



# The Mail Pouch

WORSHIP: Sunday at 10 a.m.



## “Music and Redemption in West Africa”

With Guest Dave Zobrenski

For two decades, our guest speaker this week traveled extensively in West Africa, where he was drawn ever-deeper into the music and cultural traditions of Upper Guinea. During his years living in small villages along the Niger River, ancient traditions challenged his Western worldviews and forced him to rethink his understanding of the world. Ultimately, a debilitating health condition sent him on a desperate quest to find the unexpected source of his pain - and mend a heart broken by a world spiraling away from the ideals of his youth.

*Dave Kobrenski is  
an artist, musician  
and author of three  
books, including his  
latest narrative  
memoir, "Finding*

*the Source," which chronicles his two-decade healing quest in West Africa.*

**Young People's  
Program with  
Marion and Alice  
Posner**



*For this week's Coffee*

*Hour, the 3rd Sunday of the month,  
last names M-S are invited to bring refreshments. Thank you!*

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

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## **May Special Collection: Habitat for Humanity**

### **Sunday, May 18**

The MWV chapter of Habitat for Humanity will receive May's Special Collection with a mission "to build simple, decent, and affordable homes with and for our neighbors in need."

Affordable home ownership provides more than just a roof. It creates:

- Stability for families and children
- A sense of dignity and pride
- Health, physical safety, and security
- Increased educational and job prospects
- Improved local economy

Habitat for Humanity, founded on the conviction that every man, woman, and child should have a simple, durable place to live in dignity and safety, declares that decent shelter in decent communities should be a matter of conscience and action for all.

Secure online giving at **<https://mwv-habitat.org/donations/ways-to-donate/>** Click "online giving" button. Or mail a check to:

MWV Habitat for Humanity  
2 Common Court  
North Conway, NH 03860-5424

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## Two Special Coffee Hours in June

On June 1, Rev. Sue will conduct the Sunday service and stay to visit for awhile. Let's be sure our coffee hour that morning has an abundance of goodies!



On Sunday, June 29, Rev. Betsy will conduct her final UUFES service. We have in mind a very special send-off during the social hour with lots of baked goodies and easy-to-eat hors d'oeuvres. Everyone will have an opportunity to share appreciations for her nine years of ministry on note cards where folks can write their individual jottings - if you cannot come, send a note to the office to receive a card. Also, Rev. Betsy has daringly invited short ditties or songs, should the spirit move you. And please take a minute to include titles of your three favorite novels for her leisure days ahead. Other surprises may pop up, too.

May this be a celebratory occasion in our Meeting House where we share memories of the past and create new ones for Betsy to take with her. Looking forward to Rev. Betsy's Good Goodbye!

*The Governing Board: Barbara Lubin, Lew Prillaman, Betsy Loughran, Andrea Boyer, Grace Ferguson, Peaco Todd*

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## What Will Your Legacy Be?

When drawing up or revising your will, please consider including a bequest to UUFES. What better way to make a positive difference than to align your legacy with our mission:

Nurture the spirit.

Take care of each other.

Champion justice.

For more info on planning your legacy, visit <http://uufesnh.com/legacy>.

This message is brought to you by the Finance Committee



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## “Seriously” Discussions Resume

**Next Wednesday, May 21, at 5:30 p.m. on Zoom**

A Zoom series begun in April resumes next week. Recent discussions have focused on presidential executive orders and legislative actions that greatly impact education, health care, equal rights for LGBTQIA individuals, and immigration. We have shared how we are dealing with these in our own lives and with concern for loved ones. Several participants have provided links to helpful resources.

Please advise Rev. Betsy or Barbara Lubin if you plan to join the conversation. It has proved to be yet another way we get to know one another better. Next Wednesday via the Poetry link.

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



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## Book Group - Mondays at 10 in the Library

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

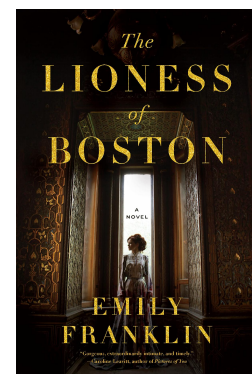
**May 26:** *The Lioness of Boston: A Novel* by Emily Franklin

**June 30:** *Huckleberry Finn* by Mark Twain

**July 28:** *Beautiful Country* by Qian Julie Wang

**Aug 25:** *The No. 1 Ladies' Detective Agency* by Alexander McCall Smith

**Sept 29:** *Hiroshima* by John Hersey





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

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### **Men's Group** - 3rd Wednesday 2-4. NEXT: May 21

Topic: What is the effect of our heritage on the persons we have become? How have our ancestors, near and far, our family and cultural traditions, shaped our values, our hopes, our limitations? For good and otherwise?

Meetings are in person w/ Zoom option. To receive details, contact Jorge Dominguez. Men's Group always welcomes transgender, nonbinary, and cisgender persons.

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### **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, Anne Sexton again: "The Truth the Dead Know." Thank you to Susan Merrifield for this suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.

#### **The Truth the Dead Know**

By Anne Sexton

*For my mother, born March 1902, died March 1959  
and my father, born February 1900, died June 1959*

Gone, I say and walk from church,  
refusing the stiff procession to the grave,  
letting the dead ride alone in the hearse.  
It is June. I am tired of being brave.

We drive to the Cape. I cultivate  
myself where the sun gutters from the sky,  
where the sea swings in like an iron gate  
and we touch. In another country people die.

My darling, the wind falls in like stones  
from the whitehearted water and when we touch  
we enter touch entirely. No one's alone.  
Men kill for this, or for as much.

And what of the dead? They lie without shoes  
in their stone boats. They are more like stone  
than the sea would be if it stopped. They refuse  
to be blessed, throat, eye and knucklebone.

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*Thanks to Dave for these photos from his travels.*

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

"Inviting a practice into our lives is opening ourselves to a new relationship, and because we are familiar with how relationships have gone in the past, this can be scary. Even scarier, is that this relationship is with ourselves, warts and all." Read Breathing Room Issue #96 [here](#).

*Co-sponsored by UUFES & the Tamworth Community Nurse Association*

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

**1st Thursday, 12 noon - Library**

Proposed June 5 topic: Where would you like to be in five years?

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*On May 11, Eve Goss and Grant Prillaman performed two compositions for piano and cello by Ralph Vaughn Williams from his Six Studies in English Folksong: “Lovely on the Water” (I) and “She Borrowed Some of Her Mother’s Gold” (IV). Watch and listen [here](#).*

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## Links to Recent Services

“Living Into Wisdom” - 5/11/25 Mother's Day, too, and a gorgeous duet!

“Mystery, that Goes By Many Names...” - 5/4/25 reclaiming the word "god"  
While we do not have public links to these services for music copyright reasons,



Danielle in the office will gladly send you a link for your own use.

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## Keep Images Coming

If you snap or paint pictures all day, share them! A creative ministry, this keeps the Pouch and Sunday services looking lively. Anytime, send the office 3-5 images for an upcoming Pouch and Sunday service. Thanks so much.

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### **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.

**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](http://www.uufesnh.com)



Unitarian Universalist Fellowship of the Eastern Slopes | PO Box 474 | Tamworth, NH 03886  
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