

The Call

Unitarian Universalist Congregation
of the Upper Valley

Spring 2015
March - May

In This Issue

Minister's Message.....	1
President's Message.....	2
Capital Campaign.....	3
Board Report.....	4
New Building News.....	5
Religious Education News.....	6
Member News.....	7-8
Events.....	9
Climate Justice Month.....	10
Partner Church.....	11
Library Notes and Book Review.....	12
Spiritual Practices.....	13
Crossword Puzzle.....	14
Ways to Get Involved.....	15-17
About UUCUV/ Contacts.....	18



Sunday Services 9:30 & 11 AM

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

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

Not Subject to Disappointment

Rev. Patience Stoddard

A Druid Vow of Friendship (author unknown)

I honor your Gods.

I drink from your well.

I bring an unprotected heart to our meeting place.

I hold no cherished outcome.

I will not negotiate by withholding.

I am not subject to disappointment.

This little poem was part of a reading in the December Service before taking the vote on continuing the Building Project and beginning a Capital Campaign. It comes via Barbara Child (a former interim minister at UUCUV) from the Winter Issue of Heron Dance magazine 1999/2000. I received several requests for a copy of this reading and found myself wondering why it seemed to strike such a chord. As the next two months unfolded with countless meetings, unpredicted generosity, sometimes strained relationships, unexpressed anxiety and, all the while, the mounting evidence that “our hearts could (and would) build a home,” this brief reading continued to come into my awareness.

I had intended to write a glowing celebratory article about you achieving your fundraising goal without the help of grants or need for a long-term mortgage, thereby freeing yourselves to focus the next several budgets on outreach and programming. However, sometime in the last few weeks I realized that what was most worth celebrating was not the achievement of your goal but the trust and clarity with which you undertook it.

Over the last few years this congregation has lost its first fulltime minister, dealt with a difficult and painful decision regarding covenant and membership, shrunk significantly in numbers and (for a time) self-confidence, and returned to a home which was a bit too small and in need of lots of repair and maintenance. Yet over and over again visitors on Sunday morning have spoken (and written) about the spirit they feel

(continued on page 2)

**Saturday, March 28
Congregational Meeting on
Building Design & Funding
* Members Will Be Voting ***

**6 PM at Lebanon United Methodist
Church (potluck at 5:30 PM)**

President's Message

Cappy Nunlist

We have all been overwhelmed by the incredible generosity of our UUCUV community as we have stretched to make our long-time dream of a permanent home a reality. This effort will result in a physical space to house our dreams and aspirations. By this time next year, we will be enjoying Sunday services, potlucks, religious education classes for both children and adults, hosting community events and who knows what else in our beautiful new space. And it is the annual Stewardship Drive that will fund these activities.

So we are now asking you to extend your generosity with a pledge to fund our operating budget during the 2015-16 fiscal year. The Board has drafted a preliminary proposed budget that has been emailed or mailed to all members and friends. Formulating this was particularly difficult given the unknowns ahead of us. We will have to rent space for Sunday services while construction is underway – and we are not sure how long that will take. We do not have any history to predict the cost of utilities for our new space. Insurance costs will almost double. In general, we know that a larger space and more congregants will increase our expenses.

Those who attended the celebration of our successful Cap-

ital Campaign on February 27th, which also served as the kick-off for the Stewardship Drive, had an opportunity to ask questions and comment on the proposed budget and receive a pledge envelope. We are hoping to have received Annual Fund pledges from those people by mid-March and we are planning a couple of opportunities for those who were unable to attend so that they too can be informed prior to making their pledge.

The Steering Committee is also working on a budget for the building project. These two budgets impact each other so it is important that we receive all pledges prior to the vote on whether to proceed with construction. We need to know whether we will be able to support our new building and its activities once it is built. I am confident that together we will make this commitment. The passion of this community goes beyond walls and windows. It extends to support for our incredible staff, our children, our fellowship and all of our social justice work. Please show your support by returning your pledge form with a gift that reflects your own personal situation and your commitment to the vision of this congregation.

Not Subject to Disappointment

(Continued from page 1)

here, about how welcoming you are and how quickly they felt at home. In Sunday services people have laughed, and danced, and cried—**bringing their unprotected hearts to our meeting place.**

While I cannot honestly say that I haven't had moments of anxiety these last few months, I can say that I recognized a month or so ago that on a deeper level I was **not subject to disappointment.** The energy, the willingness to trust each other, the sense of mission that has guided this congregation for the last year and a half is the **cherished outcome.** Whatever challenges remain ahead, and I'm sure there will be some, I am sure that this congregation will continue to flourish.

I am honored to **drink from your well,**

Patience



Thank you to the Freeman-McNulty family for the beautiful sand dollar shells which you shared with us. We used them in our New Years' Meditation worship service and thought of you far away!

Capital Campaign Celebration!

Kathy Christie

On Friday, February 27, 55 members, friends, and staff of the UUCUV gathered in the parish hall of the Norwich Congregational Church to celebrate the end of the pledge period for the New Meetinghouse Capital Campaign. They enjoyed a delicious dinner, heard the latest about building plans, and shared kudos all around. And they received very good news.

As of that date, we had raised \$975,225, and pledges continue to arrive! This will enable us to build a larger worship space—to 120 capacity, expand the farmhouse for better RE space, fix the farmhouse roof and modernize the stairs to the second floor and basement, improve our energy efficiency, and much more. Thank you, one and all. Our hearts are building a home!

This realization of our dream was made possible by the extraordinary generosity of 71 current and former members and friends and our staff. And that number is still growing

as more pledges arrive. If by chance you have been away and have yet to pledge, we urge you to do so as soon as possible. We are working toward 100% participation of our current members and friends. High participation is critically important for the grants we are writing. If we are successful in our applications, that will mean even more revenue.

Additional good news is the fact that we now have in the capital fund an astounding \$499,030, and over 80% of the future installments will be paid off by the end of 2015. Each gift up front means incurring less debt to carry us over, and the more we raise, the better we can pay the service on that debt without straining our annual operating budget.

WELL DONE, UUCUV!! What we are accomplishing here is historic, very rare in any religious community, and astounding in our UU NNE District. We have finally all risen up and said, “Now is the time!”



Capital Campaign Celebration Dinner February 27, 2015

“May we give thanks for the gifts we have received from so many and from life itself. We give thanks as well for our willingness to give to others, to share our time, talents, and treasures to make this a better world. May our generosity help heal the pain of others, give power to our beliefs and values, and move us toward the creation of the Beloved Community on Earth. Amen.”

~Prayer from UUCA, N. Andover, MA

Board Report

Bess Schmidt, Board Secretary

Since December, the board has continued to meet regularly with the Steering Committee to hear updates on the building process. In February, the board authorized contracts related to the project with Haynes and Garthwaite Architects, project manager Shawn Donovan, Estes and Gallup Construction, DeWolfe Engineering Associates, and RSG Associates of Wilder.

The board has continued reviewing and updating congregational policies. New versions of the following policies have been approved:

- Payment of Choir/Music Director for Private Ceremonies
- Use of Church Facilities for Non-UUCUV Groups
- Child Care Policy
- Child Safety Policy

These policies replace any previously approved policies. All current policies can be viewed at the Meetinghouse.

In December, the board appointed a team to perform a

ministerial evaluation. This team is gathering feedback on the minister's performance from the congregation and staff and will report back to the board with their findings.

The board voted in February to support the UUA Statement of Conscience on Reproductive Justice. This Statement of Conscience is planned to be included in the agenda of this year's General Assembly and can be viewed at the UUA website ([Statement of Conscience on Reproductive Justice](#)).

The board has prepared a preliminary budget for Fiscal Year 2015-2016, which was presented to the congregation at the February 27 event to kick off this year's stewardship drive. Challenges include the uncertainty about costs during anticipated construction period as well as the need for alternative meeting space during that time.

The board is meeting twice a month (check the calendar for meeting times). Board meetings are open to all members of the congregation, and minutes of the meetings are available at the Meetinghouse.

Kudos from The Upper Valley Haven

In January, I received a letter from The Haven thanking us for our generosity and totally up the amount donated from UUCUV last year. Including the donation from the proceeds of two Pods for the Pulpit craft shows (2013 and 2014), the congregation donated over \$4500.00 last year in cash and over 600 pounds of food and personal items. This is one of several ways in which this congregation cares about and supports the wider community. Well done!

Patience



“Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.”

~John Wesley, Founder of Methodism

New Building News

Bill Brawley, Joani Nierenberg, and BJ Shabel



It's been a busy three months for the Steering Committee since the last newsletter, which came on the heels of the Dec. 14 presentation of conceptual drawings for the new Meetinghouse project — and unanimous votes by the Congregation to proceed with the project and a capital campaign to fund it.

We're still working toward a May 31 groundbreaking, so our first task was to determine the process we wanted to follow for selecting a builder. With our tight deadlines and the likelihood that the best builders would soon be booked for spring, we opted to go with a process known as construction management, or CM.

Institutional building projects are often drawn up in their entirety before builders are invited to bid; the owner waits for four weeks for the builder to study the design and ask for quotes from subcontractors; once a builder is selected, negotiations on pricing and terms can take another three weeks, and then there is a further delay before any dirt is turned on the job site. We don't have that kind of time to spare in our schedule. We also wanted to get feedback on pricing while the design process was still under way, so that we wouldn't be surprised when the bids were opened.

In the CM system, we select a builder to work with during the design process, so we can get feedback on pricing while we are still in the design process. We are expecting our first round of pricing feedback in mid March. The feedback will be based on estimates from one or two companies in each of the "sub trades" — electrical, concrete, excavation, basically all of the tasks that the builder can't do themselves, with their own team of carpenters.

We've also asked for bids for certain alternatives that members and friends have expressed interest in, such as a hardwood floor in the new Meetinghouse, or expanded spaces for the religious education program. That gives us insight into what we need to do to get the building plans to conform with our financial reality — which is quite nice, thanks to your generosity (see related article). In addition, we expect that the builder will have some suggestions in this phase about ways that we can save money.

The revised drawings will then yield to a set of construction documents, upon which our builder will offer a Guaranteed Maximum Price, or GMP. The GMP will be based on a minimum of three bids for each of the sub trades. We

get to see who and how much was bid for each item, and we can veto specific subcontractors.

With this framework in mind, we interviewed four highly regarded builders from the Upper Valley region to come and meet us to discuss the project and our requirements. After much consideration, we chose Estes and Gallup of Lyme as our general contractor. Estes' experience with a wide range of commercial and residential projects, and their fee proposal, helped them stand out in an extremely competitive situation.

Once that decision was made, we went full speed ahead on design development with our architect, Andrew Garthwaite of Haynes & Garthwaite Architects. In this phase, conceptual sketches are transferred into a computer aided design system, with many of the details, such as room dimensions and positioning, double-checked with the client (that's us). We presented progress drawings at the celebration dinner at the end of February and received more great feedback from members and friends. A few days later, we took revised set of drawings to Nick Estes for a pricing opinion that is due March 17.

We have also been busy on other fronts. On March 19, we are scheduled to present our site plan, including landscaping details, parking lot configuration, and building footprints, to the Norwich Development Review Board. Members and friends who are Norwich residents are especially welcome to attend. We have a small group working on an application for a construction loan that will help us pay for the project while we wait for pledges promised in 2016 and 2017.

We also expect to have teams working on various tasks, such as outfitting a kitchen, and working with engineers on acoustic issues in the assembly space. On March 28, we will present the current set of plans, both building and financial, to the Congregation for another set of votes. Within two weeks of that meeting, assuming a vote to proceed, we should have construction documents, with a GMP no later than mid-April. And then, we can break ground on a project we've been dreaming about for decades. We're grateful for the hard work and support of our liaisons, Cappy Nunlist and Rev. Patience, who let nothing fall through the cracks.



Children & Youth Religious Ed News

Sparrow F. Alden, CRE

Dear Friends,

Spring approaches and we will turn our studies of compassion to the great outdoors. Our congregation defines itself in part by our compassion for nature, so Miss Sheena and I will be sharing stories and activities focused on Earth Justice and our love for the Earth.

Please send your children to Religious Ed ready to go outdoors:

- Outdoor gear can be left in Patience's office for Little Ones and at the foot of the stairwell for Elementary kids.
- Sun or bug stuff must be applied by parents if they are needed.
- Let us know about insect or plant allergies by email so we can shape our activities to optimize safety and fun.

We plan to turn our lessons toward the sense of belonging and place as the congregation turns toward ground breaking. If you'd like to read what Sparrow's been reading on the subject, pick up David Sobel's *Children's Special Places: Exploring the Role of Forts, Dens, and Bush Houses in Middle Childhood*.

See you outdoors!

Peace,

Sparrow



Preschool project on emotions

Our Youth in Action!

So what does one do? The Prechool teacher was snowed in; the elementary teacher was snowed in; I was assisting Grace in leading the service; and there were sixteen kids in attendance on February 15th.

"OK, Youth, you are not only Hospitality today, you're in charge of children's program!"

"We're on the job!"

Izzy and Val covered the big group of elementary aged kids - they used the instructions I had printed out for the regular teacher and led the opening rituals, quickly inserted their own Winnie-the-Pooh story, and asked them about their reactions to the tale. They sent kids to a collage-making station, a drawing and coloring station, and a building station to work with their own ideas from the story. Our thanks to Megan Coylewright who trooped along as an Interested Mom to be extra support!

Daroc covered the downstairs class for smaller folks who really needed a quiet time with The Big Boy... just like he needed Corey Nunlist about sixteen years ago. Cappy, do tell Corey that it's been paid forward and the spirit of patience and peace is alive and well at UUCUV.

This left a Small but Mighty Crew to handle the second Fellowship hour - which they did seamlessly from coffee to clean up. Congratulations, Youth, on a fabulous job as Hospitality team in February and a particular job well done on the 15th.

Would you like to show your appreciation and support of the Youth and Junior Youth groups? Keep your eye open for their fabulous cookbook! As of this writing it is in the editing phase. It will be available as hard copy or electronically, as is most convenient for you.

Thank you, Bobbie Kendall, for keeping your eye out to support the Youth groups through their February Hospitality duties!

Thank you to Mary Shain for hosting an awesome Cookie Decorating party at the Meetinghouse in December for Junior youth!



Member News

New Members

We welcomed three new members on Sunday, Feb. 15!

Jennifer Durgin lives in Wilder, VT, with her husband, Christian, (a math and science teacher and singer-songwriter) and her two kids, Geneva and Samuel. A life-long New Englander and “recovering Catholic,” she has found the UUCUV to be a welcoming, thoughtful, and spiritually rich community to be a part of and to raise her children in. Her husband is supportive of her participation in the church but prefers to nurture his spirituality in other ways. Jen works in communications in the Office of Development (fundraising) for Dartmouth-Hitchcock and the Geisel School of Medicine at Dartmouth.

Bob and Darsie Riccio moved to Lebanon from Woodstock, VT in the fall of 2014 and are delighted to join the UUCUV. They have been active UUs for 35 years. Bob is a native son of New Hampshire and Darsie hails from California. They are both alumni of Middlebury College where they met. Bob taught Spanish for 44 years, most recently at Woodstock Union High School. Darsie retired from Dartmouth College where she worked in administration, most recently in the English Department. Their interests include opera, kayaking, gardening, and travel. Bob is a fly fisherman and Darsie is an avid quilter. Bob aspires to finish his first quilt soon. They meet the challenge of completing the NYT crossword puzzle every Sunday. They have two daughters, one an actuary in San Francisco, and the other a computer science professor in Memphis, Tennessee. As they are both humanities types, they ponder the mystery of how they produced two scientists. Bob and Darsie look forward to getting to know each of you and to seeing the new Meeting-house rise!

Margo Nutt

In Memoriam

Ruth Milchman Chodak

On February, many of us gathered at Knight’s Funeral Home to celebrate Ruth’s life and to mourn her death. Ruth was a life-long seeker. Born in 1928 she grew up in Williamsburg neighborhood of Brooklyn surrounded by extended family and a strong sense of community. While her

Jewish roots were important to her, she explored many religious and spiritual traditions throughout her adult years. After moving to the Upper Valley in 1993 to be closer to her beloved daughter Lisa, she and her husband Bernie Chodak eventually found UUCUV where that exploration could continue in community with other seekers. She and Bernie were inseparable and enjoyed the many cultural events in the Upper Valley and especially their time with Lisa and their grandchildren. She missed Bernie a great deal after he died in 2010 and, as her health began to fail, was mostly homebound. Nonetheless she remained interested and engaged in the world and continued to explore various approaches to spirituality. She continued to have joy and pride in her family and died surrounded by their love.

Meditation Practice

by Frank Gould, 2015

choose your stone to wash away, cleanse
placed in the crystal bowl filled with clarity
water to purify, to dissolve away your bane
remove its weight from your heart
to entomb in the hard heart of stone

I hold a stone in my hand, grasp its shape,
enter it softly to squeeze the vile fluids
of my self-doubts into the center of the stone
unwrap that dark cloak from my shoulders
rewrap them in light-filled, crystalline waters

next I accept a gift of resurrection, a star
shaped from grains of ocean sand,
a sand dollar, the sculpted shell
of a sea creature buffeted by
a sea of vagaries. Until
I notice the edge--
chipped.

Keeping the Circle Whole **A Conversation with Marion Copenhaver**

Mardy High

What do Doris Kearns Goodwin and the telephone have in common?

Both came up in my recent conversation with Marion Copenhaver. When I visited her in her Kendal apartment, she hardly needed to tell me how much time she spends reading. Books were very much in evidence and she does read a LOT. She could have spun a lively conversation around any of them, but the one she picked was Doris Kearns Goodwin's *The Bully Pulpit*.

Confessing she doesn't have much patience for the controversy over Goodwin's citation issues, Marion said she loves reading about history and Goodwin is one of her favorite authors. I commented that *The Bully Pulpit* is very appropriate given her own lively career as a legislator in the New Hampshire House of Representatives. She may not have had a bully pulpit, but she was very good at bending someone's ear when they needed to listen to her!

I loved the sparkling updates she would dish out to us in Sunday services. I told her we all miss having her around. She said she would come but needs a ride. This led to our

conversation about keeping in touch. She wanted to know what system we have in place for people to go out and visit those who can't drive. She welcomes visitors!

We do have a system, but in part it depends on knowing who WANTS to be visited. Marion said, "Just call up on the phone!" It can be a quick check in..."Hi, Marion, What's new? I've been thinking about you." Then take it from there. It might turn into a visit and a fascinating conversation about wonderful books.

Resolved: to tap our wonderful pool of angels who write and cook and visit, and see if we can more systematically telephone a list of people we don't get to see very often because they can't get out easily.

She is VERY enthusiastic about the New Building project and would love to know more. Right now she is without a computer, so on my next visit I will take my computer and show her all the great information on our web site. As she and her husband John were founding members of UUCUV, she will be SURE to get to a Sunday Service in the New Meetinghouse.



Sparrow's Penny-Pinching Challenge!

Hello, Friends! For this summer's child care and RE, we need something movable, outdoors, and able to be safely bounded from any construction zone. We're not even sure where we'll meet! We're considering spending about \$400 for a 130 square foot, high-ceiling tent as our movable classroom. You can see what Sparrow's thinking of at the UUCUV RE Amazon Wish List (http://www.amazon.com/gp/registry/wishlist/1Q4SIY4HKO6CB/ref=topnav_lists_2). We bet that someone has an equivalent tent to lend to the RE program from June 1 to September 1. If you have one to offer, please email education@uucuv.org.

Events

UUCUV Book & Music Sale Coming

March 21st!
8 AM-1 PM



Friends, please set aside any books, DVDs or music CDs you would like to donate to our sale. As usual, we will be accepting donations the several days leading up to the sale. The sale itself takes place on Saturday March 21st and volunteers are needed the day of the sale as well as each evening Wednesday thru Friday (March 18 - 20 from 5-8 PM) to help sort and receive donations. This is an important annual fund raiser and helps to raise awareness of the UUCUV in the community so please take part! Look for copies of our flyer and please take one to post any place you see a community bulletin board in your travels. For more info or to volunteer, contact Rich at 802-436-1150 or via e-mail:

HARTLANDVT@AOL.COM

Souper Second Sundays

Souper Second Sundays with Patience and Sparrow are delicious, informal, and heartily welcoming! The folks who have attended either bring their own lunch or enjoy Patience's fresh-veg soup - one brand-new visitor arrived with macaroons to share, so that's a good sign. The brief history of the congregation is the main course, with questions for dessert. Patience and Sparrow have been asked about Unitarian and Universalist theology, the merger of U and U, the process of creating the UUCUV's covenant, how the Seven Principles are woven into children's religious ed.

We've addressed the UU humanist movement and the UU spiritual movement and the UU pagan movement. We've responded to questions about why the UUCUV's membership number took a deep plunge a few years ago and why we have such a strong vision of a new building in the next year. Lunch companions ask about colonial-era polity, Thomas Jefferson, stewardship versus capital campaign funds, and whether RE leaders have had background checks.

Artist's Date

Are you following the program of the book *The Artist's Way*? Or does "time with the pastels" simply sound good to you? On some Sundays, Sparrow will set up the studio with clay, pastels, watercolors, journals, fiber - and bring your own medium - for a relaxing couple of hours together. Keep your eye on the calendar and Weekly Blast for dates!

The Moving Month of May

By the last Sunday in May we need to move all furniture, files and supplies out of the old Meetinghouse for repairs and new construction to begin. Patience and Sparrow will be needing some help sorting through office and RE files, books and materials in preparation for the big move. To keep or not to keep will be a question. If you have a few hours or a few days you could offer to help with this process, it would be much appreciated. We will need a few strong backs to help with furniture and boxes, some wise minds to help decide which information is most important to keep, and courageous souls to help us let go of things we like but do not need.

We will also need a few pick-up trucks toward the end of the month to help with transport. (Patience will be bringing hers to work most days in May.)

If you can help, please let Patience and/or Sparrow know how and when.



UU Climate Justice Month

From World Water Day (March 22) to Earth Day (April 22), Unitarian Universalists and other people of faith and conscience will embark on a spiritual journey for climate justice. Through daily messages you can choose to receive faith-filled resources, engage in powerful practices throughout the month, learn and discern how to most effectively shift to a low carbon future, advance human rights, and grow the climate justice movement.

Climate Justice Month is being organized by Commit2Respond, the new climate justice initiative led by UU groups across our faith movement. Commit2Respond was launched out of the People's Climate March in New York City in September, and Climate Justice Month is its first campaign.

Climate Justice Month Timeline

- March 22: [World Water Day](#): Climate Justice Sunday
- Week 1: **Reveling** in connection with the natural world and its gifts
- Week 2: **Reckoning** with the impacts and injustices of climate change, exploring where our energy comes from
- Week 3: **Reconnecting** with hope through relationship, exploring who is impacted by our energy sources
- Week 4: **Committing** to long-term actions to shift energy, advance human rights, and grow the climate justice movement
- April 22: [Earth Day](#): committing to a future of clean, renewable energy

During Climate Justice Month you will be invited to learn, reflect, and discern what long-term actions you, your family, and/or our congregation can take on that will build resistance to climate change. Rather than simply taking on small actions for a month, UUs will delve into our spiritual grounding for this work, deepen our learning, and intentionally decide how we can commit to transform our lives and our world. Committed action that springs from principled and spiritual grounding gets us through setbacks and compels us from a place of possibility and creativity. It is a stance of commitment to justice and integrity of all life over the long haul. This theological or principled grounding calls us to evaluate our work and take next steps with more wisdom and impact.



During Climate Justice Month you, your family, and/or your household will be invited to commit to act, and you will inspire others! Your individual actions can positively impact climate disruption and simultaneously grow the movement for climate justice.

Sign up for daily messages during Climate Justice Month at <http://www.commit2respond.org/act>, or follow Commit2Respond on Facebook or Twitter. If you would be interested in participating as a UUCUV group, please contact Claudia Kern via the UUCUV office.

Partner Church News

Inspiration for Our New Building

Polly Gould and Claudia Kern

In September 2012, the Mukhap Unitarian Church in the Jaintia Hills in India dedicated their new church building. The construction had taken a number of years of planning and hard work by the church members. As their US partner church, the UUCUV from across the world rejoiced with them in celebrating this milestone.

The Mukhap Church is one of the early Unitarian churches in Northeast India. In 1894 a few families bearing the same names as some present day church families built a temporary church structure made of bamboo and straw in the same compound where the present church stands. The founding minister was Rev. David Edwards, a minister who had worked as an Evangelist in the Presbyterian Church in Mowkaiaw. He had been inspired by the teachings of Hajom Kissor Singh to follow the Unitarian faith. Rev. Edwards became the Secretary of the Unitarian Union in 1897 and moved to Jowai, but others, women as well as men, took on the role of leaders. The church established a school and slowly grew in numbers. Every September 18, the Mukhap Church holds an anniversary celebration.

In 2010 there were 305 members from 48 households, a youth wing Seng Samla Unitarian Church Mukhap, a women's wing Seng Kynthei Unitarian Church Mukhap, and a Sunday school every Sunday with more than 70 students. The Church also runs a day school named after the founder of the church - the David Edwards Memorial Lower and

Upper Primary School – for children of the entire Mukhap village, regardless of religious or economic background.

The UUCUV entered into a partnership with the Mukhap Unitarian Church in August 2008. In addition to a building construction gift of \$500, we have sent an additional gift for furnishings and a blessing from UUCUV to be read at their dedication ceremony and framed to hang in their new church. One of our intentions for the partnership is to build a relationship based not solely on financial support. So we hope to strengthen our personal communications with the Church and individuals, in spite of the fact that many there do not speak or write English.

Now here is our opportunity. The Mukhap Church is much older than the UUCUV. They have been through decades of changing leadership and several buildings. They have constructed a new church entirely with their own labor, using scarce funds for supplies like concrete and glass. What can they teach us? What can we do with our own labor for our new sanctuary? What features of their church might be possible to echo in our harsher New England climate? Among many other tasks, they finished their own benches – could we do something like that? How can we involve people of all ages especially youth and children in our building project? What advice might their leaders give us? Look at these photos of the new Mukhap Church and be inspired.



UUCUV Library Update

Olive MacGregor, Library Chair

Library Committee members Polly Gould, Margo Nutt, and Olive MacGregor met January 29 and weeded some outdated books from the Sustainability Collection. We looked at some of Jan Sorice's books and kept some for the collection and saved the rest for the March 21 Book & Music Sale. We added one book to the collection - *Preparing to Build: Practical Tips and Experienced Advice to Prepare Your Church for a Building Program*, by Stephen Anderson, c2011. We also added a DVD, *I Have a Dream*, by Martin Luther King, Jr.

Unfortunately, we have lost two books, which we would love to replace: *Good Poems for Hard Times*, selected and introduced by Garrison Keillor, and a wonderful children's book, *One World, Many Religions*, by Mary Pope Osborne. If you would like to donate either of these books, please call Olive at (603) 448-2289. Thank you.

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



"The secret of happiness lies in knowing this: that we live by the law of expenditure. We find the greatest joy, not in getting, but in expressing what we are."

~Philosopher Alfred North Whitehead

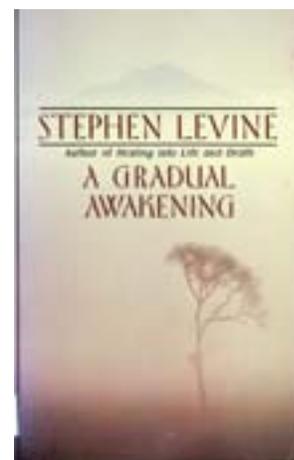
Book Review

By Margo Nutt

A Gradual Awakening, by Steven Levine

Poet and meditation teacher Levine writes simply and gently about his own personal experiences with, and insights into, meditation.

This book, written in 1979, is a classic. It presents several different ways of meditating and some alternative ways of looking at the world. This book gently challenges readers to examine basic assumptions about their world view, and to taste the practice of meditation for themselves. It is written in simple language, yet the writing has depth and substance.



Some of the thoughts/concepts that he puts forth are: that we don't have to seek love, we only need to let go of that which blocks love from our lives; real control is letting go; and there's no reality to create—there's only a reality to tune in to.

Stephen Levine is an extremely compassionate person who transmits this ability to the reader. He inspires readers to be loving and patient with others and themselves as they gradually awaken.

"The willingness to share does not make one charitable, it makes one free."

~Robert Brault

Spiritual Practices and Readings

Rev. Patience Stoddard

Many UUs are uncomfortable talking about God often because the image they have been offered of God is the old white man in the sky. Here are two poems that explore different ways of imaging the Divine. What are your ways?

Briefly It Enters, and Briefly Speaks

by the NH poet Jane Kenyon c. 1986

*I am the blossom pressed in a book,
found again after two hundred years. . . .
I am the maker, the lover, and the keeper...
When the young girl who starves
sits down to a table
she will sit beside me. . . .
I am food on the prisoner's plate. . . .
I am water rushing to the wellhead,
filling the pitcher until it spills. . . .
I am the patient gardener
of the dry and weedy garden. . . .
I am the stone step,
the latch, and the working hinge. . . .
I am the heart contracted by joy. . . .
the longest hair, white
before the rest. . . .
I am there in the basket of fruit
presented to the widow. . . .
I am the musk rose opening
unattended, the fern on the boggy summit. . . .
I am the one whose love
overcomes you, already with you
when you think to call my name. . . .*



From the writings of Hildegard de Bingen c. 1145:

*I am one whose praise echoes on high.
I adorn all the earth.
I am the breeze that nurtures all things green.
I encourage blossoms to flourish with ripening fruits.
I am led by the spirit to free the purest streams.
I am the rain coming from the dew
that causes the grasses to laugh with the joy of life.
I am the yearning for good...*

LISTENING can be a transformative and difficult spiritual practice. Here are some quotes and a simple exercise to encourage compassionate listening.

"If we try to listen we find it extraordinarily difficult, because we are always projecting our opinions and ideas, our prejudices, our background, our inclinations, our impulses; when they dominate, we hardly listen at all to what is being said...One listens and therefore learns, only in a state of silence, in which this whole background is in abeyance, is quiet; then, it seems to me, it is possible to communicate."

Jiddu Krishnamurti, Indian Philosopher

"Compassionate Listening is a process rather than a product. It is healing precisely because it does not pretend to "have the answers." Rather, it engages the participants in processes that have each side seeing the humanity of the other, even when they disagree."

Rabbi David Zaslow

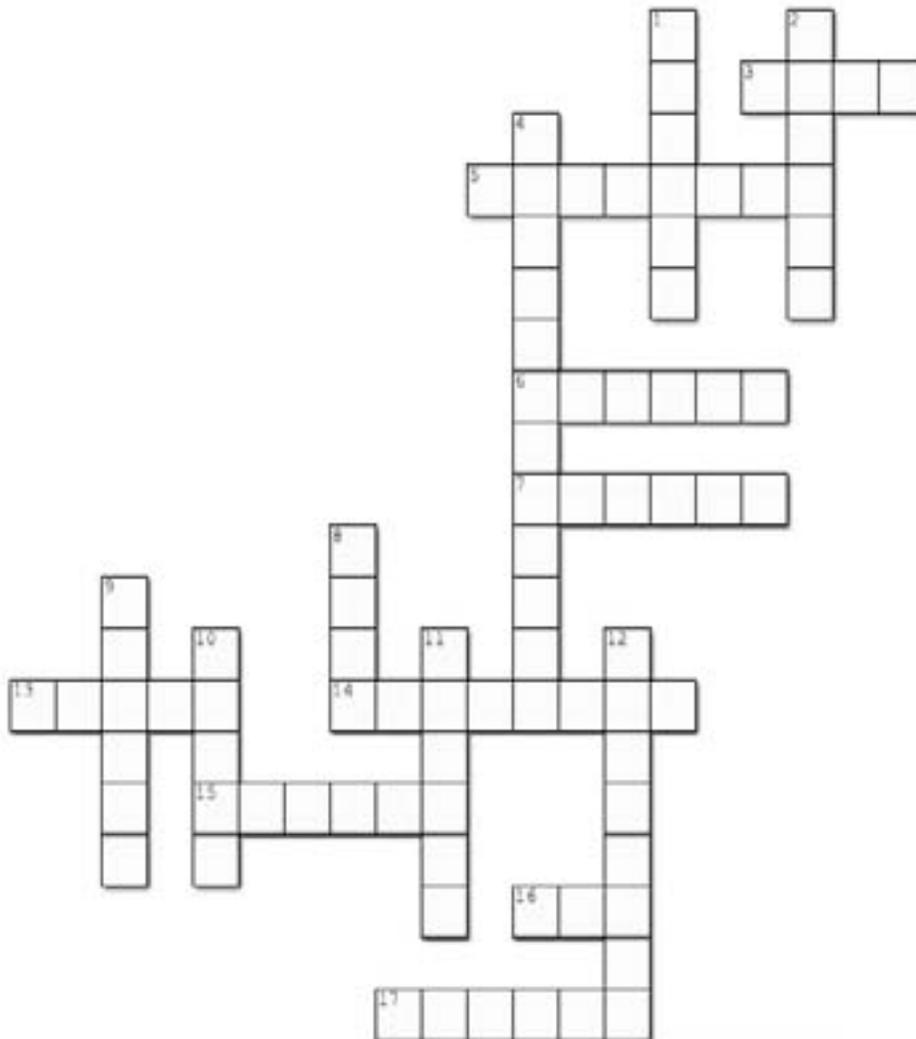
*..and such listening as this enfolds us in silence
in which at last we begin to hear
what we are meant to be.*

Lao-Tzu

This breath prayer from the website Spirituality and Practice comes from an image used by W. A. Mathieu.

Breathing in: **Make an altar** . . . Breathing out: . . . **of my ears.**

Spring Forward



Created on TheTeachersCorner.net/CrosswordMaker

Across

- 3. convenient warm-climate road decoration
- 5. red crested winter resident
- 6. first Sunday after the full moon after the spring equinox
- 7. Holiday name for the spring equinox
- 13. ___ de Mayo
- 14. holiday on April 22 (two words)
- 15. holiday name of May 1
- 16. extra season we have in the Upper Valley
- 17. spring adjective. Goes with 'pool' and 'equinox'

Down

- 1. ___ Forward
- 2. low place between hills, often defined by a river
- 4. Star Wars Day (three words)
- 8. May Day prop
- 9. day of the week named for the nearest star
- 10. red-breasted returner
- 11. often the first wild flower around here!
- 12. yellow flower-herald of spring

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 jjmandmaryshain@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 first Friday of the month potluck and rehearsal. 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, email me at Linda.Hoover@dartmouth.edu.

Linda Hoover, Choir Director

Contribute 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.

Join the Caring Circle

We have begun a new way of matching up people who need a hand in some way (rides, cards, visits, meals, etc.) with people in the congregation willing to help when able. (Please see the article on page 3 about this initiative!) If you would like to be part of the Caring Circle in some way, please talk to Patience or Sparrow. The more willing hands we have listed for various needs, the better we can take care of each other when those needs arise.

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 Meetinghouse.

Babette Hansen

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.

(continued next page)

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

(Women's Group Cont'd)

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



Volunteer at a Special Event

The church has numerous events throught 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! Watch for opportunities in the Weekly Blasts.

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! Remember many hands make light work.

I think this is what hooks one on gardening; it is the closest thing one can come to being present at the Creation.

~Phyllis Theroux

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. That is our primary means of communicating our 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

Crocuses

They come
by stealth, spreading
the rumor of spring-
near the hedge...
by the gate...
at our chilly feet...
mothers of saffron, fathers
of insurrection, purple
and yellow scouts
of an army still massing
just to the south.

~ Linda Pastan



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 dldiegolivt@gmail.com

Partner Church

Our congregation has a partnership with the Mukhap Unitarian Church in India. Our two churches communicate regularly and find ways to enrich each other's lives through our common spiritual aims and varying resources. Please talk to Claudia Kern or Polly Gould if you are interested in being part of this endeavor.

claudia.anne.kern@gmail.com
polly1gould@yahoo.com



Board of Directors

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

Committee on Ministry: Frank
Gould, Lori Fortini, Kathy Christie
Library: Olive MacGregor
Meetinghouse: Carl Tracy, Mary
Layton
Sunday Teams: Mary Shain
Partner Church: Polly Gould,
Claudia Kern
New Building Steering Committee:
Bill Brawley, Joani Nierenberg,
BJ Shabel
Newsletter Help Team: Mardy High,
Claudia Kern, Bill Brawley, Margo
Nutt
Nominating Committee: Suzanne
Simon, Barbara Clapp, Christine
McDonough
Sunday Services: Paul Schmidt
Ways and Means: Lori Fortini

About the UUCUV



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 Meetinghouse at 9:30 and 11 a.m. . Child care is available during the 9:30 service. Religious education classes are provided during the 11:00 service.

MEETINGHOUSE: 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.

CREDENTIALLED 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 Meetinghouse for those who need them.

NEWSLETTER DEADLINE:

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

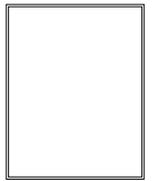
"WEEKLY BLAST" DEADLINE:

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

March 21: Book & Music Sale

March 28: Special Meeting

UUCUV March-May

UUCUV Phone: (802) 649-8828

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

E-mail: office@uucuv.org

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