



Kearsarge Unitarian Universalist Fellowship

OCTOBER 2025 NEWSLETTER

**Unitarian Universalists affirm
the worth and dignity of all
human beings and
advocate freedom of belief
and an open search for truth.**

OCTOBER CALENDAR OF SPEAKERS AND EVENTS

- Oct. 5** Rev. Lyn Marshall
- Oct. 12** Betsy Woodman
- Oct. 14** 10am at Vashro's farm: clean out yard sale remnants
- Oct 19** Rev. Richard Haynes
- Oct 19** After service, Lunch at the Vashro's
- Oct. 26** Rev. Michael Hall



IN THIS ISSUE:

- UU Poem
- Publications of Interest
- Scam information from the FTC
- Area Resources
- October is Substance Use & Misuse Prevention Month
- Sermon-Addiction, Grace, and the Long Road Home
- Tech Tip of the Month
- LGBTQ+ News and Resources
- Positive News
- *President's Message, Photo Submission Form, Birthdays and Anniversaries, Lunch on the Farm (not included, become a part of our congregation to see more!)*

Question: Why did the scarecrow win an award?

Kearsarge Unitarian Universalist Fellowship

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New London, NH 03257
(603) 526-8213

www.kuufnh.org

admin@kuufnh.org

The Kearsarge Unitarian Universalist Fellowship meets weekly on Sundays at 11:00 a.m. (September through June) at the Stone Chapel in Andover, NH and via Zoom



Assisting Ministers: Guests

President: Donna Peirce

Music Director: Martha Woodward

Pastoral Care: Kathryn Vashro

208-440-1855

UU POEM

Hope

See how the winds have shaped her hands to hold hope?

So tenuous, it trembles like a hummingbird's heart.

She gently carries hope to a nest in the midst of the maelstrom and tilts it into the bowl of tiny feathers and mosses.

Hope is so hard to cup.

She might need your help when it seeps through the cracks of her fingers.

Place your hands like this around hers.

Together it can be done.

When it hatches, when the nest is no more, watch the wind pick up hope and lay it softly into the welcome of upraised palms.

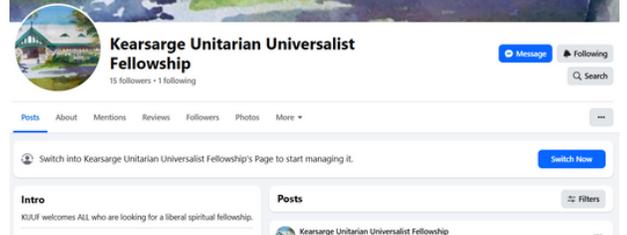
By Jennifer Pratt-Walter



KUUF is on Facebook

As we work to promote KUUF and grow our congregation, please support and participate in our Facebook page; it's a great way to advertise services, events, KUUF news, communicate with each other, and share photographs-there are many ways to use it."

<https://www.facebook.com/profile.php?id=100093963015130>



Eggs for Sale \$5/doz

The chickens are molting .
We will bring what is available on each Sunday.



Answer: Because he was outstanding in his field.

PUBLICATIONS OF INTEREST

To Wake, To Rise. Meditations on Justice and Resilience,
By William G. Sinkford

The 2017 edition of the UUA InSpirit series is an anthology of 29 poems, prayers, and reflections about resisting oppression and keeping the faith in social action work.

<https://uuabookstore.org/products/to-wake-to-rise>



SCAM INFORMATION FROM THE FTC (FEDERAL TRADE COMMISSION)



Scammers Use Fake Emergencies To Steal Your Money. Scammers are good at pretending to be someone that they're not. They try to trick you into thinking a loved one is in trouble. With the rise of AI being used for scams, Some scammers use artificial intelligence (AI) to clone your loved one's voice. With a short audio clip, maybe from content posted online, and a voice-cloning program, a scammer could call you and sound just like your family member.

Read more about how to protect yourself and identify this scam at <https://consumer.ftc.gov/articles/scammers-use-fake-emergencies-steal-your-money>.

PASTORAL CARE
KATHRYN VASHRO
208-440-1855
(DAY OR NIGHT)



SEEKING MEMBERS

*Are you talking with people about KUUF?
About UU principles?
Are you inviting friends to our luncheons?
Are you greeting new guests on Sunday?*

***We need to MEET, GREET and INVITE
new people regularly!!***

MEMBERSHIP

Do you want to take part in KUUF decisions by voting on topics brought up at our annual meetings?

As a member you may do that.
To become a member, Contact Kathy Vashro
735-5642 or 208-440-1855

AREA RESOURCES

Kearsarge Neighborhood Partners Provides the Kearsarge area with a wide variety of services for all: Help with chores, transportation, emergency firewood, home cooked meals, phone check-ins, and much more. They also recognize the value of reciprocity, and look for ways that neighbors seeking help to eventually be in a position to serve others. Website: knpnh.org, info@KNPnh.org, (603) 317-5900.

Energy Assistance Community Action Programs of Belknap and Merrimack Counties provides services to eligible households to assist with home heating and electric costs. Website: <https://capbm.org/Energy-Assistance>, Toll-Free: (800) 856-5525. NH Saves This program offers a wide range of rebates toward the purchase of lots of appliances. Also, find out how to apply for a home energy audit and qualify for rebates on energy efficient construction upgrades at the website nhsaves.com.

Food For Thought NH, Inc. Any child in the Kearsarge region can have free healthy food for weekends or school breaks by signing up through their school's nurse or by contacting FoodForThoughtForKids@gmail.com. Website: FoodForThoughtNH.org. Registered 501(c)(3) non-profit, 100% volunteer run.

Lake Sunapee Region VNA and Hospice Located in New London, NH serving individuals of all ages in parts of Grafton, Merrimack and Sullivan counties. Services include hospice, palliative care, personal care, and wellness programs. Call for help 24/7: (603) 526-4077, Website: lakesunapeevna.org, Email: info@lakesunapeevna.org.

OCTOBER IS SUBSTANCE USE & MISUSE PREVENTION MONTH

SAMHSA (Substance Abuse and Mental Health Services Administration) has some fantastic resources for the month including a toolkit for individuals, families, schools and communities to help share resources and information. Please check it out at

<https://www.samhsa.gov/about/digital-toolkits/substance-use-prevention-month>

SERMON-ADDICTION, GRACE, AND THE LONG ROAD HOME

The author has granted their permission for this sermon to be shared. The "I" language belongs to Rev. Phoenix Bell-Shelton Biggs.

Addiction is often misunderstood. It's not just about substances; it's about seeking relief from pain. Addiction thrives in isolation and shame—two things that are deeply opposed to the message of Jesus. Jesus consistently reached out to the marginalized, offering grace instead of judgment, belonging instead of exile. The Parable of the Prodigal Child and addiction share a profound connection in themes of isolation, shame, and the redemptive power of love and community. Just as the prodigal child found themselves lost and alone, addiction often leads people into a spiral of self-destruction and despair. Yet the parent in the parable embodies the boundless grace of God—running to embrace the child with love rather than condemnation. Healing from addiction is not simply breaking a habit; it's rediscovering connection, acceptance, and a place at the table of grace.

Read the rest of the sermon at

<https://www.uua.org/worship/words/sermon/addiction-grace-and-long-road-home>

TECH TIP OF THE MONTH

Photos and files, back them up!

People think photos, email and documents live “*on the phone or online forever.*” They don’t. if you lose your phone or your computer permanently crashes, many people don’t consider this until after the fact.

Do this:

- **iPhone** → iCloud Photos: Settings → [your name] → iCloud → Photos → Sync this iPhone ON.
- **Android** → Google Photos: Google Photos app → your profile picture → Photos settings → Backup ON.
- **Computer:** Plug in a USB drive monthly → copy your Documents and Pictures folders. Label the drive “Backup – Sept 2025” or backup to an external hard drive.
- **Facebook Personal Account:** Visit <https://www.facebook.com/help/212802592074644> for instructions.
- **Facebook Business Page:** Visit <https://www.facebook.com/help/466076673571942/> for instructions.
- **Instagram:** <https://help.instagram.com/462167363826150>
- **Any Google products, Gmail, YouTube etc.:** <https://takeout.google.com/?pli=1> You need to be signed in to your Google account to access this link
- **Outlook:** <https://support.microsoft.com/en-us/office/back-up-your-outlook-email-e5845b0b-1aeb-424f-924c-aa1c33b18833>

Some alternatives for computer data backup, I recommend using both digital backups below (less than \$200 per year for both as subscriptions) as well as an external hard drive. USB drives do fail, so if you are making data backups only on a USB drive (also known as flash drives and thumb drives) try to make multiple backups, and be wary of using non brand name USBs as some imported ones have been pre-infected by malware.

Dropbox: <https://www.dropbox.com/buy> (for pricing)

Carbonite: <https://www.carbonite.com/personal/backup/#priceplans> (Carbonite lets you recover backed-up files after a virus or malware infection) Dropbox does not.



What do you call a haunted chicken?

....A poultry-geist.

Why don't skeletons ever fight each other?

....Because they don't have the guts.

Why don't mummies take time off?

....They're afraid to unwind.

What do you get when you drop a pumpkin?

....Squash.

LGBTQ+ NEWS AND RESOURCES

Last month we wrote about the national LGBTQ youth suicide hotline (988 option 3) dedicated to crisis support officially closed in July 2025, raising concerns about mental health resources and increasing vulnerability for LGBTQ youth amidst rising hostility. We do want to share some resources if you know a family or individual in need of help.

The Trevor Lifeline, Part of the Trevor Project <https://www.thetrevorproject.org>. Crisis intervention and suicide prevention phone service available 24/7/365. 1-866-488-7386

Trans Lifeline: A 24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people. 1-877-565-8860 (United States)



From the rising tide of “Don’t Say Gay” laws to the criminalization of life-saving gender-affirming and abortion care, our bodies and our identities are being targeted in deadly ways.

Rooted in our Unitarian Universalist affirmation of the inherent worth and dignity of all people, including all bodies, and all identities, Side With Love is proud to introduce UPLIFT Action, our new campaign organizing for LGBTQIA+, Gender, and Reproductive Justice.

Together, we commit to growing our skills, deepening our spiritual grounding, honing our analysis, and fighting together for a world in which every body is sacred.

**View the webinar about
UPLIFT Action!**

<https://vimeo.com/760447805>

love
is love



KUUF ENDOWMENT FUND

Provides a lasting legacy for Unitarian Universalism in our Kearsarge Sunapee region.

Making a bequest to the KUUF Endowment Fund is a simple way to protect your values and help our congregation remain a voice for liberal faith throughout the Kearsarge Sunapee region.

You can name KUUF as a beneficiary in your will, trust, retirement plan, life insurance policy or financial accounts. Anyone can make a bequest and no amount is too small.

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For further information, contact a member of our Finance Committee. Currently serving 2025-2026 are Sandy Wells, Henry Howell, and Bill Hickey.

## POSITIVE NEWS

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Want to Get Some Positive News in Your Email Box?

Here are some great free newsletters you can subscribe to:

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

<https://www.positive.news/>

<https://www.onlygoodnewsdaily.com/>

<https://www.goodgoodgood.co/>

<https://www.optimistdaily.com/>

<https://reasonstobecheerful.world/>