

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/ October 2013

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



October Services

October 6 “Are You a Mystic?”

and Welcoming New Members

Rev. Patience Stoddard

While Unitarian Universalism affirms the importance of reason and science, it also has a long tradition of mysticism - often through profound encounters with the natural world. Have you perhaps had a mystical experience without knowing it?

*We will be welcoming several new members during the service and all are invited to share in a **potluck lunch after the service.***

October 13 “Sing When the Spirit Says Sing: A Celebration of Musical Diversity”

Led by Linda Hoover and the Choir

Linda and the choir will lead the congregation in a number of songs, chants and hymns as we explore how different types of music touch the spirit. What music enriches your spiritual life?

Collecting food for the food pantry.

October 20 “Even Without a Monkey”

Rev. Patience Stoddard

Beginning with a true story of a minister’s reactions to the onset of blindness, Patience will reflect on how disabilities affect how we see others and ourselves.

There will be a Circle Gathering from 11:15-12:00 following the service for those who wish to attend.

Collecting food for the food pantry.

October 27 “Path to the Future”

Rev. Patience Stoddard

Following our day-long congregational event (see article), we will celebrate what we have learned about who we are as a congregation, where we want to go, and how we plan to get there.

*There will be a **continental breakfast offered at 9:00** and we will review the results of the previous day of collaborative planning for those unable to attend.*

Collecting food for the food pantry.

Message from Our Minister

Rev. Patience Stoddard

As I looked around me last Saturday at so many people of so many ages working together to improve the look and sustainability of the Meeting House, I was once again struck by what a joy it has been to get to know you and work with you.

As I look ahead at the rest of this church year, I have been thinking about what exactly are your goals and how might I best help you achieve them.

This October each of you who receives this newsletter will be invited to participate in a day long gathering with the intention of reflecting on the past and present and clarifying the specific next steps you want to take on the Path to the Future.

Earlier this month I attended a memorial service for an older man in my hometown of Alstead. As I listened as his family, neighbors and friend spoke about him, I was reminded of what an extraordinary man this ordinary man was. He was extraordinary not in regard to any great accomplishments – scientific discoveries, business acumen, intellectual prowess, or social justice work – but in the fact that he was so fully himself. Each day he lived the life he had chosen—taking long walks, tending his gardens, welcoming guests to his B&B, bringing food to his neighbors, listening, really listening, to those who crossed his path. He was quiet and unassuming and yet once you met him he was someone you would never forget.

He had requested that the Shaker song “Simple Gifts” be sung at his funeral.

“Tis a gift to be simple, tis a gift to be free;
Tis a gift to come round where you ought to be
And when we find ourselves in the place just right
’Twill be in the valley of love and delight.”

A gift to come round where you ought to be...

Upon returning home I found myself thinking of this congregation and my own hopes and dreams for you. Whatever your long-term goals may be, I think it is crucial first to be clear about who you are and why you are journeying together. Rather than trying to be bigger and better, I would like to encourage you to further discern and celebrate who you already are.

At least at this point, my hopes for you and your future as a congregation can be expressed in the words of that Shaker song: Tis a gift to come round where you ought to be. That may mean becoming a break-through congregation with a large-capacity building and 7 day a week programming; but it could also mean remaining a relatively intimate congregation of people who take care of each other well, love nature, value your neighbors and are willing to keep learning and listening. There is no one size or shape of a thriving congregation – but there are signs of love and delight and the gift of knowing and being who truly are. And so my hope for you is that you come to find yourselves in the place just right and dwell in that valley of love and delight.

Patience’s Schedule Changes

Beginning the week of October 7, Patience’s regular office hours at the Meeting House will be: **Wednesdays 8:30 AM - 5:30 PM and Thursdays 10 AM - 6 PM**

She will be away at a UU Ministers’ Retreat from Monday, September 30 through Tuesday, October 3.



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

Discussion/Support Group offered in October on Moving Through Transitions Gracefully

led by Rev. Patience Stoddard

I've become aware that a number of people in this congregation are currently considering or in the midst of a significant transition. Retirement, moving to a new home, the changing shape of one's family, or dealing with a health condition – all these involve making changes in how one sees oneself and the ways in which we move through our days.

I envision this group meeting 4-6 times over the next two months beginning the second week of October. We will use William Bridges' excellent and accessible book *Transitions* as a jumping-off place.

If you are interested please let me know by email (minister@uucuv.org) or by leaving a message on the office phone. Please also let me know which times might work for you. Proposed times are:

Sunday afternoon 12:30-1:45 or

Wednesday afternoon 4:00- 5:15 or 5:30- 6:45

Thursday afternoon 4:00- 5:15 or 5:30- 6:45

Pastoral Care Teams to be Assembled

After consultation with the Board, staff, and Mugs Johnson, the Cares & Concerns Committee is being re-formed into Pastoral Care Teams. Here is a description of the new model.

The Lay Pastoral Team

Rev. Patience Stoddard would like to put together a small group of individuals to function as Lay Pastoral Care Associates who would be willing to assist in providing pastoral care to fellow congregation members. Responsibilities would include on-going visits to people in hospitals and nursing homes, and being available to talk with people are going through a time of acute stress or major transition. Patience will provide initial training, on-going supervision, and coordination.

The Caring Crew

We will continue to need people for particular tasks such as driving to doctors appointments, providing meals at times of birth or loss of a loved one, or shopping for those temporarily unable to drive.

If you would like to be on the list of those available, please email Patience at minister@uucuv.org.

Book Review



By Eva Smith

James Melton: The Tenor of His Times
By Margo Melton Nutt

Would you like to become a tenor on the Metropolitan Opera's roster? Would you like to be a household name for twenty or thirty years? Would you like the power to draw two or three thousand or more people into your orbit? Would you like to have the disposition of hundreds of thousands of dollars?

This carefully and certainly fully researched biography of James Melton by his daughter Margo Melton Nutt will show you how.

You need talent in your field. You need a devoted family. You need the "luck of the Irish" and the instinct to recognize and use it when it comes your way. And you need not only the goal but a thorough work ethic, its concomitant drive, training and understanding of what that means.

That you have a generous and helpful nature, an engaging personality and a stalwart helpmeet all help immeasurably.

What you do with your gifts, abilities and opportunities is your choice.

President's Message

Wow! Rub enough good, hard-working people together and sparks fly! I don't believe that I've ever felt such a part of our beloved community as when we were wielding paintbrushes, shovels, chainsaws and hammers while breaking bread together and sharing song and conversation. For me, it was a re-affirmation of the principle that when you give something you get so much more back in return.

Team #1 is doing a fabulous job of greeting us, getting us seated, feeding us, and generally putting things in order before and putting things away after our Sunday services – and under somewhat chaotic conditions! With everyone's good wishes and forbearance for minor glitches, we'll figure it out.

At its September retreat, the Board explored ways to accomplish the functions necessary to support the goals of our organization in a more effective and satisfying manner. Generally speaking, we are trying to organize to the extent possible by relying less on "committees" and more on task forces assigned specific duties. More doing, fewer meetings!

Thank you all for your enthusiasm, good cheer, and can-do attitude. It is a pleasure to work with you.

Cappy Nunlist



Sunday Services Committee Opportunities

When the deadline for The Call arrived, the Sunday Services Committee was busy getting organized for this year's activities. After a meeting in mid-September with Rev. Patience and Linda Hoover, we have planned to meet on the second Thursday of the month, 4:30-6:00. However, in October, we will have a longer meeting on October 3 from 5-8 to talk about our goals for the year.

We are reaching out to include many of you as we plan for the year. We are looking for those of you who are willing to share your gifts for music or to participate in services when Patience won't be organizing the service.

In addition, we are looking for those who can help out with our work as a regular member of our committee, for a part of the year, or one or more occasions. Some of the committee's goals for the year include: planning for the best use of our sanctuary, planning for the services when Patience is not there, brainstorming ways to improve our Sunday morning experience, leading or participating in services.

If you are interested in helping us out in any way, please contact [Bonnie Kaweckki](mailto:bonniekaweckki20@gmail.com) (bonniekaweckki20@gmail.com, (802) 728-9447) or [Marty Shaw](mailto:mmshaw04@gmail.com) (mmshaw04@gmail.com, (802) 222-3780).

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!

Thank you everyone who helped out on Meeting House Revival weekend! Wasn't it fun? And what spectacular results!

Thank you, Dan Mendelsohn, for pinch-hitting at the Youth Overnight! You came out at the last minute to sleep on the floor of the Meeting House and help watch over kids AND you were remarkably cheerful in the morning! We couldn't have had the sleepover without your willingness to come be advisor, so many blessing and thanks to you.

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.

YOU ARE INVITED

to come together to plan the next steps on our

Path to the Future

On Saturday October 27th from 8:30- 5:00

with breakfast, lunch and childcare provided

at the UUCUV Meeting House in Norwich, VT

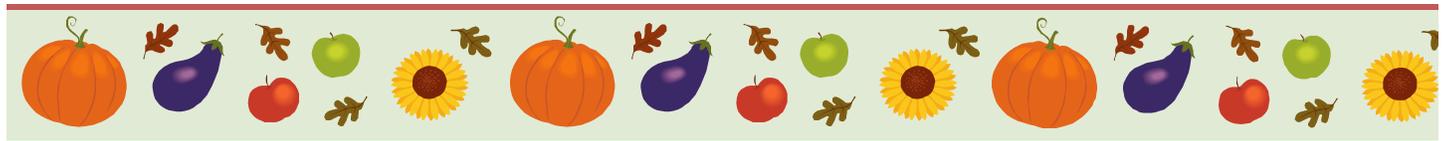
It is amazing what a group of people – children, youth, adults of all ages - can do when they work together. Just look at all that has been accomplished at the Meeting House in just a few days—a new ramp and front garden, a newly painted kitchen and office area, a refurbished sign, and more!

In October we have another opportunity to come together – this time it is your observations, opinions, and dreams that are needed to help decide the next steps for this congregation in fulfilling its mission and vision. The outcome is not intended to be a far-off vision of the future, but specific, agreed upon goals and next steps for moving forward during the next few years.

Patience and her husband Jim Gruber will co-lead this process. They have previously facilitated collaborative planning and visioning events for more than 10 years. Their collaborative approach encourages consensus building, is mostly self-managed, seeks to engage everyone’s ideas and feedback, and will result in tangible next steps to move the congregation toward its vision.

Each of you will receive an email in the next two weeks asking you if you can or cannot participate. It will request each of you to RSVP as soon as possible so that we can plan logistics, food, etc.

This gathering will be most successful if we have a wide participation of our community members and friends, whether you have been involved in UUCUV for many years or for only a few weeks; whether you attend every week or only once in a while. All of your voices are needed as we craft the next steps forward to your desired and achievable future.



Newsletter Feedback

What features do you like best about The Call? What do you use it for? Please email office@uucuv.org to let us know as we continue to improve communications.

The Call newsletter deadline is October 15, for the November issue.

Please send your submissions to Rachel at office@uucuv.org

If you have a meeting later in the month, please contact Rachel about whether your news can be fit in to the newsletter or saved for weekly blasts.

Religious Education News

Dear Friends,

What fantastic activity! I am charged up by the positive enthusiasm of our kids returning with the crispness of autumn. We've made some choices in our RE classes and have a new undertaking:

Donate canned goods to The Haven! On October 6th, we're going to launch our Foodsharing efforts by making delicious things out of our garden's summer bounty. Beginning October 13th, the children will take a Sunday morning Canned Food Collection in the service as part of their regular spiritual practice. We'll count, sort, chart, send good thoughts to the folks who need food every Sunday for the rest of the year. Please bring a can each week that it's possible to the kids' collection baskets - we will share the duty of driving our cans two miles down the road to The Haven.

Sunday morning Spirit Play for all is a great way to learn at every age. It's not a curriculum but a storytelling and learning method. The stories are chosen by Sparrow with the advice of parents and Rev. Patience - stories which line up with our unique UUCUV perspective, history, and wisdom. These stories are not only words, but touchable, high-quality objects which help to show the story. When

Sparrow - or the guest Storyteller of the day - has finished telling the story with reverence and awe, children may choose to re-tell the story themselves. They feel the acute corners of the triangles which represent the Seven Principles, grip the stuffed dolls of King John Sigismund and his royal pastor, Ferenc David. We know that children use their kinesthetic senses to learn just as much as they use their eyes and ears. This is why the *feel* of Spirit Play materials matters. This is why my "to do" list includes such gems as "Sew North America." If you're handy with woodworking and sanding, if you're comfortable around a sewing machine, there are ways for you to help make these stories. Please let me know, I would be thrilled to show you what we need for this autumn's religious ed!

Youth and Junior Youth are on the move - keep your eye on their table of treats and crafts at the Upscale Resale, raising funds for a Very Special Project.

Remember, if you haven't registered your children yet for RE, you won't get my frequent emails about activities, lessons, opportunities, and encouragement. Simply email to education@uucuv.org register returning kids or to get the simple registration link for new friends.

Peace,

Sparrow



**Mark your calendars: October 6th
Garden Time for kids, followed by
the church potluck!**

Cares & Concerns

Arnold Shields Visits--A Message from Phil Kern

I visited Arnold Shields on September 2. Because of dramatically decreased cognitive capability, he had just been moved to a more attentive area of the nursing home. He is now much more confused, upset and worried than previously. He didn't know where he is, or why he is there.

BUT he did remember my name, and when I gave him the three cards in which many of you had written messages, he read them all completely through. When asked, he said that yes he could read them all. When some first names were mentioned, he remembered last names. So yes, he has significant memory still and can carry on a conversation, asking questions about people and events, about the congregation, even about the state of the world (though he is very hard of hearing).

He was profusely, repeatedly, thankful for the visit. It's a long drive to Woodsville, but, if you're passing through or in the neighborhood, please give Arnold a visit. Probably 20-30 minutes is enough; he tires quickly. Just before lunch might be a good time, so he isn't alone when you leave. Calling isn't a great idea because of his poor hearing. He doesn't read much now, but things to look at would be good - Orders of Service, other church items, pictures, . . . Be creative. He is at Grafton County Nursing Home, Woodsville; (603) 787-6971 (Call first to be sure the timing is good, etc. They are very helpful there, and I think that they are good to him.)

If you want to let me know when you hope to visit or have visited, I'll keep informal track of visitors, and could tell you when he may have been long neglected. We hope to visit him at least once a month (he is closer to us than to most of you).

Phil Kern, (603) 795-4930

Marjorie Hybels is currently at Brookside Nursing Home. If you have a few minutes in all your errands to stop by at Brookside in Wilder (very near the Meeting House), she would like nothing better than to hold hands, sing a few old campfire songs, and gain a little courage through fellowship.

Choir Singers Wanted

If you think that group singing for a friendly congregation looks like fun, you're right!

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.

For more information, e-mail me at Linda.Hoover@dartmouth.edu. 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.

Here is our (slightly irregular) schedule through 1/19/2014:

- 9/22 Service (Rehearsal at 8:45)
- 10/4--Choir potluck/rehearsal at 5:45
- 10/6 Service (Rehearsal at 8:45)
- 10/13 Service (Rehearsal at 8:45)
- 11/1---Choir potluck/rehearsal at 5:45
- 11/3 Service (Rehearsal at 8:45)
- 11/24 Sunday before Thanksgiving (Rehearsal at 8:45)
- 11/27 Ecumenical Service (Warm-up TBA)
- 12/6--Choir potluck/rehearsal at 5:45
- 12/8 Service (Rehearsal at 8:45)
- 12/22 Service (Rehearsal at 8:45)
- 12/24? Christmas Eve participation? (time TBA)
- 1/3--Choir potluck/rehearsal at 5:45
- 1/5 Service (Rehearsal at 8:45)
- 1/19 Service (MLK) (Rehearsal at 8:45)

To Joyful Singing!

Linda Hoover,
Choir Director



“Everything Apple” Harvest Bake Sale and Upscale Resale

Here is a reminder about some upcoming Fund Raiser events happening. We really need to get mobilized for this event! Please let me know if you are able to peel apples, bake pies or other apple goodies, donate items for the sale, bring things to the Meeting House, price items, and work at the sale.

Apple Peeling Party Saturday, October 12 from 9 to 11:00



Please bring your own peeler and paring knife. We will provide a few bushels of apples, but if you want to bring more that would be wonderful too.

We will peel and slice the apples and bag them to hand out on Sunday 10/13.

We will need people to take our peeled apples on Sunday and bake apple pies or other goodies for the Everything Apple Harvest Bake Sale on 10/19. We supply apples and pie tins! All you need to provide is the crust and the seasoning. What could be easier!

“Everything Apple” Harvest Bake Sale and Upscale Resale October 19th from 9 AM to 2 PM

We will be collecting donations the week of the sale, on Wednesday, Thursday, and Friday evenings October 16, 17, 18, from 5:30 PM to 8:00 PM.

Please donate your better than average yard sale items (no clothes, mattresses, computers, very large pieces of furniture or old appliances). Please let me know if you have a truck to help pick up items.

We will need helpers to sort and price the donations during the week, to pick up donations from people who need help, and to work the day of the sale. Please let me know if you are able to help in any way for the pie and upscale resale. We usually have a wonderful event with fellowship and fundraising. We would love to see everyone come out to help.

Please contact me at (603) 448-2936 or la14e@valley.net to sign up for any of the above.

Lori Fortini



Pods for the Pulpit in November

19th ANNUAL PODS FOR THE PULPIT
CRAFT FAIR
TRACY HALL, NORWICH VERMONT
FRIDAY & SATURDAY NOVEMBER 29 & 30
10 AM TO 4 PM

Stay tuned for more information!

Elder Luncheon

Tuesday, October 15, 12:30 PM

Lunch provided at the Meeting House. This is a regular monthly get-together for all who consider themselves elders to share their experiences and needs. Please call Babette with your RSVP. Her phone is (603) 727-9663 and her email is schussbh@gmail.com.

Women's Group

Thursday, Oct. 17, 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 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.

Sally Page

Library News

Last month Library Committee members processed four books donated by Reverend Patience. *The Passover Haggadah*, edited by Nahum N. Glatzer and *Festivals of the Jewish Year*, by Theodor Gaster are now on the Judaism shelf. *Muhammadan Festivals*, by Gustave E. von Grunebaum and *What Is Sufism?* by Martin Lings are now on the Islam shelf.

Olive MacGregor, Library Committee Chair

Knitting Night

Wednesday, Oct. 16, 6-8 PM

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. The kettle will be on, come show off your projects!

Sparrow Alden

Found Item

Found on Friday 9/13 in a box of office supplies in the storage room: a black enameled ring with copper-colored dinosaurs around it. It sounds weird, but it is really quite lovely. Contact Polly Gould if it is yours! polly1gould@yahoo.com or (603) 448-1660.

Book Review



By Margo Nutt

The Four Agreements: A Practical Guide to Personal Freedom

By Don Miguel Ruiz

Whether or not you believe The Four Agreements come from ancient Mesoamerican Toltec wisdom, they are wisdom worth considering nevertheless.

The Agreements are: Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best.

The author enlarges and expands on each of the agreements, tells why they are so important and how they are all interrelated. As with any great wisdom, applying the ideas consistently in our relationships with others, and with life in general, is the true challenge. Each of the four is very easy to say, but much harder to do! The author talks about the preconditioning humans have from birth up through adulthood. Some of our habits and values are good, while other thoughts and behaviors get us into trouble. Many of our thoughts, good and bad, are subconscious, and we're unaware what they do to us or for us. This book helps to make those distinctions.

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.

Committee Chairs

Finance: Mark Laser
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.

We, the UUCUV unite to encourage each other's spiritual growth, to maintain an active program of religious education for all ages, to provide fellowship, and to serve the wider community. We are committed to being a community that considers the environmental consequences of our actions and we actively welcome LGBT individuals and families. As a congregation we endeavor to be a force for social justice, peace and sustainability in society and the world. We welcome all who share our mission to join us in this journey.

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 minister@uucuv.org.

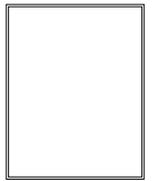
TO CONTACT THE DIRECTOR OF RELIGIOUS EDUCATION: Call Sparrow F. S. Alden at (603) 359-8426, or e-mail her at education@uucuv.org

MEETING HOUSE: Located at 320 Route 5 South in Norwich opposite The Family Place, the Greek Revival farmhouse contains our offices and meeting spaces. Administrative 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 Rev. Patience Stoddard or Sparrow Alden (contact information above).

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**



Harvest Bake Sale & Upscale Resale Oct. 19

UUCUV Phone: (802) 649-8828

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

E-mail: office@uucuv.org

“Path to the Future” Oct. 26

