



SORRY FOR TODAY'S DELAY - POWER OUTAGE AT UUFES

Friday Mail Pouch

WORSHIP: Sunday at 10 a.m.



Image: Greg Cartmell

“More Than a Juicy Peach”

Nothing compares with the taste of a ripe peach in the summertime - not only a sensory thing, but a complex one, too, given the peach's social history in this country. Come join in a Sunday service of appreciation!

IF ATTENDING BY ZOOM, HAVE A RIPE PEACH AT HAND
TO PARTICIPATE IN A PEACH RITUAL.

For this week's Coffee Hour, the 2nd Sunday of the month,

last names G - L are invited to bring refreshments Thank you!

Peaches and peach confections are also welcome!

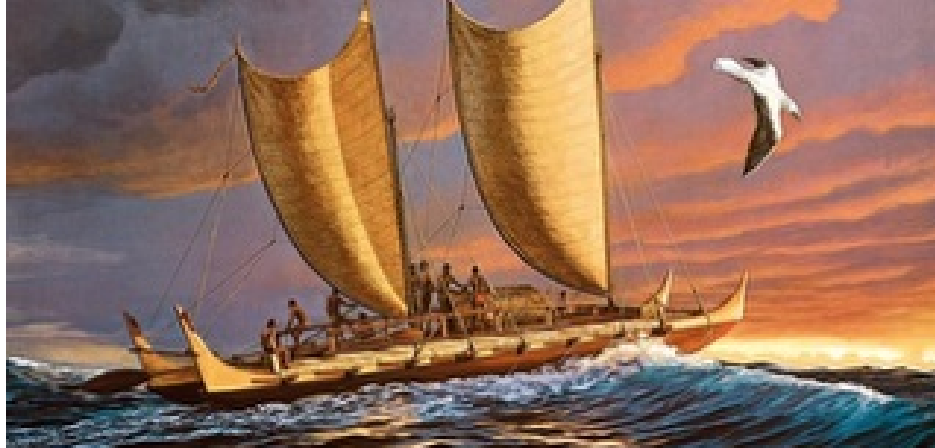
**Who would like to make David Wilkins's
Aunt Lucille's mother-in-law's
"great peach pie recipe...
an old Michigan recipe
so easy and delicious"?
Here's the recipe.**

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



Helping Make a Difference

Also this Sunday, Lilly Turner, summer visitor from the Norway, Maine UU congregation, offers homemade reusable produce bags to anyone who can use them. "I hope you will remember to take them with you and use them every time you go groceryshopping....The idea came from a young woman, who came to the movie "Bag It" (2010) at our local Lakes Environmental Association where she handed out homemade produce bags after the showing. I thought, what a great idea!



The Young People's Program

Last week, the young people performed a playlet with Marion, set on an island in Polynesia, about a difficult migration over the vast Pacific Ocean which the people navigate with perseverance and profound appreciation of the creatures of the deep.

Resplendent in costume and with dragons, an albatross that soared the sanctuary, and an unimaginably long Blue Whale (longer than the sanctuary), the cast recited and acted out the precipitous journey. They created the glorious sounds of their island and a storm at sea, and they danced with sea creatures to the lyrical notes of Grant Prillaman's cello.



Reminder: August Collection End 68 Hours of Hunger

You can make a donation to End 68 Hours of Hunger at <https://www.end68hoursofhunger.org/donate/>

Pastoral Care Corner

Love out to **Ellen Wilson** whose brother David died this week. She is also recovering from a hand injury - stitches just out. Ellen's address is 9 Harvest Lane, Melvin Village, NH 03850.





Celebration of Life - Emily Kirby

We will celebrate the life of Emily Kirby, longtime UUFES member and friend, Saturday, August 17, at 2:30 pm.

A reception (catered) will follow the service. If you can help with set-up and other arrangements, please contact Rev Betsy.



Seeking service ideas for...

...when our 3/4-time minister is out of the pulpit: September 29, October 29.
Please contact her!



In Memoriam - Deborah Frock

Bobbi Hoyt shared this week that Deborah Frock, former UUFES member, died November 23, 2023. She had moved to Keene about fourteen years ago to be near her son Ethan and his young children.

Carol Smith remembers: "Deborah provided children's RE when we met in Runnells Hall. She also raised llamas when she lived in Freedom, NH. When I retired and moved back to NH, Deborah re-oriented me to many of the natural wonders in our area as well some sources of classic New England stuff."

Rod Forsman also recalls that Deborah gave UUFES a stained-glass window from a former church in Illinois."

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>

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.

Nov. 25: *A Man's Place*, by Annie Ernaux

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



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

I, like so many others, have been watching the Olympics....Essentially, as their bodies are being conditioned, the athletes enter into a form of profound meditation in order to succeed.

Read Breathing Room Issue #56 [here](#).

Co-sponsored by UUFES & the Tamworth Community Nurse Association



Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome every Tuesday to consider a poet's work. The next two weeks we will discuss poems by Li-Young Lee. Thank you to David Wilkins's daughter Katherine for this recommendation. Next week the group will read his poem "From Blossoms." To receive a reminder Tuesday morning, please contact David Wilkins.

From Blossoms

By Li-Young Lee

From blossoms comes
this brown paper bag of peaches
we bought from the boy
at the bend in the road where we turned toward
signs painted *Peaches*.

From laden boughs, from hands,
from sweet fellowship in the bins,
comes nectar at the roadside, succulent
peaches we devour, dusty skin and all,
comes the familiar dust of summer, dust we eat.

O, to take what we love inside,
to carry within us an orchard, to eat
not only the skin, but the shade,
not only the sugar, but the days, to hold
the fruit in our hands, adore it, then bite into
the round jubilation of peach.

There are days we live
as if death were nowhere
in the background; from joy
to joy to joy, from wing to wing,
from blossom to blossom to
impossible blossom, to sweet impossible blossom.



Men's Group **3rd Wed, 2-4 p.m. AUGUST 21**

The Men's Group next meets at Bill Hoffmann's house. Directions tba.

After checking in, we will consider the topic we did not have time to discuss at our last meeting: Did you ever join a student protest? Would you join one now? Under what circumstances would you ask the police to intervene - never, always, other possibilities? As colleges and universities resume in the next few days, this may be timely again.

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

Women's Luncheon (cis, trans, non-binary inclusive)

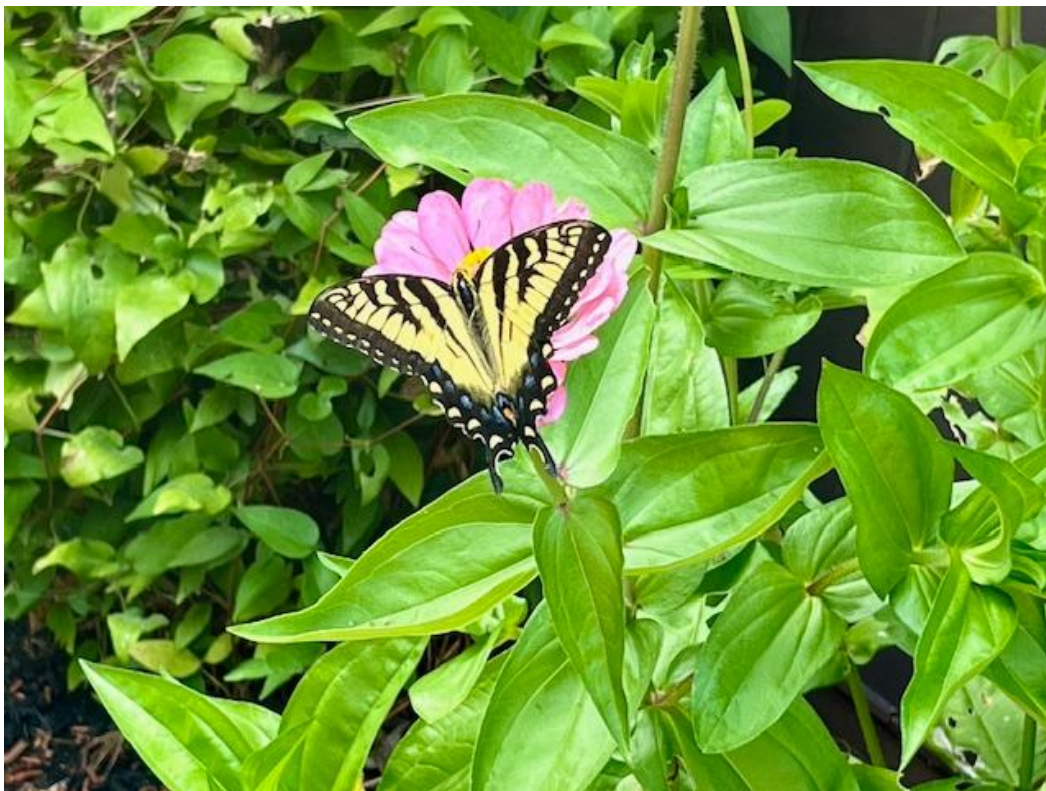
1st Thursday, 12 noon - During the summer, at people's homes



Thank you to Sam Perry for today's rainbow photographs.

\$5 UU Values Sticker

Pittsburgh artist Claire Pullen has created die-cut vinyl stickers of the newly stated UU values (\$6 each, or 3 for \$15). I have five stickers if you would like to purchase one (\$5) - Rev. Betsy



Swallowtail - Sandra Carr

[Links to Recent Services](#)

"Beyond What We Know" 8/4 - When the world sheds new light on what we thought we knew

For a video of Haiti nurse Alex Doursanville telling her story, go to Regis College Commencement 2024 and scroll in to 1:26.

https://uuma.zoom.us/rec/share/6t4GP5hcr_hW4tL_cVJVC_Yx9OY3oTQCWL72zgXZzRvpZAJExmQmZtDpqqhUp28.zmlOuhSXS7oGmcue?startTime=1722776534000
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"For the Love of Trees" 7/28 - Tree reflections by Betsy Loughran, Peggy Polo, and Eleanor Jenkins and a poem by Barbara Bald

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Window Dressers at Tin Mountain

Reserve Your Inserts Now

Window Dressers has been doing wonderful work in the MWV for five years. Their inserts help seal windows from heat loss by significantly adding layers of R value - much more affordably than replacing windows. The ability to see outside with lots of light coming in is a huge improvement over stapling plastic onto windows.

Losing heat through your windows?

The Tin Mountain Energy team will again be hosting a Window Dressers Community Build this fall to build simple, tight, pine frame insulation inserts. While they won't be built until October, *customers need to sign up now* to reserve limited spaces. Signing up reserves your place but does not commit you to any purchase.

Local volunteers will be measuring windows this summer and inserts will be built at a barn-raising style community workshop in the fall, keeping costs low. When cared for, the inserts last about 8 years and can cut heating expenses 30-40%. They cost about \$55 each depending on window size and pay for themselves in a couple years.

If you are interested in learning more or are ready to sign up, contact Nora at <https://windowdressers.org>. Scholarship funds are available for low-income households.

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 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



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