



---

# Friday Mail Pouch

WORSHIP: Sunday at 10 a.m.



## “Calm Soul of All Things”

Can we take a break? Quiet down? Experience the world from a hazy distance for a while? Take long naps where a soft breeze blows? Dream about peace and harmony? Rest nurtures the spirit.

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

*For this week's Coffee Hour, the 3rd Sunday of the month,  
last names M - R are invited to bring refreshments Thank you!*

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



## Next Week's Service - Trees, Trees, Trees

I'm off next Sunday, 7/28. In lieu of a Sunday Services Committee, we turn to you from time to time to offer services - wonderful services. Thank you!

For the service next week, I suggest a "1-2-3" service about TREES. Who doesn't love trees? All that's needed for a powerful service is for three UUFESians to each offer a brief, 5- minute tree reflection.

Possible avenues to explore: the tree in your grandmother's yard, a tree you miss, the tree on the school path, a tree you planted, the tree that went down in a recent storm, a tree you love. We all have tree stories. Please think about yours - and I look forward to gratefully seeing three UUFESian hands go up this Sunday. - Rev. Betsy, your 3/4-time minister

---

## Special Collection Reminder:

Donations to L.I.F.E. Ministries Food Pantry are warmly welcome online and by check:

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

Or by mail:  
Life Ministries Food Pantry  
PO BOX 476  
Wolfeboro Falls, NH 03896

---

## Summer Children's Program

A note to the Governing Board from Alice Posner, Young People's Program

We had such a wonderful week at the Summer Children's program with our 4-6 year olds at the end of June. We explored the elements of fire, water, air and

earth through art, play, body exercises, a daily “special table,” and discussion. Also through books and song.



The elements were our jumping-off places for exploring such ideas as flow, passion, grounding, and logic. Much work was done towards self awareness in our little community and building empathy about each other's experiences. They were also of course a way of building awareness of our environment and the earth as well in an intimate embodied way.



We celebrated the longest day (as best we could in the intense heat!) with sunflower hats and a special dance and song.



We were so happy to have Barbara Bald come in and share about beavers on our water day, Marion told stories about each element in the mornings, and Rev. Betsy tackled the question at the end of camp of thinking about a fifth element!



Parents Lauren and Ashley shared art ideas, texture, and smell with play

dough and printing and exploring line with cardboard. Richard Posner shared a story one morning, and community member Deb came to help lifeguard at the river. We were lucky to have so many talented community members share their passions with us.



We had a heat wave that week! We spent time between the air conditioning and camping out in the Swift River - almost literally! The children built a house in the middle of the river with planks and rocks complete with kitchen, office, and bedrooms.



Thank you again for seeing the vision of this with me and offering your support so we could offer this. The children's relationships to UUFES deepened and community was strengthened! - Alice

---

## 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:

September 29  
October 20

Please contact Rev. Betsy. Thank you!

---



## 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!

---

## Awesome Season at UUsed

Your help is warmly welcome:

Thursday mornings 9-11

Saturdays, 8/3 and 8/24 10:30-12:30

Thrift shops are famously people-intensive, so your helping out makes all the difference :-). Peaco Todd does the scheduling - please let her know your availability!

---



---

**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!

---

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

It seems that people everywhere are speaking loudly to the universe at large about their fears, their disappointments, their expectations....But they are talking so much and so loudly, they themselves cannot hear. I once visited a poultry farm and wondered the same thing about individual chickens.

Read Breathing Room Issue #52 [here](#). And congratulations to TMG on their #1 year anniversary this week!



*"Abundance"*

---

### **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'll again read a Mark Nepo poem: "This Poem Should Be a Circle"

To receive a reminder Tuesday morning, please contact David Wilkins.

---

### **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.

---

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

The next Women's Group lunch will be a summer salad potluck at Sandra Carr's house at noon on Thursday, August 1.

---





*Thank you to Sandra Carr for her summer photos!*

---

## Links to Recent Services

“Cherish the Day” 7/14 - About monarch butterflies and change on the horizon  
For music copyright reasons, there is no public link to this service. Please contact Rev. Betsy if you would like the link for your own use.

"Sauntering to Safety" 6/30 - About safety and being an LGBTQ+ ally  
[https://uuma.zoom.us/rec/share/fkKflft3yxFTDhI4vDR9u0ICh5emwuBouSdP6ONc9ogf9\\_XhbF9bj43-9xP6ho.neygvq8Wur5eFIbI?startTime=1719752665000](https://uuma.zoom.us/rec/share/fkKflft3yxFTDhI4vDR9u0ICh5emwuBouSdP6ONc9ogf9_XhbF9bj43-9xP6ho.neygvq8Wur5eFIbI?startTime=1719752665000)  
Passcode: W%8rB9K?

---

### **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>



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!