



# Kearsarge Unitarian Universalist Fellowship

**DECEMBER 2025 NEWSLETTER**

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

## DECEMBER CALENDAR OF SPEAKERS AND EVENTS

**First Sunday of Month** – collection for Food  
Pantry

**Dec. 7** - Rev. Nancy Pelligrini (11:00 AM)

**Dec. 14** - Martha Woodward (11:00 AM)

**Dec. 14-22** - Hanukkah

**Dec. 21** - Holiday Service (11:00 AM)

**Dec. 21** - Holiday Party (After Service)

**Dec. 21** - Yule

**Dec. 25** - Christmas

**Dec 26-Jan 1** - Kwanzaa

**Dec. 28** - Rev. Michael Hall (11:00 AM)

**Dec. 31** - New Year's Eve

## IN THIS ISSUE:

- Holiday Prayer
- Food For Thought
- Positive News
- Publications of Interest
- Song: Let Us Go Back
- LGBTQ+ News and Resources
- Tech Tip of the Month
- *President's Message, Photo  
Submission Form, Birthdays and  
Anniversaries, Holiday Party and  
Obituaries are not included, become a  
part of our congregation to see more!*



**Question: What do festive candles  
do when they get together?**

## 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



## HOLIDAY PRAYER

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### For All That Is Good in Our Lives

May we whisper thank you for all that is good in our lives.  
(Thank you)

May we shout thank you! for the abundance of blessings.  
(Thank you)

May we feel thank you, thank you, thank you,  
deep within our hearts and around us right now.

May we be thankful, down to our bones,  
for this time together.

May we take the time to feed each other, take care of each  
other, appreciate and trust each other, and say thank you.

It is the only prayer we'll ever need.

*This prayer was inspired by the words of Meister Eckhart: "If the only  
prayer you ever say in your entire life is thank you, it will be enough."*

*By Debra Haffner*

## FOOD FOR THOUGHT

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As food insecurity increases, so does the need for us to help. SNAP does not cover cleaning products, paper goods, soap, detergent, feminine menstrual products (which are expensive), shampoo, deodorant, toothpaste or toothbrushes, plastic wrap, or aluminum foil.



We tend to not think outside the box when buying items for food pantries; we stick to the same non-perishable items, but usually don't think to include items that can take a big chunk out of a food budget. Things like condiments (ketchup, mayonnaise, mustard), sugar and flour, coffee and tea are not cheap. Cat and dog food and kitty litter are important, too-pets are the first thing to go when the food budget is tight.



I recently learned that money gets more bang for the buck when donated to a food pantry; food pantries have more buying power than individuals do, and monetary donations are very much appreciated.

Birthday (or other celebratory) cake kits are easy and fun to put together. All you need are a disposable cake pan, a package of cake mix, frosting, a can of soda (can be used in place of eggs and oil) and candles. It's always nice to share a little joy, especially when times are tough.

Thank you! *Contributed by Fiona Petersen*

## POSITIVE NEWS

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If you haven't subscribed to the Daybreak Newsletter, check it out. It's a free daily (during the week) newsletter featuring Upper Valley (including many Kearsarge Area) things to do, local news (mostly positive and some other news), as well as features highlighting area Nonprofits, photos and videos of interest and stories that are uplifting. <https://news.daybreak.news/>

## PUBLICATIONS OF INTEREST

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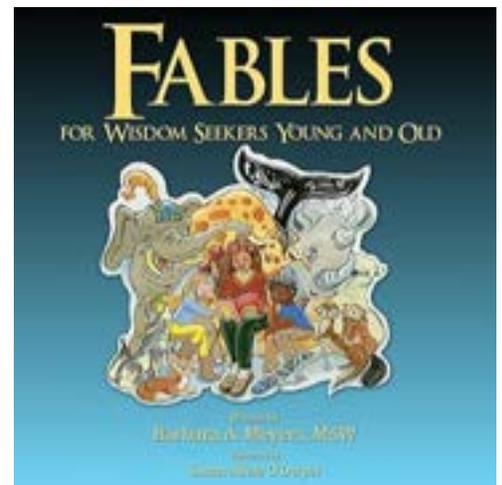
**Barbara Meyers is a frequent speaker at KUUF.**

*Fables for Wisdom Seekers Young and Old*, by Barbara A Meyers  
Following in the legacy of teaching stories, *Fables for Wisdom Seekers Young and Old* invites parents, teachers, counselors, and other caring adults together with children ages 6-11 to explore ideas about building self-esteem and the challenges of being in a family, school, and community as well as being a citizen of the world. Each fable is accompanied by a series of suggested talking points to support adults in deepening the story and moving it from the realm of fantasy to the everyday world of the child and reader. These conversations join the natural instincts of children – their curiosity, intuitive knowing, zest for learning, open-hearted caring, innate wisdom and joy in playing – with the wisdom adults have gained through experience. Together children and adults build a bridge to a future in which our ways of being reflect what is fair and just for all who share this planet.

Barbara Meyers, MSW, is a clinical social worker with a private practice in New Hampshire. She works with children, adolescents, adults, and families often drawing upon stories and their embedded lessons as teaching tools. In 2006, she was named New Hampshire's Social Worker of the Year. Both teacher and learner, writing has been a life-long companion and has helped her to make sense of the world around her.

Her first book, *Common Ground, Uncommon Gifts: Growing Peace and Harmony through Stories, Reflections, and Practices in the Natural World* connects her travels in the wilderness and resulting learnings with the Native American Medicine Wheel.

<https://www.amazon.com/Fables-Wisdom-Seekers-Young-Old/dp/1506912036>



## "Song: Let Us Go Back" by Vita Sackville-West 1892 – 1962

Let us go back together to the hills.  
Weary am I of palaces and courts,  
Weary of words disloyal to my thoughts,  
Come, my beloved, let us to the hills.

Let us go back together to the land,  
And wander hand in hand upon the heights;  
Kings have we seen, and manifold delights,  
Oh, my beloved, let us to the land!

Lone and unshackled, let us to the road  
Which holds enchantment round each hidden bend,  
Our course uncompassed and our whim its end,  
Our feet once more, beloved, to the road!

*Contributed by Liz Maloof*



### 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.

**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**



# 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.

**DiveThru:** DiveThru is a digital mental health platform that provides accessible, affirming support for trans and nonbinary people. Their online tools include self-guided exercises, personalized content tailored to your experiences, and virtual therapy with licensed mental health professionals trained in gender-affirming care. <https://divethru.com/self-care-trans-non-binary-folks/>

**Plume.** Plume Clinic is a virtual gender-affirming care clinic exclusively for trans and gender non-conforming folks. Get trans-centered care from a trusted source of community and support. <https://getplume.co/>

**Trans Lifeline Self Care Hub.** Trans Lifeline's Self-Care section offers a curated collection of tools and articles designed to support the mental and emotional well-being of transgender and nonbinary individuals. Resources include guided meditations, coping strategies, and wellness practices, many of which are created or endorsed by organizations like the Transgender Law Center and Project LETS. These materials aim to provide accessible and affirming support for the trans community. [https://translifeline.org/resource\\_category/self-care/](https://translifeline.org/resource_category/self-care/)

**FORGE.** FORGE reduces the impact of trauma on trans/non-binary survivors and communities by empowering service providers, advocating for systems reform, and connecting survivors to healing possibilities. FORGE strives to create a world where ALL voices, people and bodies are valued, respected, honored, and celebrated; where every individual feels safe, supported, respected, and empowered. <https://forge-forward.org/>

**Translatable.** Translatable, co-founded by Zara Wade with her father NBA legend Dwyane Wade, is a safe space for LGBTQIA+ youth to express themselves and explore their identities. It also serves as a resource hub for parents, families, and support systems, providing guidance, connection, and tools to support young people in their journey toward self-discovery and affirmation. <https://www.translatableproject.com/>

# TECH TIP OF THE MONTH

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## Keeping Electronic Devices Healthy

Most “my phone/computer is acting weird” issues are fixed by restarting and updating.

### Do this (once a week):

#### 1. Restart the Device:

- iPhone/Android: Turn it off and back on → Wait 20 seconds → Turn back on.
- Windows/Mac: Click Start/Apple menu → Restart.

#### 2. Update:

- iPhone: Settings → General → Software Update → Download & Install.
- Android: Settings → System → System update.
- Windows: Start → Settings → Windows Update → Check for updates.
- Mac: Apple menu → System Settings → General → Software Update.

#### 3. Charge fully afterwards; updates go smoother on a full battery.

