



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



Photo by Mitesh Sawant

"We All Have Mental Health"

We need to break down the stigma that keeps us from sharing about mental health. Guest speaker Michelle Wagner, a mental health educator and advocate, will share her story of lived experience with mental health and substance use.

Michelle Wagner works at a non-profit that provides support, education, and advocacy for those impacted by mental health and suicide. A fellow UU and mother of three, she holds a Master of Theological Studies degree from BU and attends South Church in Portsmouth.

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>

Heat Fund Update

Nighttime temperatures have dropped into the 20s. Again this year, donations are invited for a "heat fund" to help members of our community get through the winter. Please let Rev. Betsy know if you anticipate needing assistance.



Two years ago, UUFES raised \$5,500 which helped UUFESians pay for heat. People gave generously: \$1000, \$500 and multiple \$100 gifts. We know how much an oil delivery costs, so thank you for giving what you can to help each other with a check to the Minister's Discretionary Fund with HEAT in the memo. Thank you! - Rev. Betsy



Ministerial Search Update

This week, 21 people attended cottage meetings and shared their ideas about what they hope for in the next UUFES minister - 30% of 67 active members and friends (20 persons) plus 1 staff. One more cottage meeting will take place on Monday, Nov. 4 at 10 a.m. in person or on Zoom (Book Group Zoom link: <https://uuma.zoom.us/j/104432872>). Please sign up with an email to uufesoffice@gmail.com.

The Search Team hopes to hear from many UUFES members and friends. If you prefer to respond in writing (rather than attend a cottage meeting), please send an email with answers to the questions below to a member of the Search Team by Monday, November 5. Thank you.

1. *What brought you to UUFES, and what keeps you coming?*
2. *What ministerial functions/responsibilities are most important to you?*
3. *What do you appreciate and what would you like to see more of in Sunday services?*
4. *What qualities do you value in a minister?*

The Search Team members are Grace Ferguson (chair), Barbara Bald, Kim Hamel, Kelsey Schroeder, and David Wilkins.

Young People's Program

This past week we thought about how leaning into the seasons in nature can be a comfort. We listened to a story about a magical quilt made of cozy goose feathers that was a part of the cycle of the year. Downstairs we painted "kindness" rocks, with pictures and words intended to bring a friendly message when chanced upon in a public place. Look for them around the building!

We also experimented with meeting before the service for some singing in a circle with movements, tea, and fellowship, and found it a great way to settle in. - Alice Posner

Intersex Awareness Day (26 October)

Intersex? Huh?

Intersex people, as defined by the United Nations Office of the High Commissioner for Human Rights, are born with physical sex characteristics (such as sexual anatomy, reproductive organs, hormonal patterns and/or chromosomal patterns) that do not fit typical definitions for male or female bodies. There is also wide variation from person to person. Intersex people share some challenges with other LGBTQAI+ people but there are differences. No one sexual orientation characterizes intersex people, nor are they necessarily transitioning between genders. There may be over 330,000 intersex people in the United States and, of course, evidence of intersex persons has existed across millennia.

Because their bodies do not fit sex and gender norms, intersex people face stigma and bias within healthcare systems, poor quality healthcare, lack of access to medical records, lack of training of medical professionals, lack of research on the long-term health outcomes and needs of intersex people, and a lack of standards of care that are respectful of their rights. Forced and coercive

medical interventions are among their higher risks, especially under government compulsion. Infanticide may be one outcome.

Intersex persons are often subjected to interpersonal or official discrimination and abuse if it becomes known that they are intersex or if they are perceived not to conform to sex and gender norms. Many have had their lifelong legal and social status and identities questioned as a consequence of policies that single them out for exclusion. Unitarian Universalists embrace differences and commonalities that enrich the human experience, and do so with love, curiosity, and respect. UUs also declare that every person has the right to flourish with inherent dignity and worthiness. Intersex persons belong within our Beloved Community.

Welcoming Congregations Committee: Jorge Dominguez, Barbara Lubin, Karen Papetti, and Kristen Porter, with Shana Aisenberg



Gazebo foundation takes shape....

Spookus is Moving Along! All welcome Halloween night.... Tuesday, October 31

On Halloween, the whole village is celebrating! Spookus planners will need help with booth setup, decorating, and takedown. We will set up from 3-5 p.m. and take down at 7:30 p.m. Costumes optional and fun!

Please notify Barb Bald or Bobbi Hoyt if you can help even for a short time.

Thanks to Karen and Rob Papetti for joining in and bringing candy, to Betty Fernandes for cookies, and to Ellin Leonard for kitty litter cake :-)



Fall Afternoon Clean-Up

Saturday, November 2, from 1-3 p.m.

It's time to prepare our campus for its winter slumber – gathering leaves, cutting back perennials, putting equipment in storage, etc. Please join the Building & Grounds Committee (B&G) and your fellow UUFESians for our fall clean-up. Bring your garden/lawn tools and join in. Thank you!



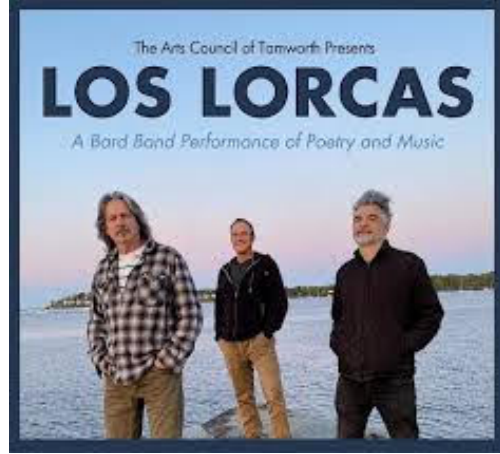
Los Lorcas at UUFES
Friday, Nov. 15, 7-9 p.m.

Poetry and Music Trio

"A lot of great musicians have come around here, but not usually with the poetry chops that this group has—in spades."

- Vermont musician Kristina Stykos

In the spirit of Federico Garcia Lorca (1898-1936) — musician, legendary poet/playwright and ebullient performer — poets Partridge Boswell and Peter Money and guitarist Nat Williams fuse poetry and music in a passionate and surprising mash-up. Los Lorcas blur boundaries between spoken word and song, weaving poetry with Andalusian ballads, blues, rock, folk, reggae, hip hop, Americana and jazz in pursuit of the *cante jondo* (deep song) Lorca ardently championed.



Los Lorcas celebrate the poetry of song lyrics and music of lyrical poetry. Inspired by artists diverse as Lorca, Yeats, Marley, Dylan, Dickinson, Matisyahu, Morrison, Cohen, Bowie, Heaney, REM, Merwin, Millay and others, the trio's timely, soulful compositions weave themes of love, loss, homelessness, empathy, activism and gratitude — all through a filter of the American dream.

Free Entry - Sponsored by the Arts Council of Tamworth

REQUEST to borrow a battery-operated megaphone (bullhorn). If anyone has one, please notify Lew Prillaman or the UUFES office - needed for our Fire Drill in November.





Gratitude Service Thanksgiving Weekend

Rev. Betsy is off December 1. Who would like to help create a lay-led service about gratitude?



And...which 2-3 UUFESians will take on the creative challenge to plan services for the last two Sundays/month in the new year! You can do it :-)

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>

Oct. 28 : We will again join the One Book One Valley discussion, this year's book *The Road to Dalton* by Shannon Bowring. 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

Dec. 30: *A Connecticut Yankee in King Arthur's Court* by Mark Twain

Jan. 27: *Demon Copperhead* by Barbara Kingsolver

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



Thank you to Marsha Carlin for her fall photos.

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

"I think I just saw the fly nod in agreement."

Read Breathing Room Issue #67 **[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. Next week, the group will again explore a poem by Mary Oliver: "Stories." Thank you to Lew Prillaman for this suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.

Stories

do you know
the old stories
about the stars the
hunter and dog swan crab
dragon lion big bear and
little bear the seven
sisters there on the horizon call it

pleasure call it
comfort call it
rinsing out the dread all
night long the silence of the
heavens remains
intractable the darkness is more dark
than the back

of the moon's silver
eye and heavy
as lead this is why
there are so many stories to draw
each star into the mouth for a single
minute to feel that white fire
against the teeth bearable even

intimate what happens
next we say what happens
next and why does it
happen and what happens
then because *that* has happened
lifting up the darkness
by that much.

Topic: The state of the nation - will we know the name of the next president and, if yes or not, then what?

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

Women's Lunch Group (cis, trans, non-binary inclusive)
1st Thursday, 12 noon - UUFES Library unless otherwise noted :-)

Links to Recent Services

"Grounding Comfort" - 10/20 - how to carry our anxiety lightly
<https://uuma.zoom.us/rec/share/rGl8pgNuDfjGUvvXznRSMtfiaMenlkYeB8OUJ3DbwTxfagoCOTJjR-nFVuLz8kO.vPpaaT3MWyo-T5Fm?startTime=1729429126000>
Passcode: M1^@#I4R

"Indigenous People's Sunday" - 10/13
https://uuma.zoom.us/rec/share/ZPjIO3PvCV58SfWu9gG5GCil8do3FIXhaeLOYpqq9nIBIP7TaDa-C_05vcOmeaNF.IYmvrcBFjWgP6Jif?startTime=1728824799000
Passcode: WC6x#HN?

Important Dates:

Saturday, November 2, at 1: Fall Clean-up

Monday, November 5 at 10: Cottage Meeting in person and on Zoom

Sunday, November 10: Fellowship Sunday.

- Service to include a Fire Drill
 - Soup and Bread Lunch w/ post-drill (and post-election) discussion
 - Needed: TWO soup-makers and some pot-luck desserts
-

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>



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!