



# Kearsarge Unitarian Universalist Fellowship

**NOVEMBER 2025 NEWSLETTER**

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

## **NOVEMBER CALENDAR OF SPEAKERS AND EVENTS**

- Nov. 2** Barbara Meyers
- Nov. 6** Bridges out of Poverty Workshop,  
8:30am - 3:00pm
- Nov. 9** Lou Botta,
- Nov. 16** Wendy Gilker
- Nov. 23** Rev. Elaine Bomford
- Nov. 23** Lunch at the Vashro's
- Nov. 30** Rev. Michael Hall



## **IN THIS ISSUE:**

- Bridges out of Poverty Workshop
- UU Poem
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- Veteran's Day
- Tech Tip of the Month
- LGBTQ+ News and Resources
- Positive News
- *President's Message, Photo Submission Form, Birthdays and Anniversaries, Lunch on the Farm, Obituaries, and An Interview with Loren Howard not included, become a part of our congregation to see more!*

**Question:** What did the turkey  
say to the computer?

## **Kearsarge Unitarian Universalist Fellowship**

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(603) 526-8213

[www.kuufnh.org](http://www.kuufnh.org)

[admin@kuufnh.org](mailto: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

# YOU ARE INVITED TO THE BRIDGES OUT OF POVERTY WORKSHOP!

The Bridges Out of Poverty workshop offers a solution-focused approach to understanding poverty, providing concrete tools and strategies for individuals, organizations, and communities. By attending the workshop, participants will gain a deeper understanding of individual behaviors and priorities and develop innovative strategies for improved client relations and outcomes.

Here is a video describing the program: Bridges Out of Poverty: Strategies for Professionals and Communities – B100 <https://www.youtube.com/watch?v=HQ4bCoGc0Rs>

Poverty Insights: The relationship between poverty, middle class, and wealth significantly affects individuals and communities, making it crucial to address these issues through initiatives like the Bridges Out of Poverty workshop. By understanding the complexities of poverty, we can work towards building more supportive and equitable communities.

## Upcoming Bridges Individual Lens workshop

Reserve your seat at the FREE comprehensive Bridges Individual Lens workshop. Lunch is included! **Date & time:** Nov 6, 2025, 8:30am - 3:00pm

**Where:** Wheeler Hall, Colby Sawyer College, New London, NH

Click the Register Now button or Call 603-317-5900

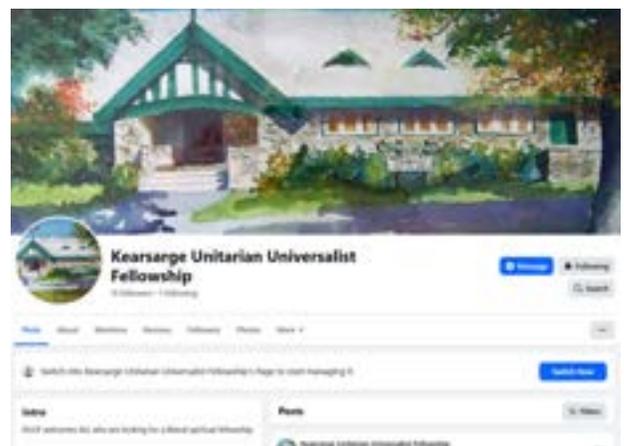
[https://lp.constantcontactpages.com/ev/reg/gfrre7x?source\\_id=fc67061d-a852-4627-9083-fb2a5ded16c8&source\\_type=em&c=](https://lp.constantcontactpages.com/ev/reg/gfrre7x?source_id=fc67061d-a852-4627-9083-fb2a5ded16c8&source_type=em&c=)

Workshop organized by Kearsarge Neighborhood Partners, supported by SHEI, St. Andrews, First Baptist Church, New London, Our Lady of Fatima, The First Congregational Church of Wilmot UCC & Colby Sawyer College

## 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>



*"In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit."*

— Albert Schweitzer

# UU POEM

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## Poem for the Thanksgiving Season

### Let Us Give Thanks By Max Coots

Let us give thanks for a bounty of people:

For children who are our second planting, and, though they grow like weeds and the wind too soon blows them away, may they forgive us our cultivation and fondly remember where their roots are.

Let us give thanks:

For generous friends...with hearts as big as hubbards and smiles as bright as their blossoms;

For feisty friends as tart as apples;

For continuous friends, who, like scallions and cucumbers, keep reminding us we had them;

For crotchety friends, as sour as rhubarb and as indestructible;

For handsome friends, who are as gorgeous as eggplants and as elegant as a row of corn, and the others, as plain as potatoes, and so good for you.

For funny friends, who are as silly as brussels sprouts and as amusing as Jerusalem artichokes, and serious friends as complex as cauliflowers and as intricate as onions;

For friends as unpretentious as cabbages, as subtle as summer squash, as persistent as parsley, as delightful as dill, as endless as zucchini, and who, like parsnips, can be counted on to see you through the long winter;

For old friends, nodding like sunflowers in the evening-time, and young friends coming on as fast as radishes;

For loving friends, who wind around us like tendrils, and hold us despite our blights, wilts, and witherings;

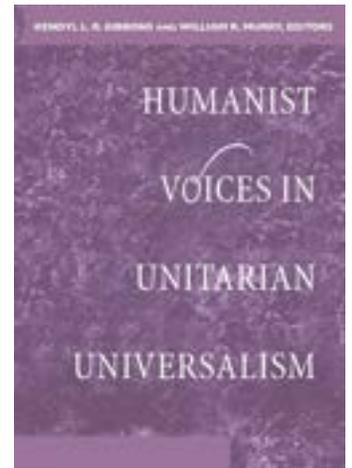
And finally, for those friends now gone, like gardens past, that have been harvested, but who fed us in their times that we might have life thereafter;

For all these we give thanks.

**Source:** the late Rev. Max Coots, who was Minister Emeritus of the Unitarian Universalist Church in Canton, New York. His passion for gardening yielded this beloved and much used meditation.



# PUBLICATIONS OF INTEREST



## Humanist Voices in Unitarian Universalism

Editor: William R. Murry, Kendyl L. R. Gibbons

In this highly anticipated collection, Unitarian Universalist Humanists present their faith perspectives in 23 engaging and thought-provoking essays. The contributors, both lay and ordained, demonstrate why Humanism has been one of the bedrock theologies of Unitarian Universalism for the last hundred years.

They reflect on what it means to be a religious Humanist today and how they see the movement evolving in the twenty-first century. They explore Humanist history, beliefs, approach to life, social justice, community, and religious education. Together, these voices proclaim a passionate affirmation of a rich and dynamic tradition within Unitarian Universalism.

You can find this online at: <https://uuabookstore.org/products/humanist-voices-in-unitarian-universalism> or at Amazon.



**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

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Have a little extra time to volunteer? Check out some of these local resources who are looking for volunteers on an ongoing basis:

Windsor County Mentors (Also covers the Kearsarge region)

<https://wcmembers.org/be-a-mentee/>

The Red Cross <https://www.redcross.org/volunteer/become-a-volunteer.html>

Habitat for Humanity <https://www.habitatconcordnh.org/volunteer>

Kearsarge Neighborhood Partners <https://knph.org/Ready-to-Help/#volunteerform>

## Other Places to Search for Volunteer Opportunities

<https://volunteernh.galaxydigital.com/user/register/>

<https://www.nhti.edu/about/community-resources/volunteering-opportunities/>

<https://www.volunteer.gov/s/>

<https://theseniorsource.org/volunteer/opportunities-all-ages/>

<https://www.idealists.org/volunteermatch>

<https://engage.pointsoflight.org/>

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

**Answer:** Google, Google, Google!



**Resources for Veteran's:** A good list of Veteran's discounts <https://veteran.com/military-discounts/> and general resource site for pretty much anything Veteran related <https://nrd.gov/nrdLandingPage?term=veterans>

This Veteran's Day we extend our deepest gratitude to all veterans for their courage, sacrifice, and steadfast commitment to service. Your service reminds us of the values we hold dear: compassion, justice, and the commitment to care for one another. We honor not only what you gave in uniform, but the ways you continue to serve through kindness, integrity, and love of community. Thank you for your steadfast spirit and for helping us strive toward a more peaceful and compassionate world.

# LGBTQ+ NEWS AND RESOURCES



**Community & Mutual Aid:** Support and connection are essential for transgender and non-binary people to thrive. Community and mutual aid organizations provide practical resources, financial assistance, and safe spaces where trans individuals can access essentials, share experiences, and build resilience. These organizations offer everything from financial help for gender-affirming care to wellness programs, peer support, and community-building initiatives—helping you feel seen, valued, and supported in your daily life.

**The Woodlands:** The Woodlands is an all-ages virtual pastoral care program created by the UUA's Transgender Support Specialist for trans and nonbinary individuals and their families. Beginning Fall 2025, participants will gather monthly online for 90-minute sessions featuring a shared grounding ritual, small breakout groups for meaningful check-ins, and collective reflection. Each breakout, co-facilitated by experienced chaplains, offers a space to honor grief, celebrate joy, and support one another, with the spirit of each room shaped by those present. <https://www.uua.org/lgbtq/thewoodlands>

**TRUUsT (Transgender Religious Professional Unitarian Universalist Transgender):** TRUUsT is a network of transgender religious professionals within the Unitarian Universalist (UU) tradition, offering spiritual care, advocacy, and resources to support the well-being and inclusion of transgender individuals in faith communities. TRUUsT holds a spring virtual gathering and a fall in-person retreat. <https://transuu.org/>

**Transforming Hearts Collective:** We are queer, transgender, and nonbinary faith leaders of many races, classes, abilities, spiritualities, and ages. Transforming Hearts Collective supports spaces where LGBTQ+ people can access resilience, healing, and spirituality, and provides guidance and resources to faith communities and other groups committed to radical inclusion and culture shift. We move the margins to the center, lead with love, and transform hearts, not just minds, helping communities embody true welcome and justice. <https://www.transformingheartscollective.org/online-courses>

**Pink Haven Coalition:** Pink Haven is a collective of organizations and individuals committed to trans liberation and joy. They focus on building community defense, mutual aid, and alternative systems of care for gender-diverse people, creating spaces where trans and nonbinary individuals can access support, resources, and community. <https://www.pinkhaven.org/>

**Beyond the Binary: Building Beloved Community Conference:** The First Unitarian Universalist Society of Syracuse hosts the “Building Beloved Community Beyond the Binary” conference, a transformative event aimed at fostering community among transgender, nonbinary individuals, and their allies. This conference serves as a platform for gathering, learning, and growth, offering workshops, discussions, and resources centered on transgender inclusion and spiritual growth within Unitarian Universalism. <https://firstuusy.org/bbcbb-conference/>



# TECH TIP OF THE MONTH

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## Passwords without the headache

Weak or reused passwords cause most online account problems, as well as open people up to having their computers and online information (including bank accounts) hacked or compromised. While there are multiple very good online secure password “keepers”, both free and paid, they don’t help if your computer is not available, or if you don’t feel comfortable using online keepers for this information.

### A simple system to use good passwords offline:

- Pick a strong base phrase you can remember: three random words + number + symbol (e.g., RiverChairTulip47@).
- Make it unique per website by adding 2–3 letters of the website to the end (e.g., ...+ “AMZ” for Amazon → RiverChairTulip47@AMZ).
- Write them in a small notebook labeled “Addresses”—not “Passwords”—and keep it in a safe spot. (Paper beats forgetting and having to constantly reset your login information.)
- Turn on 2-Step Sign-In (also called 2-Step Verification or Multi-Factor Authentication (MFA)) where offered: look for Settings → Security → Two-Factor / 2-Step and choose Text message codes to your phone.
- Don’t use words that you would commonly refer to publicly or online for use as your random words, make them something you don’t tell friends or post about online. With the rise of AI and having AI troll through people’s online information, even a one time post about your favorite place in New England being Cape Cod (and you use Cape Cod as a password or part of a password) as part of your random words can compromise your accounts.

## KUUF ENDOWMENT FUND

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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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**Pause and try this:**  
*"Breathe in,  
and close your eyes.  
Breathe out,  
and smile."*

**The Spark:** The Unforeseen Benefits That Blossom When You Reuse and Repair In the October edition of this newsletter about creating positive change, they explore the manifold, at times joyfully unexpected, gains communities make when they turn waste into a resource.

<https://reasonstobecheerful.world/the-spark-repair-reuse-unforeseen-community-benefits/>