

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 / June 2013

June brings our transition back to the Meeting House. Please take note of the location and time of services each Sunday, as they change mid-month!



A Month of Sundays

**June 2.....Turning Toward the Roar
5 PM - Lebanon United Methodist Church**

Claudia Kern

Why would a 65-year-old woman enter the wilderness fasting and alone? Claudia Kern will reflect on her personal quest for wholeness and authenticity with the wild as her guide.

**June 9.....Youth Sunday
5 PM - Lebanon United Methodist Church**

Sparrow F. Alden

Please note, there will NOT be Morning Reflections today.

The UUCUV youth will provide music, poetry, and reflections; as always, copious singing will ensue.

**June 16.....Caretakers of Wonder
10 AM - Meeting House - Morning Reflections with
Rev. Patience and Sparrow**

5 PM - Lebanon United Methodist Church

Rev. Patience Stoddard

How do we keep our sense of wonder alive? Are there intentional ways in which we can nurture and develop our sense of wonder? And what need we do to protect

those places and things which fill us with wonder?

This is our final service at the Lebanon United Methodist Church, with resounding thanks for our good friends for sharing their beautiful sanctuary with us when we needed to drop anchor on our travels.

**June 23.....Returning Home
10 AM - Meeting House**

Rev. Patience Stoddard and Sparrow F. Alden

Our Flower Communion Ceremony will celebrate the graduation of Haley Karr and mark the beginnings of the Summer Series and our time of meeting at the Meeting House. The service will include a triumphal procession to the Children's Garden to plant any seedlings which can be construed as Salad Ingredients! Please bring a flower to share - and a seedling to plant if you have one!

**June 30.....TBA
10 AM - Meeting House**

Speakers for the summer services are drawn largely from our own congregation. Please see the article entitled "Summer Services" inside for more details and an invitation to share your own story!

President's Message



Forty-one members and several dear “friends” attended the annual meeting on Sunday, May 19th, at the Meeting House. We shared good food, lots of laughter, and a wonderfully thoughtful and hopeful discussion. The board’s recommendation to meet for the coming year – all year – in the Meeting House was unanimously endorsed by the gathering. Although many enjoyed the beautiful sanctuary (and up-to-date kitchen) of the Lebanon Methodist Church and/or the evening services, all agreed that given our current circumstances, we belong in the Meeting House.

The group also supported, with enthusiasm, a system of assigning routine chores such as bringing a snack or being a greeter, for an entire year to those members and friends who do not “opt out” in an effort to reduce the time and energy spent in making phone calls. Rev. Patience shared that she had had experience with these kinds of systems in a couple of different congregations and we are all excited about trying it out. Details to follow!

There was a spirited discussion about the Board’s decision to cut the \$10,000 for a “new building” fund from the budget originally proposed – and its plea to raise sufficient funds to allow us to move forward without withdrawing from our reserve funds. After the sharing of much important information and creative ideas, it was decided that those who wished to demonstrate their desire to move forward with a new building proposal with all due speed could make a pledge to the existing capital reserve fund for the purpose of hiring professional help as needed. This pledge would be in addition to the one made to the annual stewardship campaign and could not be used for operating expenses. Pledge envelopes for this purpose were made available and \$8,500 was pledged at the meeting or immediately thereafter. Anyone who would like to make

a pledge to this fund can write a check to the UUCUV marked “capital reserve fund” and send it to Lucy Taylor, c/o UUCUV, P.O. Box 1100, Norwich, VT 05055 or e-mail a pledge for an amount to that fund to lucy.taylor@valley.net. Although the Board is not required to spend the amount pledged, your enthusiasm and willingness to financially support this project is a powerful message that we need to proceed ASAP. Any amount not spent this year will remain in the capital reserve account to be used for capital purposes only.

Thank you to all those who pitched in with both sweat equity and emotional support to make this past year a success in so many ways. I left the annual meeting uplifted and full of hope for the coming year.

Cappy Nunlist, President of the Board

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!

Appreciations to Cappy & Mark Nunlist, for setting up for the annual meeting on a beautiful Saturday afternoon

Bill Brawley, for mowing the Meeting House lawn for 2 hours!

Lucy Taylor, for replacing the aerators on the MH faucets

Marty Shaw, for washing dishes after the annual meeting

Claudia Kern and many others, for general clean-up after the annual meeting

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.

Lucy Taylor has great news as The Call goes to press! The special collection for forward progress on The Building Project has neared its goal - she has \$9,102 pledged or in hand! Remember that if you are planning to add to this extra effort, every extra bit gets us that little bit further.

Sunday School News



Dear Friends,

It's time to come home. I can't tell you how thrilled I was to attend the annual meeting and hear the congregation affirm that it's time to come home; it's time to have our Sunday services in the Meeting House; it's time to give this dear little quirky house the loving care it craves.

I have spoken during "Conversation with Children" time about the wooden bread bowl I have from my grandmother's and great-grandmother's house: when I put it on a shelf to treasure, the wood dried and split. A woodworker chided me, "You stopped making bread in it! That bowl is almost 200 years old - it's got to be used! It needs water and flour and oil and the motion of your hands to stay supple." The same goes for almost-200-year-old houses.

The Meeting House where we gather once a week will be the Meeting House where we gather almost every day. The Meeting House where evening classes inspire deep connections will be the Meeting House where errand-running

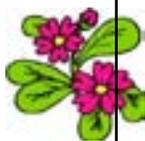
moms and toddlers stop for picnic lunch. The Meeting House which has dozens of friends visiting will get lots of 10-minute moments of TLC.

Rev. Patience and I are planning on holding Sunday Evening Reflections services. I am hoping to use Sunday afternoons for family picnics, OWL classes, supply-crafting groups, youth groups, and coming-of-age gatherings.

While I am out of town and out of internet range for most of the summer this year, know that I am making stuffed animals for Spirit Play stories, reading up on my professional development materials, finding and creating curricula, and baking bread. I'll be at the cabin my mother loved for 82 years, re-introducing my wonderful wife to family who are waiting to welcome her. It's been quite a year, both personally and professionally. I thank you all from the bottom of my heart for making the decisions which have renewed my faith in this congregation.

Peace,

Sparrow



June 2 Children's Garden Morning!

Meet at 10 AM at the Meeting House to play in the dirt and prepare the Children's Garden Bed!

Summer Services

The theme for this year's summer services is "Turning Points". Ask yourself - what event, or choice, or even an accident in your life had a significant impact? Is there a defining moment that took you in a surprising direction? What was that initial spark that grew to a current passion? What change in direction brought you down the path to your personal belief system, profession, world view, or way of life?

Now ask yourself - would you be willing share your story? The most talked about, best-remembered services from previous summers have been the personal narratives of UUCUV members and friends.

Do not fear! There is a support system in place to help you plan a service. Rev. Patience Stoddard is working

part-time at the Meeting House in July and August and is willing to coach anyone through the process of developing a service. Members of the Sunday Service Committee will also help plan and are available to "host" or participate in the service.

To discuss the possibility of participating in a service, please contact a member of the Sunday Services Committee - Claudia Kern, Mark Laser, Marty Shaw. Or let Rachel know and she will forward the information. Not certain about doing a service but would like to chat? Let's talk!

Summer Services will be held at the Meeting House, 10 AM, Sunday.

Marty Shaw, Sunday Services Chair

Message from the Hopi Elders

An excerpt from A Seat at the Table: Huston Smith in Conversation with Native Americans on Religious Freedom, edited and with a preface by Phil Cousineau. Submitted by Claudia Kern, who shared this reading at the Stewardship Dinner in May.

“You have been telling the people that this is the Eleventh Hour.

Now you must go back and tell the people that this is the Hour.

And there are things to be considered:

Where are you living?

What are you doing?

What are your relationships?

Are you in right relation?

Where is your water?

Know your garden.

It is time to speak your Truth.

Create your community.

Be good to each other.

And do not look outside yourself for the leader.

This could be a good time!

There is a river flowing now very fast.

It is so great and swift that there are those who will be afraid.

They will try to hold onto the shore.

They will feel they are being torn apart and they will suffer greatly.

Know the river has its destination.

The elders say we must let go of the shore,

push off into the middle of the river,

keep our eyes open and our heads above the water.

See who is in there with you and celebrate.

At this time in history, we are to take nothing personally.

Least of all, ourselves.

For the moment that we do,

our spiritual growth and journey come to a halt.

The time of the lone wolf is over.

Gather yourselves!

Banish the word struggle

from your attitude and your vocabulary.

All that we do now must be done

in a sacred manner and in celebration.

We are the ones we have been waiting for.”



Stewardship Dinner, May 4, 2013

Marmots and Mosquitos Are Adapting, How Can We? --A Five-Part Program

Please join Ginger Wallis at the Meeting House for five Wednesday evenings from 7 – 9:15 PM starting June 12th. The sessions include:

- 1) Active Hope: share worries for the future and visions for a better future.
- 2) Climate Adaptation: hear stories of other species' adaptation strategies and explore highlights of climate adaptation plans from other places in a small group activity to understand the concept of adaptation.
- 3) Energy: play Lose 5,000 Pounds of Carbon in Twenty Turns, a board game, which reminds us of energy saving habits, dispels myths, and conveys the actions that make the most impact.
- 4) Indirect Use of Energy: move in small groups through

stations that convey concepts related to the products we purchase as well as ideas for alternative gifting and shopping.

- 5) Vulnerabilities: explore ways to lessen risks from heat exhaustion, heat stroke, Lyme disease, for examples, and gain tips for home emergency planning.

Each session includes time to share what we can do and how we can be role models, and each session includes time to share ideas for playful things we can do with youth to be mentors to them.

Please call the UUCUV office at (802) 649-8828 or email Rachel at office@uucuv.org to register. The sessions build upon each other, but if you need to miss one for summer vacation please still come to the others.



Library Update

Three items were processed and added to the UUCUV Library on May 21:

Eaarth: Making a Life on a Tough New Planet, by Bill McKibben, c2010. This was donated by the Kerns for the green collection.

The Four Agreements: a Practical Guide to Personal Freedom, by Miguel Ruiz (A Toltec Wisdom Book), c1997.

A DVD for the Partner Church Collection entitled *The Unitarian Universalist Holdeen India Program: Partners for Justice in India*.

Olive MacGregor, Library Committee Chair

Book Review

By Margo Nutt

Real Happiness: The Power of Meditation
By Sharon Salzberg

We all know the varied benefits of meditation. *Real Happiness* is a beautiful introduction in how to meditate. Using plain English and a very accessible style, Salzberg gives the reader a manageable one month, week by week guide to learning meditation skills. She describes various easily understood forms of meditation and how to apply the effects in everyday life from a primarily secular (rather than religious) perspective, based on concentration, mindfulness and lovingkindness. She also includes her personal experiences, Q&A sections, and (most importantly) a great audio recording with guided meditations. Learning to meditate doesn't take a lifetime. It just takes practice. One step. One emotion. One breath. At a time.

(Note: this is a new book in the UUCUV collection.)

Polly Gould Receives UU Partner Church Council Award

We are so happy to report that Polly Gould has been selected to receive a UUPCC Steward of Partnership Award for 2013 in recognition of the wonderful gift that her loving care has given to our church partnership with Mukhap in the Jaintia Hills of India. The UUCPCC, in making this award writes:

“We know long-term partnerships do not automatically sustain themselves. It takes attention, time, and loving care to maintain long-distance connections and nurture friendship. This work is the crucial grassroots work that keeps the partnership thriving and keeps the congregations involved. Polly’s dedication is remarkable. We celebrate the many contributions she has made to the continuing connection with your partner church.”

Polly will be recognized as a Steward of Partnership at UUA General Assembly in Louisville KY this June and, later this summer, will be presented with a certificate by the UUCUV Board.

Congratulations, Polly!

Claudia Kern

Letter from Rangdajied

With this letter, written by our UUCUV-sponsored student Rangdajied Lapasam last November, we learn that he is now, with our help, graduated from high school and is pursuing studies to become an accountant. Claudia Kern is friends with Rangdajied on Facebook and is finding it fun to get more of any everyday look into his life and personality. He is definitely maturing into an interesting young man! You could befriend him, too!



Dear Phil,

I know not how to express my gratitude to your kindness. I had got the money you sent me a week ago and a thank is just not enough, because with that utterance, a person’s kindness and generosity is forgetting when I want to remember all my life by following your example.

If you remember Sir, last year I wrote you that I wanted to study commerce. And I am glad to apprise you that I had graduate my matriculation and applied commerce in my high school with love and kindness of people like you Sir. I determined to pursue my dream of being chapter accountant one day.

As a graduated, my village could not accommodate me any more as for study concern. Now I am studying in Jowai (if you remember the place Sir) and reside in a hostel very well. I found hostel’s life bit different from the one in a village. It is quite a place to evaluate one’s

personality by interacting with learners from elsewhere of the nation.

However, it would be rude of me without asking your health and well-being of your family. I only could hope that the grace of God and the bless of nature will always be with you and your family. I wish I could write you long letter but I am running out of words. I hope you will visit us again. I have improve my English quite a bit. I really want to improve my English.

Thank you Sir. With my best wishes to you, your family and to the Universalist as a whole.

Your Spirit love

Rangdajied Lapasam

Unitarian Church Mukhap

Cares & Concerns Update

Jean Howe has taken on responsibility for her 4 year old granddaughter for at least one year and could use our help. Please think of her for play groups, parent advice on local stuff, networking with other people with 4 year olds, etc. Jean could also use the support of good fellowship and spiritual sustenance.

REMEMBER:

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.

Babette Hansen is recuperating from foot surgery and is progressing well. Since she only gets out for doctor visits until mid-June, at least, she would appreciate calls and emails.

Email: schussbh@gmail.com
Phone: 603 727-9663
Address: 204 Mechanic St, Unit 31, Lebanon, NH 03766

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

Membership Message

Something Like a Star

Robert Frost’s poem, “Take Something Like a Star” includes these lines:

So when at times the mob is swayed
To carry praise or blame too far,
We may take something like a star
To stay our minds on, and be staid.

Members and friends of the UUCUV have seen quite a lot of changes in the last two years, perhaps not the turbulent stuff of mobs, but challenging nonetheless. Resilient as we are, over time we might as individuals feel burdened and wonder what can be done to ease the burdens and revitalize our community.

Out of our recent Annual Meeting (which, if you couldn’t be there, was excellent!), a strong spirit arose around this question. One thing we can do to ground ourselves and bring cohesion is for each and every one of us to take something that needs doing regularly – to be done at our Meeting House or from home – and sign up to do it. It doesn’t have to be a star – it can be something quite ordinary. But when each one of us chooses something and becomes part of the doing, when we share, it will lift the feeling of burden and stay us, as individuals and as a congregation.

Kathy Christie

For the Membership Committee



The next Call newsletter deadline will be
June 15, for the July/August issue.
Please send your submissions to
Rachel at office@uucuv.org

Regular Events

Elder Luncheon

Life is a Journey--Beginning to End
June 18, 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 for the date; this usually happens once a month.

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

About the UUCUV

Board of Directors

Cappy Nunlist, President
Bill Brawley, Vice President
Christine McDonough, Secretary
Lucy Taylor, Treasurer
Karen Kluge, 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

Cares & Concerns: Mugs Johnston
Communications: Bill Brawley
Finance: Mark Laser
Hospitality: Babette Hansen
Investment: Peter Christie
Leadership Development:
Lori Fortini
Librarian: Olive MacGregor
Meeting House: Colin High
Membership: Kathy Christie
Partner Church: Polly Gould
Stewardship Canvass: Claudia Kern
and Suzanne Simon
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 will continue to be held at the Lebanon United Methodist Church at 18 School St., Lebanon, NH at 5 p.m. every Sunday until June 23, when services move to the Meeting House at 10 a.m.

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 are Tuesday, Wednesday and Friday 9-12, unless otherwise posted.

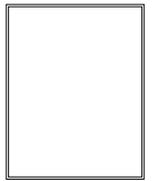
CARES AND CONCERNS: With cares and concerns, please contact Mugs Johnston mugs514@earthlink.net.

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**



UUCUV Phone: (802) 649-8828

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

E-mail: office@uucuv.org

Annual Meeting Reflections

