



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



"Shaken"

Life can shake us to the core. Sometimes Earth itself shakes us! What helps when we long to find ground?

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>

View from the Pulpit

In February, my mother would look out the window and talk about the light. "Warmer and brighter every day," she'd say. I heard that truth for years, but only late in life has it landed for me. Back then, I didn't seem to have the time or make the time for her wisdom, whereas now, come February, I hear her voice, see the bird feeder out her kitchen window, and cherish the memory.

I feel that way about Imbolc, too. Of little interest once upon a time, it feels wise and relevant today, halfway between the winter solstice and the spring equinox. Delightful, too, with the interplay of darkness and light; stillness and

stirring; frozen streams and warm milk flowing in dens and barns. And who knew that the kitchen broom was a symbol of this ancient festival!

As luck would have it, early this winter I commissioned a broom to be made for UUFES and so had it in hand for the Imbolc service last week and bestowed it Sunday as one of my goodbye gifts to you...primarily practical. While we used to grind cookies into the carpet without a thought, now we see crumbs on the wood floor and reach for a broom!

Research turned up a young broom maker in Damariscotta, Maine. The handle comes from a Quaking Aspen tree, aged a few months and then dried in a kiln. Eric McIntyre (Village Handcraft) procures the corn stalks - dried flowers and all - from Texas, one of this country's last broom-corn farms. The broom has an inscription, too: "To UUFES with love...."



Brooms make for great metaphors. Anyone can use one, and everyone does. We sweep all the time, sometimes daily. Cleaning up. Making order. Sweeping away the clutter of yesterday to make room for tomorrow. Again, my mother comes to mind. When the family piled into the station wagon for a weekend in Maine, we always had to wait for her, as she swept the kitchen floor before leaving, preparing for re-entry....

Going on nine years, you and I have done a lot of sweeping up and beautifying, literally and figuratively. I like to think we've found satisfaction in the community aspects of kindred spirits coming together to clear away clutter of the past and focus on our collective future. What better way to remember and to express gratitude for these years together? And what better way to symbolize affirmation and anticipation of new leadership....

With love,
Rev. Betsy



Notes from your Governing Board

More than half-way through our fiscal year, we are already looking ahead. This year's financial status looks good thanks to our wonderful supporters - you! And we're optimistically reviewing FY26 Budget with our dedicated Finance Committee members.

The world around us continues to swirl with overwhelming speed at times. We each seek to



find ways to deal with it. UUFES is a good grounding place. The Board asks you to suggest how we can help each other - small group meetings to share our feelings and know we aren't alone? Activities to focus on positive ways we can make a difference or relieve some stress? Learn how to be a bit more patient with one another and those we encounter in our daily lives? We are a people who can offer comfort, understanding, resources, and often a welcoming hug.

Winter is on the downward slope and, though days are still cold, we're seeing more sunshine, more hope if we look beyond the quick newsfeeds every hour. May we be the hope and light our world needs. Happy February with Love!



Pastoral Care Corner

Longtime UUFES friend **Normandie Mindheim** is recovering from a bruised collarbone and ribs after a fall last week. Thanks to Dave Mills, who lives nearby, for passing the word. Normandie's address at Sugar Hill is: 24 Donald E Walter Drive, Wolfeboro, NH 03894.



*L-R around the table (July 2023): Hope Hutchinson, the late Harlene Richardson, Ellen Farnam, Anne-Marie Holland, **Normandie Mindheim**, and Eleanor Jenkins*

The Pledge Drive Begins

Welcome to the pledging season...when UUFESians plan how to support our Fellowship this year with time, talent, and treasure; when we come to understand the Fellowship's finances; when we watch the mailbox for an inspiring mailing inviting us to give; when we smile at Peaco Todd's graphics; when we joyously respond, maybe with a check; and when, if not now - we think about what UUFES means to us and we delight in fellow UUFESians' testimonials. Lastly, this is when we let imaginations run wild and write fun songs, skits, and odes about UUFES!

The time is now for the wheels to start turning. The 2025 pledge drive theme is "A Well-Tilled Garden" as in working toward the moment, one day, when our incoming minister arrives and delights in landing in a well-tilled garden! ☐



“How Does Pledging Work?”

Unitarian Universalist congregations are self-supporting. Members and friends support UUFES by giving in many ways and, every spring, by donating the funds that support the annual operations of the Fellowship. Thank you!

Some Background:

- The Finance Committee plans the coming year's budget based on pledges and gifts received at this time. A "pledge" is like a promise: it states what you plan to contribute in the coming year.

- The annual pledge drive raises 3/4 of our operating funds. Fundraising efforts raise the rest, including UUsed thrift store sales, Farmers' Market coffee revenues, and the holiday bake sale and fair.
- Our fiscal year runs July 1-June 30. Once pledges come in and are tallied, members vote on the budget at the annual meeting in June.

What to Give?

Your pledge is your best guess at what you can give to UUFES for next year's operations. Here are some options to consider:

- Last year's pledges looked like this. Maybe jumping a level is an option for you?

#Gifts and Amounts (FY 2024-5 as of 1/27/25)

4 \$5,000 and up

6 \$3,000 - \$4,999

12 \$2,000 - \$2,999

14 \$1,000 - \$1,999

10 \$400 - \$999

13 Under \$400

59 pledges/gifts (59 + 16 couples = 75 individuals) totaling \$116,361

- Give what you gave last year and add 2.5% for the 2024 federal cost-of-living adjustment (COLA) for 2025.
- Give last year's average contribution: \$1,972. Consider adding a 2.5% cost-of-living adjustment: \$2,021.
- Give based on FY24-5 's budgeted expenses (\$159,691). Consider supporting UUFES for one day: \$436. Or one week: \$3,070. Or think big and give a whole month's support: \$13,307.
- Contribute a % of your income.

Kick-Off Sunday is March 9. Look for an envelope in your mailbox that week with more information, and thank you for responding promptly - every person makes a difference!



Why I Joined and Come to UUFES

By Esther Wakefield

My best friend posted a photo of her cat raptly batting a feather toy with the caption: “Let’s pursue justice and peace with this kind of focus, friends,” on November 6, 2024. That sounded like the sort of benediction I could get behind. I have many far-flung friends who share these goals, and I wanted more community, locally, with people who pursue justice and peace. I thought it might help if I started coming to UUFES.



I was delighted to find a group committed to community that pursues goals of justice, equity, and pluralism, while holding a mindset of generosity, interdependence, and transformation—with love at the center. At UUFES I find support for my ongoing project of building compassion and equanimity within myself. This happens in the weekly services, the coffee hour, and the meditation group.

It is a relief to find accepting community in hard times. I am curious to see what the next few years bring.

February Special Collection
CAMP HAWKEYE

February 16

Camp Hawkeye is a small overnight camp



in NH for ALL HUMANS ages 7-17 with a strong commitment to creating a diverse community. Hawkeye includes campers and staff from a variety of social, ethnic, economic, religious, and geographic backgrounds as well as across the gender and self-identity spectrum.

The Hawkeye Campership Fund plays a pivotal role in enriching the lives of young individuals by granting them financial access to transformative camp experiences. These opportunities enable youths to engage in diverse activities that foster

personal growth, leadership skills, and a sense of community.

By bridging financial gaps, the fund ensures that camp experiences are inclusive, allowing participants from various backgrounds to benefit. The positive impact extends beyond individual growth, as these empowered young people often bring newfound skills and perspectives back to their communities, contributing to a ripple effect of positive change. In essence, the Hawkeye Campership Fund is not just investing in individuals, but in the future of communities, one camper at a time.

Mail a check to "Hawkeye Campership Fund," 25 Alden Place, West Newton, MA 02465 with "UUFES" in the note section. Or donate online:
https://www.paypal.com/donate/?hosted_button_id=QUXF7RKT3C4XW
Thank you.

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>

Feb. 24: *The Guernsey Literary and Potato Peel Society* by Mary Ann Shaffer and Annie Barrows

Mar. 31: *Susan, Linda, Nina, and Cokie: The Extraordinary Story of the Founding Mothers of NPR* by Lisa Napoli

Apr. 28: *The Lioness of Boston: A Novel* by Emily Franklin

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

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

We will first go through a personal checking in and then discuss 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.



Thank you again to Hope Hutchinson for these winter photos.

Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome every Tuesday to consider a poet's work. During the next two weeks, the group will explore poems by Robert Frost. Next week: "The Road Not Taken." Thanks to Marsha Carlin for this suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.

The Road Not Taken

By Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—

I took the one less traveled by,
And that has made all the difference.

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

"In spite of whatever happened in the past or could happen in the future, we could be at rest here and now. Who knows? We could even be happy."

Read Breathing Room Issue #82 [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.

Today, ten UUFES women met on Zoom and talked about how they're doing these days. In addition to sharing what helps bring hope, joy, distraction, focus, and sometimes spaciousness to life, they explored ways to make a difference in the world - including making calls about causes you support. Emails and letters can be ignored, but calls are heard and counted. Websites that provide contact info for decision makers include www.5calls.org.

Celebrating the Life of Willie Mork

A celebration of Willie's long life will take place at 1:00 p.m. on February 22 at the Village Players Theater on 51 Glendon Street in Wolfeboro. Rev. Betsy will officiate.



UUFES Renews Commitment to Affordable Housing

UUFES has been supporting the NH Community Loan Fund (NHCLF) for many years - a social justice commitment. Ours is one of five UU congregations in New Hampshire that supports the NHCLF, as does the UU Common Endowment Fund. The NHCLF spends about \$9 out of every \$10 of its financial resources on affordable housing projects; the remainder supports nonprofits and small businesses.

On 1/31/25, a four-year Note for \$10,877.67 expired. UUFES has renewed it for another four years at 2.5% interest. Prevailing 30-year mortgage rates in NH cost about 6.8%; the differences between those two numbers illustrates the UUFES support. Altogether, UUFES has \$15,877.67 committed to the NHCLF through 2028 and 2029. The NHCLF also welcomes individual investments as well as donations. New Hampshire certainly needs affordable housing.

- The Finance Committee

Links to Recent Services

"Sunlight Warm and Bright - Energy Rising" - 2/2/25

<https://uuma.zoom.us/rec/share/JR94AoXthmjl4YHEH--DHPz4Oyzd4jDcmMK4Jgpf-ymdunTh5fhiHdXk8q-BgJZV.6JvXxEn9j1FrcfeS?startTime=1738504400000>

Passcode: 5QnxVs\$?

"Silence Falls out of the Sky" - 1/26/25 with the Poetry Group

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

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

UUFES WEBSITE LINK: www.uufesnh.com



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