



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



Meredith Morten

"Silence Falls Out of the Sky"

A service about aspects of winter through the lens of poetry. Presented by UUFES poetry enthusiasts.

Young People's Program with Marion and Alice Posner

For this week's Coffee Hour, the 4th Sunday of the month, last names S-Z are invited to bring refreshments. Thank you!

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

End 68 Hours of Hunger Needs You . . .

This Sunday - PLEASE BRING BAGS

We are out of the nefarious, but needed plastic bags for our February "End 68" packing. We need bags and enthusiastic help this Sunday. Please bring (or drop off before) clean, ready-to-double grocery bags. Consider reaching out to neighbors who might have some bags for this recycle.

After the service, we will meet in the library for conversation and bag preparation. Many hands working together makes this go fast. "End 68" continues to serve children in need of food to help bridge the gap between Friday hot lunch at school and Monday's breakfast program.

Thank you! Susan Blake



Peace in the Morning

Imagine entering a quiet, peaceful sanctuary Sunday morning. Appreciating the beauty of the space and warm company. Enjoying a few minutes to settle in. Collecting your thoughts. Breathing. Gazing at Mt. Chocorua. Respecting one another's sensibilities. In the spirit of gentle beginnings, we would like to invite everyone to give this a try!

Ideally, Shana rehearses with musicians, uninterrupted, from 9-9:45ish. During this time I set up my laptop and communicate with participants about service details, sound checks, loose ends. I xerox orders of service, beautify the center table, refresh candles, and greet people.

Some days bring surprises. When tech challenges arise, everyone gets in on the act, and time flies fast! The noise level increases, especially for UUfarrians and guests. I realize this may be part of the UUFES charm, and it could also be in

our DNA? Perhaps one day we'll experiment with a restful Zoom waiting room....

For now, in the coming weeks we will aim for a quieting before the service. UUFESians downstairs are also encouraged to keep an eye on the clock and pause conversations in time to tiptoe upstairs for a few minutes of Gathering Music. Shhh....

See you soon,
Rev. Betsy



January Special Collection

WRRAP: Women's Reproductive Rights Assistance Project

Donate at https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=JRWDB7QGEWH3U&source=url (You do not have to be a PayPal member to donate by credit card.) Or mail a check to WRRAP, 1902A Lincoln Blvd., #1338, Santa Monica, CA 90405. Thank you.

Theater for the Earth
presents



A Mother-Daughter Performance
in
Poetry, Song, Story with Q & A

Hilary Melcher Chapman & Frederica Chapman

January 29, 2025, 6 PM
UUFES, Tamworth, NH.

*All welcome, suggested donation \$15 to
Theater for the Earth, non-profit



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>

Jan. 27: *Demon Copperhead* by Barbara Kingsolver

Feb. 24: *The Guernsey Literary and Potato Peel Society* by Mary Ann Shaffer and Annie Barrows

Mar. 31: *Susan, Linda, Nina, and Cokie: The Extraordinary Story of the Founding Mothers of NPR* by Lisa Napoli

Apr. 28: *The Lioness of Boston: A Novel* by Emily Franklin

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



Men's Group - 3rd Wed, 2-4 p.m. Next: February 19

We will first go through a personal checking in and then discuss hopes and concerns for 2025. Details to be emailed. Please contact Jorge Dominguez to receive email updates.

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



Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome every Tuesday to consider a poet's work. Next week's poet is Mary Oliver, the poem "The Storm." To receive a reminder Tuesday morning, please contact David Wilkins.

The Storm

By Mary Oliver

Now through the white orchard my little dog
romps, breaking the new snow
with wild feet.

Running here running there, excited,
hardly able to stop, he leaps, he spins
until the white snow is written upon
in large, exuberant letters,
a long sentence, expressing
the pleasures of the body in this world.
Oh, I could not have said it better



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

"For all of us, the experience of our entanglement differs from day to day. Nevertheless, if you connect with the blessings of your surroundings – the stillness, the magic, and the power – maybe that feeling can stay with you and you can go into your day with it."

Read Breathing Room Issue #80 [here](#).

Co-sponsored by UUFES & the Tamworth Community Nurse Association

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

1st Thursday, 12 noon - UUFES Library unless otherwise noted

From our UUA President:

Fierce Love Compels Us To Action

"There are mornings when I wake with a deep need for wisdom that comes from sources beyond my own individual self – times when the struggle toward justice and the next faithful action eludes me and I find myself grateful that I am able to turn to the larger community, the legacy of my ancestors, and the shared values of our faith tradition that I hold dear.

I wonder if, like me, you have experienced such mornings over the course of the last week – rising to the knowledge that we cannot do this alone. The extraordinary good news, even amid so much pain, is that we don't have to...."

[Read Rev. Dr. Sofia Betancourt's full press release here.](#)

Thank You, UUFES, for the Holiday Gifts!

Shana Aisenberg, Music Director: Many thanks to UUFES Congregation and GB for the holiday gift. It is a joy to serve as your Music Director at UUFES!

Danielle Mason, Office: Thanks all for showing your appreciation for my behind the scenes work! Wishing you warmth in this chilly start to the new year!

Alice Posner, Young People's Program: Thank you all for your kind support and words of appreciation. Having a place with such a great community, where I can teach young people in alignment with my values, is a delight that I am grateful for each week I am at UUFES.

Marion Posner, Young People's Program: A heartfelt **Thank you** for your generous gift! Your appreciation means a great deal to me.

Tom Posner, Tech: Thank you all so very much, it is a privilege to be there with all of you each week as you share and experience the world and support each other - I am just happy to be able to do my part caretaking the space that things happen in.

Rev. Betsy: This - and the many gifts you bring to UUFES - fill me every day with appreciation and joy. Thank you!

Steve and Becky Thompson, Bookkeepers: We would like to thank the UUFES congregation for the much appreciated gifts. The generosity of the UUFES congregation continues to be a great blessing to us.

Sandy Trask, Tech: Thank you all for your generosity and kindness. I'm so grateful to be a part of this community!



Links to Recent Services

"The Other America" - 1/19/25 For MLK Jr. Day

"Making Meaning Together" - 1/12/25 About the collective spiritual path
For music copyright reasons, we do not have public links to the 1/12 and 1/19 services. Please don't hesitate to contact Rev. Betsy to receive a link for your own use.

Important Dates:

Next Wednesday, Jan. 26 at 7 p.m. - UUFES hosts the production "Motherland Belonging," presented by Theater for the Earth. Details above.



With a thank you to Barbara Bald for her images of winter.

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 works in the office two midweek afternoons. One morning/week, Becky Thompson manages 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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