



# The Mail Pouch

WORSHIP: Sunday at 10 a.m.



*Image: Treehugger ("dedicated to driving sustainability mainstream")*

## "In the Flow"

At times we live blissfully in the flow. We move through life gracefully. We adapt to change as in a murmuration of swallows. And...we also know to expect interruptions. What helps bring us back into a sense of equilibrium?

Young People's Program with Marion and Alice Posner

*Note:* On September 15 and 22 there will not be a downstairs program.

Parents who wish to draw or undertake simple activities with their children during the service will have a table on offer with crayons, etc.

*For this week's Coffee Hour, the 2nd Sunday of the month, last names G-L are invited to bring refreshments. Thank you!*

## Note to Musicians

Shana, our Music Director, is off this week. We have an abundant supply of recorded hymns and other music...*and* there's nothing like live music! Please let Rev. Betsy know if you have ideas for gathering music, the anthem, or the postlude. Thank you.

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## Some Words from the Board

Your Governing Board mourns with the entire UUFES community the sudden, recent deaths of two of our own. Each gave so much of themselves in different ways; both of them quietly offering their time, expertise, and skills. We carry on to honor them.

Plans are underway to continue the work Kevin led to care for and protect the Indigenous dedicated space. The Safe Congregation Policy that John worked on for several months, while patiently incorporating the input from Board members who always had one more edit, has become final.

In other news around the Meeting House, great improvements will be seen in the next couple months to the outside area of the UUsed thrift shop. A new sturdy, attractive gazebo for selling items that overflow the shop on Saturday mornings will also provide a space for other outdoor activities off season. The gravel walkway outside the shop's entrances will be improved to allow easier access around the grounds.

With Rev. Betsy's upcoming retirement, the Board is in contact with the UUA Congregational Transition Team and will inform and involve the congregation throughout the process.

Finally, we celebrate the first-time ever ordination of a UUFES member, Margaret Rieser, next week! We will participate in this service and hope you will be there, too.

With these highs and lows, the Governing Board is grateful for the support we receive from you. We have confidence in this community's ability to remain strong, stay committed to our values, and offer support and love. We can shed tears of sorrow and joy together.

Your Board,

At Large members: Andrea Boyer, Grace Ferguson, and Peaco Todd

Officers: Betsy Loughran (Secretary), Lew Prillaman (Vice President), and Barbara Lubin (President)

Rev. Betsy ex officio

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## Water Ceremony Next Week - Sunday, September 15

Each September, UU congregations engage in the ritual of pouring water into a communal vessel to symbolize unity and the shared path. Bring a small jar of

summer's water, salty or fresh, that has meaning for you.

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## Margaret's Ordination Next Week

**Saturday, September 14, at 3 p.m.**

**Starr King UU Fellowship**

**101 Fairgrounds Rd, Plymouth, NH**

Everyone is warmly encouraged to participate in this event, where two congregations - UUFES and Starr King - will co-ordain Margaret. Starr King is a 50-minute drive from UUFES.

How to help out? Give flowers! **Drop them off Friday morning 9/13** and leave them on the round table in the children's area. Lew Prillaman will make bouquets later in the day. Questions? Ask Lew. Thank you!

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



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**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.

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

“...it has been shown that emotionally, your mind is in every cell of your body...”

Read Breathing Room Issue #60 [here](#).

*Co-sponsored by UUFES & the Tamworth Community Nurse Association*

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### 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 explore poems by May Sarton. Sarton lived the last twenty years of her life in York, Maine Thank you to Marsha Carlin for this recommendation. Next week the group will read her poem “The Work of Happiness.” To receive a reminder Tuesday morning, please contact David Wilkins.



The Work of Happiness  
By May Sarton

I thought of happiness, how it is woven

Out of the silence in the empty house each day  
And how it is not sudden and it is not given  
But is creation itself like the growth of a tree.  
No one has seen it happen, but inside the bark  
Another circle is growing in the expanding ring.  
No one has heard the root go deeper in the dark,  
But the tree is lifted by this inward work  
And its plumes shine, and its leaves are glittering.

So happiness is woven out of the peace of hours  
And strikes its roots deep in the house alone:  
The old chest in the corner, cool waxed floors,  
White curtains softly and continually blown  
As the free air moves quietly about the room;  
A shelf of books, a table, and the white-washed wall—  
These are the dear familiar gods of home,  
And here the work of faith can best be done,  
The growing tree is green and musical.

For what is happiness but growth in peace,  
The timeless sense of time when furniture  
Has stood a life's span in a single place,  
And as the air moves, so the old dreams stir  
The shining leaves of present happiness?  
No one has heard thought or listened to a mind,  
But where people have lived in inwardness  
The air is charged with blessing and does bless;  
Windows look out on mountains and the walls are kind.

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

The Men's Group will meet 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.

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

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*Thanks to David Wilkins for today's May, June, and July images of Silver Lake,*

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

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

Mark your calendar for meeting chez Eleanor Jenkins in October.

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## Links to Recent Services

*"Earthlings"* with Guest Trek Reef - 9/1

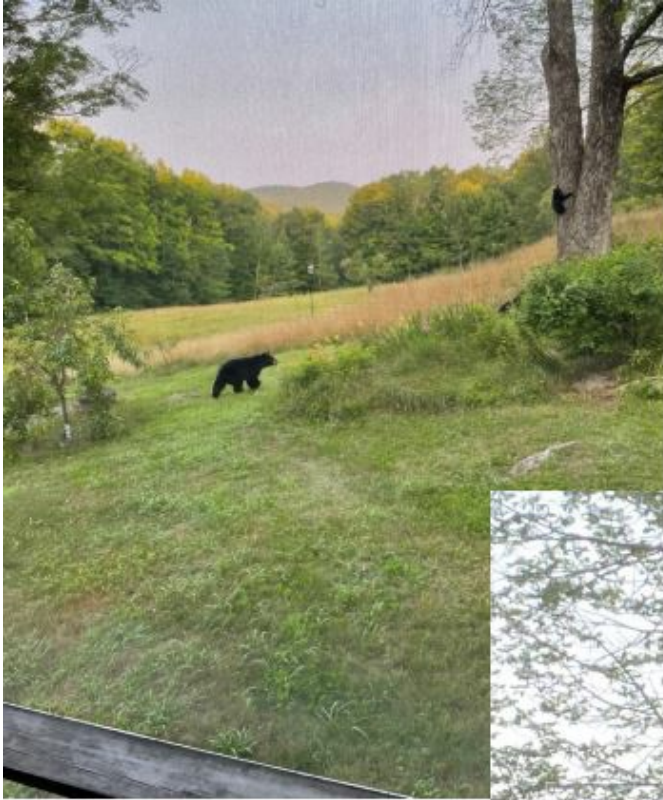
For music copyright reasons, we will not publish a public link to this service.  
Please contact Rev. Betsy if you would like the link for your own use.

*"Yes to Life"* - 8/25

[https://uuma.zoom.us/rec/share/Y5bm3uspcBIURDiMWoleHknxtjQfcmh\\_8XLCq\\_lk2DiVXtVgBgGONHdTM\\_3sPX3w.FZsuS32-Vy6Vya29?startTime=1724590718000](https://uuma.zoom.us/rec/share/Y5bm3uspcBIURDiMWoleHknxtjQfcmh_8XLCq_lk2DiVXtVgBgGONHdTM_3sPX3w.FZsuS32-Vy6Vya29?startTime=1724590718000)

Passcode: yu7!@9QW

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*Bears Visit the Hoffmans*

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UUFES Calendar - September 2024

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](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>

Office 603-323-8585

UUFES WEBSITE LINK: [www.uufesnh.com](http://www.uufesnh.com)







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