



Unitarian Universalist Congregation of Franklin, NH Spectacles MAY 2022

From Our Minister



I am working my brain out of its COVID-fog, which has been filled primarily with chicken noodle soup and superhero movies. It's a not unfamiliar tightrope I find myself walking: do I push myself to do all that I can do, building in strength through perseverance? Or do I let myself relax into rest, letting my body take all the time it needs to do all the healing it can do? We live in a world where the latter is so rarely an option. It is true that there are times when we need to be challenged, to be pushed out of the comfort zone of our couches, when we need to test the limits of what we can do. And it is also true that we need time to convalesce, when our bodies and minds and souls can recuperate. I feel well aware that were we not in a pandemic, had I not tested positive for COVID this past week, I would probably be pushing myself to do more than just write this newsletter

beds I have access to. Many of you are likely working in your gardens. I want to come see them and help with your bed prep and planting. I want to get to know the soil and scenes that you tend to, and that tend to you in return. Call or email me to set up a time. I'll bring my work gloves.

May we move in ways of healing and growth,

Rev. Ariel



Upcoming UUCF Services

May 1st, 10am ~ Susan Haines ~ "How to Explain Unitarian Universalism without a Pamphlet"

Musician ~ Libby Danahy

May 8th, 10am ~ The *All We Can Save* Book Discussion Group will bring their voices together to share poems and passages from their reading of *All We Can Save*.
Musician ~ Paul Hubert



May 15th, 10am ~ Rev. Emily Burr ~ “The Silver Rule” ~ Most everyone has heard of the Golden Rule. Every religion has something similar because it is most often wise advice. Occasionally it isn't the wisest choice. The silver rule may be the best to follow. Musician ~ Robin Charles



May 15th is our **Bread & Soup Sunday**. Please bring something to share with others after the service.

May 22nd, 10am ~ Rev. Ariel Aaronson-Eves
Musician ~ Libby Danahy

May 29th, 10am ~ Jennifer Whitten
Musician ~ Paul Hubert



We ask that people sit four at a table in the Fellowship Hall and to please **wear a mask until you are seated & eating**.

Sign-up sheets for **Coffee Hour** and **Flowers** for the sanctuary are located in the Fellowship Hall. Please sign up.

Upcoming Parish Committee Meeting

Tuesday, May 3rd at 6:00pm via Zoom (PC meetings are held the first Tuesday of every month). If you would like to attend, please email Lisa, morningglorywest@yahoo.com, for the Zoom link.

Parish Committee Members:
Howard Amsden, Chair
Lisa West, Clerk
Cindy Clarenbach, Treasurer
Emily Burr, Book Keeper
Erin Metcalf



Franklin Community Day ~ May 14th

Thank you to all who have signed up to volunteer at the **UUCF Community Day booth on May 14th**. We are in need of one more person to sign up for the 1pm-3pm slot. But, of course, the “more the merrier” - if you haven’t “officially” signed on to volunteer, you can just show up!

Also, thank you to those who have signed up to bring materials for tie dyeing. We are still in need of trash bags to use as “ponchos” to protect clothing.

If you need more information, please contact Erin at em41385@gmail.com or Lisa at morningglorywest@yahoo.com



The Twin Rivers Interfaith Food Pantry is collecting boxed rice and rice mixes for the month of May. Items may be placed on the Food Pantry collection table located in the sanctuary.

As an alternative you can send a check to:
Twin Rivers Interfaith Food Pantry
2 Central Street
Franklin, NH 03235
Attention: Daisy Blaisdell

Thank You!

Dear UUCF Members,

Please know how much we continue to appreciate your support of the Pantry's mission to provide healthy food and nutrition resources to our neighbors in need. Your donation of spaghetti, mac & cheese, cans, and knitted items was truly helpful!

During the first few months of 2022, we have been serving about 250 unique households each month. With the elimination of our longstanding policy to limit visits to once-per-month, we are now experiencing an average of 315 actual service visits each month, as a number of households are accessing assistance more often. This is making a major difference in mitigating food insecurity for those households, and we are grateful for your part in our ability to support this change!

The Pantry will welcome excess garden produce this summer, and if anyone might consider it – just planting a few extra things for the Pantry right from the start! We are hoping to increase our inventory offerings of fresh produce, and we would be truly grateful to your gardeners!

Enjoy the warming weather!

Thank you,

Daisy Blaisdell, President, Board of Directors

Note: Please do not leave fresh produce at the church. Take it directly over to the food pantry when it is open on Tuesdays from 9-11, Wednesdays from 5-7 and Thursdays from 9-11.



UUCF voted to be a Level 2 Sanctuary Church in support of Manchester UU, which is a Level 1 Sanctuary Church.

Here are some of the ways you can continue to support our Sanctuary/Asylum network:

We accept **Market Basket gift cards** and checks to help support Chris as his case slowly works through the courts. Gift cards must be bought in-store, but then can be mailed to UU Manchester c/o Asylum Committee at UU Manchester, 669 Union St. Manchester NH 03104. Or, the cards can be dropped off at church during our new church administrator's hours, M-F, 8am-12 noon. Her name is Amy. **Checks** can be sent to the above address. Designate Asylum in the memo line and if your donation is for general support, specific support for legal fees, or specifically for food. We are a 501(C)3 organization, so your donations are tax-deductible. If you have any questions, contact our new church administrator, Amy (603-625-6854) or Liz Alcauskas (703-447-5701). **Credit card** donations can be made by going to uumanchester.org. 1. click on "Give" OR 2. Click on

“Please Donate today” in the yellow ribbon on top of the page. In either case, the Planned Giving page will appear. 3. Scroll down to Donate and click on the DONATE button. 4. Be sure to find the “write a note” section and designate your donation is for the Asylum Fund. If you have any questions, call Liz at 703-447-7701. Thank you for your anticipated donation.

directory. Double click on the filename Directory Update 2022.

<https://drive.google.com/drive/folders/19ctaNiZ Xqhb1afpmqfjN5vIx05mfsVSg?usp=sharing>



Greetings,

There are children in our communities who are in crisis. They’ve experienced abuse and neglect at the hands of the those they rely on for their care and wellbeing. **But you can help.** CASA’s last pre-service training session before the fall begins on **June 1**, and we hope to have a full class. After that, the next new volunteer training won’t be until September, to allow us to provide extended training to current volunteers.

CASA is hosting two **virtual information sessions** focused on desperately-needed volunteer recruitment in Merrimack County on **May 3 at 7 p.m. and May 9 at 12:30 p.m.**

Give hope to a child. Become a CASA volunteer.

CASA (Court Appointed Special Advocates) of NH trains concerned citizens to advocate for abused and neglected children in the courts. There are children waiting for someone to speak on their behalf. Your skills and common sense along with a contribution of 10–15 hours a month will help ensure a child grows up in a safe, permanent home. Learn more at a virtual info session on May 3 at 7 p.m. or May 9 at 12:30 p.m. that will focus on the volunteer experience in Merrimack County. Register today at www.casanh.org/infosessions. If you sign up and are unable to attend, CASA will send you a link to the recorded session.

With gratitude,
Katie Pelczar
Community Outreach
Coordinator

New link to updated Directory: It will bring you into the folder containing the

Happy May Birthday



- Paul Hubert ~ 1st
- Charlie Chapple ~ 17th
- Owen Baroody ~ 18th
- Paul Duncanson ~ 21st
- Emily Burr ~ 25th
- Gail Morrison ~ 27th



HOME REMEDIES

Do you have a “home remedy” you’d like to share? Here’s what Cindy has to

offer: "It wasn't a "home remedy" but it was my father's favorite remedy: Absorbine jr.! Scraped knee? Bumped elbow? Pimpled chin? Warty finger? Dad would grab the bottle of Absorbine jr. with its beige/brown, spongy applicator top and rub a healthy dose of the green, odoriferous, medicated liquid to almost any part of the body that ailed us!"

May is Gardening for Wildlife Month. Check out The National Wildlife Federation at <https://www.nwf.org/Garden-for-Wildlife/About/Resources/tips> for creating a go to garden for butterflies, birds, and other animals.



Pledges may be mailed to
UUCF PO Box 562
Franklin, NH 0323

206 Central St.
Franklin NH 03235
(603) 934-2141
uucfranklin-nh.org



Goldfinch Symphony
Exuberantly celebrating
Spring's sun
They don't notice
This admirer
Standing awed
In their concert hall
Not so
The red squirrel
Who scolds me
From his balcony

Cindy Clarenbach



We have a Facebook Page!
<https://www.facebook.com/UUCFranklinNH/> Like Us! Then invite all your friends to Like Us, too!

Support UUCF through AmazonSmile



<https://smile.amazon.com/ch/02-0355278>

Unitarian Universalist Congregation of Franklin
PO Box 562