

Parish Notes

The Newsletter of the Unitarian Universalist Church of Concord



Minister's Musings

by Reverend Michael Leuchtenberger

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

"We stopped coming and no one ever said a word." "The only call I ever got from the church was about my pledge." "I went through a rough time but the church didn't seem to notice." In other words: You didn't care about me as a person.

Hearing the disappointment and hurt expressed in these comments breaks my heart - every time. And each time I vow that we must do better. That we shall do better. Because we can do better. And I believe we have come closer to reaching the goals (ends) we set ourselves a few years ago: 1. Our congregants create and experience authentic connection, and 2. Congregants give and receive care and support in times of joy, sorrow, and transition.

Yet, despite best intentions it continues to happen. Members and friends, some of whom have been with us for years and even decades, feel neglected, disconnected, and/or drift away without anyone reaching out to check-in, to listen, to show that we care. It seems time to be more systematic about how we stay connected with one another - whether someone is drifting away, is just starting to get involved, or is deeply engaged at present. Here is the experiment we will try out this year:

Each member and friend (about 420 adults) will be contacted at two different times throughout the year. Once by a member of our Board of Trustees and once by staff (Lyn, Lea, or myself) with some help from our Pastoral Care Associates. The contact may come in the form of a phone call/message, a note, a hallway conversation, a visit - whatever seems appropriate. There is no expectation about the contact other than to open the door however slightly reminding us that being a community that cares is at the core of who we are.

Here is my hope: When someone gets in touch with you that you open your heart as much as feels right, knowing there is no ulterior motive you need to worry about. No asking for money, no judgment of choices or priorities, no expectations - simply an invitation to consider: "How are you, right now? What's on your mind these days? What's been weighing on your heart recently? What's been bringing you joy?"

It may feel unusual to have someone you barely know ask such potentially deep questions, but I believe this falls within our covenant. I am curious to see how this experiment will impact the culture of our community and whether there will be less heartbreak as more of us will feel cared for and noticed.

With love and affection and curiosity and care,

Michael

OCTOBER Worship Services

Livestream our worship services at concorduu.org/live

Thursday, October 3, 2019 | 2 pm | “The Fires of Commitment”

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

Committing ourselves to being the change we want to see in the world is core to who we are as Unitarian Universalists. What stokes those fires of commitment? How has it changed our lives and the world? What perils may those flames present to the interdependent web of relationships that sustains us?

October 6, 2019 | 10 am | “Committing to Nothing” | Rev. Michael Leuchtenberger

When troubled we tend to point a finger - away from ourselves - not always aware that pointing a finger tends to leave three fingers pointing back at us. We may not be able to solve what’s troubling us on our own, yet healing the world requires owning our part, taking responsibility for all what we can do, inside and out. The finger I am pointing is for the world to get to net zero (carbon emissions), and soon. So what commitments are those other three fingers calling me to embrace - in my quest to admit my own carbon addiction and emit nothing (on net)? A personal story of committing to nothing.

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

October 13, 2019 | 10 am | “Let This Be Our Covenant...” | Rev. Michael Leuchtenberger

Leading a committed life wages a silent rebellion against the “I’m Free to Be Myself” culture of individualism that is still the defining feature of our age - David Brooks reminds us in his book *The Second Mountain: The Quest for a Moral Life*. What ultimately matters in life emerges when we are ready to make promises that go beyond keeping our options open, when we say yes to a covenant (or vow) that ties us down, and gives ourselves away. As Brooks writes: It is about surrendering the self and making the kind of commitment that, in the Bible, Ruth made to Naomi: “Where you go, I will go, and where you stay, I will stay. Your people shall be my people and your God my God. Where you die, I will die and there I will be buried.”

October 13 | 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.**

October 20, 2019 | 10 am | “The Back-Fire of Commitment” | Rev. Michael Leuchtenberger

As the hymn proclaims, when the fire of commitment sets our mind and soul ablaze, when our hunger and our passion meet to call us on our way, when we live with deep assurance of the flame that burns within, then our promise finds fulfillment and our future can begin. Yet, what happens when those fires point in opposite directions, when those passions make us deaf, when assurance turns into self-righteousness? What to do when our personal commitments backfire and undermine the interdependent web of relationships that make us human?

October 27, 2019 | 10 am | “How to Commit” | Rev. Lyn Marshall

We love the idea of commitment - but how do we stay committed when life is pulling us in multiple directions? We will look at some of the tools and techniques that can help us follow through on our commitments even when it’s challenging.



Belonging and Commitment

Rev. Lyn Marshall, Minister of Lifespan Faith Development

October's themes of Belonging and Commitment are a serendipitous pairing. Our Children's Sunday School theme is Belonging while our worship theme is Commitment, and that raises some deep questions for me and maybe for you. What does it look like to be a congregation committed to the idea that children belong to the congregation? What if we ask it the other way: what if we are committed to the idea that the congregation belongs to its children as well as the adults? I feel especially fortunate to hold a position where I get to know our children and youth as well as our adults, and I encourage all of us to make an effort to keep reaching out across generations so that each person, of every age, feels they belong and that their contributions are valued.

There are three great opportunities for getting to know new people of all ages coming up this month:

Games & Chocolate, Friday, October 4, 6:30-9:00 pm. Bring a treat to share, and possibly a game you'd like to play with others, although we never have a shortage of games to try!

Mystery Match, sign-ups in the Parlor on **Sundays, Sept. 29 and Oct. 6** (or send an email to lyn@concorduu.org by **Oct. 6** with names of those who want to participate), note exchanges **Oct. 13-27**, and our final **Meet-Up Party on October 27** after worship

Participants are given a mystery number and leave notes for their "match" in a corresponding mail folder, collecting notes left for them. Lyn will facilitate email exchange for participants who aren't able to be in church some of the Sundays.

Wicked FIT 5K Walk/Run Saturday, October 26, 9:30 am, Rollins Park. Everyone is encouraged to participate in this Halloween run to support Families in Transition. Our Youth Group will be running for the third consecutive year and our congregation's team as a whole has been a big supporter of this event.

[Register to run for Wicked UUs at support.fitnh.org/team/256756](https://support.fitnh.org/team/256756), gather some sponsors, create a costume, and turn out for a fun community run! Or, come cheer for your team at the finish line at Rollins Park... it's all good!

With gratitude,

Rev. Lyn Marshall

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SECOND HOUR

| **LEARNING**

| **SERVICE**

| **PRACTICE**

Sunday, October 13, 11:30 am - 12:30 pm

Worship Theme TED Talk & Discussion

Watch a TED talk on the theme of Commitment and after participate in a facilitated discussion.

Spiritual Practice | Movement Meditation

Details coming soon. Check your eBulletins & our Facebook page.

Class | “The Shoulders We Stand On, Part 1”

The staff has for years had the idea of naming our rooms for Unitarians, Universalists, and Unitarian Universalists worth honoring and remembering for their commitment to our faith and to serving the larger world. Join Rev. Michael Leuchtenberger to learn more about some of the committed people who have moved our faith forward throughout history, and help us discern whose names and stories ought to be known to every member of our congregation.

Sunday, October 20, 11:30 am - 12:30 pm

Worship Theme TED Talk & Discussion

Watch a TED talk on the theme of Commitment and after participate in a facilitated discussion.

Spiritual Practice | The Tibetan Rites of Rejuvenation: Five Daily Movements that Enhance Health

How do you stay committed to your practice? Margaret Fletcher will lead a guided meditation on the theme of commitment.

Class | “The Shoulders We Stand On, Part 2”

The staff has for years had the idea of naming our rooms for Unitarians, Universalists, and Unitarian Universalists worth honoring and remembering for their commitment to our faith and to serving the larger world. Join Rev. Michael Leuchtenberger to

learn more about some of the committed people who have moved our faith forward throughout history, and help us discern whose names and stories ought to be known to every member of our congregation.



Exploring Membership Group Fall 2019

Sun, Oct 20 @ 1:00 pm

Sun, Oct 27 @ 11:45 am

Sun, Dec 8 @ 1:00 pm

Lunch provided. Daycare upon request.

Our next Exploring Membership group will begin in October. This is a 3-session series, with classes on Sundays after service. You must attend all three sessions in order to become a member.

You will learn about Unitarian Universalism in general and the way that it is expressed in our particular congregation, as well as the rights, benefits, and responsibilities of membership. You will also have a chance to share your history and the spiritual journey that brought you to Concord UU, and to hear the stories of others in the class.

The New Member Covenanting Ceremony will take place during Sunday morning service, **Dec 15** where you will be invited to sign the Membership Book.

Questions? Contact Lorraine Ellis at 731-3064 or wyndwoman@wyndyhill.net.

Sign up at uuconcordnh.breezechms.com/form/26353d27



Join the Wicked FIT 5K Walk/ Run Church Team

**Saturday, October 26 at Rollins Park
Starting at 9:30 am**

You don't have to be wicked fit to walk or run with us! This community fundraiser helps Families in Transition with their mission to keep families in stable, permanent housing with the services they need to be successful. To sign up for the church team, the Wicked UUs go to support.fitnh.org/team/256756. Ask your friends, family, and coworkers if they'd like to help Families in Transition with a donation (you will get a link to invite people to sponsor you on line!) Then come to Rollins Park, in costume or not, and either race to win or stroll with friends as we support this wonderful organization! **Questions?** Contact Rev. Lyn Marshall, lyn@concorduu.org.

Seacoast Outright Speaker Saturday, October 5 at 4 pm, at Concord UU

Renaissance New England, a transgender support group that meets regularly at the Church, will be featuring a presentation by Hershey Hirschkop. Hershey is the Executive Director of Seacoast Outright in Portsmouth, which actively supports LGBTQ+ kids ages 11 to 21.



Outright holds weekly gatherings for LGBTQ+ kids on Friday nights, and has now opened Manchester Outright, working with the Manchester YWCA. This is exciting news for local families with children who may be gay, lesbian, transgender, non-binary, etc. All Church members and friends are welcome to attend this family-supportive event, sponsored by Renaissance New England.

Outright also has a strong link with the UU Church in Portsmouth, and is potentially willing to consider supporting the establishment of similar groups in other places (including Concord) if there is sufficient interest.

For more information on Seacoast Outright visit:
www.seacoastoutright.org

Renaissance New England (RNE) provides support, education and outreach to transgender and non-binary adults and their family, friends and supporters in the community. Meetings are held regularly at the Church on the first Saturday of the month, at **4 pm**.



Interested in getting involved in Family Promise and helping to support families experiencing homelessness? Our first hosting week is **October 13th – 20th**.

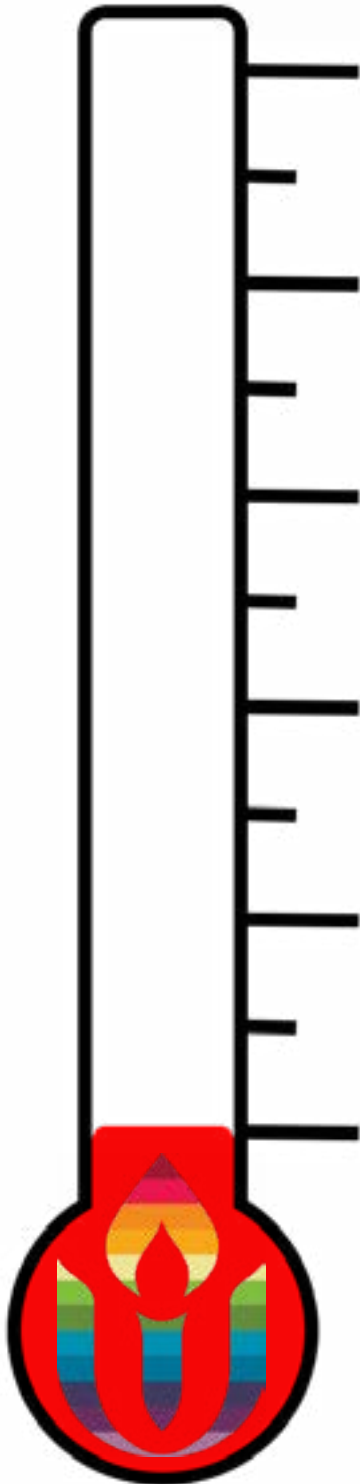
Volunteer support is flexible and does not have to be a huge commitment. Because every bit helps!

Please reach out to **Heather** at hterragni@yahoo.com if you are not receiving the FP emails and would like to or to learn more about the program.

October Targeted Appeal

A/V-Live Streaming

\$2,000 (Goal)



Three times a year we invite you to help fund some of our church operations with targeted giving. Our October goal is to raise \$2,000 to support our **A/V offerings & live streaming in the sanctuary**.

More and more we learn about the potential and importance of **live streaming** to keep us connected even when we are unable to attend a service in person (mobility, health, heat, travel, long distance, etc.).

The positive feedback has been tremendous – along with suggestions about how to improve the experience. Great ideas that require additional tools we hope to purchase.

As part of our emphasis on **limiting our carbon footprint**, we also plan to invest in A/V equipment that can display our orders of service so we can print fewer copies each week.

And our **sound system** needs an upgrade...

Please contribute as you are able, so we can let technology help us do the pastoral and prophetic ministry we are called to do.

Make **checks** out to **UU Church of Concord** and drop them in the **box**, or **donate online** at concorduu.org (click “Donate” [top right] and select “Targeted Appeal” in the dropdown).

DEDICATION OF The Tom Fredenburg House

at 238 N. Main Street, Concord

Thursday, October 24 at 5 PM

*Parking on Franklin Street, First Church,
Gallagher, Callahan & Gartrell*



In May 2019, the Concord community lost one of its most dedicated and relentless leaders for the goals of ending homelessness and serving those in need: Tom Fredenburg. It was Tom's vision and generosity that made it possible for the Concord Coalition to End Homelessness (CCEH) to purchase this building, now being used for the Concord

Homeless Resource Center, and to build the new Emergency Winter Shelter in the back yard. We will be dedicating the Resource Center building to the memory of Tom.

Ellen Groh, CCEH Executive Director said, "Tom's contributions to the CCEH mission over the years are countless. He served in so many ways- providing legal advice at the Resource Center to people struggling with homelessness; as a dedicated member of the Board of Directors; and as an all-around handyman for the property, constantly making improvements so it could better serve our guests. He put his own personal funds at risk while CCEH figured out how we could raise the money to buy the property. He is dearly missed, but his legacy lives on."

Refreshments will be served, and music will be provided by the Wholly Rollers, a band that Tom spent much time with as the lead singer. Guests will be able to tour the Resource Center and the Emergency Winter Shelter and see firsthand the many ways that Tom, through his handyman skills, dedicated himself to helping individuals who were experiencing homelessness. Following brief remarks at 5:45 guests will have the opportunity to share memories of Tom. Tom had a gift for creating community among people - please join us as we celebrate the legacy he created.

Gold in the Garbage

Do you throw out rotten food in the trash? Cleaning out the Fridge is a good thing, but you might like to think of composting. **Food and yard waste, makes up 25% to 50% of our total garbage.** Composting is the collection of food scraps, rotten is especially good, that are turned into soil, combined with the right mixture. Meat products are not recommended, but most everything else can be composted, including used napkins that can't be recycled. The beauty of composting is that it significantly cuts down on overall household waste while producing a highly valued commodity called "black gold" or rich soil.

The other problem with sending food waste to the landfill, is that it undergoes a different decomposition process than what would normally occur in a compost pile. Because landfills are compacted to save space, they don't allow any oxygen to interact with organic waste. As a result, bacteria actually breaks down this organic waste, which releases toxic gasses such as methane, a greenhouse gas, into the atmosphere.

At church we have an alternative for those of you who don't have a place to create a compost pile. Every Sunday, Belinda Nerl has a bucket where she would like to collect your compost. This also means any compost generated at church. Cut down on church waste. Look for the white bucket marked **COMPOST**.

Add: coffee grounds(and filters), soiled napkins, vegetable peels, seeds, apple cores, orange and banana peels, moldy vegetarian food from the fridge, moldy bread, rotten vegetables, and corn cobs and husks.

Can you think of more? **Ask Belinda Nerl-
bjnerl@comcast.net, or 437-0413**



Church Year Themes

Sept | Home
Oct | Commitment
Nov | Humility
Dec | Impermanence
Jan | Diversity
Feb | Taboo
Mar | Judaism
Apr | Renewal
May | Time
June - Aug | Varied Themes



The Greens & Artisan Fair planning is underway. If you have handcrafted items and would like a table, **contact** Peg Herbert at pherb46@tds.net.



UU THANKSGIVING DINNER – SATURDAY, NOVEMBER 23rd!

Just a reminder that our annual Thanksgiving Dinner is coming up!! Mark your calendars for Saturday, November 23rd!! Enjoy appetizers and social hour at 5:30, followed by a traditional Thanksgiving dinner at 6:30. You provide the sides and desserts, the Church provides the turkey, stuffing, and gravy!

Tickets go on sale at the end of October.

Hope to see you there!

Paula van de Werken and Belinda Nerl, co-chairs

Visiting Voices Disbanded

It is with true sadness that Visiting Voices is now disbanded. I truly want to thank our dedicated group for the joy that they have brought to the residents of Merrimack County Nursing Home over the past five years. This monthly offering of music ministry was a treasured gift of the heart!

Sharie Annicchiarico

Thank You

Our church receives many thank you letters from organizations we have supported through our community plates. Understandably, most are computer generated letters with perhaps a few handwritten words of thanks such as the one from the Concord Family YMCA.

“ I would like to thank you... for the gift of \$532 to support scholarships for summer camp. In addition to our regular sliding fee scale for low income families we have provided camp experience to an average of over 100 New American children in the past few years. Not only do we not charge them any fees, (we) also provide transportation to and from camp daily. We will apply your gift to serving these New American children. Thank you again for your support. ”

The next **Community Plate Committee** meeting will be on **Oct. 6 @ 9:00 am**. If you have a request for an upcoming plate, please email me, **Deb Bruss** at deborahbruss@mac.com.

Office Offerings

by *Lea Smith, Director of Membership and Administration*

In an effort to help us, help you, please note our office days, hours and duties:

Heidi | Tuesday through Friday, 10am to 3pm

handles room reservations and publications

**Lea | Monday through Thursday, 10am to 3pm
(plus on duty most Sundays with my Membership hat on)**

handles finances, church directory, and building maintenance

The office is usually staffed by a volunteer on Sundays. **Thank you to Jack Wakelin for doing this most Sundays!** Heidi does not work on Sundays, but you might see her at church attending worship. I do work most Sundays, but my role is to connect with newcomers (or those we haven't seen awhile) - so if at all possible, please talk to me about "church business" on a weekday.

OCTOBER Special Events

- Fri, Oct 4 @ 6:30 - 9:00 pm **Games & Chocolate**
- Sat, Oct 5 @ 9-Noon **Organizing Effective Justice Ministry Teams with UU Action NH**
- Sat, Oct 5 @ 4-5 pm **Outright Youth LGBTQ+ Ex Director Speaker Hershey Hirschkop**
- Sun, Oct 6 **Mystery Match Sign-ups #2**
- Sun, Oct 13 **Mystery Match NOTES #1**
- Oct 13-20 **Family Promise Week**
- Sun, Oct 13 @ 7 pm **Taize Service**
- Mon, Oct 14 **Holiday Office Closed**
- Fri, Oct 18 @ 5:30-8:30 pm **Right View Retreat**
- Sat, Oct 19 @ 9 am-4 pm **Right View Retreat**
- Sun, Oct 20 **Mystery Match NOTES #2**
- Sun, Oct 20 @ 1 pm **Exploring Membership Group #1**
- Mon, Oct 21 @ end of day **PARISH NOTES DEADLINE** (*Heidi is gone last week of Oct*)
- Tue, Oct 22 @ 4-8 pm **Sycamore Community Garden's Cooking Class Fundraiser**
- Thu, Oct 24 @ 5 pm **Dedication of the Tom Fredenberg House**
- Fri, Oct 25 @ 7 pm **Youth Group Overnight**
- Sat, Oct 26 @ 9:30 am **Wicked Fit Walk**
- Sun, Oct 27 **Mystery Match Reveal Party**
- Sun, Oct 27 @ 11:45-1 pm **Exploring Membership Group #2**

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 11:30 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

Taizé Service

Second Sundays @ 7 pm
(October to April)

Unitarian Universalist Church
274 Pleasant St, Concord, NH
(603) 224-0291 • www.concorduu.org



Join us for an hour of

Meditative Singing

with instruments,

a brief reading, silence, and candlelight.

“A time of beauty and peace for body & spirit.”

A contemplative and spiritual experience
for people of any faith tradition or none. All are welcome!

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

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Chair | Anne Drewniak

Vice-Chair | Ann Hoey

Secretary | Zoe Picard

Kelly Mahony

Jeff Fetter

RIGHT VIEW

ORIENTING TO FREEDOM

A BUDDHIST RETREAT

FRIDAY, OCT 18, 5:30-8:30PM &
SATURDAY, OCT 19, 9AM-4PM

AT THE CONCORD FRIENDS MEETING HOUSE IN CANTERBURY

Register for the Right View Retreat at uuconcordnh.breezechms.com/form/87f65c57

OCTOBER 2019 | UU Church of Concord | Parish Notes

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 TOO!

- 10:00 am Worship Service | Commitment Theme
- 11:30 am Sunday School for Children | Soul Matters | Belonging Theme
(1st, 2nd, 3rd Sundays)
- 11:30 am Second Hour Adult Learning, Service and Practice
(2nd & 3rd Sundays)

Upcoming Parish Notes SPECIAL Deadline

November 2019 issue: MONDAY, OCTOBER 21 at noon

Email submissions in the body of an email (not as an attachment) to parishnotes@concorduu.org

Submissions are accepted for church-related items that have been approved by a committee, church-affiliated group or staff person. The editor may edit for clarity or to fit available space.