



# Unitarian Universalist Congregation of Franklin, NH

# Spectacles

## MARCH 2023

## From Our Minister



Wednesday, February 22, marked the beginning of Lent, in the Christian calendar, and in the Jewish calendar, it was the first day of the month of Adar. This is the month that gets us to spring, the month in which the bindings of winter loosen their grip on us – even as it continues to snow, in some parts of the country more than ever! It is a month in which we are invited, according to the Talmud, to ‘increase in joy.’

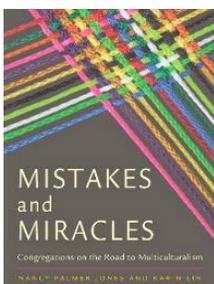
Despite the promise of joy, it can be a hard invitation to embrace, in the face of the burdens the world offers us. How can I embrace joy as tens of thousands die in Turkey and Syria as the earth shakes beneath them, as the war in Ukraine enters its second year, as swastikas are tagged on a synagogue and businesses in Portsmouth, as a local business owner here in Franklin shares a most disturbing email she

received from white nationalists, the contents of which seemed to awaken my ancestors in fear. With these ghosts on my shoulders and people dying and struggling around the world, how can I *increase in joy*?

And yet, I did just that. On the second night of Adar, I gathered with friends with whom I could speak openly and honestly about the weights we are carrying, the traumas we are navigating. We could process our experiences without fearing we would be dismissed, without having to explain to someone who didn’t understand at all. As we made space to acknowledge the terrifying reality we are living within, that space expanded to include more of our lives. We enjoyed each other’s company, abetted by the delicious food and drink we shared. We built connections, savored our time together, and in so doing, we increased in joy.

When things are hard, may you surround yourself with people who understand. In the midst of everything, may you increase in joy in the month ahead.

Love,  
Rev. Ariel



**Mistakes & Miracles books are here!**

This spring we will have a 4-session congregational discussion series of the UUA's Common Read book, *Mistakes & Miracles: Congregations on the Road to Multiculturalism*. A number of paperback books are available and will be for sale from the congregation. You can also order a Kindle copy if you prefer e-readers. We will schedule the discussion series after we have a chance to read the entire book. If you are interested in participating, please fill out this [form](#) to reserve a book and support scheduling.

**Upcoming UUCF Sunday Services**

**March 5<sup>th</sup>, 10am** ~ *The Fully Engaged Life* ~ Louise Proctor ~ Musician ~ Paul Hubert

**March 12<sup>th</sup>, 10am** ~ Rev. Ariel Aaronson-Eves Musician ~ Robin Charles

**March 19<sup>th</sup>, 10am** ~ *Poetry Service*  
Pam LaCroix & Gail Morrison  
Musician ~ Paul Hubert

**Bread and Soup Sunday**



**March 26<sup>th</sup>, 10am** ~ Vince Ribas  
Musician ~ Robin Charles

The **Music and Worship Committee** is looking for volunteers to serve as **Worship Associates**. Sign-up sheets are in the Fellowship Hall every Sunday. If you have questions, please reach out to Howard. [howardsmsden@yahoo.com](mailto:howardsmsden@yahoo.com) (603) 465-7709

We ask that you consider the health of others.

Face masks are highly **ENCOURAGED** and much **APPRECIATED** inside the building



We ask that people sit at the tables **spaced apart** in the Fellowship Hall

Face masks are **REQUIRED** when at the communal food table during **Coffee Hour**.

**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, March 14<sup>th</sup> at 5:30pm via Zoom (PC meetings are held the second Tuesday of every month). If you would like to attend, please contact Erin, [em41385@gmail.com](mailto: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



### 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/>

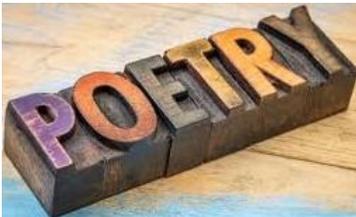


### Hannaford helps in MARCH and so can you!

During the month of March, Franklin Bread and Roses Kitchen will receive a \$1 donation from each purchase of the \$2.50 reusable Fight Hunger Bag at the Hannaford store located at 952 Central Street, Franklin.



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.



Gail and Pam will be leading the Poetry service on March 19<sup>th</sup>. There will be a planning meeting Sunday, March 12<sup>th</sup> after Coffee Hour for anyone who would like to participate in the service.



## TWIN RIVERS Food Pantry

### A note from Twin Rivers Food Pantry Board President, Cheryl Swenson:

We appreciate all that the Unitarian Universalist Congregation does to support the Food Pantry. We are very busy preparing for the impact on our community from the loss of the emergency allotment to the SNAP (Food Stamp) program. This program ends February 28<sup>th</sup>! Not only are we providing food choices but we are also providing choices for personal hygiene which SNAP benefits do not cover.

**We are specifically in need of the following items this coming month: plain macaroni and low sodium green beans.**

Thank you so much for all you do to support us.

Twin Rivers Food Pantry collects empty aluminum cans. They can be placed under the food collection table in the sanctuary.

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



The idea for this *Getting to Know You* addition to our newsletter was sparked one Sunday by a conversation held during kitchen clean-up after coffee hour. Louise was the first to submit a short story about herself in our February newsletter and it was great getting to know her better!

Now, I'll take a turn. I'm Cindy (LaPlante) Clarenbach, born and raised in Franklin. But I never knew about the Unitarian Universalist Congregation of Franklin until homeschooling friends invited me and my children to attend in the early 2000's. Brian, Laura, and Stacey were around the ages of 11, 9, and 9 when they started attending UUCF Religious Education classes. I was involved with the Children's RE program once I became a UUCF member and for many years after. I have served on the Parish Committee a few times and currently serve as Treasurer and perform some administrative duties. I have also enjoyed presenting lay-led services over the years.

I am a former state certified sign language interpreter, preschool/kindergarten teacher, home-schooling mom, AmeriCorps NH Reads member, and nursing home activities assistant. I currently work for Community Action Program Belknap-Merrimack Counties, Inc. as manager for the Tilton Senior Center.

I enjoy writing and self-published a book in 2014, *A Journey Together ~ Saying Good-bye to a Father with Alzheimer's Disease*. I also enjoy Orni-therapy and photographing birds.

My husband, Scott, also raised in Franklin, was a member of the Franklin Fire Department for 28 years, retiring as chief in 2009. We will be celebrating our 35<sup>th</sup> wedding anniversary in July. Our son, Brian (32) is a firefighter/EMT in Hudson, NH. Our daughter, Laura (30) is a zoo keeper in Duluth, MN, and our daughter, Stacey (30) is a registered behavior technician in Portsmouth, NH. If you were to ask them their favorite part about attending UUCF, it would be the friends they made, especially the friends they found in Coral and Steve. MANY joy-filled hours were spent with them! I am very grateful for Coral and Steve and the fun and love they brought to my children's lives.

I greatly appreciate UUCF for giving me a space to be with people of shared values, and for the personal growth I have experienced as a UUCF member.



Female Rose-breasted Grosbeak  
(One of my many favorite birds.)

*If you would like to submit a short story about yourself so we can all get to know you better, please send it to Cindy at [hope@metrocast.net](mailto:hope@metrocast.net) by the 27<sup>th</sup> of the month.*



On Tuesday, March 7th the New Hampshire state house and senate will hear FOUR bills that would roll back LGBTQ+ rights in education and healthcare, and one bill that would advance protections for out-of-state trans healthcare seekers who come to New Hampshire for care. Whether you can join for the whole day or part of the day on the 7th, or want to support from afar, you are needed. For more information , go to

<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  
**FEBRUARY 2023**

**SPECIAL GOOD NEWS** directly from Ben:  
*“Hello Liz. Just to let you know and all the team that my family’s petition was approved, I lost to*

*much email addresses from when I changed the email address. So, spread the word to all the Manchester and Nashua team and tell them that me and my family say thanks again. Keep in touch. Waiting for interview and Visa. Thank you”.* This is so wonderful!

Now, back to my recently composed S/A update: February, the month of **love**.

For Ben, **love** came in a reassurance from the organization that has been paying his tuition at Carsey School of Public Policy, UNH that it will continue covering his tuition until the end of his program. This means he can continue taking two courses per semester, and this semester he has signed up for Project Design Management, and Economic Analysis. Wonderful news for a very cold winter day. For Chris, **love** came when he returned to Kentucky to care for his brother’s family and his niece screamed with joy and hugged his leg very tightly. (She’s little!) I think he also **loves** that he is down there in KY and not here with windchill temperatures dipping down to -39 here in Manchester.

I **love** winter in New Hampshire, but even I am thinking of taking a road trip out of here, maybe down to Kentucky. The lowest temperature, as many of you probably know, was an overnight reading on the top of beautiful Mt. Washington of MINUS 108 degrees. Makes me think that the early explorers who didn’t survive their adventures in the Arctic and Antarctic should have trained on the top of Mt. Washington.

We continuously need donations. We accept **Checks** sent to the U.U. Church of Manchester, 669 Union St. Manchester NH 03104. Designate “Asylum Fund” in the memo line. 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](http://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 703-447-5701. Thank you for your anticipated donation. We are a 501(C)3 organization, so your donations are tax-deductible.

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

### Upcoming Franklin Events

Thursday, March 1<sup>st</sup>, 5pm-9pm ~ Community Free Night Skiing at the Veterans Memorial Recreation Area. For more information go to <https://www.facebook.com/FMDTF>

Saturday, March 4<sup>th</sup>, 11am-5pm ~ Boat Bash Snow Crash at the Veterans Memorial Recreation Area. For more information go to <https://www.facebook.com/millcitypark>

March 16-18 at 7:30pm, March 19 at 2pm ~ *The Carol Burnett Collection* at the Franklin Opera House. For more information go to <https://www.franklinoperahouse.org/>



**Stan Robinson ~ 14<sup>th</sup>**  
**Rob Jacques ~ 18<sup>th</sup>**  
**Kwesi Addo-yeboah ~ 28<sup>th</sup>**

**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 0323

**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](http://uucfranklin-nh.org)

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