



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



"You Can't Take That Away from Me"

Whether on one side of the aisle or the other - or right in the middle of the aisle itself - every person has worth and dignity. Goodness. Passions. Abilities. Dreams. On Sesame Street, Jesse Jackson once put it like this:

"I am." *I am!*

"Somebody." *Somebody!*

"I am." *I am!*

"Somebody." *Somebody!*

You can't take that away.

[Link to Sesame Street Clip](#)

Young People's Program with Marion and Alice Posner

*For this week's Coffee Hour, the 1st Sunday of the month,
last names A-F are invited to bring refreshments. Thank you!*

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

UUFES Website Update

The new UUFES website launched this morning. Because the platform software had become corrupted and the website had needed work of late, it's undergone a wholesale revamping. Tech advisor Tom Posner has managed the project.

Wix offers a friendly, accessible user interface and - an advantage over the previous website - will allow office staff to make edits/additions. You'll recognize updated pages and also see new ones:

- An accessibility page
- A Legacy Giving page(thank you, Betsy Ginsberg)
- Social Action pages
 - Welcoming LGBTQIA+
 - Honoring Indigenous People
 - Affirming Black Lives Matter
- Minister and staff bios
- A section on Community Room events

What else do we hope UUFESians will like? The Mail Pouch archive; calendar button; up-to-date Zoom links to Sunday services; lots of photos throughout - and a gallery, too.

Thank you for your patience as, in this next phase, work continues on updating pages, adding what's missing, and fine tuning. Tom will wrap up the phone version in the next few days. Once UUFESians have had a look, we'll set up a meeting to hear feedback and ideas for improvement.

Meanwhile, typo-spotting is appreciated! In the spirit of centering love, consider beginning your message with appreciation, to be shared with Tom - it's been a big project :-) Send to the office and Rev. Betsy with "Website feedback" in the subject line. For now, Rev. Betsy is the editor, Danielle the main implementer, Tom the tech guru. Check it out at **www.uufesnh.com**.

Pastoral Care Corner

Shana Aisenberg's father died last Sunday morning. Read the obituary **[here](#)**. Shana's mailing address is Box 182, Freedom, NH 03836.



*I'm the Daniel Patrick Moynihan of plants,
who coined the phrase "benign neglect." - Ellen Wilson*

Remembering Willie

Friends and family, including several UUFESians, celebrated Willie Mork's life last weekend with song and story on the Village Players stage in Wolfeboro (originally a Universalist church built in 1888). Read Rev. Betsy's story of Willie's life [here](#).

Wilma Marie Mork

February 26, 1925 - October 21, 2020



1941



1946



The Village Players Theater
51 Glendon Street
Wolfeboro, New Hampshire

Saturday, February 22, 2025

Rev. Betsy Mead Tabor
Bradford Conner, Piano

A Celebration of the Life of Willie Mork

Gathering Music

Opening Words - Rev. Betsy Tabor

"Coney Island Baby" - Willie and Phil

Remembering Willie's Life

"On a Clear Day" - Cynthia Mork
Burton Lane, lyrics Alan Jay Lerner

Remembrances

Corky, Peter, Alison, Cynthia, Diane, Megan, Henry

Hymn - "Let It Be a Dance"

Sharing

A time for your stories.

Closing Words

"Always" by Irving Berlin

*I'll be loving you, always
With a love that's true, always.
When the things you've planned
Need a helping hand
I will understand always, always*

*Days may not be fair, always,
That's when I'll be there, always.
Not for just an hour
Not for just a day
Not for just a year
But always*

Farewell

Willie collected rocks on her travels. You are invited to take one as a remembrance.

The family is grateful for your presence today. Please stay to enjoy refreshments and reminiscing.





Every winter...I prepare myself for its demise. But come April, it responds to the sun...and is completely revived. - Ricky Banderob

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





It was fascinating to see the plants' greatest growth was when...the plants came with me to my office. - Deborah Guryn

Book Group - Mondays at 10 in the Library

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

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

Apr. 28: *Stuck in the Middle with You: A Memoir of Parenting in Three Genders* by Jennifer Finney Boylan

May 26: *The Lioness of Boston: A Novel* by Emily Franklin

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



*A clivia at least forty years old...a reminder of Horace's greenhouse, orchids from Jacki's memorial service...Christmas cactus from Peg's mother-in-law.
The plants bring those relationships into my living room. - Betsy Loughran*

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

"Men make their own history but they do not make it just as they please." Karl Marx. Suppose any of us can remake our history. Suppose any of us is reincarnated or born again. Would it be the same? What would you change for your reinvention?

To receive emails with info/Zoom link, contact Jorge Dominguez. Men's Group always welcomes transgender, nonbinary, and cisgender persons.



*We have always filled our house with plants,
and I have tried to get plants into every classroom I've taught in
to remind us/me that the green of spring will come. - Bruce Larson*

Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome on Tuesdays to consider a poet's work. Next week the group will again explore poetry by Forrest Gander with the poem "Beckoned." Thanks to Dick Byrd for this suggestion. To receive a reminder Tuesday morning, please contact Barb Bald.

Beckoned

By Forrest Gander

At which point my grief-sounds ricocheted outside of language.
Something like a drifting swarm of bees.
At which point in the tetric silence that followed
I was swarmed by those bees and lost consciousness.
At which point there was no way out for me either.
At which point I carried on in a semi-coma, dreaming I was awake,
avoiding friends and puking, plucking stingers from my face and arms.
At which point her voice was pinned to a backdrop of vaporous color.
At which point the crane's bustles flared.
At which point, coming to, I knew I'd pay the whole flag-pull fare.
At which point the driver turned and said it doesn't need to be
your fault for it to break you.
At which point without any lurching commencement,
he began to play a vulture-bone flute.
At which point I grew old and it was like ripping open the beehive with my
hands again.
At which point I conceived a realm more real than life.
At which point there was at least some possibility.
Some possibility, in which I didn't believe, of being with her once more.



*Bringing a little bit of Creation and our Creator into my home and into my heart
is what having plants means to me. - Karen Papetti*

Sacred Chanting

Wednesday, March 5th - 4:30 in Sanctuary with Shana

Many spiritual traditions embrace chanting, evolved through the generations. Chanting - especially with others - shows effects such as calming the mind, reducing stress, healing, and generating feelings of peace. Shana teaches Kirtan, Sufi, Jewish and other chants by ear. Adherence to any religious belief system and previous musical experience are not necessary. Donations gratefully accepted.



*I enjoy looking at my plants as much as I enjoy caring for them -
I fertilize them with my fishtank water when I do partial water changes. - Abby Preece*

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

"The process of deepening our understanding is referred to as the three levels of Prajna, or the three Prajnas. These are called hearing, contemplating, and meditating." Read Breathing Room Issue #85 [here](#).

Co-sponsored by UUFES & the Tamworth Community Nurse Association



*The palm plant models contentment with who she is,
where she fits in the world, and offers freely what gifts that are hers to offer -
oxygen, companionship, and green beauty. - Barb Bald*

Women's Lunch Group (cis, trans, non-binary inclusive)
1st Thursday, 12 noon - UUFES Library - NEXT March 6



*We are all here together, plants and humans, seeking sunshine and sharing breath,
trying to do the work of the world as best we can. - Lew Prillaman*

Links to Recent Services

“What Plants Bring to Our Lives” - 2/23/25 Nine UUFESians share why houseplants matter to them. Read their reflections [here](#).

https://uuma.zoom.us/rec/share/xrpzf02VnoHZihQDjMoPNnxs1Na5aN5wT-IIkUbCkUq-elhkZrvjvKQN_ihb8o5e.QPE_Oj4X_lUwbQc6?startTime=1740318923000

Passcode: EH4+0.R*

"Looking Within"- 2/16/25 With the Tamworth Meditation Group

For music copyright reasons we do not have a public link to this service, but Rev. Betsy will gladly send you a link for your own use.



*I had just read the essay about defying terror with joy,
and now this lowly begonia had brightened our day,
my friend and I heartbroken as we are. - Rev. Betsy*

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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