



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



"What Plants Bring to Our Lives"

Living with houseplants is a two-way street. Humans keep them alive, and plants give back - a bit of green all year, maybe a blossom. Each plant comes with a story - where it came from, how often it needs attention, what makes it happy or droopy. Sometimes relationships develop.

One of our Unitarian Universalist values is "interdependence": *we honor the interdependent web of all existence and acknowledge our place in it.* And so, a service this week about these green beings in our

midst - and why they matter.

If easy for you, please bring a houseplant for the center table :-)

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>



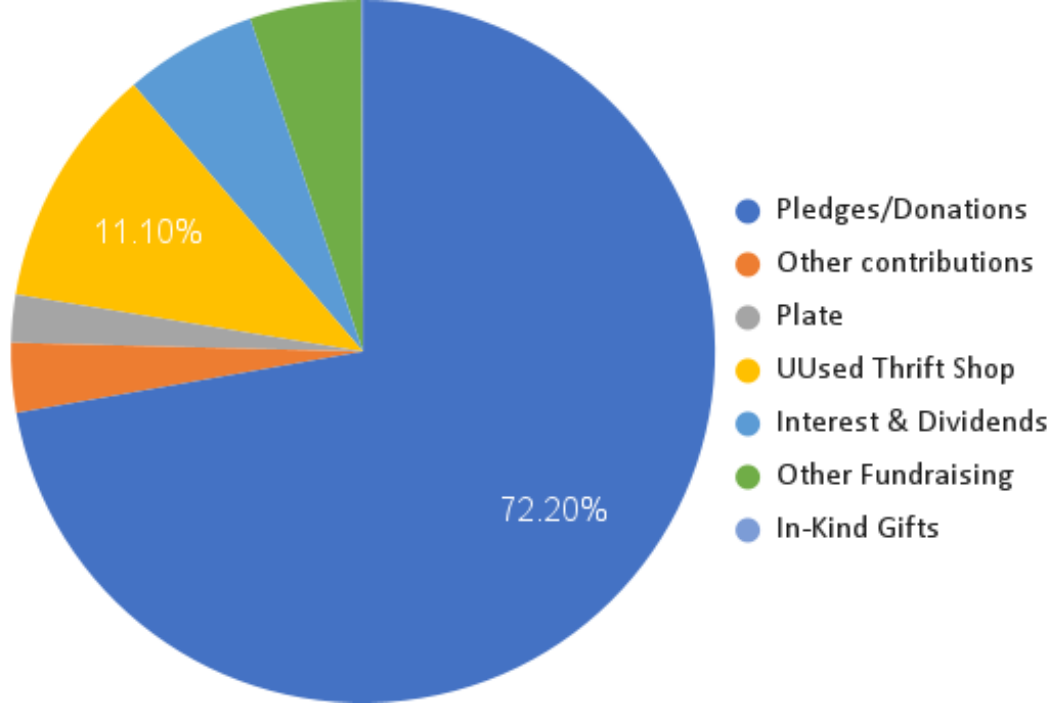
Throughout February, the Mail Pouch has featured facts and figures about the annual Pledge Drive and testimonials by UUFESians. March 9 is Kick-Off Sunday - think about channelling creativity for garden-y pledge songs, poems, and skits!

The week after Kick-Off Sunday, UUFESians will receive envelopes in the mail with a “Now’s the time” letter, info about UUFES finances, and what we call a “pledge card,” to be returned with a pledge (a promise) or an outright gift to UUFES for fiscal year 25-26.

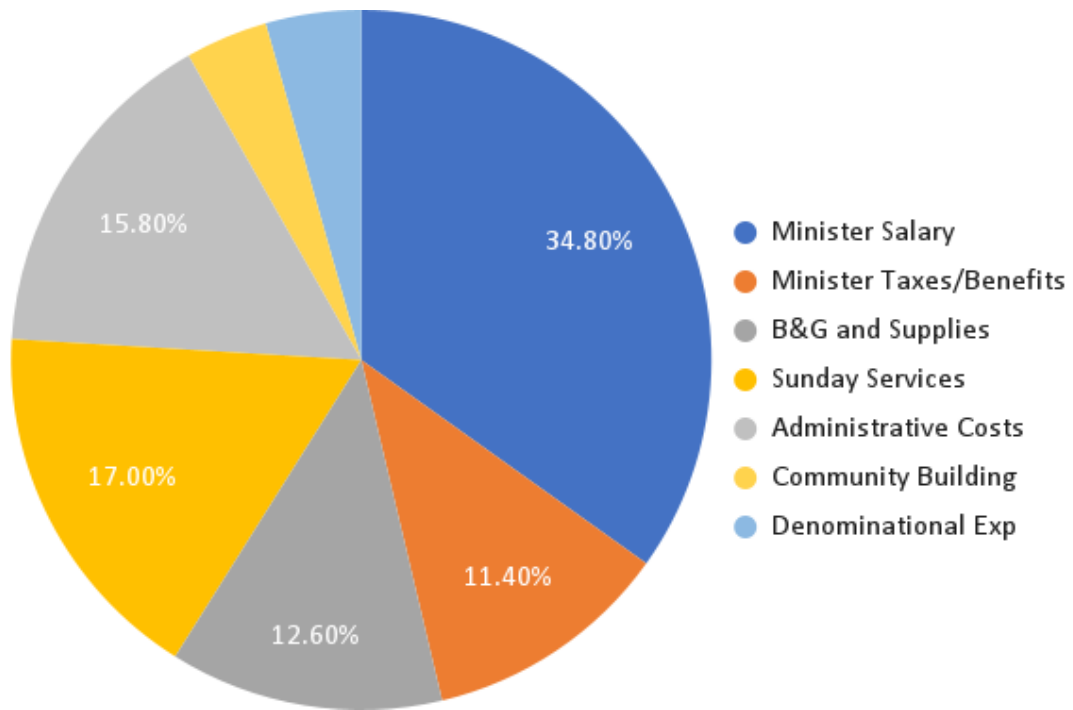
These pie charts, based on the current year’s budget, provide a visual of the sources and uses of UUFES funds:

UUFES Income and Expenses **(Based on the '24-5 budget)**

Income

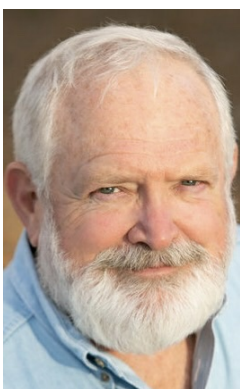


Expenses



INCOME		
Pledges/Donations	72.2%	\$113,560
Other contributions	3.2%	\$5,000
Plate	2.2%	\$3,500
<u>Used Thrift Shop</u>	11.1%	\$17,500
Interest & Dividends	6.1%	\$9,540
Other Fundraising	5.1%	\$8,000
In-Kind Gifts	0.1%	\$200
TOTAL INCOME	100%	\$157,300

EXPENSES		
Minister Salary	34.8%	\$54,593
Minister Taxes/Benefits	11.4%	\$17,925
B&G and Supplies	12.6%	\$19,813
Sunday Services	17%	\$26,587
Music \$10937		
CYP \$9650		
Guest <u>Spkrs</u> \$2,000		
Tech \$4000		
Administrative Costs	15.8%	\$24,818
Community Building	3.8%	\$6,000
Denominational <u>Exp</u>	4.4%	\$6,955
TOTAL EXPENSES	100%	\$156,691



What UUFES Means to Me

By Mark DuMars

My wife, Gini, and I arrived in Tamworth in 2021 with high hopes, no debt, and gratitude to our son for offering us a place to stay while we got our feet under us. We had just returned to NH after 7 years and another graduate school in Colorado, to be closer to kids and grandkids. As it turned out, all was not as it seemed, and life here became incredibly hard, expensive, and isolating. Within a year of our arrival, we were worn out and wondering, from a higher perspective, what this was all about. We saw our children more often when we lived out West. And why, here in our 70's, were we finding ourselves isolated in the woods on the North face of a mountain after having such friendships, intellectual stimulation, and abundance in Colorado? We concluded that we were in a “forced silent retreat” inviting self-reflection, prayer and meditation. What else does one do in the woods?

A year later, I think we'd had about enough of that, and we began looking for a meditation group to engage with. As Gini and I both shy away from blind dogma, are practicing secularists, and experienced meditators, we looked for anything that would suggest acceptance, tolerance, meditation, and community. UUFES seemed to fit the bill, and it was close enough that we could run for the hills if it didn't.

What we found was an eclectic, shy group of non-conformists gathered under the UUFES banner for the purpose of fellowship, mutual support, and community, though “community” was for Sunday – they would disappear into the woods the rest of the week. But on Sunday, Gini and I were unconditionally

accepted. And that was led by Reverend Betsy who headed up the “welcoming committee.” Her smile and big heart kept us from not running off when we got nervous. The fellowship turned out to be an incredibly warm, diverse community of folks just like us – from somewhere else. It seemed that, from all walks of life, really brilliant folks had somehow gravitated to this little hall in Tamworth simply because it’s nice to find friends.

I should also mention UUFES actually did have a meditation group that met on Tuesdays and Thursdays, although there were only two members. But that was fine. It's all part of the meditation.



Pastoral Care Corner

Shana Aisenberg's dad, Dr. Burton Austen, is in hospice care. Shana is in Connecticut with him and family during this sacred time.

Last week, the Needlecraft Ministry sent a warm, cozy purple prayer shawl to **Moria Merriweather**, who is experiencing health issues. She was thrilled to receive it and is “feeling the love” from UUFES. Moria's address is: 2600 Senter Road #143, San Jose, CA 95111.



February Special Collection Reminder

Camp Hawkeye is a camp in NH for *all humans* 7-17, strongly committed to diverse community. To donate, mail a check to Hawkeye Campership Fund, 25 Alden Place, West Newton, MA 02465 with "UUFES" in the note section. Or give online: https://www.paypal.com/donate/?hosted_button_id=QUXF7RKT3C4XW Thank you!

From the Young People's Program

One Sunday we talked about the "Children's Crusade," which took place when Dr. Martin Luther King was in Alabama. We created pathways of decorated pebbles, representing the steps we can take towards all people being treated equally. With thanks to Hope, helper that day, for capturing the moment.

- Marion Posner



Every UUFES group and every UUFES ministry



Book Group - Mondays at 10 in the Library

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

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: *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.

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 more info and Zoom link, contact Jorge Dominguez. 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. For the next two weeks, the group will explore poems by Forrest Gander. First: "Now the Joshua Trees are Withering." Thanks to Dick Byrd for this suggestion. To receive a reminder Tuesday morning, please contact Barb Bald.

"Now the Joshua Trees are Withering"

By Forrest Gander

Now the Joshua trees are withering
in the drought—"not to recover
in our lifetimes"—and the desert below them
is spalling, unstitching itself. *Now*
itself is spalling. Incrementally
making itself unavailable to us. Unavailable
to use. Our rapacious use. And though
the rocks buzz

with energy, pulsating in tune

with the earth's vibrations, their drone

is beyond what we hear. So
the ground truth is a constant
revision. Who can read
across the vertiginous stanza
breaks? And what

possible explanation is there
for our wrong turning, but our insistent
repetition of the wrong turning?



Thanks to David Wilkins for his wintertime photos.

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

"I remember grass as tall as my head, jack rabbits waiting until I almost stepped on them before exploding off through the grass." Read Breathing Room Issue #84 [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 - NEXT March 6

Celebrating Willie Mork

THIS Saturday, February 22, at 1:00 p.m.

The celebration of Willie's long, musical life will take place at the Village Players Theater, 51 Glendon Street in Wolfeboro. Rev. Betsy will officiate.



Links to Recent Services

"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.

"Shaken" - 2/9/25 - Responding, body and soul, when life shakes us

https://uuma.zoom.us/rec/share/O1EJZZ4MZgF9xnIXWRT7HH5__z_bIGW8gxpKhRvr8NAIuQuQDuSFcUFTTFgh9eKi.jDnHjYpYkDH0l-t6?startTime=1739109466000

Passcode: D%!%&2sS

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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