



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



Image: Susan Forsman

“The Long View”

Whatever the outcome of next week’s election, our sacred work continues. “But there’s nothing new under the sun,” you say. “Doesn’t history just keep repeating itself?”

Could be! Or do humans gradually get better at life? Maybe Unitarian

Rev. Theodore Parker had it right in 1853: "I do not pretend to understand the moral universe. The arc is a long one....from what I see I am sure it bends toward justice."

How does taking the long view help us live into our best selves?

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>



Sleep In This Sunday!

Daylight Savings Time ends this weekend so we can look forward to a long winter's nap. See you, well rested, at 10 a.m.

Light a Candle Tuesday

This morning, UU Rev. Hillary Collins in Yarmouth, Maine invited colleagues in the Northern New England district of the UUMA (UU Ministers Association) into an Election Day ritual:



"We're welcoming our people to light a candle, hold a moment of silence, and say a prayer at 8 a.m. and 8 p.m. (or roughly when polls open and close) with the knowledge that UUs throughout the region are doing the same. We feel it's important to have these points of collective intention on that momentous day."

While some UU neighbors will open their buildings Tuesday, I invite us to embrace this ritual at our homes, given our far flung congregation. Choose a prayer that speaks to you...

*Spirit of life
Draw near to me now,
And draw near to my neighbors near and far now.
Remind us of what we share,
Brighten in us our web of interdependence,
And inspire in us a movement towards justice,
compassion, and peace
So that all can be free.*

*With faith that no act of good ever goes to waste,
I live this day with the intention
To act, speak, move, and center myself
In love, in peace, in justice.
I will see these intentions through
And I will recognize them when they arise in others.*

*Spirit of life,
Draw near to me and to all people in this country now.
May we remember the possibilities of peace.
Remember the possibilities of justice,
And remember the possibilities of love.
May all people live free from fear, from hate, from greed.*

*And let us see what's most important now -
The precious lives and needs we all have and all share.*

In solidarity with one another and the larger community,
Rev. Betsy

Nancy Byrd: Celebration of Life

Sunday, November 10, at 1:00

We will gather in gratitude for the life of Nancy Byrd a week from this Sunday.

If you can bring cookies or salty snacks or if you can help in person, please indicate on the sign-up sheet this Sunday or let Rev. Betsy know.

Seeking help:

- 1st Floor: set up tables, tablecloths, chairs
- Sanctuary: set up chairs
- Flowers
- Cookies
- Savory finger food: nuts, frittata
- Cider
- Make coffee, set out tea, milk/sugar
- Clean-up

Thank you!

Those attending both the morning service and the service for Nancy are encouraged to bring a bag lunch.



Pastoral Care Corner

UUFES member and neighbor and longtime UU Harlene Richardson is resting comfortably after a fall last week, her hip broken. She is in Hospice Care. Harlene has thoroughly enjoyed her visits with Ellen and Willie Farnum and family - and with the Silver Lake Singers. She sang along with "Spirit of Life" and "Good Night, Irene." Much love to Harlene.

Addresses for cards: Harlene's daughter Heidi Engman, Box 80 Chocorua, NH 03817 or Ellen Farnum, 1854 Great Hill Road, Tamworth, NH 03886.



Ministerial Search Update

Final Three Opportunities to Participate!

The Search Team has conducted three Cottage Meetings for UUFESians to share thoughts about a new minister. If you haven't participated yet, three more (final) opportunities are offered next week:

1. 10 a.m. Monday Nov. 4 - open to all both in-person at UUFES and on Zoom - use Book Group link <https://uuma.zoom.us/j/104432872>. Please email your RSVP to Betsy Loughran.
2. 7 p.m. Monday Nov. 4 - open to all via Zoom - use Poetry link

<https://uuma.zoom.us/j/5022081578>. Please email your RSVP to Barbara Lubin.

3. Email your individual responses to these questions to a Search Team member by Tuesday, November 12, if you cannot attend one of the remaining Cottage Meetings.

1. *What brought you to UUFES, and what keeps you coming?*
2. *What ministerial functions/responsibilities are most important to you?*
3. *What do you appreciate and what would you like to see more of in Sunday services?*
4. *What qualities do you value in a minister?*

The Search Team will summarize these responses in a UUFES profile ("Congregational Record") to be submitted to the UUA by December 1. This Record is then made available to ministers in search. Full participation by us will best reflect who we are and what matters most to us as a Fellowship. Thanks to those who have participated already.

In gratitude,
Your ministerial Search Team,
Grace Ferguson
Barbara Bald
Kim Hamel
Kelsey Schroeder
David Wilkins

Heat Fund: A Good Start

This is a way to truly make a difference to someone you likely know. If you are able to help out, please send a check to the Minister's Discretionary Fund with HEAT in the memo to UUFES/MDF, Box 474, Tamworth O3886.



Thank you to the six people who have contributed. So far, we've raised \$800 which can buy about 228 gallons - just about a full 275 gallon tank. Thank you for stretching, if you can, and helping. The need is great. - Rev. Betsy



Gazebo goes up....

UUFES SPOOKUS TONIGHT !

Come help with setup (*now*), trick-or-treating, and takedown (7 p.m.).
Costumes fun and optional :-)

Thanks to Barb Bald and Bobbi Hoyt for organizing, to Karen and Rob Papetti for joining in and bringing candy, to Betty Fernandes for cookies, to Ellin Leonard for her signature kitty litter cake :-) and to all the goblins who appear...soon!



Fall Afternoon Clean-Up THIS SATURDAY

Saturday, November 2, from 1-3

It's time to tend to our grounds for winter – rake, prune, store equipment, etc. Please join in with your garden and lawn tools. Thank you!



2018 Fall Clean-Up Crew

UUsed NUUs

Our UUsed Thrift Shop serves the local community in many ways. It helps people by providing an affordable way to buy home goods and clothing. It serves the environment by recycling and reusing items large and small. It helps people make good use of their belongings when they are moving, downsizing, or decluttering. It brings townspeople and visitors together to enjoy shopping and volunteering Saturday mornings, all for a good cause. Lastly, UUsed introduces people to the people and good works of UUFES.

In the past year, we have worked to significantly increase our local impact. This fall, by agreement with the Governing Board, UUFES will donate all UUsed income over \$15,000 to organizations that make a difference in the MWV. Checks in the amount of \$3,000 will be presented to the Bearcamp Center for Sustainable Community in South Tamworth and The Way Station in North Conway. The Minister's Discretionary Fund will also receive \$875.

With deep appreciation for the volunteers who make UUsed happen, it is an honor to do this important work.

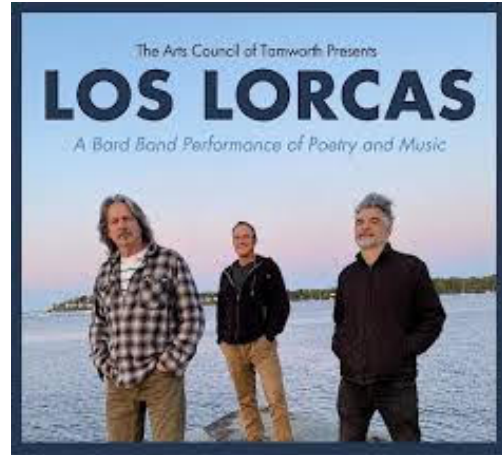
Pamela Ambrose and Kathy Bird, UUsed Managers

Thank you, UUsed Volunteers! A note of hearty and heartfelt thanks to everyone who volunteered at UUsed this season. This was another stellar year for the store, made possible thanks to your help. I hope you know what a contribution you made and hope you had a great time doing it!

For those who haven't volunteered, please consider a few shifts next year. It's meaningful work that's also a lot of fun. Have a healthy, happy, and productive winter!

Los Lorcas at UUFES
Friday, Nov. 15, 7-9 p.m.
Poetry and Music Trio

In the spirit of Federico Garcia Lorca (1898-1936) — musician, legendary poet/playwright and ebullient performer — poets Partridge Boswell and Peter Money and guitarist Nat Williams fuse poetry and music in a passionate and surprising mash-up. Los Lorcas blur boundaries between spoken word and song, weaving poetry with Andalusian ballads, blues, rock, folk, reggae, hip hop, Americana and jazz in pursuit of the *cante jondo* (deep song) Lorca ardently championed.



Los Lorcas celebrate the poetry of song lyrics and music of lyrical poetry. Inspired by artists diverse as Lorca, Yeats, Marley, Dylan, Dickinson, Matisyahu, Morrison, Cohen, Bowie, Heaney, REM, Merwin, Millay and others, the trio's timely, soulful compositions weave themes of love, loss, homelessness, empathy, activism and gratitude — all through a filter of the American dream.

Free Entry - Sponsored by the Arts Council of Tamworth



Gratitude Service

Thanksgiving Weekend

Rev. Betsy is off December 1. Who would like to help create a lay-led service about gratitude?



And...who will take on the creative challenge in the new year to plan services for the last two Sundays/month? **This is the congregation's responsibility as of January 9, so it's essential that we have a plan.** You - a team of 2-3 UUFESians - can do it :-)

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>

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

Dec. 30: *A Connecticut Yankee in King Arthur's Court* by Mark Twain

Jan. 27: *Demon Copperhead* by Barbara Kingsolver

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

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

"The reason Forrest Gump was inadvertently successful in the movie was because he consumed whatever chocolate came up without taking it personally or building assumptions around it."

Read Breathing Room Issue #68 [here](#).

Co-sponsored by UUFES & the Tamworth Community Nurse Association

Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome every Tuesday to consider a poet's work. The next two weeks we will read poems by Pablo Neruda, next week "Tonight I Can Write the Saddest Lines." Thanks to Grant Prillaman for this suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.

Men's Group - 3rd Wed, 2-4 p.m. November 20 (details TBA)

Topic: The state of the nation - will we know the name of the next president and, if yes or not, then what?

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

persons.

Women's Lunch Group (cis, trans, non-binary inclusive)
1st Thursday, 12 noon - UUFES Library unless otherwise noted :-)



Thanks to Kathy Bird for her foliage photos!

Links to Recent Services

"We All Have MentalHealth" - 10/27 with guest Michelle Wagner
https://uuma.zoom.us/rec/share/eTDngGj9mEfhq9LEi-nQWXBBliRSqxqVS44njWcg25UoeA7DFunU63VVGtL_qMEQ.hv35fC_eHUIO7b-B?startTime=1730033599000
Passcode: N8&8acC+

"Grounding Comfort" - 10/20 - how to carry our anxiety lightly
<https://uuma.zoom.us/rec/share/rGl8pgNuDfjGUvvXznRSMtf1aMenlkYeB8OUJ3DbwTxfagoCOTJjR-nFVuLz8kO.vPpaaT3MWyo-T5Fm?startTime=1729429126000>
Passcode: M1^@#I4R

Important Dates:

Saturday, November 2, at 1: Fall Clean-up

Sunday, November 3 at 2 a.m.: Daylight Savings Time ends

Monday, November 4 at 10 and 7: Cottage Meetings

Sunday, November 10, at 1: Nancy Byrd's Celebration of Life

Sunday, November 17: Fellowship Sunday - Rescheduled

- Service to include a Fire Drill
- Soup & Bread Lunch w/ post-drill (and post-election) discussion
- Needed: TWO soup-makers and some pot-luck desserts

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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