



# Friday Mail Pouch

WORSHIP: Sunday at 10 a.m.



*David Wilkins*

“Cherish the Day”

The monarchs are here - a reminder of life's sweetness and its preciousness! Our days bring routines and surprises - our minds continuously react and recalibrate. What we truly know, what we truly have, is this moment, right now. May we savor it.

## ***Summer Salad Potluck This Sunday!***

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

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



Dear UUFES family,

While nothing will change for some time, I announced this week that I will retire, at the earliest, six months from now, January 9. Why? Because UUFES is in a sweet time of renewal - a good moment to plan for the future! [Read the announcement here.](#)

Should it help UUFESians ease into the transition, I have also offered to remain as your minister for another 6 months (June 30), with no change in responsibilities except a slightly reduced preaching schedule (2x/month). I would like that - while I think that looking to new leadership makes sense for UUFES, I'm in no rush to leave. A bit of spaciousness would make that possible.

I deeply appreciate the moving messages that have flowed in this week. You glisten me over and over again. Thank you!

Love, Rev. Betsy

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## July Special Collection: Life Ministries Food Pantry

Bill Connors, Life Ministry Food Pantry president, will visit THIS SUNDAY. Local churches, businesses, schools, clubs, and individuals sustain the food pantry to support those in need in our community. Clients receive food donations directly and use monetary donations to purchase supplemental food products at local grocery stores and the NH Food Bank.

Monetary donations also help the food pantry buy food at a discount from the NH Food Bank in Manchester, NH. Please give generously either online or in our basket. Thank you!

Online: <https://lifeministriesfoodpantry.org/donate>

Or by mail:

Life Ministries Food Pantry  
PO BOX 476  
Wolfeboro Falls, NH 03896

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## Fellowship Sunday THIS WEEK - POT LUCK!

### Summer Salad & Dessert Potluck

All are invited to gather after this Sunday's service for social time with each other and a light lunch. Thank you for labeling your ingredients!



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## 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:

July 28

August 18

September 1 (Labor Day weekend)

September 29

October 20

Perhaps an individual has an idea that would inspire a collaboration? Maybe a group will have a thought - Book Group? Men's Group? Women's Group? Poetry Group? Please contact Rev. Betsy.

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## Save the Date!

Margaret Rieser will be co-ordained into the Unitarian Universalist Ministry by UUFES and by the Starr King UU Fellowship in Plymouth - in our faith tradition, *congregations do the ordaining*. This joyous event will take place Saturday, September 14, at 3 p.m. at Starr King UU Fellowship, 101 Fairground Road, Plymouth, NH. All are warmly invited!



*(Yes, a deer swimming by....)*

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New Canopy!



Now we have dry bags of coffee and dry volunteers. Thanks to the UUFESians and to Bob Streeter, who all helped make this happen ! If you are interested purchasing our turquoise canopy, please contact Barbara Lubin or Ricky Banderob.

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## Volunteer in August at UUsed!

Thank you to everyone who has made all the difference this season! Please take a minute to sign up for August shifts:

Saturdays: 8:30-10:30 and 10:30-12:30 (contact Peaco Todd)

Thursdays: 12-2 (contact Kathy Bird)

Not only will you be an integral part of keeping UUsed a thriving entity, you will also have a very good time - thank you!

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**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>

**July 29:** *The Violin Conspiracy* by Brendan Slocumb

**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.

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

In some of the most beautiful prose I have ever read, Robin Wall Kimmerer weaves science, medicine, ancestral teachings, folklore and compassion into a braided narrative that gently awakens our responsibility to the world and each other. Read Breathing Room Issue #52 [here](#).

Woo hoo! Issue #52 marks the one-year anniversary of the TMG! Appreciation to Mark DuMars and Ed Parsons for creating this steady, solid community program.

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

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## Poetry Group - Tuesday at 4 (Zoom)

<https://uuma.zoom.us/s/5022081578>

All are welcome every Tuesday to consider a poet's work. The next two weeks, we'll be reading poems by Mark Nepo. Thanks to Barb Bald for the suggestions. To receive a reminder Tuesday morning, please contact David Wilkins.

"Made from Bone"

By Mark Nepo

When I can be the truth  
It grows more and more clear  
When it is necessary to tell the truth  
That is, when I have access to the place  
Within me that is lighted, I do not have  
To speak heatedly. I can just give away  
Warmth.

When I am still enough to brush  
Quietly with eternity, I do not have to  
Speak of God. I can just offer peace to  
Those around me.

A tree grows so it can convey wind.  
It is not the wind and a person  
Grows in order to convey spirit.  
They say that animals recharge

Their innocence each time they hoof  
The earth, and we are reborn  
Each time we touch what matters.

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**Men's Group 3rd Wed, 2-4 p.m.**

The Men's Group is on holiday. Stay tuned for August plans. The Men's Group always welcomes transgender, nonbinary, and cisgender persons.

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**Women's Lunch at 12 (cis, trans, non-binary inclusive) JULY TBA**



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**Needlecraft Ministry** 1st Thursday 1-2:30 p.m.

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*The Tamworth Pride Saunter, June 30*

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## **Links to Recent Services**

"Sauntering to Safety" 6/30 About safety and being a good LGBTQ ally

[https://uuma.zoom.us/rec/share/fkKflft3yxFTDhI4vDR9uoICh5emwuBouSdP6ONc9ogf9\\_XhbF9bj43-9xP6ho.neygvq8Wur5eFtI?startTime=1719752665000](https://uuma.zoom.us/rec/share/fkKflft3yxFTDhI4vDR9uoICh5emwuBouSdP6ONc9ogf9_XhbF9bj43-9xP6ho.neygvq8Wur5eFtI?startTime=1719752665000)

Passcode: W%8rB9K?

"The Flags We Fly" - 6/23 - About General Assembly discussions and votes  
<https://uuma.zoom.us/rec/share/xjlJZQbMW2VCl8fiwpUGGvYeTggBE95DoJyxKCimkN9smsjD3vrjPOe-UxMMe3YL.yAQxWWC69AGzdDmB?startTime=1719147890000>  
Passcode: wy4vcTB\*

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*Heron fishing photos from Winky Wright (Rev. B childhood friend)*

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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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