



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



"Peace in My Heart"

Those who follow Earth's rhythms pay attention to darkness and light now. On the Christian calendar the four Sundays of Advent anticipate Christmas. This year, Hanukkah and Kwanzaa overlap: Hanukkah, the Jewish festival of lights, from evening of Dec. 25 - Jan. 2, and Kwanzaa, the celebration of the Pan-African family and its values, from Dec. 26 - Jan. 1.

And everyone *wants* peace, *hopes* for peace, *prays* for peace. This second Sunday of Advent, Christians light the candle of peace. The words "Peace be with you" ring out in the darkness. We have glimpses of what peace feels like...a blessing!

Young People's Program with Marion and Alice Posner

For this week's Coffee Hour, the 2nd Sunday of the month,

last names G-L are invited to bring refreshments. Thank you!

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

December Special Collection: Way Station

Way Station in North Conway supports homeless and housing-insecure MWV populations, collaborating with resources statewide and in Carroll Cty. Created in 2019 to fill a service gap, it targets basic day-to-day services to improve immediate quality of life and diminish suffering.



Way Station, a day-service center, offers basic items: laundry, gas, and phone cards; phones, a PO Box for mail pickup, food pickup, toiletries, showers, camping items, bedding, and clothing. It operates two days/week, by appointment Monday 10-2 and Thursday 10-4; drop-in Thursday 4-6; and in the Ossipee area one day/week (contact WS for details).

Donations go toward the Way Station 2024 Annual Appeal (for the general fund), either online at <https://waystation.networkforgood.com/projects/181715-general-giving> or by check to: Way Station, Attn: Karen Albert, PO Box 1888, North Conway, NH 03860. Thank you.

From the Governing Board

Semi-Annual Meeting THIS SUNDAY DEC. 8

As is our December custom, we will conduct an informational Semi-Annual Meeting of the Fellowship this Sunday immediately following the service. There are no votes requested at this meeting. Its purpose is to bring us up to date on our financial status (link of the FY25 Summary Budget from the Finance Committee [here](#)) and to share updates on other UUFES activities this past year. All are welcome to attend.



UUFES Holiday Fair

December 7 from 10-3

From UUsed Elves:

Thanks to the enthusiastic support of friends and UUFESians, we look forward to a fun and busy sales day from 10-3 p.m.

From Hope, the Bake Sale/Cookie Walk Elf:

I hope that all you bakers are beginning to fill your freezer with goodies or plan to bake today and tomorrow for the Bake Sale and Cookie Walk portion of our Holiday Fair. Cookies and candy of all kind are great sellers. Please bring those items, clearly labeled, on platters or trays so that customers can pick and choose the ones they want. For the Bake Sale we seek pies, cakes, yeast and sweet breads, home made canned goods, and other tasty treats. Muffins do not sell well. Small cakes (think 4 - 6 servings) sell better than large ones. I've been promised a few pecan pies and am hoping for others - apple, pumpkin, cherry, etc. Remember to label items so buyers know - nuts?, what kind of fruit in that pie? dairy free? gluten free?

Drop off is between 10 and 5 TOMORROW/Friday or 8-9 a.m. Saturday. Questions? Need your baked items picked up? Contact Hope Hutchinson.



Seeking Service Creators

Rev. Betsy is off New Years Sunday as in the past and NEXT WEEK, December 15.

12/15 NEXT WEEK - David W. suggests "The Coming of Light." Please sign up to be one of three who offer a 5-min reflection about light.

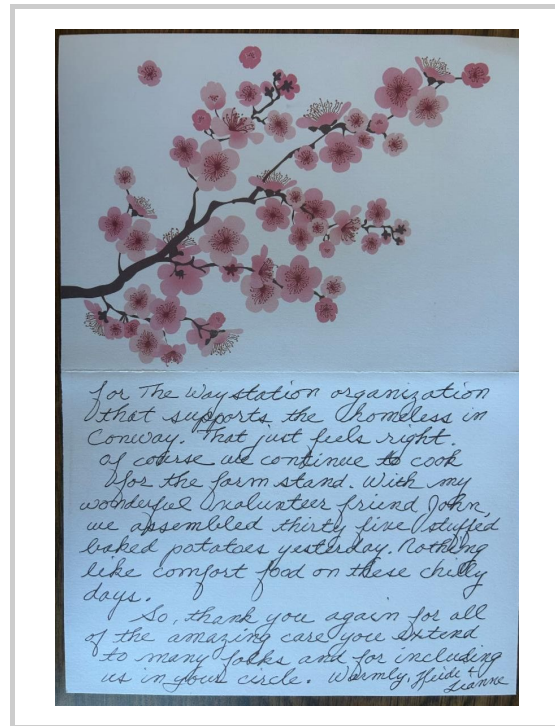
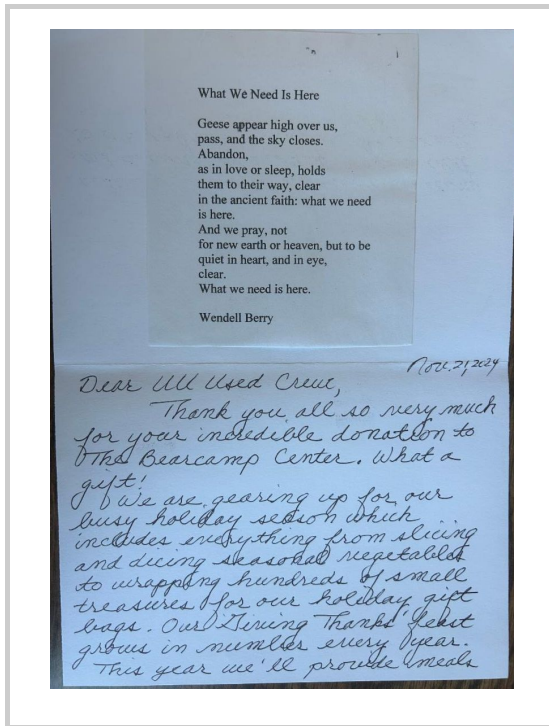
12/29 - New Year's Service. Ideas, anyone?



Support Call for LGBTQ+ People

Wednesday, December 11 at 11:30 a.m.

The UU Association's New England Regional Lead Rev. Evin Carvill Ziemer wrote 11/22: to invite you, if you're in New England and identify as queer or LGBTQ+, to a post-election support call on December 11th at 11:30am. [Here's a link to rsvp](#). If this is of interest to you, but the time doesn't work, could you please rsvp as well so I know of future interest?



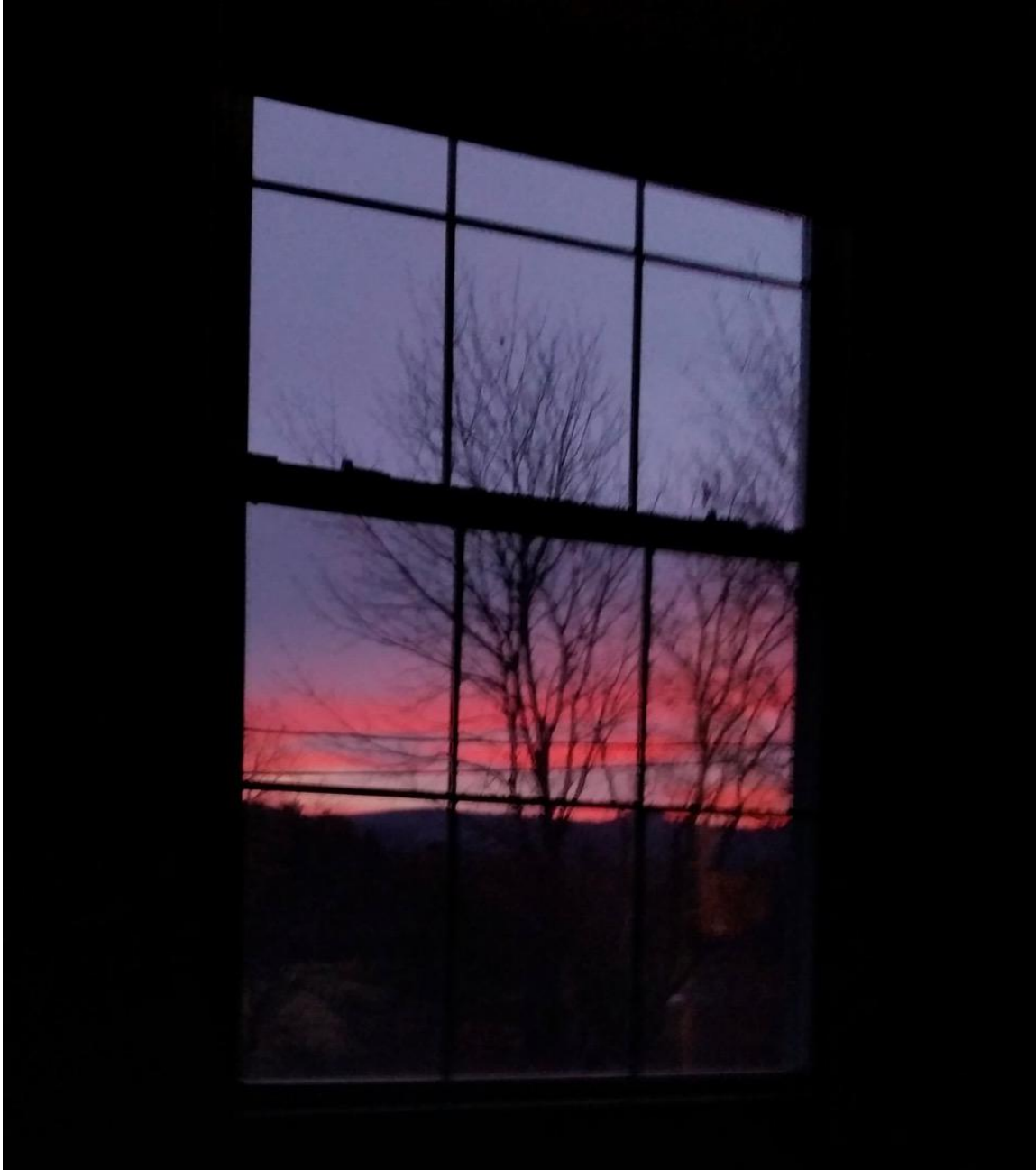
Thank you from The Bearcamp Center

Experience Kirtan - Sacred Chanting

Wednesday December 11 - 4:30 in Sanctuary with Shana

Many spiritual traditions embrace chanting, developed in India over 2,500 years ago. Chanting shows positive effects similar to meditation for calming the mind, reducing stress, healing, and generating feelings of peace. Chanting with others enhances the benefits.

Shana teaches traditional Kirtan chants by ear. We will explore chanting styles - e.g. Sufi, Jewish. Chanting does not require adherence to any religious belief system. No previous musical experience necessary. Donations gratefully accepted.



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

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.

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

"This practice is simple and there is a 100% guarantee: If you try this simple method and you don't like it or just casually dismiss it, you get every bit of your anxiety back, no questions asked." Read Breathing Room Issue #73 [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 we will again read a poem by Ada Limón: "A New National Anthem." Thanks to Meredith Morten for this suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.

"A New National Anthem"

Ada Limón

The truth is, I've never cared for the National Anthem. If you think about it, it's not a good song. Too high for most of us with "the rockets' red glare" and then there are the bombs. (Always, always there is war and bombs.) Once, I sang it at homecoming and threw even the tenacious high school band off key. But the song didn't mean anything, just a call to the field, something to get through before the pummeling of youth. And what of the stanzas we never sing, the third that mentions "no refuge could save the hireling and the slave"? Perhaps the truth is that every song of this country has an unsung third stanza, something brutal snaking underneath us as we absent-mindedly sing the high notes with a beer sloshing in the stands hoping our team wins. Don't get me wrong, I do like the flag, how it undulates in the wind like water, elemental, and best when it's humbled, brought to its knees, clung to by someone who has lost everything, when it's not a weapon, when it flickers, when it folds up so perfectly you can keep it until it's needed, until you can love it again, until the song in your mouth feels like sustenance, a song where the notes are sung by even the ageless woods, the shortgrass plains, the Red River Gorge, the fistful of land left unpoisoned, that song that's our birthright, that's sung in silence when it's too hard to go on, that sounds like someone's rough fingers weaving into another's, that sounds like a match being lit in an endless cave, the song that says my bones are your bones, and your bones are my bones, and isn't that enough?



Thanks to Rev. Betsy for these Tamworth images from fall and early winter of 2016!

Men's Group - 3rd Wed, 2-4 p.m. except December: no meeting!

On January 15, we will discuss the longstanding theme, "This I Believe," for its own sake and in preparation for a Sunday service that the Men's Group will lead sometime in the new year. Zoom link and other details tba.

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 :-)

WORLD AIDS DAY AT UUFES

The Dec. 1 service honored World AIDS Day. UUFES members presented first-hand stories of courage, love, and the ongoing global fight for the cure. Recording link is available from Rev. Betsy.

Thanks to Kristen Porter for this 11/26 article - and regrets for the tardy posting due to a ministerial communications glitch:

World AIDS Day: Take the *Rights* Path

By Kristen Porter



World AIDS Day has been celebrated annually on December 1st since 1998. It is a day of remembrance to honor the more than 32 million people around the globe who have died of AIDS-related causes and a day to recommit ourselves to stand together in the continued fight. HIV/AIDS takes 1 million lives per year

worldwide and is the leading cause of death across Sub-Saharan Africa, especially among children under the age of 5 and younger people between the ages of 15 to 49.^[1]

The 2024 theme is “Take the *rights* path.” It centers gender equality as an essential human right in order for women and girls to receive the protection, testing and treatment needed. “The path that ends AIDS is a rights path,” says UNAIDS, and the goal remains to end AIDS by 2030.

Here in the United States, social and structural inequalities continue to drive infection rates and health outcomes. Of the 31,800 new HIV infections in the US in 2022, close to half (49%) were in the South, 69% were among men who have sex with men, 22% among heterosexual contact, and 7% among people who inject drugs^[2]. The U.S. will commemorate World AIDS Day with the theme “Collective Action: Sustain and Accelerate HIV Progress.” This theme is a both a nod to the progress made over the last four decades and an embrace of new scientific advancements.

Admiral Rachel L. Levine, MD, Assistant Secretary for Health at the U.S. Department of Health and Human Services noted, “We must all come together to remember the millions of people we have lost to HIV/AIDS. In their memory, we know we must take collective action to continually improve, resource, and further the reach of programs to the communities most and disproportionately impacted by HIV.”

Always, we are stronger together.

^[1] Global Burden of Disease (2024) Seattle, United States: Institute for Health Metrics and Evaluation (IHME), 2024. Available from <https://vizhub.healthdata.org/gbd-results/>."

^[2] CDC. Estimated HIV incidence and prevalence in the United States, 2018–2022. HIV Surveillance Supplemental Report, 2024; 29(1).

Young People’s Program - World AIDS Day

We thought about interconnectedness in the “We Are the World” service. We created a circle, held hands, and danced peacefully for moments. Then, in recognition of conflicts that disturb and threaten interconnectedness, the dancers dipped and dove under and over each other until the circle became a knot. No one, however difficult, let go of their neighbors’ hands, and connection stayed strong. The circle managed to disentangle itself. People said afterwards that it was having to keep tight hold of each others' hands, while challenged by awkward entanglements, that they will continue to remember. - Marion Posner



An Important Footnote

Following this service, one question was what to look for in the months ahead. PEPFAR (the President's Emergency Program for AIDS Relief) is, along with the Marshall Plan, the most successful US foreign assistance program ever. It has always been backed by large bipartisan majorities - until 2024. Instead of its usual multi-year authorization, it was approved just until 2025. It will end, unless approved again, and it may be on the chopping block.

- Jorge Dominguez

Links to Recent Services

"We Are the World" - 12/1 Honoring World AIDS Day

Read reflections by Jorge, Peaco, and Kristen here.

For music copyright reasons, we do not have a public link to this powerful service. Please don't hesitate to contact Rev. Betsy to receive a link for your own use.

"Setting a Table of Appreciation" - 11/24

<https://uuma.zoom.us/rec/share/GLUSiUXWJQfBzuxXCNCwghmLhymjVb2IfCNAZnw3wv85W1fYBoXTgZavagxVapa.cMCsWbl88VdyIRaJ?>

startTime=1732456692000

Passcode: #cjdgv8D

Important Dates:

Saturday, December 7: Cookie Walk\Bake Sale and Holiday Fair 10-3

Tuesday, December 24: Multicultural Christmas Eve service at 4 p.m.



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
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