



NH CONFERENCE, UNITED CHURCH OF CHRIST

NH WOMEN'S FELLOWSHIP

**WOMEN'S LINK**

FALL 2019

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## NHCUCC WOMEN'S FELLOWSHIP FALL RETREAT 2019

CAMP SENTINEL, Tuftonboro NH

Overnight: Friday–Saturday, September 27–28, 2019

### THE NOW OF YOU

This retreat will be “A Weekend of Mindfulness and SoulCollage®” with the Rev. Dr. Deborah Roof and Liz Greenberg, both from East Derry NH. The Rev. Dr. Deborah Roof, Senior Pastor and Teacher of First Parish Congregational Church, UCC, in East Derry, will present interactive sessions on mindfulness, simplicity, and gratitude. Deborah is a life-long learner, not only in Christian theology, but also in non-Christocentric wisdom traditions such as Celtic Spirituality and the teachings of Deepak Chopra, Caroline Myss, and Marianne Williamson.

Liz Greenberg, L.I.C.S.W. and SoulCollage® facilitator, will guide you in using your intuition and inner wisdom to create a SoulCollage® Deck, “The Story of You.” Creating your Deck can be a profound and sacred experience. You will love your Deck. SoulCollage® is a creative, fun, relaxing, and meditative process of self-expression and self-exploration using simple materials—scissors, magazine images, glue sticks, and mat boards. A wealth of trimmed images will be made available for you to browse, as you let your imagination run free and your creative inner child engage in the joy of playfulness and creating your own cards. Your SoulCollage® Facilitator will provide some instruction and guidance in tips and techniques with some examples from her own extensive card deck, as well as suggestions for ways to gain a deeper, richer experience of engagement with your own Inner Wisdom! I love the happy hum of energy that happens when a group of Wise Women are creating together. We will end our time together sharing a “Gallery Walk”—a time to honor our gifts of creating and to honor one another!

**NEW HAMPSHIRE CONFERENCE UNITED CHURCH OF CHRIST (NHCUCC) WOMEN'S FELLOWSHIP** is compiling a booklet entitled *Prayer, Prose, and Potpourri*. The booklet will consist of favorite prayers and sayings or inspirational readings you have found humorous or helpful during your lives. We wish to compose the booklet so that we can share our faith with each other and those women we meet along the way. Deadline for submissions is **AUGUST 1**; the booklet will be ready in September. The booklet will be sold and the proceeds will be used for scholarship money to aid women in attending Women's Gatherings and Retreats.

If you wish to submit to the booklet, do so by e-mailing the piece you wish to share to Margie Kreitler, chair of the NH Women's Fellowship, at [mvkreitler@gmail.com](mailto:mvkreitler@gmail.com). Questions? Call Margie at 603-279-6150.

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**THE REV. DR. DEBORAH ROOF—*MINDFULNESS***—The Rev. Dr. Deborah Roof has worked professionally as a full-time pastor and teacher in the United Church of Christ since November 2003. Originally from western New York State where she attended the University of Rochester and Colgate Rochester Crozer Divinity School and served UCC and PCUSA churches in the Rochester area, Pastor Deborah moved to New Hampshire with her wife, Liz Greenberg, nearly six years ago. Pastor Deborah has a passion for learning and for the wealth of guidance that the biblical scriptures offer to us even now thousands of years after they were written. “There is no expiration date on truth,” she says.

Pastor Deborah is also an explorer of spirituality, notably Celtic Spirituality and John Phillip Newell, as well as the wisdom traditions with teachers such as Marianne Williamson, Caroline Myss, and Deepak Chopra.

Recently Pastor Deborah became a Veriditas-trained Labyrinth Facilitator and looks forward to presenting labyrinth experiences in the NH Conference in the near future.

Pastor Deborah and Liz enjoy getting to know New Hampshire and New England better. They often take day trips exploring, seeking out the next waterfall, the next spot to put in their kayak—or the next homemade ice cream stand!

Prior to ministry, Pastor Deborah was a teacher of French and Spanish in high schools and colleges in the Rochester NY area. She spent her junior year in Paris, France, and went back after graduating to teach English in a French high school for a year. The region of Brittany, France, is her second home. She says that’s why she loves Maine so much—it reminds her of Brittany!

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**LIZ GREENBERG—*SOULCOLLAGE®***—Liz Greenberg graduated with a BA from San Diego State University, Liberal Arts in Women’s Studies & Religious Studies in 1980; from MSW State University of New York at Buffalo in 1988, and SoulCollage® Facilitator Training in September 2013. Her experience includes: Catholic Family Center 1989-1994 Family Therapist, Crest wood Children’s Center Day Treatment Program, 1995–2001; Family and Individual Therapist/Classroom Consultant; St Mary’s/Unity Hospital, Home Based Crisis Intervention Program, Family Therapist & Supervisor 2001–2008; Unity Hospital, 2008–2013, Financial Assistance/Social Work Team, Supervisor; and C.R.E.A.T.E! Center for Expressive Arts Therapy and Education, Individual Therapist and Supervisor, 2014 to Present. She has been serving churches and other groups as a SoulCollage® Facilitator, Independent Presenter since 2013.

Liz has been in the mental health profession for over 30 years, working with individuals and groups to further wellness and healing. She especially enjoys working with women, individually and in groups, to assist them in finding their own inner wisdom and authentic, unique voices! Liz loves to teach and use SoulCollage® as one powerful tool to reach this goal in her work with others and in her own personal quest for self-knowledge and growth.

SoulCollage® is a deceptively easy process using simple tools like glue, scissors, and images from magazines and other sources to create a deck of cards that express deep inner aspects of one’s self. Cards are created either intentionally or intuitively and their meaning is revealed through a process of dialogue journaling.



**THE WOMEN’S CONNECTION OF THE FIRST CONGREGATIONAL CHURCH**, Manchester NH, has recently published an all-church cookbook called “Bon Appetit.” The profits are designated for the future kitchen remodel project. We have more books if you didn’t buy one at the Spring Gathering and would like one. Just contact the FCC office at 603-625-5093 and arrangements can be made. The cost is \$12.50 for the book, \$15.50 if it needs to be mailed.

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**NHCUCC WOMEN'S FALL GATHERING 2019**  
**CAMP SENTINEL, TUFTONBORO NH**

**THE NOW OF YOU**

**TENTATIVE SCHEDULE (SUBJECT TO CHANGE):**

**FRIDAY, SEPTEMBER 27**

2:00–5:00 .....Registration, waterfront activities, labyrinth, hiking, indoor activities  
.....Dinner  
.....COMING TO THE NOW WITH SACRED PATHWAYS  
.....Campfire Vespers—the Rev. Dr. Deborah Roof

**SATURDAY, SEPTEMBER 28**

7:00 .....Enjoy a brisk morning walk led by Diane Wells  
8:00 .....Breakfast  
.....Worship with communion—the Rev. Dr. Deborah Roof  
.....BEING IN THE NOW WITH SOULCOLLAGE®  
12:00 .....Lunch  
1:00 .....GROWING THE NOW WITH A GALLERY WALK  
.....Closing (Around 3:30)

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REGISTRATION FORM for Women's Fellowship **2019 Fall Retreat**. Early registration is \$80 when postmarked by September 10. Late registration is \$90 after September 10. Fee includes overnight accommodations (but no bed linens), Friday dinner, and Saturday breakfast and lunch—Make checks payable to: **NHCUCC Women's Fellowship**. **All registrations and checks are due by September 22**. Mail all registrations and checks to Trudie Bergeron, 46 Nantucket Place, Greenland NH 03840. Questions? Contact Trudie at [TrudieGlenn@yahoo.com](mailto:TrudieGlenn@yahoo.com) or 603-828-4200. **IMPORTANT:** Please call, text, or e-mail Trudie by **August 15** to let us know if you are **planning** to attend Camp Sentinel... **THE WOMEN'S FELLOWSHIP AND CAMP SENTINEL NEED TO PLAN—PLEASE HELP US.**

Name \_\_\_\_\_ Church \_\_\_\_\_

Address \_\_\_\_\_

Telephone Home \_\_\_\_\_ Tel. Cell \_\_\_\_\_

E-mail (if none, please write "None") \_\_\_\_\_

Emergency contact—name and telephone number: \_\_\_\_\_

Do you **REQUIRE** a first-floor bed?—there are only eight beds on the first floor. Yes \_\_\_\_\_

Special Dietary Needs? If yes, please explain: \_\_\_\_\_

Camp Sentinel will do their best to accommodate special diets if you register in a timely manner. Do **NOT** expect dietary accommodations if you register after September 15!!!

**PLEASE MAIL EARLY; DO NOT WAIT UNTIL THE DEADLINE!**

**SCHOLARSHIPS AVAILABLE:** The Women's Fellowship is offering twenty (20) \$50-scholarships to the two-day retreat in Tuftonboro. If you cannot attend the retreat without assistance, please complete the scholarship application (see page 7) and mail to Dot Pitman, 12 Maple Knoll Drive, Hollis NH 03049. Send Registration and \$30 to Trudie by August 15. Successful applicants will receive a credit of \$50.

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**FALL OVERNIGHT RETREAT**  
**IMPORTANT INFORMATION**

**NO LINENS ARE SUPPLIED**—you will have to bring a **sleeping bag** or **sheets**, blanket, pillow, **towel**, and **wash cloth**. You might also want to bring a **flashlight**, mosquito **repellent**—non-aerosol, and maybe a folding chair—although there are plenty of benches around. There is also a very small camp store.

Camp Sentinel is located in the foothills of the Ossipee Mountain range in Center Tuftonboro, New Hampshire. Sentinel hosts year round rustic retreats and is known for its home-cooked meals, attention to detail, and Christian hospitality. Amenities include: five unique hiking trails, large field, chapel for up to 200 guests, and more. The camp provides solitude on its 645 acres and over a mile of water frontage on crystal clear Dan Hole Pond, formed from a former volcano. It is just minutes from Lake Winnepesaukee, North Conway shopping outlets, and family attractions.

Some basic policy rules:

- No swimming alone. You **MUST** have a buddy, and there **MUST** be a lifeguard on duty.
- No alcoholic beverages or illegal drugs are allowed on the grounds.
- Smoking is not allowed in any building or on the grounds.
- No pets are allowed.
- The property and buildings must be left clean and all furniture returned to original place upon departure.
- For more information, visit [www.campsentinel.org](http://www.campsentinel.org).

There are three to seven beds in each room in the lodge. There are bathrooms on the main floor and the third floor. There are three-plus beds in each cabin. Most cabins do not have bathroom facilities within—there are outside bathrooms shared by all the cabins.

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**DIRECTIONS:**

**CAMP SENTINEL**  
**29 Sentinel Lodge Road**  
**Center Tuftonboro NH 03816**  
**603-539-4839 • [WWW.CAMPSENTINEL.ORG](http://WWW.CAMPSENTINEL.ORG)**

**VIA SEACOAST:** Off Route 16 onto Route 171 for about 8 miles to Camp Sentinel sign, turn right onto Canaan Road. Turn right at the top of the hill into the camp.

**VIA WOLFEBORO:** Bear left off Route 28 onto Route 109A to Tuftonboro School (8 miles), then right on Ledgehill Road for 3 miles to Route 171. Turn left on Route 171 for ¼ mile. Look for the Camp Sentinel sign and turn right on Canaan Road. Turn right at the top of the hill into the camp.

**VIA I-93:** Travel towards Meredith. Go East on Route 104 to Route 3. Left on Route 3 to stop lights in Meredith Center. Right on Route 25 to Route 109. Right on Route 109 to Route 171 (Left at fork). After 6 to 7 miles, look for the Camp Sentinel sign, turn left onto Canaan Road. Turn right at the top of the hill into the camp.

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**THERE IS NO WHITE ELEPHANT TABLE AT RETREATS**

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**NHCUCC WOMEN'S FELLOWSHIP SPRING GATHERING AND  
ANNUAL MEETING—MAY 11, 2019  
FIRST CONGREGATIONAL CHURCH, UCC, MANCHESTER NH  
BY PAM LEBLANC**

On Saturday May 11, approximately 60 ladies gathered at the First Congregational Church, Manchester for the Spring Gathering and Annual meeting, with a theme of **EVERYDAY BRINGS NEW CHOICES**.

First everyone gathered in the dining room for registration and morning snacks. It was a time to meet new friends and for old friends to catch up. Staffed by Anne Crawn, the White Elephant table was set up with lots of interesting items. There was also a table for the sale of the “Bon Appetit” cookbook, which was created by the ladies of the First Congregational Church. Our hostesses for the day prepared most of the food served for the morning snack and the luncheon from the recipes in this cookbook. Thank you to the ladies who bought the 17 books that were sold that day. All the money is going to the future kitchen remodel project at FCC.

At 10:00 a.m. everyone gathered in the sanctuary for Morning Worship Service. Barbara Papagian from FCC led us in worship with communion, and her sister, Kay Vercoe from Laconia, graciously offered to direct us in music. Carol Soucy from FCC sang a beautiful solo, “In the Bulb There is a Flower.” This whole service was beautiful and meaningful. Rev. Tim Wildman, the keynote speaker, presented Choices, Chances, Changes. He talked about how each one of us hears and sees things differently. He explained what might be a good choice for one, might not be the best for another, and remember to take chances and make changes as life goes on.

We honored three Outstanding Women: Rev. Louise Bastille from Laconia, Kay Vercoe from Laconia, and Pam LeBlanc from FCC Manchester. In Elaine Barker's absence due to illness, Trudie Bergeron read the recognitions and Barbie Hazzard presented plants to these ladies.

As we gathered back in the dining room for lunch, we listened to a short presentation about Dress a Girl Around the World by Linda Bonetti. There were dresses, blankets, and knit hats for babies on display. She explained how a church can host a “Sew-a-thon” by inviting sewers to make “kits” and sew dresses. If you have a quilting group in your church, you might want to do something a little different sometime and try these dresses. Check it out on Facebook at Dress A Girl Around the World/Southern Maine Group. Another project that is great and easy is Project 10,000 Partners for World Health out of Falmouth ME. They are collecting 10,000 flannel blankets (approximately 40”X40”) and knit baby hats to reduce maternal and infant mortality rates in Africa. Linda also offered other ideas for quilting and sewing groups to do mission work.

After the luncheon, Margie Kreidler conducted the business meeting. The following officers were elected: Chair, Margie Kreidler; Vice Chair, Roberta Pratt; Secretary, Claudia Wright; Treasurer, Dot Pitman.

There were two workshops in the afternoon. The ladies were divided into two groups with half going to “What's Up Doc?”—Aging Well by Dr. Lyn Singer Lindpaintner, and the other half going to “Qi Gong Moving Meditation” by Joyce Palmer. Everyone was able to enjoy both workshops, as after 45 minutes the groups switched places.

Everyone enjoyed **EVERYDAY BRINGS NEW CHOICES**. The ladies left with lots of ideas on how to make the right choices as we get older. Hope to see everyone at the Fall Gathering at Camp Sentinel, Tuftonboro NH on September 27–28, 2019.

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## OUTSTANDING WOMAN RECOGNITION

Every church has someone who seems to be the “backbone” of her church. You know... the ones who are in the kitchen, organizing the rummage sale or the bazaar, working in the food pantry or soup kitchen, stuffing the envelopes or folding the newsletter, filling in for the secretary, and staffing the serving line at all the receptions. They are the ones who dust and clean out the refrigerators or just pitch in where needed. They also take their turns in holding church offices as deacons and Sunday School teachers; they serve on the Boards of Missions, Stewardship, Trustees, and Women’s Groups; and they organize prayer groups and/or study groups, etc.

At every **Spring Gathering** we like to recognize these wonderful women for their faithfulness and dependability. There is a nomination application form below for you to nominate one of your own. Please write a brief statement of why you feel she should be recognized.

At the next Spring Gathering, we will honor some of our outstanding women who live their faith every day in their churches and communities, but we need your help to identify them.

Please mail your nominations by **April 1, 2020**, to **Elaine Barker**, 31 Chestnut St., Apt. 311  
Tel: 603-793-6708 E-mail: [ebarker3@outlook.com](mailto:ebarker3@outlook.com) Exeter, NH 03833

If possible, please send electronic version to Trudie Bergeron at [TrudieGlenn@yahoo.com](mailto:TrudieGlenn@yahoo.com).

**PLEASE MAIL EARLY; DO NOT WAIT UNTIL THE DEADLINE!**

### NOMINATION FOR OUTSTANDING WOMAN RECOGNITION

I/We \_\_\_\_\_

of \_\_\_\_\_ Church

Address \_\_\_\_\_

would like to nominate \_\_\_\_\_

Her address: \_\_\_\_\_

from my/our church to be recognized at the NHCUCC Women’s Fellowship Spring Gathering.

Will this person be able to attend the Spring Gathering on April 25, 2020, at the United Church of Warner? Please circle: Yes / No **Someone from your church MUST BE present to accept award if the Outstanding Woman is not present.**

Please give a brief summary of why you nominate this woman—Use a separate sheet.

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NOTE: If your church has not yet made a contribution to the NH Women’s Fellowship, please consider doing so. Make checks payable to NHCUCC Women’s Fellowship.

**When was the last time your women’s group or church hosted a Gathering for the NHCUCC Women’s Fellowship?** Maybe you have never hosted, but would like to. We need a place for our Fall Gathering 2020, and our Spring Gathering 2021.





NH Conference, UCC  
140 Sheep Davis Road  
Pembroke NH 03275

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**NH Women's Fellowship**  
**WOMEN'S LINK**

Next NHCUCC Women's Fellowship Board meeting is on  
Tuesday, August 13, 2019, at 10:30 a.m.  
at the Conference Center, 140 Sheep Davis Road, Pembroke NH  
Everyone welcome!

Fall Retreat—September 27–28, 2019—Tuftonboro NH

Spring Gathering—April 25, 2020—Warner NH

Celebration XI—March 18–20, 2022—Manchester NH