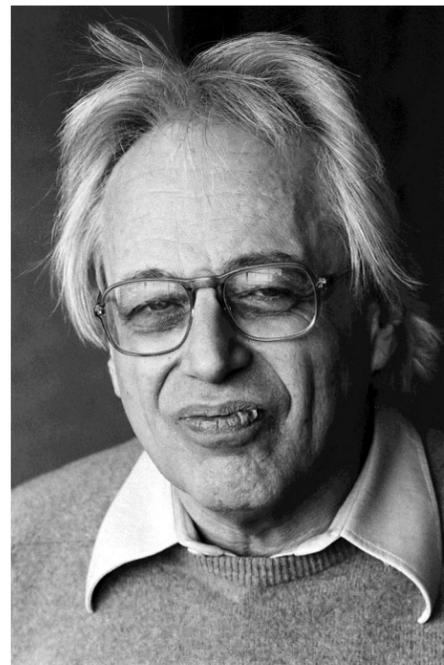
On May 21st, we will mark the 10th anniversary of the death of **Henri Dutilleux** (January 22, 1916 – May 22, 2013). Dutilleux was a French composer active mainly in the second half of the 20th century. Although he only published a small body of work, his music garnered international acclaim. His music is idiosyncratic, carefully constructed, and very clearly indebted to the 20th century French tradition while still retaining a very individual style. In addition to composing, he worked as the Head of Music Production for Radio France for 18 years, taught at the École Normale de Musique de Paris and at the Conservatoire National Supérieur de Musique, and was twice composer in residence at the Tanglewood Music Center in Lenox, Massachusetts. Works for solo piano and for voice accompanied by piano will be performed during the service.



Henri Dutilleux

We will celebrate the 100th anniversary of the birth of **György Ligeti** (May 28, 1923 – June 12, 2006) on May 28th. Ligeti was a very influential, progressive, avant-garde Hungarian-Austrian composer. Born in Transylvania, Romania, he lived in the Hungarian People's Republic before emigrating to Austria in 1956. In 1973 he became professor of composition at the Hamburg Hochschule für Musik und Theater, where he worked until retiring in 1989. Ligeti is best known by the public owing to the prominent use of his music in film soundtracks. Although he did not compose film scores, excerpts of his pieces were adapted for film use – most notably by Stanley Kubrick in his films **2001: A Space Odyssey** and **Eyes Wide Shut**.

Works for choir, solo piano, piano four-hands, and voices accompanied by piano will be performed.



György Ligeti

High School Youth Group Update

from Youth Advisor, Claire Wheeler

Youth Group is now halfway through our program year, and continues to be a source of growth, learning and fun activities for the UU youth. Our weekly Sunday meetings include check-ins, games, activities, and discussions. Each week provides a new opportunity for the youth to share their experiences in the world on varying topics and inquire openly about subjects they are interested in learning about. Members of the youth group enjoy socializing with peers in a safe space. At this time, the youth group is working to become involved in church activities, social action ventures, and helping with community service projects. Recently, it was decided the youth room will be moving out of the basement. Our new space will be located on the 2nd floor in one of the classrooms, where we are working to design a functional and comfortable space solely focused for the youth group. We plan to have a board outside of the room where church members can see our upcoming events, important dates, and messages from the youth. Please feel free to communicate with us there as well as an interactive method of communication! We look forward to seeing our new space come to life as we expand our involvement with church members.



Are there things you'd like to see us turn into articles? Do you have questions you'd like us to address? Have you something creative you'd like to share with the congregation,

like poetry, prose, photography, or other visual arts?

Please drop us a line at info@westhartforduu.org.

Making a Bequest to The Universalist Church



The 3rd Century Society: A Legacy for our Future

Thanks in part to the foresight and generosity of members who came before us, the church has the financial foundation – our endowment – to weather challenges we’ve faced, including the pandemic and maintaining our beautiful, but aging, building. Congregants who have come before us provided bequests to the church in their wills and estate plans. These bequests help create a solid bedrock for our church for future generations and have also helped the church maintain its programs through difficult times.

The 3rd Century Society, formerly known as the Wallace Fiske Society, was created to support the continuance of the work of the Universalist Church of West Hartford. Bequests to our church are long-term stewardship commitments that support our unique legacy and help promote our ideals now and for future generations. Many of our members are already part of The 3rd Century Society – we thank these individuals for leaving a legacy to the church.

If you

- have included The Universalist Church in your estate plans but haven’t yet let us know,
- are considering including us in your estate plans, or
- just want to learn more,

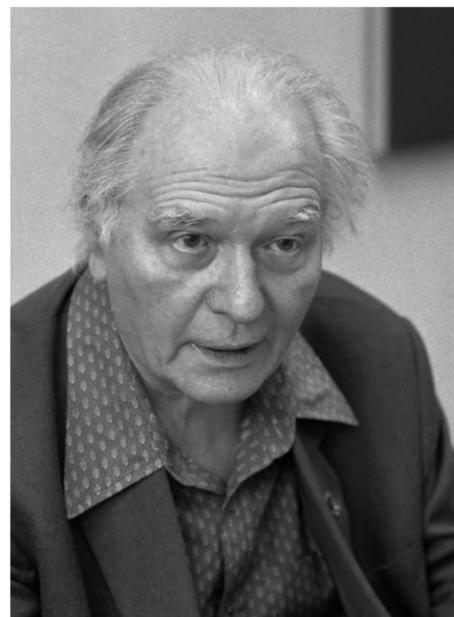
please contact the church office at 860-233-3669, ext. 106 or admin@westhartforduu.org. You can also find brochures about making a bequest in the brochure racks behind the sanctuary. Any inquiries will be confidential and place you under no obligation.

If you have already included the church in your estate plans, let us know! We can include you as a member of The 3rd Century Society with our sincere thanks.

Your Stewardship Committee: Beth Bye, Joyce Harmon, Steve Kahn, Dorothy Meggie, Iradj Mehrmanesh, Kristen Phillips (chair), Matt Schreck, Tracey Wilson, and Mike Zanta



Music, Music, Music



Olivier Messiaen

We will mark the 30th anniversary (one year late) of the death of French composer **Olivier Messiaen** (December 10, 1908 – April 27, 1992) on April 30th. Messiaen was one of the most significant organists and composers of the 20th century. His music is rhythmically complex, harmonically striking, and instantly recognizable owing to his use of modes of limited transposition (essentially non-traditional sets of pitches). In addition to many pivotal works for orchestra, chamber ensemble, and organ, he also wrote music utilizing one of the first electronic instruments: the **ondes Martenot**.

The ondes Martenot was invented in 1928 by the French inventor Maurice Martenot. The sound of the ondes is generated by oscillating radio tubes that produce electric pulses at two supersonic sound-wave frequencies. These two supersonic frequencies in turn produce a frequency within audible range that is equal to the difference in their rates of vibration. That resultant frequency is amplified and converted into sound by a loudspeaker. The performer plays the instrument either via a keyboard (*clavier* in French) or by moving a ring attached to a wire known as a ribbon (*ruban* in French). The ondes Martenot is monophonic, so the keyboard and ribbon are played with the right hand only. With the left hand, the performer can alter aspects such as dynamics and timbre, using controls in a small drawer on the side of the instrument.

On April 30, I will perform two movements of a piece Messiaen wrote for ondes Martenot accompanied by piano. In lieu of an actual ondes (which are exceedingly rare), I will perform on a modern analogue synthesizer called a **therevox** inspired by the expressive interface of the ondes Martenot. In addition, works for organ, choir, and chamber ensemble will also be performed.



ondes Martenot

Music, Music, Music

To prevent further water damage to the organ as well as to the building, the façade of the sanctuary will be substantially repaired in the near future. The Positiv cannot be reinstalled until the façade work is finished, but bringing the components of the Positiv to Foley Baker's shop now will allow them to begin the repairs sooner rather than later.



Focus on composers!

During the month of February, we celebrated Black History Month by featuring the music of several notable Black composers, including Robert Nathaniel Dett, Adolphus Hailstork, Mark A. Miller, William Grant Still, Bobby McFerrin, Scott Joplin, Vicente Lusitano, Florence B. Price and others. Biographical sketches of each composer were included as inserts in the Orders of Worship for those services.

On March 19th, we will celebrate Women's History Month by featuring the music of Louise Farrenc, Mari Amor, Amy Marcy Beach and Fanny Mendelssohn Hensel. Please see the insert in the Order of Worship that morning for more information about these excellent composers!

During Holy Week this spring, we will perform the music of two pivotal, and blood-related, Venetian composers of the 16th century: Andrea and Giovanni Gabrieli. Andrea, the elder, served as organist at St. Mark's, one of the most prestigious musical posts in northern Italy, for nearly 30 years. He was a prolific, versatile, and internationally renowned composer. His body of work includes sacred and secular vocal music, music for mixed groups of voices and instruments, and purely instrumental music, much of it tailored to the large, resonant space of St. Mark's. Giovanni was Andrea's nephew and likely studied with his uncle. Giovanni also served as organist and principal composer at St. Mark's (succeeding his uncle) Like composers before and after him, he used the layout of St. Mark's, with two choir lofts facing each other, to create striking spatial effects. Most of his pieces are written so that a choir or instrumental group will first be heard on one side, followed by a response from the musicians on the other side (referred to as the "polychoral" style). Giovanni's tenure at St. Mark's and his published works made him one of the most influential composers in Europe. Composers from throughout Europe (particularly Germany), travelled to Venice to study and then imported the Venetian style back to their home countries.

In lieu of one large Music Sunday this spring, we will instead celebrate three essential composers of the 20th century, each with a milestone anniversary this year: Olivier Messiaen, Henri Dutilleux, and György Ligeti.



Visitors and Membership: Welcome and Join Our Team!

It has been exciting to see so many new faces as we have been getting back together. Welcome to all of our visitors! We have met many of you who have shown curiosity and enthusiasm about our congregation and what we offer.

Please sign in on our *Visitors Register* and provide any information that would help us reach you and provide relevant information to you.

Our congregation thrives through its members; encouraging and supporting new members is essential in maintaining our vibrancy.



Our congregation thrives through its members; encouraging and supporting new members is essential in maintaining our vibrancy.

We would like to reach out to every visitor, to welcome them, and answer their questions. The Welcome Team can provide information about the many ways newcomers can become involved with our congregation and possibly join our membership. If you are a visitor and have not been contacted by someone (and would like to hear from us), please let one of our members know and we'll be in touch with you.

The Welcome Team (a part of the Membership Development Committee) is always looking for individuals who like meeting new people and seeing our congregation thrive. We invite new members and our long-time members to join our team. If you are interested, please contact us; we'd love to have you!

Iradj (Raj) Mehrmanesh -
info@westhartforduu.org



Connecticut Foodshare **Walk Against Hunger** is Saturday 5/20/23 at Dunkin Donuts Park in Hartford, CT. This is the Fern Street Food Ministry's biggest annual fundraiser! In 2022 we raised **\$14,778** which was 98.5% of our \$15,000 goal. FSFM received **\$10,344** from CT Foodshare. Our plan for 2023 is to raise **\$20,000, and this year CT Foodshare is allowing us to keep 100% of the money we raise from the Walk Against Hunger.**

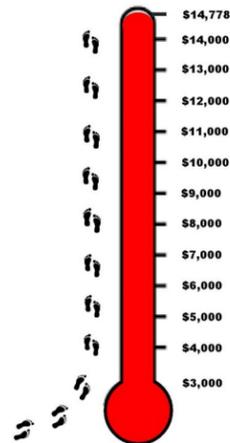


We realize this is an aggressive goal and in order to try and reach this goal we need a lot of walkers to join our team and help raise money for FSFM.

We need the help of our UU congregation, FSFM volunteers and citizens from our surrounding towns to help us reach this goal.

Across our five programs we help hundreds of households in multiple towns on a monthly basis in the Greater Hartford area and beyond. Our 5 programs are: Have A Heart (sandwich program), Foodshare truck, Community Breakfast, Food Pantry and the Backpack program. We have compassionate leadership and volunteers in each program to ensure our clients/families get the food they need for their households.

WALKING AGAINST HUNGER



Follow us on Instagram @fern_street_food_ministry



MUSIC MINISTRY

Ted Hine
Director Of Music

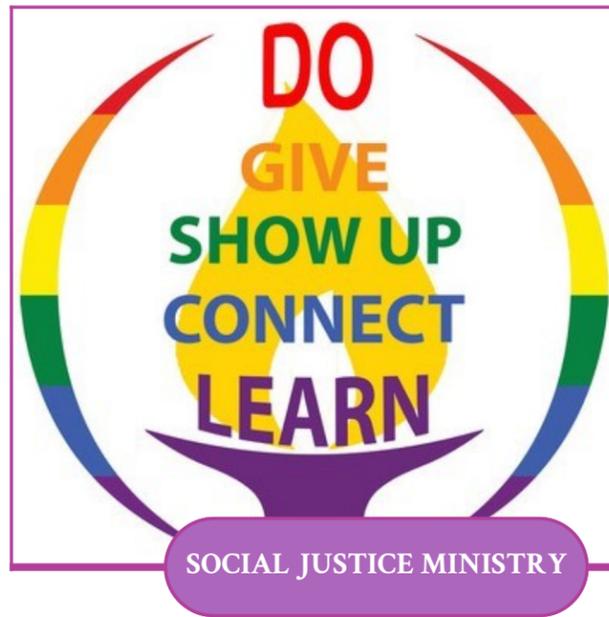
Organ repairs have commenced!

During the second full week of February, Foley Baker, Inc. officially began the process of repairing the Positiv division of the organ. Our organ is split into four distinct divisions: the Great, the Swell, the Positiv, and the Pedal; the first three are played with the hands and the Pedal is played with the feet. Each division contains between nine and thirteen ranks of pipes. The Positiv division contains many of the instrument's most unique solo voices. At the end of August 2021, the remnants of Hurricane Ida caused a combination of heavy wind and rainfall in Connecticut. This extreme weather caused a small but significant amount of water to enter the Postiv chamber, causing damage to both leather and wood components. The Positiv has been out of order ever since.

A thorough review of our organ service records indicated that water had previously entered the Positiv chamber at least twice before my tenure; both times, only cursory repairs were done. When the water entered the Positiv, falling from the ceiling of the chamber, water struck the perch board and splattered throughout the center of the wind chest soaking many of the felt/leather valves that send air to the pipes. Most of the pipes themselves were also splattered with water. To access the damaged parts below the pipes, virtually the entire division needed to be disassembled. Foley Baker, Inc. removed all previously water-soaked parts and brought them to their shop to be repaired; those parts that cannot be repaired will be replaced. All of the approximately 750 pipes will be washed, recollared and voice-checked on voicing machines. All felt, cloth, and leather materials that are especially susceptible to water damage will be replaced, and those components that do not need to be replaced will be thoroughly cleaned before being reinstalled.

To access the Postiv, Foley Baker, Inc. temporarily removed the fascia pipes in front of the chamber. Within the Positiv, each rank of pipes was carefully removed and boxed for transport. Foley Baker, Inc. set-up scaffolding in front of the choir loft in order to more easily bring the components of the Positiv down from the loft (rather than traversing the narrow, winding staircase).





The Social Justice Ministry is currently working to learn more about the histories of the people in our local communities. Did you know that there were enslaved people who lived in close proximity to our church? And did you know the land on which our church now sits was once the homeland of Indigenous Peoples of the Siacogs, Poquonocks, Wangunk, and Tunxis Nations?

As some of the states in our nation seek to suppress the teaching of history that causes discomfort, we the members of the Social Justice Ministry, are trying to learn about this very history. It is an eye-opening experience. There are times when learning about the harm caused by injustices committed against BIPOC and LGBTQ persons, that we do experience discomfort. But this discomfort leads to greater understanding of the real stories, not those created to make us feel better about past atrocities. It is a necessary part of the process.

Contact us at SJM@westhartforduu.org.

Later this spring, the Social Justice Ministry will lead a worship service to help us as a community to begin the process of learning more about the history of our local peoples. We will unveil our Universalist Church of West Hartford land acknowledgement, created in relationship with Clan Mother Shoran Piper of the Golden Hill Paugussett tribe. The importance of a land acknowledgement is to recognize the Indigenous Peoples who are our neighbors now and the original stewards of the land on which we live or places like our church exist .

We have a good model for this discovery of our history in The Witness Stones West Hartford Project. That public history project is designed to help all who participate to “shift their gaze from a New England colonial history dominated by English settlers to one informed by the institution of slavery.” It can inform our process.

Throughout the coming year, we will offer a variety of educational opportunities to help us all discover the histories of the people who came before us. There is legacy to this history and it affects all of us, not just those who have been oppressed. Let’s learn together.

Vicki Sklar and Susan Wilson, Co-Chairs, Social Justice Ministry

NEW OPPORTUNITY FOR ANTI-RACISM TRAINING

Our partner, Greater Hartford Interfaith Action Alliance (GHIAA), is offering a spring introductory anti-racism training via zoom. Even if you have done similar training, you will find this a challenging activity with a loving, diverse group of activists. Tuesdays 6 pm - 9 pm, April 25, 2023, May 2, 2023 and May 9, 2023. For more information and to register: <https://cljct.org/ghiaa/trainings/racial-justice-registration/>

[Please let us know if you sign up. socialjustice@westhartforduu.org](mailto:socialjustice@westhartforduu.org)



As a whole, on a monthly basis we serve over 600 households, our leaders donate 100+ hours, and our volunteers donate 170 hours. This is broken down as follows:

Fern Street Backpacks Stats:

- Weekly weekend food support for students in 16 public schools in West Hartford grades Pre-K through 12th
- 120 students during the 42 weeks of the school year
- 40 students during the 10 weeks of the summer
- 15 volunteers packing and delivering for distribution from the schools and the libraries
- 20,000 pounds of food distributed annually in backpacks weighting 6-12 pounds each
- 2,000 pounds of non-food items including school supplies, toiletries, menstrual hygiene items, winter gear, and community information



Fern Street Food Pantry

The pantry serves about 80+ households on the 3rd Saturday of every month

12 volunteers on Friday to set up for the following day’s pantry

About 30 volunteers on Saturday to run the pantry

Have a Heart -200 sandwiches a week delivered to Hands On Hartford

Community Breakfast in Fiske Hall 110+ every other Monday

Foodshare Truck 100-150 every other Monday





“You’re not going to like this,” Dr. Janice Oliveri muttered affably under her breath. Within minutes, the 35 attendees of **Food: Our Bodies, Our Planet** were leaning forward in their seats, fascinated to hear about the connection between the food we eat and our health.

Dr. Oliveri has been a preventative medicine doctor at UConn Medical School for 20 years. Along with her practice, she also teaches nutrition to medical students. According to Janice, doctors rarely receive any training in nutrition which is probably why so many Americans suffer from chronic diseases.

The Green Sanctuary was thrilled to be able to host Janice. Eating more plant-based, whole foods has a double bottom line. The positive climate effects of plant-based eating dovetails with the beneficial effect on health. Please check out the video/slides here.

[Benefits of Plant-based food with Dr. Janice](#)

After learning the science, we moved on to the practical - the eating! The Plant-based **Cooking & Tasting** class on February 24th introduced recipes for a complete five-course meal. Five different guest chefs shared their personal experience on how to prepare simple, delicious, and nutritious plant-based dishes with confidence.

Plant-based Eating Resources:

[Workshop Recording - Benefits of Plant-based Food with Dr. Janice](#)

[Physicians Committee for Responsible Medicine](#)

[Nutrition Facts](#)

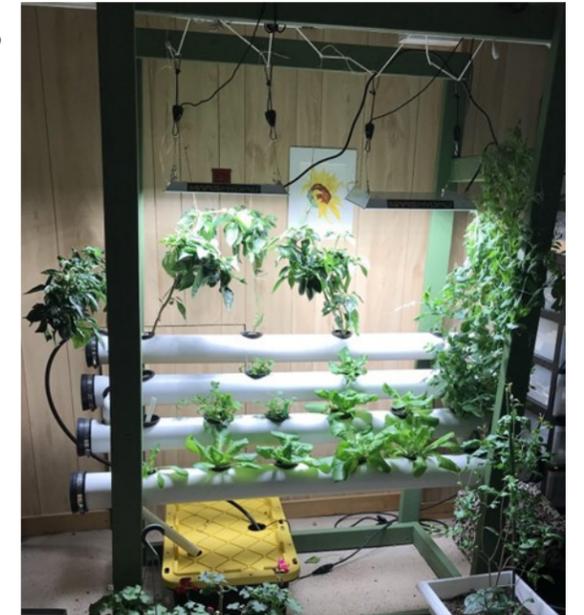
[Blue Zones](#)



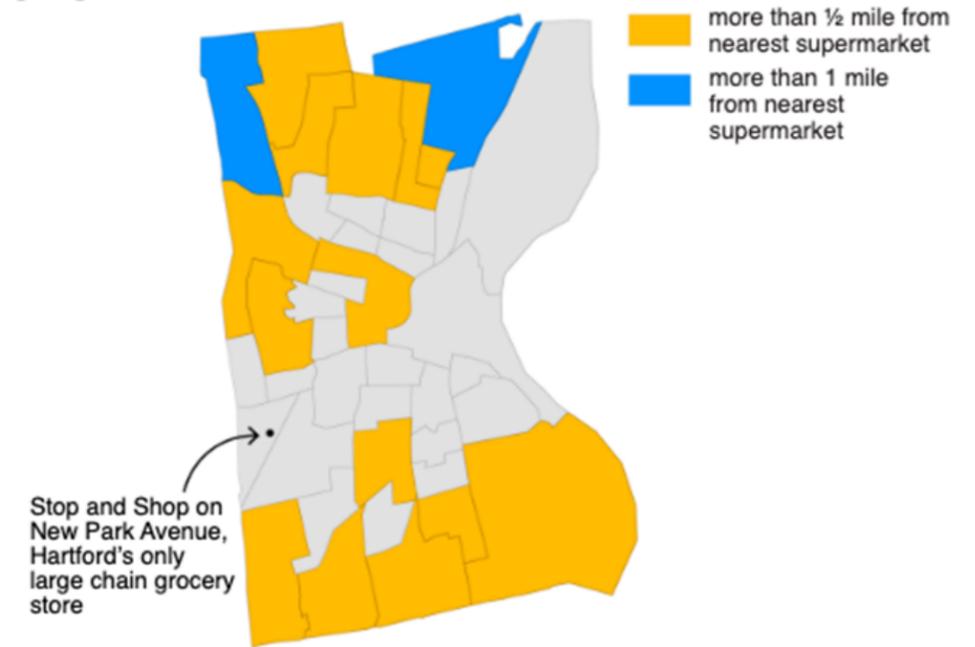
What else is Green Sanctuary cooking up?

There are over 100,000 food insecure people in Hartford County (2019 USDA). A local resident set out to find a solution while completing his Eagle Scout project. He created **LEVO International** to provide **hydroponic units** so **Hartford residents** could grow fresh produce in their own homes. We’ll be hosting a demonstration where you can learn about hydroponics and join the Levo CSA (Community Supported Agriculture). We think you’ll be amazed at this win-win.

Sunday, March 26th 11:30-12:30 in Fiske Hall



Low-income census tracts in Hartford where at least 33 percent of the population is...



Source: 2019 USDA Food Access Research Atlas
 Map: Taylor Johnston / Hearst Connecticut Media