



The Mail Pouch

WORSHIP: Sunday at 10 a.m.



Image: Sandra Carr

"Taking Stock"

Big events call us to pause and check in with ourselves - mind, heart, and body. For many people, the brain keeps working overtime, thoughts roiling with the last thing we've read, heard, or wondered. Our feelings react to life 24/7 - sometimes fleeting, sometimes steady, always evolving. Even our bodies, a reliable gauge of stress, reflect how we are doing.... And how goes it with thy spirit?

Young People's Program with Marion and Alice Posner

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

A Post-Election Message From the UUA

Our Unitarian Universalist Association shared yesterday. Here's an excerpt:

“It is a moment for deliberateness, care, thoughtfulness, and coordination. To give space for the magnitude of today, recognizing we will discern together the actions needed in the weeks and months ahead. And it will be imperative for us all, individually, and collectively, to regroup in the spiritual practices and organizing skills that we have been cultivating for so long.”

Read the message [here](#).

Ministerial Search Update

The Search Team thanks everyone who either participated in the cottage meetings or sent us your thoughts in emails. We are processing your comments and drafting responsive documents which must be filed with the UUA by the end of the month. Thank you again.

- Grace Ferguson, on behalf of the Search Team

Nancy Byrd: Celebration of Life

THIS SUNDAY 1:00 p.m.

We will gather in gratitude for the life of Nancy Byrd this Sunday afternoon.

Thank you for welcoming the larger community by bringing sweet or salty finger foods for the reception.

In person coffee hour will end at 12:00 and Zoom coffee hour at 12:15 to make time for Zoom/room preparations for the service.

Those attending both the morning service and the service for Nancy are encouraged to bring a bag lunch and gather in the library after coffee hour.



ZOOM LINK SAME AS FOR SUNDAY SERVICES:

<https://uuma.zoom.us/j/92959299766>

By phone, dial 646 876 9923 Meeting ID is 929 592 997 66#



How many Unitarians does it take to raise a roof?

Six plus one long-standing good friend! Give thanks for the build this past Tuesday on the back lawn - to Mark DuMars, Grant Prillaman, Hope Hutchinson, Chris Barr, Bruce Larson, Kathy Bird and their friend Jim Gibson of Fryeburg. It took some five battery operated drill guns, two levels, two huge mallets, and countless screws, washers, nuts, and bolts. It took muscle, problem solving, engineering, and group work. And the whole operation ran on car talk, politics, the physics of moving large objects, laughter, and Hope's astounding blueberry coffee cake - thank you, Hope! Thanks also reach



back over the last week to Bruce Larson who puzzled out the 60-page directions to assemble the initial pieces of the gazebo foundation and roof parts.

Looking back, the gazebo project would not have been possible without the timely suggestion to apply to the Tamworth Foundation, a group that's squired an ongoing fund to support growthful projects in the Tamworth area. That simple descriptor does nothing to truly appreciate and show gratitude to such a forward-looking organization. Thank you to them.

This project also lays thanks at the doorstep of Ed and Pamela Ambrose for their donation of excavator and trucking time. Hale and hardy workers Ed and

Harry Burnside designed the patio-block gazebo surface and walkway and laid them out - thank you. Creative and visually lovely plantings were also a delightful and unexpected gift from these two.

Again, thank you to all supporters of this project and a broader thank you to all supporters of the UUsed Thrift Store and its mission to extend service and support to the greater community.

Respectfully submitted, Kathy Bird





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



Used managers present check to The Way Station. L-R Dan Lavigne (Way Station Client Coordinator), Pamela Ambrose, Karen Albert (Way Station Development Director), Kathy Bird

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!

Peaco Todd, UUsed Volunteer Coordinator

The Holiday Fair! **December 7 from 10-3**

It's that wonderful time of year again with early frosts and the promise of lovely blankets of white to follow. Time with family and friends sharing mugs of steaming hot chocolate while the smell of freshly baked cookies and pies wafts through our kitchens. Please join in for our annual **Holiday Fair!**

- Hope will head up the famous **"Cookie Walk\Bake Sale"** stocked with delicious family favorite recipes.

- Several booths of crafters will offer lovely items for gift giving.
- David Wilkins and Pamela Ambrose will set up tables of festive holiday decor and clothing to brighten the holiday. The crew of UUSED will open for the day to join in the fun.

We would appreciate donations of: holiday decor, clothing, linens, "present worthy" items (new or in excellent shape), toys, childrens' books, and ornaments.

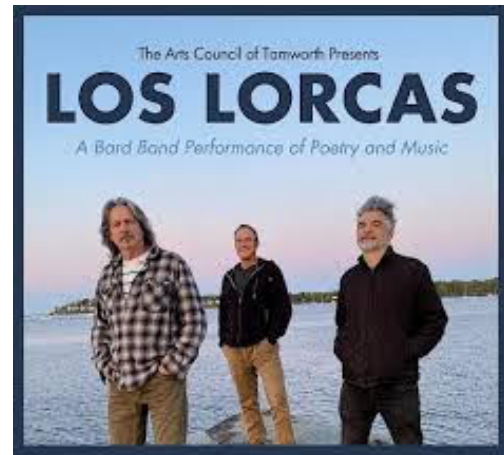
UUSED will be open to receive **non-food donations** in the cloakroom Friday 11/22 and Saturday 11/23 from 10-2 and on Sundays 11/24 and 12/1 after the service.

Please contact Pamela Ambrose (Holiday Fair) or Hope Hutchinson (Cookie Walk\Bake Sale) with questions.

☐☐☐ *Don't miss this fun and festive event to kick off your holiday season .*

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.



Free Entry - Sponsored by the Arts Council of Tamworth



Gratitude Service

Thanksgiving Weekend

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



Spookus Continues, Seven Years and Running



Thanks to Bobbi Hoyt (BH) and Barbara Bald (BB) for taking the lead! Bobbi reports:

Halloween in Tamworth did not disappoint!
All the kind Thanks from the peeps walking by.
A Big family night, beautiful.
We had so many helpers, BB and I were able to tour the town.



We had Uplands Farm Apples, Betty's pumpkin cookies, BB's books, Lots of pumpkins donated from Halloween Town, Witch Dolls from BH, Candy and Decorations from many, many UU's



A big Thumbs up to UUFES SPOOKUS, which started in 2017
May it long continue
By the way it was named by Steve Kull



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

Jan. 6: *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

Take a walk. Breathe the air. Feel the earth under your feet. And ask yourself, in this moment, “Who am I?” Read Breathing Room Issue #69 [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. Next week we will again read a poem by Pablo Neruda: “To Sit Down.” 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 Lew Prillaman for her autumnal photos!

Sacred Chanting with Shana NEXT Week

Wednesday, November 13 at 4:30

Chanting is a part of many spiritual traditions throughout the world. Kirtan is devotional call and response chanting in Sanskrit, developed in India over 2500 years ago. Chanting shows positive effects, similar to meditation, for calming the mind, stress reduction, healing body and soul, a feeling of peace. These benefits are greatly enhanced when chanting in community with others.

Shana will teach participants to sing some traditional Kirtan chants by ear, which we will then sing together. We will also explore other chanting styles, Sufi, Jewish, etc. This chanting practice doesn't require adherence to any religious belief system. No previous musical experience necessary.

Quilt Turnover

Thanks to Betsy Ginsberg for finding a colorful art quilt - on loan from a quilter cousin - to display in the sanctuary. Please let Rev. Betsy know if you have a

quilt to lend to UUFES for the east end of the room - heirloom or new, homemade, borrowed, given, or bought - all equally appreciated.



Fall Clean-Up Thanks

Thanks to all who raked, pruned, clipped, mulched, cleaned, and put felt feet on chairs. Not pictured: Susan Blake, Betty and Tino Fernandes, Hope Hutch, Eleanor Jenkins, Margaret Rieser (photographer), Carol Smith.



Links to Recent Services

"The Long View" - 11/3 about national angst over the years

<https://uuma.zoom.us/rec/share/3L6LB1G5VXS3EfmuY4FVJLFrVxAj78uVP64YnztKDHWceUWRHI6bOvaBTohnCBeg.7VDJGVbhOM2y2quh?startTime=1730641982000>
Passcode: b2\$CV6eh

"We All Have Mental Health" - 10/27 with guest Michelle Wagner

https://uuma.zoom.us/rec/share/eTDngGj9mEfhq9LEi-nQWXBbliRSqxqVS44njWcg25UoeA7DFunU63VVGtL_qMEQ.hv35fC_eHUIO7b-B?startTime=1730033599000
Passcode: N8&8acC+

Important Dates:

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

Zoom link same as for Sunday services:

<https://uuma.zoom.us/j/92959299766>

By phone, dial 646 876 9923 Meeting ID is 929 592 997 66#

Friday, November 15: UUFES hosts Los Lorcas 7 p.m.

Sunday, November 24: Fellowship Sunday - RESCHEDULED AGAIN

- Our annual Thanksgiving Service will include a Fire Drill

- Then a Soup & Bread Lunch

- Needed: TWO soup-makers and some pot-luck desserts

Saturday, December 7: Holiday Fair 10-3

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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