



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



“Water Brings Us Together - The Water Ceremony”

Every September, as summer evolves into fall and as towns “reset the clock...to the come and go of the school bus” (Robert McCloskey, *Time of Wonder*), UU congregations celebrate our shared faith which draws from many sources. In this annual ritual, children and grown-ups bring a jar of water, salty or fresh, that has meaning for them. Everyone pours their water into a communal vessel, symbolizing unity and the shared path. UUfarians, bring water, too. We will celebrate with music, as always.

*Please bring a small amount of water from your summer for our mingling of the waters. For visitors and those who don't have the real thing, we'll have a pitcher of water to represent your heart's memory of summer waters. **Weather permitting, we MAY walk down to the river toward the end of the service....***

Note: This and next Sunday, we will have no downstairs Young People's program. We will have a table with crayons, etc. for parents who wish to draw or undertake simple activities with their children during the service.

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>

A Joyous Weekend of What UUism is All About

Saturday 3 p.m.: Margaret Rieser's Ordination in Plymouth

The Zoom link to Margaret's ordination is:

<https://uso2web.zoom.us/j/86211398178>.

Sunday 10 a.m.: The Annual Water Ceremony



September Special Collection: NAMI New Hampshire

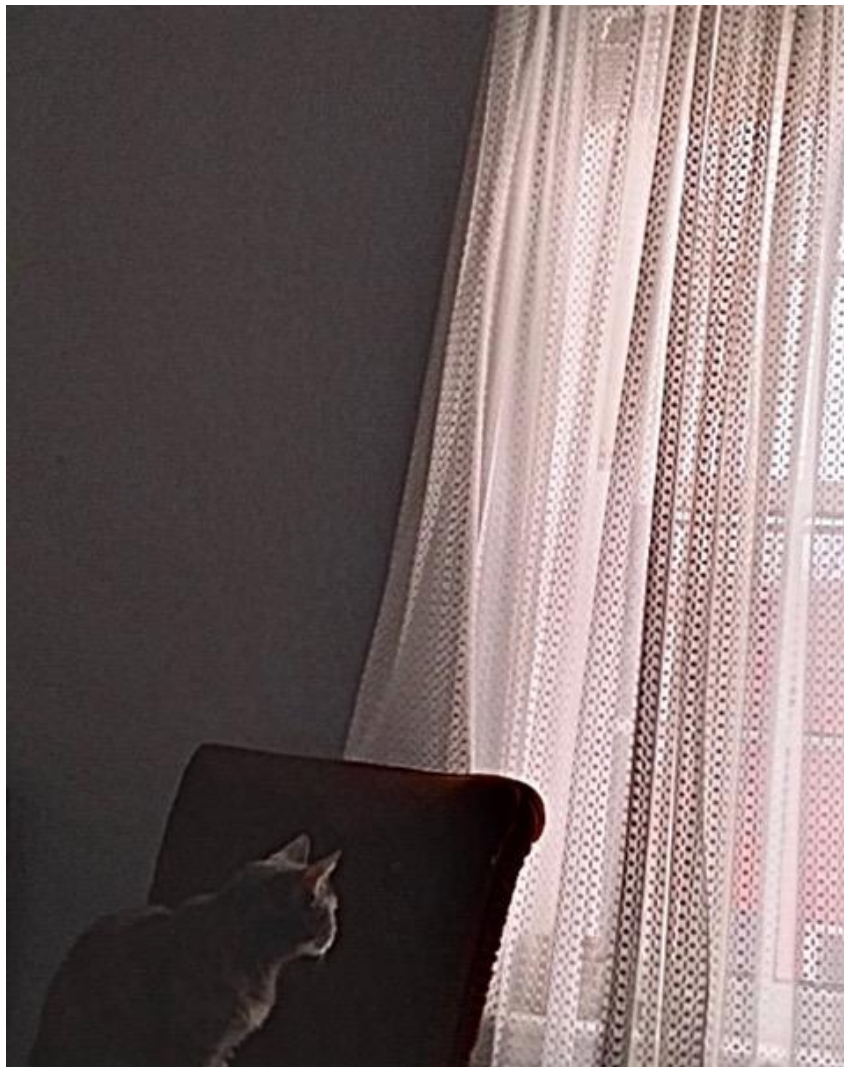
September 22

Michelle Wagner will visit UUFES this month to introduce NAMI New Hampshire - a grassroots organization that improves quality of life by providing support, education, and advocacy for people affected by mental illness and suicide.

NAMI NH provides a safe and comfortable setting for people to share each other's pain and promote hope. "Together we are working hard to build a better tomorrow for our loved ones and for ourselves."

Please send checks to NAMI New Hampshire, 85 North State Street, Concord, NH 03301 or give online: <https://www.naminh.org/donate/>

Thank you.



Margaret's Ordination Saturday

Saturday, September 14, at 3 p.m.

NEW: Seeking two UUFES greeters at the door, to join Starr King greeters. Contact Rev. Betsy please.



NEW: As a gift, Margaret will receive a stole from UUFES. It will have a pocket sewn into the lining, into which good wishes from our congregation will be tucked. Think about your message...we will provide special paper at the ordination and again on Sunday. UUFarians, send Rev. Betsy your message. Thanks to Starr King Rev. Linda Barnes for this thoughtful idea.

REMINDER to drop off flowers THIS MORNING and leave them on the round table in the children's area. Please take home your container :-) Lew Prillaman will make up arrangements. Thank you!

The Zoom link to Margaret's ordination is:
<https://us02web.zoom.us/j/86211398178>.

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>**

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

"When I was taught mindfulness meditation, I came to the realization that I don't like chained pets; that if you simply love them as they are, they don't get out of hand."

Read Breathing Room Issue #61 [**here**](#).

Co-sponsored by UUFES & the Tamworth Community Nurse Association



Tuesday Poetry 9/10/24

Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome every Tuesday to consider a poet's work. Again next week we'll explore a May Sarton poem, "Now I Become Myself." Thanks to Marsha Carlin for the suggestion.



"Now I Become Myself" by May Sarton

Now I become myself. It's taken
 Time, many years and places;
 I have been dissolved and shaken,
 Worn other people's faces,
 Run madly, as if Time were there,
 Terribly old, crying a warning,
 "Hurry, you will be dead before—"
 (What? Before you reach the morning?
 Or the end of the poem is clear?
 Or love safe in the walled city?)
 Now to stand still, to be here,
 Feel my own weight and density!
 The black shadow on the paper
 Is my hand; the shadow of a word
 As thought shapes the shaper
 Falls heavy on the page, is heard.
 All fuses now, falls into place
 From wish to action, word to silence,
 My work, my love, my time, my face
 Gathered into one intense
 Gesture of growing like a plant.
 As slowly as the ripening fruit
 Fertile, detached, and always spent,
 Falls but does not exhaust the root,
 So all the poem is, can give,

Grows in me to become the song,
Made so and rooted by love.
Now there is time and Time is young.
O, in this single hour I live
All of myself and do not move.
I, the pursued, who madly ran,
Stand still, stand still, and stop the sun!



Hilarious at times...

Men's Group 3rd Wednesday 2-4 p.m.

The Men's Group meets September 18 at David Wilkins' house. We expect to provide Zoom access. Details tba. We will discuss national, state, and local elections, the issues before us, and the people who will govern us.

In October, the group will meet on the **4th** Wednesday, the 23rd at 2-4 p.m.

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



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

1st Thursday, 12 noon - At UUFES unless otherwise noted :-)

Mark your calendar for meeting at Eleanor Jenkins's home in October.

Links to Recent Services

“In the Flow” 9/8 - about overwhelm and oneness

<https://uuma.zoom.us/rec/share/Bhy6fS77Llw8a4B-M-09UcP1ReapCma7QuPTXvFpfZ5NyTYLNhAHHKhzEEYiX5ag.Fo7DoTzXF9RIQzKD?startTime=1725800222000>

Note: For music copyright reasons, this recording ends just before the last hymn, "We Would Be One." Lyrics:

We would be one as now we join in singing
our hymn of love, to pledge ourselves anew
to that high cause of greater understanding
of who we are, and what in us is true.
We would be one in living for each other
to show to all a new community.

We would be one in building for tomorrow
a nobler world than we have known today.
We would be one in searching for that meaning
which bends our hearts and points us on our way.
As one, we pledge ourselves to greater service,
with love and justice, strive to make us free.

"Earthlings" with Guest Trek Reef - 9/1

For music copyright reasons, we will not publish a public link to this service.
Please contact Rev. Betsy if you would like the link for your own use.



*Curtain images shared, inspired by May Sarton's poem "The Work of Happiness":
Top - Barbara Bald (Star Island)
Middle three - Lew Prillaman
Bottom - Andrew Wyeth....*

SUN	MON	TUE	WED	THU	FRI	SAT
1 10 Service	2	3 4 Poetry - Zoom 4:30 Meditation	4 4:30 Chanting	5 12 Women's Group 4:30 Meditation	6	7 9-12 UUSED
8 10 Service	9 10 Book Group	10 9:30 Gov. Board 4 Poetry - Zoom 4:30 Meditation	11	12 4:30 Meditation	13	14 9-12 UUSED 3 Margaret Ordination
15 10 Service	16 10 Book Group	17 4 Poetry - Zoom 4:30 Meditation	18 2 Men's Group	19 4:30 Meditation	20	21 9-12 UUSED
22 10 Service	23 10 Book Group	24 4 Poetry - Zoom 4:30 Meditation	25	26 4:30 Meditation	27 2:30 Kevin C. Service	28 9-12 UUSED
29 10 Service	30 10 Book Group					

Email the UUFES Office with calendar additions.

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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