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# The Mail Pouch

WORSHIP: Sunday at 10 a.m.



## “We Are the World”

Today, 36 years after the first World AIDS Day in 1988, our Sunday service presents first-hand stories from around the world of courage, love, and the ongoing global fight for the cure.

**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>**

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Fellowship Day





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## Young People's Program Seeks Sunday Volunteers

The YPP is looking for members of the congregation to help out downstairs beginning in January so that a second adult can work with Marion or Alice if needed.

Several Sundays each month, YPP will start early, before the service, gathering and singing downstairs. This would involve the helper arriving around 9:15. The program ends around 11:15 or whenever the children are returned to their parents. If no children are present, of course, you will be free to attend the service.

We realize that this involves missing a service and so hope to get a long list of volunteers so that we could call on people only once in 6-8 weeks. If you call my cell or email (see directory), I can tell you which mornings are likely to have a 9:15 start.

YPP will begin experimenting with gathering early (before the service) this Sunday and on a couple of December Sundays - both Marion and Alice will be present. Please email me your availability for any week in January or February – or your willingness to be on an email list for regular contacts. Thank you! Betsy Loughran

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## UUFES Holiday Fair

**December 7, from 10-3**

### **From UUsed Elves:**

Thanks to all of the enthusiastic support from friends and UUFESians, we are at capacity for Holiday Items for our upcoming Fair next Saturday the 7th. We are looking forward to a fun and busy sales day from 10-3:00 p.m. That said, we REALLY need strong arms and willing hands to transport, organize and help manage our "wares" at the Fair on Thursday or Friday. Look to SIGN-UP in the Community Room this Sunday or contact Pamela Ambrose or Ellen Wilson directly.

Ugly holiday sweaters and festive garb are encouraged!

UUSED will be running for that day only from 9:00 to 12:30 thanks to Kathy Bird and Ellen Wilson.

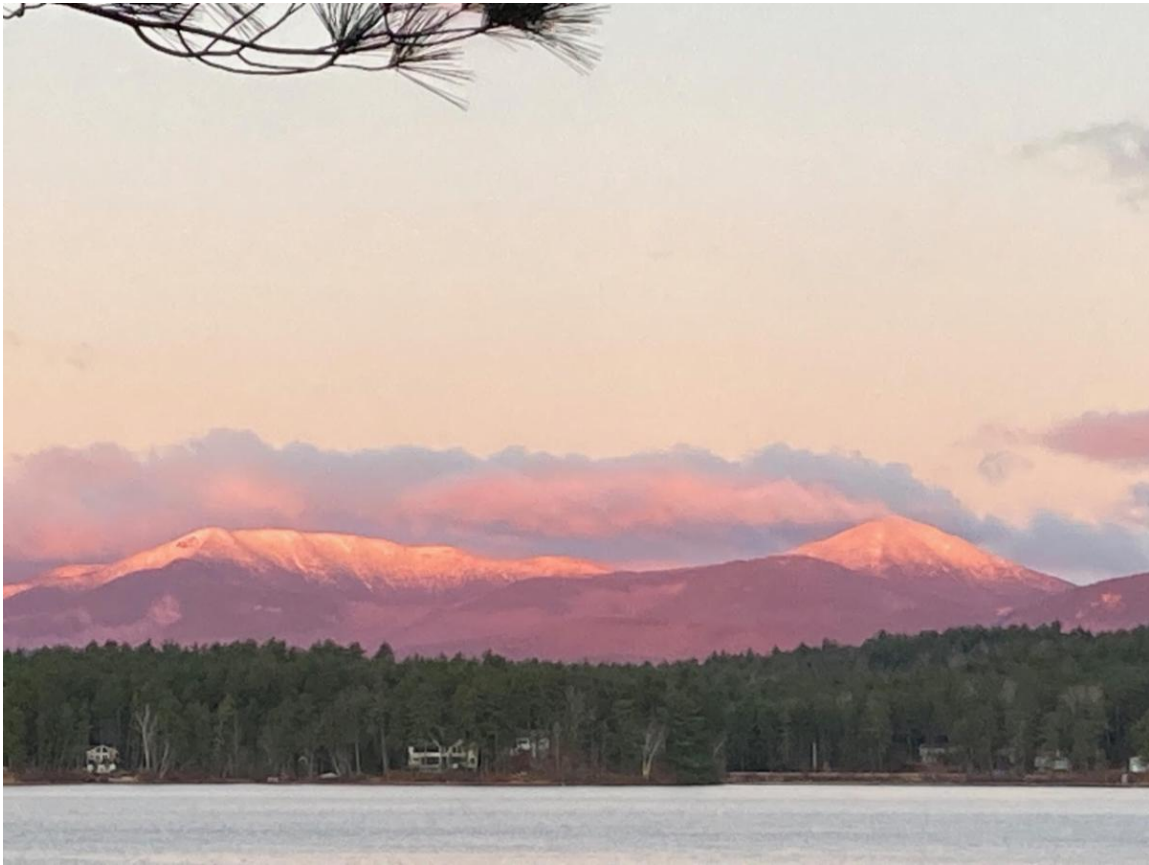
### **From Hope, the Bake Sale/Cookie Walk Elf:**

I hope that all you bakers are beginning to fill your freezer with goodies, or planning to bake next week, for the Bake Sale and Cookie Walk portion of our Holiday Fair. Cookies and candy of all kind are great sellers. Please bring those items, clearly labeled, on platters or trays so that customers can pick and choose the ones they want. For the Bake Sale we seek pies, cakes, yeast and sweet breads, home made canned goods, and other tasty treats. Muffins do not sell well. Small cakes (think 4 - 6 servings) sell better than large ones. I've been promised a few pecan pies and am hoping for others - apple, pumpkin, cherry, etc. Again, please label items so buyers know - nuts?, what kind of fruit in that pie? dairy free? gluten free?

Drop off for food items is between 10:00 and 5:00 on Friday the 6th or 8:00 to 9:00 on Saturday morning the 7th.

Questions? Need your baked items picked up? Contact Hope Hutchinson.

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### New Art in the Sanctuary

UUFES member Amy Gullicksen responded to the call for a new quilt for the eastern wall with this dramatic piece commissioned by Roger Sorlien - a mountain scene, musicians around a bonfire, the night sky full of stars. Thank you, Amy, and thanks to you and Margaret and Lew for installing it! Do you have a quilt to display at UUFES? The call will go out again in a few months.



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## Seeking Service Creators

Rev. Betsy is off the two holiday weekends, as in the past. Also December 15.

**12/15** - David W. suggests "The Coming of Light." Now we need three 5-min reflections. Please think about that!

**12/29** - New Year's Service. Ideas, anyone?

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## Support Call for LGBTQ+ People

**December 11 at 11:30 a.m.**

The UU Association's New England Regional Lead Rev. Evin Carvill Ziemer wrote 11/22: to invite you, if you're in New England and identify as queer or LGBTQ+, to a post-election support call on December 11th at 11:30am. [Here's a link to rsvp](#). If this is of interest to you, but the time doesn't work, could you please rsvp as well so I know of future interest?

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## Experience Kirtan - Sacred Chanting

**Wednesday December 11 - 4:30 in Sanctuary with Shana Aisenberg**

Chanting - devotional call and response chanting in Sanskrit, developed in India over 2500 years ago - is an integral part of many spiritual traditions. Chanting shows positive effects similar to meditation for calming the mind, reducing stress, healing body and soul, and giving rise to feelings of peace. Chanting with others enhances these benefits.

Shana teaches traditional Kirtan chants by ear, which we then sing together. We will also explore other chanting styles - e.g. Sufi, Jewish. This chanting practice doesn't require adherence to any religious belief system. No previous musical experience necessary. Donations gratefully accepted.

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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>

**Jan. 6:** *A Connecticut Yankee in King Arthur's Court* by Mark Twain

**Jan. 27:** *Demon Copperhead* by Barbara Kingsolver

**Feb. 24:** *The Guernsey Literary and Potato Peel Society* by Mary Ann Shaffer and Annie Barrows

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

"For most of us, it doesn't take long for our monkey-minds to come up with a thought (asteroid). Maybe we can just let it go by and go back to our breathing. But, if we engage with that thought (shoot it), it inevitable breaks into other related thoughts and, before we know it, we are overwhelmed with a kaleidoscopic panorama and momentarily forget why we are sitting there in the first place." Read Breathing Room Issue #72 [here](#).

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

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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. Next week, the poet is Ada Limón. Thanks to Meredith Morten for the suggestion. To receive a reminder Tuesday morning, please contact David Wilkins.

## INSTRUCTIONS ON NOT GIVING UP

By Ada Limón

More than the fuchsia funnels breaking out  
of the crabapple tree, more than the neighbor's

almost-obscene display of cherry limbs shoving their cotton candy-colored blossoms to the slate sky of Spring rains, it's the greening of the trees that really gets to me. When all the shock of white and taffy, the world's baubles and trinkets, leave the pavement strewn with the confetti of aftermath, the leaves come. Patient, plodding, a green skin growing over whatever winter did to us, a return to the strange idea of continuous living despite the mess of us, the hurt, the empty. Fine then, I'll take it, the tree seems to say, a new slick leaf unfurling like a fist to an open palm, I'll take it all.

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### **Men's Group - 3rd Wed, 2-4 p.m. except December! NEXT: JANUARY 15**

The Group has accepted the invitation to lead a Sunday service sometime in the first half of 2025 and chose the topic "This I Believe." This will also be the topic for discussion at the January 15 meeting. Zoom link tba.

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

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

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*Thank you to David Wilkins for the season's alpen glow and snow images.*



## Links to Recent Services

"The Promise of Seeds" - 11/17 about beauty and hope in November

[https://uuma.zoom.us/rec/share/wbgBU1O7wxiVba6HNNH-](https://uuma.zoom.us/rec/share/wbgBU1O7wxiVba6HNNH-uCxcmLLR8f9zUFLwoBV7yLu_bj-UFsuZnolDqHnBcDAhI.vQU7O4xfg__RQgty?startTime=1731851752000)

[uCxcmLLR8f9zUFLwoBV7yLu\\_bj-](https://uuma.zoom.us/rec/share/wbgBU1O7wxiVba6HNNH-uCxcmLLR8f9zUFLwoBV7yLu_bj-UFsuZnolDqHnBcDAhI.vQU7O4xfg__RQgty?startTime=1731851752000)

[UFsuZnolDqHnBcDAhI.vQU7O4xfg\\_\\_RQgty?startTime=1731851752000](https://uuma.zoom.us/rec/share/wbgBU1O7wxiVba6HNNH-uCxcmLLR8f9zUFLwoBV7yLu_bj-UFsuZnolDqHnBcDAhI.vQU7O4xfg__RQgty?startTime=1731851752000)

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"Setting a Table of Appreciation" - 11/24

[https://uuma.zoom.us/rec/share/GLUSiUXWJQfBzuxXCNCwhgmLhyrmjVb2I](https://uuma.zoom.us/rec/share/GLUSiUXWJQfBzuxXCNCwhgmLhyrmjVb2IfCNAZnw3wv85W1fYBoXTgZavagxVapa.cMCsWbl88VdyIRaJ?startTime=1732456692000)

[fCNAZnw3wv85W1fYBoXTgZavagxVapa.cMCsWbl88VdyIRaJ?](https://uuma.zoom.us/rec/share/GLUSiUXWJQfBzuxXCNCwhgmLhyrmjVb2IfCNAZnw3wv85W1fYBoXTgZavagxVapa.cMCsWbl88VdyIRaJ?startTime=1732456692000)

[startTime=1732456692000](https://uuma.zoom.us/rec/share/GLUSiUXWJQfBzuxXCNCwhgmLhyrmjVb2IfCNAZnw3wv85W1fYBoXTgZavagxVapa.cMCsWbl88VdyIRaJ?startTime=1732456692000)

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### Important Dates:

**Saturday, December 7:** Cookie Walk\Bake Sale and Holiday Fair 10-3

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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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