



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



"Sunlight Warm and Bright - Energy Rising"

It may come as a surprise that right now, in deep winter, life stirs in the wild. Mother's milk flows with the birth of baby bears, foxes, squirrels, racoons, beavers, opossums, and otters.

The Celtic festival of Imbolc begins this Saturday, about halfway between the winter solstice and the spring equinox, and celebrates this time of Mother Earth's rising energy with symbols of the divine

feminine - and a broom, too, for sweeping away the old in preparation for the coming year! A service of appreciation for the old ways.

Young People's Program with Marion and Alice Posner

For this week's Coffee Hour, the 1st Sunday of the month, last names A-F are invited to bring refreshments. Thank you!

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



What does “a well-tilled garden” mean to you?
A place of growth and beauty?
A place where, together, people make good things happen?
Hmm....Stay tuned!

Young People's Program Volunteers

Thanks to everyone who's volunteered to help out on Sunday - Marion and Alice are delighted by the response and appreciate your presence.



ASP Affirming Spaces Project

UUFES proudly continues to be a Community Partner of the NH Affirming Spaces Project. The ASP webpage lists area business and community agency partners - UUFES is its only faith-based partner. Imagine that....



The new ASP window sticker on our front door identifies UUFES as a

welcoming, affirming, safe place open to people of all genders and sexual orientations:

The Affirming Spaces Project (ASP) is a Northern New England-based organization dedicated to improving local communities through the development and maintenance of welcoming and affirming environments for patrons, visitors, and employees of all genders. ASP was founded in New Hampshire by a small group of local residents who share a common goal: improving our communities and the daily lives of all residents. ASP is expanding to cover more areas in New England but keeps our founding location at the forefront of our thinking. As harmful legislation continues to be passed, welcoming and affirming spaces for people of all genders are becoming even more critical.



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.



Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome every Tuesday to consider one or more poets' work. Next week's poetry is: "At the Solstice" by Shaun O'Brien; "Blow Blow Thou Winter Wind" by William Shakespeare; "Ask Me" by William Stafford, "Lines for Winter" by Mark Strand, and "The Quiet Machine "by Ada Limon. Thanks to Barbara Bald and Lew Prillaman for these suggestions. To receive a reminder Tuesday morning, please contact David Wilkins.



Thank you to Hope Hutchinson for her winter photos.

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

"After we have recognized, allowed, and investigated our experience, we can offer ourselves some kindness and compassion."

Read Breathing Room Issue #81 [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

Sacred Chanting

Wednesday, February 5th - 4:30 in Sanctuary with Shana

Many spiritual traditions embrace chanting, evolved through the generations across India, the Middle East, Europe, and the Americas. Chanting - especially with others - shows effects such as calming the mind, reducing stress, healing, and generating feelings of peace.

Shana teaches Kirtan, Sufi, Jewish and other chants by ear. Adherence to any religious belief system and previous musical experience are not necessary. Donations gratefully accepted.

Links to Recent Services

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

"The Other America" - 1/19/25 For MLK Jr. Day

For music copyright reasons, we do not have public links to the 1/19 and 1/26 services. Please don't hesitate to contact Rev. Betsy to receive a link for your own use.

Important Dates: Stay tuned!

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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