

The Call

Unitarian Universalist Congregation
of the Upper Valley

Autumn 2014
September-November

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Sunday Services 9:30 & 11 AM

Sermon topics may be found on our website, www.uucuv.org, as well as in the Sunday bulletins.

**We are
A Green Sanctuary,
A Welcoming Congregation,
and A Partner Church**

Walking the Path Together

Rev. Patience Stoddard

*When your footsteps and thoughts carry you down the same path
your heart and soul are directing you, you will know without a doubt
that you are headed in the right direction.*

~Molly Friedenfeld

We are, I believe, approaching a turning point in the life of this congregation. On the 12th of October as many of us as possible will be meeting together with the Building Steering Committee and the chosen architect to look at optional designs for a new on-site building for this congregation and generations to come. While there will be no final decisions made on that day, this will be the best opportunity to have direct input into the design. The provisional designs that will be presented will be based on the goals derived from open congregational discussions held last year.

While this building project will be a significant step forward, as I said before: "UUCUV's success is not defined by a building or lack thereof, but by the kind of compassionate community you are day in and day out." To further that aspect of the journey, much of this year's programming will be focused on the theme of how to live lives of deeper and more engaged compassion. In this Call you will read of the several ways in which this will be integrated into our worship and religious education/spiritual development programs.

Meanwhile the Board and staff will be examining UUCUV's organizational structures to determine how to most effectively accomplish its goals and live out its mission. Over the year ahead we will be examining the By-Laws, Policies and Procedures, and committees/task forces/teams to see how we can most creatively and efficiently accomplish the work needed to keep this a thriving community. Throughout the process your thoughts and opinions will be sought out and I encourage each of you to be involved

(continued on page 2)

**Save the Date:
Architect To Host Discussion on
Building Design
Oct. 12 at Noon, @ Marion Cross School
* Your Input Requested ***

Hospitality Teams at UUCUV

Mary Shain

Sunday Hospitality teams at UUCUV will continue this year with some new twists on past successes. Thank you to the teams from last year, Board members who hosted the summer services, and individuals who contributed along the way for making these successes possible. Hospitality teams have proven to be an excellent model for providing needed supports for Sunday services and opportunities for strengthening relationships in the UUCUV community.

Building on what has worked well, teams will continue to be organized as they were last year for September through June, with a monthly leader coordinating a team of eight members to cover each of two services every Sunday of their assigned month. Services are scheduled from 9:30-10:30 and 11:00-12:00 with a “coffee half-hour” after each. Continue to check the Hospitality Box near the mailboxes for the current duty list and materials to set up the hospitality table. The current duty list can also be found in a Google Doc by following these steps:

1. On uucuv.org, click the black “Get Involved” menu and click again to choose “Committees”

2. When the “Committees” page loads, scroll down to “Hospitality”

3. Click on the blue “Click here to see the list of responsibilities” link!

Summer 2015 teams will be smaller and organized differently, taking into consideration that there is one service and people have changing summer schedules. Details for hosting summer services will be provided in late winter. Team lists have been sent out to you. If you are not on the list and wish to participate, need to transfer to a different month or have questions, please contact Mary Shain (jimandmaryshain@gmail.com). Team leaders will meet with Patience and/or Sparrow soon to share ideas about continuing to improve our skills for creating a comfortable and inviting atmosphere for newcomers and longstanding members at UUCUV. The September team is already on the job!

Looking forward to a great year!

Walking Together

(Continued from page 1)

in whatever areas you feel you can aid in this discernment process.

It promises to be quite an exciting year – bursting with possibilities. I am not sure exactly where the path may lead us a year from now, but I can assure you that, wherever it may lead, I can think of no better people with whom to share this journey.

Your Fellow Traveler and Minister,

Patience

*You are capable of more than you know.
Choose a goal that seems right for you
and strive to be the best,
however hard the path.
Aim high. Behave honorably. Persist!
The world needs all you can give.*

~E. O. Wilson

**Meeting House
Grounds
& Nature Path
Fall Clean-up
Day
Sept. 20**



...stay tuned for details!

THANK YOU to Leah Goat for reviving and nourishing our Meeting House garden, which is flourishing under her care!



New Opportunities to Nourish Our Spirits

Sparrow F. Alden, CRE and Rev. Patience Stoddard

How might we open our doors and our hearts wider?

Some folks - people who crave the peace of spiritual reflection and glow of community - are on call or on duty on Sunday morning. They could be fighting your neighbors' house fire, cramming in continuing education to bootstrap their lives, or visiting their elderly parents on the only day they have enough hours to do so. Others, who may or may not attend Sunday services, would like a more quiet time to listen to their inner voice or find that their voice (or that of others) is a doorway to those deep places where words alone cannot go. So let's open the Meeting House doors more often and provide a variety of ways to encounter and nurture the Spirit.

Patience, Sparrow and the Sunday Services Committee have been thinking about this, and they plan to offer more spiritual gatherings this fall to fit your schedule and to be open to the needs of friends we haven't met yet.

Mid-Week Meditation

Mid-week, twice a month, you are invited to gather for centering and quiet contemplation with mutual support for developing and deepening your silent spiritual practice. **We will begin on September 11 and continue on the second and fourth Thursdays from 5:30-6.** Both beginners and experienced contemplatives are welcome. The initial gatherings will be led by Sparrow Alden and/or Claudia Kern and, as time goes on, they hope to be joined by others.

The training of attention and awareness to foster body/mind well-being is part of diverse spiritual traditions. In addition to the mindfulness meditation familiar to many, we will now and then explore other traditions and techniques for those who wish to broaden their practice.

Around the holidays in particular, the schedule will change a bit, so keep your eye on the UUCUV calendar (<http://uucuv.org/calendar/>) as well as the Weekly Blast.

Sacred Singing and Supper

At 5 PM on the First Sundays of each month beginning in October, we begin a new tradition of singing meditation. Simple chants and songs from the world's many religious traditions will form the center of this worship time. We welcome our neighbors from the whole community. Bring some food to share if you are so inclined, but no pressure. There will be hot soup and good bread waiting

following the singing. Our minister, Patience, will be leading the initial sessions.

Wheel of the Year Celebrations

Please join Sparrow to observe the equinoxes, solstices, and cross-quarter days in family-friendly worship. We will use chanting, dancing, yoga, art, or stories. Our very UU neo-pagan spiritual discipline acknowledges that humans created the stories of goddesses and spirits out of deep need - and the needing, telling, and believing make the stories real. Come tell the story: the wheel turns, the Earth warms, the land greens, the people dance, the spirits love, abundance thrives, life is sacrificed, darkness comes, hope hangs on under the snow, the wheel turns. **Autumn equinox worship - called Mabon - will be held at 5:30 PM on September 22. Samhain, the Celtic Day of the Dead, will be observed on October 30 with a special kid-friendly celebration at 3:30 PM; a 5:30 PM worship for high school and older** will provide a supportive circle for facing the dark side of this holy concept.

Youth Fridays

We will pursue the spiritual disciplines associated with deep recovery from cognitive stress - such as a 35 hour school week in a high-performance situation - with high school students once or twice a month on Friday afternoons. Meditation, yoga, prayer, breathwork, definitely laughter and possibly knitting will be included. Keep your eye on the calendar and Weekly Blast; the doors will open from 3 to 6 and we will adjust that time as we learn what is best for participants. **Youth Fridays begin September 19th.**

On Potluck Gatherings...

Please never, ever let the label "potluck" keep you from attending a UUCUV event! If you didn't happen to bring something, don't bat an eyelash, get in line—there is always enough to share. If you have food sensitivities and allergies and ethical eating disciplines, know that many people bring foods with these issues in mind. Many folks who bring dishes bring ingredient labels or are standing right there to tell you what they put in.

Board Report

Bess Schmidt, Board Secretary

This summer the board met June 12, July 10, and August 21. Since July 1, the board consists of Cappy Nunlist (President), Phil Kern (Vice President), Lucy Taylor (Treasurer), Bess Schmidt (Secretary), and Anne Alford, Dan Mendelsohn, and Mary Shain (Members at Large).

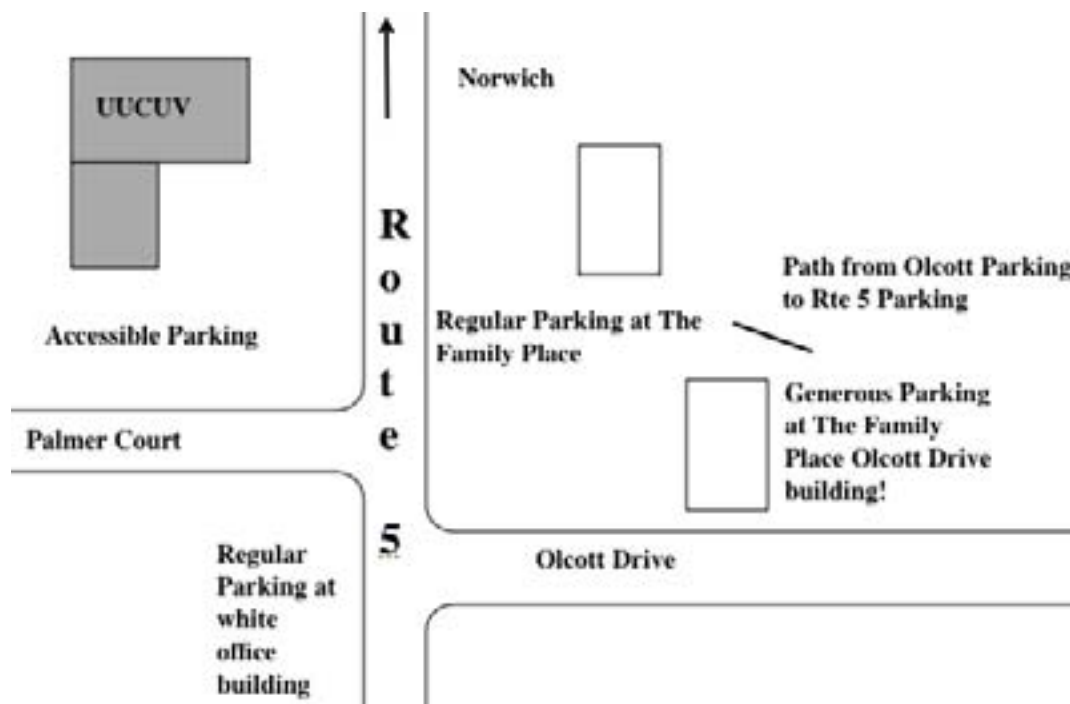
The board is planning a retreat for September 13 to work on setting goals for the year and to reflect on the governance structure of the congregation with an eye toward a future revision of the bylaws.

At the June, July, and August meetings, the board:

- adopted a board covenant and put into place a “check-out” at the end of each meeting to discuss matters of communication and concern within the board.
- formed a Steering Committee to oversee the building of a new sanctuary.
- approved contracts with Shawn Donovan, Haynes & Garthwaite, and Domus, Inc., in connection with the work of the Steering Committee.
- reviewed with Rev. Patience her ministerial duties for the year and renewed the minister’s contract.
- approved a motion to transfer a surplus of \$8641.79 from last year’s budget into the Growth and Development Fund.
- discussed a policy for payment of the minister and choir director for private marriage and memorial ceremonies.

The board meets the second Thursday of each month at the Meeting House (check the calendar for details). Board meetings are open to all members of the congregation. Minutes of the board meetings are available at the Meeting House.

Parking for Services



Sacred Time

Sparrow F. Alden, CRE

Dear Friends,

Some of you may know about my compulsions concerning time. I will show you my composite calendar (23 separate calendars on one page) on request. There is hope for me, however. I spend much of each summer in a place where it is possible to lose track of the date and day of the week—and I believe that my brain heals deeply when I do so. Do you struggle with “busy” as well? There’s a rush about getting the goals accomplished, and we clearly need breaks from constant time pressure. I’ve learned that I do best with a predictable time-pattern to my day.

I tried an experiment this summer. I set my magic-phone to chime at 6 AM and every three hours after that until it was dark. I planned two blocks of my day to meet my various school and work goals, and three blocks for private time and family time.

Within a week, I stopped looking at the clock. What an amazing and freeing sensation! Keep doing what I’m doing, know that it’s the right topic for me to be working on, until the chime. Deep breath and a quiet moment until the chime stops. Then finish up the task at hand and move on.

Something changed when I was free to work that way. I was far more productive and less time-anxious than when I have no schedule at all. I freed up parts of my awareness from watching the clock, from wondering if I was getting enough done during work blocks; and when it was time to play, I could play without thinking about work or school.

I’ll add this new learning to my perpetual study of Sabbath-keeping, and report back here after my next adventure. It just chimed noon. Deep breath, my friends. I’ll proofread and email this note and transition gently to lunch and siesta.

**RE at 11:00 service this year
Child care at 9:30 service**

Peace,

Sparrow

Why Do Our Children Need Religious Education?

Sparrow F. Alden, CRE

I know plenty of parents who want to give their kids complete leeway when it comes to faith formation. The organic development of an individual spiritual path sounds fabulous, and I wish it for all of our children - for everyone, in fact. Yet, I am making my kid take driver’s ed before handing him the keys: he lives in a world with motor vehicle laws, safety concerns, and serious consequences for unprepared driving. Individual spiritual paths don’t meander through a risk-free vacuum, and that’s why the UUCUV provides comprehensive children’s religious education.

Ethical decision making takes time and thought. In the moment of choosing to break a rule or keep it, our kids don’t have much time. The ones who have talked about equality and feelings and stewardship, the ones who have practiced making choices about the five spaces on the lifeboat already have a first-best-approximation of an answer they will be proud of. When they choose not to go graffiti-painting with the crowd, that’s something they’ve thought about and

practiced making their choice about. When they choose to peacefully protest in a place and time that gets them arrested, their conviction comes from a deep place of certainty with no regrets on board.

Participating in a worship service, whether as a visitor or a regular congregant, takes skills. Calming down when we enter sacred space, finding the page in a hymnal, figuring out when it’s time to listen and when it’s time to speak - these are all skills which take practice. Through religious education, kids become comfortable in UUCUV worship services - or friends’ weddings or great-aunts’ funerals - and know that they are being respectful of the traditions present. Better yet, they know why they have chosen to be respectful in any house of worship.

Membership in a religious community means knowing what church is from the inside - not the Hollywood view. Children who grow up with a loving, professional pastor

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Junior and Senior Youth and Coming of Age

Sparrow F. Alden, CRE

Religious people in grades 6 through 12 deeply need connection with one another and with the ethics and worship of our faith tradition. Multigenerational worship, attendance at regular services, and service with young children in the religious ed program are all part of developing one's faith identity in these years. Our Junior and Senior Youth have primary responsibility for The Children's Garden and its local food pantry donations!

The whole Youth and Junior Youth group:

- sponsors the secondary education of a girl at our partner church in India! Our current fundraising project is a cookbook – won't you support us by contributing a recipe?
- meets one Sunday each month with an honored guest at 12:30 over lunch. We explore the fundamental lesson of Universalism: all are in a state of grace. Who is "we?" What is "grace?" How does this understanding call us to act? What can we learn from our creative side or our analytical side, and are they really separate sides? We know that spiritual practice in adulthood follows naturally from childhood and youth faith experiences.
- is the Sunday Hospitality Team for February!

Junior Youth Group will meet monthly for frivolity. Families take turns planning and hosting the activities. Junior high school kids' connections with peers within the faith community are a big influence at this time; meeting peers from other congregations is a particularly powerful experience. We are hoping to make trips to two historic Universalist sites this year – Hartland Four Corners and Winchester, NH!

Senior Youth Group meets approximately monthly for Youth Friday – a chance to practice spiritual grounding techniques from yoga to chocolate in the company of peers. High school aged folks are influenced strongly by their relationship with their clergy, and we encourage activities which bring the minister into the real lives of the kids.

Coming of Age supports and celebrates young people who are coming into their own in our community. This four-faceted approach to spiritual development and Unitarian Universalist identity marks the end of children's programming and the beginning of the Youth stage of congregational life. Your own spiritual life constantly unfolds; this church community is here to support and encourage you.

Young people who have completed seventh grade are invited to participate. There are also parents, mentors, peers, a minister, and a religious educator who are part of the program.

Coming of Age is a personal project - not a "class," but a series of challenges undertaken on your own time and on your own initiative with the support of the adults in your life: a personal challenge, an outward reaching project, service to the church, and articulation of a personal credo. Each candidate has a mentor - an adult member of the church - as well as parents, the minister and religious educator to support them in this project. Find out more by clicking "Coming of Age" on the Religious Education page of the web site.

Why Do Our Children Need RE?

(continued from page 5)

who holds herself to the strict standards of the UU Ministers' Association are very unlikely to be duped by a charismatic charlatan who wants them to give over their money or their personal power. Children who grow up working behind the scenes at the LISTEN dinners or the Books and Music Sale know just how many good people there are in this world trying to make it better - no matter how much doom and gloom the journalists try to sell.

Most of all, our children need and deserve regular religious education because it places them solidly in a group of peers and adults who share the values we hold most dearly. As Unitarian Universalists, we uphold the right and responsibility of all to search for each one's individual, organically grown path. This is not the common perspective. Come to Religious Ed. It looks an awful lot like stories, fun, and community. It *feels* like a secure, charted trail head from which to blaze a new path.

Lifelong Learning at UUCUV

Sparrow F. Alden, CRE, and Rev. Patience Stoddard

Learning is fun - why else would we worship in an association with the highest rate of librarians and educators? Learning together gives us a chance to try ideas out in conversation and to help each other articulate our place on the path. The UUCUV's adult religious education offerings this autumn will speak to many different topics and learning styles.

The Mindful Path to Self-Compassion

Part of our year-long exploration of compassion, led by Patience, we will start with a focus on caring for and respecting ourselves. Based on an excellent and truly helpful book by Buddhist psychologist and practitioner Chris Goemer, we will explore various barriers and gateways to self-acceptance. The group will meet on **Sundays after lunch beginning Sept. 14 at 1:30**. Please let Patience know ASAP if you might be interested.

New UU

Patience, Sparrow (and lay leaders) will explore Unitarian Universalist identity and values combined with UUCUV history and future aspirations on **September 28 at 12:30 and October 5 at 4:00**. This class is especially designed for newcomers or those who wish to consider the path to membership in this friendly, forward-thinking congregation. Bring questions and a brown bag lunch to these "New UU" classes. Those in the group who choose to make a commitment to the UUCUV will be invited to be formally welcomed into membership in a Sunday morning service.

Parents and RE

All parents of kids under 18 are welcome and expected on **September 21 at 12:30** - child care provided and bring a brown bag lunch! - to discuss the challenges of third-millennium parenting and how our religious ed program can support individual families. Sparrow will answer questions about the 2015 program as well. Topics which arise today will be followed up in smaller circle gatherings on October 5, 19 and 26.

Communicating with Care

What gets in the way of our intentions to communicate clearly and honestly with one another? How might we develop specific skills that will help with those difficult conversations we often avoid but know are important? **Through-**

out November into early December, Patience will offer 3 - 4 workshops on compassionate communication. It is important to let her know if you are interested, as the workshop times will need to be set early in order to encourage wide participation.

Check the calendar (<http://uucuv.org/calendar/>) and Weekly Blast for dates for this group.

Adult Spirit Play Studio

Let your mind rest as your hands and heart use art supplies to non-verbally explore the issues and stories you have been working with. Sparrow will establish the sacred space and provide materials (please feel free to bring your own art media if you wish). This open studio time will happen approximately quarterly, beginning on November 16. Everyone over 18 is welcome.



*Belief is many things and so is disbelief.
But religion is something that happens to you
when you open your mind to truth,
your conscience to justice, and your heart to love.*

~ A. Powell Davies

I like to walk alone on country paths, rice plants and wild grasses on both sides, putting each foot down on the earth in mindfulness, knowing that I walk on the wondrous earth. In such moments, existence is a miraculous and mysterious reality. People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child--our own two eyes. All is a miracle.

~Thich Nhat Hanh

Membership Update

New Member

Leah Goat joined the church in May. She's lived off and on for the last 35 years in Hanover, leaving for college and farming. She retired recently from the Dartmouth College Libraries where she worked with Special Collections. Earlier work was in Historic Preservation and she has restored several houses.

She was raised Episcopalian, but in the 1970s discovered the UU church in Longmeadow, Mass., where it wasn't unusual to have Helen and Scott Nearing lead a service. She never looked back. Leah was an active member of the Woodstock congregation and then the on-line Church of the Larger Fellowship (where she met Sparrow!) and for the last 10 years has considered women's week at Ferry Beach UU Conference Center her spiritual home. She's honored to be part of our women's group and through it has come to realize that the UUCUV is her community.

She loves to knit and make all sorts of things, but her greatest pleasure is being outdoors, especially in a garden. She's delighted to be working in our flower garden and to be part of the UUCUV at this revitalized time.

Margo Nutt



In Remembrance of Arnold Sheilds, 1930-2014

Arnold Sheilds passed away on July 19 at the Grafton County Nursing Home. His life was celebrated in a Memorial Service co-hosted by our congregation and his many friends in his hometown of Piermont, NH. He was predeceased by his wife, Marion, in 2011.

Arnold was a founder and true guiding light of this congregation. Through all the twists and turns of our church history, he and his wife, Marian, always showed up to lend

a hand. Arnold served as president of the UUCUV Board and several times as a board member. He was our in-house parliamentarian for countless years, keeping the governing process flowing and helping us to navigate troubled waters with humor and skill.

He especially loved the youth and children of the congregation, always taking time to show them special interest and treating them as unique individuals. He loved poetry and could recite an apt piece of Frost or Shakespeare at the drop of a hat. His skilled recitations were always a high point of services where we shared favorite poems. Children and adults alike loved his gift for storytelling with a dramatic flair.



Arnold was a justice-seeker. In the community, he served as local and state president of the National Education Association dedicated to fair treatment for teachers. In our congregation, he was a strong advocate for our staff and ministers. He helped to create personnel policy for our congregation and pushed for fair compensation.

We miss his generous heart, his consummate skill as peel collector at our annual apple peeling parties, and his warm bear hugs.

Phil and Claudia Kern

Membership Update

(Continued from page 8)

Letter from Rev. Suzanne Semmes

Dear Friends at UUCUV,

Greetings and blessings to you all! This will update you about my ministry since the congregation so generously ordained me in May 2008.

At that time, I was working as a hospital chaplain at Dominican Hospital, a mid-sized Catholic institution that has, in addition to surgery, Emergency Dept., ICU and other departments, a special calling to treat anyone who cannot afford to pay. As Santa Cruz has over 3000 homeless people, we are very busy! In 2010, that job was eliminated, and I started a private practice in spiritual & grief counseling, while at the same time taking the pulpit two Sundays a month as interim at UU Fellowship of Los Gatos, CA (for eight months on contract).

When that ended, I joined the ministerial rotation at Pescadero Community Church (UCC), where I still take the service about five times a year. During that time, I also worked part-time and per diem as chaplain for Hospice of Santa Cruz County, providing spiritual care to the dying and their families, covering a large geographical area with my car as my office! (The life of a minister in any rural area often entails this kind of multi-tasking.)

In Nov. 2013, I left hospice when I was offered back my former job at Dominican. There I cover the Critical Care Department, orthopedics, palliative care and cancer care. I am blessed every day (and night!) by the wonderful, courageous people with whom I am privileged to work, and by the blessing of ministry among supportive and talented colleagues. This year for the first time since I became a chaplain in 2000, I attended the Association of Professional Chaplains national convention: three days of education, of networking, and of celebration. I have been Board Certified by that Association since 2010, and will renew that certification in 2015.

I am thrilled to say that the local UUA minister is a dear friend of mine from seminary days, and that he was ordained by the UU Fellowship of Santa Cruz County this spring. Also, partly because of my work at Pescadero and my membership at Peace United Church of Christ, the United Church of Christ granted me ministerial standing in 2012, and my community ministry is sanctioned by that congregation. (Longer story!)

Some of you may recall my son Sander Dennis. He and his beloved Katy, living in Portland OR, made me a grandmother on 11 March this year. Soren Garnet Dennis is a delightful, healthy, and strong little boy. My daughter Isabel Dennis lives in San Francisco, and we see one another often.

Of course, there is so much more to share with you, but Sparrow said "a paragraph" and this is already almost a page!

I may get to New England in the next year or so, and if I do, I will give you some notice, so as to meet with as many of you as possible.

Please know I hold each one of you in my heart and in my prayers.

With gratitude and love,

Suzanne

The Reverend Suzanne G. Semmes, BCC
109 Button Street, Santa Cruz CA 95060

Tel: 831-425-1479

Five Friendly Questions

It's true, some of us move a little more slowly before Fellowship Hour. One General Assembly workshop offered a few gems to help us welcome visitors:

Tell me how you came to be here this morning.

Today's speaker is (our regular minister/a visiting minister/a lay speaker) and this service (was pretty typical/was different from usual in this way...).

What may I answer for you about this congregation?

What would you like me to know about your life?

And, as always, Bruce Johnson's answer to "Can you sum up your beliefs?"

- "That's a big question. Do you have time for a cup of coffee?"

Sparrow F. Alden, CRE

News from the Steering Committee

Bill Brawley

Architect to Host Discussion Session Oct. 12

Andrew Garthwaite, the lead architect working on the sanctuary project, will be gathering ideas and input at a discussion session to be held at **12:30 pm on Oct. 12 at the Marion Cross School**. The session is open to all; **a light lunch will be provided after the Sunday service, which will be at the Marion Cross School from 11 AM to noon**. There will be only one worship service on Oct. 12.

Garthwaite, of Norwich-based Haynes & Garthwaite Architects, is working on preliminary designs for a structure that will accommodate around 100 people for Sunday services and congregational events. He will be presenting several approaches to the design for comment and feedback. We're hoping to keep things moving on a schedule that will allow us to present conceptual sketches and cost estimates to the Congregation around Thanksgiving.

Briefly ...

- The state of Vermont has determined that we do not need an Act 250 permit, which considerably simplifies the permitting process for a building project on our property.
- Shawn Donovan, our construction consultant, has started early discussions with officials in Norwich and Hartford regarding permits and procedures required by those towns. In the earliest stages, we will need to bring the conceptual drawings and a site plan to the Norwich Development Review Board; Norwich officials will write a letter that will be sent to Hartford stating that we do not have access to town water and sewer, allowing us to apply for connections to Hartford utilities
- A structural engineer has inspected the Meeting House and will be providing his opinion on the soundness of the building as part of the conceptual design process.

The Steering Committee consists of Bill Brawley, Joani Nierenberg, and BJ Shabel.

BBrawley@mac.com

joan.nierenberg@gmail.com

elizabethshabel@gmail.com



UUCUV Capital Fund

<u>Beginning Balance - July 1, 2012</u>	<u>55,472.38</u>
<u>Income</u>	
Contributions	8,531.00
Income Total	<u>8,531.00</u>
<u>Expenses</u>	
Wetlands Delineation	935.65
Prep for Structural Engineer	395.50
Survey	1,250.00
<u>Encumbrances</u>	(expenses committed but not yet billed)
Survey	1,250.00
Shawn Donovan, consultant	2,500.00
Architect & Engineers	11,900.00
Cost Estimation fee	1,500.00
Expense/Encumbrance Total	<u>19,731.15</u>
Net Income/Expense	<u>(11,200.15)</u>
<u>Balance as of August 31, 2014</u>	<u>44,272.23</u>

Upcoming Ways & Means Events

Lori Fortini

It is time to start putting aside your high quality treasures to donate and start planning to bake for to our Annual Everything Apple Fall Harvest Bake Sale and Upscale Resale in early October.

Apple Peeling Party for the Everything Apple Fall Harvest Bake Sale: Saturday, October 4 from 9:00 AM to 11:00 AM at the Meeting House

Please plan on sharing a morning for fellowship and working together to prepare apples for pies. The peeled and sliced apples (which can be frozen) will be distributed on Sunday 10/5 to those people making pies or other apple goodies for the sale on October 11st.



Annual Everything Apple Fall Harvest Bake Sale and Upscale Resale: Saturday, October 11, 2014 from 9 AM to 1 PM at the Meeting House

The Apple Bake sale was started by Marian and Arnold Shields and is a popular event for discerning pie and apple lovers. We welcome any food made with fall's bounty – pies, breads, preserves, or pickles. Anything goes, but apple pies seem to be best!

The Upscale Resale is your better than average yard sale. We collect all items;

EXCEPT NO clothes, computer/electronics or mattresses. From October 8th through October 10th we will need lots of workers to help us move things to the Meeting House, organize, price, and set up.

Then we will need people to come to the sale on October 11 to sell, sell, sell and to bring people to the sale to buy, buy, buy! This is a great event, but it takes many hands to pull it off.

There is room in Sally Page's garage if you need to have things moved before the sale. Please contact me at la14e@valley.net to arrange pick up.

I will be asking for help during specific volunteer times

through the month of September. Please look for me and keep making eye contact! I get lonely if people avoid me and my clip board during coffee hour.

Let's start the church year off making this event a big success!

And looking ahead, we will really start gearing up for the Pods for the Pulpit Craft Fair (which takes place the weekend after Thanksgiving) and will be talking about a soupathon date. Please stay tuned!

Thanks in advance for your support of the congregation! We can't do it without all of you.

What is Upscale Resale? How should we approach it?

This is a fundraiser, similar to a yard sale, but not your typical yard sale. Hence the name – Upscale Resale. The idea is to have quality items of value that are salable at top \$\$\$\$. This means they are clean, in good working condition, and maybe a little difficult to part with. Things you would use were they not duplicates. Wedding presents you haven't used in years, or never taken out of the box. You or other family members are downsizing, or someone has passed and you are settling the estate.

Getting rid of things of value can be difficult. We all have our "Scrooge" side thinking we should get top dollar, our "but maybe" side that saves things way too long waiting for the kids to claim them, or for you to remodel and have space for them. Many an attic or shed is filled with good intentions. Donating to the church is easy. You get a tax deduction, the church gets closer to a sanctuary, your valuable item gets a new home to be appreciated, and your generosity has made another happy and willing to be generous in return. Win-win without a doubt.

What we don't need are the leftovers from your yard sale, things that are covered in dust or grime, or things of no use which should be recycled or taken to the landfill. Make a commitment to move those things on as well. You will be surprised at the satisfaction this will bring you! Another win-win!

20th Year of “Pods for the Pulpit” Crafts Fair

Margo Nutt

November 28 and 29 will mark the 20th Annual Pods for the Pulpit Crafts Fair, a major fundraising event put on by our church. This year the funds raised will be shared with LISTEN Community Services, The Haven and Cover. Revenue comes from booth fees and the raffle.

Some of you may recall, in previous years we featured ornaments made from milkweed pods, thus the name “Pods for the Pulpit.” Although the ornaments are no longer made, the name goes on, as it is a well-known event in the Upper Valley. (An instruction pamphlet for making the ornaments will be available.)

Once again, this year’s raffle item is a colored woodblock print donated by Lyme artist Matt Brown. Music will be provided by guitarist Chief Noda from Brockton, Massachusetts.

Two floors, with 40 vendors, will show a wide variety of high quality crafts including jewelry in many forms, pottery, rag rugs, quilting, mittens, woodblock prints, herbals, cotton children’s clothes, marbled paper and silk, basketry, floor cloths, etchings, felted sculptures, knits and woven goods, fiber art, cactus gardens, wreaths, hand spun yarn and woven wool rugs, braided rugs, ornaments, photographs, painted gourds, elf slippers, things made of recycled zippers and sweaters. You name it, we’ve got it.

The fair is held at Tracy Hall on Main Street in Norwich, Vermont from 10-4 on November 28 and 29. There is no admission fee. Spread the word!

We will need the congregation to pitch in and help in various ways: to make soups and desserts; serve lunch and booth-sit while vendors eat; sell raffle tickets; help craftspeople set up before the fair and break down when it ends; send postcards of our poster to non-UU friends; plaster the Upper Valley and beyond with posters.

Suzanne Simon and Christine McDonough are coordinating the raffle. Mary Layton is coordinating the lunch and signing people up

for tasks. Margo Nutt is handling publicity. Please note: We are also looking for someone to shadow chairperson Sally Page and become co-chair for next year.

Additional details and sign-up opportunities will be provided in the Weekly Blast and Order of Service as we get closer to the date of the fair.

Plan to come to the fair, and bring family and friends who are visiting for Thanksgiving!

20th Annual “Pods for the Pulpit”

CRAFTS FAIR



FRIDAY & SATURDAY

NOVEMBER 28 & 29, 2014

10:00 AM - 4:00 PM

Tracy Hall, Norwich, Vermont

A benefit for Unitarian Universalist
Congregation of the Upper Valley

Thoughts on Timeliness as Kindness

Cappy Nunlist, Board President

For 20 years, I have left home for Sunday services in Norwich based on the assumption that the trip takes 15-20 minutes. For 20 years, my faith in that assumption has remained unshaken – despite repeatedly being proven wrong. Ever since I can remember, I have found one more small task to do before I leave for an appointment that I am sure I can complete and still arrive in time. The little task always takes longer than expected. For years I have planned to arrive at a service scheduled to start at 10:00 am at 10:00 am or a committee meeting scheduled for 6:00 pm at 6:00 pm. Until very recently that seemed reasonable despite the fact that it is objectively not true. If I arrive at the exact time the event is to begin, the event cannot begin on time. Every other attendee has to wait until I have found a seat, said hello to my neighbor, taken off my coat and gotten comfortable. Or, the speaker or committee chair can elect to start on time while I subject the other participants to an annoying disruption.

The fact that I am often a bit late has been cheerfully tolerated. Somehow we have created a culture where tardiness is an accepted norm. However, this is going to be a year of difficult challenges – albeit wonderful and exciting ones. Newcomers have continued to find their way to our door throughout the summer and, delightfully, many are continuing their involvement with us. We will be having two services each Sunday, as we did for most of last year, so that

everyone can be accommodated. However, rather than an hour between services, there will only be half an hour. We know there will be some chaos during that brief transition.

In contemplating this reality, I have realized that that my behavior is unhealthy at best, rude at worst. Unhealthy for me because in an already anxiety ridden and driven world, I deny myself the opportunity to arrive at my destination without rushing and without the opportunity to collect myself and take a few deep breaths to better prepare for the event. Rude to others, as I have recently observed on those occasions when I have actually managed to arrive on time. This is especially true at church services that are intended to be contemplative affairs. Latecomers disturb the mood and distract the speaker. And they are apt to cause the service to run late which is especially problematic when we are holding two services.

Being late is a breach of our covenant to treat others – and their time -with respect. I have vowed to change my own habits (and Patience has agreed to let me add that she will also change her habits) as an acknowledgement that both of us have helped to create – even foster – this culture. We are a warm, fun-loving, truth-seeking congregation. Surely we can rededicate ourselves to being on time as a way to create a more respectful environment for all of us.

Why Go to Church?

We go to church in an expectancy, to find the missing part, to relate to what we can never explain, to live with unanswered questions.

We go to church because we are looking for something of life's fulfillment, a fleeting sense that we wish to make life whole, to find the point of our existence, what the great religions have called God, however we state it.

We go to church because we are looking for human fellowship, a community where we think of helping one another rather than exploiting one another.

We go to church seeking composure to face a world of confusion with its many problems, some of which may be solved, and the predicaments that may have resolutions but not solutions, and must be faced over and over in life, calling for courage and decision.

We go to church to find the strength to go the second mile, to offer forgiveness, to make amends, to find the good within evil, the healing beyond hurt, to rise again after we have fallen.

We go to church because we believe that there is the possibility of having a living faith, aware that we may not understand all that we believe, not believe all that we understand, but even so, we may confront life with a ready mind and an open heart.

We go to church because we wish to find channels to help us express faith and hope and love.

~ Ralph Helverson

The UUCUV Library

Olive MacGregor, Library Chair

New Books

The Library Committee received a beautiful children's book, a gift from Mardy High - *Amelia to Zora: Twenty-six Women who Changed the World*, by Cynthia Chin-Lee. It is now in the children's collection in the minister's study.

For New Folks...

Some of you may not be familiar with the UUCUV library, located in the Meeting House. The library has over 650 items - mostly books, and a few DVD's and CD's.

The children's collection is located in the minister's study. The adult collection is in the main meeting room. On the back wall are books and symbols dealing with Unitarian Universalism, as well as other world religions. Materials about our partner church in India are also located there. On the side wall are found a general collection and a "Sustainability Collection," reflecting our status as a "green sanctuary." The card catalog is in the corner between the two walls with author, title, and subject cards. The books are cataloged by the Dewey Decimal system.

Before checking out library materials, please register by writing your name, address, phone number, e-mail address, and the date of registration on a 3 x 5 card and putting the card in the registration box. Directions for checking out are on the card catalog and in the minister's study. The regular loan period is one month.

The Library Committee: Olive MacGregor(chair), Polly Gould, Margo Nutt



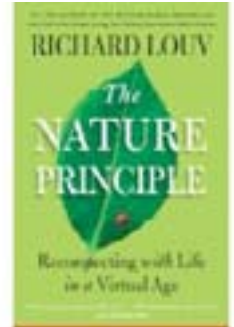
He who knows what sweets and virtues are in the ground, the waters, the plants, the heavens, and how to come at these enchantments, is the rich and royal man.

~ Ralph Waldo Emerson, Essays, Second Series, 1844

Book Review

By Margo Nutt

The Nature Principle By Richard Louv



Louv takes nature deficit disorder, introduced in his previous book, *Last Child in the Woods*, a step further, to argue that adults need nature, too. Louv's "Nature Principle" consists of seven precepts, which include balancing technology excess with time in nature; a mind/body/nature connection, which Louv calls "vitamin N," that enhances physical and mental health; expanding our sense of community to include all living things; and purposefully developing a spiritual, psychological, physical attachment to a region and its natural history.

It's important for kids to have unstructured, imaginative play time outside, and to do this, they must get unplugged from digital devices. It's important for adults too, especially parents, to set an example. This book provides ideas for you and your family to get involved with outdoor activities. Louv covers economic, mental-health, family well-being, physical health and spiritual benefits to be gained from bringing nature into our cities and suburbs, and provides practical ways to do this.

The book is not an especially "easy read." But he has done an excellent job of pulling together the evidence for his theories regarding our need for time in nature.

Living, as we do, in this beautiful rural setting, and adhering to the UU principle of "respect for the interdependent web of all existence of which we are a part," we may feel that Louv is preaching to the converted. Nevertheless, this book is a potent and useful reminder. He wants to tap nature to boost our mental acuity, creativity and health. At its heart, the movement seeks to replace the apocalyptic vision that modern society has created.

Reflections on General Assembly 2014

From Sparrow...

How did I enjoy General Assembly? In intimate chalice circles, small young-adult worship, church-sized sacred services, and mega-church multi-media worship! I refilled the well of my spirit with the talented worship leaders of Sanctuary Boston and gained a huge appreciation for their style which expresses the transforming power of love with every sense.

I do admit that, as I sat in the music of professional-quality rock instrumentalists and in the energy and charisma of a 28-year-old preacher with fire in his belly, I considered that it's not something we could do. Not every week, not at UUCUV. Eliminating the collection of money so no one feels pressure is a great idea for 28-year-old preachers who can live rough and have no dependent children. I loved it and it filled my well and I am grateful. But.

I also went to General Assembly to learn how to do my job better, how to serve the UUCUV and our community better. Then, on Saturday morning, I found my people. The worship, honoring congregants with multiple sensory and learning differences, was led by three congregations who looked an awful lot like us. There were technology problems. Someone forgot their cue. And everyone in the room was happy to be there together. I learned some great things about accommodating multiple needs which I will bring to the Meeting House and to building meetings. I remembered that our good hearts and warm welcomes and stubborn justice work defines our movement.

Of course I also went to the spiritual writing workshop and an OWL leaders' gathering and spent time with Bruce Johnson, who sends his warm regards! I hung out with the Covenant of UU Pagans and found myself on a committee! I spent a particular amount of time... and money... at the Bookstore and in the exhibition hall. Many adventures and good memories - I'll bring General Assembly to the UUCUV every place that I can.

From Lori Fortini...

"The whole universe is the ocean I travel, and the earth is my blue boat home..." There was nothing like singing this wonderful hymn with over 4000 UUs in the Dunkin Donuts Center Arena in Providence Rhode Island at the end



of June. General Assembly to me was about connecting and feeling a part of something so much larger than our UUCUV community or our Northern New England District. I saw old friends who have moved away and former ministers. I heard amazing speakers (the Ware lecturer this year was Sister Simone Campbell – one of the “Nuns on the Bus”) and was inspired to go out and make a difference in our world.

This year's theme was “Love Reaches Out” and we were reaching out into the Providence Community by rappelling off the walls of the building (UUs going “Over the Edge” to raise awareness and funds for Unitarian Universalism) and by being the sponsor for the Providence WaterFire, an all-city event with fire torches on the river that runs through the city.

I had the extra joy of being in the GA Choir, and although it takes up one session each day for practice, the end result of singing with 180 singers on the grand stage before the whole assembly at the Sunday Morning Worship and closing ceremony was thrilling.

Between the singing and worship and inspired speeches, there was business to be done. I was an appointed delegate from the UUCUV and, as such, I attended the general sessions and participated in the business meetings. The format was streamlined and the sessions were a delightful mix of

(Continued page 16)



Waterfire in Providence, RI

Reflections on General Assembly

(Continued from page 15)

business with singing and updates on all the good work UUs are doing around the country and the world.

The culmination of the delegate duties was in the voting on the Congregational Study/Action Issue for the coming four years. After an informative and respectful discussion of five proposals, “Awareness of Escalating Inequality” was chosen. We are sure to hear much more about this issue in the coming church year.

The assembly also voted in favor of the resolution to have the UUA divest from investments in the 200 major fossil fuel companies listed by the Carbon Tracker Initiative (CT200) and to invest an appropriate share of UUCEF holdings in securities that will support a swift transition to a clean energy economy. (See uuu.org for more information regarding the study action issue and this resolution.)

From Cappy Nunlist...

Although I attended two of the annual national gatherings of UU high school students back in the day, I had never been to GA. The Providence location made this year’s irresistible. What did I learn? I learned that although worship services with fabulous music, very well-done technical theatrics, and some truly outstanding speakers were absolutely worth attending in their own right, mega-worship, for me, is not a spiritual practice. I learned that making friends with complete strangers was easy – requiring only a smile and an outstretched hand. I attended a number of workshops, most of which were thought-provoking or practical or inspirational or, at best, all three. (Sometime in the future, you may be hearing about a prison program that has allowed prisoners to rebuild their lives, in which you may wish to participate.)

I also learned that fanatics are not very persuasive. Being told by a sweet young thing that omnivores were morally bankrupt made me want to eat more meat. Some rationally delivered thoughts on the unintended effects of meat-consumption (I know there are many) would have been much more effective in changing my behavior. I thought that was a valuable lesson as we try to persuade others to our point of view – whatever that may be.

I did not have to learn – I already knew – how much I loved spending quality time with Jamie Gibson, Marty Shaw, Patience, Sparrow and Sue Buckholz (formerly a member of

UUCUV and now a member of the Hartland congregation).

The next GA will be held from June 24-28 in Portland, Oregon – a beautiful place to visit. If you are interested in attending and want to learn more, please talk to me, Lori, Patience or Sparrow.

From Rev. Patience...

So much has been shared by others who attended I’ll keep my remarks to the two workshops I attended that were most inspiring and that have influenced my thinking about my ministry here.

The first was a workshop called “Music and the Message.” Music Directors, Ministers, and Religious Educators from several churches spoke about the many ways in which music serves as a vehicle for outreach, spiritual practice, and the celebration of community. I will be sharing some of those ideas with Linda Hoover (our Music Director) and the Choir, as well as Sparrow. It also encouraged me to follow through with my idea to offer singing meditation on a monthly basis which you can read about elsewhere in this newsletter.

The second workshop was entitled “Deepening Our UU Faith Through Thematic Ministry.” This approach to worship and programming strives to integrate religious education classes for adults and children with monthly worship themes. The themes can cover a wide variety of topics (often chosen by the minister in dialogue with the congregation). Examples are such themes as: Creation, Religious Authority, Dignity, Grace or Evolution. One pioneering church arranges these topics in three year cycles which then repeat, expanding the depth and breadth of both worship and religious education. Service projects and Chalice Circles (small groups) may also be connected to the theme. This year we are trying this in a different way weaving the large theme of Compassion throughout the year. I hope that the Sunday Services Committee and congregation as a whole will consider embarking upon a monthly theme structure a year from now. The congregations in Concord and Keene NH and our neighboring congregation is Hartland are currently trying out this model and report that it has energized and deepened the life of their congregations.

Partner Church News

Polly Gould

On July 27th the UUCUV, partner to Mukhap Unitarian Church in Meghalaya, hosted Rev. Gail Seavey and Jim Seavey of the First Unitarian Universalist Church of Nashville, Tennessee, partner to Pingwait Unitarian Church in Meghalaya, for Sunday service and a luncheon.

The Chalice Lighting for the service was Rev. Darihun Khriam's words from this year's UUA General Assembly Sunday service in Providence, Rhode Island: "I light this chalice on behalf of the 10,000 Unitarians in the Khasi Hills of North East India. It is half the world away, but we value and share this faith with you."

Rev. Gail recounted a story for all ages about the separation of the 7 huts from the 9 huts, and offered prayers. Jim gave a reading from "The History of Unitarianism in North East India" by Rev. Helpme Mohrmen and a talk with projected pictures from the Seaveys' visits to the Khasi Hills in 2011 and 2013.

During the collection, Paul Schmidt projected Jim's video of the festivities at the 125th Anniversary of the Jowai

Unitarian Church, especially the torchlight parade and an impromptu hymn sing by the Puriang village guests at the home of Homeland Lamar.

Jim also spoke of his and Gail's first knowledge of the Khasi Hills through the minister of their home church in Rockport, Massachusetts, Rev. Doris Hunter, and her visits to North East India in the mid-eighties. He described the geography of the region and the partnership between the Nashville UU Church and the Pingwait Unitarian Church, which started under the auspices of the UUPCC in 2012, and the essential part played in that relationship by the Pingwait minister, Rev. Darihun Khriam.

Especially interesting to us was Jim's account of their two-day stay in Mukhap in 2011 with the family of Leiki Suchiang. The Seaveys think of Leiki as their Khasi daughter. She is now the assistant minister in Mukhap and the new contact for the UUCUV there. We hope that she will help us strengthen our long-term partnership.



Phil Kern, Polly Gould, Gail Seavey, Frank Gould, Claudia Kern, Jim Seavey

UUCUV Partner Church History

Claudia Kern

"I do not want my house to be walled in on all sides and my windows to be stuffed. I want the cultures of all the lands to be blown about my house as freely as possible." - Gandhi

For twenty years the Unitarian Universalist Partner Church Council (UUPCC) has encouraged and supported almost 200 congregational partnerships between American and Canadian Unitarian Universalists and Unitarians and Unitarian Universalists around the world. There are partnerships with Unitarians and Universalists in the Transylvania Region of Romania, Hungary, Czech Republic, India, the Philippines, Hong Kong, Uganda, Burundi and Kenya.

In the fall of 2007 UUCUV members Phil and Claudia Kern visited the predominantly Christian state of Meghalaya in northeastern India where Unitarianism has been a recognized religion for 126 years. Upon their return, Claudia and Phil presented photos and stories highlighting two villages with churches seeking partnerships. Both congregations were struggling to finish building churches, and each of those churches received \$500 from our annual Social Responsibility fund to help them complete their projects.

The congregation voted at the Annual Meeting in June 2008 for UUCUV to submit an application to become a Partner Church. In August of 2008, UUCUV entered into a partnership with the Unitarian Church of Mukhap in the Jaintia Hills of Meghalaya, and an Ad Hoc Partner Church Committee was formed calling itself "Ka Jingialang," using the Khasi (a predominant language in Meghalaya) expression for "committee."

UUCUV was fortunate to have the enthusiastic support of our minister at the time, Rev. Bruce Johnson, who was able with our help to be part of a UUPCC pilgrimage to Meghalaya in October of 2008, and subsequently became a member of the board of the UUPCC. In June of 2009 he and Claudia Kern met with a representative of the Northeast India Unitarian Union at the UUA General Assembly.

Since 2008 highlights of the Ka Jingialang have included:

- **Indian Dinners.** We have hosted one or two Indian dinners for the congregation each year since 2008, including one featuring a performance of classical Indian dance.
- **Regular communication between UUCUV and**

Mukhap, including monthly emails and sending packets of drawings from our children, photos, news from our church. Sadly, packets coming from Mukhap have not reached us, although they have been sent.

- **Education.** We have had speakers and slideshows on Natural History of Northeast India, History of Northeast India, and History of Unitarianism in India.
- **UUA Office of International Relations Workshop.** "Faith Without Borders" workshop and Sunday worship service in January of 2011 with Rev. Eric Cherry, director of International Relations office.
- **Student Sponsorships.** Currently members and friends are sponsoring six high school students from the village of Mukhap. In addition, Rangwansuk Lapasam is sponsored by the Ka Jingialang on behalf of the UUCUV congregation and is now attending college. This year the Youth Group has begun sponsoring a new student, and an extended family from the Upper Valley community who attended a recent dinner are also sponsoring a new student. This sponsorship is a commitment of \$126 annually for three years to change the life of a student and his family. It may be hard to imagine how such a small amount can help to transform the direction of a stranger's life, but that is what an education can do in most parts of the non-Western world.
- **Support for the Mukhap Church's school.** 120 children's books were donated by UUCUV for the school.
- **Hosting Guests from India.** In 2011, we enjoyed a weeklong visit from Rev. Derrick Pariat, the president of the Unitarian Union of Northeast India, and his wife Dani. This time included hikes, shared meals, an ice cream social and sing-along, tours of the Upper Valley, and a Sunday worship service.
- **Celebrating The Completion of the New Church In Mukhap in 2012.** In addition to the building gift of \$500, we sent along an additional gift for furnishings and a blessing from UUCUV to be read at their dedication ceremony and framed to hang in their new sanctuary.

Ways to Get Involved! In Our Congregation...

Join a Sunday Team

Anyone who would like to participate in hosting Sunday Services as part of a team, who has not already been assigned to one, please e-mail Mary Shain at jimandmaryshain@gmail.com.

This is a good way to meet people and have a lot of fun --and help the congregation as well. The teams take responsibility for one month of services. They set up for the service, provide refreshments, welcome people as they arrive, and put things back in order afterwards.

If you have been assigned to a team, but are also willing to be put on a "call" list if there is a need on a particular day, please let Mary know.

Sing in the Choir

This year, we are singing at both services, two Sundays each month! Sunday rehearsals will start at 8:30 AM.

If you think that group singing for a friendly congregation looks like fun, you're right. It's also a deeply satisfying way to connect with our souls, each other, and according to some--the universe.

Join us for a rehearsal--especially the Friday potlucks. You don't have to be able to read music, and no audition is required. We are especially in need of tenors and basses. I often make music and listening links available ahead of time to help singers prepare. While you don't have to commit to each and every date, some music will require being at more than one rehearsal. To get on the mailing list, e-mail me at Linda.Hoover@dartmouth.edu.

Linda Hoover, Choir Director

Provide Music & Readings

The Sunday Services committee is always looking for people to share special music, provide accompaniment, or read for the chalice lighting or opening words during a service. They are very interested in adding other voices and diversity to our music offerings.

Come to Elder Journey Lunches

When did you start your Elder Journey?

I started mine the day I was born.

Once a month a group of us meets for lunch and exchanges stories and observations about the processes of change as we age. The group, as a whole, has always met these changes as a challenge, not a burden. This allows us to learn coping skills from the wisdom of others while chatting and eating.

Please plan to join us wherever you are on your Journey. We meet the **3rd Tuesday of each month at 12:30** at the Meeting House.

Babette Hansen

NOTE: Margaret Robinson will be coordinating the Lunches in September and October during Babette's absence.

Join the Caring Circle

While most of the caring for each other happens quietly and spontaneously, there are times when a coordinated effort can be most helpful. Our minister and members of the Committee on Ministry (Lori Fortini, Kathy Christie, and Frank Gould) have been working on a plan to renew the Caring Circle and encourage people to join. The Caring Circle is an open group of members and friends of UUCUV who offer their time and talents to other members of the congregation who need some extra TLC. The list includes such tasks as helping with:

home-cooked meals, rides to appointments, minor repairs, pet-sitting, outside chores, grocery shopping, child care or simply some company*

We are planning to send a simple survey to all members and friends in September and will be offering all newcomers an opportunity to serve as the year proceeds.

*Patience would particularly like to hear from you directly if you would be interested in visiting someone 2-3 times a month who is in a Nursing Home or homebound and can no longer attend church events on a regular basis.

(continued next page)

Ways to Get Involved! In Our Congregation... (Cont'd)

Volunteer at a Special Event

Watch for opportunities in the Weekly Blasts. In the fall, for example, we always need volunteers for the Upscale Resale and Everything Apple Harvest Bake Sale.

The church has numerous events through the year, and volunteers are hugely appreciated for set up, cooking and baking, planning, manning tables, sorting donated items, cleaning up, crafting, helping with children's activities, carpentry, taking pictures, gardening...you never know what might be needed!

Join the Women's Group 3rd Thursday monthly, 5:30 PM

Women's Group has met since 2005 and our goal has remained the same – to relax, get to know each other better, and to keep it simple!

We gather at Sally Page's (visit the church website or contact the office for directions) on the **third Thursday** of each month. For those who want to sup together we meet by 5:30 (eat at 6) for a simple pot luck salad meal. Just bring some ingredient(s) to add to a pot luck salad. Peppers? Sunflower seeds? Lettuce? Cukes? Tomatoes? Bread? Salad dressing? Not a lot. Just enough.

Those choosing not to eat will come at 6:30.

Once we are fed, and others have arrived, we move to the living room and take time for brief check-ins to share how our lives are going. Here, and throughout the evening, the right to reticence will be honored and confidentiality respected. We then have a discussion generated from suggestions from the group. The evening generally includes a good belly laugh, and though we don't try to resolve each other's problems they seem lightened by sharing.

We will be mindful of those coming from a distance and break up by 8:30.

Please email Sally for directions to her home.

Sally Page baciquail@comcast.net

Join a Committee or Work Group

Talk to any committee chair or group coordinator if you are interested in contributing some of your time and talents to the behind-the-scenes work involved to maintain this vibrant church community. Tell them about your interests and skills and let's see what could be a good fit! Some current possibilities include working on a fundraising activity (Ways and Means, Lori Fortini), visiting a member in a nursing home (sign up sheet), organizing space and materials (Patience), doing gardening (Leah Goat), or helping with upkeep at the Meeting House (Mary Layton or Carl Tracy). Remember many hands make light work.

Keeping Informed of Church Events

Please read your Weekly Email Blasts for important up-to-date news!

If you do not already receive our Weekly Blasts and wish to be added to the list, email Rachel at office@uucuv.org and let her know. This is our primary means of communicating our current news.

Church Calendar

Our up-to-date online calendar can be found by clicking on "Calendar of Events" on our home page at

www.uucuv.org



More Ways to Get Involved! Our Social Action In the Wider Community

LISTEN Community Dinners

It is easy to overlook the hidden poverty of our scenic and affluent region. Our UUCUV cook team is one of more than 40 teams who prepare and serve hot, nutritious meals for the LISTEN Program. Upwards of 20,000 meals are served annually, at no cost, and as you might imagine, the need increases each year. We currently cook for up to 100 guests at each dinner. Seniors and families with children make up the majority of our guests.

Participating in the LISTEN Dinner Program is just one of the ways our congregation gives back to the Upper Valley community. All are welcome to join our team- no experience is necessary, and you are not required to work at every dinner; only sign up for the ones that fit your schedule. We offer 2 shifts: prep & cook from 3:00p.m. - 4:45 p.m. and serve & cleanup from 4:45 p.m. - 6:00 p.m. and you may choose to work one or both shifts. Please call me at 603-643-7494 or send an email to knitrmom@gmail.com if you would like to sign up or have questions.

Stay tuned to the weekly blasts for our schedule. I hope you will consider joining us: work at a dinner, donate fresh produce or a homemade dessert, or offer funds to purchase such items to supplement the meal. We have a good time together doing meaningful work for our Upper Valley neighbors. I find this work deeply gratifying, and I hope you will, too.

Suzanne Simon

Interfaith Power & Light

We are a member of this national organization of faith communities dedicated to the promotion of clean energy and awareness of global warming. For more information, contact Mardy or Colin High.

mhigh22@gmail.com
chigh@rsginc.com

Supporting the Work of The Haven

We collect food and personal care items at Sunday services to be delivered to The Upper Valley Haven. We also support them financially through the Pods for the Pulpit craft fair earnings. This year, a portion of the minister's discretionary fund was donated to help families in need of emergency housing or support.

Dismas House

“Dismas House provides transitional housing for men and women leaving Vermont’s prisons, with residences in Burlington, Rutland, Winooski, and Hartford. The mission of Dismas is to create a supportive, family-like environment where healthy community is nurtured, and relationships between offenders and society members are mutually healed. We help former prisoners return to productive lives by reducing revolving-door incarceration, increasing public safety, and saving taxpayer dollars. Dismas House does not have a therapeutic model to work with sex offenders.” *(from a Dismas House brochure)*

If you are interested in helping Dismas directly, they are looking for volunteers to help with meals occasionally, do projects at the House or participate in a committee. Please contact Deb Diegoli, 1061 Route 5, Springfield, VT 05156 lldiegolivt@gmail.com

Partner Church

Our congregation has a partnership with the Mukhap Unitarian Church in India. Please read the wonderful article on page 18 for ways to be involved in this endeavor.



About the UUCUV

Board of Directors as of 7/1/14

Cappy Nunlist, *President*
Phil Kern, *Vice President*
Bess Schmidt, *Secretary*
Lucy Taylor, *Treasurer*
Anne Alford, *Member-at-Large*
Dan Mendelsohn, *Member-at-Large*
Mary Shain, *Member-at-Large*

Staff

The Rev. Patience Stoddard, *Minister*
Sparrow F. Alden,
Credentialed Religious Educator
Linda Hoover, *Choir Director*
Rachel Clark, *Office Admin.*

Committee/ Task Force Chairs

Communications: *TBA*
Committee on Ministry: *Frank Gould, Lori Fortini, Kathy Christie*
Library: *Olive MacGregor*
Meeting House: *Carl Tracy, Mary Layton*
Sunday Teams: *Mary Shain*
Partner Church: *Polly Gould, Claudia Kern*
New Building Steering Committee: *Bill Brawley, Joani Nierenberg, BJ Shabel*
Nominating Committee: *Suzanne Simon, Barbara Clapp, Christine McDonough*
Sunday Services: *Paul Schmidt*
Ways and Means: *Lori Fortini*



OUR MISSION: We strive to be a joyful, inclusive congregation that nurtures spiritual and intellectual growth for everyone while encouraging lives of service and integrity.

OUR VISION: We, the Unitarian Universalist Congregation of the Upper Valley, unite: to provide diverse gatherings with music, ceremony, dialogue, and joy in support of each other's spiritual well-being;

to maintain an active program of religious education for adults and children;
to find ways for each of us to participate in activities that will provide fellowship, be intergenerational, and serve the wider community;
to sustain our vitality toward building a sanctuary and increasing our membership;
to fulfill our commitment to be environmentally responsible;
to fulfill our commitment to be a Welcoming Congregation;
to be a positive influence in the world;
to welcome all who share our mission and covenant.

OUR COVENANT: We covenant with each other to speak and act with thoughtful intentions, compassionate truthfulness, and constructive encouragement, in order to build and nurture a loving and supportive environment where all will feel safe to explore our spiritual truths.

SUNDAY SERVICES: Services are held at the Meeting House at 9:30 and 11 a.m. (beginning September 7). Childcare is available during the 9:30 service. Religious education classes are provided during the 11:00 service.

MEETING HOUSE: Located at 320 Route 5 South in Norwich opposite The Family Place, the Greek Revival farmhouse contains our offices and meeting spaces.

MINISTER: You may contact Rev. Patience Stoddard at the office Tuesdays and Thursdays (802) 649-8828 or if urgent, (603) 313-1169 (cell), or email her at minister@uucuv.org.

CREDENTIALED RELIGIOUS EDUCATOR: Email Sparrow F. Alden at education@uucuv.org

CHOIR DIRECTOR: Email Linda Hoover at music@uucuv.org

ADMINISTRATIVE OFFICE: Regular hours are Tuesday, Wednesday and Friday 9-12, unless otherwise posted. Contact Rachel Clark at the office at (802) 649-8828, or email office@uucuv.org.

CARES AND CONCERNS: With cares and concerns, please contact Rev. Patience Stoddard or Sparrow Alden (contact information above).

NEWS: To receive our weekly email news "blasts" and/or The Call, our quarterly e-newsletter, email Rachel at the office (above) and ask to be added to our list. Hard copies of The Call are available at the Meeting House for those who need them.

NEWSLETTER DEADLINE:

The submissions deadline for the Winter issue is November 15. Please send your submissions to Rachel at office@uucuv.org

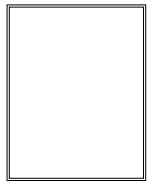
"WEEKLY BLAST" DEADLINE:

Send news items to Rachel by 9 AM Wednesdays for inclusion in the weekly news email.

Unitarian-Universalist Congregation
of the Upper Valley

PO Box 1110

Norwich, VT 05055



Dates to Remember

**Oct. 11: Everything Apple/
Upscale Resale**

Oct. 12: Architect meeting

Nov. 28-29: Pods Craft Fair

UUCUV September-November

UUCUV Phone: (802) 649-8828

Web: <http://www.uucuv.org>

E-mail: office@uucuv.org

Autumn Issue 2014