



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



*"Lightning Field," 1977, land art in New Mexico by Walter De Maria
(photo: Wikimedia)*

"Sacred Spaces and Spiritual Places"

Humans have told of places of encounters that could be described as “spiritual” or “sacred.” There’s a lot of history: Moses and the Burning Bush and on Mt. Sinai, Jesus in the Garden of Gethsemane, Mohammed going to Mecca, the personal ecstasies that many saints have described.

In what places today might we have experiences described as mystical, or touching the divine, places where we feel awe, a sense of mystery? In this Sunday's lay-led service, members of UUFES discuss where and when they experienced, or expected to experience, such an encounter. Sometimes it happened, sometimes it didn't....All are

welcome.

Young People's Program with Marion and Alice Posner

*For this week's Coffee Hour, the 5th Sunday of the month,
potluck refreshments are invited.. Thank you!*

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



**Kevin Connerton: Celebration of Life
TOMORROW/FRIDAY 2:30**

Thank you to all who have signed up to help: to Sharon, Deb, and Eve for cookies, Bobbi for savory snacks, Peggy for making coffee, Barbara for running the lift, to Lew, Grant, and Margaret for set-up help, and to Betsy Loughran and Karen for clean-up help.

We are still hoping for:

- Flowers
- Cider and a few more cookies :-)

Zoom link for Kevin's service, same as on Sunday:

<https://uuma.zoom.us/j/92959299766>

By phone, dial 646 876 9923 Meeting ID is 929 592 997 66#

Music (Phish!) and slides at 2:15. The service begins at 2:30.

Special Collection Reminder: NAMI New Hampshire

NAMI NH promotes hope and provides a safe setting for people to share mental health issues. Please send checks to NAMI New Hampshire, 85 North State Street, Concord, NH 03301 or give online:

<https://www.naminh.org/donate/>. Thank you.



Tamworth Foundation Funds New Gazebo!

Last month, with support from the Building & Grounds Committee, the UUsed team applied for a grant to help cover the cost of a sturdy new gazebo and improved walkways to the thrift shop. We learned today that the Tamworth Foundation has voted to fund our proposal **in full!** Congratulations to the UUsed team and B&G!

Dear UU Fellowship, Pamela and Kathy:

The Tamworth Foundation Board of Directors has met and reviewed the grant request submitted in the amount of \$7,094 for the construction of a new wooden gazebo and for walkway improvements. I am pleased to let you know that the Board has voted to fully fund this request. A check will be forthcoming soon.

The Board applauds the work of the UU community, particularly with respect to the thrift shop operation.

Upon completion of the work, please forward us a brief report with photos of the new gazebo and walkway.

Please feel free to contact me if you have any questions or concerns.

Paul Chant

For the Tamworth Foundation Board of Directors

Pastoral Care Corner

About a week ago, **Nancy Byrd** received a

sudden diagnosis of Hodgkin's Lymphoma - a rapidly developing cancer. Glad for contact with and visits from UUFESian friends, she's currently at Wolfeboro Bay Rehab, Room 106, just down the street from the Byrds' home. Their home address for cards and notes is: 7 White Pine Circle, Wolfeboro, NH 03894.



Dear my beloved UUFES:..



I am so grateful for all you did to make my ordination a beautiful event.

And by "all you did," I mean the way I was welcomed into the congregation back in 2004 and the ways you have held me and we have held each other through so many of life's ups and downs over the last 20 years.

Learning the meaning of love in community is what brought me to this moment.

And by "all you did," I also mean all the things that made the day itself so memorable. I am grateful for the gorgeous flowers, the way you showed up at Starr King in person and on Zoom, and the wonderfully thoughtful words you shared the next day as you reflected on the event. That has been so powerful for me.

The ceremony filled me with awe; with meaning way beyond what I imagined it would hold. It will and already has served as a reminder of what my ministry is about at its core. May it serve as a reminder to you, too, of all that our congregation is about at its core. And may we continue to help each other do the hard work of living into what we hold most dearly.

With love,
Rev. Margaret

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>

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. Please note that the conversation with the author (Conway Majestic Theater) takes place Thursday, Oct. 24, at 7. The One Book One Valley website has more info and livestream link.

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

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



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

"The Tibetans teach that there are simple techniques we can learn while awake to explore and experience more liberated states during...dream time. Many indigenous people utilize similar techniques to enhance their understanding..."

Read Breathing Room Issue #63 [**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. For the next two weeks, the group will read works of Henry Wadsworth Longfellow, beginning with "Christmas Bells." Thank you to Cindy Edmondson for this suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.



Thank you to Meredith Morten for sharing her images today.

Men's Group - WEDNESDAY, OCTOBER 23, 2-4

Topic: Whither UUFES? Rev. Betsy has announced her retirement by the end of June. Thus, what is the state of UUFES now? How is the Fellowship healthy? What might we be doing that we are not doing? What must we do to guarantee UUFES's well-being right now? What might be fixed that is fixable? What is the mission of the Fellowship?

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

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

1st Thursday, 12 noon - At UUFES unless otherwise noted :-)

Mark your calendar to meet at Eleanor Jenkins's home next week,
October 3.

Experience Kirtan - Sacred Chanting

Wednesday October 7 - 4:30 in Sanctuary with Shana Aisenberg

Chanting - devotional call and response chanting in Sanskrit, developed in India over 2500 years ago - is an integral part of many spiritual traditions. Chanting shows positive effects similar to meditation for calming the mind, reducing stress, healing body and soul, and giving rise to feelings of peace. Chanting with others enhances these benefits.

Shana teaches traditional Kirtan chants by ear, which we then sing together.

We will also explore other chanting styles - e.g. Sufi, Jewish. This chanting practice doesn't require adherence to any religious belief system. No previous musical experience necessary. Donations gratefully accepted.

Links to Recent Services

"In-Between Times" 9/22 - about the thrill of aliveness at the fall equinox.
[https://uuma.zoom.us/rec/share/HQRsAf71CZ8AoWA3oosMl9o9TGUtp5ejHDELWj6OWTL4ExtGMzWiAGtrx2UgCHQL.oA2ze2Z3Hv_zOyeV?](https://uuma.zoom.us/rec/share/HQRsAf71CZ8AoWA3oosMl9o9TGUtp5ejHDELWj6OWTL4ExtGMzWiAGtrx2UgCHQL.oA2ze2Z3Hv_zOyeV?startTime=1727009821000)
 startTime=1727009821000
 Passcode: T#bIk98T

"Water Brings Us Together - The Water Communion" 9/15 - about Margaret's ordination and a walk to the river.
https://uuma.zoom.us/rec/share/cH6Z99QgABe2fJiFZqmETDn6cDbLMAK9X3W5Tdmo7uwvXA3kRoI-5qT_qHkgoeCy.i1OVIZkKSAkZ5IGZ?startTime=1726405173000
 Passcode: Z795xd8=

UUFES Calendar - September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 10 Service	2	3 4 Poetry - Zoom 4:30 Meditation	4 4:30 Chanting	5 12 Women's Group 4:30 Meditation	6	7 9-12 UUSED
8 10 Service	9 10 Book Group	10 9:30 Gov. Board 4 Poetry - Zoom 4:30 Meditation	11	12 4:30 Meditation	13	14 9-12 UUSED 3 Margaret Ordination
15 10 Service	16 10 Book Group	17 4 Poetry - Zoom 4:30 Meditation	18 2 Men's Group	19 4:30 Meditation	20	21 9-12 UUSED
22 10 Service	23 10 Book Group	24 4 Poetry - Zoom 4:30 Meditation	25	26 4:30 Meditation	27 2:30 Kevin C. Service	28 9-12 UUSED
29 10 Service	30 10 Book Group					

Please email the UUFES Office with calendar additions/edits.



Bobbi Hoyt's Night-Blooming Cereus

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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