

OCT
2020

Parish Notes

The Newsletter of the Unitarian Universalist Church of Concord



Minister's Musings

What Does It Mean to Be a People of Deep Listening?

This is a question we will explore in worship, faith development activities, and covenant groups this month. Whose voices gain our attention? How do we respond to voices of sorrow, or anger, or hate? When has it made a transformative difference because someone listened deeply to us?

I have learned so much about deep listening in my years here at this church. My first lesson was in the power of being heard, as people here listened to my story, and even invited me to share a reflection from the pulpit. (Look where THAT led! To seminary and beyond!) Next, John Warner and his merry band of deliberate listeners encouraged the congregation to learn together about nonviolent communication so that we could better navigate conflict within our community. Sarah-Elizabeth Anderson caught that spark and found a passion for restorative circles, a formal process of deep listening when relationships have been damaged by conflict. I have been inspired by Michael's journey into a deep spiritual practice of meditation that helps him listen to his own body's wisdom. I honor all of you, named here and not, who help our congregation be intentional about listening deeply to ourselves and others.

What does it mean not just to be a person of deep listening - an individual who listens skillfully - but to be "A People" of deep listening? I think about our collective responses as a congregation to the people in our community. We are listening for the voices of people who are homeless, and respond as supporters of the Concord Coalition to End Homelessness and Family Promise. We are listening to the experiences of refugees and immigrants as they make new lives for themselves as our neighbors. We are listening to the voices of people of color as they ask us to affirm that Black Lives Matter, and the voices of people who feel threatened by that message.

I feel lucky to have a front row seat as our Board of Trustees works to listen deeply to you, the members and friends of this congregation, as they discern anew what we are called to be and to do as a church community in these extraordinary times. The Operations Leadership Team had a deep conversation about accessibility, and who we include or exclude by the day to day operations of the church and the accessibility of our physical and virtual spaces. The Pandemic Policy Team is doing complicated work sorting out which voices should guide us in reopening our physical campus, in a time when the science of public health has been politicized. I am so grateful to all of these leaders in our congregation for their deep listening and discernment.

And I am grateful for YOU, listening, and I hope to be able to return the blessing as we delve into this powerful question together. **Happy October!**

Lyn

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

October Worship Services

Live stream our worship services at concorduu.org/live

Online services stream at 10 am each Sunday followed by interactive Zoom Room offerings. Each week's service theme will be published in our weekly eBulletin. See page 6 for October's themes.



Meet the Minister | Sunday, Oct 4

Some of our live stream attendees and newcomers may have never met our Senior Minister in person! Please come meet Rev. Michael Leuchtenberger via Zoom on **October 4** after the worship service. Ask him questions about our church, UUism, becoming a member, or anything else that is on your mind. While this meet-and-greet is geared towards newcomers, all are welcome regardless of how long you have been attending.



New: POP! for Parents of Preschoolers

First Sunday of the Month | 8:30 PM | Zoom

If you are parenting a child who is five or under, you should have already received an email inviting you to participate in a new, video-based faith development program for families with young children. Each month, there will be three short videos with accompanying worksheets helping parents of preschoolers be

intentional about creating a family culture that is rooted in Unitarian Universalist values and which nurtures the emotional and spiritual needs of preschool children.

Participants may join a monthly Zoom check-in with our nursery care provider, Christina Oliva (also a parent of a preschooler and an experienced preschool educator) on the first Sunday of each month at 8:30 pm. **(October 4th is the first one.)**

If you would like to be included in this program but have NOT received an email, please contact Lyn Marshall at lyn@concorduu.org to add you to the email list. Grandparents, foster parents, anyone responsible for the care of young children is welcome.



Exploring Membership at Concord UU

Sundays | Oct 18, Nov 1, and Dec 6

New Member Covenanting Ceremony | Dec 13

COVID has changed our congregation...it has highlighted how much we need each other in times of trouble, and it has challenged us to maintain our beloved community from a distance. What hasn't changed is that our members ARE the church! Whether you are a long-time attendee who feels ready for the next step, or if you are one of the dozens of newcomers who have joined us during our livestream-only services, we welcome you to consider joining us as a member.

Formal membership is a public commitment that this community is important to you and your spiritual development. It means you acknowledge your willingness to help others in their lives and spiritual and intellectual growth, and acceptance of a diversity of lifestyles and beliefs without judgment. **The best way to learn more is to attend our Exploring Membership program, a series of three classes offered on October 18, November 1 and December 6. If you decide that membership is right for you after attending the classes, we will celebrate together as part of our New Member Covenanting on December 13.**

Exploring Membership classes are led by Rev. Michael Leuchtenberger and Lorraine Ellis. You'll have a chance to present your history and spiritual journey that brought you to the UU Church and to hear the stories of others in the class. You will also 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.

To join the class, please email Lorraine Ellis at membership@concorduu.org, or contact Lea Smith in the church office, 224-0291 ext 4#.

You must attend all three sessions in order to become a member, but we do want to be flexible for anyone with serious health concerns or other unique circumstances that make it impossible to attend all the classes. Please contact Rev. Michael Leuchtenberger or Lea Smith to discuss other possibilities.

Contemplative Corner

NEW! 1st Monday Chair Yoga

Starts October 5 | 6-7 pm | Led by Marjorie Moulton | Zoom

Instructor Marjorie Moulton leads this chair yoga class. All levels welcome. Come stretch and breathe. This class will consist of 45 minutes of gentle yoga flowing into 15 minutes of guided meditation.

If you are interested in joining our class please contact the office at Office@ConcordUU.org

Centering Saturday | Deep Listening

October 24 2020 | 8-10 am

Led by Betsy Black & Judith Abbe | [Register here.](#)

Together we'll practice sitting, moving, and sharing with an emphasis on the power of deep listening to ourselves. The UU Church's monthly theme for October is Deep Listening, so we will dovetail this retreat with that theme. In guided meditation we will explore the practice of RAIN (Recognize, Allow, Investigate, Nurture) as a tool to awaken self compassion when unpleasant emotions arise

Fall Retreat with Susan and Bill Morgan

Saturday, November 14 | 9 am-Noon & 2-5 pm | Live Online

Led by Susan and Bill Morgan | [Register by CC](#) or [Register by Check](#)

Seasick from all the COVID changes? All are invited to join in a replenishing and interactive day of developing tools of calm, clarity and self-care, in warm-hearted community. The Contemplative Practices Group hosts its annual Fall retreat on **Saturday, November 14** with a Live Online retreat, **“Growing Sea Legs in Samsara: Mindfulness in Challenging Times,”** led by guest teachers Bill and Susan Morgan. This retreat will run from **9 AM to Noon and from 2 to 5 PM**, so there will be two 3-hour blocks of practice with a 2 hour lunch break. To register, please visit the church website. If you have questions, contact Jeanne Ann Whittington at jawhittington3@gmail.com

About this retreat Susan and Bill write, “During exceptional times of extreme chaos in the world, such as now, when anxiety and uncertainty take center stage, meditation can serve a detoxifying function. Without this we can feel decentered, overwhelmed, or fraying at the edges.

This day of practice will not emphasize deep states of calm or transformative insight. Instead we will focus on simple practices to release accumulated patterns of tension in body, breath, heart- mind and replenish the heart with good food.

Periods of sitting meditation will be interspersed with standing, walking, mindfulness of the body exercises and mindful speaking and listening.

Continued on next page

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Sitting alone together can strengthen resolve, help us to feel HELD internally and externally in a holding environment of good company, and offer a sense of connection to like-minded others.”

Bill and Susan Morgan are therapists and long time meditation practitioners, and have worked extensively with individuals, couples, groups and also therapists who are integrating mindfulness practices into their therapeutic work. Bill is the author of the book *The Meditator's Dilemma*, in which he offers a unique approach (for all of us, therapists and non-therapists alike) for making meditation practice something we enjoy and look forward to doing. To learn more about them please visit www.billandsusan.org/about-us

Since the beginning of the COVID-19 pandemic in March, Susan and Bill have been in residence at the Barre Center for Buddhist Studies in Barre, MA,

and have been offering a free daily sitting group at 10:30 AM every day. (To check it out or participate, go to buddhistinquiry.org and click on the tab “Join our Daily Sit”). We are delighted to have them join us for this day of practice, exploration and good company.

Registration fee \$20

No one will be turned away for inability to pay. Please contact Jeanne Ann for a waiver.

The teachers are offering their services at no charge and there will be an opportunity to make an offering to help support their work.

For more information and complete listings of retreats, please visit concorduu.org/lifespan-faith-development/contemplative-practices/



Wicked FIT Fundraiser: Halloween Day Family Hike Saturday, October 31

Our team for the annual Wicked FIT Run, the Wicked UUs, has helped support services for homeless families for many years now. This year the race itself is virtual but our participation is still very real! Please register [here](#), create your individual fund raising page,

and solicit donations from family, friends, and colleagues for Families in Transition/New Horizons to support our team fundraising total. (Or just register, pay the entrance fee, and come hike with us!)

Meet at the top of the church parking lot at **9:30 am, Saturday, October 31** for a socially distanced hike of the Winant loop trail. Costumes are encouraged, masks are required.

Games & Chocolate Suspended

While a small band of determined folks have tried hard to find a way to maintain our Games & Chocolate tradition on the first Friday of each month since the pandemic, it has become clear that online is not conducive to the kind of fellowship and fun we are able to have in person. With some sadness, we have suspended Games and Chocolate for the time being. The staff would welcome ideas (and offers of leadership!) for pandemic-safe alternatives for fun family/multigenerational activities. If you have a suggestion or would like to get involved, please [email lyn@concorduu.org](mailto:lyn@concorduu.org).

October Worship Services

10/4/2020 “Listening Within,” Rev. Michael Leuchtenberger

Parker Palmer reminds us that “we all have an inner teacher whose guidance is more reliable than anything we can get from a doctrine, ideology, collective belief system, institution, or leader.” Yet so often we find it hard to listen to that inner teacher, to hear the wisdom inside, to become aware of the being we are rather than the narrative the world outside wants us to believe. So what gets in the way of listening within? How can listening within lead us to know our inner purpose and how is that related to our outer purpose? And why was Decartes wrong when he claimed “I think, therefore I am.”?

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

10/11/2020 “When The Earth Speaks,” Rev. Lyn Marshall

In her beautiful book “Braiding Sweetgrass,” Robin Wall Kimmerer uses her scientific training as a botanist in combination with her perspective as a member of the Potawatomi nation to explore what plants can teach us about living in harmony with the earth. As the climate changes, it is urgent that we listen intently to the deep wisdom of the earth and what it has to say to us if we are to have a future here.

10/18/2020 “Listening as an Act of Surrender,” Rev. Michael Leuchtenberger

Deep listening means letting go - of the urge to judge, of the impulse to fix, of the desire to control outcomes and situations. Deep listening has us surrender to the present moment. It means we risk being changed by drawing close to someone’s story - especially when listening across divides. “The most critical part of listening is asking what is at stake for the other person” says Valarie Kaur. And then to ask “What is this story demanding of me? What will I do now that I know this?” Deep listening asks us to surrender our preconceptions of ourselves and others so we can reimagine a beloved community for all.

10/25/2020 “Listening to this Moment in History,” Rev. Michael Leuchtenberger

Sometimes pivotal moments in history sneak up on us. A tsunami, a nuclear accident, a terrorist attack. Other times pivotal moments are predictable and shapeable. The imminent election of our next president is such a pivotal moment and we must accept our civic and moral duty to help shape the direction of this moment in history. As Unitarian Universalists we affirm and promote the right of conscience and the democratic process. Voting - and supporting others so they can vote - is therefore core to who we are as a faith community. The world and the future are listening to the votes we cast in person or by mail-in ballot.

UUFOR Volunteers Needed for Thanksgiving Baskets...

Join us via Zoom on Sunday, 9/27/20 at 4 pm

UU Friends of Refugees (UUFOR) is fine-tuning plans to assemble and deliver our church's traditional food baskets to refugee households and other needy families for Thanksgiving in the time of Covid.

Please join us for our first Zoom meeting to discuss plans for this and other volunteer opportunities in the coming months!

Zoom-UUFOR (Friends of Refugees)

General Meeting to discuss the scope of our work, plans for the year and generate ideas for new ways/approaches ...

Join Zoom Meeting

<https://zoom.us/j/717813038>

Meeting ID: 717 813 038

Dial 301 715 8592 US

UUFOR volunteers have continued to reach out to Concord-area New Americans in recent months in Covid-safe ways. With masks on, with hands sanitized and outside, we're helping a dozen families participate in games, school, shopping and medical appointments. We have delivered donated food and goods, and helped with mail.

Three New American children can do their online class work comfortably at home because they now have their own desks and lamps thanks to three UU church members. One UU gave a used car to a busy mom to get back and forth to work. Another donated a beautiful, like-new bike to a 12-year-old young lady. And someone else left a load of good used clothing at the church for distribution. There are many ways you can help and be safe!!

Thanks to all for continuing to support folks who are challenged each day by the rigors of resettling in what to them is a strange new land!

If you feel called to help with an ongoing UUFOR project or have an idea for a new UUFOR project, please contact Christina Oliva at oliva.christina@yahoo.com or simply join us on Zoom (check the church calendar).

Transforming Our World





**OCTOBER
BIRTHDAY WISHES**

- 3.....Janet Locatelli
- 6Tom Morse
- 7.....Cheryl Bourassa
- 10....Richard Conde
- 11.....Cory B. Pierson
- 14....Judith Abbe
- 14....Charles Hillen
- 15Dick Burnside
- 15Stephen Elgert
- 16....Julia Freeman-Woolpert
- 16....Suzanne Rude
- 18....Betsy Black
- 18....Chip Cooper
- 18....Joanne Davis
- 18.... Christy Dolat Bartlett
- 19....Chris Moore
- 20 ...Sonya Knowlton
- 22 ...Anne Zinkin
- 23 ...Michael Leuchtenberger
- 24 ...CJ Landsman
- 25 ...Ann Hoey
- 26 ...Jim Mills

**Everybody's
Birthday!**

**Sunday, October 25
11:30 am**



After live stream worship on Sunday, October 25, we will have our Everybody's Birthday Party on Zoom! Mark your calendar, make sure you have a delicious birthday treat for yourself, and meet your birth month buddies in the congregation. What is your favorite birthday memory? What wish will you make as you blow out your candles this year? If you've already had a COVID-world birthday, what was it like for you? Gather and get to know people in a new way.



Community Plate Update

The four of us on the Community Plate Committee (CPC) would love your input! If you have a favorite non-profit charity that you feel would benefit from a Sunday collection, please email me.

Also, we'd love to have more members on the CPC. The time commitment is minimal and we make an impact in our community by channeling much needed funding. The four of us meet monthly via Zoom for no more than an hour, and we use email for continued discussions.

If you'd like to find out more about joining the CPC, email me and let me know when it would be a good time for someone to call you back. Then, if you're interested in joining, we'll invite you to our next Zoom, which is on Thursday, Oct. 15th at 2:30. If mid-afternoon on Thursdays are not convenient, we are willing to discuss changing the day and time of meetings starting in November.

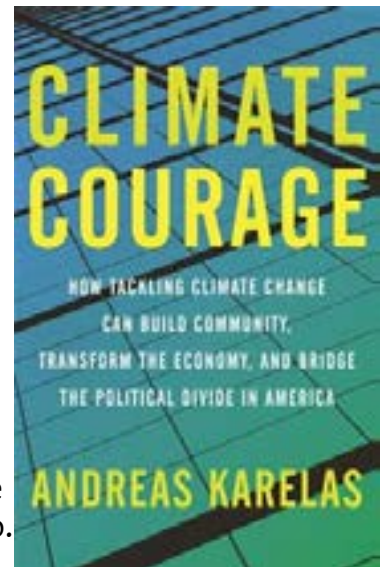
Deb Bruss - deborahbruss@mac.com

Climate Courage Book

New from Beacon Press

Author Andreas Karelak brings an optimistic message that we don't often hear about: we have all the tools we need to solve the climate crisis and we're already building momentum. Climate Courage recognizes that people, not politics, are the agents of change that can create a more sustainable, equitable economy.

But to engage people in climate solutions, we need a new way of framing the problem that's empowering rather than fear based. We can move past our collective despair and inaction if we work together in our communities towards a better vision of the future based on shared American values. This book is available 9/29/2020. Order Here or go to www.Beacon.org



Youth & Emerging Adults Program Announces "UUntitled"

UUntitled is a national network created for Unitarian Universalist young folks by UU youth and emerging adults. This is a space where we can meet in affinity groups, have spiritual conversations and host online gatherings.

<https://www.youtube.com/watch?v=Z03JinucMCE&feature=youtu.be>

Haunted Forest | OCT 30 or 31 | TBD



Carve a pumpkin and share a picture at Diary@ConcordUU.org

Taizé Service

Second Sundays @ 7 pm

(October to April)

Live Streaming

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!

OCTOBER Special Events & Ongoing Events

Please see our calendar online for the most up-to-date listing of events happening through Zoom:
www.concorduu.org/calendar

Remember to keep your eBulletin for private Zoom links

All meetings & rehearsals are through Zoom unless otherwise noted.

Links are available through private emails or public calendar listings.

Sunday, 4 @ 11:30 AM | Meet the Minister

Sunday, 4 @ 8:30 PM | POP parents of preschoolers

Monday, 5 @ 6 PM | NEW Chair Yoga

Sunday, 11 @ 7:00 PM | Taize
Live Streaming

Monday, 12 | Holiday | Office Closed

Sunday, 18 @ 1 PM | Exploring
Membership Group

Sunday, 25 @ 4 PM | UUFOR
Thanksgiving Planning

Saturday, 31 @ 9:30 AM | Wicked Fit Run

Chair Yoga | OCT 5 | 6 PM | Zoom



Taize | OCT 11 | 7 PM | Live Streaming



Everybody's B-day | OCT 25 | 11:30 AM | Zoom Rooms



Centering Saturday

October 24 | 8-10 am | Free-Register Here
Led by Betsy Black & Judith Abbe



Office Hours by Appointment

Although the church building is still closed, the church office will be open **Tuesdays and Thursdays by appointment**. We will be wearing our masks when you arrive, and we ask that you do the same. Please contact Lea (lea@concorduu.org or 603-224-0291 ext 4#) or Heidi (heidi@concorduu.org or 603-224-0291 ext 2#) for an appointment. Heidi and Lea are also available by phone and email on other days, so please do not hesitate to reach out if we can help you in any way.

We miss you and wish we could welcome drop-ins, but we currently do not have custodial services so proper disinfection is an area of concern in light of COVID-19.

Parish Notes Deadline Schedule:

ISSUE	DUE
NOV	Mon. OCT 19

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

Staff

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

Minister of Lifespan Faith Development
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224-0291 x3 (office) 568-8084 (cell),
lyn@concorduu.org

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Custodian of Trust Funds | Jack Wakelin

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eBulletin

Information for the upcoming week's events, happenings, and announcements are due at 6 pm on Wednesdays of each week.

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

Unitarian Universalist Church of Concord

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RETURN SERVICE REQUESTED