



---

# The Mail Pouch

WORSHIP: Sunday at 10 a.m.



## "The Other America"

This Sunday we honor and examine the legacy of Martin Luther King, Jr. Several social ills that he denounced are still with us. Significant legal steps, undertaken during the past half century, are now under threat of reversal. His forceful critiques and his message of hope remain pertinent.

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

*For this week's Coffee Hour, the 3rd Sunday of the month, last names M-R are invited to bring refreshments. Thank you!*

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

---

**January Special Collection - THIS SUNDAY**

## **WRRAP: Women's Reproductive Rights Assistance Project**

WRRAP is the largest independent non-profit in the U.S. Present in every community and state, WRRAP is dedicated to securing access and funding for safe, legal abortion and emergency contraception so that no one is left behind when it comes to exercising their reproductive freedom. For over 33 years, WRRAP has committed to ensuring that people everywhere have the support and resources they need to make informed decisions about their own health and lives.

As we believe that reproductive rights are fundamental human rights, we tirelessly fund abortion services and emergency contraception for everyone regardless of race, religion, sexual orientation, gender identity, socio-economic status, geographic location, or financial means. Our abortion pill-by-mail program is a cornerstone of our work, providing a discreet, accessible option, particularly in states where in-person care is restricted.

Funds raised allow WRRAP to expand and sustain programs that meet the surging demand and offer support to those effectively abandoned in the political landscape. More than a contribution, your support is a commitment to justice and human rights.

Donate at [https://www.paypal.com/donate/?cmd=\\_s-xclick&hosted\\_button\\_id=JRWDB7QGEWH3U&source=url](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.



---

## UUA Disaster Relief Fund

The 1/12/25 service “Making Meaning Together” invited UUFESians' ideas about how to respond to the enormous needs arising from the fires in Los Angeles. Needs will continue for months if not years, and UUFES will organize ways to help in the future.

For now, the UUA Disaster Relief Fund invites donations: *“Our Disaster Relief Fund is part of a covenant—a covenant between the UUA and congregations, between congregations who give generously and those in need, and with our community partners. Through aiding our congregations, their members and their community partners, we are able to embody our faith and values.”*



Donate at <https://www.uua.org/giving/areas-support/funds/disaster-response>

---



---

## Service Ideas Welcome

During the final months of Rev. Betsy's ministry, UUFESians are planning two Sunday services a month - both lay led and with guest speakers. This coming Sunday, Jorge, Grant, and Betsy L have created a MLK, Jr. service. The Poetry Group will lead next Sunday. Thanks to all presenters!

Up to five dates remain open should you have an idea for a service. Please contact Barb Bald, Eleanor Jenkins, or Karen Papetti who are lining up services with Rev. Betsy.

---

## Remembering Willie

Saturday, February 22, at 1 p.m.

A celebration of Willie Mork's life will take place at the Village Players Theatre in Wolfeboro on Feb. 22, a few days before what would have been her 100th birthday. Rev. Betsy will officiate.



**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

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

---



*Thanks to Sandra Carr for her photos, new and remembered.*

***What catches your eye? Send 3 photos to Rev. B  
for upcoming weeks' Pouches & services :-)***

---

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

We will first go through a personal checking in and then proceed to discuss our 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/j/5022081578>**

All are welcome every Tuesday to consider a poet's work. Next week the Group will be finalizing plans for the 1/26 Poetry Service - plus a poem if time allows. Mark your calendar!

---

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

*"Interestingly, it takes far fewer fascial muscles to smile than to frown. It actually takes a lot of effort to frown and keep our faces stuck that way. So, in a way, smiling can actually give our faces a break from all that effort." Read Breathing Room Issue #79 [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**

---

### **Links to Recent Services**

"Making Meaning Together" - 1/12/25 About the collective spiritual path

"The Important Things" - 1/5/25 Remembering loved ones, what grounds us

For music copyright reasons, we do not have public links to these two services. Please don't hesitate to contact Rev. Betsy to receive a link for your own use.

---

### **Important Dates:**

**A couple of community events are percolating. Stay tuned....**

---

## JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 12 Women's Group 1 Needlecraft 4:30 Meditation	3	4
5 10 Service	6 10 Book C	7 4 Poetry 4:30 Meditation	8 4:30 Kirtan	9 12:30 Rehearse 4:30 Meditation	10	11
12 10 Service	13 10 Book C	14 9:30 Gov. Board 4 Poetry 4:30 Meditation	15 2pm Men's Group	16 12:30 Rehearse 4:30 Meditation	17	18
19 10 Service	20 10 Book C	21 4 Poetry 4:30 Meditation	22 6 Fiddlers	23 12:30 Rehearse 4:30 Meditation	24	25
26 10 Service	27 10 Book C	28 4 Poetry 4:30 Meditation	29	30 12:30 G&P Rehearse 4:30 Meditation	31	

Note: We're working on making the Pouch calendar easier to read. For a larger version, click on CALENDAR at the [www.uufesnh.com](http://www.uufesnh.com) home page or <https://uufesnh.com/calendar/>.

### 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](mailto: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](http://www.uufesnh.com)





Try email marketing for free today!