



Friday Mail Pouch

WORSHIP: Sunday at 10 a.m.



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"Competition & Cooperation: Who Wins?"

What might it take to build a world, or even a small community with love at the center, as our Unitarian Universalist values guide us to do, when competition is the name of the game? Inspired by the Olympic Games and current events, we will explore how contrasting approaches of competition and cooperation play

out in our lives.

With UU Minister Margaret Rieser

*For this week's Coffee Hour, the 3rd Sunday of the month,
last names M-R are invited to bring refreshments. Thank you!
And warm thanks to Mary D, Grace F and Hope H
for their peach confections last week!*

Zoom service link: <https://uuma.zoom.us/j/92959299766>

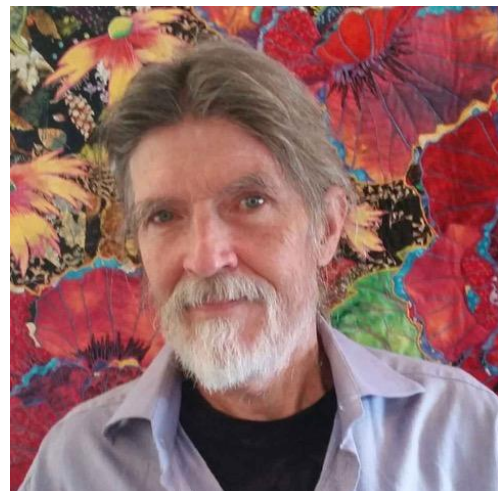
Contribution Envelopes

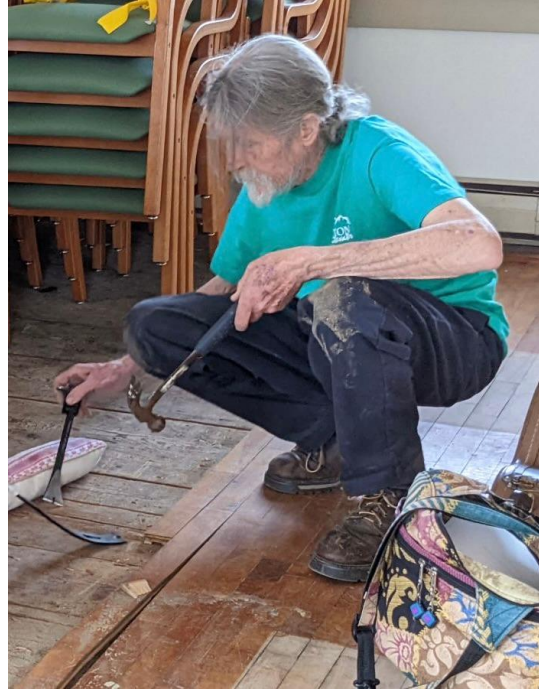
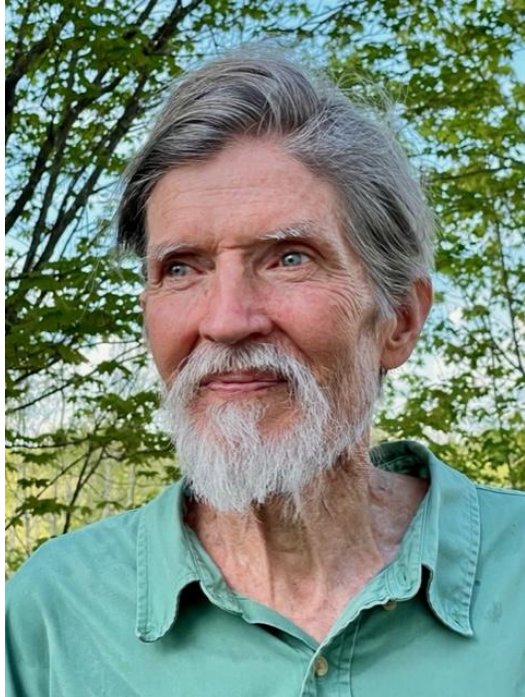
If you would like a cash contribution to be recorded as a gift or pledge to UUFES, you may use an envelope in the Sunday morning basket. Please write your name on the envelope. All gifts and pledges to UUFES will be acknowledged with a year-end tax letter.

In Memoriam - Kevin Connerton



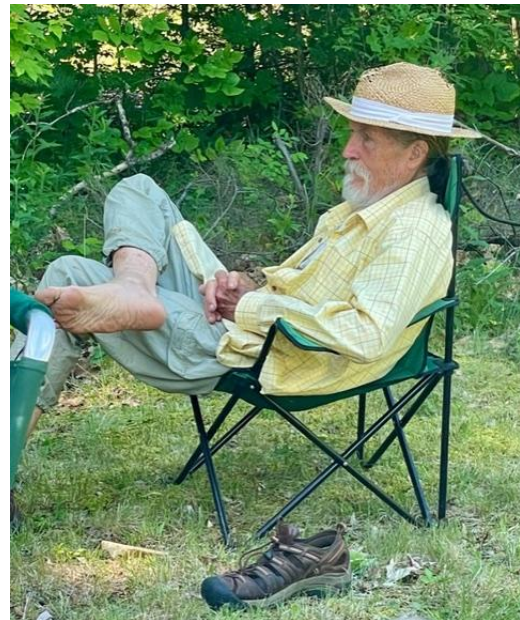
Beloved UUFESian Kevin Connerton died early this week. He was a gentle soul. Seeker, gardener, and lover of books, he met life with a creative blend of intentionality and intellect, always with wit and irreverence. A celebration of Kevin's life is tentatively planned for the afternoon of Friday, September 20.





From Lew Prillaman: "Losing Kevin from our Fellowship feels huge. His presence was significant. His words, though soft, were carefully chosen and eloquent. He was certainly a seeker, yet he also seemed to be a kind of antenna, tuned in to frequencies most of us were barely aware of."

I have gone out into the garden to admire 'Kevin's plants,' the ones he tended for the UUsed sales, the ones he firmly insisted that I needed - the mallow and phlox, the elderberries, the snakeroot, and catnip. Dozens of enormous dragonflies are swooping all around. There is no more to say."



Celebration of Life - Emily Kirby

We will celebrate the life of Emily Kirby, longtime UUFES member and friend, THIS Saturday, August 17, at 2:30 pm.



All are warmly invited.

A reception (catered) will follow the service. If you can help with set-up and other arrangements, please contact Rev Betsy.

Pastoral Care Corner

Let us hold John Frenz, Janice Adams, and their dog Riley in our hearts - grateful for their well-being after a serious fire in their house yesterday. Their mailing address is: 229 Charlotte Point Road, Silver Lake, NH 02129.

Why Not Compost? TODAY AUGUST 15

Today: 6:30-7:30 in Laconia or on Zoom



Did you know that 25-30% of most solid waste that goes into landfill and incineration is, in fact, food waste that could be composted? Here is an opportunity to learn about composting, hosted by UU Action, Laconia. Link to register: https://secure.everyaction.com/pdX12RjP1Ei_FRUci01MoQ2

Every UUFES group and every UUFES ministry is cis, trans, and non-binary inclusive. All are warmly welcome!



Book Group - Mondays at 10 in the Library

Zoom option: <https://uuma.zoom.us/j/104432872>

Aug. 26: *Miami and the Siege of Chicago: An Informal History of the Republican and Democratic Conventions of 1968* by Norman Mailer

Sept. 30: *The Chocolate War* by Robert Cormier

Oct. 28 : We will again join the One Book One Valley discussion, this year's book *The Road to Dalton* by Shannon Bowring.

Nov. 25: *A Man's Place*, by Annie Ernaux

On other Mondays, the group discusses what arises – drop-ins welcome!



UUSED Thrift Shop

We are thriving due to the generous support of time, energy and donations from our incredible volunteers. We have been so successful that we are running out of the following items:

- Paper and reusable bags
- Toys, puzzles and games
- Jewelry
- Ladies Dress Scarves

You can leave your donations in weather proofed containers under the gazebo, in the UUFES coat room or inside the thrift shop.

Gratefully yours,
Kathy Bird, Pamela Ambrose and Bruce Larson

Tamworth Meditation Group - Tues/Thurs 4:30 in the Sanctuary

Mindfulness meditation is a form of traveling.

Read Breathing Room Issue #57 **here**.

Co-sponsored by UUFES & the Tamworth Community Nurse Association

Poetry Group - Tuesday at 4 (Zoom)

<https://uuma.zoom.us/j/5022081578>

All are welcome every Tuesday to consider a poet's work. Next week we will again discuss a poem by Li-Young Lee: "The Gift." To receive a reminder Tuesday morning, please contact David Wilkins.

Men's Group 3rd Wed, 2-4 p.m. AUGUST 21

The Men's Group next meets at Bill Hoffmann's house. Directions tba.

After checking in, we will consider the topic we did not have time to discuss at our last meeting: Did you ever join a student protest? Would you join one now? Under what circumstances would you ask the police to intervene - never, always, other possibilities? As colleges and universities resume in the next few days, this may be timely again.

The Men's Group always welcomes transgender, nonbinary, and cisgender persons.



Thank you to Sandra Carr for today's butterfly photographs.

Women's Luncheon (cis, trans, non-binary inclusive)

1st Thursday, 12 noon - During the summer, at people's homes

Links to Recent Services

"More Than A Juicy Peach" 8/11 - a 360-degree appreciation of the peach
For music copyright reasons, we do not have a public link to this service. Please contact Rev. Betsy if you would like the link for your own use.

"Beyond What We Know" 8/4 - When the world sheds new light on what we thought we knew

For a video of Haiti nurse Alex Doursanville telling her story, go to Regis College Commencement 2024 and scroll in to 1:26.

https://uuma.zoom.us/rec/share/6t4GP5hcr_hW4tL_cVJVC_Yx9OY3oTQCWL72zgXZzRvpZAJExmQmZtDpqqhUp28.zmlOuhSXS7oGmcue?startTime=1722776534000

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Window Dressers at Tin Mountain

Reserve Your Inserts Now

Window Dressers has been doing wonderful work in the MWV for five years. Their inserts help seal windows from heat loss by significantly adding layers of R value - much more affordably than replacing windows. The ability to see outside with lots of light coming in is a huge improvement over stapling plastic onto windows.

Losing heat through your windows?

The Tin Mountain Energy team will again be hosting a Window Dressers Community Build this fall to build simple, tight, pine frame insulation inserts. While they won't be built until October, *customers need to sign up now* to reserve limited spaces. Signing up reserves your place but does not commit you to any purchase.

Local volunteers will be measuring windows this summer and inserts will be built at a barn-raising style community workshop in the fall, keeping costs low. When cared for, the inserts last about 8 years and can cut heating expenses 30-40%. They cost about \$55 each depending on window size and pay for themselves in a couple years.

If you are interested in learning more or are ready to sign up, contact Nora at <https://windowdressers.org>. Scholarship funds are available for low-income households.

Rev. Betsy Tabor:

Email is preferred contact, and by all means call when in need. I'm in the office most Tuesdays if you would like to arrange a meeting.

Email: revbetsytabor@gmail.com

Cell: 603-431-6693

UUFES Office: Danielle Mason works in the office 6-7 hours/week, mostly midweek afternoons. Becky Thompson works 2-3 morning hours/week to manage bills, deposits, and payroll. Please send office business to Rev. Betsy/Barbara Lubin and Mail Pouch correspondence to Rev. Betsy.

Using the Online Directory

If your email address is in the UUFES directory, you can access the directory online. Log in as an InstantChurch

member: <https://members.instantchurchdirectory.com>

Office 603-323-8585
UUFES WEBSITE LINK: www.uufesnh.com



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