

# The Call

Unitarian Universalist Congregation  
of the Upper Valley

Summer 2015  
June - August

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## Sunday Services

### 10 AM Black Community Center, Hanover

Sermon topics may be found on our  
website, [www.uucuv.org](http://www.uucuv.org), as well as in  
the Sunday Order of Service.

## We are

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

## On the Threshold

Rev. Patience Stoddard

I began the Groundbreaking service on May 31st with the following passage from my colleague John Gibbons from First Parish of Bedford, MA:

*There are threshold moments in each of our lives: moments when the past that lies behind us seems present and real, moments when the future that lies before us seems apparent and hopeful. Times such as these when past and future meet in a vivid awareness of Now are rare and holy.*

You have done it. You have done it with style, integrity and grace. Now what?

First, I hope you all can sit back and take some nice long breaths. The summer is a wonderful time to slow down and really smell those roses.

Second, I'd encourage you to think about the lessons learned from these last two productive years. Here are a few lessons that stand out for me:

*Don't be afraid to take risks.* You may find yourself surprised at what can be accomplished with faith in oneself and trust in each other.

The first step in positive change is to *let go of what is no longer working* – be it a committee, or a self-concept, or even a goal.

*"Growth is a product of right relationship."* In spite of a couple of difficult years, a shabby building, and too little space for services and RE, newcomers and returning members are finding a vibrant spiritual home, and they are staying and welcoming others.

While having a new sanctuary to meet in will be wonderful, it is being a sanctuary that has made this possible.

I'd love you to share lessons you have learned with me over the next few months.

With joy and gratitude,

*Patience*



# President's Message

*Cappy Nunlist*

Wow! I drove by the Meetinghouse today (June 3) on my nearly daily circuit of the Upper Valley and the ell had been completely demolished and the debris was being trucked away. At some point in the winter of 2014, in a burst of completely baseless optimism, I bet Patience a lunch that we would be moving into a new building by the Fall of 2015. Based on her experience, which was far greater than mine, Patience insisted that even at a fast pace this would take at least 2, and more likely 3, years.

How was it possible that I actually won our bet? (Well, we haven't moved yet, but we're on schedule to do so by late fall...) Teamwork, I think. I find myself shouting, "What a great team!" with all sorts of groups. The Steering Committee is phenomenal. Guiding this project has been a full-time job and each member has filled a different role while working seamlessly as a whole. What a great team! Although the Steering Committee and Capital Campaign Committee had a few hiccups in getting ourselves coordinated, we sorted it out and Kathy Christie, with Suzanne Simon, Claudia Kern, and Mardy High guided us through an unbelievably successful fundraising effort. What a team!

Each of the professionals helping us – Shawn Donovan, Christine Graham, Andrew Garthwaite and Nick Estes – was chosen not only on their presentations and reputations, but on their ability to listen carefully and work together. Our weekly work meetings are fun, productive and thoughtful. What a team! Our other professional team – Patience, Sparrow, Rachel and Linda – have coalesced into a dynamic and creative force to be reckoned with. Each complements the strengths and weaknesses of the others and together they create inspiring Sunday services, engage in compassionate counseling and keep the office running efficiently. What a team!

The entire congregation has been an integral part of this team. You attended special meetings and supported the process with your unanimous votes, without which it would have been difficult to continue. You asked good questions and made good suggestions throughout the process, all of which were brought to the committee as a whole. You trusted that your ideas would be conveyed and, even if not incorporated into the plan, would be respectfully considered. When the crunch came and we had to move out of the Meetinghouse in record time, you put your shoulders to the wheel and pushed. You sorted files and supplies, continued to host

Sunday services in the midst of chaos, recycled, opened your homes for storage and hauled stuff hither and yon. All this you did willingly, joyfully, creatively. And finally, when the Steering Committee needed your help to make a significant decision – whether to renovate or raze – you responded quickly and thoughtfully, providing the committee with new perspectives that allowed it to make the decision that felt best for the congregation as a whole. And you all accepted that decision, trusting that you had all been heard and that the decision made was sound. Do you know how remarkable you all are?

What makes a good team? Asking the appropriate people to accomplish a specific task. Providing input to those people and then trusting them to use your ideas and suggestions – or not – in the best interests of the congregation. Keeping everyone informed as to what is happening in a timely manner. Requesting that people help as they are willing and able and not pressuring them to participate as they "should." Listening carefully – which means hearing not only what people say, but what they meant to say and what they didn't say. Knowing all the while that you are working toward a common goal. That's how you build a church in a year. What a fantastic team! Wow!

## 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](mailto: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](http://www.uucuv.org)

# New Building News

Bill Brawley



This time about a year ago, planning for a Meetinghouse expansion and renovation was just getting underway. It looked like a tall order: Could we possibly complete a process of planning and design, raising funds, and be ready to begin construction, by next spring?

Well ... we did it! This project is for real!

We broke ground on schedule, at a service on May 31, and site work started the next day. Subcontractors are in place and on schedule for what is expected to be a five to six month project. The most dramatic part of the site work — cutting down and trimming of trees, and the demolition of the old ell — will be done by the time this newsletter hits the press.

During June and July, we will see:

- Excavation of the area that will be the location of the new assembly hall and ell, and preparation of forms for the concrete
- Pouring and testing of the concrete slabs
- Selective demolition in the farmhouse, including the roof and the rear wall
- Framing the new Meetinghouse

For reasons of personal safety and insurance liability, especially in this early phase, **visitors are not permitted at the work site at any time, including after work hours and weekends.** We expect to offer tours of the work site at pre-announced times starting maybe in mid-July. We are posting photos to the UUCUV FaceBook page: <https://www.facebook.com/UUCUV> — be sure to “like” the page so that you get new photos in your news feed.



*Phil Kern Welcomes the Congregation with Appropriate Construction Headgear, April 2015*

## Steering Committee:

Bill Brawley: [bbrawley.nh@gmail.com](mailto:bbrawley.nh@gmail.com)

BJ Shabel: [elizabethshabel@gmail.com](mailto:elizabethshabel@gmail.com)

Joan Nierenberg: [joan.nierenberg@gmail.com](mailto:joan.nierenberg@gmail.com)



## Board Report

*Bess Schmidt, Board Secretary*

During the spring, the board has continued to monitor the progress of the building project, including the incredible work of the Steering Committee, the Capital Campaign Committee, and the team headed by Lori Fortini working on the transition as we move out of the Meetinghouse and prepare for the construction period beginning at the end of May.

The board tackled the problem of finding an alternate space to hold Sunday services during construction. Cappy, Patience, and Sparrow toured several locations and brought their findings to the board. The board reviewed all of the options and selected the Black Center in Hanover as offering the best space for our needs at an affordable cost. Mary Shain will act as liaison with the Black Center during our time there.

Crafting a budget for the coming fiscal year beginning in July 2015 posed special challenges this year, with many unknown factors that will influence both our expenses and our income. In the final balanced budget, the board chose to invest in quality religious education, including a paid preschool teacher position and funds to offer OWL, the UUA sexuality education program. In return, we hope to keep childcare costs minimal by asking interested congregation members to fill our childcare needs and spend an occasional Sunday holding babies and toddlers.

The board continued discussion and revision of congregation policies, including the policy on Gifts of Tangible Property. The board also reviewed the results of the ministerial evaluation conducted by a task force this winter.

## Capital Campaign Success

*Kathy Christie*



This year, our congregation has accomplished something phenomenal and almost unheard of, and we are the talk of the NNED District and many congregations in Vermont and New Hampshire. In the space of six months, we have undergone a feasibility study, undertaken a capital campaign, and raised more than \$1 million for our new building project. More revenue is still flowing into the campaign, and although we claimed February 28 as the end of the official campaign, the door will remain open as long as the need exists. Our demonstrated generosity, energy, and vision, and our participation rate are extraordinary. We have benefited from a perfect confluence of deep thirst for building space that will truly serve us all, a very special minister, excellent and inspiring leadership that has worked incredibly hard, a design that has captured our imaginations, and our unwavering determination, trust and good will.

Our feasibility study, conducted by Christine Graham of Burlington, VT, gave us much useful knowledge about our values and desires, and excellent guidance on how best to conduct our campaign. Christine herself is astonished and thrilled at what we have accomplished together, something which she has rarely seen in all her decades of development consulting.

To say the least, ours was an unconventional campaign, conducted according to individual choice, with no advanced “quiet phase,” very few personal solicitation visits, minimal hoopla and extremely low expenses. Respecting the stated wishes of the congregation, we have not published any names, pledge amounts, or even ranges. Reflecting the sentiment of one member who was inspired to pledge for our children, we ringed our meeting room with the faces of the world’s children. We held one celebratory dinner as well as a few congregational meetings. So far, almost all our members have pledged, as have many of our non-member “friends”, and numerous former members who now live all around the country. We have received and now fulfilled a matching grant from the Jack and Dorothy Byrne Foundation, which brought in \$30,000 new dollars in May.

Profound and heartfelt thanks to each individual who has given and pledged, and very special thanks to Suzanne Simon, Claudia Kern, and Mardy High, who agreed to be on the Capital Campaign Committee with me. What a joyful ride it has been!

## Summer Services Theme: "Home"

*Paul Schmidt*

As the congregation's home in Norwich transforms and is unavailable for holding services, we will continue to meet at the Richard W. Black Center in Hanover at 10 AM, followed by coffee hour. During the summer Patience takes a well-deserved break and we offer mostly lay-led services. The first lay-led summer service is June 28, with the annual UUCUV picnic closing out the summer season on September 6. Join us over the summer as we explore some aspects of home.

Home is a broad concept. It can refer to where we reside or where we feel welcome, and it can function on many levels. We exist as ourselves, inhabiting our bodies, experiencing the world only through our senses. We have a place of residence, perhaps with a mailing address. We are part of our village, town or city, and our larger region. We inhabit

not only a part of our world, but the cosmos as a whole. However, where we physically reside doesn't tell the whole story of home, for when we talk of "going home" it can be physical, such as leaving work to travel to our place of slumber, and it can also be emotional or spiritual, where we feel welcome to be ourselves and where we can explore. Where we feel safe and accepted can be just as important as our physical domain. There's a lot to talk about.

Service topics will likely include the transition of growing up and moving away from home, establishing one's own family traditions and identity apart from your parents, transitions in our physical residence, a look at life with a seasonal or transitory residence, our place in the universe, and more.

## Members & Friends News

### Welcome to Membership

**Sam Shain** has attended the UUCUV's religious education program since he first came to the Upper Valley. His voice can always be heard speaking for social justice. As the youngest participant in the Path to the Future workshop, Sam has impressed us all with his passion, energy, and commitment to sustainable building and living. During his Coming of Age journey, Sam worked for the environment and for the congregation as well as undertaking a challenging home-schooling year with the guidance of his parents. As the culmination of this year of self-discovery, Sam chose to sign the UUCUV membership book on the day before his sixteenth birthday, signaling his commitment to continuing to make an identifiable contribution to the life of the congregation. Welcome, Sam!

*Sparrow F. Alden*

### Graduates

Nora Taylor, we hope you are proud of yourself - congratulations on your Hanover High School graduation!

We congratulate Jenny Tolman on her graduation from

Hanover High School with wishes for a wonderful next adventure.

Congratulations, Kate Huffer, on your graduation from Dartmouth!



### May and Mary

May has returned in her new green glory,  
She dances in abandon on the village green at dawn.  
As for me, I am filled with a high gaiety,  
And the wild, sweet laughter of the ages,  
Unbroken and unmarred by any ancient grief or anger  
Rings--clear, resonant, fearless--  
As tho' forever, through my being.

~Mary Sayward

# Children & Youth Religious Ed News

*Sparrow F. Alden, CRE*



*Dear Friends,*

As you may know, one thing that the UUCUV has been famous for among religious educators is sorting our elementary students by something other than age. When we have two separate classrooms for these kids, we ask them “How do you want to learn today?”

When given a choice between small motor, thoughtful, inwardly focused learning and large motor, active, outwardly rolling our sleeves up learning, children in elementary grades know exactly how they want to learn that day. At the time we first tried it, the religious ed committee worried that kids would all choose one thing or the other or divide along gender lines or who-is-friends-with-whom lines. No problem. Kids felt free to choose a different classroom each week, the whole group was together for opening rituals like lighting the chalice and joys and concerns, and each classroom had the same lesson ideas simply presented to different learning styles.

In the last few years, there has been only one class for these students, and in the confines of our Meeting House classroom we have held small-motor activities and discussion based classes.

Look at what is about to change!

Our RE space at the Black Center is big and bold with room to grow and play! We will be using dance, movement, yoga, and play to explore our ideas about what it feels like to be at home in our bodies, in our hearts, in our homes and neighborhoods, and what it will feel like to enter our new Meetinghouse and Farmhouse when they are complete!

If you have been considering coming to religious ed for the first time but were worried that it would look like “school on Sundays,” now is the time to come to the UUCUV and know that your child’s active, curious, learning self will be honored with a large-motor approach to learning!

In July and August, Miss Sheena will lead the kids and she will maximize outdoor time. Please apply your own child’s sunscreen and bug stuff before Sunday morning religious ed. And why not come prepared to take a nice hike up to Velvet rocks after church together?

I’ve heard that some kinds of fish grow bigger in bigger ponds. Let’s see what happens at our new Black Center place!

*Peace,*

*Sparrow*

## Children’s Summer Sunday Programming!

At the Black Center we will begin together for opening worship, collect our donations, and head to religious ed. It’s a One Room Schoolhouse during the summer with Sparrow in June and Miss Sheena in July and August.

Come prepared to go outdoors, dig in mud, explore, sketch, run, play some New Games, share, solve problems, and make friends. Parents please apply your own child’s sun stuff and bug stuff. Water bottles would probably be good.



## Coming of Age

After an overnight at Joani and David’s beautiful house, mentors presented their Coming of Age kids to the congregation. We recognized Sam Shain, Peter Schmidt, Izaia Coylewright, and Valkyrie Alden for their work, study, action, play, and voices as they prepared this year to step into a mature role in the congregation. Thank you for your energy and blessings.

# Philosophy of Religious Education

*Sparrow F. Alden, CRE*

Dear New Friends,

I'm so pleased that you want to know more about the UUCUV and our religious education program. Rev. Patience, lay leaders, and I work together to create learning opportunities for adults - book discussions, at-home study, mutual support groups, community building - you'll find out all about them in the Weekly Blast and autumn edition of The Call. What most folks express curiosity about, however, is children's religious education. I submit that there are three big parts of children's R.E.: questioning, congregation, and ethics.

How can we educate kids about religion in a way that leaves them free to follow their hearts and spirits when they become adults? I believe very deeply that we do it by hard work. Keeping kids free to explore, question, and choose is exactly the opposite of letting them free-range through our culture unsupervised.

In religious education, we give kids practice exploring. We learn the scientific method, we role play ways to be kind, we tell inspiring stories of wise women and men who came before us and stories of creation and fantasy. We particularly enjoy exploring by baking. After all, Fannie Farmer is one of our famous 20th century Unitarian role models!

We give kids practice asking questions. We bring up interesting ideas to ask about. We wonder what makes a good question. We use the Socratic method, we learn the difference between knowledge and assumptions. We learn active listening, we ask about the feelings behind the plain answers.

We give kids practice choosing. We caucus and vote. We practice negotiating and reaching consensus. We learn that there is a time (fire drills) when life is a benevolent but absolute dictatorship. We learn team membership skills and develop leadership and followership.

How do we keep kids free? We have very few years when we are the greatest influence on our children. We must begin when they are very young to participate in our congregations so that our children know what free, healthy religion looks like. They need to see folks discussing church business over coffee. They need to see that we disagree and how we disagree and how we treat one another as we solve our disagreements and meet challenges together. Our congregation is the biggest religious education lesson out there: members care, discuss, are courteous, stand in their truth, make mis-

takes, help each other, covenant to do better, hold one another accountable.

Someone out there in the world is going to tell our kids that they know the one right way. Our children will already know from experience that there are multiple right ways. Someone out there will try to wrest our kids' franchise, freedom, and resources from them. Our children will say, "I know a real minister - she tells stories and asks me what is important to me and honors my inherent worth and dignity."

How do we make sure our kids are adults worth knowing? Adults who will look at themselves in the mirror and smile? We teach ethics and citizenship right from the beginning. We model kindness and help them be kind. We model self control and help them develop it every day. We model being courteously curious about our friends' ways of worshipping, then attend funerals and baptisms. We model what to do when someone appears unusual or mysterious to us. These most basic ethical behaviors every child can have a handle on by age five.

**"The great end in religious instruction is not to stamp our minds upon the young, but to stir up their own;**

**Not to make them see with our eyes, but to look inquiringly and steadily with their own;**

**Not to give them a definite amount of knowledge, but to inspire a fervent love of truth;**

**Not to form an outward regularity, but to touch inward springs;**

**Not to bind them by ineradicable prejudices to our particular sect of peculiar notions;**

**But to prepare them for impartial, conscientious judging of whatever subjects may be offered to their decision;**

**Not to burden the memory, but to quicken and strengthen the power of thought;**

**Not to impose religion upon them in the form of arbitrary rules, but to awaken the conscience, the moral discernment;**

**In a word, the great end is to awaken the soul, to excite and cherish spiritual life."**

**~ William Ellery Channing**

# Celebrate the Wheel of the Year!

## Litha and Lughnased

The wheel turns, the sun rises, the heart learns to fly! The summer solstice, known as Litha in pagan Gaelic culture, is a wonderful time to celebrate community. Here at the UUCUV we can enjoy celebrating Litha by attending the Summer Revels in Norwich, this year on Saturday, June 20th, with the entire Upper Valley community. See <http://revelsnorth.org/summer-revels/> for all the times and details. There will be music, food, games, and lots of laughter. See what the long evening and lingering twilight bring!

On the evening before August first, please join Sparrow from the comfort of your own home (or favorite hiking and picnic spot) to celebrate Lughnased! This is one of the cross-quarter days, midway between the summer solstice and the autumnal equinox. "Days Between" are a time for personal reflection and touching other worlds as we magically slip between barriers.

Lughnased, as the height of summer, is the time to give thanks for the sacrifice of the corn and grain to keep The People alive. Folk music fans will be familiar with the songs of the anthropomorphic hero John Barleycorn - this is his holy night.

## Personal Meditation

In keeping with the story of John Barleycorn, Lughnased is the night to slip between the barriers and visit the place in your heart where the legends are true. Breathe deeply.

- What is my story?
- What comes next in my story?
- As the hero of my story, what have been my obstacles?
- How did I overcome them?
- What legend or fairy tale is like my story?
- As the hero of my story, what are my strengths and weaknesses?
- If this were the Legendary World, what would happen next and how would I face it?
- Can I bring any of the Legendary World into the everyday world?

Activities for Lughnased include hiking, cooking out, camping out, guitars and folk songs around the campfire, and particularly eating fresh, local corn and making corn dollies out of the husks.

## Sparrow's Heroically Delicious Vegan Lughnased Chili:

In the crock pot combine

3 ears' worth of corn

3 diced Roma tomatoes

3 cans of beans (I like 1 black and 2 kidney)

3 peppers (choose your Scoville units to your taste, I like Poblanos)

a whole bunch of chili seasoning

Crock pot cook for at least two hours, can go up to eight. Serve with everything, plus lemon sherbet.



**THANK YOU! to everyone who brought delicious food to our Easter Potluck Dinner. What fun it was to be together.**

**THANK YOU! to Sparrow's Packing Elves for the laughter and support you shared while packing up the RE department.**

## Caring Circle Update

Lori Fortini

I hope you are all aware that we have tried something new this year to replace our cares and concern committee and to improve our ability to respond to needs in our congregation. Everyone in our community has needs at one time or another. Our goal is to identify where we can help and be able to provide comfort and care to each other.

To meet this goal, we have created a Caring Circle Team. This team consists of members who have each committed to being the contact person for one month for any needs that arise in our congregation and to coordinate finding people to respond to those needs.

We started by conducting a survey to identify members of our congregation with talents and time to care for people who need a meal, or a ride, or a card or call.... You get the idea. Sparrow put the results of the survey into a Caring Circle notebook with the names and contact information compiled for each service available. Now, when a call comes in with a request for a meal for someone recovering from surgery, for example, the coordinator for that month will

turn to the page in the book for people who make meals and find someone available to respond to that request.

We are finding that it is much easier to find twelve people able to commit to one month of coordination than finding one Committee chair responsible for the full 12 months. We can be proactive and seek out people to send cards and to call members and friends not able to attend because of health or other reasons. We can, hopefully, do more to provide comfort and care.

If you are new to the congregation or did not complete the survey last year, here is a link to the survey monkey:

<https://www.surveymonkey.com/r/UUCUVCare>

We would love to keep our magic blue caring circle notebook full of up-to-date lists of helpers to call on.

Moving forward, our plan is to print cards for people to request help and keep them in our new sanctuary as another way for us to identify areas of need in our community. Please join us! Let's keep our circle unbroken.

## Library Update

Olive Macgregor

In March we added the following four books to the UUCUV library collection:

- *A History of God*, by Karen Armstrong (a second copy, donated by Phil and Claudia Kern)
- *Losing a Parent*, by Alexandra Kennedy
- *Consuming Kids: The Hostile Takeover of Childhood*, by Susan Linn
- *Black Elk Speaks*, donated by Nick Warren

In April, preparing for the construction project, Polly and Olive removed all the library books and processing supplies from the upstairs closet. We recycled some things, threw some away, and stored the rest at our homes.

With the help of Frank Gould and Doug MacGregor, we boxed up the library books, CDs and DVDs, trying to keep them in some kind of order, despite their very different sizes. They are now in storage in Margo Nutt's garage, until our new building is ready.



## One-Sentence Credo

*"I believe that people should reflect on their actions, how it might affect others and nature, and then act with kindness in the best possible way."*

~Peter Schmidt, at his Coming of Age Celebration

# Five Church Rummage Sale July 10-12, 2015 Tracy Hall, Norwich, VT

Hours of the Sale:

Friday, July 10 – 11 AM to 9 PM

Saturday, July 11 - 9 AM to 5 PM (2 PM- 5 PM – ½ price)

Sunday July 12 – 10 AM to 1 PM bag sale

Times for bringing in donations and sorting are:

Monday through Wednesday, July 6-8 – from 9 AM - 7 PM

Thursday, July 9 – from 9 AM to 5 PM

This is one of our largest fundraisers and, more importantly, a great community builder. We work with people from other Norwich churches and have one whopper of a sale! If you have never experienced it, it is one not to miss!

We need people to help set up for the sale, work at the sale, and clean up after the sale. All proceeds are split between the congregations that participate so we need to do our fair share to earn our portion of the profit.

Also, now is the time to clean out your home and donate! The sale takes everything EXCEPT - Please NO computers, TV, and other electronics, and no mattresses.

Helpers are needed to cover the entire times of the sorting, the days of the sale and also clean-up on Sunday from the end of the sale until around 3:30 PM

This is a huge commitment of time but well worth the effort. You can find many treasures! Please let us know if you can give us even a couple of hours here and there.

We will try to have a schedule and let you know where there are holes.



## Pods for the Pulpit Looking Ahead

*Sally Page*

Our annual Pods for the Pulpit Crafts Fair will be on November 27 and 28 this year. Consider this Fair Warning: Pods for the Pulpit is counting on each and everyone of us to help make the 21st fair the best ever!

This year's fundraising will be scaled back due to our building project, making it crucial that we have a successful fair. We are off to a good start with a full house of artisans and chairpersons for the raffle, lunch, publicity, hall layout. We will be soliciting help in preparing and serving lunch for our vendors and volunteers, selling raffle tickets at the door, and getting the word out through posters, listservs, and email. Please start thinking about where you might help and willingly sign on for tasks when asked!



# Spiritual Practices and Readings

*Rev. Patience Stoddard and Sparrow F. Alden*

## Some suggestions on things to do (and not do) in summer:

And you – what of your rushed  
and useful life? Imagine setting it all down—  
papers, plans, appointments, everything—  
Leaving only a note: “Gone  
to the fields to be lovely. Be back  
when I’m through with blooming.

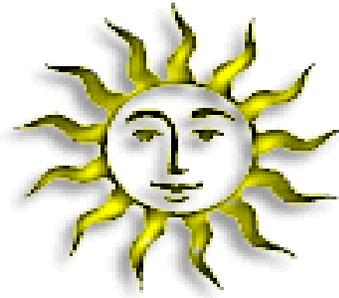
~From “Camas Lilies” by Lynn Unger

“There were times when I could not afford to sacrifice the bloom of the present moment to any work, whether of the head or the hands. I love a broad margin to my life. Sometimes, in a summer morning, having taken my accustomed bath, I sat in my sunny doorway from sunrise till noon, rapt in a reverie, amidst the pines and hickories and sumacs, in undisturbed solitude and stillness, while the birds sang around or flitted noiselessly through the house, until by the sun falling in the west window, or the noise of some traveler’s wagon on the distant highway, I was reminded of the lapse of time. I grew in those seasons like corn in the night, and they were far better than any work of the hands would have been.”

~Henry David Thoreau

“And forget not that the earth delights to feel your bare feet and the winds long to play in your hair.”

~Kahlil Gibran



## Chalice Lighting from Groundbreaking Day

Light in Dark

Life in Winter

Enchantment of long Summer twilights,  
Fire,

Refine our souls

Consume our bodies.

Fire is desire. Fire is danger.

Honor Fire by saying yes,

By pursuing love, knowledge, gods

Honor Fire by being mindful,

By training, by discerning between caution and fear.

We honor Fire this day and every day,

In this chalice and every chalice

Blessed element of Fire, we invite you in -

Bless and bear witness to this community,

Bless and bear witness to this act of courage.

Bless and bear witness and walk with us.

~ Sparrow F. Alden

## Partner Church News

*Polly Gould and Claudia Kern*

*This spring we received letters from the five students from Mukhap sponsored by individuals and the UUCUV (through the Partner Church Committee). From what they have written, it is clear that our connection with them is more than the annual financial gift. They value our concern for their futures as educated Khasi. They know we understand the difficulties they have as students in a small village and they call us "beloved friends."*



"I want to tell you about my result in last year. I get in a rank of position to promoted in Class IX...I am proud by your sponsor, I can reach my aims in life. So, my father and mother also have to work hard as labourers."

### **Pynbaitlang Law**

"In our family we have seven member...my father left us seven year back, so in this time my mother has very difficult to support us because she is on daily wages. So in our family all my brother and sister has been drop out from school due to this problem...I am very thankful to you and to all the Congregation for supporting me in study."

### **Blessfulness Rabon**

"I would like to tell you about my family. My father is a farmer and my mother is a housewife. I have six sister and two brother. I am the fourth sister...I also would like to tell you about my aim in life. My aim is I want to be a professor so that what I have in my mind I can express it to other pupil. I really desire my dream to come true."

### **Iaphingamklet Lamare**

"I would love to tell you a little bit about my college, Nabon Women's Synod College, Shillong...It have five class-rooms which include the Higher Secondary and the Graduate rooms...I love my college because my classmates and even the teachers too are friendly. There is a library which help all the students. This is my first year degree, my subject are English, Khasi, History, Sociology and Honors Khasi. Khasi is a tough subject but I want to try my best to improve our dialogue and culture...I hope one day we will meet face to face."

### **Lumbiangki Suchiang**

"In my Church we have done a great project, the morning service. We buy a keyboard and a guitar, some of the electronic material that we can use it during church service and I'm the chairman of that morning service. The members of the Church select me to take a contact person of the Church that is Mukhap partnership with Vermont Church (USA). In this part I have very difficult because am very poor in English...Only this few words May God of Peace be with you and all the Unitarian Universalists."

### **Rangdajied Lapasam**



# **Ways to Get Involved in Our Congregation!**

## **Join a Sunday Team**

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

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

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

## **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 9 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.

## **Sing in the Choir**

The UUCUV choir sings September through June. We rehearse at a once-a-month potluck and on Sunday morning when we sing (twice a month). Whenever possible, music and listening links are made available in advance. More details and a schedule will appear in the Weekly Blast before September. There are also opportunities to provide special music throughout the year. Contact Patience, Linda Hoover or Paul Schmidt of the Sunday Services Committee if you are interested!

## **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 Women's Group**

### **3rd Thursday monthly, 5:30 PM**

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

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

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

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

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

Please email Sally for directions to her home.

Sally Page [baciquail@comcast.net](mailto: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!

## 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](mailto: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*

### 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](mailto:claudia.anne.kern@gmail.com)  
[polly1gould@yahoo.com](mailto:polly1gould@yahoo.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](mailto:dldiegolivt@gmail.com)

### 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](mailto:mhigh22@gmail.com)  
[chigh@rsginc.com](mailto:chigh@rsginc.com)

## Board of Directors

Cappy Nunlist, *President*  
Frank Gould, *Vice President*  
Kathy Christie, *Treasurer*  
Bess Schmidt, *Secretary*  
Anne Alford, *Member-at-Large*  
Mary Shain, *Member-at-Large*  
Jeremy Coylewright, *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: *Lori Fortini, Phil Kern, Suzanne Simon*  
Library: *Olive MacGregor*  
Sunday Teams: *Mary Shain*  
Partner Church: *Polly Gould, Claudia Kern*  
New Building Steering Committee: *Bill Brawley, Joani Nierenberg, BJ Shabel*  
Newsletter Help Team: *Margo Nutt, Mardy High, Claudia Kern*  
Nominating Committee: *Suzanne Simon, Barbara Clapp, Paul Schmidt*  
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.

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**SUNDAY SERVICES:** Services are currently held at the Black Community Center in Hanover at 10 a.m., while our new building is being constructed. Child care is available. Religious education classes are provided during the service.

**MEETINGHOUSE:** Located at 320 Route 5 South in Norwich opposite The Family Place, the Greek Revival farmhouse contains our offices and meeting spaces. It is currently undergoing renovation and a new church sanctuary will be completed this winter.

**MINISTER:** You may contact Rev. Patience Stoddard at her home (603) 756-9260 or if urgent, (603) 313-1169 (cell), or email her at [minister@uucuv.org](mailto:minister@uucuv.org).

**CREDENTIALLED RELIGIOUS EDUCATOR:** Email Sparrow F. Alden at [education@uucuv.org](mailto:education@uucuv.org)

**CHOIR DIRECTOR:** Email Linda Hoover at [music@uucuv.org](mailto:music@uucuv.org)

**ADMINISTRATIVE OFFICE:** Rachel's regular hours during summer are Tuesday and Friday 10-1, unless otherwise posted. Contact her at the office at (802) 649-8828, or email [office@uucuv.org](mailto: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 on Sundays for those who need them.

### NEWSLETTER DEADLINE:

The submissions deadline for the Autumn issue is August 15. Please send your submissions to Rachel: [office@uucuv.org](mailto:office@uucuv.org)

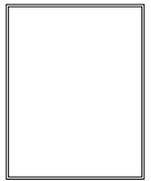
### "WEEKLY BLAST" DEADLINE:

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**

**June 14 Strafford Service**  
**June 21 Flower Communion**  
**July 10-12 Five Church**  
**Rummage Sale**  
**Aug 3 LISTEN Dinner**

**UUCUV June-August**

*UUCUV Phone: (802) 649-8828*

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

*E-mail: [office@uucuv.org](mailto:office@uucuv.org)*

**Summer Issue 2015**

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