

NOV
2019

Parish Notes

The Newsletter of the Unitarian Universalist Church of Concord



Minister's Musings

Rev. Michael Leuchtenberger

“Stress is caused by being ‘here’ but wanting to be ‘there,’ or being in the present and wanting to be in the future.” So simple these words by Eckhart Tolle, yet how true. We never really have a choice, of course. We are always ‘here’ rather than ‘there,’ always taking this

one step right now rather than running through the future. Our only choice is whether we allow ourselves to be torn apart by that split or whether we embrace reality as it is.

It's the nagging of the mind that causes the friction, that creates the stream of ‘what if’ thoughts, making us worried and afraid. As Tolle points out: “It's a mental phantom. All that you have to deal with, cope with, in real life - as opposed to imaginary mind projections - is this moment. Ask yourself what ‘problem’ you have right now, not next year, tomorrow, or five minutes from now. What is wrong with this moment? You can always cope with the Now, but you can never cope with the future - nor do you have to.”

It's so easy to be seduced by our minds to turn the present moment into a means to an end, to be in waiting mode to begin life once a goal has been reached. This could be small stuff like waiting in line at the grocery store, in a traffic jam, or for a package (or the weekend) to arrive. Or it could be the big stuff like waiting for a better job, for a truly meaningful relationship, to make more money, to be important, for a different minister. If we allow this mode to become a pattern of the mind, the future will always seem better and the present will never be good enough - no matter what we achieve or get.

There is nothing wrong with striving to improve our life situation. Yet here is the tantalizing truth Tolle puts before us: “You can improve your life situation, but you cannot improve your Life. Life is your deepest inner Being. It is already whole, complete, perfect. Your life situation consists of your circumstances and your experiences. There is nothing wrong with setting goals. And striving to achieve things. The mistake lies in using it as a substitute for the feeling of life, for Being. The only point of access for that is the Now.”

“So give up waiting as a state of mind. When you catch yourself slipping into waiting ... snap out of it. Come into the present moment. Just be, and enjoy being. If you are present, there is never any need for you to wait for anything. So next time somebody says, ‘Sorry to have kept you waiting,’ you can reply, ‘That's alright, I wasn't waiting. I was just standing here enjoying myself - in joy in my self.’”

Sounds a lot less stressful to me. I'll have to remember to give it a try - or did he mean I ought to start right now? Okay, okay....

With love and affection, right now, right here.

Michael

CONNECTING IN LOVE AND SERVICE
GROWING SPIRITUALLY
TRANSFORMING OURSELVES AND THE WORLD

November Worship Services

Livestream our worship services at concorduu.org/live

November 3, 2019 | 10 am | “What’s Behind Your Mask?,” Rev. Michael Leuchtenberger

Appearance seems far more important than reality. The clothes we wear, the cars we drive (or don’t drive), the events we attend, the “friends” we mention - all create a perception of who we are. Nothing new here. What has changed is the ease, reach, and quality of the facade we have learned to create for ourselves through social media. So what’s behind your mask? What are you faking? And how do we escape judging our interiors by the exteriors so continuously and skillfully created by and for our “friends?” Got a story to share? Let me know.

Our first Sunday drop-in covenant group will focus on our monthly theme of “Humility.” All are invited to participate. Rev. Lyn Marshall will facilitate.

Thursday, November 7, 2019 | 2 pm | “Still Learning”

UU Worship Service at Havenwood Heritage Heights, 33 Christian Ave, Concord

Being humble means we are willing to acknowledge that being a student never ends and that there is courage and strength in owning our limitations. As Piero Ferrucchi writes: “A humble person does not need to triumph in order to justify his existence. He knows well that some others are better than he is, and accepts it. If I do not try to be what I am not, I give myself permission to be what I am.”

November 10, 2019 | 10 am | “It’s All About Me,” Rev. Michael Leuchtenberger

In “The Power of Kindness” Piero Ferrucchi writes: “Humility put into practice allows us to touch reality as it is.” It’s not about false modesty or self-deprecation. Humility is about knowing and owning our strengths without needing to feel superior to anyone else. Humility is about being aware of our limitations and weaknesses without needing to feel inferior to others. Humility is about letting go of the (childhood) notion that I am at the center of the universe while holding onto the reality that I perceive the universe from the center of who I am. It’s all about me and not at all.

November 10 | 7 pm | “Taize @ Concord UU” | Rev. Michael Leuchtenberger

A time for meditation, reflection, and renewal through music, brief words, and silence. Come sing, light a candle, and nurture your spirit during this non-traditional worship experience. **Runs Oct thru April.**

November 17, 2019 | 10 am | “We Could Be Wrong,” Rev. Michael Leuchtenberger

The prophetic voice is core to who we are as Unitarian Universalists. We value speaking truth to power. We write letters demanding change. We protest in public. And many of us relish our roles pointing out what’s wrong with the systems and culture that keep us from reaching “the promised land.” It takes courage to proclaim the truth and it takes a certain arrogance to be a prophet. Is there such a thing as a “Humble Prophet?” How can humility help further the cause of the prophet? How do we speak with conviction yet make room for the reality that “we could be wrong?”

November 24, 2019 | 10 am | “Tis a Gift to be Humble,” Rev. Lyn Marshall

Marianne Williamson wrote, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” Rev. Lyn Marshall will continue to explore the balance between humility and overweening pride in this service for all ages. How do we claim our power and use our gifts without overpowering others in the process?



SECOND HOUR

| LEARNING

| SERVICE

| PRACTICE

Second Hour Adult Faith Development

November 10 | 11:30-12:30 pm Choose from a TED talk and discussion on the November worship theme of Humility; meditation with Betsy Black; service to the church in the form of Fall Grounds Clean-Up; or a class to be announced (watch your eBulletin for details.)

November 17 | 11:30-12:30 pm There will be another TED talk and discussion and three other selections that will be announced once details are confirmed.

Children's Sunday School

Our children's Soul Matters theme for November is Attention. Sunday School sessions will explore paying attention to our inner self (Prayer), attention to needs beyond our own (Helping), attention to the now (mindfulness), and attention to the beauty and abundance around us (Gratitude and Thanksgiving).

Youth Group

Our Youth Group had their first overnight at church last month and helped our Wicked UU Team make an impressive showing at the Wicked FIT 5K Walk/Race. Between the pledges collected by team members and our Community Plate offering, we raised just over \$1,000 to support Families in Transition. The group has been continuing to explore the problem of (and alternatives to) single use plastics. We are also beginning to plan our fundraisers to help fund an immersion learning trip to the US/Mexican border in Tucson, AZ this February, a trip sponsored by the UU College of Social Justice and Borderlinks. We have already had adults inquiring about going - if there is sufficient interest, an adult delegation could arrange a trip of their own. Speak to Rev. Lyn Marshall (lyn@concorduu.org) if you would like to be updated about this possibility.

The Season of Giving at Concord UU

Here's a summary of the many opportunities for giving this holiday season.

UU Thanksgiving Dinner | Page 8 & 9

Edible winter squashes for centerpieces (to go to our Thanksgiving baskets afterwards)

Oct 20 to Nov 17, to a box under the coat rack.

[Plus your side dish contributions to be brought directly to the dinner]

For more info: Belinda Nerl

Thanksgiving baskets for families in need

Page 8

Sweet potatoes, white potatoes, bags of rice, lentils, dried peas, small, red beans, dishwashing soap Nov 10 to 24, to Room 8/9.

Clementines, apples, and carrots for the Thanksgiving baskets on Nov 24 ONLY (so they don't rot) to Room 8/9

Homemade pies for the baskets will be accepted at the Thanksgiving dinner on Nov 23 or on Nov 24

For more info: Cheryl Bourassa, David Canfield

Greens Fair | Page 7

Wreath decorations & gently used/new winter/holiday themed items

Oct 27 to Dec 5, to two boxes under the coat rack

For more info: Erika Downie

Boys & Girls Club Shopping Spree | Page 11

Gently used/new gifts (unwrapped) to allow kids to select holiday gifts for their families

Dec 1 to 15, to the benches in the Chapel

For more info: Peggy Herbert

UU Friends of Refugees Giving Tree

New gifts (wrapped) based on the tags you take from the Giving Tree

Dec dates TBD, to Room 6

For more info: David Canfield, or check the December Parish Notes

Friendly Kitchen | Page 13

\$5 gift cards to McDonalds or Dunkin Donuts & all sizes of unwrapped wool socks for Friendly Kitchen guests.

Dec dates TBD, to a small box in the Parlor

For more info: Fran Philippe

Samhain Nov. 1 @ 7 pm

Join us for a ritual to commemorate the final harvest of the year and to honor our ancestors.

We will be honoring our kin, or ancestors of blood. We will honor our caregivers, teachers or mentors, the ancestors of milk. And the honored dead, great persons or beings.

You may place one or more of them into sacred space with us. We ask if you can to bring a token or memento of the ancestor you are remembering this night for the ancestors' table. (You will be taking these back home.)

We will guide you on a meditative journey into the underworld to seek aid from those on the other side and usher in the dark half of the year with wishes of the harvest and of healing. Please bring a coin for the journey.

We're also having an exchange table. You may bring a small item or tool that has been useful to you that you no longer need, but could be of use to someone else. This can be anything, a book, amulet, wand, cards, runes, CD, journal, altar tool, etc. The key is the value exchange. If you bring something you'll have the opportunity to select another item at end of the evening.

This may not be the best ritual for children. If you have any questions, please email Rich at paganways@uuecsg.org

UU Friends of Refugees (UUFOR) Update After Church on November 3

Current UUFOR members, as well as anyone curious about our activities with refugee families, will meet with us after church on November 3 to hear and talk about...

1. Current activities with 5 refugee families, as well as a citizenship class that one of us is leading.
2. Delivering Thanksgiving food boxes again this year, which will depend on a sizable purchasing/packing/delivery team. Would you like to help? (See accompanying article for details.)
3. Organizing a holiday giving tree -- and possibly a party with Santa Claus -- for refugee children, which will also need a dedicated team. Would you like to help?

**David Canfield and Christina Oliva,
UUFOR Committee**

Our 4th Annual
**Greater Concord
Interfaith Choir Concert**

Presented by Concord Light Opera Company – C.L.O.C.

Sunday, November 3, 2019 - 4:00 PM

First Congregational Church

177 North Main St., Concord, NH



Charitable donations from this event will benefit:

THE FRIENDLY KITCHEN

of Concord, serving the hungry since 1980



The Friendly Kitchen seeks to provide a meal for the hungry in a warm and caring, non-discriminating environment through the coordination of community volunteer resources.

Have you met our new Choir Director Jeff Dixon ?



Jeff Dixon hails from the Rocky Mountains of Colorado, where he served as music director at Father Dyer United Methodist Church in Breckenridge, CO. During his five-year tenure he directed and expanded the Chancel Choir during weekly services, produced biannual large-scale cantata works for Christmas and Easter, and played organ, piano,

or djembe during special services.

During his recent graduate studies at University of Colorado Boulder he was Assistant Director of the 60-voice mixed voice Collegiate Chorale, 30-voice Men's Chorus, and the Co-Director of the vocal chamber ensemble the Flatiron Camerata. While on residency with the Aspen Music Festival and School the Flatiron Camerata performed for hundreds of K-12 students and gave a special lecture performance on the works of Janequin, Passereau, Gibbons, Arcadelt, Josquin and Hindemith. Jeff studied conducting and gesture under conductors including Galen Darrough, Jill Burgett, Andrea Ramsey, Gregory Gentry, Josh Habermann, María Guinand, and Peter Bagley. As a chorus singer he has performed under the baton of Rod Eichenberger, Dale Warland, Sigrid Johnson, Charlene Archibeque, Mack Wilberg, Bob Chilcott, Craig Jessop, and Tomas Edward Morgan.

On stage Jeff frequently performed with Opera Colorado, Opera Fort Collins, UNC Opera Theatre, and Opera Classica Europa in Bad Schwalbach, Germany. He has sung in choruses of productions including Roméo et Juliette, Il Trovatore, Manon, Il Pagliacci, Cavalleria Rusticana, Otello, Der Freischütz, Tosca, Gianni Schicchi, Così fan Tutte, Cendrillon and La Traviata. He was a member of the chorus for the professional premiere of Lori Laitman's The Scarlet Letter in May 2016 at Opera Colorado. In addition to opera chorus directing and singing, Dixon also dabbles in dramaturgy.

During the summer of 2016 he was on staff at the Aspen Opera Center as the supertitles manager for the mainstage opera productions. Additionally he translated and operated supertitles during the weekly opera scene masterclasses. Most recently he served as Music Director for the productions of Little Shop of Horrors and A Rocky Mountain Christmas at Breckenridge Backstage Theater

Jeff is an active member of the American Choral Director's Association (ACDA) and National Association for Music Education (NafME) and has served as choir director and music teacher at multiple levels, from elementary school through adult community choirs. He was previously the music director at Summit High School and Middle School. His choirs have received high marks at state CHSAA events and the UNC Jazz Festival. He graduated magna cum laude from the University of Northern Colorado with his B.M.E. with emphasis in vocal, piano, and general music. He lives in Manchester, New Hampshire with his wife Kristina and adventurous dog Aspen.

UU Holiday Concert at Granite Ledges Sat. Dec. 14 @ 10 am



Singers, players wanted and NEEDED for our annual concert for residents. This is a perfect chance to share what you enjoy. They will love whatever you do! For info: Dorean123@comcast.net 603 496 3581





Concord UUs Don't Eat Much

Do Concord UU's eat vegetables, eggs, fruits and other things that generate compostable waste? Do you drink coffee or tea? Anyone that is eating or drinking should be generating compostable waste; eggshells, coffee grounds, potato peels, apple cores, 3 week-old-food from the fridge that isn't recognizable anymore, etc., all can be used to build new soil. But as I collect buckets of compost from the church kitchen each Sunday, I have yet to find more than 3.5 gallons, one white bucket worth. Maybe you as part of this congregation composts at home, which is super. But if you don't... Remember composting reduces the amount of rubbish generated by the church, by the city of Concord, or your surrounding town.



At the very least add your compostables that you make at church to this COMPOST bucket; coffee grounds, tea bags, dirty napkins, the cookie your child took a bite of, but didn't finish, and rotten food from the fridge is awesome, the moldier the better. I hope next time when I bring a second bucket to collect overflow, you can fill that too. I have lots of buckets and a large compost.

Thank you for your contribution.

Belinda Nerl

A Legacy Gift from Tom & Joan McNamara

Tom and Joan McNamara loved the Unitarian Universalist Church of Concord, their spiritual home for well over half a century until their passing within weeks of each other this past winter.

Joan joined our church in 1956 as a young mom, and sons Alan, Chris and Brian grew up in our Sunday school. She married her "soul mate" Tom in 1963. They had met the year before, the year he joined our congregation, singing together in the choir. Their choral partnership here lasted without let-up until just last year — as did their lifelong passions of mentoring children (she a career school librarian, he an English teacher), outdoor adventuring, making and listening to music, writing prolifically (Joan), and performing in and directing productions on stage (Tom). Each of them served on numerous church committees over the years, including the one that supervised construction of our current church building, which Joan served on as its secretary.

To express their love for UUCC, Tom and Joan have left a generous legacy gift to perpetuate for future generations the values for which our church stands and in which they believed so strongly.

Leaders Council Meeting Nov 24

There will be a UU Leaders Council meeting on Sunday, November 24th from 11:45 to 1:15 in the parlor. All church leaders are invited to attend. The purpose is to share information and learn about what is happening across all areas of the church. It will also provide the opportunity to synergize our efforts to increase our impact. All church committees and teams should be represented. A light lunch will be provided.

Community Plate Update

As always, the Community Plate Committee (CPC) welcomes input from our congregation and staff concerning the upcoming community plates. Some of our plates are repeated every year, such as the one for Thanksgiving Baskets, while others are new requests, such as from the Epsom Diversity and Inclusion Community Equity D.I.C.E. (see thank you note).

At our last meeting on Oct. 6th, we discussed the goal of having one plate a month be directed towards an organization or project addressing climate change. If you have a non-profit organization or group that is dear to your heart, please let us know.

Our next meeting is on Nov. 10th at 9:00 AM. We try to have our meetings on the last Sunday of each month, but sometimes must schedule them according to the CPC members' schedules. Anyone is welcome to join us. Contact me with your suggestions and questions. deborahbruss@mac.com

-Deb Bruss



A Community Plate Thank You from a Summer Plate

To the Concord UU Congregants and Staff

On behalf of Epsom D.I.C.E., I'd like to say THANK YOU for your generous donation.... We are sponsoring the 8/22/ lunch for the Immigrant Solidarity Walkers and these funds will help to off-set these expenses.

With appreciation,

Kim Gillis



Annual Greens and Artisans Fair Saturday December 7! Volunteers needed!

Can you make.... Cookies for cookie walk, Goodies for the bake sale, pies & soups for the cafe.

Soup... Make a big batch of your signature soup for the soup bar!

Plus we need.... Wreath decorators, cashiers, set up, general help.

Look for sign up sheets in the parlor or during social hour.

Donations: Boxes are placed under the coat rack for folks to donate to the holiday boutique and wreath decorations. Boutique items could be holiday/winter themed glassware, dishware, candles, decor etc. Wreath decorations include ribbons/ornaments, interesting nuts, pods, etc collected from nature (we have enough pine cones).

Questions? **Email Jim or Erika Downie**
Jdownie@tds.net or Ebdownie@tds.net



Thanksgiving Dinner & Food Drive

This year at the church-wide Thanksgiving Dinner, **November 23**, we'd like to try to support the Annual Thanksgiving Food Baskets, (see David's separate article), in three ways.

"Collecting edible squash for table decorations." A collection box labeled "Thanksgiving Dinner" will be under the coat rack for your donations or you can give them to Belinda or Paula from the end of October through November. At the end of the night your centerpiece decorations will then be donated to the Baskets.



"Decorating Thanksgiving Cookies" This will be an activity during the social hour at 5:30 pm, for those young and old, to create masterpieces for the Food Baskets as well.

"Bake a Pie or Two" If you volunteer to make a pie for the Thanksgiving Dinner, we're asking you to consider baking a pie for the Food Baskets as well. We will collect pies at the Dinner and refrigerate or freeze them for the Basket assembly two days later. Please clearly mark pies for the "Thanksgiving Food Baskets".

As in years past, at the end of the night, leftovers from the Thanksgiving Dinner will be delivered to our neighbors at the McKenna House, where emergency housing is provided for people who would be otherwise unsheltered. Aluminum pie plates will be available for leftover pie.

Thanksgiving Baskets for Families in Need: Circle November 25th if You Can Help

Concord UUs of all ages will gather in Fellowship Hall on Monday evening, November 25, from 5:30 to around 7:00, to pack Thanksgiving baskets (actually, boxes) filled with fresh vegetables, fruits, grains and meat for 25 or more families in need, including many New Americans, families from Merrimack Valley Daycare, and UU congregants.

If you can help pack and/or deliver the boxes that evening -- or help purchase and deliver the groceries to church during the day -- please contact **UUFOR Chair David Canfield** at dwcanfield1@gmail.com

Please also let David know if you could::

1. Loan or lead us to a pick-up truck to haul a big food shipment on **November 25th**.
2. Purchase (for reimbursement by the church) and store two deeply discounted, frozen 12-14 pound turkeys the week of **Nov 18**, and deliver them to the church on **Nov 25**.

Thank you!



Are You a UU in Need?

If you are a church Member or Friend whose holiday would be enriched by a Thanksgiving basket of fresh foods, you may confidentially request one before November 10 from our ministers, or from Lea at lea@concorduu.org or 603-224-0291 ext 4#. To help avoid awkward assumptions, if you know of a UU in need, please ask them to be in touch with us directly - or confirm with them it's ok to make this request on their behalf before you do so. We are happy to customize our baskets for vegetarians or other special diets.

Fresh Food Donations for Our Thanksgiving Baskets

The UU Thanksgiving Baskets of Food are unique in that we give away fresh fruits and vegetables, rather than canned, and where it is possible, we buy locally. We don't assume that everyone wants turkey. Some of our baskets have just vegetables or a tofurkey. Others get a halal chicken or goat meat instead of a turkey.

We invite you to donate the following:

- Starting Nov. 10:** Vegetables with a long shelf life that do not need to be refrigerated. This includes sweet potatoes, white potatoes, winter squashes, bags of rice, lentils, dried peas or small, red beans. **They can be left on the counter in room 8/9.**
- On Nov. 24:** We are happy to take donations of clementines, apples, and carrots.
- We also try to add in a bottle of dishwashing soap to each box, so that is another donation to consider. Those can also come in **Nov. 10, 17 or 24, and should be left in room 8/9.**

Join Us for Thanksgiving Dinner Saturday, November 23rd

Starting at 5:30, enjoy a wine and appetizers' social hour in the parlor, while a fun supervised children's activity happens in the Fellowship Hall! Dinner follows at 6:30. You bring the sides and desserts; the Church provides the turkey, stuffing, and gravy! Also volunteers are needed to set up tables and clean up after the dinner! There will be community fun and fellowship in abundance!

Tickets on sale now before and after Sunday Services and in the Church Office during the week!!! **\$7 for adults/children free**

There are sign-up posters for food and service volunteers located in the Parlor and Fellowship Hall. Sign up now to let us know what you can bring and do!

Questions? contact Paula (paulacvdw@gmail.com) or Belinda Nerl (bjnerl@comcast.com)

Greater Concord Interfaith Council "GIVING THANKS FOR THE WORLD WE SHARE" AN INTERFAITH PROGRAM OF THANKSGIVING Sunday, November 24th at 5:30PM

**Bow Mills United Methodist Church
505 South Street, Bow, NH**

Message delivered by Reverend Kate Harmon Siberine of Grace Episcopal Church, Concord

Freewill donations will be directed to the community interfaith organization: New Hampshire Interfaith Power and Light

Featuring Music and Readings from Diverse Religious Traditions

FREE AND OPEN TO THE PUBLIC: PLEASE JOIN US!

Questions? See Suzanne Rude or Linda Williams, Council representatives



Are We Donuts or Croissants?

Creating Opportunities for Fellowship

By Lea Smith,
Director of Membership & Administration

Social Hour

(1st, 4th, and 5th Sundays after worship)

We all want (ok, need) our coffee, but Social Hour has a higher religious purpose: connecting in love. Try bringing your attention to this ministry of fellowship before you enter Fellowship Hall. As you enter, be conscious of your body language: do you look “open” or “closed” to someone who wants to chat? After you pour your coffee, approach someone standing alone and ask what the sermon made them think about, listening deeply to what they have to share. If you are a long-time Member, introduce yourself to a visitor, asking what brought them to our church.

If you're chatting with some old friends, think about the formation in which you stand. If you're standing in a closed circle (“donut”) it's hard for others to join the conversation. Try opening up your circle into a “croissant,” leaving some welcoming space for others to join.

If your committee is meeting, please start no earlier than 11:45, spending some time at Social Hour first. Think about how you would feel if you were a newcomer with questions, or an old-timer inspired by the sermon and looking for someone to bounce your ideas off of...but everyone ran off to a committee meeting!

Newcomers Corner

(1st Sundays during Social Hour)

On the 1st Sundays, our Membership Team will be in the Newcomers Corner of Fellowship Hall. Stop by to ask us questions about UUism, what there is to do at Concord UU, or how to become a member. We'll have literature you can take home, and you can sign up for our e-newsletters or next Exploring Membership group.

Second Hour & Community Lunch

(2nd & 3rd Sundays after worship)

Second Hour Learning, Service & Practice offers small group classes and discussions, followed by a Community Luncheon. For many, sitting and breaking bread allows for more comfortable conversations than a crowded, noisy Social Hour. Try sitting with someone that attended the same program you did, and explore what you each learned. Keep your eye out for someone looking for a seat and invite them to join you. Challenge yourself to sit with different folks every time you come to lunch. Ask some important questions and share your important answers.

ARE WE
DONUTS
- or -
CROISSANTS?

What is the
difference?

A donut is a closed circle. When a group
forms a circle, people can't easily join in.

CROISSANTS
ARE OPEN
more welcoming



groups that
leave space
for more are
easy to approach

Woodinville Unitarian Universalist Church 2019



Boys & Girls Club Shopping Spree

Once again our church is sponsoring a holiday shopping spree for the children at the Boys and Girls Club. It is a wonderful afternoon made possible by the gently used items donated by all of you in our church community. This year it will take place on **Tuesday, December 17** and we welcome all who want to help. Most importantly we need you to donate items. Please start a collection of items that you would like to pass on. The children at the club centerpick gifts for their family members so we need items for all ages including moms and dads (especially dads!) You may bring things to the chapel beginning **December 1**.

(Please **do not** bring them earlier as the chapel is used so often.)

Watch the e-bulletin for further information.

Questions??? Contact **Peg Herbert** at 746-3490 or email at pherb46@tds.net

Things to avoid: clothing, broken or dirty items, very large items, ties, gloves, pj's.

Things that are especially popular: Heavy men's socks, hats of all kinds and TOYS.

Connecting in Love & Service

The Climate Change Group

We meet **monthly on the 4th Sunday** of each month. We enjoy active discussion of areas of mutual concern about climate change and our personal, community and world wide environments. We are a working group, looking to make changes where we can, whether personally or in the wider world.

A talk given to our group by Kay Read will be repeated in November so that the larger congregation can hear her timely presentation. Watch for this as a Second Hour program.

Climate Strike 2019



**BOW HIGH SCHOOL WALK OUT
- LEAD BY YOUTH GROUP MEMBERS**



MANCHESTER RALLY



**BOW POWER PLANT
DIRECT ACTION TRAINING**

Connecting in Love & Service



All are invited to cultivated “Fierce Compassion” on Saturday November 16, 2019. 9AM to 5PM

The Contemplative Practices Group is delighted to once again be hosting Lama Willa Miller, PhD, on November 16 for a day-long retreat entitled “Fierce Compassion.” We are especially grateful to have her join us at this time as she will be on sabbatical in 2020, so opportunities to practice with her are limited.

Lama Willa is an authorized teacher in the Tibetan Buddhist tradition and the founder and spiritual director of Natural Dharma Fellowship in Boston and its retreat center, Wonderwell Mountain Refuge in Springfield, New Hampshire. She is the author of several books and articles on topics ranging from Tibetan history to meditation practice. She has been practicing the Heart Cultivation teachings (Lojong) for the last 30 years.

This day-long retreat is for anyone who wants to love and live fully, and be in the good company of others who want the same. Together we will explore the practice of lojong— working with short phrases (slogans) to generate awakened heart. No prior experience is necessary, but participants should prepare by reading Norman Fischer’s book, *Training in Compassion: Zen Teachings on the Practice of Lojong* before the retreat day. There is a copy/copies in the church library for those who would like to familiarize themselves with the book. It is also available on audible.com, in an excellent version read by the author.

There is no charge for the retreat, and a delicious lunch will be offered free of charge by volunteers from the Contemplative Practices Group as part of the day. There will be an opportunity to make an offering to support Lama Willa’s teaching.

Questions or concerns please email jawhittington3@gmail.com.

To attend, **please register by Friday November 6** at <https://uuconcordnh.breezechms.com/form/87f65c5790>



Sox for the Needy

Once again, we have the opportunity to help provide for the guests at the Friendly Kitchen. They are in need of washable wool socks and \$5 gift cards for McDonald’s or Dunkin’. Containers will be in the parlor until **December 15th**

November Special Events

Fri, Nov 1 @ 6:30 pm **Games and Chocolates**

Fri, Nov 1 @ 7 pm **Samhain Ritual**

Sun, Nov 3 DAYLIGHT SAVINGS ENDS-Fall Back

Sun, Nov 3 @ 11:15 am **Newcomer Corner**

Sun, Nov 3 @ 11:45 am **Exploring Membership Group**

Sun, Nov 3 @ 4 pm **Interfaith Choir Concert at First Congregational Church**

Thu, Nov 7 @ 2 pm UU Worship @ Havenwood

Sat, Nov 9 @ 6:30 pm **UU Action NH Story Slam at UU Church of Nashua**

Sun, Nov 10 @ 7 pm Taizé Service

Mon, Nov 11 Office Closed Holiday

Sat, Nov 16 @ 9a-5p **Fierce Compassion Retreat**

Sat, Nov 23 @ 5:30 pm **Thanksgiving Social Hr**

Sat, Nov 23 @ 6:30 pm **Thanksgiving Dinner**

Sat, Nov 25 @ 5:30-7 pm **Thanksgiving Basket Packaging**

Thur & Fri, Nov 28-29 Office Closed Holiday

See our calendar online for up-to-date listing:

www.concorduu.org/calendar



Ongoing Events

Worship Service | Sundays at 10 am

Sunday School for Children
1st, 2nd, 3rd Sundays at 11:30 am

“Second Hour” Adult Learning, Service & Practice
2nd & 3rd Sundays at 11:30 am

Community Lunch | 2nd & 3rd Sundays at 12:30 pm

Social Hour Coffee, Cookies & Conversation
1st, 4th, 5th Sundays at 11:15 am

Drop-in Covenant Group | 1st Sundays at 11:45 am

Taize at Concord UU | 2nd Sunday at 7 pm
October thru April

UU Worship at Havenwood | 1st Thursday at 2 pm

Choir Rehearsal | most Thursdays, 7-8:30 pm

Choir Warm-up | most Sundays, 9 am

Noah Project on Sustainability | Sundays at 9 am

Climate Change Group | 4th Sundays at 11:45 am

Youth Group | most Fridays at 7 pm

Games and Chocolate | 1st Fridays at 6:30 pm

Friendly Kitchen prep & serve day | 1st Wed at 3 pm

UU Book Group | 4th Wednesday at 4 pm

Showing Up for Racial Justice | 1st Thurs at 7 pm

Ageing Journey Wisdom Circle
1st Sundays at 11:30 am

Caring for Aging Loved Ones Support Group
4th Sundays at 7 pm

Come As You Are LGBTQ+ AA | Mondays 6-7 pm

Chronic Pain Support Group | 2nd Tues. 1-2:30 pm

Meditation in Motion | 1st, 3rd Mon. at 6 pm

Mindfulness Practice Group | 2nd, 4th Mon. at 7 pm

Plain & Simple Buddhism | Tuesdays at 7 pm

Insight Meditation | 3rd Friday at 4 pm

Board of Trustees | 2nd Wednesday at 6:30 pm

Regular Office Hours

Monday-Friday 10 am - 3 pm

Heidi Page

Office Administrator

- Maintains the church master calendar
- Accepts room reservations for church events
- Arranges room rentals (excluding long-term leases)
- Shares creation of the weekly eBulletin with Lorraine Ellis
(submit to ebulletin@concorduu.org)
- Produces Parish Notes
(submit to parishnotes@concorduu.org)
- Helps Michael (or other pulpit guest) to create the weekly order of service

Lea Smith

Director of Membership and Administration

- Maintains the church's financial records; answers your budget questions
- Processes accounts payable and reimbursement checks (include your receipt with pink reimbursement form)
- Responds to building emergencies (with the Facility Manager and Building Maintenance Committee)
- Negotiates long term leases and serves as liaison with lessees
- Manages the church membership database and directory updates
- Welcomes newcomers and helps them get connected

Staff

Senior Minister | Rev. Michael Leuchtenberger
715-7557 (cell), michael@concorduu.org

Minister of Lifespan Faith Development

Rev. Lyn Marshall
224-0291 x3 (office) 568-8084 (cell),
lyn@concorduu.org

Accompanist | Calvin Herst
calvin@concorduu.org

Choir Director | Jeff Dixon
jeff@concorduu.org

Dir. of Membership & Administration | Lea Smith
224-0291 x4 lea@concorduu.org

Office Administrator | Heidi Page
224-0291 x2 heidi@concorduu.org

Facility Manager | Kathie Martin
717-5268 (emergencies only)

Officers

Moderator | Barbara Keshen

Clerk | Sara McNeil

Treasurer | Karen Mayo

Custodian of Trust Funds | Jack Wakelin

Assistant Treasurer | Beth Corcoran

Assistant Treasurer | Lorraine Ellis

Board of Trustees

Chair | Anne Drewniak

Vice-Chair | Ann Hoey

Secretary | Zoe Picard

Kelly Mahony

Jeff Fetter

Parish Notes Deadline Schedule:

ISSUE	DUE
December	Wed. Nov 20
January	Wed. Dec 18

Please email articles and images by end of day to ParishNotes@ConcordUU.org

eBulletins

Information for the upcoming week's events, happenings, and announcements are due at noon on Wednesdays of each week.

Please email short articles and images to ebulletin@ConcordUU.org

Unitarian Universalist Church of Concord

274 Pleasant Street
Concord, NH 03301-2551

603-224-0291

office@concorduu.org

www.concorduu.org

RETURN SERVICE REQUESTED

JOIN US FOR WORSHIP AND FAITH DEVELOPMENT

LIVE STREAMING IS AVAILABLE ON OUR WEBSITE

10:00 am Worship Service | **Humility** Theme

11:30 am Sunday School for Children | Soul Matters | **Attention** Theme
(1st, 2nd, 3rd Sundays)

11:30 am Second Hour Adult Learning, Service and Practice
(2nd & 3rd Sundays)

