



Unitarian Universalist Congregation of Franklin, NH

Spectacles

AUGUST 2023



Small Acts of Kindness Can Have Big Impacts on Recipients, Study Finds

BY Kate Daniel

The Greek storyteller [Aesop](#) once wrote, “No act of kindness, no matter how small, is ever wasted” — and a new study is proof. The research, published in the [Journal of Experimental Psychology](#), shows that small kind gestures can have a significant impact on recipients, even if givers don’t typically realize it.

Researchers conducted a series of experiments involving different situations and participants. In each, [Axios](#) reports, they studied how people perceived various small acts of kindness, such as offering someone a ride home, baking them cookies, or paying for a cup of coffee. They consistently found those on the receiving end of a kind gesture appreciated it more than the giver had anticipated.

“Performing random acts of kindness increases happiness in both givers and receivers, but we find that givers systematically undervalue their positive impact on recipients. ... those performing a random act of kindness consistently underestimated how positive their recipients would feel, thinking their act was of less value than recipients perceived it to be,” the study authors explained.

The team says one reason behind the findings may be that recipients value the warmth conveyed by the act, whereas givers tend to consider the action while overlooking the sentiment.

“People tend to think that what they are giving is kind of little, maybe it’s relatively inconsequential,” Amit Kumar, an assistant professor at the University of Texas, Austin, and one of the study’s authors, told [The New York Times](#). “But recipients are less likely to think along those lines. They consider the gesture to be significantly more meaningful because they are also thinking about the fact that someone did something nice for them.”

The findings confirm previous studies showing how people tend to miscalculate how others will perceive friendly gestures. Furthermore, the research reaffirms how this misperception prevents people from engaging in such behaviors, even though doing so can provide [substantial benefits for both parties](#).

For example, research published in the [Personality and Social Psychology Bulletin](#) found individuals underestimated the positive power of compliments. People also

“overestimated how bothered and uncomfortable” folks on the receiving end would be. And in [research published](#) in the [Journal of Personality and Social Psychology](#), the findings showed many people underestimate how much old friends appreciate surprise check-ins.

“We have this negativity bias when it comes to social connection. We just don’t think the positive impact of our behaviors is as positive as it is,” Marisa Franco, a psychologist and author of *Platonic: How the Science of Attachment Can Help You Make — and Keep — Friends*, told *The Times*. “With a study like this, I hope it will inspire more people to actually commit random acts of kindness.”

today@nicenews.com

2023-24 Parish Committee Members

Kim Donovan, Chair

Erin Metcalf, Clerk

Cindy Clarenbach, Treasurer

Gail Morrison

Pam LaCroix



Join us on August 12, 2023 at 4-6 pm
for a **Drum, Native Flute, and Rattle Circle**
at the Unitarian Universalist Meetinghouse



206 Central Street, Franklin, NH
\$15 at the door. Cash only please.

We provide empowering and fun events for communities and organizations. Our mission is to promote wellness and community harmony through the use of primitive acoustic instruments.

All over the world, since the dawn of mankind, we have enjoyed playing music in community. No formal lessons were necessary then, nor are they now. We are rhythmic beings. Expressing ourselves through music is as wild and natural today as it has always been.

Please bring your djembe, frame drum, rattle, or A minor Native American style flute. Other flute keys are welcome for improvisational solos. There will be a few percussion instruments available for use.

Event facilitated by

Ami Sarasvati & Pam LaCroix





Anti-Hate Group of Franklin meets Wednesday, August 16th, 4pm at UUCF These meetings will have a period devoted to sharing concerns and offering possible resources, and an education portion, focusing each month on a different aspect of intolerance and hate, facilitated by various individuals. Some initial topics include “steps to de-escalate conflict”, “how to be an ally”, “definitions of Hate Crimes as determined by Federal and State”, etc.

"The Motto, Mission Statement and Objectives of the “Citizens Task Force Against Hate” are all still valid:

Motto: “Franklin Welcomes All”

Mission Statement: To promote inclusion and acceptance; to educate regarding intolerance; and to provide resources to victims of hate

Objectives:

1. Create safe spaces for those experiencing hate
2. Inventory community resources and prepare glossary of terms
3. Determine appropriate actions
4. Offer educational opportunities around diversity and inclusion
5. Commit to self-reflection



Anarchism Reading Group

The next meeting is scheduled for August 31st at 6:00pm. Contact Charlie at charleschapple@gmail.com if you are interested or have any questions.

Gossip From the Garden

The constant rain has breathed life into all the gardens and grass. Our entire church property has had a facelift and is proudly showing off its new beauty to all who will notice. Paul’s UU marigolds are really showing up well. Mary and Pam’s sunflowers are getting taller every day and the annuals are providing color while the perennials grow stronger for next year’s blooming season. The milkweed in Louise’s doorstep garden is waiting to incubate this year’s Monarch butterflies and the new Hosta have taken hold nicely. Pat’s creeping thyme has filled the verge in front of the wisteria, which put on a show in July. And let’s give credit to Denise, Debbie and Paul for the mowing and trimming that provides the setting that allows the gardens to show off. Planting was a labor of love. The weeding and watering phase is a labor of something else entirely. Submitted by Pam & Pat





Don't let the fear of falling limit your activities: "A Matter of Balance" classes provide the tools needed to gain confidence and learn simple fall prevention strategies.

**Mondays, September 11 – October 30
(8 Mondays) 10:00am-Noon at UUCF**

Registration required by calling
603-224-4093, ext. 85815.

Minimum of 8 participants, maximum of 12.
**This program is offered at no charge by
Granite VNA.**



If you have questions, please contact Cindy at
hope@metrocast.net



UUCF has a Facebook Page!

UUCF has a Facebook Page that is posted to at least once a week to announce the upcoming Sunday service and often more than once a week with other pertinent posts. If you have a Facebook account, please check out our Facebook Page often, like our posts, and share them. Liking UUCF posts and sharing our posts will allow for more exposure to those who might not know about us.

<https://www.facebook.com/UUCFranklinNH/>



We want to learn more about
our members and friends!

Please submit a short story about yourself so we can all get to know you better. Send it to Cindy at hope@metrocast.net by the 27th of the month



TWIN RIVERS
Food Pantry

In addition to non-perishable foods, the pantry collects personal hygiene items, empty aluminum cans and plastic bags. Items may be brought to the Meetinghouse for Pat to deliver or you can bring items directly to the Food Pantry. Hours of operation: Tuesday and Thursday, 9am-11am; Wednesday, 5pm-7pm.



The Pantry welcomes excess garden produce. **Note:** Please do not leave fresh produce at the church. Take it directly to the food pantry when it is open. Hours of operation listed above.

Monetary donations may be sent to:
Twin Rivers Food Pantry
2 Central Street Unit C
Franklin, NH 03235
Attention: Daisy Blaisdel



A statewide, grassroots, LGBTQ+ advocacy organization.

<https://www.facebook.com/603Equality>

unitarian universalist

ACTION NH

Mission: Amplifying Unitarian Universalist voices and values in the public square throughout New Hampshire and beyond.

<https://www.uuactionnh.org/>



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

To donate checks can be sent to the Unitarian Universalist Church of Manchester, 669 Union St., Manchester NH 03104. Please put in the memo line: Sanctuary/Asylum Fund.

Credit card donations can be made through our website, www.uumanchester.org, either directly or through Paypal. Select "Give", then "Donate today!" then click on the DONATE button at bottom of page, and finally go to "Add a Note", specifying Sanctuary/Asylum Fund.

For more information, please reach us at sanctuary@uumanchester.org



Franklin Farmer's Market

Every Thursday, until September 14th
3:00-6:00 pm

Marceau Park - Central Street, Franklin

Free children's activities and healthy recipe samples! SNAP via EBT Card as well as Credit/Debit Purchases accepted. Learn how to Double Your SNAP Dollars each week at the market. For more info, call 603-934-2118. Visit "Franklin Farmer's Market" on Facebook. Join us for Concerts in the Park most Thursdays.



An annual community-building campaign that promotes police/fire/EMS-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out aims to enhance the relationship between neighbors and law enforcement while bringing back a true sense of community. This event will be held at **Odell Park in Franklin on Tuesday, August 1st from 5:00pm-7:00pm.** Family friendly fun for all ages. All activities and food are free of charge, which is made possible by many sponsors!

Franklin Public Library Summer Reading Program



SUMMER READING PROGRAMS **FREE!**

ALL EVENTS WEDNESDAYS @ 10AM

August 2
Robert Rivest
Comic Mime

August 9
Flying High Dogs
at Odell Park

August 16
All About Lobsters
from UNH

FRANKLIN PUBLIC LIBRARY
310 Central Street
Franklin, NH 03235
603-934-2911
Robert G. Sargent, Director



Disney's *Finding Nemo JR*
Franklin Area Children's Theatre
August 4-5, 7:00 pm
Franklin Middle School
Info & tickets:
<https://app.arts-people.com/>



Franklin Animal Shelter Comedy Night!

Join a hilarious lineup of comedians on **Thursday, August 17th** for a night of laughs at the historic **Colonial Theater in Laconia** with headliner and New England comedy staple, Tony V. Also appearing is Boston Comedy Scene veteran, Steve Scarfo; New England native, Ryan Gartley, and more! Show starts at **8 pm. All proceeds benefit the Franklin Animal Shelter.** Purchase your tickets here: <https://www.etix.com/.../franklin-animal-shelter-comedy...>



STORIES & SONGS OF THE PEOPLE

An InterNātional
Grass Roots Gathering
'Voices of Original Peoples'

August 19, 2023

VIRTUAL GATHERING

Join us for a virtual gathering of intercultural, interfaith sharing of experience and knowledge for the profound social, cultural, economic, legal and environmental issues reflecting the impacts to the health and well-being of our collective Nations and our Planet. We invite you to join us individually or create your own in-person gathering and then join us virtually as a group as we gather on the island of Maui. Virtual gathering space is limited to 300. Registration closes midnight August 18th
<https://storiesandsongs.org/register/virtual-one-day-aug-19>



Birthday

Pauline Chabot ~ 10th

Unitarian Universalist Congregation of Franklin
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206 Central St.
Franklin, NH 03235
(603) 934-2141
uucfranklin-nh.org

Do you have news to share? Kindly email your submissions for UUCF's Spectacles to hope@metrocast.net by the 27th of each month.

Link to Directory: It will bring you into the folder containing the directory. Double click on the filename Directory Update 2022.
<https://drive.google.com/drive/folders/19ctaNiZXqhb1afpmqfjN5vIx05mfsVSg?usp=sharing>



Pledges may be mailed to
UUCF
PO Box 562
Franklin, NH 03235



UUCF Mission: We are a liberal religious congregation that provides a welcoming sanctuary to all. We support the spiritual growth of our members and the needs of the local community as we seek to make a better world.