

The Call

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Sunday Services 10 AM

We are a Green Sanctuary, a Welcoming Sanctuary, and a Partner Church



Minister's Message

Rev. Jan Hutslar

It is bittersweet that we say goodbye to Sparrow.

Our beloved Credentialed Religious Education Director.

Sparrow has guided our religious education program, and has been the consistent staff person, here at UUCUV for nearly 20 years.

She has given of herself, her creativity, her time and energy for these many years.

When called upon, Sparrow stepped up to take on many duties beyond her job description as CRE. She has spearheaded restorative circles and offered pastoral care and taken on membership coordination, among other things.

We have asked much of her. She has given much. (cont'd. p.2)

Board of Directors

Kate Lucier, President
Lori Fortini, Vice President
Mugs Johnston, Treasurer
Maureen McNulty, Secretary
Bob Riccio, Member-at-Large
Judy Munger, Member-at-Large
Mitch Beck, Member-at-Large

Staff

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

**Committee/ Task Force
Chairs**

Caring Circle Coordinator
(Overall):
Lori Fortini
Committee on Ministry: *Laura Moberg, Mandy Ruest, Joani Nierenberg*
Green Sanctuary: *Nick Warren*
Hospitality Teams: *Suzanne Simon*
Library: *Olive MacGregor*
Newsletter Help Team: *Margo Nutt, Mardy High*
Nominating Committee: *Suzanne Simon, Bob Lucier, Margaret Robinson*
Partner Church: *Claudia Kern*
Social Justice: *Suellen Aptman*
Sunday Services: *Cappy Nunlist*
Ways and Means: *Lori Fortini*

She seeks new adventures and opportunities that feed her spirit and bring her new joy.

I support Sparrow’s search for work that feeds her passion for teaching, writing, and academic research.

I celebrate and applaud all her gifts that she has shared in this community.

She will be missed.

With so much gratitude for Sparrow, I wish her great joy and abounding success. I thank her for her many years of service and love to this congregation.

Sparrow’s last day before retirement from UUCUV will be August 31.

We will formally say goodbye Sunday, September 1, and offer our loving breath as the gentle breezes under Sparrow’s wings as she flies from here. We will have a SparrowFest party afterwards.

Let us celebrate Sparrow!

In Gratitude,

Jan



Board Update

Maureen McNulty, Secretary

The fourth quarter is largely a time of preparation for the Board. We spend the majority of our time discussing the pledge drive, preparing a budget for next year and planning for the Annual Meeting in June. It is a time to look at the large and small goals of our congregation and assess our progress. All too soon, it is time to turn over leadership to the new Board. But there have been gratifying moments of action this quarter. There has also been the recognition that some of our goals are more intensive than we had envisioned. We have come to the realization that if we are to move forward as a larger, more vibrant congregation, the Board needs to solicit active participation by other congregants and be willing to delegate more tasks. And so we close out our year with a streamlined mission for the Board and a host of teams to help take care of the UUCUV!

Some of our more gratifying tasks have involved approving the plans of other teams and funding them so they might be realized. We happily approved of rebuilding the bridges on the Spirit in Nature Path, and on June 15 our members enjoyed their first day of labor building them. We approved a larger budget for Jan's installation service. I hope you agree it was a worthy investment – especially the rain proof tents! It was truly a team effort and such an uplifting event for everyone involved!

We listened to a member's concerns and promptly installed a safer bench in the vestibule. We hosted a pot luck dinner on Easter and another at the annual meeting. Thank you to everyone who brought food and helped with the cleanup! As usual, the food was scrumptious and the company engaging.



We participated in staff evaluations and had the pleasure of evaluating Jan as she finishes up her first year of ministry. We approved a change to the committee on ministry, as Leah Goat requested to step down. Laura Moberg will be joining Joani Nierenberg and Mandy Ruest on the committee, supporting Jan's ministry and serving as liaisons with the congregation.

We spent more than a reasonable amount of time this year debating signage. What should be put up, where, and who decides? It became clear that we need an Aesthetic Task Force to oversee our external appearance as it is the face we

present to the community and ourselves. Happily, several members have stepped forward to fill the positions. On a similar note, we need a larger team to work on publicity and web support, and a communications team is being established.

At the beginning of the year, we had grand plans of buffing up the Policy and Procedures manual this year, but we discovered that it needs more than buffing. It will require a complete rewrite, as there are many policies that are outdated or were never written to begin with. We have delegated a team to craft our Safe Congregation Policies, as that is our highest priority. We have also set up a team to prioritize and begin crafting the rest of the manual. It will be a lengthy process, and if you are willing to volunteer your expertise, please join the team!

As I write this article, we are transitioning to our new Board, with Kate Lucier as the president, Lori Fortini as Vice president, and Mitch Beck as our new member at large. Thank you Laura Mitchell for your quiet wisdom these last two years! Thank you Allan Wieman for your sage advice. And welcome back everyone else!

UUCUV Board for July 2019- June 2020

President: Kate Lucier

Vice President: Lori Fortini

Treasurer: Mugs Johnston

Secretary: Maureen McNulty

Members-at-Large: Mitch Beck, Bob Riccio, Judy Munger

This Clay Jug

By Kabir

Inside this clay jug there are
canyons

and pine mountains, and the
maker

Of canyons and pine
mountains!

All seven oceans are inside, and
hundreds of millions of stars.

The acid that tests gold is
there, and

the one who judges jewels.

And the music from the strings
no one touches,
and the source of all water.

If you want the truth, I will tell
you

the truth:

Friend, listen:

the God whom I love is inside.

President's Message

Lori Fortini, outgoing Board President

I gave an update on things that have been bubbling up this year and the priorities for the future at the Annual Meeting on June 2nd. I thought it would be helpful to put it in writing for those who were not able to attend the meeting.

Here is what I see as important topics for our community and recommendations for getting started on the work we need to do.

Signage: This topic has popped up a number of times this year. Whether it was to decide to put up the “Black Lives Matter,” the aesthetics of having a faded pride flag, what materials should be used for our parking and event signs, should we add an LED lighted sign – have no fear, that one got rejected pretty fast – and most importantly, who makes the decisions on all of these issues. One thing we realized was that it shouldn't be the Board.

Sunday Services Committee is considering a proposal to develop a team to review similar issues for the insides of our building, and we recommend identifying a group to review the signage and any flags or postings on our grounds. We would like to have people interested in social issues, with the aesthetics, and in making whatever is posted as sustainable as possible.

Volunteering vs. stewardship: It takes a lot of work to keep our community running smoothly. But, just as parents do not “babysit” their own children, we want to change the discussion from needing “volunteers” in our church to finding opportunities for people to care for our building and our people.

We want you all to feel a sense of ownership in our congregation so that you will want to make time to participate in our activities. A good place to start is by joining a hospitality team. We hope that every individual and family who attends Sunday Services and enjoys our coffee hour will join a team to help get the sanctuary ready for services, to prepare, set up before, and clean up after coffee hour for one month a year.

And that is just the start. There are so many other ways to help. We have to make sure that everyone who attends church understands all of the opportunities available.

We recommend having a time after a service next year where we can highlight all of the committees, groups, teams, and tasks that it takes to care for our community. The tasks are small and great, but all are rewarding when you see our community grow and thrive.

Communication: In the past, when we were a little smaller, it seemed like everyone knew everyone and word of mouth pretty much kept everyone informed. We are now larger and

sometimes communications get missed. The Communications group wrote a great review of all of the communication methods we use at the UUCUV. Please review how information is shared and if you find that you need more information on a topic, please ask. Also, we know that there are formal leaders – the Board, committee chairs – and there are informal leaders – former leaders that still have respect and influence in the community. What we want to avoid is an underground flow of concerns or complaints that go around the informal systems. We want issues to reach the correct people who can provide information and clear the air. Many times, that would be the Board, but it could also be the minister or other members.

We want to support you to bring up issues, questions, and concerns as they come up. If you hear anything of concern, please direct people to the Board or to the minister. We also have the Restorative Circle process to help improve understanding and communication between members. The way we stay in Right Relations is for everyone to feel they can bring up issues in a safe and loving community.

Work for next year: I have been speaking about our work for the next year and beyond for some time now. After this initial year with Jan of observing and just being together, we are ready to roll up our sleeves.

Now, I realize that this is my last Call article as President, and that I am laying out a work plan for a Board that I will no longer lead. I have met with Jan and Kate and you can feel confident that I am speaking for the group and that we are all ready to take these steps together.

Two main projects have been identified. The projects are very different and require different skills, yet both tasks are equally important. We also realized that it is unrealistic for this work to happen at Board meetings and it is inappropriate for the Board to do this work alone. This work requires community participation to assure a wide range of views are considered.

1. **Policy and Procedures**—after a review of our policy and Procedure manual, the Board realized that we don't just need a re-write of our manual. In many cases, we don't even have a policy in place to revise! We seem to have policies that were written in reaction to something and not proactive to reflect our values in our operations. It will be important to create a functional Policy and Procedure manual.
2. **Vision**—As we have pointed out, many of the goals of our vision statement have been met. It is time move our vision into the future. This will take people who can see the big picture and imagine a new direction for our community. Totally different skills are needed for this work than for the Policy work.

For these projects, we recommend forming two separate task forces made up of community representatives selected by the members, and Board representatives. These groups will receive a charge from the Board and then work independently to meet the task in whatever way they feel

is appropriate. The task forces will create a proposal to the Board which will be approved to be presented to the Congregation for a vote.

I hope you are ready to help us in these efforts and will consider saying “YES” if asked to be a part of one of these task forces. And if you have a strong desire and skills in either of these areas, please let us know.

In closing, I wish to give my sincere thanks for the opportunity to have been the President of the Board for the past two years. I was fortunate to work with wonderful hard-working Board members. I look forward to taking a step back next year and supporting Kate Lucier as she begins her term as President.

And, finally, I look forward to rolling up my sleeves and working to take care of this faith community that means so much to me.

With deep gratitude,

Lori Fortini

Messenger

By Mary Oliver

My work is loving the world.

Here the sunflowers, there the hummingbird—
equal seekers of sweetness.

Here the quickening yeast; there the blue plums.

Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?

Am I no longer young, and still half-perfect? Let me

keep my mind on what matters,

which is my work,

which is mostly standing still and learning to be
astonished.

The phoebe, the delphinium.

The sheep in the pasture, and the pasture.

Which is mostly rejoicing, since all the ingredients are here,

which is gratitude, to be given a mind and a heart

and these body-clothes,

a mouth with which to give shouts of joy

to the moth and the wren, to the sleepy dug-up clam,

telling them all, over and over, how it is

that we live forever.

Summer Services: Stories of Hope

The Sunday Services Committee is very excited about the speakers we have lined up for this summer to tell us their “Stories of Hope.” The “almost-firm-but-still-somewhat-tentative” schedule is as follows:

- Jun. 23: Cappy Nunlist & Karen Watson: Reflections on the Meaning of Hope
- Jun. 30: Rev. Sandra Pontoh of the Marantha Indonesian Church of Christ will speak on the immigrant community in Somersworth, NH
- Jul. 7: Phil Kinsler: The Holocaust: Survival, Resilience, Ambition, Transcendence
- Jul. 14: Mitch Beck: Hoping and Healing in the Midst of Grief
- Jul. 21: Former UUCUV RE graduates: Memories of their experiences as youth in our congregation
- Jul. 28: Kathy Christie & Mardy High: Estonian Hope in the Face of Oppression: the Song Festival
- Aug. 4: Ginger Wallis: Finding a Spark of Hope and Social Justice Arise from Climate Change
- Aug. 11: Laura Barrett: Holding onto hope when your family is threatened
- Aug. 18: Rev. Jan Hutsler: TBA
- Aug. 25: Joint service in Barnard
- Sep. 1: Rev. Jan: Summer ends, Celebration for Sparrow Alden, CRE

We are still looking for musicians to accompany hymns or to provide special music. Please contact me at cappy.nunlist@gmail.com if you would like to volunteer.

Cappy Nunlist, Sunday Services Committee Chair

Religious Education in Summer

Sparrow F. Alden, CRE

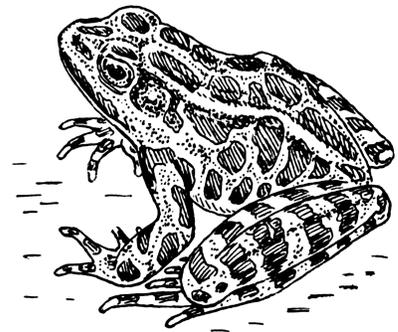
Dear Friends,

Welcome to summer - may it bring you and your family a slower pace and plenty of outdoor time! Now that the day-to-day chores are fewer and less demanding, the true pleasures can seep more fully into our lives. We remember the reasons we became parents: collecting piles of pine cones; getting muddy feet; snuggling up under a blanket on a rainy day with a stack of books and cookies. These delights shape and nurture our children's spirits and our own.

Our little ones have beautiful spirits, open to the love and mystery of our many faith traditions. Summer affords us a world of opportunities to nourish their spirits in Nature, in direct communion with the Spirit of Love and Mystery. By their own sense of wonder they will recognize the beauty and sacredness of Nature. When our actions and attitudes support their discoveries, they gain a lifelong source of joy, comfort, and wisdom, which can help guide their actions and shape their values. As the contemporary philosopher Phyllis Currott reminds us, "We seek to live in a sacred manner because we live in a sacred world."

Yes! We do the right thing when we pull over to look at a field of lupines. Our children will remember that we honor joy and beauty more than the schedule. Yes! We model our values when we take a walk or run to blow off frustration and anxiety. Our children will learn that they can find comfort out here, and the strength to handle difficult feelings. Yes! It matters when we recycle; beyond the saving of resources themselves, we communicate to our kids that the world is a precious gift and that we accept the responsibility of caring for it. And wisdom? Nature itself reveals lessons in simplicity, strength, patience, and grace. Best of all, we can find some peace in which to listen to the still, small voice which is within us and around us.

Our children, no matter how small, can learn to enjoy some alone time outdoors. For an infant, we might be setting the mosquito-netted bassinet outside at nap time, with Daddy a few feet away (he says he's resting his eyes). For preschoolers, you might help them learn to be quietly alone outdoors by asking them to listen closely - you will check in with them in five minutes to learn what they heard. School-aged kids can be alone with a stick or feather or other "touchable" - this works particularly well for kinesthetic children. When children grow into readiness, encourage meditation during their alone time - listening and feeling for peace, wholeness, and the loving presence of a Greater Spirit.



You and your children can each choose a creature or plant as your companion in spiritual growth. You can read legends and stories about them, learn about their lives, and search for lessons inherent in them. Does your child like wolves? She will learn about cooperation and family from them. Snakes? He will find lessons of patience and careful planning.

Of course I'm happy to share my very favorite spiritual development tool for finding an immanent God in Nature. Strawberries. A little direct revelation of heaven on earth. Blessed summer to all.

Peace,
Sparrow

Why Bring Your Child to RE?

Sparrow F. Alden, CRE

Should your young children have a religious education outside the home?

Abigail and Bronson Alcott articulated a radical nineteenth century philosophy that UU religious education has embraced: children deserve an education that affirms their worth and dignity and meets them where they are. Mr. Alcott wrote with much higher register, of course, but his treatises boil down to that.

Inclusion in the life of the congregation allows the congregation to show respect to the kids as learners and fellow UUs and gives the children a chance to practice speaking, listening, working and to take pride in their work. This year we sang, we made maps, we practiced voting; we promoted peace and understanding by writing letters (and making pictures) for our friends in Mukhap, India. Our curriculum during this year of exploring the Soul Matters themes with sister congregations has been to reinforce Unitarian Universalist identity in every class, with every exploration.

We do our work far more than once a year. Every Sunday, kids learn to greet grown ups, to shake hands, to find a page in the hymnal. Every Sunday we open with Worship Time by sharing chalice, music, and story. Every Sunday we embody social justice by collecting food for our neighbors at The Haven. Then we all have Learning Time - some people get to hear a sermon, others get to make birdhouses, still others get to explore stories of Buddha or the Great Bear Spirit. We come back together as a whole congregation at Fellowship Time to hear from one another what we learned and encourage one another on the path. Explicitly, we ask about faith

traditions and how to find and articulate our values and hopes and discoveries. We wonder about global friendships and music and first aid.

Implicitly, there is only one question: Shall we be kind to one another?

This old aphorism guides me:

The only thing we do is religious education.

The only thing we teach is Unitarian Universalism.

The congregation is the curriculum.

To this I add: Every Sunday is Children's Sunday.

We welcome your children. We honor their own unique expression of humanity. We welcome your family. Please join us.

Meet a New Member!



Mitch Beck

Mitch moved to VT in 1979 from Chicago and has lived in Royalton, VT since 2002. She works for the One Planet After School Program doing art and other creative programming during the year and also at their summer camps. She is also a guest artist on the Arts Bus which is an actual old school bus turned into a traveling art studio for kids. The Arts Bus goes to several communities and all kinds of events such as libraries, farmers markets, the Bethel Pool family nights.

Because of a very horrific childhood Mitch landed at the non-profit SafeArt in Chelsea. First she was a participant in 2003 and is now a facilitator of SafeArt's Healing Arts for Women groups. Healing through art is her passion! Mitch is a collage and mixed media artist who also makes stamp-based greeting cards.

The UUCUV is Mitch's "heart's home" since the passing of her wife the end of November. She finds peace and like-minded community there and wouldn't want to be anywhere else on a Sunday morning. She also truthfully admits she would never imagine being part of an organized religion.

Editor's Note: Mitch just joined the Board as a Member-at-Large for a three year term ending in June 2022.

Norwich Five Church Rummage Sale

July 12th, 13th, 14th, 2019
Tracy Hall, Norwich, Vermont



Sale Dates:

Grand Opening: Friday, July 12th,
11:00am to 7:00pm

Saturday, July 13th, full price 9:00am to noon

Noon to 3:00pm ½ price sale

3:00pm to 6:00pm, bag sale

Sunday, July 14th

9:00am to noon bag sale continues

Donations Needed

Please bring donations to Tracy Hall

July 8th through 10th, 9am to 7pm

Please **do not** donate mattresses, TVs, computer monitors, pianos, paint, skis, Christmas items, food, hazardous waste, telephones, medicines, encyclopedias, tires, organs, large appliances, Tupperware, or particle-board items. All donations must be clean and in working condition. Pickup service is available weekend of July 6th. Call Linda Cook at 603-208-7847 for more information.

Book Review

Margo Nutt

***When Breath Becomes Air* by Dr. Paul Kalanithi**

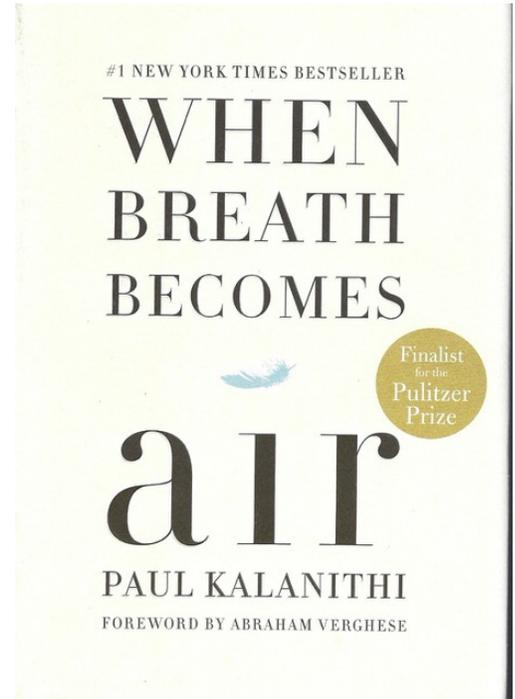
When Breath Becomes Air details Dr. Kalanithi's life as a neurosurgeon and his losing fight against advanced metastatic lung cancer.

The first part of the book is an outstanding account of the coming of age of a neurosurgeon and writer. It is in the second part of the book that the devastating tide of disease and death creeps in, even as Dr. Kalanithi is transformed from a doctor into a patient. He wrestles with the question of what makes life worth living in the face of death.

The grace with which he navigates his journey – from a top-rated surgical resident to writer to his most important role of all, husband and father of a young daughter – gives ample testimony to how one life well-lived can continue to create such a great impact.

Dr. Kalanithi's favorite Samuel Beckett quote pretty much sums it up: "I can't go on. I'll go on."

"I guarantee that finishing this book and then forgetting about it is simply not an option." So wrote Janet Maslin in *The New York Times*. I agree. It is a profoundly moving memoir.



*You were born a child of light's wonderful secret—you return to the beauty
you have always been.*

- Aberjhani



UUCUV Library News

Olive MacGregor

This spring we processed the following books and added them to the collection:

222.11 Feiler, Bruce - The first love story

294 Smart, Ninian - Religions of Asia

291.1 Campbell, Joseph - The hero with a thousand faces

J612.6 Harris, Robie - It's perfectly normal: changing bodies, growing up, sex, and sexual health

Fic Hosseini - Sea prayer

616.99 Kalanithi, Paul - When breath becomes air

373.1 Thorpe, Helen - The newcomers: finding refuge, friendship, and hope in an American classroom

570 Blaise, Misha - This phenomenal life: the amazing ways we are connected with our universe

818 Christiansen, Kim (a UUCUV member who died this past year) - Happiness: images and thoughts to inspire your joy, a sharing

814.54 Oliver, Mary - Upstream: selected essays

J Fic Buscaglia, Leo - The fall of Freddie the leaf

305.3 Roughgarden, Joan - Evolution's rainbow



After having added many books to our collection over the years, we are running out of space. The books are jammed together on the shelves, and there is little room to display featured books. We have just started selectively weeding the adult non-fiction (three shelves)..Those shelves look much better. We, (with input from the sustainability committee and Reverend Jan) hope to continue the project this summer.

Library Committee: Olive MacGregor, chair, Polly Gould, and Margo Nutt

Summer Lunch Program

For over twenty years, Upper Valley faith communities have provided lunches during the summer for children in the DREAM program, who live in public housing in White River Junction. The DREAM program was started by Dartmouth students at Templeton Court, now Northwoods, to mentor and empower children who are growing up in poverty. Over the course of the summer, faith communities each take a week and prepare lunches for the children of Northwoods Apartments. To read more about this program which has grown substantially, see their site: <https://www.dreamprogram.org/history>

Our congregation is once again participating in this program. Our week will be July 29-Aug 2. We will be making the lunches after the service on July 28th.

All the food and other things needed are provided by our congregation through our donations and we will prepare lunch for 40 children for 5 days. The assembly of the lunches takes about an hour or two on Sunday and then the lunches are delivered to the community center at the Apartments.

Please look for more information in the Blast and Order of Service as we get close to our week for ways you can donate and help make the meals.

Thank you,

Lori Fortini



Spiritual Co-conspirators

Rev. Jan Hutslar

When you look up the term conspiracy in the dictionary, it says it is an agreement between 2 or more people to commit a crime or achieve something unlawful.

But I am interested in these *other* meanings of conspiracy: to unite, to contribute jointly, an agreement among, a union.

I absolutely love the root of this word, which literally means to breathe together.

To Breathe Together.

To con-spire. With breath.

Co-conspiracy is the act of conspiring together. Breathing together.

What could be more intimate? More powerful?

I want to claim this term for us because it also has a rebellious feel to it, an underground-ness,

it is imbued with a sense of uprising

and radical change from the status quo.

Spirit is already in the word co-conspirator, but it's so important, I call us spiritual co-conspirators.

We are brought back to the most basic thing of life. Breath.

Each human being has breath, spirit.

Each human being has worth, dignity.

Our spiritual co-conspiracy is rooted in that- our first UU principle.

We, here in *this* community

We, spiritual co-conspirators,

creating something MORE

than the sum of our individual parts,

we, covenant together,

and we look within ourselves.

At this moment,

Spirit is summoning us,

The divine is nudging us.

In This Time of NOW
We are called to *breathe together*
With a sense of uprising,
an underground movement
for love
in such a time as this.

We belong to each other.
And to the world we are committed to care for.

So may it be.



In the Now

by Rosemary "Rosie" Stevens

Not many of us know
When it's 'our time to go,'
When a breath might be our last.

So, let's embrace the best,
And let go of the rest.
Don't dwell too much in the past.

Memories can be sweet,
But life is more complete,
If we focus on the now.

There is a calm within.
Activate it and then
Troubles aren't as bad, somehow.

Rev. Jan's Installation Day - May 19, 2019



Regular 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. 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 contacts 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 Lori Fortini at LAI4E@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/1FAIpQLSdUPXHZIEYvWrgv4hoexUI45fgD_IYThrc5Q3wcaENtxP8nA/viewform

Religious Education

To be a religious education steward for adults, teens, or kids, contact education@uucuv.org.

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 Jennifer Yocom (subbing for Linda currently) via office@uucuv.org if you would like to sing with the choir.

Open Choir Sundays. Starting at 9:00 am on certain Sundays, with whomever shows up, we will warm up and 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) or Jo Shute (joshute2@gmail.com).

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

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 Mugs Johnston, membership chair.

"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.

Social Justice Group

While members of UUCUV individually work for many different social justice causes, this group focuses on finding various ways UUCUV members can work collectively. For more information, please contact Suellen Aptman at aptman@sbcglobal.net.

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 by 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

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 if you are interested in being part of this important on-going endeavor.

claudia.anne.kern@gmail.com

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 Simon) at 603-643-7494 or send an email to knitrmom@gmail.com if you would like to sign up or have questions.

Stay tuned to the Weekly Blasts for our schedule. We 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

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 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.

Information

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.

Credentialed Religious Educator: Email Sparrow F. Alden at education@uucuv.org.

Music Director: Linda Hoover at music@uucuv.org (on leave currently)

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 at the Meetinghouse for those who need them.

Weekly Email News Deadline: Send news items to Rachel by the end of Tuesdays, to office@uucuv.org. News goes out Wednesday morning.

Website: uucuv.org