

The Messenger

September 2023 Volume 32 Issue 2

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September 2023 WORSHIP CALENDAR

Our Soul Matters Theme of the month is "Welcome." Ask yourself: What, or who, do I want to welcome (back) into my life this year? What things make me feel welcome when I go to a place that I have never been before? What am I looking forward to this church or school year? What about the autumn makes me grateful? Use these questions or come up with others to discuss with your family, friends or work partners this September.

September 10th "Welcoming Tomorrow Today" Rev. Michael

As this Sunday marks the traditional beginning of the church year, we return in greater numbers from our summer pursuits, to celebrate together. Bring a small container of water from a special source to share in the Water Communion ritual. There will be a Time for All Ages, the KUUC Choir will sing, and Rev. Michael's message will be about embracing tomorrow as we celebrate today together.

September 17th "Showing Up" Rev. Michael

One might think that the idea of "Welcome" within a UU church should simply be the same for everybody: "Everybody's Welcome!" But is that really true, or is it just trite? As we near the end of Pride Week let us consider the impact of our greeting and hospitality, as well as our definition of inclusion. There will be a Time for All Ages today.

September 24th "Atonement & Equanimity" Rev. Michael

Today is Yom Kippur the Jewish Day of Atonement. This year, it falls a few days after the autumnal equinox, which signals the beginning of autumn (or fall) in the northern hemisphere, and the last harvests in New England. Let us consider things autumnal: what sustains and brings balance, what can we be grateful for and what we can do to make things right. The Choir joins us, and a Time for all Ages will happen!

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.

REV. MICHAEL'S MOMENT:

"You don't come into this world. You come out of it, like a wave from the ocean.
You are not a stranger here." — Alan Watts

Good People---

How many of us have, at some point in our lives, felt unwanted or unwelcome in this world? How many of us have been made to feel like outcasts, whether it was in our families of origin, at school, work, or in the society at large?

I would imagine that some of us have felt the painful sting of being shut out from a promotion or equal pay due to our gender. Some of us may have had to struggle for the "right" to love or marry the person we have chosen to spend our lives because we were the same gender. Yet, most of us have been born with privilege, due to our race (physical characteristics), ethnicity (cultural and linguistic connections), nationality (legal citizen status) or class (economic, educational and social standing). Because of our privilege we have been spared some of the worst mistreatment imposed by our society, including constant feelings of alienation or invisibility.

As we enter this month of welcome, try not to think only about "who isn't here anymore," but who isn't represented, and therefore unlikely to be comfortable within our congregational community? Who isn't here anymore may simply be a personal choice based on many things, including the liberal person's seeming discomfort with, ambivalence toward, and even rejection of the commitments represented by "religion" and "church." By and large, their need for our community simply isn't as great as our desire to have them among us. Sadly, the liberal religious stance has so often been distorted into being more about individual choice than collective deliverance.

Perhaps instead our goal should be to build a principle-based community where all sorts of beautiful people---including, but not limited to, those from the working-class, people of color, LGBTQ communities, neurodivergent folks, young people and families---are not only welcomed, but really *feel* welcome.

Because all of us want to thrive, to feel comfortable being who we are, not just what our demographic represents to others. All of us want to have our needs met and values recognized. All of us want to feel that we are central to our congregational/community's mission and purpose in the world.

Therefore, I think that the goal, as concerns our way of welcome and church building, should be the same. As activist Chris Crass wrote we should endeavor "to build and be part of beloved community, united to end structural oppression and unleash collective liberation."

See ya in church!

REV. MICHAEL'S SCHEDULE & OFFICE HOURS August 2023:

OFF DAY: Saturdays **WRITING DAY:** Fridays

STUDY & PLANNING DAY: Tuesdays (I am not always at the office during study and planning time, so call me for an appointment if you need to meet on a Tuesday).

OFFICE HOURS: Wednesdays 9 AM-1 PM or by appointment.

VISITATION DAYS: Thursdays 1-5 PM and on other days as time allows or need arises.

[Call me at (508) 821-6092 to schedule a meeting, visit or appointment.]

PRESIDENT'S MESSAGE— September 2023

Hello everyone, and welcome back to another wonderful, exciting new year at KUUC.

I hope between the rain, mosquitos, heat and ticks, you have found some fun things to do this summer. I certainly did. I ended up traveling to Florida, and Ohio, and now California, for family gatherings much needed by all of us.

For our congregation, we have an exciting year ahead! Changes have been made to the sanctuary that will make music even more enjoyable. You will have to come see!

We have some new members who are excited to sponsor a rummage sale September 30th. Start collecting your Rummage, and maybe even volunteer during the sale. Make new friends, find new rummage! Who knows!

And there is more going on. So come join us September 10th!

See you there,

Your Board President, Caroline Stave Viemeister



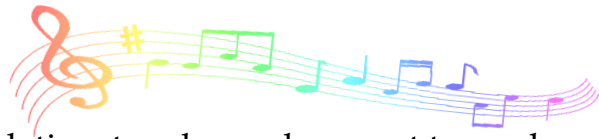
INGATHERING POTLUCK:

The KUUC Board of Trustees invites you all to celebrate the start of a new church year at our annual Ingathering Potluck on Sunday, September 10th after our Ingathering Service!

Please bring your own plate/silverware and your favorite Potluck dish to share. Beverages will be provided by the BOT and Rev. Michael. Corn Hole will be available for all to enjoy; it'll be a blast! We look forward to having you join us for great food and fellowship at this opening event of the year!

- Your BOT

MUSIC September 2023



I hope everyone had a great summer and took time to relax and connect to our beautiful surroundings. I was fortunate to spend time with my family in Boothbay, ME and on the beach in Wareham, MA.

I am excited to be your music director for the 2023-24 year and welcome any ideas you have for music. Choir rehearsals will continue to be on Thursday evenings from 6:30 -8:00. We are always looking for new members to join this talented group. We will be singing in church on the 2nd and 4th Sundays of each month.

I'm looking forward to reconnecting with all of you!

Peace, Donna



= GREETINGS FROM R.E.

Usually, I feel like summer is gone in the blink of an eye, but this year I really tried to savor every last drop it had to offer...and boy did it have offerings! We took a trip (the kids and myself) to Oregon to see family. The kids rode their bikes around the neighborhood until the sun went down, and down to the bowling alley stretching their independence. We drove to the beach, went fishing, and caught frogs in the middle of a thunderstorm. I feel like because I didn't rush the summer, I'm peacefully ready to see the trees turn colors and enjoy the shift in season as we join back together for the upcoming church year.

Our Soul Matters theme this month is fittingly Welcome. Let us come together and welcome. Welcome each other back, welcome newcomers, welcome change and the unknown of the new year.

As many of you know this upcoming year will look a bit different than it has in the past when it comes to RE. And that's OK. I plan on offering fewer but larger gatherings outside of church mornings, Deborah Dunnell will be offering BLOCKS (YAY!) and Betsey Stacey will be hosting some outdoor exploration (woohoo!)

I want to invite and encourage each and every one of you to look at your skill sets, your interests, your wheelhouses...maybe you would be willing to host a time to pass along your knowledge to those young in age and/or young at heart. I know that each and every one of you has something wonderful to offer and share.

Please feel free to drop me an email or pull me aside at coffee hour, I'll also have a sign-up sheet on the RE bulletin board. I'm so excited to see you all in the upcoming weeks!

OTHER ANNOUNCEMENTS, MEETINGS, EVENTS, ETC.

SLICE OF FELLOWSHIP:

Join us on October 6th!

Slice of fellowship is a monthly potluck dinner open to all members and friends of KUUC. It is held on the first Friday of the month during the church year in the parish hall. Wine and cheese are at 5:30 pm followed by dinner at 6:00. This month's theme is **Harvest Home** hosted by



Betty and Mike Forrest. You are asked to bring a veggie, main dish or dessert to share. **Please bring your own dishes, flatware and napkins. (Wine glasses & coffee mugs are supplied.)** Call Betty Forrest 603- 357-1534 or email mandbforrest@myfairpoint.net with any questions.

KUUC FALL RETREAT:

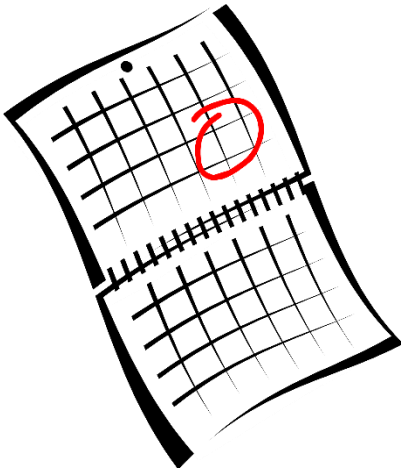
KUUC Retreat Invitation: SECOND CALL "Community as Church/Church as Community"

Hopefully your summer has be restful or vigorous, slothful or productive! Mine has been both. It is a month away before we gather for this KUUC Retreat so I'm sharing this Second Call. Since the June Annual Meeting I have been thinking of ways that KUUC could move forward during this era of challenge and possibility. Challenges in the areas of increasing congregation numbers, increasing income flow, programs and the upcoming 200th year Anniversary of KUUC and building improvements are just a few concrete items that come to mind. In effect, how do we move us forward in ways that serve us as KUUC and serve the Keene area as well. What will empower us, feed our souls as we grow in our community?

The urgent tone of the Annual meeting gave me an idea: a KUUC Retreat! I took an outline of the retreat to the board, they said okay-dokey and set Saturday September 23 from 9:00 am to 3:00 pm in the Parish Hall. Bring a brown bag lunch, coffee or tea and snacks will be provided. Bring your ideas, humor and willingness too! None of us have all the answers and yet we all do have heart.

This retreat will look at what has worked, what hasn't worked, what could work and will generate action plans to fulfill our vision as a community. A group of 20-25 folks would be ideal including the board, committee members and interested congregation members. Please RSVP me with your interest in participating at jane.lathrop@gmail.com .

Thanks, and hope to see you September 23!
Jane Stave-Viemeister



HOLD THESE DATES:

- October 29th: Preliminary 2023-2024 Budget Conversation
- November 12th: Congregational meeting to finalize the 2023-2024 Budget



**KUUC
Outdoors**



**Ashuelot Pond Paddle
Marlow/Washington
Saturday, Sept 9
Meet at KUUC, 9am**



www.facebook.com/p/Ashuelot-Pond-NH

368-acre **Ashuelot Pond** is the headwaters of the Ashuelot River that flows through Keene on its way to the the Connecticut River.

The pond is good for boating, fishing, and wildlife watching. Meet up 9am at KUUC with your kayak or canoe. We will access it via Washington Pond Rd in Marlow.

Dress for the weather, only inclement conditions would cause us to reschedule. Everyone will take personal responsibility for their level of comfort and safety.

Deb McLay is leading this excursion. For info contact Deb at debmclay529@gmail.com or 603-499-6043.

KUUC Outdoors 2023 Schedule

- Sept 19 Pack Monadnock Raptor Observatory, Peterborough. (Wendy Byrn)
- Oct 28 Partridgeberry Gathering, Felt Road, Keene. (Wendy Byrn)
- Nov 5 Lily Pond Hike, Gilsum. (Stella Scott)



Monadnock Interfaith Project

Building An Interfaith Coalition for Community Understanding and Social Justice

WWW.MIPNH.ORG

MonadnockInterfaith@gmail.com

At MIP's **Lay Leader Gathering** in August thirty-five people from thirteen different faith communities enjoyed fellowship, discussed faith-based community organizing, and explored ways that we live our faiths in the broader community.



KUUC was well represented! We will be gathering again soon to discuss future social action activity in our congregation. Stay tuned in the Messenger for updates.

In July Pastors Traceymay Kalvaitis and Jenna Frost led MIP's first **Nature & Spirit Walk**. We enjoyed the beautiful Stonewall Farm trails with chances to learn about the local ecology and reflect on our spiritual connections with the natural world. Enjoy the photo memories below.



Interested in interfaith community and social justice action?
Visit the MIP website MIPNH.org and follow us on [Facebook @MIPNH](https://www.facebook.com/MIPNH)
Contact MIP anytime at monadnockinterfaith@gmail.com



SEPTEMBER 30th

WE NEED VOLUNTEERS!

**WE CURRENTLY DO NOT HAVE ENOUGH
VOLUNTEERS TO MAKE THIS EVENT HAPPEN!**

**PLEASE SIGN UP ON SHEET ON THE WELCOME TABLE IN THE PARISH
HALL OR SIGN UP WITH GENIUS (SEE LINK IN EMAIL)**

Accepting Donations on Sunday, September 24th

OR

Thursday, September 28th and Friday, September 29th

Items accepted: Vintage, antiques, collectables, small furniture, household goods, kitchen & dining items, holiday items, pet items, sports equipment, baby & children's items, toys, jewelry, white elephants. **No clothes, No books, No records or CDs**

Chase's Mill Presents

Living Among The Trees: A Spiritual Respite

with Patience Stoddard and Ann Acheson



*"Around me the trees stir in their leaves and call out, "Stay awhile."
The light flows from their branches.
And they call again, "It's simple," they say,
"and you too have come into the
world to do this, to go easy, to be filled with light, and to shine."*

Within this quote from Mary Oliver's poem lives the inspiration to gather for this retreat. Throughout this day, we will be exploring our Spirit's connection to nature through the trees and forest. There will be time for contemplation, sharing, and reflection through art and writing. Please bring your own lunch and a snack to share.

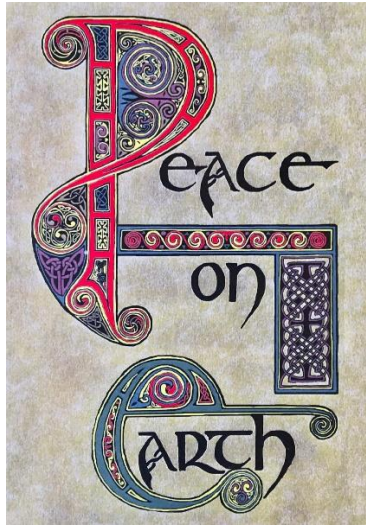
Friday August 25
9:30 am – 4:00 pm

Register using the QR code below or at millhollowheritageassociation.org



www.milhollowheritageassociation.org
801 Forest Road East Alstead, NH





GENERAL INFORMATION:

AUGUST MESSENGER DEADLINE

The deadline for the *October Messenger* will be 5 P.M. Wednesday, September 20th. The due date for *Messenger* submissions will be on the 20th 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 a blended June/July *Messenger*).

Send all your articles to Rev. Michael at rev.michaelkuuc1824@gmail.com and Allie Stoddard Gruber office@kuuc.org.

COMMITTEE CONTACTS:

Circle of Caring:	Betsy Zimmerli & Betty Forrest
Investment:	John Bordenet
Middle East Study Group:	Jim Smart
Membership:	Deb McLay
Religious Exploration:	Barbara Bryce
Senior Lunch Bunch:	Betty Forrest
Shawls of Love:	Darcy Doyle
Slice of Fellowship:	Betty Forrest
Stewardship:	John Walter
Ushers:	Tom Haynes
Wayside Pulpit:	Lindsay Bartlett
Worship:	Open
Property:	Jim Butterfield



KUUC CONTACT LIST 2022-23

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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Keene, NH 03431

Phone: (603) 352-1719

E-mail: office@kuuc.org

Website: www.kuuc.org

Facebook: [Keene Unitarian Universalist
Church@KeeneUU](https://www.facebook.com/KeeneUnitarianUniversalistChurch@KeeneUU)

STAFF

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rev.michaelkuuc1824@gmail.com
(508) 821-6092

Religious Exploration Coordinator:
Mallory Hicks kuucrec@gmail.com
(540) 849-7550

Music Director: Donna Dearth
rdearth@hotmail.com

Office Manager: Allie Stoddard Gruber
office@kuuc.org
(603) 352-1719

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