

The Messenger

MARCH 2021 Volume 29 Issue 3



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Sunday Services are virtual for the time being. A link to each new service and an invitation to the "Zoom Coffee Hour" will be sent out by Saturday

MARCH 2021 WORSHIP CALENDAR:

[Our Soul Matters theme for March is "COMMITMENT." Ask yourself: What are we doing to show our "Commitment" to KUUC and sharing its mission in the region? Are we a people of "Commitment" to Unitarian Universalism? Do we take part in regional and national training sessions and workshops?]

March 7th: "Focus" (Rev. Michael F. Hall)

Do you ever find yourself fretting about "little things" only to find out that they were only a distraction and the real source of your upset or anxiety is something larger? What you are worrying about can be real, but it can also be something to keep you from focusing on the "big stuff", about which you feel unprepared or overwhelmed. Perhaps it would be better to just focus on something, one thing, that you can help change? Perhaps you could find others to work with you? Or you could just let it go?

March 14th: "Spring Fever" (Rev. Michael)

C'mon, fess up. Aren't you tired of winter? Of Staying indoors? Of movie marathons, jigsaw puzzles, and snow blowing the drive? Join Rev. Michael as we start Spring Break a little early. Go ahead wear your favorite Hawaiian shirt--it's early but the service is virtual--you don't even have leave your living room! See you there...

March 21st: "Breaking Up is Hard to Do" (Rev. Michael)

Some relationships last forever, some don't. Some couples hang on despite hardship and heartache, other couples never should have gotten together to begin with. Today we look at human coupling and uncoupling, through life's many changes.

February 28th: "Suicide: Searching for Answers; Changing Communities; Saving Lives" (Roddy Biggs)

Join us as we attempt to understand more about the very nature of suicide and what causes it. As a liberal faith community, we can help change the damaging narrative of suicide created by society and by religious communities for centuries. Together we can make a difference; we can change the story and save lives.

KUUC Mission Statement

The people of KUUC are committed to actively creating compassionate community and working for a fair and peaceful world.

THE SEVEN UNITARIAN UNIVERSALIST PRINCIPLES

The Principles are not dogma or doctrine, but rather a covenant made between our Unitarian Universalist congregations. Many of our members use “the Principles” as a guide for how they choose to live their faith at home and in the world.

- 1st Principle:** The inherent worth and dignity of every person
- 2nd Principle:** Justice, equity and compassion in human relations
- 3rd Principle:** Acceptance of one another and encouragement to spiritual growth in our congregations
- 4th Principle:** A free and responsible search for truth and meaning
- 5th Principle:** The right of conscience and the use of the democratic process within our congregations and in society at large
- 6th Principle:** The goal of world community with peace, liberty, and justice for all
- 7th Principle:** Respect for the interdependent web of existence of which we are a part

THE SIX SOURCES OF OUR LIVING TRADITION

As religious pluralists we draw upon multiple sources of inspiration in worship and daily life including:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life;
- Words and deeds of prophetic people, which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions, which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings, which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings, which counsel us to heed the guidance of reason and the results of science and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centered traditions, which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.



Sharing Ministry: March 2021

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“I’ve HAD It! I want my Senior Lunch Bunch and my receiving line right by that door where I left in last March. So make it happen, RIGHT NOW!!!”

—Rev. Michael F. Hall

From *My Reminiscences of the Past Year*

(Soon to be available through a quality Bookseller near you)

Good People,

OK. I have to say that I have had enough of equanimity; I am tired of being calm. I want a refund of this whole year-ish—how long has it been?

I really don’t know what set me off, maybe it was the perfectly sound idea that our Soul Matters theme for the month should be “Commitment.” Commitment, what else would you call what we have been doing these past 12 months? When we get on our screen just to catch a glimpse of each other—that’s Commitment. When we call each other up or help someone learn how to view the service on Zoom, what do you call that. Could it be commitment?

When people continue to send in their pledge checks in and gather up their committee (virtually of course) —that’s commitment. When they pull their masks up above the nose, and down over their mouth, because they have to set the temperature gauges in the church, what’s that? It is commitment, not just to church but to life! Just as it is when our folks go in to the church to produce worship or clean the bathrooms, when they haven’t even been able to see their own grandkids in person. I only know what I see with my eyes, but I think you are all set on commitment.

Nonetheless, I can talk to you about Commitment all month if you want. But, just in case, I want you to hear some of my alternative “themes.” How do you like “Bleary?” No? Alright, alright. “Boredom?” How about “Weepy?” There is always “Slap-Happy.” Alright, one more, you’ll love it: this month’s theme is “Shagginess.”

Yours in Faith, Good Humor and All-Encompassing Love,

Rev. Michael

[Rev. Michael's Schedule & Office Hours for February:](#)

OFF DAYS: Saturdays

STUDY & PLANNING DAY: Thursdays

WRITING DAY: Fridays

OFFICE HOURS: I am one of those people who continue to be careful when out and about, wear their mask and look forward to that fine day when they have had both vaccination shots. Consequently, I will continue to not have any dedicated Office Hours. However, I will at the church regularly to study, look to administrative tasks and lead worship services. I am available to meet with/call/or schedule Zoom meets with folks by appointment. To set a day and time, contact me by telephone (508)821-6092 or email rev.michaelkuuc1824@gmail.com. Meeting in-person will require a strict observance of safe practices, including mask-wearing and social distancing. As I am sure it is the case with you, I am looking forward to the days when this is all over and we can be together as in old times.

President's Message

As I write, the temperatures are warming and the sunlight is lasting longer with each day. Soon we will be "Springing forward" once again. It may even be time to put away the holiday lights decorating the front of our house!

This year, more than any I can remember, it has been a consolation to keep those lights on each evening against the darkness in which we have been living. Like many in our congregation, we have had our first inoculations and eagerly await the second. We plan, though, to maintain our masks and distancing until we see numbers going consistently down.

As always, the weekly church services and Zoom coffee hour have been pleasures. The music from Donna, Carl, Susie, and others has been a treat as have been the work and contributions from Michael, Jill, and their volunteer readers.

Going forward, the Board has approved repairs to be made to our elevator and can pay from within our budget. We are looking forward to needed repairs and restoration of our windows and are seeking funding sources for that work.

The Board has not yet actively taken up planning for re-opening the Church for services. The UUA had originally recommended that churches close until May of this year but the ongoing pandemic and rise of COVID variants makes that less likely for us now. Regardless, I think we all look forward to being together in our building for services, coffee hours, meetings, and potlucks!

Please stay in touch with us, and with each other!

Jim Peale

2021-2022 Stewardship Campaign

KUUC's annual Stewardship Campaign, in which members and friends pledge contributions for the upcoming fiscal church year, is in March. Unfortunately, like last year's campaign, this one will have to be done without us being physically together during worship in the Sanctuary or during coffee hour in the Parish Hall. However, just like in pre-COVID days, we will hear from members happy to share with the rest of us why they are grateful to be a part of and to give to KUUC.

Stewardship means taking care of something that one does not own. Yet, in a sense, we are all "owners," a position that we share with past generations of KUUC members and friends and a position we aspire to share with future generations of members and friends.

KUUC needs your financial support to fund staff, property, and programs. What we can accomplish together will depend largely on our budget, which in turn largely depends on Stewardship pledges. Although not everyone is in a position to make a sizable pledge, smaller pledges add up, and, more importantly, give us all an opportunity to show that KUUC matters.

You should receive a mailed packet including a brochure and pledge form by mid-March. Please make as generous as possible a pledge as you can, by the end of March, when our campaign ends. If you do not receive a packet, please contact John Walter at jnwalterjr@gmail.com.

With gratitude,

The Stewardship Committee

RENEWS

The Soul Matters theme for March is *Commitment*. I'll be sending the Soulful Home packet of resources, activities and links directly to families and those who have asked for it, in an email. Here, I'd like to highlight the "Treasure Hunt for Commitment", as I think it could be an enjoyable and enlightening activity for many people.

March 22 ([World Water Day](#)) – April 22 ([Earth Day](#)) is [Climate Justice Month](#), a commitment to approaching climate justice as a matter of faith. UUs recognize that climate justice is best addressed when it acknowledges North America's legacy of colonization, and looks to the leadership of the indigenous peoples who have been protecting the land and water for countless generations. In this spirit, see if you can find, or find out about, these treasures:

- What peoples are native to the land you live on? [This article describes an app that can tell you.](#)
- Five [native plants](#).
- Five [introduced](#) plants.

- Your [watershed](#)

As we approach the anniversary of the stay-at-home order here in New Hampshire that suspended our in-person worship and meetings, I want to remind you as I have been reminding myself that it is okay to be exhausted by ... everything. It is okay to be tired of hand washing and mask wearing and social distancing and thinking about air flow and ventilation. It is okay to be impatient, it is okay to be frustrated, it is okay to be scared.

Along with all that acceptance of where I am, I'm also reminding myself of what I need to do to take care of myself, and that self-care, in its many varieties, is also okay. It's not a waste of time or resources, it's essential. Please find time for what replenishes you, what restores your soul. If you're having trouble finding that thing or things, reach out. I'd be glad to hear from you, and so would the rest of your KUUC community. On that note, please look elsewhere in this messenger for information about the Covenant Duos program that is launching shortly. It's another way to nurture deep connections, even while we're still caring for ourselves and each other by hand washing, mask wearing, and social distancing.

Jill

March Messenger for Music

I have been reflecting on our theme this month which is “commitment”. What are my commitments to the KUUC, my family, my friends and to the greater world?

I feel very blessed to be a musician. Since my first piano lesson at age six, I have been committed to keeping music in my life and sharing it with others. I exemplify this in my playing for retirement homes, churches, and the public. Music has given me so many experiences and has taken me places I never would have experienced. I played with a band after I graduated from KSC and we travelled down the east coast performing in clubs all the way down to Memphis. I was “on the road” for over a year!

As the music director of the KUUC, I have seen the hard work and many hours spent on our virtual services. So many thanks go to Carl, Susie and David for their musical contributions over the past year.

Rev. Michael, Jill, Suzie and I meet weekly for Worship Team meetings where we plan our services for each week. We also have a “cue to cue” rehearsal on Friday nights to run through the service “cues” (transitions from worship element to worship element) to prepare for the live recording on Sunday mornings. The worship Team is committed to providing the best services we can at this time of social distancing.

I miss working with the choir and look forward to the days when we can make beautiful music again together.

Think Spring!

Peace,

Donna

Report from the Treasurer

Given the challenges that KUUC has faced as a result of COVID-19, I thought it would be useful to update the congregation regarding how the pandemic has affected us financially. To sum things up - not nearly as badly as it could have.

We received a \$23,700 loan from the federal government last year from part 1 of the Payroll Protection Plan. As anticipated, the loan was fully forgiven without KUUC having to pay any of it back. The bad and the good news is that KUUC did not qualify for part 2 of the Payroll Protection Plan, because our income is down 16% compared to the prior year, not the required 25% or more.

On the one hand, as a result of the pandemic, we have lost income from the use of our building by outside groups, from fundraisers, from "passing the plate" during church services, and, to a much lesser extent, from pledges. On the other hand, we have been able to offset a substantial amount of the lost income from significantly lower than usual property expenses. We got an excellent price on heating oil due to the COVID-related marked drop in oil prices last Spring. Also, with the building being used less, it has been possible for us to save \$7000 by not contracting to have our building cleaned weekly. The building has been cleaned by KUUC volunteers instead.

One final, happy note: KUUC recently paid off, as a lump sum, and significantly ahead of schedule, the entire remaining mortgage of the 17-19 Taylor St. rental property, which abuts our church's Taylor St. entrance. This increases by about \$9000 a year the net amount of money that KUUC receives from renting out that building.

John Walter

Leadership Learning from the comfort of your own home!

By Mary Heafy

Are you in a leadership position at KUUC? Are you considering a leadership role at KUUC? Are you someone who simply loves to learn? Here is a link to the UUA's YouTube channel for the Leadership Lab. Lots of great videos for you to view!

https://www.youtube.com/channel/UCsMbljzrD8hGY75J1tzfOAA?feature=emb_ch_name_ex

Guest in Our Pulpit on March 28th: Meet Roddy Biggs

It's been a long time since we welcomed a ministerial student to our pulpit but, with Rev. Michael preaching (virtually) in Manchester as his end of a sabbatical switch, that's what we are doing today. Roddy Biggs, personal pronouns He/They/Them, is a senior student at Middle Tennessee State University, working on a Bachelor's degree in religious studies with a minor in sociology. In the fall, Roddy will be continuing their education at Meadville Lombard Theological School Seminary in Chicago, Illinois, to pursue the Unitarian Universalist ministry.

OTHER ANNOUNCEMENTS, MEETINGS, EVENTS, OPPORTUNITIES, ETC.

SAVE THE DATE – Join us for one of these Shared Ministry Forums

Sunday, March 14th, during coffee hour via Zoom, link to follow
Wednesday, March 17th, Noon via Zoom, link to follow

You are invited to share your thoughts on shared ministry in a forum facilitated by the KUUC Committee of the Ministry (COM). “Shared ministry” is the effort we all make to live our faith with each other and throughout our world community.

During the 2019-2020 church year, the COM focused on updating the Committee's purpose and hoped to provide more opportunities for all members of the congregation to share perspectives on KUUC's shared ministry. Just when the first Ministry Forum was scheduled last year, our plan was derailed by the COVID pandemic. We are now picking up where we left off a year ago and moving forward.

As a part of our plan, the COM members will be hosting forums to hear your thoughts on shared ministry at KUUC. These forums will be facilitated events lasting about an hour and hosted on Zoom. Summary results from the forums will be shared with the Board of Trustees and the congregation.

Committee on the Ministry members are Susan Lowry (chair), Mickey Cronin, Rev. Michael Hall, Tom Julius, and Carol Stamatakis.

We Have an Author in our Midst: Read About The Ability Almanac by Galen Spiegler

My book is The Ability Almanac: 365 Tidbits of Crip Wisdom In Bite-Sized Pieces. It is an easy-to-read guide to disability. This book covers a myriad of disability issues ranging from language to accessibility to friendship to romance and much more. As the title implies, it is structured in such a way that it lends itself to a busy life with readings that take no more than 5 minutes to complete. It is available at <https://www.amazon.com/Ability-Almanac-Tidbits-Wisdom-Sized-Pieces/dp/B08R49555T>.

If people want to reach me, I am most active on Facebook where I am Galen Spiegler. My email is galenspi@gmail.com. People can also find out more info by going to The Ability Almanac on Facebook.

MEMBERSHIP COMMITTEE NEWS

COVENANT GROUP DUOS ARE UNDERWAY!! (First Session Below)

What wonderful news! The Covenant Duo program is launching this month with several pairs making their and talking about meaningful things just between friends. Although you might not be able to join a duo this year, perhaps you would like to have a copy of this month's session to use for your morning meditation prompt, or as nudge to kick off a journaling session or maybe a activity to do with your partner. You'll find the session below

KUUC COVENANT DUOS

TOPIC FOR MARCH 2021

IDENTITY

OPENING WORDS

Each of us brings a separate truth here, we bring the truth of our own life, our own story. We are rich with truth, rich with experience. We may be needy, joyful, frightened, anxious, bored. We bring our truth with us. May we recognize the truth and story in each other's lives. And may we hear and honor the truths that we bring as we speak them today. Together we have truths. Together we have a story. Together we are a community. (Penny Hackett-Evans; adapted for Duos)

CHECK-IN How goes it with thy spirit?

FOCUS READING from Marjorie Bowens-Wheatley (UU minister serving in FL)

The question of how identity is formed and shaped over time is a curious one. Social scientists tell us that certain aspects of our identity are prescribed at birth. Or in the words of Rev. Dr. Rebecca Parker: 'we receive who we are before we choose who we will become.' Throughout our

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lives, our identity continues to change. Increasingly, self-identity includes multiple dimensions. I call this 'the multi-multi self.' Even at age 50 or 60, some of us are claiming parts of ourselves not yet fully explored, and new identities emerge. Identity is not always a choice. Sometimes it is imposed by an outside power -- by a parent, a colonizing force or cultural pressures...

In thinking about identity, here are some questions to consider. If you were to draw a pie chart of your various identities, which dimension (or dimensions) would take up the largest portion? Would it be gender or race? Sexuality or nationality? Occupation or a particular role you play? It might be..... abilities.....Unitarian Universalism.....'All people' says psychologist Naim Akbar 'have a major task, from cradle to grave, of defining who they are.' Spiritual wholeness comes from finding meaning in life--which begins with knowing who you are.

FOCUS QUESTIONS*

What are some of your identities?

How do they fit together? Are some more important than others? Why? Are some in conflict?

Which come from roles, birth, which are chosen?

In your experience is one's identity at church, work, in public, or home authentic to one's true self?

What values do you experience from knowing who you are?

Are there disadvantages that come with a sense of identity?

Do you believe that someone can experience a 'crisis' of identity?

What do you experience as your center? Is there a part you would describe as spiritual? How would you describe it?

*Remember that back and forth dialogue should only occur after each person has both checked in and had a chance to talk about the focus questions. You may choose to approach the questions one at a time, or as a group; share what speaks to you, pass on what does not. You may find new insights, or more you may wish to share, after your Covenant partner speaks. Dialogue IS encouraged after both have initially shared. Be respectful and always speak from your own truths.

CLOSING READING

We need one another when we mourn and would be comforted. We need one another when we are in trouble and afraid. We need one another when we are in despair, in temptation, and need to be recalled to our best selves again. We need one another when we would accomplish some great purpose, and cannot do it alone. We need one another in the hour of success, when we look for someone to share our triumphs. We need one another in the hour of defeat, we need

one another when we come to die, and would have gentle hands prepare for us the journey. All our lives we are in need and others are in need of us. (George E. O'Dell)

May we always offer each other the best of who we think we are.....

CHECKOUT In a sentence or two, share your impressions of this discussion.

CLOSING WORDS from Robert Weston (UU minister)

This day and this moment knowing myself/ One with all being/ I would be silent and let infinity speak through me/ To create in myself a greater patience/ And passion/ For our still unknown and undetermined ends.



THE MIDDLE EAST STUDY GROUP WANTS YOU

The Middle East Study Group (MESG) welcomes new members. Our group focuses on the Middle East but particularly on Palestine, one of the most contentious issues of World politics. We stay in touch with UJME (UUs for Justice in the Middle East), which has members from all over the country, and which often has meaningful resolutions adopted by the GA. We usually have an event (sometimes two) of some kind each year which focuses on Palestine or the Middle East. For questions or more information contact Jim Smart 352 0438 or Jim Butterfield 903 0000.

"THE WEEKLY CHAT" WITH REV. MICHAEL

(TUESDAYS NOON-1 PM)

It seems the new weekly "The Chat" on Zoom has become a success, though we are hoping to attract more people. We meet on Tuesday afternoons from Noon-1PM. Each week the show has a different theme, but sometimes we get carried away elsewhere as conversations among friends sometimes do.

"The Chat" is also an opportunity to hear about and discuss what is going on at the church. It's a forum to share your ideas for new programs, to discuss what is going on in your lives with each other, and arrange private or in-person meets with Rev. Michael if they are needed. The goal is to make all of us feel more connected, heard and well informed. Here is the link, which will work on any Tuesday you decide to join "The Chat"

Join Zoom Meeting: <https://us02web.zoom.us/j/88505220221>

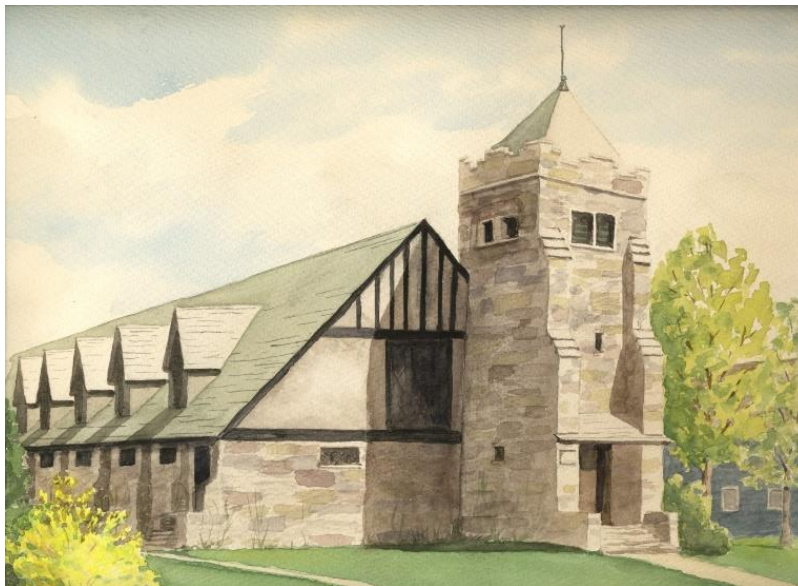
LIBERAL CHRISTIAN SCRIPTURES FELLOWSHIP GROUP

MARCH 2nd AT 5:00 PM.

THIS MONTH'S TOPIC: ANGELS

Our fellowship group is planning to meet via Zoom (until further notice) the first Tuesday of every month from 5:00 - 6:30. We usually have a topic we focus on each month. This group is for anyone inspired by the teachings of Jesus or who identifies with aspects of Christianity and would like to share their experiences, feelings and insights in a supportive environment, and support one another's spiritual growth and understanding. This group is guided by our fourth Unitarian Universalist principle (a free and responsible search for truth and meaning") and free of the doctrine or dogma that has often characterized traditional institutional Christianity.

For information and Zoom meeting details, contact Carol at 603-863-4920/ 603-398-5389 or cstamatakis@outlook.com.



GENERAL INFORMATION

NEXT MESSENGER DEADLINE NOTICE

The deadline for the April *Messenger* is 5 P.M. on Tuesday, March 23rd. The due date for *Messenger* submissions will be on the 23rd of the month prior to their issue (the only exceptions will be for the January issue--deadline December 15th--and the fact that there is no July *Messenger*). Send all your articles and notices to Rev. Michael at rev.michaelkuuc1824@gmail.com.

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COMMITTEE CONTACTS:

Circle of Caring:	Betsy Zimmerli & Betty Forrest
Covenant Groups:	Carolyn Antrim
Investment:	John Bordenet
Middle East Study Group:	Jim Smart
Membership:	Deb McLay
Music:	Carin Torp
Personnel:	Ruth Shepard
Religious Exploration:	Barbara Bryce
Senior Lunch Bunch:	Betty Forrest
Shawls of Love:	Darcy Doyle
Slice of Fellowship:	Betty Forrest
Social Action/Green Sanctuary:	Open
Stewardship:	Carol Stamatakis
Ushers:	Tom Haynes
Wayside Pulpit:	Vicki Keller
Worship:	Susie Ericson-West & Gwyn Powers
Property:	Carl Jacobs
Fundraising:	Open
Greens Sale:	Open
Welcoming Congregation:	Open



KUUC CONTACT LIST 2020-2021

WORSHIP SERVICES

Sunday Services: 10:00 A.M.

Religious Exploration: 10:00 A.M.

September-June

Summer Services 10:00 A.M.

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