

# The Call



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

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*Unitarian Universalist Congregation of the Upper Valley - Love is Our Doctrine, Service is Our Prayer / February 2014*

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## **Starting in February: Two Services Each Sunday**

*Services will be held at the Meeting House at 9 and 11 AM,  
with coffee/social hour between 10-11 AM.*

### **February 2 “Community – A Laboratory for Personal Disarmament”**

*Rev. Patience Stoddard*

Scott Peck has taught me a lot about how to help create and sustain healthy community. Paradoxically it seems to require that members both feel safe and embrace conflict. This sermon will explore this apparent paradox in relation to the life of our congregation and our own families.

will hear from a diverse few about what motivates them to serve in the ways they do and about the rewards they have found in community service and action. These two services will share and celebrate the results of the recent congregational survey of our community service and social action activities with different voices at each service. Phil Kern, Lonnie Larrow, and Mare Wallace, who conducted the survey at the behest of the UUCUV Board, will host the services. They guarantee that you will be inspired by the depth of commitment and generosity of spirit that flows among us.

### **February 9 “If You Really Knew Me...”**

*Rev. Patience Stoddard*

Many of us long to be truly known, to find that person who can see into our hearts. Yet at the same time there are parts of our personalities which we may be afraid to reveal, even to ourselves. As we approach Valentine’s Day, we will explore the challenge of intimacy in our most important relationships and how this may be reflected in our struggles to be in relationship with the Holy.

### **February 23 “Not Here!- A White Girl Reflects on Racism”**

*Rev. Patience Stoddard*

Is racism still really a problem in our nation? Yes, but what about Vermont? What many white people do not know and how it affects how we see ourselves and our society.

### **February 16 “What Are We Doing to Serve? And Why?”**

*Multiple Speakers*

On this Sunday we will celebrate all those who have long been engaged extensively and unobtrusively in a diverse array of social actions in our community. We



# Message from Our Minister

Rev. Patience Stoddard



*“Therefore I tell you, do not be anxious...  
Consider the lilies, how they grow; they neither toil nor spin;  
yet I tell you, even Solomon in all his glory was not arrayed like one of these.” Luke 12:22, 27*

Easier said than done. Over the next month we are embarking on several changes in “the way we do things around here” and also are beginning to consider the goals and budget for next year. Change often brings with it some anxiety. Yet I have often found that as much as I may want to arrive at a still and stable point where things feel familiar, if I can go with the flow and trust the process, I can learn much from times of change. Congregational life, like spiritual life, is more of an adventure than a goal, more of an on-going process of learning and deepening than a race to an imaginary finish line. Rather than worry about the many small mistakes and confusions that almost always accompany change, I encourage you... us... me to pay attention to what is happening inside as well as outside. Anxiety can be a bit like pain. Pain can help one to recognize where the body needs attention; anxiety can help one recognize where the mind needs attention. What do I need right now? What am I afraid of losing? What am I afraid of acknowledging?

I honestly don't know where this congregation will be in five years. I do know that it is changing. There is spontaneity and a willingness to take risks that I find enlivening. A board member dances the offering to the table. When there is no music, someone bursts into song. A dragon mysteriously appears in the minister's office. Visitors stay for over an hour after service feeling they have found a home. So I am looking forward, with a little anxiety and a lot of excitement, to the next month as we learn how to make our new way together, trusting in ourselves and each other and in the positive energy which is so palpable whenever we come together.

Here are a few of the changes that are coming:

## **As of February 2, we will be going to two services each Sunday.**

- 9:00 – Sunday Service (with Choir twice a month)
- 10:00 – Social Hour and Religious Education for Children
- 11:00 – Sunday Service (with special music)

**\*\*Please see Sparrow's article** on Religious Education for children, youth and adults.

The goal of this new structure on Sunday morning will be to allow for more space in the service and more flexibility for individuals and families. We encourage everyone to be at the Fellowship Hour - even if just for a few minutes! As the children will be upstairs for class, there will also be an opportunity during social hour for quiet conversation with Patience about the theme of the service or other topics of interest.

## **As of early March there will be a newly envisioned Call.**

The new Call will be seasonal and will be designed to provide more content and context around the activities and goals of the congregation. It will give newcomers and those seeking a faith community a deeper understanding of who we are. It will also allow more lead-time to consider and plan for major events in the life of the church. The columns by the Minister, CRE and President will address broader themes of the season and the programming and initiatives of the congregation. Weekly specifics re: services and events will be conveyed through the Blast and the insert in the Order of Service. Also, so as not to limit the contact with those who cannot attend, Patience (or Sparrow) will send a monthly pastoral letter to all who are homebound or in nursing homes which will include some readings and prayers from the prior month's services as well as news of the congregation.

### **Patience's Office Schedule**

**Tuesdays 9-4**

**Thursdays 9:30-6:30**

[minister@uucuv.org](mailto:minister@uucuv.org)

(802) 649-8828 office;

if urgent:

(603) 313-1169 cell

# Religious Education News

*Sparrow F. Alden, CRE*

*Dear Friends,*

We are embracing quite the adventure! Moving to two services from February through mid-June is going to help relieve the crowding in worship, and Rev. Patience and the parents have helped develop a religious ed plan that works for everyone.

So, what's the plan, Sparrow?

**9AM:** Child Care in the minister's office (please stash outdoor gear there!)

**10AM:** RE for kids upstairs during Fellowship time

**11AM:** Child Care in the office (with outdoor gear just in case it's nice!)

**Noon:** The lunch hour is available for special lunch groups or conversations

**1PM:** for February at least, Adult RE will be held at 1.

Youth will enjoy the service at 11 AM and have lunch together and at least once a month have a guest leader. There won't be an official lesson or meeting during February - they're the Sunday Hospitality Team for February! Go, Youth!

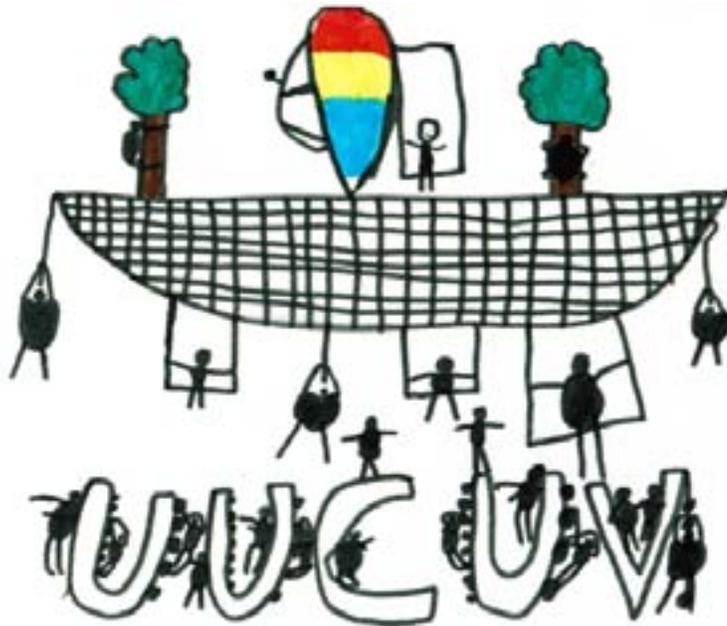
Child care teens are on duty in Rev. Patience's office at 9 and 11 to play, read books, and go outdoors when the weather permits. We love the accessible, pretty, warm room that our minister so generously lets us use during the worship services for child care!

What is great for me is that we will maintain a low child/adult ratio without tapping precious adult volunteer resources. Right now, your volunteer hours are the most valuable and already-thinly-spread treasure we have at the UUCUV. Further, there is child care at every worship event; every parent gets that precious break time.

Parents can enjoy the 9 or 11 service as best fits their family - and meet up with all the other parents at 10 AM. Remember: Keep your eye on the Weekly Blast and the web site! They will be our primary communication tools. Our thanks to the Board who recognize that extra child care funds are needed to manage this adventure - and to all of you for being flexible and fun.

*Peace,*

*Sparrow*



THANKS to our Youth Group for being the Hospitality Team who figures out how to do the job with two services - good luck, we will support you any way we can!

*Drawing by Peter Schmidt, 2009*

## President's Message

*Cappy Nunlist*

On January 21st, I was delighted to host all ten of our Sunday "Team" leaders, Karen Kluge, the head honcho of the Teams, and Patience Stoddard, one of their biggest fans, at a dinner to thank them for their help (both past and future) in making the team concept such a success. The teams were created both to solve a problem and to create community. The problem was the difficulty in finding people to help create the space for a successful service – to welcome newcomers, pass out the Order of Service, provide good snacks for coffee hour (and the coffee), set up chairs and take them down as necessary and clean up afterwards. We wanted everyone to participate and no one to feel as though they were always doing more than their share. The five teams who have provided these services so far have done a magnificent job. Never have we eaten so well and been served by so many smiling hosts and hostesses!

Each team has met prior to their service month, usually over a meal, to plan who will do what and when. Usually, some members of the team will come early to set up and get the coffee started, the team comes together for the service and its aftermath, and the second shift stays late to put things away and clean up. Team members have reported that helping out feels good and that they have enjoyed getting to know their teammates better – thus creating a stronger sense of community.

Several people have expressed concern about the effect of two services on the team concept. Having two services does not necessarily mean more work. Three or four members can come early to set up and make the coffee. (The set-up can also be done Friday or Saturday if they prefer). This group will attend the 9:00 a.m. service and be joined by the other members of their team at some point during the coffee hour. The first group can then leave and the second group will attend the 11:00 am service and clean up immediately afterwards. A detailed duty list for each group will be provided to the team leaders and posted on the web.

This is not to say that there will be no glitches. There have already been glitches and I have been grateful to and proud of our community for taking these in stride and in good humor. In the coming weeks, we will need to remember that we are a religious community, not a well-oiled machine. A well-oiled machine chugs smoothly along until it breaks, but it doesn't grow or laugh or love or learn or get excited. I'm happy to be part of a community that is will-

ing to try new things, knowing that some will succeed beyond our wildest imaginations and some will be complete failures. We will learn from them all as we work toward our mutual goal of being our best selves, both as individuals and as a community.

Some of our members are unable to participate as part of the teams and there are some gaps in four of the remaining five months. If you have not been assigned to a team – or had other commitments that precluded you from attending all of the Sundays of your assigned month – and would like to help out, please see Karen Kluge, who will happily assign you to an empty slot.

### 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 find Karen Kluge at a service or e-mail the office at [office@uucuv.org](mailto:office@uucuv.org) and Rachel will put you in touch with her. This is a good way to meet people and have a lot of fun --and help the congregation as well. If you have been assigned to a team, but are willing to be put on a "call" list if there is a need on a particular day, please let us know.



## Newsletter Evolution



After much consideration and several meetings, the Communications Group has decided to experiment with a move to quarterly production of The Call beginning this March. The Spring 2014 issue, covering March, April and May,

will be the first in a planned series of seasonal issues of our newsletter.

We believe the switch from a monthly schedule will accomplish several desirable goals. The time spent on producing an issue of The Call is considerable; a less frequent schedule will free up staff time for other needs. We're hoping that a quarterly Call will be read by more members, and we hope to loosely theme the articles in each issue so they are especially valuable to newcomers and new/prospective members.

As the Weekly Blast now disseminates our timely news details (backed up by the Order of Service announcements insert), people writing articles for The Call need not have all the logistics of events worked out before submitting pieces. The intent is for The Call to contain more of the "big picture," the context for the items that will appear in the Weekly Blasts. We will encourage people to write with new folks in mind, as well as using The Call as a venue for longer, more thoughtful pieces that do not suit the Weekly Blast.

The deadline for the Spring issue of The Call will be February 15. The deadline for articles in the Summer issue will be May 15 for those unrelated to Annual Meeting, and

a bit later for information from the Annual Meeting. The Summer issue will be mailed in early June.

For the roughly dozen or so folks who still receive The Call by mail, and who rely on it as a way to maintain a connection to the UUCUV, Rev. Patience intends to produce a once-per-month pastoral letter that will be mailed to those who can't make it to Sunday services. (They will still receive all issues of The Call by mail as well.)

With some production time freed up, we want to emphasize the Weekly Blast and our web site, [uucuv.org](http://uucuv.org), as the primary means for sharing timely information within our community.

We value your feedback! Please send us a note via [office@uucuv.org](mailto:office@uucuv.org) to let us know your thoughts and ideas.

*Bill Brawley, for the Communications Group: Rev. Patience Stoddard, Sparrow Alden, Bill Brawley, Rachel Clark, Margo Nutt and Mardy High.*

### Church Events Calendar

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

[www.uucuv.org](http://www.uucuv.org)

### Random Acts of Stewardship

*Here is a place to say thank you for the large or small acts that sometimes go unsung. Good stewardship cultivates gratitude.*

Thanks to BJ and Claudia, who have spent several hours and two days helping reorganize and re-label the kitchen.

Also thanks to all those who contributed to the soupathon!

Thanks, Rev. Patience and Karen Kluge and Cappy Nunlist for helping the Youth prep for their Sunday Hospitality Team adventure!

*Have you spotted a random act of Stewardship? Send your entries for "random acts" to [office@uucuv.org](mailto:office@uucuv.org), and it will appear in the next CALL.*

## Sunday Services Opportunities for You

We're changing to two Sunday services beginning February 2! This means that we will have expanded opportunities for your participation on Sundays.

Are you a musician? We have opportunities for musicians, instrumental or vocal, at the 11:00 AM services.

Are you interested in an alternate form of service? The second service on lay-led Sundays is available for alternate formats, such as meditation, discussion, or singing services. We have opportunities for those who would like to design and lead these alternate services.

Would you like to do the opening words, do a reading or light the chalice? We have opportunities during all services for this form of participation.

Please let us know how you would like to participate. We would love to have more people involved as we move to two services.

*The Sunday Services Committee: Bonnie Kawecki, Paul Schmidt, Margaret Robinson, Terry Rosenmeier, Reverend Patience, Linda Hoover and Sparrow Alden*

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

Once we are fed, and others have arrived, we move to the living room and take time for brief check-ins to share how our lives are going. Here, and throughout the evening, the right to reticence will be honored and confidentiality re-

spected. We then have a discussion generated from suggestions from the group. The evening generally includes a good belly laugh, and though we don't try to resolve each other's problems they seem lightened by sharing.

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

*Sally Page*

## Elder Luncheon 3rd Tuesday monthly, 12:30 PM

You are invited to join us for lunch provided at the Meeting House. This is a regular monthly get-together to share experiences and needs. Please call Babette with your RSVP. Her phone is (603) 727-9663 and her email is [schussbh@gmail.com](mailto:schussbh@gmail.com).



## PRAYING

It doesn't have to be  
the blue iris, it could be  
weeds in a vacant lot, or a few  
small stones; just  
pay attention, then patch

a few words together and don't try  
to make them elaborate, this isn't  
a contest but the doorway

into thanks, and a silence in which  
another voice may speak.

~ Mary Oliver

## Library News

We have added these two books to the collection: *The Story of the Shakers*, by Flo Morse, and *The Unitarian Universalist Pocket Guide*, 4th ed. edited by William G. Sinkford.

Many changes have been made in the library since we started having Sunday services at the Meeting House. The hymnals are now on the two shelves above the Sustainability Collection, and their bookcase is near Rachel's desk. This move makes more space for chairs near the piano. In January we installed a new shelf in the library display area, making room for the Partner Church materials, which had been on a bottom shelf.

*Olive MacGregor, Library Committee Chair*



## Cares & Concerns

**Ruth Chodak** is at Elmwood Center in Claremont recovering from a couple falls. You may call her at (603) 287-5030. Cards may be sent to her at Elmwood Center, 290 Hanover St., Claremont, NH 03743.

**Arnold Shields** is at Grafton County Nursing Home, Woodsville; (603) 787-6971 (Call first to be sure the timing is good, etc.) Phil Kern will keep informal track of visitors, and could tell you when Arnold may have been long neglected. Phil and Claudia hope to visit him at least once a month. Phil Kern (603) 795-4930

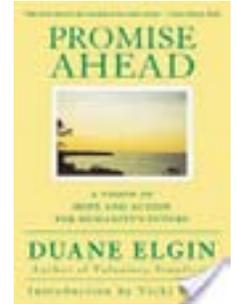
**Marjorie Hybels** is currently at Brookside Nursing Home. If you have a few minutes in all your errands to stop by at Brookside in Wilder (1200 Christian Street, very near the Meeting House), she would like nothing better than to hear about the church, hold hands, and enjoy your company.

## Book Review

### *Promise Ahead: A Vision of Hope and Action*, by Duane Elgin

*By Margo Nutt*

When Duane Elgin's classic bestseller, *Voluntary Simplicity*, was published in 1981, it transformed lives and was hailed as the "bible" of the simplicity movement. This book (published in 2002) describes where humankind is along our evolutionary path, the global environmental and social problems confronting us, and the opportunities before us for charting a better future.



As the title hints, this is a book filled with guarded optimism that humanity can wake up to the devastation it's causing on Earth, and that this wake-up will cause a "bounce" in our perception of reality, moving us away from the old paradigm of environmental parasitism and destruction to a new, sustainable, loving relationship with Earth and all its myriad life forms and life-support cycles.

Elgin isn't afraid to see our situation in a positive light. He doesn't think we can move forward from a position of shame and depression. In reframing our collective mistakes, we can learn.

Most importantly, science and deep, mystical insight reveal that we are in a living, growing, meaningful universe rather than a dead, chaotic, random one. We are connected at every level. Now, can we awaken to this connection and start to live a new trend of voluntary simplicity, giving us choice and a much richer sense of meaning and creativity than the current trend of consumerism. Further, we now have the enormous power of communication technologies to support our connection and self-reflection, which further supports the trend toward compassion as we awaken to the suffering in our world and seek to find ways to alleviate it.

# Partner Church News

## Global Connections

*By Claudia Kern, for the Partner Church Committee*

One of the wonders of the age of social media is that we can build friendships around the world. I am having so much fun building a relationship with Rangdajied Lapasam, the college-aged student from Mukhap that is sponsored by our entire congregation. Rangdajied just had his 19th Birthday on February 13. We chat via Facebook, often early morning for him when he is eating his breakfast rice and late evening for me. I thought you might enjoy some slightly edited samples of our recent "chats":

R: Now in Mukhap we, the students, try to collect donation from all the church member to buy a Casio (key-board) and Guitar.

C: what a great project. I know that music is so joyful in your church. Good luck!

\*\*\*\*

R: Happy New Year mam.

C: Best wishes to you Rangdajied. Please give our wishes to all in Mukhap as well.

How is school going for you? Our congregation intends to keep up our support for you.

R: Now we are get holiday mam, on 20Feb 2014 we will have exam practical for computer.

\*\*\*\*

C: Let me know about the Casio project. I can write about it for our church news.

R: The Committee of the children's service (morning service) held on the 12-01-14 took the following decisions: The contribution received from the donation envelopes was announced and the committee agreed with it. The committee decided to wait for two weeks to purchase CASIO. The committee decided to put out the donation Box out in any Sunday of the Month. The committee ended by Rangdajied Lapasam (chairman of Children Service or morning service).

C: Can you explain what it means to be chairman of Children Service? Are you the leader for this worship service and decide what it will include?

R: Chairman meant like a president or a leader mam, Ya Mam am the leader of this service.

\*\*\*

C: Hi Rangdajied! Hope you had a nice birthday! May I ask how old you are now?

R: Yes mam, I am 19 years old Mam.

C: Our church was very excited to learn that members and friends will be sponsoring 3 more students from Mukhap. That makes 7!!

R: Ya! Mam, one of them is My Uncle Daughter and my Uncle die since 2008.

As you read above, we have been extremely lucky that the Mukhap church has identified three additional 14 year-olds for student sponsorships. The two girls are named Iaphingam Lamare and Blessfullness Rabon. Pynbait Lang Law is the boy. The new school year starts in February, so these three students will have our support from the very beginning of the school year. Whoohoo! Watch for more details in March.

In other news, the UUCUV Partner Church Committee is very excited to report that Rev. Stoddard and members attended the UU Partner Church Council Regional Meeting! Watch for a full report from them in the Spring CALL.



# About the UUCUV

## Board of Directors

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

*Finance: Mark Laser*  
*Investment: Peter Christie*  
*Library: Olive MacGregor*  
*Partner Church: Polly Gould*  
*Sunday Services: Bonnie Kawecki*  
*Ways and Means: Lori Fortini*



**OUR MISSION:** We strive to be a joyful, inclusive congregation that nurtures spiritual and intellectual growth for everyone while encouraging lives of service and integrity.

**OUR VISION:** We, the Unitarian Universalist Congregation of the Upper Valley, unite:

to provide diverse gatherings with music, ceremony, dialogue, and joy in support of each other's spiritual well-being;

to maintain an active program of religious education for adults and children;

to find ways for each of us to participate in activities that will provide fellowship, be intergenerational, and serve the wider community;

to sustain our vitality toward building a sanctuary and increasing our membership;

to fulfill our commitment to be environmentally responsible;

to fulfill our commitment to be a Welcoming Congregation;

to be a positive influence in the world;

to welcome all who share our mission and covenant.

**OUR COVENANT:** We covenant with each other to speak and act with thoughtful intentions, compassionate truthfulness, and constructive encouragement, in order to build and nurture a loving and supportive environment where all will feel safe to explore our spiritual truths.

**SUNDAY SERVICES:** Services are held at the Meeting House at 9 and 11 a.m. Child-care is usually available. Sparrow F. Alden (email below) provides children's religious education programs at 10 a.m. between the services. Youth group gathers approximately monthly for Sunday lunch.

**MEETING HOUSE:** 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 (802) 649-8828 or if urgent, (603) 313-1169 (cell), or email her at [minister@uucuv.org](mailto:minister@uucuv.org). Her office hours are Tuesdays 9-4 and Thursdays 9:30-6:30.

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

**ADMINISTRATIVE OFFICE HOURS:** Tuesday, Wednesday and Friday 9-12, unless otherwise posted.

**CARES AND CONCERNS:** With cares and concerns, please contact Rev. Patience Stoddard or Sparrow Alden (contact information above).

**NEWSLETTER:** The Call, our quarterly e-newsletter (as of March 2014), is available upon request. Contact the office at (802) 649-8828, or e-mail [office@uucuv.org](mailto:office@uucuv.org) with the usual details, including a phone number. Hard copies are available at the Meeting House.

## NEWSLETTER SUBMISSIONS::

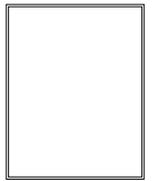
The Call newsletter deadline is February 15, for the Spring issue (March-May). Please send your submissions to Rachel at [office@uucuv.org](mailto:office@uucuv.org)

The weekly blast emails and Sunday announcements disseminate our timely news; newsletter submissions can be more "big picture" and need not contain all logistical details of events.

Unitarian-Universalist Congregation  
of the Upper Valley

PO Box 1110

Norwich, VT 05055



**We are**

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



## **February Services**

***UUCUV Phone: (802) 649-8828***

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

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

## **Two Service & Newsletter Plans**

