

The Messenger

August 2022 Volume 30 Issue 7

Keene Unitarian Universalist Church, 69 Washington Street, Keene, NH 03431

<http://www.kuuc.org> office@kuuc.org (603) 352-1719



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Sunday Services are presented in a dual-platform both in-person (for those providing proof of full vaccination) and via live-stream on our YouTube channel.

WORSHIP CALENDAR FOR AUGUST 2022

August 7th "The Mindfulness Center" (Ginnie Girvin)

Today we take a deep dive into mindfulness practices and how they benefit human beings in this go-go-go world of ours. Wouldn't it be wonderful to find ourselves in a new, calmer mind space and, as we begin to leave these hectic COVID years, exit the hamster wheel behind us too.

August 14th "Religion *a la carte*" (David Teubner)

Our own David Teubner has been doing a lot of thinking about how spiritual journey, what he learned along the way and how it led to a Unitarian Universalist church and a free religion. Come and join together this morning to hear the fascinating story of one person's path to 69 Washington St.

August 21st "About Islam" (Mohammad Saleh)

Mohammad Selah is a kind and thoughtful man, an active citizen and a friend of many here at KUUC. Today Mohammad will share about his religion and lived faithfulness to it out in the world.

August 28th "Let's Start a New Conversation" (Rev. Michael)

As we near the end of our summer worship season, get back from vacation and return to school, it is also a great time to reflect upon where we are hoping to go as a church in the new year. Join Reverend Michael as we reflect on our summer worship and adventures and, more importantly take time to discuss our hopes, dreams and aspirations for the new "church year" before us.

September 4th "Thinking About Labor" (Carl Jacobs)



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

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

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: August 2022



“Familiarity does not breed contempt, anything one does every day is important and imposing and anywhere one lives is interesting and beautiful. And that is all as it should be.”

— Gertrude Stein, Paris France

I just finished making a batch of my Wilted Cucumber Salad, which is quite a fan favorite in my household. It pleases me no end at the response that it always receives---the “ooh, dad made cucumber salad,” and, “I think I will have a little of that leftover cucumber salad with my lunch,” and finally, my personal favorite, “Hey! Who ate the rest of that cucumber salad!” I make it 3-4 times a summer, we are on the second batch right now.

It is a relatively easy thing to make: peel and thin slice the cukes and garlic, submerge them in ice cold, salty water for a few hours, and when that is done, drain them and replace the cold brine with a mixture of hot water, sugar and red wine vinegar, (if you have it). I have made it so often that I don’t measure the ingredients for the vinaigrette, which are prepared separately and poured in over the drained garlic and cukes.

I am very grateful that my family likes my wilted cucumber salad so much, asks for it, even “fights” over it, though they know I will make them more on demand. I don’t have any other recipes that my children attach in their memories of me---like I do this very dish to my Gramma Marion. I make a mean red meat sauce that many enjoy, but not my immediate family, who don’t like red sauce, no matter who is making it.

I am considering branching out from the two items that are my repertoire (oh wait I do make a cole slaw with apples that is pretty good). Perhaps when I retire, I’ll buy a food truck---a three-item menu is all I’d need, right?

If not, no matter; at least my kids remember my cucumber salad.

Yours in Faithful Service,

Rev. Michael

Rev. Michael’s Schedule & Office Hours August 2022:

STUDY TIME: July 30-August 3; August 7-13; **Vacation:** August 4-6; 21-27

AUGUST OFFICE TIMES AND VISITATION TIMES TBA: Call me at (508)821-6092 to schedule a visit or Office Appointment

PRESIDENTS MESSAGE – August

Happy August! I hope that all of you are having an opportunity to get some well-deserved time off this summer. As is always the case, I have found that this summer season is going far too quickly.

One of the things I love most about KUUC is that there is a place for everyone at our church. For those who know exactly what they want, and for those who are still searching, all are welcome here. The last few years has caused the entire world to change, and at KUUC we have also been actively pivoting to continue through these uncharted waters. As we now prepare for our new church season and look forward to more in-person activities at the church (as conditions will allow), I am looking forward to seeing and connecting with members of the congregation both new and old. I encourage all of you to participate in our church in as many ways as you are able – we are a richer church when we all share our gifts. Whether it is by serving on a committee, working with our RE program, volunteering to be a welcomer or chalice lighter at a service or just sharing an idea you had, your active participation is critical to the life of our congregation. As the proverb goes, “Many hands make light work.” As we approach our church’s bicentennial in 2024, there is much to do. I look forward to each of your hands joining us to move us into our next century as an active, welcoming, spiritual home for all.

With many thanks –

Susie Ericson-West

RELIGIOUS EXPLORATION (RE) NEWS

In August, Rev. Michael will be meeting with the DRE Interview Team and placing ads in various publications, Facebook groups and e-lists to prepare for interviews that will be held in August & September. It is our hope to have a candidate in place and ready to begin training by mid-October, if not sooner, so that we can begin no later than beginning of November. If you know of anyone that would make a good DRE, or if you were interested in the position itself (DRE is the only staff position that is open to current members, please contact Rev. Michael (508)821-6092 or rev.michaelkuuc1824@gmail.com.





OTHER ANNOUNCEMENTS, MEETINGS, EVENTS, OPPORTUNITIES, ETC.

OFFICE MANAGER OPENING

We also have an opening for a new Office Manager, which we will be trying to fill in mid-August and hope will start no later than mid-September. Look for our ad in the local newspapers on our Facebook and website. If you know of a candidate, have them contact Rev. Michael (508)821-6092 or rev.michaelkuuci824@gmail.com.

UU CHRISTIAN SCRIPTURE FELLOWSHIP GROUP:

“Prayer”

Tuesday, August 2nd at 5:00 PM

We meet in person in the Alliance Room with the option to participate via ZOOM. This group, which offers the opportunity to explore spirituality in a small group setting, is open to any member or friend of KUUC or member of the community who is respectful of diverse views. We usually meet the first Tuesday of every month. For more information contact Carol at 603-398-5389 or cstamatakis@outlook.com.

My Life Flows On: A Daylong Spiritual Retreat

With Patience Stoddard and Ann Acheson

Friday, August 12, 10am-4pm, at Chase's Mill, Alstead, NH

Each life is like a river that winds and changes through varied terrain. We will spend the day reflecting on and sharing the flow of our inner lives through mapping, meditations,

simple art work, songs and ritual. We will provide a simple lunch. Please bring an object that symbolizes a part of the journey of your life, and a poem or piece of reading you find inspiring.

Patience Stoddard lives in Alstead with her husband Jim Gruber. She is a Unitarian Universalist minister and former therapist, as well as a hospice and hospital chaplain. She enjoys creating opportunities for people to share their stories, inspire and support one another.

Ann Acheson has a keen interest in process, presence, wellness and Spirit. As a healing arts practitioner for twenty-five years, she has been continually inspired by her clients' courage to meet themselves and by the inherent wisdom of life that flows through each of us. She is currently stewarding the land where she and her husband live, and stewarding Chase's Mill by serving on the Board of Trustees.

Space is limited and financial aid/scholarships are available. [here is a link to the website with registration](#)

CELEBRATION OF THE LIFE OF BOB KELLEY

Sunday, August 14th @ 2 P.M.

On Sunday, August 14th at 2 P.M. we will gather together with the family of Bob Kelley, and many other friends of Bob's to celebrate his life and honor his memory. It is hoped that as many of his KUUC friends as possible will be in attendance. One of Bob's wishes was that it be a celebration, and not a dreary funeral service, which I think we can manage---though there may be a tear or two. His other wish is that everyone not choose to get all dressed up in suits and ties but instead perhaps follow his own more casual fashion sense, wearing a nice Hawaiian shirt for instance, or at least a splash of color.

One of a kind that Bob Kelley!

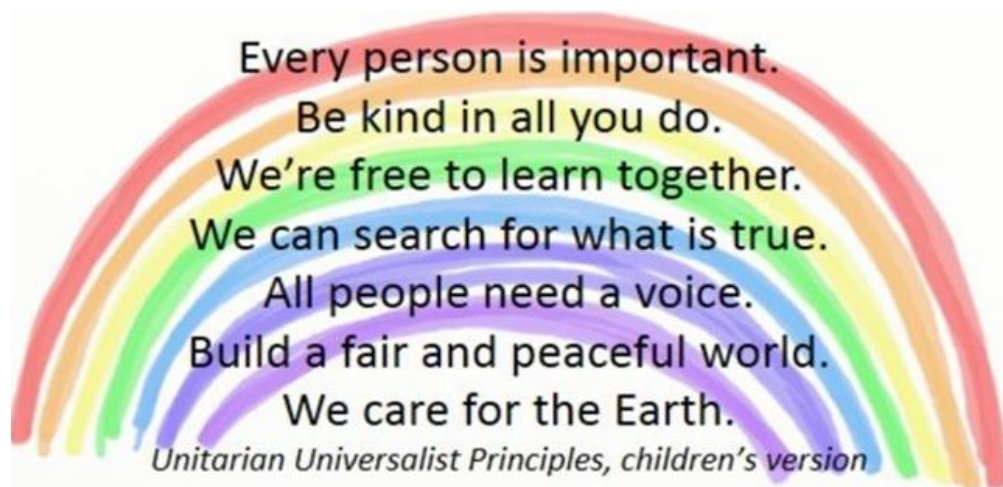
GENERAL INFORMATION

SEPTEMBER MESSENGER DEADLINE

The deadline for the *September Messenger* will be 5 P.M. on Tuesday, August 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 to Rev. Michael at rev.michaelkuuci824@gmail.com.

COMMITTEE CONTACTS:

Circle of Caring:	Betsy Zimmerli & Betty Forrest
Covenant Duos:	Deb McLay
Covenant Groups:	Carolyn Antrim
Investment:	John Bordenet
Middle East Study Group:	Jim Smart
Membership:	Deb McLay
Music:	Open
Personnel:	Open
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:	John Walter
Ushers:	Tom Haynes
Wayside Pulpit:	Lindsay Bartlett
Worship:	Lindsay Bartlett & Deb McLay
Property:	Carl Jacobs
Fundraising:	Open
Greens Sale:	Open
Welcoming Congregation:	Open



KUUC CONTACT LIST 2021-22

WORSHIP SERVICES

STAFF

Sunday Services: 10:00 A.M. **Minister:** Rev. Michael Hall

Religious Exploration: 10:00 A.M. rev.michaelkuuci824@gmail.com
 September-June (508) 821-6092

Summer Services 10:00 A.M. **Director, Religious Exploration: Jill M. Hall**
Address: 69 Washington Street kuucdre@gmail.com
 Keene, NH 03431

Phone: (603) 352-1719 **Music Director:** Donna Dearth
rdearth@hotmail.com

E-mail: office@kuuc.org **Office Manager:** Carina Guillermo
Website: www.kuuc.org <mailto:office@kuuc.org> 352-1719

Facebook: Keene Unitarian Universalist Church@KeeneUU

BOARD OF TRUSTEES 2021-2022

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jnwalterjr@gmail.com		tinaleone127@gmail.com	
Carol Hill, Clerk	903-4974	Matt Aversa	464-9046
hcbhill@ne.rr.com		matthewmsw99@gmail.com	
Rev. Michael F. Hall (<i>ex-officio</i>) (508) 821-6092			
rev.michaelkuuci824@gmail.com			