



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



Image: Ed Parsons

"Looking Within" - Tamworth Meditation Group

We all have been taught to see the beauty in each other, to be at peace with our surroundings, and to plan for a glorious future. All of those wonderful things are outside of us. What would we find if we paused for a moment and reflected on the beauty within ourselves?

ZOOM-ONLY SERVICE THIS SUNDAY

Young People's Program with Marion and Alice Posner

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

Fun and Games

Up close and personal with nature

Skill Building

EVERY CHILD DESERVES TO GO TO CAMP

YOUR DONATION GOES DIRECTLY TOWARDS A CHILD'S TUITION.

Find Out More Here 

www.HawkeyeCampershipFund.org

Hawkeye
CAMBERSHIP FUND
CAMP IS FOR EVERYONE

February Special Collection: CAMP HAWKEYE

February 16 - THIS SUNDAY

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!

Thoughts from the Governing Board

With many UUFESians feeling overwhelmed by the speed of changes coming from Washington, it is no wonder we are uncertain about how to deal with it all as a people of faith and compassion. We see each other's distress and overwhelm in Joys and Sorrows Sunday mornings, in various small groups at UUFES, and in our conversations with friends and family.

It would help to hear where UUFESians are now and explore ways we might respond as a congregation. UUFES cannot be politically partisan but Unitarian Universalists side with justice and equality for all. We ally ourselves with those targeted right now - fearful of losing adequate healthcare, voting rights, safe and confidential reproductive care, immigrant rights, and education that tells the true history of our nation.

Meeting this past Tuesday, the Board discussed various ways UUFESians might engage and connect, among them: establish forums and/or resume "Seriously" for talking about these issues; identify a cause/causes that the congregation supports; consider some form of action, collectively or individually; join other faith communities in taking action; explore what the congregation might want to do; share ways UUFESians are already involved. Also, contact a Board member with your responses and thoughts. Send ideas to the Board at uufesoffice@gmail.com with "Ideas for the GB" in the subject line.

A link below brings you to a message from UUA President, Rev. Dr. Sofia Betancourt, about the multi-faith coalition's lawsuit to protect houses of worship against ICE arrests.

May the people from the Meeting House on the hill meet this moment with purpose and courage.

A Message from the UUA President

*"We join this multifaith coalition, representing millions of Americans across dozens of denominations, to challenge the ending of ICE's sensitive locations policy and **oppose any interpretation of law which would allow immigration raids in houses of worship and religious ceremonies.**"*

[Read the entire message here.](#)



Dear UUFES friends...

NH Network for Environment, Energy, and Climate has organized a statewide petition campaign asking grocery store chains to reduce the distribution of single-use plastic bags. An online version of the petition is available at bit.ly/noPLASTICbags. You'll also find paper versions available for signing in the UUFES entrance and at the Tamworth Bakery.

Please consider whichever version - paper or online - is most accessible for you, and feel free to share this link with NH friends and family. We will present the petition to the corporate leaders of our major grocery chains - and to our legislators.

Signing this petition may be a small action against the flood of plastic threatening our environment, and when multiplied by thousands of people across the state, it can make a difference!

- Ellen Farnum, Tamworth Recycling Project



Imagine songs, ditties, and skits as....

UUFES looks forward to beginning a new chapter in the coming year. Having come through the pandemic with new members and new technology and having renovated the Meeting House, UUFESians have continued to welcome new friends and members to Sunday gatherings and midweek programs, and to deepen connections with the larger community with coffeehouses and holiday services. Today, UUFES joins faith communities across the country with energized focus on living into our values in a complicated time. What better time for new leadership....

May the spring pledge drive inspire metaphoric seed-planting and tending action so that the incoming minister feels as if they've landed in a well-tilled garden. Time to weed a bit (think files, cabinets, bookshelves). Time to aerate chunky places (think creatively). And time to add nutrients (yup, funds).

Song lyrics, anyone? A skit? Please send them to Shana and Rev. Betsy so we can find just the place for them in March!

Why UUFES?

By Carol Smith

In the early 1970's, a work-related meeting brought me to First Unitarian in Rochester, NY. During a break, I snooped the bulletin boards, realized that the congregation had a strong social concerns focus, and suspected that I might have found my "tribe." The following Sunday service confirmed it. I was hooked and reeled in. I was later a member of UU congregations in suburbs of Buffalo, NY and Baltimore, MD. And UUFES. I signed our membership book in the fall of 1992.



So, what drew me in and kept me involved in each congregation, and is especially true of UUFES? A suspicion that this is a place where I can find family – people whom I love that don't happen to be my direct kin. An awareness that these people and our shared rich tapestry of beliefs call me to be a better person and to be accountable, rather than qualms about hell-fire in some purported afterlife.

What does "being a better person" look like? It's savoring opportunities: to contribute to charities that have been nominated for support by my fellow UUFESians but are new to me; to show up to advocate for communities whose voices have been met with deaf ears; to support UUFES itself with time, talents, and money. UUFES lets me give back. Thank you.



From the Young People's Program

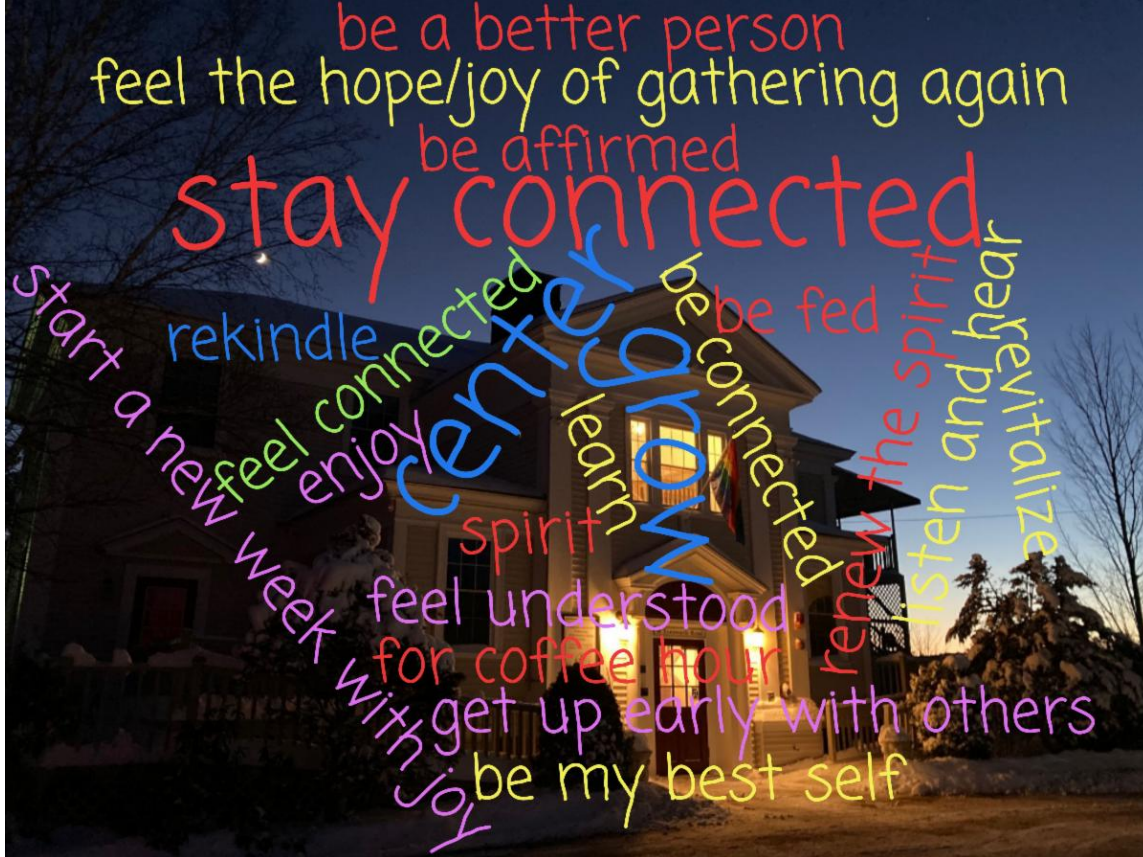
For the Imbolc/St. Brigid's Day service, our activities were in search of light as it has been yearned for and found through the centuries - and especially valued this time of year. We used chalk on the board and paper to create the Aurora Borealis; Serge created Stonehenge out of clay; and we proceeded upstairs to process with candles in an Imbolc celebration of the returning of light, and hope of Spring. - Marion Posner, with Marsha Carlin



Becoming a UUFESian

New Member Recognition Service April 6

“I come to UUFES to....”



This word cloud comes from March 2021, when UUFESians were asked to fill in the blank: "I come to UUFES to...."

In early April, the six individuals who have joined UUFES this fiscal year will be warmly welcomed - Grace Ferguson, Kelsey Schroeder, Russ Kirby, Mark DuMars, Esther Wakefield, and Chris Barr.

If you are curious about joining UUFES, if this feels like a place you can grow, maybe stretch, please let me know. We'll have a conversation about you and the joys of being part of UUFES. I look forward to that! - Rev. Betsy

What Plants Bring to Our Lives

Sunday, February 23

Next week's service is about houseplants. In a recent show of hands, UUFESians indicated that many of us love our plants all year long. We tend to them with water, attention, gratitude, and admiration. Conversation, too, from time to time. They matter to us.



Some photos have come in. Thank you! Please send one or two my way and think about their/your story. We'll take it from there! With anticipation, Rev. Betsy



Every UUFES group and every UUFES ministry is cis, trans, and non-binary inclusive. All are warmly welcome!



Thank you to Meredith Morten for her wintertime photos.

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: *Stuck in the Middle with You: A Memoir of Parenting in Three Genders* by Jennifer Finney Boylan

May 26: *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

This meeting will take place at Dick Byrd's house: 7 White Pine Circle in Wolfeboro. We will check-in (first time in several months) and then discuss our hopes and concerns for ourselves, communities, and the nation in 2025. To receive emails with the Zoom link, contact Jorge Dominguez.

Men's Group always welcomes transgender, nonbinary, and cisgender persons.

Poetry Group - Tuesday at 4 (Zoom)

<https://uuma.zoom.us/s/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: "Stopping by Woods on a Snowy Evening." Thanks to Marsha Carlin for this suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.

Stopping by Woods on a Snowy Evening

By Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

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

“...different traditions can lead to the same awareness and...by learning different approaches and not attaching to method, one can continue awakening to beauty as it unfolds.” Read Breathing Room Issue #83 [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.

Celebrating the Life of Willie Mork

Saturday, February 22 at 1:00 p.m.

The celebration of Willie's long, musical life will take place at the Village Players Theater, 51 Glendon Street in Wolfeboro. Rev. Betsy will officiate.



Links to Recent Services

"Shaken" - 2/9/25 - Responding, body and soul, when life shakes us

https://uuma.zoom.us/rec/share/O1EJZZ4MZgF9xnIXWRT7HH5__z_bIGW8gxpKhRvr8NAIuQuQDuSFcUFTTFgh9eKi.jDnHjYpYkDHO1-t6?startTime=1739109466000
Passcode: D%!%&2sS

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

<https://uuma.zoom.us/rec/share/JR94AoXthmj14YHEH--DHPz4Oydz4jDcmMK4Jgpf-ymdunTh5fhiHdXk8q-BgJZV.6JvXxEnj1FrcfeS?startTime=1738504400000>
Passcode: 5QnxVs\$?

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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