

The Call



*The mission of The Call
is to inform, inspire, and
build community.*

Unitarian Universalist Congregation of the Upper Valley -Different People, Different Beliefs, One Faith / July/Aug. 2013

**Services are held at the
Meeting House at 10 AM
unless otherwise posted**



Summer Services: "Turning Points"

JUNE 30 "An Inspiring Faith"

Marty Shaw and Jamie Gibson will lead this service shortly after returning from the UU General Assembly in Louisville, Kentucky.

JULY 7 "Working Through Cancer"

Paul Schmidt

Lessons learned through a difficult time.

JULY 14 "When One Door Closes..."

Rev. Patience Stoddard

There is an old Jewish saying: "Man plans; God laughs." I'll share one of my first major experiences with failure, what I learned from it, and the unexpected blessings in its wake.

JULY 21 "Turning Points in Our Lives"

Members of the Worship Committee

Reflection and sharing on turning points in our lives.

JULY 28 Interfaith Service at the Norwich Congregational Church

AUGUST 4 "Songs of the Spirit"

Grace Alden

Join Grace for singing and reflection on the meanings of songs which touch the spirit.

AUGUST 11 "Be Not Afraid"

Cappy Nunlist

AUGUST 18 Strafford Climate Change Service

Rather than have our own service, we will be joining the Strafford UU church and several other congregations focusing on faith and climate change following a two day conference on that subject (more information inside).

Carpooling from church will be available. Notify Patience if you would like a ride.

AUGUST 25 "Seva: the Spiritual Benefits of Selfless Service"

Rev. Patience Stoddard

At the close of our busy work weekend, I'll share some thoughts on what the Hindus refer to as Seva and its role in spiritual formation and healthy communities.

SEPTEMBER 1 Church Picnic

Message from Our Minister

Summer it seems to me is a great time to focus on growing our souls. With the (often) lovely weather, the trees and flowers at full growth, and hopefully a little extra time on our hands – we have an opportunity to slow down a bit, to re-appreciate the beauty of the place where we live, and to relax a bit. We can focus a little less on doing and accomplishing and a little more on being and appreciating.

The Transcendentalist and Unitarian forebear Henry Thoreau has some helpful thoughts on growing our souls that seem especially relevant this time of year. In his book *On Walden Pond* he suggests five simple ways to deepen the inner life: sauntering, going on excursions, reading, writing and conversation.

Excursions?

Recently I have been on quite an excursion and was reminded how traveling presents a wonderful opportunity to **wake up**, to become more aware of the many things one often misses or takes for granted:

- the types of trees or flowering bushes that grace a particular area;
- the ways that city buildings shape the light;
- the sound of the sea crashing on the shore or of a brook burbling over rocks;
- the smells of an outdoor market;
- the different faces of our fellows with their roots in so many countries.

This is what I think Thoreau means by the word excursions. It is taking a journey for the journey's sake, not so much trying to get someplace as to be someplace – as if seeing the world for the first time.

Luckily enough for those of us who won't be able to go elsewhere on vacation, or even for those for whom sauntering is not longer an easy option, one need not leave home to take such a journey. For in the words of writer Scott Russell Sanders:

I find a...lesson in the words of Thich Nhat Hahn: "this spot where you sit is your own spot. It is on this very spot and in this very moment that you can become enlightened. You don't have to sit beneath a special tree in a distant land." There are no privileged locations. If you stay put, your place may become a holy center, not because it gives you special access to the divine, but because in your stillness you can hear what might be heard anywhere. All there is to see can be seen from anywhere in the universe, if you knew how to look; and the influence of the entire universe converges on every spot.

So wherever you go or wherever you stay, I wish you many moments of seeing, and hearing, and touching, and growing your soul.

Patience



Sunday School News



Dear Friends,

I am writing on Friday, June 14th. Friday is Muffin Day. Rev. Patience asked if I could come in to the Meeting House on Wednesday, which I could, and we had a very productive and energetic meeting! At this end of the fiscal year, however, the available hours are running out and it means I'm not going in today. That's just fine! Rev. Patience will be in to give thumbs-up to the Order of Service bulletin. Not that Rachel Clark, our office administrator, needs help with it, just if there's anything in error, the ownership should lie with someone who has some responsibility for organizing the service. So, it's fine that I'm not going in. But, and. This is possibly the first Friday since Lee's illness on September 1st that Rachel and I haven't had Muffin Friday.

It began that first Friday in September, when I knew I needed to take the best care of the congregation that I could. I was preparing the Ingathering service and doing the OOS with Rachel, and I knew that fortifying muffins were going to be needed. The challenges kept cropping up, and the Friday Muffins kept flowing. It became our ritual; Rachel brought in amazing homemade treats or I stopped at King Arthur bakery (some of the counter-folks now

greet me with "It must be Friday!"). We put the kettle on. We gabbed and kept working while enjoying our muffins. Usually I got two flavors, so warm and aromatic that we cut each one in half so we could try both.

I even took in muffins and sat with Rachel for a few minutes the Friday morning after Mother died.

Because it was my ritual with her. It said, "I'll support you the best I can and I know you've got my back." We broke bread together. Muffins totally count as bread, theologically.

What will the new rituals be at the UUCUV? What will we choose to do every week, rain or shine, like clockwork? What little piece of Sabbath will we weave into the fabric of our congregational identity? And what will it mean? We need our rituals to mark the time, to do relationship maintenance, to return to that EEG state called "prayer" or "home." We need them. What will they be?

Now the long months of muffins are over. Rev. Patience has her hand on the tiller. The storm has been weathered. I'm going to my bunk to sleep for a few weeks. And sure as sunrise, I'm going to miss Muffin Fridays.

*Peace,
Sparrow*

OWL!

OUR WHOLE LIVES for grades 9, 10, 11 will be the basis for youth group next year. Jamie and Sparrow have scheduled second Sunday afternoons for senior high OWL. This group will explore ideas of sexuality and justice, identity, life, love, art - the whole enchilada. Parents must officially register their kids and attend Parent orientation on September 22.



We Welcome a New Member!

The Membership Committee is happy to introduce a new member who signed our book in June! He has provided the following short biographical description. Please seek him out at our Sunday services and get to know him.

John Corson

My parents met teaching Unitarian Sunday school in Arlington, Mass. I was brought up on the coast of Maine. Mountains and ocean are where much of my time was spent. I was able to make enough money teaching skiing and working as a yacht captain to pay for tuition, a typist, and a laundry person in college. My favorite courses in college were psychology, biology, and rural sociology. In grad school at UVM, I studied learning theory and Adler. I earned a PHD at McGill, working with D.O. Hebb. I loved being at McGill, did research in the biology of learning, and taught there until 1974.

In 1974 I came to Dartmouth to teach in the Psychiatry and Psychology departments, and also served as Director of Psychology at the VA Hospital. I am now an Emeritus Professor of Psychiatry. I wrote some books and gave some speeches. I retired five days after my 75th birthday due to health problems.

We have four children and four grandchildren, and they are a great joy. We live in an old farmhouse on the Connecticut River. I do lots of reading and some writing now. [My doctor said I had a 50-50 chance to make it to May of this year – I am happy that I made it!]

Norwich Five Church Rummage Sale

Tracy Hall, Norwich, VT

Grand Opening: Friday, July 12th, 11am - 9pm

Saturday, July 13th, 9am - 2pm; 2pm - 7pm, ½ price sale

Sunday, July 14th, 10am - 1pm, Bag Sale

This raises a significant amount of money for UUCUV and is a chance to reuse and recycle. Youth volunteers welcome.

Donation dates and times are July 8, 9, 10th from 9 AM to 7 PM; July 11th from 9 AM to 5 PM. Items in good condition are welcomed. No mattresses, monitors, or large appliances.

Volunteers are needed to sort items, to sell especially Friday, and to clean up and recycle on Sunday.

Please contact Mary Layton for more information or to sign up to volunteer.



Cares & Concerns Update

Marjorie Hybels, who is living at Outreach House in Hanover, would welcome visitors, cards and notes.

Arnold Shields, who is living at Grafton County Nursing Home in Haverill, would welcome notes, cards, visits, or calls at 603-787-6971.

Jan Sorice is home from hospital with a sore arm and could use some help around the house. Call Claudia Kern to coordinate time.

Remember with your thoughts and prayers those in our midst who have had recent problems.

Contact me at mugs514@earthlink.net when you know of someone who needs the support of UUCUV.

Mugs Johnston, Cares & Concerns Chair/ Patience Stoddard

News of Members and Friends

Ginger Wallis has been awarded a grant from the Anne Slade Frey Cheritable Trust (based in Hanover) to help with materials to develop a new board game that will teach players about carbon emissions and energy-saving actions.

Library Use

Summer means services at the Meeting House and more convenient access to the UUCUV library. Feel free to check out materials before or after summer services. Also, please register if you haven't done so, and update the information on your old registration cards, especially phone numbers and e-mail addresses. Olive MacGregor, Polly Gould, or Margo Nutt will be glad to answer any questions you may have.

Olive MacGregor, Library Committee Chair



Strafford Symposium: Our Children, Climate, Faith

August 16th & 17th, 2013,

Worship service August 18th

Strafford, Vermont

An inclusive symposium on moral-ethical, spiritual, and religious consciousness addressing climate disruption and the rightful future of all children. Co-hosted by the churches of Strafford, VT: the United Church, the Unitarian Universalist Society, and Our Lady of Light.

There will be a day camp from August 12 – 16th associated with this symposium. All children of all faiths ages 3 – 18 are welcome to attend.

For more information please contact Jeff Wolfe Jeffery. Wolfe@gmail.com

www.FaithClimateConference.org

Summer Regular Office Hours Wednesday & Friday, 9-12

Rachel will regularly be in the office Wednesday and Friday mornings. She will be away the week of July 8-12.

LISTEN Dinner Volunteering

The next Listen Dinner is Monday, August 5, most likely at the new Listen facility in White River, but stay tuned!

Thank you,

Suzanne Simon

The next Call newsletter deadline is August 15, for the September issue. Please send your submissions to Rachel at office@uucuv.org

Elder Luncheon

Life is a Journey--Beginning to End
July 16 & August 20, 12:30 PM
at the Meeting House

This is a regular luncheon on **third Tuesdays** to talk about what needs exist for those of us who spend our later years living in the Upper Valley. Let us come together to share lunch and discuss what brings us and others joy as well as concerns. The fun is in the interesting conversation and fellowship. We never know where the talk will take us!

Please bring a brown bag lunch unless otherwise notified. We will have a dessert to share. Please RSVP to the office, and Rachel will let Babette's temporary replacement know you are coming. (802) 649-8828



Knitting Night

Do you like to knit? Crochet? Bead? Work with Sculpey? Bring your hand crafts and your neighbor and enjoy some tea, gabbing, and great company. Please check the calendar or call the office for the date; this usually happens once a month. Summers this may be suspended when Sparrow is not around.



Women's Group

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 not choosing 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.

Church Events Calendar

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

www.uucuv.org

MEETING HOUSE REVIVAL 2013

August 23 – 25

“Many hands make light work.”

We are back at the Meeting House for summer services and will be continuing to hold Sunday services there in the fall. The Flower Communion service last week was joyous – it felt good to be home. In honor of our homecoming and to create as beautiful and spiritual place as possible, let's all join forces and give the space the TLC it needs. The staff and I, with the help of several drop-in volunteers [thank you Mardy, Colin, Kathy, Sally and Phil], have begun by moving a couple of things out of the large meeting room and creating a space for children to gather in the Minister's Office. But there is much more to be done.

We are designating the last weekend in August as Transformation Weekend. Along with many chores, there will be lunch and snacks and even some special music! The current plan is to have crews of 3-5 people working in a designated area. Each team will have a Team Captain whose job is to coordinate tasks and assure necessary supplies are available. Skilled and unskilled workers are needed – regardless of age.

FRIDAY PREP DAY 5:30- 7:30 pm

Potluck and Meeting for Project Team Leaders
Initial clearing of surfaces and walls
Remove shelves

SATURDAY MAIN WORK DAY 8 am – 4:30 pm

Team A -HANDICAP RAMP and OUTSIDE ENTRY

Repair ramp and put something on surface
Scape, prime and paint
Repair railing
Stairs add risers and paint
Paint external entry door

Team B - ADMINISTRATIVE OFFICE AREA AND ENTRY ROOM

Clear out and cover area
Remove bulletin board, other stuff on walls
Prime knots
Paint trim, doors and windows
Patch and Paint walls
Reinstall bulletin boards etc.

Team C - KITCHEN AREA (Front and Back)

Clear out everything not in cabinets
Paint cabinets doors
Paint walls
Add shelving behind fridge

Team D - EXTERIOR WORK

Repair bulkhead
Prime and touch up bare wood areas of building
Perhaps repaint side of building near parking lot
Fill holes in foundation

SUNDAY WRAP UP (after the service)

Complete any Saturday tasks uncompleted
Reorganize kitchen cabinets and drawers as needed
Clean windows etc.
Hang pictures, wall hangings etc. in meeting room
Replace books and supplies on shelves in admin office area and library

I know this sounds like a lot of work, and it is. But it is also true that *“Many hands make light work.”* It is my hope that most of the congregation who are able to do so will pitch in. I think we can both improve the appearance and functionality of the Meeting House and have a great time! Think of it as an inter-generational, get to know your neighbor, improve/practice your practical skills while having fun, welcome home PARTY.

If you can't wait to get your hands painty or wish to have a little practice, my husband Jim and I will be fixing up and painting the minister's office/ children's classroom on Friday and Saturday July 12 and 13th. After helping out at or attending the Five Church Rummage Sale, feel free to drop by and roll up your sleeves.

Looking forward to working and playing together.

Patience

Book Review

By Margo Nutt

No Silent Witness
By Cynthia Grant Tucker



This group biography follows three generations of ministers' daughters and wives in a famed American Unitarian family. Each of six chapters takes up a different woman's defining experience, from the deaths of numerous children and the anguish of infertility to the suffocation of small parish life with its chronic loneliness, doubt, and resentment. All of the stories are linked by the women's continuing battles to make themselves heard over clerical wisdom that contradicts their reality.

The women were agents of change not only for themselves, but their churches, secular communities, and eventually the world. Part of the story is how women saw themselves, their accomplishments, and the world around them.

As the author said: "The Eliot women could have simply gazed at the record of male achievement and known that their family name would find an exalted place in history...yet it was not in the women's nature to risk their own immortality by slipping into the future as stowaways, hidden and isolated in men's reputation. Unwilling to vanish, they kept an account of what their achieved and endured."

Note: this book was a gift from Sheila Paget.



Random Acts of Stewardship

One of the ways in which we can nurture one another is with appreciation and gratitude. Here is a place to say thank you for the large or small acts that sometimes go unsung. Good stewardship cultivates gratitude!

Thanks to Master Gardener Colin High, Equipment Rescue Mardy High, The Kutter-Walker Trellis Builders, and the famous Weeding Shane Family for preparing the Children's garden for season 2013!

Thanks to Mardy and Colin for expertise in geometry and moving large objects.

Thanks to Phil Kern for helping prepare the backyard for a non-member memorial service.

Thanks to Kathy Christie for extra help with Flower Communion Sunday Service.

Have you spotted a random act of Stewardship? Send your entries for "random acts" to office@uucuv.org, and it will appear in next month's CALL.

I wish I could show you...the astonishing light of your own being.

~ Hafez

“Guiding Light”
Song by Laurel Mendelsohn (shared on Youth Sunday)

Inspired by the book Fault in Our Stars by Jon Green

If I fall today,
Will my scar be left behind?
Will you always remember my name,
Even when I'm blind?
Would you wait for me,
When I stop to breathe?
Would you love someone not even worthy?

Will you catch me when I fall?
Will you guide me in the darkness?
Will you look at all my scars,
And not seem to cringe?
Will you accept there may be no chance,
That I'm the walking dead?
Will you sit and watch me rot away?

Chorus:
Find the fault in our stars,
And have it guide you to belief.
Use the strength within your reach.
Pull your mind apart piece by piece.
Dissect your heart to find the answers.
Fight away the darkness.
Use a path of brighter light,
To walk away from your old self.

But as the day ends,
You will have to be my guide.
My soul that's left behind.

...

You will be my only voice,
If you make the choice.
And when I leave to rest
Would you stop crying?
'Cause all the numbers in between,
nothing compares to you.
Stars yet to be seen,
Can't hide from our hearts.
As my body gives away,
Beside me you will choose to lay.
When they go and cut us down,
We'll fall into a blissful state of light.

Chorus:
Find the fault in our stars,
And have it guide you to belief.
Use the strength within your reach.
Pull your mind apart piece by piece.
Dissect you heart to find the answers.
Fight away the darkness.
Use a path of brighter light,
To walk away from your old self.

About the UUCUV

Board of Directors

Cappy Nunlist, President
Bill Brawley, Vice President
Karen Kluge, Secretary
Lucy Taylor, Treasurer
Anne Alford, Member-at-Large
Dan Mendelsohn, Member-at-Large
Jamie Gibson, Member-at-Large

Staff

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

UUCUV Committee Chairs (known as of print date)

Cares & Concerns: Mugs Johnston
Finance: Mark Laser
Hospitality: Babette Hansen, Lori Fortini
Investment: Peter Christie
Library: Olive MacGregor
Partner Church: Polly Gould
Sunday Services: Marty Shaw
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.

The UUCUV is a part of the Unitarian Universalist Association. The UUA is a religious organization that combines two traditions: the Universalists, organized in 1793, and the Unitarians, organized in 1825. The two denominations merged in 1961, but both trace their roots back hundreds of years, to the Unitarian view of the unity (as opposed to trinity) of God, and the Universalist belief that everyone is eligible for heaven and salvation.

SUNDAY SERVICES: Services are held at the Meeting House at 10 a.m. Childcare is usually available. Religious Education is provided during the school year months.

MINISTER: You may contact Rev. Patience Stoddard at (603) 313-1169 (cell), (603) 756-9260 (home), or patiencestoddard@gmail.com.

TO CONTACT THE DIRECTOR OF RELIGIOUS EDUCATION: Call Sparrow F. S. Alden at (603) 359-8426, or e-mail her at education@uucuv.org

MEETING HOUSE: Located at 320 Route 5 South in Norwich opposite The Family Place, the Greek Revival farmhouse contains our offices and meeting spaces. Office hours at the Meeting House during the summer are Wednesday and Friday 9-12, unless otherwise posted.

CARES AND CONCERNS: With cares and concerns, please contact Mugs Johnston mugs514@earthlink.net.

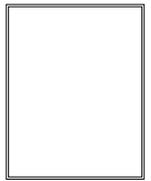
NEWSLETTER: The Call, our monthly e-newsletter, is available upon request. Contact the office at (802) 649-8828, or e-mail office@uucuv.org with the usual details, including a phone number.



Unitarian-Universalist Congregation
of the Upper Valley

PO Box 1110

Norwich, VT 05055



We are

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



Meeting House "Revival"

UUCUV Phone: (802) 649-8828

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E-mail: office@uucuv.org

Summer Services

