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# The Mail Pouch

WORSHIP: Sunday at 10 a.m.



## "What the UUFES Book Group is Reading"

The members of the UUFES book group meet weekly, and once a month we choose one book a month to read and discuss together. But

all of us are reading much more than that - and we love to talk about what we have read. Four members will talk about books that they have found to be meaningful, fun, and/or interesting.

**Young People's Program with Marion and Alice Posner**

*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>**

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## Learn – Earn - Return

It is sometimes said that life has three phases: Learn, Earn, and Return. For youth, the chief task is learning. When adulthood arrives, we get caught up in earning a living. And in full maturity, our attention shifts to returning our accumulated wisdom and wealth to our communities and the larger circle of humanity, both near and far. It is this “return” phase – also known as our “legacy,” that we will be remembered for in the long run.

For more information on planning your legacy, visit <https://www.uufesnh.com/legacy>

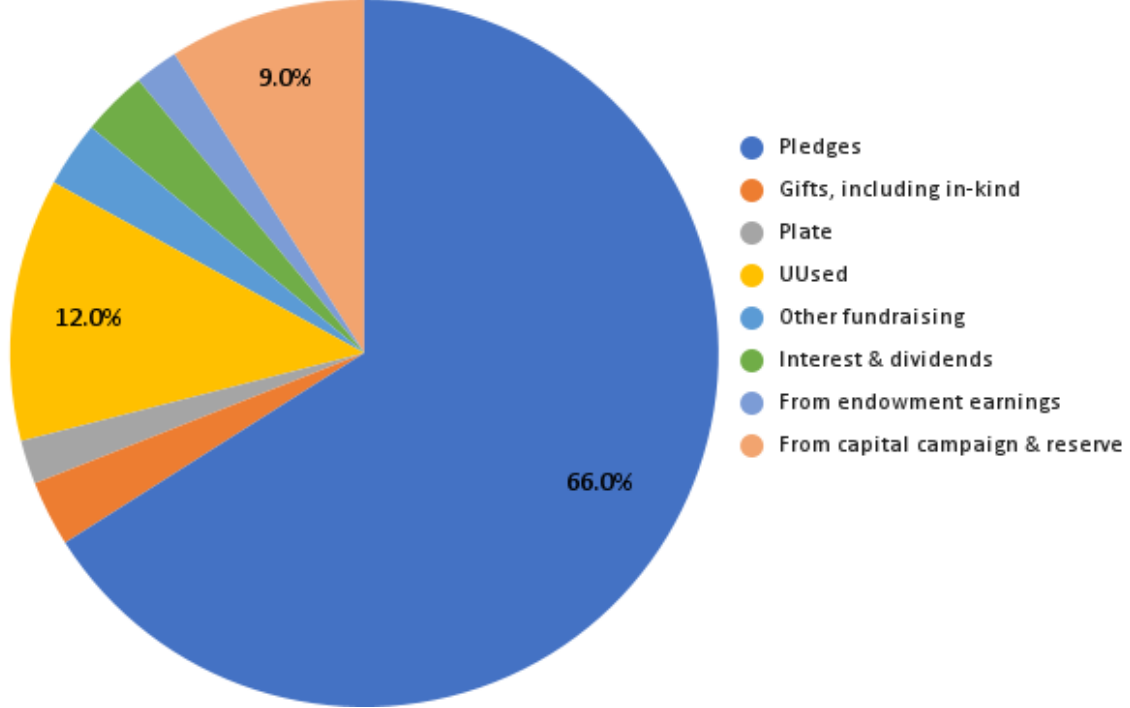
This message is brought to you by the Finance Committee.

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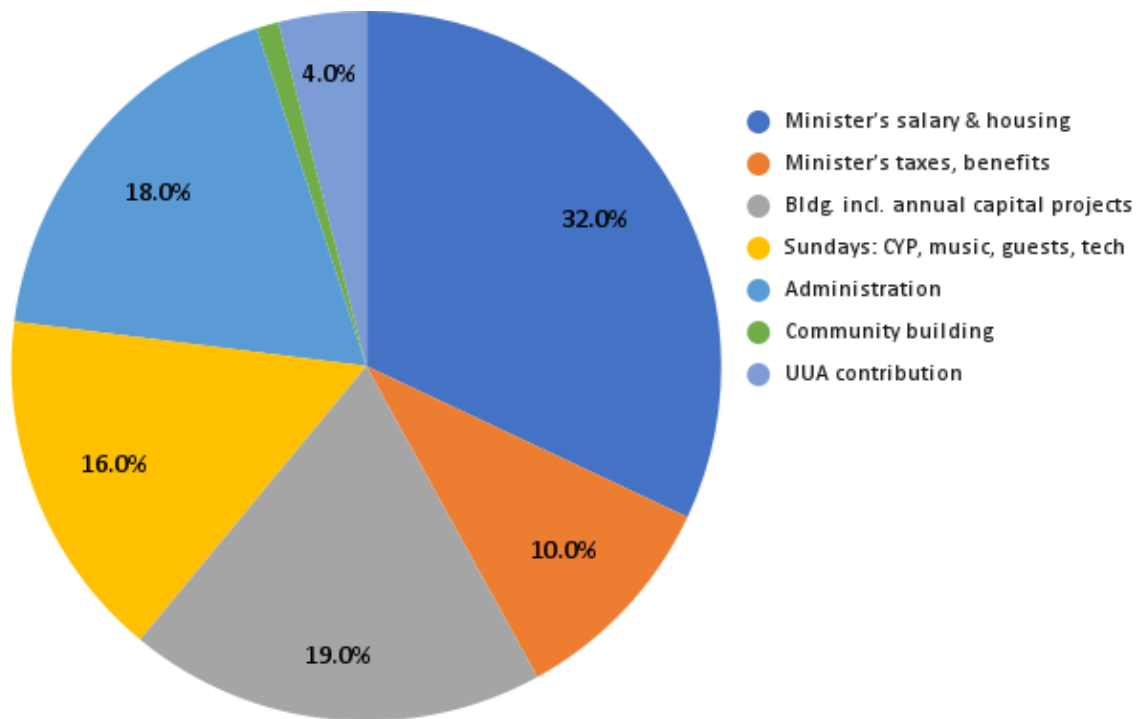
## Updated Pie Charts

These updated pie charts now reflect additional building and technology expenses as well as all the sources of revenue (including from savings) required to pay for these and some operational expenses. If you wish to see the full FY25 budget, contact Jorge Domínguez, Finance Chair.

### Revenue



## Expenses



## FY 2025 Summary Budget July 2024-June 2025

<b>Revenue sources</b>	<b>FY 2025 budget</b>	<b>% revenue</b>
Pledges	113,560	66
Gifts, including in-kind	5,200	3
Plate	3,500	2
UUUsed	17,500	12
Other fundraising	8,100	3
Interest & dividends	6,000	3
From endowment earnings	3,440	2
From capital campaign & reserve	15,000	9
<i>Total revenues</i>	172,300	100
Revenues – expenses	0	
<b>Expenses, by functions</b>	<b>FY 2025 budget</b>	<b>% Expense s</b>
Minister's salary & housing	54,953	32
Minister's taxes, benefits	17,924	10
Bldg. incl. annual capital projects	32,013	19
Sundays: CYP, music, guests, tech	26,887	16
Administration	30,768	18
Community building	1,800	1
UUA contribution	6,955	4
Total expense + capital projects & reserve	172,300	100

After a tumble during a snowboard lesson, **Chris Barr** needs wrist surgery. She would appreciate some home cooking for a couple of weeks, starting next week, if any UUFESians "would mind passing any extra/leftovers that they make for dinner to me... as I'll be down a wing for a while. I would not ask anyone to make food special but if they make a bit too much, it would help." Chris's address is: 245 Bryant Mill Road, Tamworth, NH 03886.

**Bruce Larson** is recovering from surgery with gratitude for life and for UUFES: "I don't think there has been any time in my life that I have been so wonderfully invested in a community!" Bruce's mailing address is: 69 Old Colony Road, Albany, NH 03818.

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## Garden-Inspired Giving

How like a garden the UUFES community is. When UUFESians nourish this community in all the ways we do, it in turn feeds *us*. So it was with the Fellowship Sunday lunch this past week. People brought dishes, giving from their bounty, and then gathered at the table and partook of each others' gifts.

Looking toward the final days of our journeying together, I've become more and more aware of the gifts of our shared ministry. In the spirit of giving back, I made my way to the wonderful Portsmouth Fabric Company a few weeks ago. Since then, taking breaks during the day and staying up a little longer at night, I've sewn a pile of little cloth napkins for potluck lunches and coffee hour, to save a few trees :-). A gift to UUFES from the heart. Humbling too, as you'll discover that mitered corners are a tall order - we learn as we give. Enjoy! - Rev. Betsy





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## Gratitude for Needlework Ministry

A warm thank you to Eleanor Jenkins and all those who work tirelessly to knit beautiful Prayer Shawls for those of us in need of hugs. Thanks also to those who bless the shawls upon their completion. We feel the blessings woven tightly within the yarn. - Barbara Bald



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>

**Mar. 31:** *Susan, Linda, Nina, and Cokie: The Extraordinary Story of the Founding Mothers of NPR* by Lisa Napoli

**Apr. 28:** *Stuck in the Middle with You: A Memoir of Parenting in Three Genders* by Jennifer Finney Boylan

**May 26:** *The Lioness of Boston: A Novel* by Emily Franklin

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

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## Men's Group - 3rd Wed, 2-4 p.m. NEXT: March 19

March meeting is next week at Jorge Dominguez's house, with a Zoom option.

Our topic: "Men make their own history but they do not make it just as they please." (Karl Marx) However, suppose each of us can remake our history. Suppose each of us is reincarnated or born again. Would it be the same? What would you change for your reinvention?

To receive emails with info/Zoom link, contact Jorge Dominguez. Men's Group always welcomes transgender, nonbinary, and cisgender persons.

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## Poetry Group - Tuesday at 4 (Zoom)

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

All are welcome every Tuesday to consider a poet's work. The group is currently exploring poems by Carl Sandburg. Next week: "Who Am I." Thanks to Cindy Edmondson for this suggestion. To receive a reminder Tuesday morning, please contact Barb Bald.

### **"Who Am I?"**

By Carl Sandburg

My head knocks against the stars.  
My feet are on the hilltops.  
My finger-tips are in the valleys and shores of  
universal life.  
Down in the sounding foam of primal things I  
reach my hands and play with pebbles of  
destiny.  
I have been to hell and back many times.  
I know all about heaven, for I have talked with God.  
I dabble in the blood and guts of the terrible.  
I know the passionate seizure of beauty  
And the marvelous rebellion of man at all signs  
reading "Keep Off."  
My name is Truth and I am the most elusive captive  
in the universe.

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

Remarkable teachers...were able to plant seeds that gradually introduced my mind to my heart.... What continues to arise from that collaboration is gratitude for that space where happiness and joy have been hiding.

Read Breathing Room Issue #87 [here](#).

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

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

**1st Thursday, 12 noon - UUFES Library**

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## Links to Recent Services

"Where We All May Grow and Thrive" - 3/9/25 About the gardens of UUFES

For music copyright reasons we do not have a public link to this service, but Rev. Betsy will gladly send you a link for your own use.

"You Can't Take That Away from Me" - 3/2/25 Appreciating every person's full identity.

[https://uuma.zoom.us/rec/share/hkPUGphcXo7chtflwDt4eVlmng\\_312mCvXLa\\_OBKo8mhQIbmC9Vf3uAqNILQu8uE.iJnIwBrIGvnlm\\_AR?startTime=1740923726000](https://uuma.zoom.us/rec/share/hkPUGphcXo7chtflwDt4eVlmng_312mCvXLa_OBKo8mhQIbmC9Vf3uAqNILQu8uE.iJnIwBrIGvnlm_AR?startTime=1740923726000)

Passcode: iv@%m6dn

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*Thanks to Hope for “changing seasons” photos.*

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**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 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](http://www.uufesnh.com)



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