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# Friday Mail Pouch

WORSHIP: Sunday at 10 a.m.



## “Beyond What We Know”

Now and then, life sheds new light on what we thought we knew well. Wisdom gleaned along the way can change us in unexpected ways.

**...with "A Polynesian Saga,"  
performed by the 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>**

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## August Special Collection: End 68 Hours of Hunger

This Sunday, UUFESian Susan Blake will re-introduce End 68 Hours of Hunger, the program that puts nourishing food in the hands of schoolchildren to carry them through the weekend. Each bag of food provides two breakfasts, two lunches, and three dinners with some left over to share.

The second Thursday of each month, Susan organizes a group of UUFESians

and friends to bag food for this essential program. Please contact her for more details.

After this week's service, please help prepare for the new school year by doubling bags during coffee hour. It takes about 160 doubled bags to do one month's packing. Bring your bags (and your friends' and neighbors' bags) and come help! Doing this together is always good conversation and fun.

**Needed: more clean, dry grocery-size plastic bags. Thank you!**

You can make a monetary donation to End 68 Hours of Hunger at <https://www.end68hoursofhunger.org/donate/>

Cash and checks (to "End 68 Hours of Hunger") are also welcome in the basket on Sunday!



## Celebration of Life - Emily Kirby

We will celebrate the life of Emily Kirby, longtime UUFES member and friend, Saturday afternoon, August 17, at 2:30pm. Read about Emily's life [here](#).



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## Pastoral Care Corner

**Tom Posner** is feeling better this week -a bit stronger every day - as he continues to recover from pneumonia. His address is: 3 Bennett Street, North Sandwich, NH 03259

After several days at Portsmouth Regional Hospital this week, **Ann Wilkins** returned home today, family all around, to gain strength as she eyes her paddle

board. The Wilkinsons' address is: 1005 East Shore Drive, Silver Lake, NH 03875.

## Supporting Way Station

### August 15 concert

Most years, our Social Concerns team names The Way Station as one of our monthly Special Collections. Here's another way to give to The Way Station:



**PRESENTS A WAY STATION BENEFIT CONCERT**

*featuring*  
**HAWKTAIL**

Hawktail is the acoustic instrumental trio of fiddler Brittany Haas, bassist Paul Kowert and guitarist Jordan Tice. Though at first glance it looks like an acoustic super-picker side-project, their all-original music is cohesive and unique, distinguishing them as an ensemble with a sound built from the ground up. Flush with orchestral sweeps and sparse vigils, with strains of the American South and the North Atlantic, this cosmopolitan sound is not what you'd expect from a string band.



**FREE TICKETS** so everyone can come!  
Please donate if you can. Suggested ticket starting at \$50

**AUGUST 15, 7:00 PM - Doors open at 6:30 • General Seating**  
**LEURA HILL EASTMAN PERFORMING ARTS CENTER**  
**18 BRADLEY STREET, FRYEBURG, ME**



Reserve your tickets here!

**THANK YOU WAY STATION SUPPORTERS**


## Upcoming Services

Do you have a service up your sleeve? We need service ideas and/or coverage for Sundays when our 3/4-time minister is out of the pulpit. Please contact her. Thank you!

September 29

October 20



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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>

**Aug. 26:** *Miami and the Siege of Chicago: An Informal History of the Republican and Democratic Conventions of 1968* by Norman Mailer

**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.

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

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

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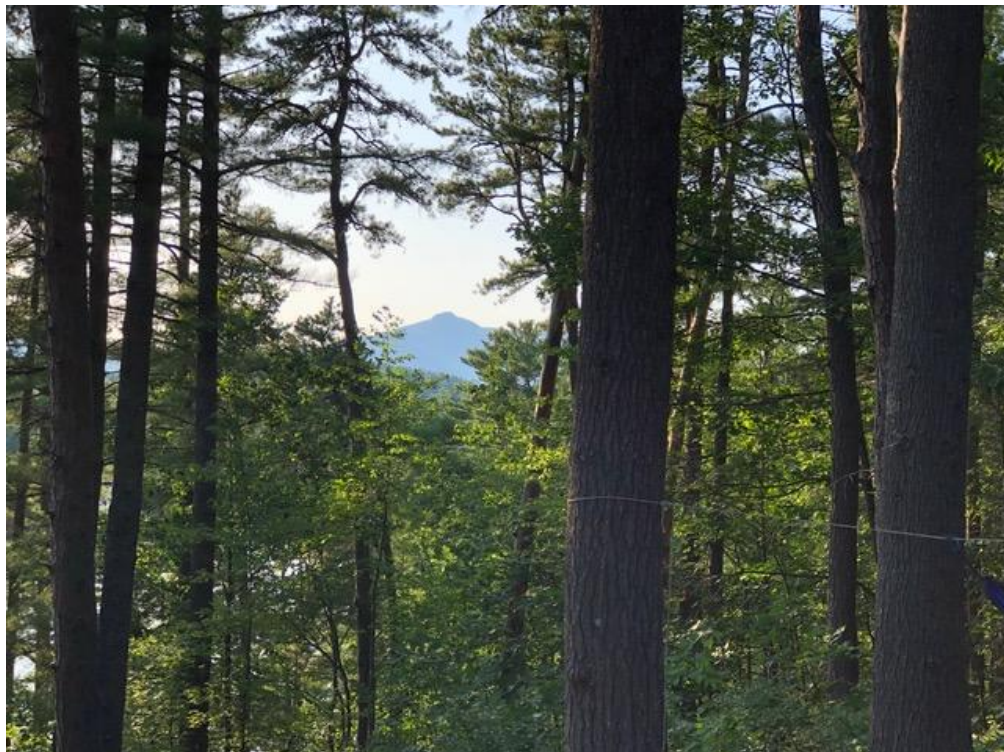
## Tamworth Meditation Group - Tues/Thurs 4:30 in the Sanctuary

Maybe we can start a new habit. Maybe we can have compassion for how much suffering we have endured when we really just didn't know any better.

Read Breathing Room Issue #54 [here](#).

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

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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 again a poem by Derek Walcott, "Becune Point." To receive a reminder Tuesday morning, please contact David Wilkins.

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## Men's Group 3rd Wed, 2-4 p.m. AUGUST 21

The Men's Group next meets at Bill Hoffmann's house. Directions tba.

After checking in, we will consider the topic we did not have time to discuss at our last meeting: Did you ever join a student protest? Would you join one now? Under what circumstances would you ask the police to intervene - never, always, other possibilities? As colleges and universities resume in the next few days, this may be timely again.

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

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*UUFES Women in July*

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**Women's Luncheon** (cis, trans, non-binary inclusive)  
**1st Thursday, 12 noon - During the summer, at people's homes**

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**Experience Kirtan - Sacred Chanting - AUGUST 7**  
**1st Wed. of each month at 4:30 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.

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### \$5 UU Values Sticker

Artist Claire Pullen's graphic of the newly stated UU values has taken off! She has created die-cut vinyl stickers (\$6 each, or 3 for \$15) and framed prints, too. I have five stickers if you would like to purchase one (\$5) - Rev. Betsy





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## Links to Recent Services

"For the Love of Trees" 7/28 - Tree reflections by Betsy Loughran, Peggy Polo, and Eleanor Jenkins and a poem by Barbara Bald

[https://uuma.zoom.us/rec/share/m3Kf6hqsxmJmT7-Azli\\_Yu3FnnLo62oAsWxSxn-UGFMkSMKePxTTKppTlovcjRkh.jA-XPGHtHmhfa6xo?startTime=1722171851000](https://uuma.zoom.us/rec/share/m3Kf6hqsxmJmT7-Azli_Yu3FnnLo62oAsWxSxn-UGFMkSMKePxTTKppTlovcjRkh.jA-XPGHtHmhfa6xo?startTime=1722171851000)  
Passcode: s3inla\$\$

"Calm Soul of All Things" 7/21 - About the value of rest

For music copyright reasons, there is no public link for this service. Please contact Rev. Betsy if you would like the link for your own use.



*Thank you to Eleanor Jenkins for today's tree images!*

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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.

Email: [revbetsytabor@gmail.com](mailto: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](http://www.uufesnh.com)



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