



Unitarian Universalist Congregation of Franklin, NH

Spectacles

JUNE 2023

From Our Minister



To start, I want to share how happy it makes me to read how excited and active so many of you have been in tending to the gardens on the property. Your enthusiasm is delightful, and I am grateful to witness this emerging energy. I don't think anyone explicitly mentioned gardening at UUCF as something they were hoping for in the coming year, as part of their survey responses, but here you have it. And it should come as no surprise as gardening was one of the things that many mentioned was bringing them joy!

I plan to talk more about the survey in my annual report, but you can take a peek at the [presentation](#) I made for the Parish Committee about the major themes that arose. As I sit, away from my computer, reflecting on the responses, here are some of the things that I

recall. Springtime brings the joy of being outside for many of you, hiking and gardening and watching birds. You are enjoying friends and family, especially the presence of children. Many of you are struggling with caring for others and your own health and changing abilities; you want to continue to make a difference in the world.

What I concluded from the responses about the kinds of programs people would like to see in the coming year was a strong desire to do fun things together, as well as to serve the larger community in deeper ways. And when people were asked about what they would want us to do if we had 50% more money or 50% more people, a number of ideas arose but the predominant themes were around having more professional ministry and fixing up the building.

I believe the annual meeting will provide opportunities to explore both of these things, as we reckon with the next year's budget, engage in an emergent discussion around spending more of the Trust Fund, and consider forming a taskforce that can think strategically about the building over the coming year.

As we continue to emerge from the impacts of COVID, I am excited to see what grows!

May we continue to tend this garden well.

Love,
Rev. Ariel

Rev. Ariel will be out of town June 13-26. For pastoral emergencies June 13-21, please contact Rev. Linda Barnes at minister@starrkingfellowship.org or by cell, 641-351-8762, or at the fellowship, 603-536-8908.

From June 22-26, Rev. Ariel will be in Pittsburgh for the UUA's General Assembly but will be available by phone.

Upcoming UUCF Sunday Services

June 4th, 10am ~ Rev. Sara Dendy-Green
Musician ~ Paul Hubert

June 11th, 10am ~ Rev. Ariel Aaronson-Eves
Musician ~ Robin Charles



UUCF Annual Meeting
following the June 11th service at
11:15am.

More Ministry!

Kim Donovan, parish committee chair

In the recent congregational survey, one theme that emerged was a desire to increase professionally-led services and ministry. In response, parish committee increased Rev. Ariel's position from 5/16ths to half-time, which will mean one more Sunday with Ariel in the pulpit per month! Yay!

This expanded position will help support not just our plans for the future as a congregation, but our individual spirituality on Sundays. Rev.

Ariel has agreed to provide us with more time. The Parish Committee is excited to be able to facilitate this increase, and looks forward to the next congregational year.

Upcoming Parish Committee Meeting

June 6th at 5:30pm via Zoom
(If you would like to attend, please contact Erin, em41385@gmail.com for the Zoom link.

2022-23 Parish Committee Members

Kim Donovan, Chair
Erin Metcalf, Clerk
Cindy Clarenbach, Treasurer
Lisa West
Gail Morrison

Sunday, June 25th, 11am ~ UUCF Annual Picnic. Many **THANKS** to Paul & Debbie who will host it again at their home, 171 Webster Avenue in Franklin. Please bring a dish to share, a beverage of your choice, and a folding chair.



The UUCF Annual Picnic is the last regular congregational gathering before our summer break. If a summer service (or more) is planned, you will be notified through the weekly News & Notes and monthly newsletter. We come back together for regularly scheduled services the Sunday after Labor Day, September 10th.

UUCF's Tie-Dye event at Franklin Community Day was a terrific success! Fifty-five shirts were dyed. And fun had by all! Many thanks to Erin and Lisa for spear-heading the effort once again! Thank you to all who volunteered their time and energy towards the event!



On Sunday, May 21, Rev. Linda Goodman facilitated a Gong Bath, assisted by Rev. Barbara Thorngren. The gong bath is a sound healing technique utilizing gongs of different sizes/pitches and other instruments such as singing bowls, chimes and an ocean drum. Nineteen people attended. We reclined in zero-gravity chairs or on yoga mats and were arranged in a generally circular pattern. When the sound ceased, we were asked to describe our experience with one word. Responses included peaceful, release, home, comfortable. Everyone was smiling. One person expressed how happy she was to be among like-minded people. She is interested in attending our services. It is likely that these people would attend another Gong Bath and would probably bring someone with them. Debbie and Paul reported that the Congregation split the plate with Rev. Linda, netting \$332. ~ Pam

Anarchism Reading Group

We had a nice meeting on May 25th and chatted about organizing, formal and informal, and reflected on how it relates to our own experiences. We also learned that The NH Mutual Aid Relief Fund out of Manchester is a group very much informed by anarchism.

Our next reading was chosen as a sort of extension of our Thursday discussion "Are We Good Enough?" By Petr Kropotkin. You can find it here:

<https://theanarchistlibrary.org/library/petr-kropotkin-are-we-good-enough>

Our next meeting is tentatively scheduled for June 29th at 6:00pm, but we might change it if it means more people can attend.

I put together a list of everything we've discussed, plus this month's reading. I hope for

it to help us keep track of things, and make it easier to revisit and reference what we've read:

https://docs.google.com/document/d/1M-y6hslkr-XvvLbC8su_6zgt9sVhhiC2gENGxfZlItA/edit?usp=drivesdk

~ Charlie

Contact Charlie at charleschapple@gmail.com if you are interested or have any questions.



Margaret



Anti-Hate Group of Franklin meets Wednesday, June 21st, 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

Gossip From the Garden

Sometimes I think we need our gardens more than they need us. Okay, they need us to water them and fertilize them and weed them and talk to them-but don't we, the gardeners, also need our gardens to take care of us! When we garden, our hands feel the cool dirt, our eyes check for bugs, our noses smell the fragrance of the flowers and our mouths taste the first ripe tomato. The garden IS talking to us in so many ways...we just need to pay attention and feel the love. A garden makes us slow down our fast-paced lives. It makes us stop, bend over and focus our attention on a tiny bug or a new blossom. It calms us down. It makes us smile. It is giving back life and love that we are providing for it. Gardening is a mutual partnership. I guess gardens are nature's way of caring for us...so let's make sure we care for them. Love is the best fertilizer for our gardens....and for us too. ~ Pat Sleeper



Cindy S.



A little seed for me to sow.
 A little earth to make it grow.
 A little hole
 A little pat
 A little wish and that is that.
 A little sun
 A little shower
 And in a while, a little flower
 ~ Author unknown



Humanities@Home:
 Uncovering LGBTQ+ Histories
 in New Hampshire
Friday, June 9 at 5:00 pm on Zoom

In 1974, a lawyer for UNH argued that the university could legally bar the newly founded Gay Students Organization from campus activities because its members had a “communicable mental illness.” Although the case might have been the first time LGBTQ+ identity was a major topic of conversation in New Hampshire, LGBTQ+ individuals had called the state home for much longer.

In this talk, Dr. Holly Cashman will underscore the importance of knowing the histories of LGBTQ+ communities and share stories collected through the Seacoast NH LGBTQ Oral History Project and Living Free & LGBTQ+ at UNH in the 1970s. These projects continue to make LGBTQ+ histories visible in New Hampshire, uncovering once-overlooked stories and enriching our understanding of what it means to make the Granite State home.

[Webinar Registration - Zoom](#)



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/>



The Parish Committee asks that folks leave parking spaces open out front for those who need easier accessibility into the Meetinghouse and for new guests. If you are able, please park in the back of the building or in the parking spaces to the right of the building. Thank you.



**TWIN RIVERS
 Food Pantry**

For the month of June, the Food Pantry is in need of the following items: tuna fish, green beans, men’s and women’s deodorant. (Deodorant can be purchased at the Tilton Dollar Tree for \$1.25). The pantry also collects 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.

Their hours of operation: Tuesday and Thursday, 9am-11am; Wednesday, 5pm-7pm.

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

Thank You!

Just a note to thank you for participating in the Pantry's Community Wide Yard Sale fundraiser! We hope your sale went well and was a great experience for you. The event raised \$1,400.00 for the Pantry, an amount that will purchase 714 half-gallons of farm-fresh milk! *Daisy*



We're counting down the days to June 6-7 and **NH Gives!** Twin Rivers Food Pantry needs your help as we prepare to participate in this 24-hour online fundraising event sponsored by the NH Center for Nonprofits. Would you please reach out to friends and family members to share about the important work the Pantry is doing and to ask them to join us in helping make a difference for struggling families in our communities? Please share, share, share through email and social media, and, on the day of the event, please donate to the Pantry at <https://www.nhgives.org/organizations/twin-rivers-food-pantry/>!

Thank you in advance for your thoughtfulness and generosity!
Sincerely,
Daisy



You are all invited to join in celebrating **Lily's** high school graduation, **Saturday June 17th**, 11:30am to 2:30pm. There will be an open house at UUCF with light finger food, ice cream, and cake. There will be a "Tree of Wisdom" that you can attach your words of wisdom or advice to that will be passed along to Lily as she enters this new phase of life.
~ Louise



Pat Sleeper's Story

I was born in Somersworth, NH Jan 11, 1946, from two very loving parents of small means. I was the middle child of three girls. I loved my life in NH and the four different seasons that allowed me to explore nature as I grew up and

to discover new and exciting things around me. I became a tomboy and loved climbing trees, following paths through the woods, listening to nature and decided that each season had its own unique smell. One day I climbed the wrong tree and fell ten feet missing a brick wall and a tree stump but still cracked my head on the ground.

When I was six, I experienced the swirling spiral dizzy feeling that a patient has when a doctor places a mask over your mouth and nose that contains ether that was used in the 1950's to put a patient to sleep for a tonsillectomy. An experience that is hard to forget.

At age eight I felt the 90-degree heat of August as my dad drove all of us into Fort Worth, Texas pulling a 28-foot trailer and where we lived for the next 30 years. Sadly, I discovered over time that Texas had only one season and it was always hot and dry. I missed Somersworth, NH. I was so disappointed and angry with Texas. I felt that I would never be able to have a white Christmas if I lived in Texas. Everything in Texas was different and I did not like it. I felt cheated.

When I was fourteen a friend encouraged me to join a girl scout troop that she belonged to. I had no idea that scouting was going to breathe life back into my sad soul. Scouting took me back to my happy days in NH when my folks took us camping and hiking. I became alive again and learned canoeing, sailing and swimming in a lake. Eventually I became a water safety instructor and camp counselor teaching young campers the joys of being outdoors with nature.

I graduated from Eastern Hills High School in 1964 with no plans to go to college for lack of money. I found a job as a dental assistant and went to night school to become a Certified Dental Assistant. I was very proud of that.

As the years rolled by, I acclimated myself to the dry Texas weather, the dry southern people and their dry southern attitudes. Having a fan was the only way to survive the hot days and 90-degree nights. Unfortunately, a fan next to my bed blowing in my ear all night gave me Bell's Palsy for several weeks causing half of my face to droop. My doctor showed me how to inject my leg with vitamin B12 shots each day under the supervision of my boss, a local dentist I was working for as a dental assistant. Soon after this scary incident my folks decided it was time to save money and buy air conditioners for our small house so we could all sleep at night during the long, hot season in Texas.

One dark night my VW beetle was hit broadside by a drunk driver that put me in the hospital for six weeks. I woke up to find out that I had lost my left kidney, my spleen, had seven broken ribs on my left side, a punctured lung, and a fractured left pelvis. I was given a 50/50 chance of making it. The Universe had other plans for me, and I beat the odds. I was only twenty and had a long life ahead of me.

At twenty-one I married and moved to Norfolk, Virginia where my husband spent four years in the Navy while I found employment as a dental assistant. As the years passed, I found that I had made the wrong decision marrying this selfish man so we divorced.

I continued to work as a dental assistant and was fortunate to get a job with the Civil Service as a Dental Technician at Carswell Air Force Base in Fort Worth, Texas. I was able to squeeze in night college classes working toward a Dental Hygienist Certificate but was unable to complete the course because I would have to take day classes working at the dental chair on patients and give up my day job which I needed to pay for my classes and my car. So that ended my dream of becoming a Dental Hygienist.

After ten years at the base clinic, I decided that I was ready to move back to NH and get away from Texas. So, with my father's help we drove a U-Haul truck, with everything I owned, across the country back to NH where my parents had decided to retire seven years earlier. When we drove into Franklin, NH, I could not stop smiling. The NH air was cool and fresh and put new life back into my bones. I cried with happiness.

During the next thirty-eight years I remarried, worked at the New Hampshire Veterans Home for twenty years and in 2016 sadly became a childless widow. Fortunately, I was strong and ready to be on my own again. I had joined UUCF in 2016 and had good friends around me. I was in NH where I wanted to live out my life. I was enjoying the four beautiful seasons of NH and smelling nature's changes taking place. I was home again where I wanted to be. The environment of NH gave me a strong desire to start watercolor painting again. I had my gardens to work from April through October and my knitting to keep me busy during the cold winter months. I am seventy-seven and have many good memories of a long life that taught me how to meet every challenge head on. I wonder what my next challenge will be?



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.



A statewide, grassroots, LGBTQ+ advocacy organization.
<https://www.facebook.com/603Equality>



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.

Sanctuary/Asylum Newsletter
Sanctuary Coalition of Southern NH
APRIL 2023

Holy Week is a sacred time for Christians. The devastating death of Jesus, which at first brought grief and sorrow to his followers, subsequently gave them hope and joy. Even in the worse of circumstances, there is room for hope. That spark of hope changed the world.

Our asylum seekers each have been through a devastating time in their lives. They have come here with hope, looking for safety. Even after

arriving here, their journey is still difficult. What sustains them? Hope.

What we are doing together is giving our seekers a place to stay until they can move out on their own to follow their own path. We are grateful that we can help them on their journey.

Although Chris is still in KY taking care of his brother's children until surgery and recovery are completed, donations to our Asylum Fund will help us to continue to support Chris. Because there are no Market Basket grocery stores in the state of KY, we are sending money to Chrisma for groceries as well as money for incidentals. We're hoping he will be able to return to Manchester in May.

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 sanctuary@uumanchester.org

~ Liz Alcauskas, Sanctuary/Asylum Committee, Unitarian Universalist Church of Manchester

Sanctuary Coalition of Southern New Hampshire
Sanctuary/Asylum Committee
Annual Report: July 2022 – May 2023

Last summer started with a Sunday Service put on by the Committee to highlight our two asylum seekers. Although Ben was not able to attend, his written remarks were read. Chris spoke about his harrowing journey to the U.S.

Several notes of gratitude from our partners were read, thanking us for the work we do. Ben applied for and was accepted into the UNH Carsey's School of Public Policy, Master's Program in Community Development Policy and Practice. Chris went to Kentucky for a visit to his brother and family.

In October, Paul Introcaso of our Committee, received the MICAH Award from GSOP. His congregation nominated him for this award, which raises up members who demonstrate a passion for justice, who love mercy, and who walk humbly in service to others.

Congratulations!

Ben began his classes at UNH. His initial nervousness was quickly replaced by confidence as his first grades came in (A's) and he began establishing relationships with his classmates. Meanwhile, he awaits the long process his family is undertaking to join Ben here in the U.S. They have been approved to apply for asylum, and once they are interviewed and issued visas, they can finally be reunited.

When will this happen? The timeline is torturously long and slow. We have no idea when this miracle will happen.

Chris's brother has had health issues and needs help with the five children. His brother needs surgery, which was supposed to take place in April, but has not. So, Chris will stay as long as possible in KY taking care of his brother's children. We continue to support Chris with money for food and incidentals. We have no word as to his asylum status. So exasperating.

In April, Curt Smith, Phoebe Stone, and Liz Alcauskas were invited to the annual meeting of Unitarian Universalist Action New Hampshire to present the work we do in our Sanctuary/Asylum program.

In May, work on the final recommendation of Robert Cummings, to install a horn/strobe light in Chris's room, is underway.

And now, **exciting updates** from both Chris and Ben. Chris has texted that his brother's surgery went well, he is back at home! Ben is

working on a paper for his Master's Program, "Supporting Struggling Education in a Village Where Unemployment is on the Rise". Best of all, his family has obtained their passports! Interviews are next.

The balance of the Sanctuary/Asylum Fund is \$3,453.74. Thank you to all our sponsors and donors who make this all possible.



Rev. Ariel ~ 7th
Freya Chapple ~ 14th
Louise Proctor ~ 19th
Steve Theberge ~ 20th

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/19ctaNiZXqhb1afpmqfjN5vlx05mfsVSg?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.

Unitarian Universalist Congregation of Franklin
PO Box 562
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.



Wild Lupine
Juneau, Alaska