

The Messenger

October 2023 Volume 32 Issue 3

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



Contents

- 1 October
Worship
Calendar
- 2 KUUC Mission
& UU Beliefs
- 3 Rev. Michael's
Moment
- 4 Rev. Michael's
Hours & New
Office Manager
- 5 President's
Message &
Music
- 6 Greetings from
Religious Ed
- 7 Block Program
- 8 Worship
Committee &
UUA Drive
- 9-11 Other News,
Events & Updates

Join Us Sundays:
10 am Worship
Followed by
Coffee Hour

October 2023 WORSHIP CALENDAR

October 1st: "We Move" (Rev. Michael)

Today we consider our Unitarian Universalist legacy of opening ourselves up to change and growth. How have we succeeded, and how have we failed, in the search for truth, justice and transformation? How does this heritage help us to face the challenges of our times? In what ways does it slow us down? Also, we will share our Joys and Concerns together.

October 8th: "When Our Time Comes" (Rev. Peter Friedrichs)

What constitutes a "good death," and is there even such a thing? When you hear the phrase "death with dignity," what comes to mind?

This Sunday guest pastor Rev. Peter Friedrichs will invite us to consider how our Unitarian Universalist values can inform our thoughts and feelings around our own death and that of those we love. The KUUC Choir will share their musical ministry with us and today's collection will be given to the NH Alliance for End-of-Life Options.

October 15th: "Hey! Knock it Off!" (Rev. Michael)

Bullying is a problem in our culture. It is found in every layer of interaction among Americans: in households, schools, workplaces and systems of government. How do we stop it and reverse some of the damage it continues to produce? Join us today and find out. There will be a Time for all Ages addressing the theme.

October 22nd: "The Dream of Unity" (Rev. Michael)

The last century was one of grand plans and great schemes of progress, reform and social unity. It was also one of great devastation, horrifying war and the fracturing within neighborhoods and between nations. As we near the end of the first quarter of the 21st century, where is hope to be found and peace being cultivated? The KUUC Choir sings and there will be a Time for all Ages too.

October 29th: "The Innumerable Caravan" (Rev. Michael)

As we come to the end of the "Heritage" month, we enter our usual time of curiosity and celebration of life and death---what's now and what's next. Join us in this morning full of story and song, ritual and renewal.

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 stumble upon your heritage. It's there, just waiting to be explored and shared."
---Robbie Robertson

I find the Soul Matters theme for each month interesting and useful in many ways. It provides me with a centering idea that I can use in my own daily spiritual practices. I also use it to ground some, if not all, of our worship, and as part of other messaging---say in Facebook post---in a given month. Also, the monthly Soul Matters "packet," that is part of our subscription, contains more than just the theme of the month: it includes readings, children's stories, "sermon seeds," and music links too. Sometimes, it is the other items highlighted in the packet that also prove to be helpful points of departure: particularly the reminders about holidays from other cultures and holy days from different religious traditions and the list of important dates in UU history that happened during the month. This useful compendium has quotes & other information, *things that used to take up a lot of my time* prior to planning and writing individual worship services. Although each monthly packet has a lot of content and ideas, I don't consider myself bound to use all of it or even the theme every week.

One of the things I do with the theme is create a set of questions, based on the theme of the month. Most months it goes at the top of the Worship Calendar, but this month I am putting below [see next paragraph]. The questions are meant to help you and me think about the theme, perhaps to use as a prompt for own meditations, to inspire us to fill a few journal pages or start a conversation with our friends or family.

Our Souls Matters theme for this month can either be framed as "the gift of Heritage," or simply "Heritage." **Ask yourself:** What impact does my ethnic or cultural heritage have on my family or daily life? What are the most important aspects about Unitarian Universalist heritage that are as alive and important now as they ever were? Are there tenants of our faith that seem dated or tend to get in the way of our individual or collective life progress?

I hope you find truth, meaning and gratification thinking about your heritage, our heritage, in so far as they overlap and the rich heritage of our faith.

Yours in Faithful Service,

Rev. Michael

REV. MICHAEL'S OFFICE HOURS OCTOBER 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.]

INTRODUCING THE NEW OFFICE MANAGER

Hi everyone, my name is Erica Kempf and I so look forward to meeting everyone here, feel free to stop in and say hello whenever I'm in the office. I will be keeping the same office hours as Allie had this summer: **Monday, Wednesday, and Friday from 9 am - 12 pm.**

A little about me: I've always enjoyed adventures and trying new things. I grew up in Indiana but spent my early 20s traveling (to Florida working at a private sanctuary taking care of monkeys, to India on a once in a lifetime trip hiking in the Himalayas, to California teaching at an outdoor science school, to England working on my degree in Paleoanthropology). Then I settled back in Indiana for a decade, renovating old houses, opening and running a yarn shop, getting married (my husband's a souvenir I brought back from my travels in England) and having our two kiddos (now 5&7).



I regularly attended the local Unitarian Universalist church for several years after our first kiddo was born, but the pandemic meant we stopped going regularly. By 2021 we knew the Midwest wasn't the right fit for our family anymore, and after a month-long tour of New England looking for the best place for us, we moved to Keene permanently in June 2022.

I have a lot of things I love doing, but my short list right now includes crafting (knitting, cross stitch, jewelry making, sewing), gardening, and home renovations. Our family loves all the town festivals, hiking, and playing outside. We also love how walkable things are, walking the kids to school then being able to walk to a coffee shop and now to work is perfect.

I have enjoyed getting involved in the community here too. I've taught crafting classes at the library and Mill Hollow craft school, and really appreciate the weekly meditation class I attend at Monadnock Mindfulness Practice. I hope to see you all soon. - Erica Kempf

PRESIDENT'S MESSAGE— October 2023

Happy Fall Equinox Everyone!

It has been the most beautiful weather lately. Getting outside, watching the leaves change, and I am sure I already saw some leaves falling! I love this time of year! It's time to plant all those bulbs for the spring, go apple picking, and pumpkin gathering.

Fall is also Michaelmas, a time where we fight our dragons, both internally as well as out there in the world. It's a symbol of good triumphing over evil, courage over cowardice. The celebration of this holiday teaches the importance of facing fears and strengthening resolve.

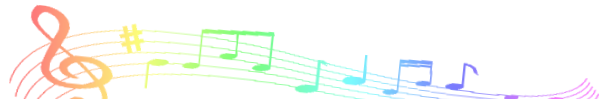
So let us all celebrate and triumph!

Let's not forget the rummage sale coming up! Gather your rummage and bring it down to the church Sunday after service, or Thursday and Friday!

On another note, let's start thinking about our upcoming 200 year celebration. Do you have ideas, thoughts that would make it a special time? Let a board member know!

See you in church!

Caroline Stave Viemeister
Board President



MUSIC =October 2023

Happy Fall!

This month we celebrate "Heritage" and the music planning has been fun for this theme.

The choir will be singing on the 2nd and 4th Sundays of October. Jane Stave-Viemeister, will play a piano piece on the weeks that the choir is off. The Music Committee (Jane and I) have been meeting monthly to plan for upcoming months. Please let one of us know if there is something particular that you would enjoy hearing.

It's been so wonderful to reunite again with Carl Jacobs who plays bass in church with me on Sunday mornings.

The choir rehearses every Thursday night from 6:30-8:00 except for on 10/26. There will be no rehearsal that night- I am headed down to Nashville to hear my cousin, who is a songwriter, perform at the Bluebird Café.

Peace, Donna

P. 5



RELIGIOUS EXPLORATION - GREETINGS FROM R.E.

WHAT A MONTH SEPTEMBER WAS:

I hope everyone is settling into the new school year, sports, groups, music, arts, all that we melt into this time of year. The Hicks house has got 3 kids in soccer, two in school, and one enjoying his last year at home with me. What a strange feeling.

We (RE) had an amazing Blocks session last week with Deborah and Barbara, thank you thank you thank you! The (5!) children created an EPIC build, it was quite impressive. We've got a walk to the nearby school playground coming up during service on the 24th (September, which has come and gone as you're reading this)

OWL ALERT:

We are looking to offer OWL 4-6, which stresses love, justice, equity, and responsibility. It is a curriculum designed to help children ages 9-12 to gain knowledge, life principles, and skills they need to understand and express their sexuality in holistic, life-enhancing ways.

*We would also like to offer another session, perhaps Young Adults ages 18-35.

Our Whole Lives (OWL) is comprehensive sexuality education that fosters informed, responsible, and values-based decisions about sexual health. If you have interest in (or questions about) facilitating OWL lessons please reach out to Rev. Michael Hall **Training will be provided** Representation matters, all genders are needed.

INTERESTED IN SHARING YOUR TALENTS WITH OUR CHILDREN?

I've had interest from a couple of congregation members who would like to share their skills and interests with the children. I LOVE THIS. It's so important. We all have something worth sharing, and it doesn't have to take an overwhelming amount of time away from you. I promise. There will be a sign up sheet in Parish Hall, please find your way to it and jot your name down, whether you'd like to lead an outing or lesson or be a caring supportive assisting adult. Have you considered attending an RE committee meeting (fresh faces and ideas are always welcome)? Maybe you would like to be a part of creating and executing ideas. Whatever your involvement, it is greatly appreciated.

UPCOMING IN OCTOBER

Blocks is on October 22nd

That's all from me for now, as always I'm only an email away.

I'm so glad to be back together again, - Mallory Hicks

THE BLOCK PROGRAM IS UP AND RUNNING!

Our Block Program is off to an excellent start this year. On September 17th, five builders collaborated to construct a city that covered the entire floor of the Block Room. Here is some background information to put it all into context.

Block-building is an essential part of the Religious Exploration Program at KUUC. Our children work with unit blocks, the familiar modular wooden blocks usually seen in early childhood classrooms. In our Program, children from ages three to twelve build structures that are related to their RE experiences, as part of their overall faith development at KUUC.

Our youngest and least experienced builders spend time in open-ended exploration, learning the characteristics of the block collection and how to work with it and with one another. Older and more experienced builders focus on creating specific kinds of structures, and on solving various engineering problems, like how to make stairways, bridges, and taller buildings, for example.

The Block Program provides learning experiences on a number of different levels, all at the same time. First, while they play, children are experimenting with the basic math and science concepts that are inherent in the material itself. Second, they use blocks to explore a range of typical RE topics, such as making temples while they learn about Lunar New Year, or building the cities of Mecca, Medina, and Jerusalem as they learn about the lives of Mohammed and Jesus.

Third, and perhaps most importantly, children put our UU values into action whenever they work with blocks. They are practicing everything we most want them to learn: to respect the work of others, and to collaborate, cooperate, negotiate, compromise, take turns, solve problems, and exercise their creativity. Being responsible for putting the blocks away after building is also a vital part of every session. Lastly, the children *love* to build, and are filled with joy whenever they work in our Block Room.



(photo attached on left; permission has been granted by all parents)

By Deborah Dunnell

WORSHIP COMMITTEE:

Lindsay Bartlett and Debra Zagaeski would like to extend an invitation for you to learn about KUUC's Worship Committee. If anyone is curious about learning what we do, or might be interested in being involved in some way, please consider attending one of our meetings which happen on the first Sunday of the month after coffee hour.

Our next meeting will be October 1st in the Alliance Room. If you are unable to attend, but would like to consider being on our volunteer list for Worship Service positions such as Chalice Lighter, Welcomer, Reader, Liaison and Coffee Hour, please e-mail Lindsay at actmavith@gmail.com or call/text 603 762-1946. Please Include preferred method of communication and which service(s) you might be interested in. Looking forward to reconnecting with all of you all, and meeting those of you that joined us recently.

A very fruitful fall to you all. - Lindsay

KUUC'S UUA ANNUAL PROGRAM DRIVE

Our annual campaign to raise money for KUUC's fair share of the UUA's Annual Program Fund Drive begins soon.



The Annual Program Fund is the UUA's primary source of funding. To keep things equitable, every congregation is assessed 6.75% of its previous year's church budget, which, in KUUC's case, is \$11,749. We all desire a strong UUA, one that effectively advocates for liberal, inclusive, non-dogmatic religious thought and one that supports its member congregations.

It's easy to take for granted how much the UUA does for KUUC, but our minister and staff utilize UUA resources regularly. The UUA provides worship materials, music resources, and religious exploration curricula, also information for congregation leaders. The UUA's UU World magazine is available to KUUC members, and the UUA's website (check it out!) are available to everyone. Beyond KUUC's walls, the UUA strengthens our collective voice for justice and love, and it advocates for our values on the national and international stage, including at the United Nations.

Stay tuned for more details during October worship services and in subsequent messages.

NAMETAG REMINDER

Please wear your name tag. Wear it in the Sanctuary on Sunday. Wear into the Parish Hall when you are at Coffee Hour or when you are at Slice of Fellowship. We want our newcomers to get to know you and sometimes it feels embarrassing when you are struggling to recall the name of someone you have only recently met. Thank you for wearing your nametag, you deserve to be known!

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.

HOLIDAY GREENS & GIFTS FAIR SAVE THE DATE

Barbara Meikle & Debra Zagaeski are excited to be working on plans for the Christmas Greens and Gifts Fair. We look forward to rejuvenating the fair post pandemic. We will have the lovely berry bowls and greens as well as bringing back baked goods & hand crafts, and we will introduce some new ideas, too.

A Special note to our talented hand crafters: We hope to have a hand craft boutique this year. If you create objects of beauty by hand and are willing to donate an item or several, please contact Barbara or Debra to let them know.

The Greens Sale is our Church's Annual Holiday/ Christmas Fair

- Friday, December 1st & Saturday, December 2nd, 2023

Partridge Berry picking for making Berry Bowls

- Saturday, October 28, 2024

Wreath decorating and making Kissing balls. No experience needed.

- Monday, November 27 6:00- 9:00pm
- Tuesday, November 28 1:00- 4:00pm
- Wednesday, November 29 9:00am - 12:00pm

Thanks, Carol McIntyre-Peale

MAKING AMENDS

UU Christian Scriptures Fellowship Group -- Tuesday, October 3rd 5:00 PM

The UU Christian Scriptures Fellowship Group will meet on Tuesday, October 3rd at 5:00, in person in the Alliance Room with the option to participate via ZOOM.

Our topic will be "Making Amends." We will draw inspiration for our group sharing from the Jewish holiday of Yom Kippur (Day of Atonement) and the amends process in 12-step programs.

All are welcome to attend any meeting. This group follows the 4th UU principle (free and responsible search for truth and meaning) and is free of the dogma associated with traditional religion. Meetings are held the first Tuesday of every month at 5:00. For information contact Carol at CStamatakis@outlook.com or 603-398-5389.



KUUC Outdoors



Partridgeberry Picking Forest Walk Saturday, October 28, 1pm 44 Felt Road, West Keene

Time to gather partridge berries for the KUUC Greens Sale berry bowls! Bring small scissors and a stool or kneeling pad. After berry picking, walking options include the rail trail, Hurricane Brook, and Archway Farm.

For more info and to RSVP:
Suzanne Butcher (603) 331-5773 ssbutcher@aol.com
Wendy Byrn (603)847-9621 dervish@myfairpoint.net



Partridgeberries

KUUC Outdoors 2023 Upcoming Events
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

Monadnock Interfaith Project speaks up, bringing ideas, compassion, and new ways of thinking to the Monadnock region. Now, you can be MIP's guest!

MIP is having a Fall Picnic... family and friends invited!

Sunday, October 1, 12-2pm

Congregation Ahavas Achim, 84 Hastings Ave, Keene

RSVP at this link: [MIP Fall Picnic 2023](#)



The picnic is free, MIP will provide a vegetarian lunch buffet and drinks.

October 1 celebrates Christian World Communion Sunday and Sukkot, the Jewish harvest festival honoring Israelites forty-years wandering in the desert. We will celebrate our many faith traditions and hear about recent MIP accomplishments. There will be an opportunity to donate in support of MIP's work, so you may want to bring a checkbook, but your presence is most important.

Let's nourish ourselves and our spirit with food and fellowship. Our region faces a lot of challenges - when we show up with wholehearted faith more good things happen!

Interested in interfaith community and social justice action?

Visit the MIP website MIPNH.org and follow us on [Facebook @MIPNH](#)

Contact MIP anytime at monadnockinterfaith@gmail.com

GENERAL INFORMATION:

UPCOMING MESSENGER DEADLINE

The **deadline for the November Messenger will be 5 P.M. Friday, October 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 Erica Kempf at office@kuuc.org.

COMMITTEE CONTACTS:

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

KUUUC CONTACT LIST 2022-23

WORSHIP SERVICES

STAFF

Sunday Services: 10:00 A.M.
Religious Exploration: 10:00 A.M.
 September-June
Summer Services 10:00 A.M.
Address: 69 Washington Street
 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)

Minister: **Rev. Michael Hall**
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: **Erica Kempf**
office@kuuc.org
 (603) 352-1719

BOARD OF TRUSTEES 2022-2023

Caroline Stave Viemeister, President Caroline.Stave@gmail.com	916-817-9117	Tom Haynes piperhistoricalservices@gmail.com	603-357-7645
Mickey Cronin, President-Elect mfpepera@aol.com	603-852-2903	Tina Stevens tinaleone127@gmail.com	603-209-6268
Susie Ericson-West, Past President swest.keene@gmail.com	603-313-9013	Stella Scott stelsco@gmail.com	603-400-3448
John Walter, Treasurer (<i>ex-officio</i>) jnwalterjr@gmail.com	603-358-3101	Barbara Meikle bpameikle@gmail.com	617-233-6280
Rev. Michael F. Hall (<i>ex-officio</i>) rev.michaelkuuc1824@gmail.com	508-821-6092	Jim Butterfield butterjl37@gmail.com	607-244-8434