

The Call

Unitarian Universalist Congregation
of the Upper Valley

Autumn 2018
September-November

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Sunday Services 10 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**

Minister's Message

Rev. Jan Hutslar

*All that we have been separately
and all that we will become together
is stretched out before and behind us
like stars scattered across a canvas of sky.
We stand at the precipice, arms locked
together like tandem skydivers
working up the courage to jump...
Give us courage in our leaping,
and gratitude in our landing.
And share with us in the joy of a long
and fruitful ministry together.*

-By Leslie Ahuvah Fails

I love the imagery of this poem and the way the writer places us in this particular moment--on a precipice about to leap, but I especially appreciate the arms locked. For we are all leaping into what we will create and what we imagine TOGETHER.

I picture the colorful parachute she alludes to, that holds us aloft and guides us. It is 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.

I am honored and grateful to be arms-locked with you all. So glad to be your minister. Please call or email me so we can set up a time to meet and share our stories. I will be at the church most Sunday, Monday, Wednesday and Thursdays. My sermon-writing day is Tuesday and my day off is Friday.

This year we are collaborating with many UU churches across the country by participating in the Soul Matters Sharing Circle.

The Soul Matters Sharing Circle is a network of Unitarian Universalist congregations who follow the same monthly themes so we can more easily share small group material, as well as wor-

(Continued page 2)

President's Message

Lori Fortini

We had our first Board meeting of the year in August with Jan. It felt so natural to have her sitting at our table. And it made me aware of how fortunate we are.

Getting Jan up to speed allows us a chance to once again tell our story. We have a chance to look back on our accomplishments and again feel the deep gratitude for all of the people whose work and dedication got us to this point. We say aloud once more the names of beloved people who are no longer with us.

This time is also a chance to look closer at how we do things. While explaining to Jan how we operate, we have an opportunity to see our work with new eyes. We see places where what we do worked when we were smaller, but may be a struggle now. And we have new light and energy to help us envision a different way.

This has been a joyful start to our new year. It is also the beginning of a process that may include missteps and starting again. We need to be mindful of the process and believe in good intentions. And to remember that we are all moving in the same direction – to create a vibrant, active, and loving community.

One of the strengths of this congregation is that groups of people step forward with energy and ideas to initiate action. We saw that with our work for Civil Unions and Green Sanctuary in the past. Currently we are seeing this grass roots organizing with the Social Justice Group and with The Friends of Music.

The Board applauds this passion and call to action and we want to do all we can to encourage and support these amazing efforts. However, as a board, we also have a responsibility to look at the larger picture and see how all the pieces fit together.

It seems like it is time to get together with all the different groups/committees/teams we have and talk about how we each operate. While we don't want to go back to having sixteen committees, we do need to be more consistent and intentional in setting up our structure. The Board will look at our calendar for

the next months to find an opportunity to meet. Stay tuned.

Governance work is tedious and time consuming, but if we take the time now to put a structure in place, then we can get on to the real and rewarding work that we all want to do.

In faith,

Lori Fortini

Minister's Message (cont'd)

so we can more easily share small group material, as well as worship, sermon, music and children's religious education resources. Despite the distances between us, we are spiritually connected by the themes, traveling each month on the same journey.

Below are the themes we will explore this year:

September: Vision

October: Sanctuary

November: Memory

December: Mystery

January: Possibility

February: Trust

March: Journey

April: Wholeness

May: Curiosity

June: Beauty

Board Report

Maureen McNulty, Secretary

Hello from the Board!

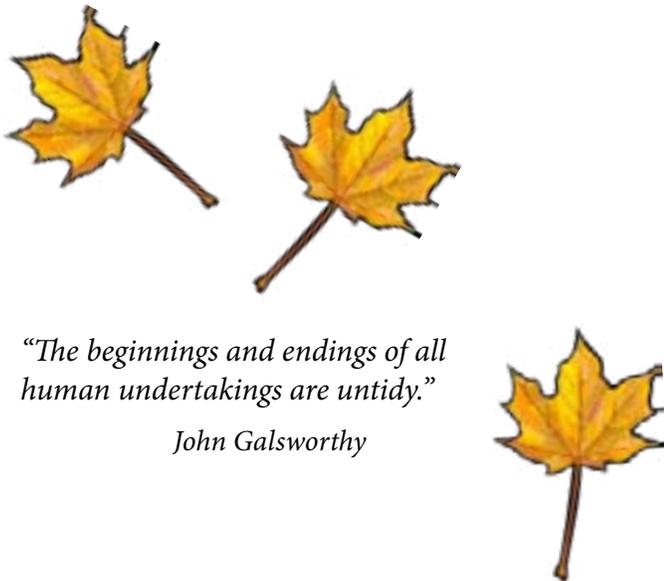
June marked the annual shakeup of Board members, as some members of the Board were looking forward to moving on and some past members were looking forward to returning to the Board. Thank you, Nick Warren and Barbara Clapp, for your diligent service! And welcome back Bob Riccio and Maureen McNulty! The Board, past and present, has been working on the details of transitioning to a new ministry and moving forward with proposed projects and new committees.

In June, the Board accepted a contract with Reverend Jan Hutslar. A Committee on Ministry, consisting of Joani Nierenberg, Leah Goat, and Mandy Ruest, was appointed to work with Jan. Jan has been attending our board meetings and has in her quiet and unobtrusive way already begun to guide us. A team has also been set up to offer support to Sparrow during the transition. Cassie Murphy, Jean Howe and Ellen Phillips have volunteered for this role. As Sparrow transitions from ¾ time to ½ time service, we will all need to be aware that she will have to delegate some of her tasks to other personnel.

The Friends of Music team has offered an ambitious proposal to the Board. It includes monthly Friday evening Coffee Houses, open to UUCUV members and the Upper Valley community, featuring diverse musical performances in a relaxed “coffee house” atmosphere. Three events have already been scheduled! The Board would like to look into how these events will affect the resources of the UUCUV. We will be convening a meeting of committees in the near future to coordinate calendars and volunteer efforts.

The Board has approved the Solar Panels Project. Allen Wieman and Jo Shute have funded an LLC which will coordinate installing solar panels on the UUCUV roof, hopefully by the end of the year. Once installed, the panels will generate enough electricity to power three homes. The UUCUV will receive the proceeds from the electricity generated, and we will publicly display our values right up there on our roof!

We concluded our fiscal year in June with a budget surplus! And with that happy news, I will conclude this update!



“The beginnings and endings of all human undertakings are untidy.”

John Galsworthy

How to Stay Informed!

Please read your weekly email blasts for important up-to-date news!

If you do not already receive these and wish to be added to the list, email Rachel at office@uucuv.org and let her know.

Church Calendar

Our up-to-date online calendar can be found by clicking on “Calendar” on our home page at

www.uucuv.org

24th Annual Pods for the Pulpit Craft Fair

Sally Page

November 23 and 24 will mark the 24th Annual Pods for the Pulpit Crafts Fair, a major fundraising event put on by UUCUV. Funds raised will be shared with The Haven and UVStrong (a team of non-profit agencies that responds to natural disasters in the Upper Valley), as voted on at the Annual Meeting. Revenue comes from booth fees, commissions and raffle tickets for a colored woodblock print donated by Lyme artist Matt Brown.

Two floors, with 40+ vendors, will show a wide variety of high quality crafts including jewelry in many forms, pottery, rag rugs, quilting, woodblock prints, herbals, basketry, floor cloths, etchings, felted sculptures, woven goods, fiber art, wreaths, hand spun yarn and woven wool rugs, braided rugs, porcelain ornaments, photographs, painted gourds, elf slippers, wooden lamps, pickles, wreaths and more. You name it, we've got it. We aim for League-quality craftspeople and the fair is known as a class act around Upper Valley. (No crocheted toilet paper covers here!)

The fair is held Thanksgiving weekend at Tracy Hall on Main Street in Norwich, Vermont. Hours are 10-4 on November 23 and 24. There is no admission fee,

but people are strongly encouraged to purchase raffle tickets.

How can you help?

We will need the congregation to pitch in and help in various ways: Make soups and desserts for the vendors and volunteers; serve lunch and booth-sit while vendors eat; be a greeter at the door and sell raffle tickets; help craftspeople set up before the fair and break down when it ends; email postcards of our poster to non-UU friends; plaster the Upper Valley and beyond with posters as well as putting a poster in your car window.

Lori Fortini is in charge of signing on volunteers for lunch, raffle, set-up and clean-up. Mary Layton chairs the lunch, and Suzanne Simon the raffle, and Sally Page, who is looking for a co chair, deals with the exhibitors. Ginger Wallis maps out the floors and Margo Nutt is in charge of all publicity including recruiting people to put posters at designated locations.

Additional details and sign-up opportunities will be provided in the Weekly Blast and Order of Service as we get closer to November.

**Friday & Saturday
November 23 & 24**

10 AM -4 PM

Bring your friends!



Lifelong Journeys

Sparrow F. Alden, CRE

We gather as a community with certain shared beliefs - not that we are identical in our ideas about truth and meaning, but that each of us is able to freely and responsibly search for our own truth and meaning. In support of this religiously liberal notion, some opportunities for that search happen regularly in our congregation. Please consult the calendar on our web site to find these events. (<http://uucuv.org/calendar/>).

The Self-Compassion group meets approximately monthly on a Wednesday evening - their shared intent is to use quiet reflection and often some readings to release limitations that life and our culture have burdened us with and to seek and accept peace with themselves.

Living with Limits: every other week on Thursday mornings folks who are dancing with limitations in their lives, often health or aging related, share their journeys and their wisdom in mutual support. The group began with the guidance of Rev. Patience Stoddard, and since her retirement has become lay-led. Rev. Jan Hutslar joins them approximately every other meeting to give pastoral and comradely support.

Chalice Circles are small, contemplative circles of folks who speak and listen on a specific topic, inviting one another to explore and articulate their own ideas on subjects of ultimacy and intimacy. They are not yet scheduled for this year; Leah Goat has stepped forward to carry the torch of facilitating the just-now-forming group.

We encourage lay people to offer book groups - are you about to tackle a book about a social justice issue? an era of history? a novel for pure entertainment? If you would like to choose a book and share it with fellow UUCUVers, contact education@uucuv.org. It's really quite wonderful to say, "So what did you think of that?" and sit back and join thoughtful, enthusiastic UUs in conversation!

Looking for intergenerational fun? First Friday Game Nights at 6PM have been known to include poker, Settlers of Catan, Scrabble, strategy games, Bananagrams, Pictionary, jigsaw puzzles, and cribbage.

If you have a snack to share, bring it along but don't hesitate to just drop in.

The Adult OWL group hopes to continue its discussions monthly. We consider topics on human sexuality from body image to libido to the spirituality of sex. The group will be open to new friends through November, then will become closed and covenanted in order to delve into deep subjects in confidence. Watch the calendar for dates.

The Women's Group meets on fourth Mondays with the intent to deepen relationships in a relaxed discussion format. Folks who want to share a meal gather at 5:30, discussion starts at 6:30.

(Continued on page 7)

Lesson in Humility

by Mary Sayward

(written in honor of Robert Frost's humor)

A clump of hair on top of my head lifts up--
like beach grass waving, unruly, in the wind.
It will not lie down with the rest.

I have an idea it likes to rankle me.
As if to say--on a day that reaches toward perfection,
leading me to think my palm holds the world--
"Ha! Think you've got it altogether, don't 'cha!
Well, just watch me swirl and bend,
misbehave, flout your plan.
You'll see that even on your own head
your power to command amounts to about
as much as an acorn crown can hold."

October, 2017



At the Heart of It All

I watched a mom's shoulders relax and her eyes express gratitude.

Raising children is very hard work, and it takes a village to do the job right. The first time I met this mom's child, he was not having a great day. It's hard work being two! There are things to do and explore with very little autonomy or communication finesse - believe me, I've had days like that lately, too.

In the Blue Room (a toddler-safe room with its own bathroom, cozy cave, coat hooks, and coloring table!!!), we learn a number of foundational theological concepts:

Our world is safe

Our guardians will return

We light the chalice

We can express how we feel

We share toys

We say thanks for snacks.

So my new friend expressed himself by crying and he was cuddled, rocked and sung to. When he was clear that nothing but Mama would do, Mama came and held him. A week later, distracted by a combination of snack and new trucks, Mama could leave after about 20 minutes of sitting together. On the third Sunday that I got to have RE with him, I saw Mama quietly look in the Blue Room right at the end of the service.

He was happily piling goldfish crackers into the bulldozer. Her shoulders relaxed. "Thank you," her eyes said; "Go get coffee," said mine.

It takes a village - the kind folks who gave the Mama an understanding look while her baby cried; the saintly Hospitality team who made the coffee; the Board and congregation whose budget hired Julianna to have religious education adventures with kids so I could devote total attention to this little fellow who needed extra reassurance. Thank you to each of you who helped this mother and child get the comfort and community they needed.

If you are wondering what happens in children's religious education, there's the heart of it right there.

Your children will be met where they are and will be given comfort, structure, and tools for their spiritual journeys.

Bigger kids might be using their logic-and-science-minds to wonder what happens when we don't share toys. Elementary kids will have stories of heroes like Albert Schweitzer and Dorothea Dix to help them think of ways to help the world be safe for self-expression and for kindness and for sharing and for delicious crops for zillions of years to come.

If all of us shared our toys and said "Thank you" for our snacks, wouldn't it be a merrier world?

Thank you! to Eleanor Collier who has made wonderful instrumental sound files of the children's hymnal for the kids to sing along with!

Peace,

Sparrow

Religious Education Roundtable

Combination UU Parenting Workshop and planning session, what could be better? At the RE Roundtable, we have had book discussions, holiday tips, suggestions for children's curriculum and events.

Most recently we learned that we'll need to devote good energy and thought to a playground equipment project (thank you for your advice, Laura Mitchell). We brainstormed how to turn the kids' requested activities (baking stuff and making stuff) into lessons about social justice, cooperation, and values clarification. We talked about the curriculum plan that Sparrow has chosen for this year, a pillar model which explores the congregation's Soul Matters themes so

that kids and adults will have a common topic for talks and projects.

Is there a book you'd like to read and talk about with your fellow UU guardians of young kids? Would you like to contribute to the thinking and planning which goes into their programs? RE Roundtable will meet on First Sundays beginning October 7th in the Library.

On Sunday, September 9th, Sparrow is going to set up an Open RE Q&A during coffee hour for all our visitors to learn about our program. If you're an RE guardian who would like to sit with her and speak to your UUCUV RE experience, please do join her!

Child Care After Church

If the stars line up appropriately, there will be child care from 11:30 to 12:30 almost every Sunday of the church year. We hope to enhance the participation of families with children whether it's on a Hospitality team, in a tantalizing committee, or pursuing a personal chat with the minister. Thank you for voting this into the budget last June! Sparrow's open to folks

willing to bring "enhanced snack" to the kids and to the hard working child care provider who otherwise will get no coffee or snack break from 9:45 to 12:30.

Please respectfully pick up your child on time so the child care people can clean their classrooms.

Lifelong Lessons (cont'd from p.5)

On the first Sunday of each month at about 11:30, guardians join in the RE Roundtable. First and foremost it's a table full of comrades in parenting who can support one another's joys and challenges. There's often a program (holiday stress? recent research in best outcomes for trans children?) as the entry into conversation. Further, this group bolsters the congregation's religious education program with visions, ideas, and often logistical support.

Visitors to the congregation are specifically invited on second Sundays to the Visitor Chat at 11:30 in the Library. There is time for questions and comments about the services, discussion of Unitarian Universalism's history and future, and stories of this congregation's adventures. Even if you're not new to the UUCUV, please join the group to talk about what led

us to this place and what we have found here. The Membership Committee leads these conversations and Jan or Sparrow are often able to join them. (In September, this will happen on September 23.)

On Fourth Sundays, the Restorative Circle Facilitators meet. The monthly gatherings are continuing practice of our skills and understanding of the Restorative Circle method as well as processing and planning circles which have been called for.

And fifth Sundays? I plan to get out the art materials and just have some Open Maker Space time. Do you owe yourself an Artist's Date? Do you want a quiet spot for your writing? Please join me.

Many thanks to the Board and congregation who have provided for Sunday 11:30 to 12:30 child care

Restorative Circles Update

Sparrow F. Alden, CRE

Congratulations, UUCUV, on weaving the restorative circle process into our Right Relations covenant. The facilitators - a diverse bunch of eleven UUCUVers - truly believe that this is a wise path to understanding and strong community.

In a circle, no one needs to defend themselves. The only requirement is to listen. Listen, listen, listen and and reflect those words back until your friend who is speaking knows that they have been heard. Like many worthwhile pursuits, it is simple — but not easy.

One facet which takes a moment to make sense is the idea of substitute listeners. Imagine that you really, really need to say your piece to a friend with whom you feel out of covenant. That person will be contacted and invited to share the Restorative Circle with you (as well as other stakeholders in the story). If they're far away, we'll wait for them to return. If they're ill, we'll move the circle to them. And if they simply cannot participate in the circle, a facilitator will sit in their chair as a substitute. The substitute won't speak for someone else, but will listen and reflect. It may not been the same experience for you as speaking your truth to the absent friend, but believe me, being truly deeply heard by people like Claudia Kern and Jo Shute is a worthwhile and healing experience.

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To ask for a restorative circle, call the office, or email [education@uucuv.org](mailto:education@uucuv.org), or speak to any facilitator: Grace Alden, Babette Hansen, Claudia Kern, Dan Mendelsohn, Judy Munger, Cassie Murphy, Cappy Nunlist, Mandy Ruest, Jo Shute, Suzanne Simon, and Sparrow Alden.

## Poem by Frank Gould

*"I assigned you to point,  
You paid the ultimate price.  
I'm sorry."*

*(from a note left at the Vietnam Memorial Moving Wall, Concord, NH, July 4, 1990)*

I too assigned you to point;  
you and how many others?  
At least fifty-eight thousand,  
and still counting,  
sparks of life extinguished  
like mosquitoes electrocuted  
at a 4th of July backyard bar-b-que.  
To what point?  
"This is a waste of time,"  
a thirteen year old visitor says.  
And it is, but;  
not by her definition, not in her hours.  
"Did you know anyone who died in Vietnam?"  
my son asks in a hushed voice.  
I don't want to know who died, I say,  
it's enough to know they did.  
"Why is it enough?" he presses.  
A man in a veteran's hat answers;  
head against the wall,  
loud sobs for a lost son.  
I stand, uneasy, absorbed in the moment.  
Maybe I try to assume some of his grief.  
Lord knows he doesn't need that much,  
not after twenty years.  
My son leans against my shoulder,  
his hand finds mine.  
I want to reach out for the man,  
touch him, take his hand,  
But I, too, am still lost.  
Softly, he rises and limps away.  
Words die even as I think them.  
How many do I assign to point, today?

# UUCUV Library News

*Olive MacGregor, Library Committee Chair*

This summer we had a problem with one of the shelves in the children's section of the library giving way. We had rearranged the books, and there was too much weight on one of the top shelves. That's why there were piles of children's books scattered around. That problem is fixed now. We met for a work session at the end of June and processed the following items:

DVD REL *The Reluctant Radical*,  
donated by Nick Warren

306.76 EDW Edwards, Chris -  
*Balls: It Takes Some to Get Some*

J FIC MON Montague, Bill  
*Little Mouse: The Mouse Who Lived With  
Henry David Thoreau at Walden Pond*

363.7 CAR Carson, Rachel  
*Silent Spring* (A new edition)

230.9 COF Coffin, William S.  
*Credo*

The book Margo Nutt has reviewed, *God Is Red*, by Vine Deloria (at right), is a newer acquisition which Bruce Duthu read from in a recent service.

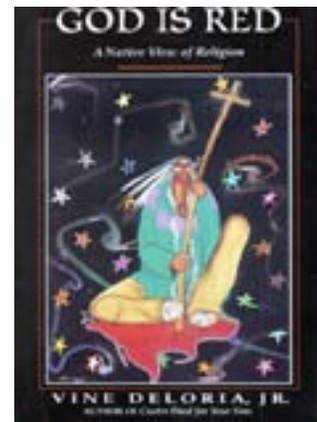
## Book Review

*Margo Nutt*

### ***God is Red: A Native View of Religion*** by Vine Deloria

Vine Deloria, Jr., (1933–2005) was Professor of Political Science at the University of Arizona and the author of a number of books and articles on events affecting the lives of American Indians.

A propos of Bruce Duthu's compelling remarks about Native American Sacred Spaces during our July 29th service, I thought it appropriate to review this particular book. Although first published in 1972 (our edition is from in 1994), this book is a classic, a deep dive into various aspects of Native American spiritual/religious concepts and practices compared to Judeo-Christian traditions.



Bruce talked about how Native Americans treat their lands as if they were relatives who share a common history with us humans. Deloria says that the Native American “religious view of the world seeks to locate our species within the fabric of life that constitutes our natural world.” Sounds a lot like the UU Seventh Principle, “Respect for the interdependent web of all existence of which we are a part.”

Deloria's handling of the contrast between Christianity and the naturalistic religion of the American Indians is rich in perceptiveness. He shows his frustration and anger with the treatment of Indians both in the past and even continuing today (current example: the loss of Native lands to the rapacious oil and gas industry).

Not an easy book to read, but worth the effort. A book of social commentary as well as a guide to Native spirituality.

## Excerpts from Rev. Jan's Aug. 19, 2018 Service

### A Blessing for Risk-Takers and Failures

By Robin Tanner

Today we share in a blessing for losers, risk-takers, all failures far and wide...

Blessed are they who fall in the mud, who jump with gusto and rip the pants, who skin the elbows, and bruise the ego,

for they shall know the sweetness of risk.

Blessed are they who make giant mistakes, whose intentions are good but impact has injured,

who know the hot sense of regret and ask for mercy, for their hearts will know the gift of forgiveness.

Blessed are they who have seen a D or an F or C or any letter less than perfect, who are painfully familiar with the red pen and the labels as "less than,"

for they know the wisdom in the imperfect.

Blessed are they who try again, who dust off, who wash up, who extend the wish for peace,

who return to sites of failure, who are dogged in their pursuit,

for they will discover the secret to dreams.

Blessed are they who refuse to listen to the naysayers, for their hearts will be houses for hope.

Blessed are they who see beyond the surface of another,

for they will be able to delight in the gift of compassion.

Blessed are they who stop running the race to help a fellow traveler, who pick up the fallen,

who stop for injured life, for they shall know the kindness of strangers.

Blessed are they who wildly, boldly abandon winning, for they shall know the path of justice.

### Blessings for the Beginning

By Kari Kopnick

The things to do have been done, well, for the most part.

The people we need are in place, almost.

We are ready, or as ready as we will be.

Bless this most perfectly imperfect beginning.

May we find the right people to do the right things as we go.

May we discover that what we needed was right here all along.

And may we remember to stop and marvel at the magic of each moment as it floats by.

### Risk

by Lisa Colts

My teacher says,

You've got to stink first.

I tell her, I don't have time to stink -- at 64 years old

I go directly to perfection

or I go nowhere.

Perfection *is* nowhere, she says, so stink.

Stink like a beginner,

stink like decaying flesh,

old blood,

cold sweat,

she says,

I know a woman who's eighty-six,

last year she learned to dive.

## Excerpts from Jan's Aug. 19th Service (cont'd)

### Sermon Excerpts from "Being a Beginner for the Millionth Time"

BJ Miller, former director of the Zen Hospice Project advocates for Being. With. What. Is.

Which is easier said than done.

We are human--we like pleasure and we don't like pain.

We grasp onto things we like and try to avoid things we don't.

AND, life contains both and all.

How can we be with all of it without thinking something is wrong or needs resolution? Can we notice and experience and feel?

And breathe?

And relax into the chaos that is life?

These are questions and lessons we can learn from being a beginner.

And everytime we take that leap into unknown territory our courage muscles are strengthened and our lives are expanded.

And we are offered the opportunity to feel what it is to be alive.

Even when it hurts to be so.

.....

Embracing our beginner-ness is a spiritual practice. It involves mindfulness and paying attention.

And being open. And curious.

The phrase "I wonder" can put space around a tense situation, can take us out of black and white thinking, can remove our defensiveness.

I wonder why she feels that way,

I wonder why he did that,

I wonder what they are going through right now--

these wondering questions bring compassion and love into not-understanding and can create a bridge instead of a wall between people.

.....

Beginner's mind is actually the space where the mind does not know what to do.

It is that delicious state when you are sure of nothing, yet totally available to the moment..

To have a beginner's mind is to have a clean slate - an innocence where everything is fresh and new.

# Partner Church News

*Polly Gould and Claudia Kern*



## WHERE DO WE GO FROM HERE? (MAYBE TO INDIA!) SUNDAY, OCTOBER 21 - 12-2 PM

### WHAT NEXT?

Mark your calendar to attend an after-service potluck followed by an important review of our Partnership with Mukhap, India. We hope that many voices will be heard as we make a congregational assessment of the accomplishments and future of the UUCUV Partner Church Program. Childcare will be provided.

### TRAVEL TO INDIA?

The Mukhap church has invited us to attend the closing ceremonies of their 125th anniversary celebration the first week of February 2019. Rev. Jan would very much like to go, and you are invited to explore the opportunity to travel with her at this meeting. We will have a slide show of Meghalaya to inspire you and some preliminary information. It would be our hope that we could fully fund Rev. Jan's travels and at least help to cover the expenses for a small group.

In preparation for this meeting there are several resources about our partnership with Mukhap on the UUCUV website: <http://uucuv.org/get-involved/community-action/partner-church/>. In addition, if you would like an overview of the Unitarian Universalist Partner Church program, please visit the UUPCC at <https://www.uupcc.org/>.

One of the most active parts of our Partnership is to sponsor Unitarian students who wish to continue their education beyond the elementary level. In the past 10 years we have sponsored eleven students through high school and several have continued on to college. Leah Goat is one of UUCUV's student sponsors, and she has developed a wonderful ongoing relationship with Baphishem Lamare, whom we all affectionately call Baphy. Leah has knit a sweater for Baphy and writes regularly. To give you a flavor of how rewarding connecting with our fellow Unitarians can be, Leah has shared Baphy's most recent letter.

*Dear Madam,*

*Thank you madam for your letter from May. I hope you are in good condition of health as we are here. Now I am studying in class xii I had passed the class xi exams. My sister is now studying in the professional training of teaching as she can no longer have chance to continue master of science due to the lack of money.*

*Thank you madam for your working hard for knitting my sweater, sorry madam I don't know much about the measurement of my body as I don't know how to measure. I hope your guessing will be enough for my body. I like whatever you knit because it only the power of love that you contribute me a lot. God blessed you madam. It was good news to hear that Nick Warren a member of your congregation will be traveling to our village--hope that will be in safe and happy journey.*

*Yes madam the good Friday hail storm just happened this year only and the roof of our house has been*

*(continued on page 13)*

## Partner Church News (cont'd)

*repaired. We are in school during June and July and we got a vacation only one week that is only the celebration of BEHDEINKHLAM festival the biggest of traditional people of JAINTIA. The rain also not fall heavily all the time but only one week or more.*

*Our village's handloom center is a small center worked by some people especially women. They use the wool and cotton fabric to weave the bed sheet, winter shawl, towels, napkins, traditional clothes, and so many other. I don't know how to weave but my relative knows and she used to guide us but I don't know how to weave it was so difficult for me as I do not have enough time to practice.*

*The watershed management does not involve a dam but so many pools in which water remain throughout the year. The main aim of them at watershed management is for the uses of people's agriculture field especially during winter. They are maintain by its member created by our village*

*Thank you madam for the photo of chionodoxa flower its look so beautiful flower which spread their seeds, what are the vegetables you yet to plant? It sound like you are working hard in planting different types of plants which mean your brain is so healthy as you work in the garden.*

*Thank you madam for the photo of your congregation celebration after voting. Is was good to hear that Rev. Jan Hutslar is your new minister, I hope that you will be in unity strength so the Unitarian and its service will be processed from time to time in all over the world.*

*It was so good to see the photos that you give to me and it was very interesting and I am so grateful for your letter and also the things that you do in your congregation.*

*Now our congregation is planned to celebrate the 131st anniversary celebration on 18th September which is know as the Unitarian foundation day in North East India. This is the day in which as a Unitarian we used to celebrate in our respective congregation all over Unitarian Union North East India. Hope that this year will give us more spiritful and meaningful speech by the sermon of so many member of our congregation through different programmes conducted*

*One thing which was so poor in our congregation is we don't know how to sing the choir and we are so weak in tonic Solfa [a method of teaching sight singing]. I myself the choir is the only programme which touch my soul in every service and sometimes my tears come to my eyes when the hearty song given by any group of people but hope that some day our congregation also will be in good choir.*

*May God blessed you all.*

*With love from Baphishem Lamare.*

*Unitarian church Mukhap.*



We hope this letter will inspire you to put October 23 on your calendar and join us as we assess the place of our Partner Church program in the mission of our congregation and plan for the future.

## More Opportunities for Involvement

### Sunday Hospitality Teams

Anyone who would like to participate in hosting Sunday Services as part of a team, who has not already been assigned to one, please email Suzanne Simon [knitrmom@gmail.com](mailto:knitrmom@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.

### Caring Circle

The Caring Circle is our 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. Each month a different Monthly Coordinator is informed of needs and calls Circle members to see if they can help out. If you would like to be part of the Caring Circle in some way *or have needs that could be met through the Circle*, please email or talk Sparrow or email Lori Fortini at [LA14E@outlook.com](mailto:LA14E@outlook.com). (Lori organizes the monthly coordinators). The more willing hands we have listed for various needs, the better we can take care of each other when those needs arise.

If you'd like to step up to drive someone to an appointment or make a meal or show your caring in similar ways, please fill in the quick questionnaire:

[https://docs.google.com/forms/d/e/1FAIpQLSdUPXHZ1EYvWrgv4h0exU145fgD\\_1YThrc5Q3wcaENTxP8nA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdUPXHZ1EYvWrgv4h0exU145fgD_1YThrc5Q3wcaENTxP8nA/viewform)

### Sunday Music & Readings

The Sunday Services committee is always looking for people to share special music, suggest readings or themes, or offer to lead or take part in a service. They are very interested in adding other voices, speakers and musical diversity to the services. Contact: Cappy Nunlist [cappy.nunlist@gmail.com](mailto:cappy.nunlist@gmail.com)

### Sing in the Choir

The UUCUV choir sings September through June. We rehearse at a once-a-month potluck and on Sunday mornings when we sing (twice a month). Whenever possible, music and listening links are made available in advance. The choir is open to all who wish to sing regardless of experience or ability. Contact our Music Director, Linda Hoover, if you would like to sing with the choir. [music@uucuv.org](mailto:music@uucuv.org)

**Open Choir Sundays.** Starting at 9:00 am on certain Sundays, with whomever shows up, Linda will warm up the group, and we will learn and prepare a piece to be sung in the service. If you love to sing but can't do choir regularly, give this a try. There are also opportunities to provide special music throughout the year.



### Bell Choir

A new addition to the music program in 2018, the Bell Choir participates in worship services several times a year. Anyone with interest, the ability to read music, and a commitment to regular attendance is welcome. Rehearsals are generally weekly. Contact Jane Sachs ([jsachsnh@gmail.com](mailto:jsachsnh@gmail.com)) or Jo Shute ([joshute2@gmail.com](mailto:joshute2@gmail.com)).

### Volunteer at a Special Event

The church has numerous events throughout the year, and volunteers are hugely appreciated for set up, cooking and baking, planning, serving 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. New members and friends are encouraged to fill out our Activity Survey by getting in touch with Sparrow, who will email you a copy. [education@uucuv.org](mailto:education@uucuv.org)

## “Living Fully with Limits” Group

How does one live fully and happily despite having to adjust to limits on our activities and abilities? This is a lay-led open and on-going bi-weekly group for those for whom aging or illness have changed the patterns and choices of daily life. We share readings, personal frustrations, lessons learned, and spiritual practices in our continuing search for personal growth. Announcements of time and place will be found in the Weekly Blast.

## Women’s Group

The Women’s Group gathers at Sally Page’s (visit the church website or contact Sally for directions) on the fourth Monday 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. 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 break up by 8:30.

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



## 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 60 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 3:00 p.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 (Suzanne) 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 the Khasi Hills of Northeast India. Our two churches communicate regularly and find ways to enrich each other’s lives through our common spiritual aims and different heritages. Please talk to Claudia Kern or Polly Gould if you are interested in being part of this important on-going endeavor.

[claudia.anne.kern@gmail.com](mailto:claudia.anne.kern@gmail.com)

[polly1gould@yahoo.com](mailto:polly1gould@yahoo.com)

## Board of Directors

Lori Fortini, President  
Allan Wieman, Vice President  
Mugs Johnston, Treasurer  
Maureen McNulty, Secretary  
Bob Riccio, Member-at-Large  
Laura Mitchell, Member-at-Large  
Judy Munger, Member-at-Large

## Staff

The Rev. Jan Hutslar, Minister  
Sparrow F. Alden, CRE--  
Credentialed Religious Educator  
Julianna McGonigle, RE Teacher  
Linda Hoover, Music Director  
Jennifer Yocom, Accompanist  
Rachel Clark, Office Administrator

## Committee/ Task Force Chairs

Caring Circle Coordinator (Overall):  
Lori Fortini  
Committee on Ministry: Leah Goat,  
Mandy Ruest, Joani Nierenberg  
Green Sanctuary: Nick Warren  
Hospitality Teams: Suzanne Simon,  
Claudia Kern  
Library: Olive MacGregor  
Newsletter Help Team: Margo Nutt,  
Mardy High  
Nominating Committee: Suzanne  
Simon, Cappy Nunlist, Margaret  
Robinson  
Partner Church: Polly Gould,  
Claudia Kern  
Social Justice: Suellen Aptman,  
Laura Mitchell  
Sunday Services: Cappy Nunlist  
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 held at 10 AM at the Meetinghouse at 320 Route 5 South, in Norwich, VT. Child care is available. Religious education classes are provided during the service.

**MEETINGHOUSE:** Our newly-built sanctuary adjoins our original Greek Revival farmhouse that continues to serve as meeting and office space.

**MINISTER:** Rev. Jan Hutslar is best reached by email at minister@uucuv.org or by her cell phone (315) 714-9287. You may also leave a message at the church office phone (802) 649-8828, which the administrator checks Tuesday through Friday mornings.

**CREDENTIALLED RELIGIOUS EDUCATOR:** Email Sparrow F. Alden at education@uucuv.org.

**MUSIC DIRECTOR:** Email Linda Hoover at music@uucuv.org.

**ADMINISTRATIVE OFFICE:** Rachel's regular hours are Tuesday through Friday 10-1, unless otherwise posted. Contact her at (802) 649-8828, or email office@uucuv.org.

**CARES AND CONCERNS:** With cares and concerns, please contact the Caring Circle Coordinator of the month (listed in our weekly email news) and/or the Rev. Jan Hutslar 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 Winter issue is Nov 15.  
Please send your submissions to Rachel: [office@uucuv.org](mailto:office@uucuv.org)

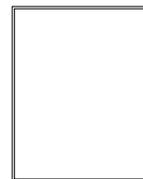
## "WEEKLY BLAST" DEADLINE:

Send news items to Rachel by 9 AM Wednesdays

Unitarian Universalist Congregation  
of the Upper Valley

PO Box 1110

Norwich, VT 05055



## **Autumn Issue 2018**

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

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

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

**UUCUV Newsletter: *The Call***

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