

**AUG
2022**

Newsletter of the Unitarian Universalist Church of Concord

Parish Notes



**GENERAL ASSEMBLY 2022
PORTLAND, OR**





Services in the Summer are at 10 am from June 13 - September 4

Childcare for all ages will be available. (please see below)

Join us for Social Time in the Front Courtyard after worship this Summer.

Childcare During the Summer

- Childcare for all ages (0-12). Meet in the Rainbow Room for indoor or outdoor play. Open from 9:50 to 11:30.
- No Sunday School until mid September

We are looking forward to our Fall Children's Program beginning September 18!

Please register your children for 2022-23

by [clicking here](#) or go to concorduu.org on the Learning tab.

Pastoral Corner

Our Pastoral Care Associates are available to listen as you discern your journey – whether you are wrestling with transitions, spiritual questions, other issues, or would just like to share your story. Call or email, or look for the green “Pastoral Care Associate” ribbon on their name tags on a Sunday, to begin a conversation. Pastoral Care Associates are volunteers who receive training from and meet regularly with our professional staff.

Pastoral Care Associates are ready to listen to you, visit with you, talk to you on the phone or just be present with you at home, in the hospital, or here at church.

Contact our Pastoral Care Associate by emailing lyn@concorduu.org.

Cover photo by Rev. Michael Leuchtenberger of Youth Group off to General Assembly

HAPPY NEW Year

It's a New Year!

Our church fiscal year 2022-23 starts on August 1. Please always write the pledge year in the memo line of your check. It's a confusing time of year for our Assistant Treasurers to keep track of your pledge payments, because some people are finishing up their 2021-22 pledge, while others are starting to pay their 2022-23 pledge. Thank you for your generosity!

April & May Community Plate Offerings

Helping live out all [7 UU Principles](#) through donations

Because we are a hybrid church, our Community Plate collections trickle in over the course of a few weeks so we can't announce them weekly as we did pre-pandemic. We have people donating cash in-person, people donating via Breeze online, and people mailing in checks. This listing will allow you to see what the final amount was that we sent to the many worthy organizations that you as a caring congregation helped to support.

Thank you for your generosity.

4/03/2022 ...Yemen Aid	755.41
4/10/2022 ...AFSC NH	754.39
4/17/2022Sycamore Garden	759.18
4/24/2022 ...Conservation Law Foundation	569.41
5/01/2022 ...Outreach Offerings for UU Friends of Refugees	468.00
5/08/2022 ...Outreach Offerings for Family Promise	651.38
5/15/2022(half) Circle Program	248.61
5/15/2022(half) Mayhew Program	248.61
5/22/2022 ...Black Heritage Trail NH	621.24
5/29/2022 ...Disability Rights Center - NH	382.00

AUGUST Summer Worship Services

Live stream our worship services at concorduu.org/live

8/7/2022 | Anna Gallagher

8/14/2022 | Ellen Groh

8/21/2022 | Renee West

8/28/2022 | Rev. Jim Curley

9/4/2022 | Rev. Denise Tracy

Please check your eBulletin for weekly worship leaders and themes.

September's sermon theme is: Belonging

Please send us pictures for our new MONTHLY SLIDE SHOW
that you feel represents this theme.

Send to diary@concorduu.org by August 28. Thank you.

Have You Remembered Your Church in Your Will or Estate Plan?

By leaving a legacy gift to our church, you will ensure that it remains a vital force for good in the world and preservation of the values you hold dear – and a constant source of spiritual growth and support.

A bequest to benefit the Unitarian Universalist Church of Concord can be arranged with a simple codicil, i.e., an addendum to your will or trust, or by designating the Church as a beneficiary of a life insurance policy or an IRA, 401(k) or other qualified retirement plan.

Your legacy gift may be made in memory or in honor of a cherished family member or revered friend.

If you would like further information or guidance, our Legacy Committee members would be happy to talk with you privately. Feel free to contact David Canfield or Jack Wakelin anytime.



Contemplative Corner

Fall 2022 6-week series: Introduction to Mindfulness and Concord UU Contemplative Practice Activities

Have you been waiting for an opportunity to explore mindfulness practice, or to enliven and nurture an existing meditation practice? If so, please join us this Fall for a 6-week series introducing Mindfulness at Concord UU. You'll receive instruction in a variety of practices, and at the same time you'll get to know, learn from and practice with the people who are bringing contemplative practices to life within our congregation.

This 6 week series will be offered after services (11:30 AM to 12:30 PM) beginning **Sunday, October 9 and will run every Sunday through November 13**. All sessions will be in person (in the Chapel) and also online via Zoom. Participation in all 6 sessions is encouraged, but not required.

Each week we'll focus on a different aspect of mindfulness practice, exploring sitting meditation, moving meditation, informal daily-life practices and more. The series will be facilitated by Jeanne Ann Whittington, with guest presenters representing the various regular groups that are active within our church community. By the end of the series you will not only have a broad introduction to mindfulness practice, but you'll also be familiar with the full spectrum of Contemplative Practice Group offerings.

More information will be forthcoming in the September Parish Notes, but if the idea of a Fall immersion in mindfulness speaks to you, please mark your calendar now and plan to join us. The practices are transformative, and there is great joy and sustenance in supporting one other in our spiritual journeys.



SAVE THE DATE! for the Fall 2022

Mindfulness Meditation Retreat
--with guest teacher Rae Houseman

The Art of Non-Doing: Remembering Emptiness

Saturday, September 10th 9-4

In-Person at Concord UU Church & Zoom

Suggested Registration Fee: \$25 | [Register by Clicking Here](#)

Our culture places much value on “doing.” Consequently, we often identify with what we’ve achieved or obtained from our doing. The cultural emphasis on doing creates unconscious compulsive tendencies to “do,” even in our meditation practice. We can orient ourselves to the practice as if we are doing meditation. In this retreat, we will take time to observe our habitual tendencies toward doing and practice relaxing from them. When we stop doing, we allow our mind to rest in its natural state, a state of awareness. When awareness is present, wisdom is cultivated naturally, without having to do anything to manifest it. Wisdom allows us to see reality more clearly and remember its true nature: emptiness.

Emptiness points to an understanding of ultimate reality that recognizes that nothing is intrinsically good or bad. We can experience moments when the mind is not identified with its own ideas about something being good or bad, it’s not identified with thought, it’s not identified with its own mental activity. We will practice inviting the mind into states of non-identification: remembering emptiness.

Rae Houseman is a meditation teacher, mindfulness mentor, and trauma therapist. She brings a kind and earnest sense of inquiry into her engagement with the practice and is passionate about integrating mindfulness into daily life activities in support of a more embodied approach to the practice. Rae has practiced extensively in both the Insight Meditation tradition and the Vajrayana tradition and finds the interweaving of these two approaches to be complementary of a deeply compassionate and discerning practice. She was formerly the Head of Coaching and Diversity, Equity and Inclusion Manager at Ten Percent Happier. She holds a Masters degree in Somatic Psychology and is a certified Somatic Experiencing Practitioner. She loves discussing the practice and meditating with others.

Summer Contemplative Offerings

Insight Meditation Sangha

Third Friday | Zoom but sometimes hybrid | 4 – 6 pm

Rae Houseman has practiced extensively in both the Insight Meditation tradition and the Vajrayana tradition, and has found these two styles of practice to be complementary in the development of a deeply intuitive and embodied practice. Rae is a graduate of the Spirit Rock Community Dharma Leadership program and Anam Thubten Rinpoche's Dharma Leadership Program.

Rae holds a Masters degree in Somatic Psychology and is a certified Somatic Experiencing Practitioner. Rae was involved with the creation of the Ten Percent Happier app, and absolutely loves discussing the practice and sharing practice space with others.


The sangha includes guidance that leads into meditation, a meditation period, and then a discussion that is generally a reflection on the sitting practice. The group is appropriate for beginning and experienced meditators alike. The Insight Sangha is now officially affiliated with the UU Church. Everyone is welcome! Please contact Doris at dandmhamp38@gmail.com with any questions and to receive the Zoom link.

Daily Silent Morning Sit

Daily Sunday-Saturday | 7-7:30 am | Zoom

For support in your daily contemplative practice, and to support others with your presence, this silent daily Zoom gathering happens from 7 to 7:30 AM every day, 7 days a week. You can join for the full 30 minute period, or drop in for as long as you are able. A leader will ring a bell at the beginning and end; otherwise the time is in silence except for the last Friday of each month, during which there will be a brief sit and then an open check in.

To participate, contact Heidi Page at heidi@concorduu.org for the Zoom link and a brief written orientation. If you have questions that you'd like to discuss before dropping in online, contact Margaret Fletcher at margaret.wellaware@gmail.com.



August

BIRTHDAY WISHES

Happy birthday to our Members, Friends, and their children, for whom we have birthdays in our church records. If you want to be included on future birthday lists, enter your birthday in your Breeze profile or email it to heidi@concorduu.org.

7 Susi Nord

8 Laura Messenger

8 Wendy Olson

8 Amina Page-Cook

16 Ty Meier

17 Anne Stoops

19 Gail Smuda

21 Phill Hunt

26 Jim Schlosser

27 Belinda Nerl

27 Zee Laliotis

29 Bob Williams

30 Rik Yeames



Looking for Singers & More

There is still time to join us and sing Concord Light Opera Company's (CLOC) performance of Gilbert and Sullivan's Ruddigore on **October 14, 15 & 16**. This is the last fund raiser for our church that CLOC will produce. We welcome all who are interested either on stage or as support crew. We are specifically in need of all voices for chorus parts. Audio guiding tracks for all parts will be provided and live weekly rehearsals will begin on **Tuesday, August 16th at church at 6pm**. If you have ever had interest in doing theatre productions please contact our director, Linda Ashford at lindalashford@comcast.net or by phone / text at 603 496-1594

Capital Budget Planning

by Lea Smith, Director of Membership and Administration

At the last Annual Meeting, the congregation approved an amendment to the Bylaws to require that a capital budget be passed at each Annual Meeting starting in 2023 (in addition to the operating budget that we always pass.)

To carry out that bylaw, the Finance Team developed a process and timeline, and the Operations Leadership Team approved this process at their June meeting. [Click here for the Capital Budget Planning Process.](#)

So if you are involved in any capital project* please familiarize yourself with this process so you can request funding for your project in a timely way.

This is a big step for our congregation to be able to plan ahead for large expenses. We want to ensure that all voices are heard and requests are considered, so please keep the dates listed in mind. Although the decision making process will not start happening until January, you can let me know of capital projects you hope to work on at any time, and I'll add them to the "wish list" so we don't forget to consider them when the time comes.

* A capital project is defined as any purchase of a fixed asset or improvement to an existing asset that costs over \$2500, has an outcome that lasts over one church year and does not reoccur on a routine basis. A project which comprises several smaller expenses that add up to over \$2500 over several months will be considered a capital expense.

Games & Chocolate

Friday, August 5
6:30-8:30 pm
Fellowship Hall



Come join us for the first Friday of every month & bring a friend.
Lawn Games Welcome | Bring a snack to share if you like.

Our Justice Notes section includes social action programs from outside our congregation.

FaceBook UU Women's Right Action Group

Let us gather in support and in action!

We are a dynamic FaceBook (FB) group of Unitarian Universalists gathered together to apply our UU principles in support of women and women's issues. We provide an opportunity for UUs to connect with other UUs nationwide who are actively supporting women's rights.

Please feel free to share your own or your congregation's actions both locally and nationally in support of Women's Rights -- especially photos of UUs in action! We encourage an open exchange of ideas and respectful dialogue. We strive to build community and covenant together. This group may also be used to post time-sensitive action alerts regarding bills/laws impacting women's rights requiring a rapid response.

As it is a private group, people can only be added by another already in the group. If you would like to be added, let us know and send us your email address and we will send you an invite. Once in the group you can add any of your UU friends who you know would be interested. If you are not interested but think you know someone who might be, just have them send us their email address at: kbbingo@hotmail.com and I will send them an invite.

In 2017 I started a Women's Rights Action Group at my congregation. Check out the link to see what we've been up to: <https://tapestryuu.org/get-involved-2/social-action/womens-rights-action-group/>

Peace,

Karen Nichols

Tapestry UU's Women's Rights Action Group Chair

Announcing the 1st Annual WAM T-shirt Design Contest



CCCNH is holding a the first annual T-Shirt Design Contest for Walk a Mile in Their Shoes (WAM) 2022! The winner of the Design Contest will have their original design printed on the front of our official event t-shirts for WAM (all WAM registrants receive t-shirts).

The winner will also receive a \$250 ECCO Shoes gift card and bragging rights. CCCNH will recognize the lucky winner on all our social media accounts and on stage at WAM.

Design Overview & Guidelines

We challenge you to create an original t-shirt design in the spirit of WAM. We look forward to receiving your submissions for the contest. Here are some general guidelines/rules for your submission to the contest:

Submission Criteria

1. Your design must include the name or acronym of the event "WAM" OR "Walk a Mile in Their Shoes", "2022", and "CCCNH" OR "Crisis Center of Central New Hampshire".
2. The design must be original. By submitting a design, you guarantee that you hold original rights to it and that it does not contain any copyrighted material. You also give CCCNH permission to reproduce and print the design.
3. Design must be for the front of the shirt only
4. File Type: Vector files with text set to outlines is preferred. If vector is not an option, please send your design in at a minimum of 8" x 8" with a resolution of 300dpi. EPS, and transparent PNG file formats are welcome. Both RGB and CMYK color profiles are acceptable.
5. Design must be against a white or transparent background.
6. Please limit design to 3 colors – preferably purple (Hex # 653b85), black and teal (Hex # 196573)!
7. CCCNH reserves the right to adjust entries as needed but will make every effort to preserve the integrity of the artist's work when printing the design. Color and detail may be altered in printing.

Submission Guidelines | Eligibility and How to Submit a Design

1. The contest is open to artists of all ages. Entrants under 18 years of age must have permission from a parent or guardian to participate. By submitting a design, you confirm that you meet these requirements.
2. **Entries must be emailed to wam@cccnh.org by midnight on August 19, 2022, to be considered.**
3. All entry emails should have the subject line "2022 T-Shirt Design Contest + [Designer's Name]". Include the designer's name, email address and telephone number in the body of the email.
4. Have fun! We look forward to seeing your designs!

How the Winner Will Be Selected

1. There will be two rounds of voting.

Round 1: An esteemed panel of judges from the WAM Planning Committee will select four finalists from the t-shirt design entries.

Round 2: The finalists will be presented to the public for a vote on the final design. Voting will be conducted via Facebook Survey, but you do not need to be a Facebook member to vote.

2. Designs will be judged on the following criteria:
 - Represents CCCNH.
 - Incorporates the essence of Walk a Mile in Their Shoes.
 - Clarity and completeness of the design.
 - Concept and originality.
 - Feasibility of printing/reproduction.



Apart-Together ***An Upcycling Project***

We were **apart** and are now coming **together** in ways old and new.
We gather(ed) **apart-together** via live-streaming and on Zoom.
Let's mark this hopeful moment in our journey
by taking our old cloth mask **apart** and
putting the pieces **together**
to create something both old and new.



**Please DONATE your
USED CLOTH MASKS, instead of tossing them.**
When you are ready to part with them, please drop them into one of
the collection boxes.



What will we make with our old masks? That depends on the masks you donate. A great many things can be created from a jumble of masks, fabric scraps and straps. The list of possibilities is so long that its sensible to choose projects after we have a better idea of the masks we'll have to work with.

As we watch our collection grow we'll be whittling down that list but will hear more before any of the making begins. In the meantime, you are invited to share your ideas, interest or concerns with *Judy Maloney, nowtodayhere@gmail.com*. She'll be happy to have received them.

*Wouldn't it be wonderful if our creation(s) became part of
an annual day of Reflection and Celebration?
Unfortunately, at this moment, such a day is a 'yet to be
organized' event.*

Let the collecting begin.



Thank you for taking the time

Outgoing and Incoming

Thank you to these outgoing volunteers for building our beloved community, and to these incoming volunteers for stepping into their shoes!

Family Promise Coordinator

Outgoing: Heather Terragni

Incoming: Pam Mosca

UU Friends of Refugees Chair

Outgoing: Julia Freeman-Woolpert

Continuing: Bevan Tulk

Building Maintenance Committee Chair

Outgoing (transitional) chair: Trudy Mott-Smith

Incoming: Franz Vail

Board of Trustees

Outgoing: Ann Hoey and Anne Drewniak

Incoming: Sally Hirsh-Dickinson and Karen Cox

Social Time Coordinator

Outgoing: David Canfield

Incoming: Renee West

Our church leaders are listed on our [Who Do I Contact](#) list. If your committee or group has had a change in leadership that's not listed, please let the office know at office@concorduu.org.

June Board of Trustees Highlights

Submitted by Jim Schlosser, Secretary

- Discussed feedback from the Annual Meeting
- Elected Board officers
- Discussed linkage opportunities with moral owners for the next board year
- Reviewed key Operational Updates



AUGUST Special & Ongoing Events

Please see our eBulletin each week and online calendar for the most up-to-date listing of meetings, events, and happenings at concorduu.org/calendar

Links are available through private emails, through eBulletin, and Parish Notes.

Office Closed August 2 through August 11

- Fri, Aug 5 @ 6:30 pm | Games & Chocolate
- Fri, Aug 5 @ 7 pm | Lammas Ritual | Earth Centered Spirituality Group
- Sun, Aug 7 @ 11:20 am | Grounds Gathering A
- Tues, Aug 16 @ 6 pm | Gilbert & Sullivan's Ruddigore Audition & Rehearsal
- Sun, Aug 21 @ 11:20 am | Grounds Gathering B
- Sun, Aug 28 @ 11:20 am | Grounds Gathering (Rain Date)

MEETING & RETREAT REMINDERS:

- Thur, Aug 18 @ 5-8:30 pm | Lifespan Faith Development Leadership Team Retreat
- Tues, Aug 23 @ 1 pm | Operations Leadership Team Mtg
- Wed, Aug 24 @ 11 am | Pandemic Policy Team Mtg
- Fri, Aug 26 @ 6-8 pm | Board/OLT Retreat-Day 1
- Sat, Aug 27 @ 8:30 am-4 pm | Board/OLT Retreat-Day 2

ONGOING EVENTS

- Mon-Sun, 7-7:30 am | Daily Silent Morning Meditation | Zoom
- 1st & 3rd Mondays @ 6 pm | Kripalu Yoga & YogaMeds | Starting in September
- 2nd & 4th Mondays @ 6 pm | Meditation | Zoom
- Mondays @ 6 pm | LGBTQ+ AA mtg Come As You Are* | Kent/Thomas Rm 8/9
- 2nd Tuesdays @ 1 pm | Chronic Pain Support Group* | Online
- 1st Wednesdays @ 3 pm | Friendly Kitchen Prep & Serve Day
- 1st Wednesdays @ 7 pm | UU Friends of Refugees (UUFOR) Committee Mtg | Zoom
- Thursdays @ 7 pm | Choir | Off during the Summer
- 1st Thursdays @ 7 pm | Showing Up for Racial Justice* | Online
- Fridays @ 7 pm | Youth Group | Resumes in September
- 1st Fridays @ 6:30 pm | Games & Chocolate | Fellowship Hall
- 3rd Fridays @ 4 pm | Insight Meditation Sangha | Zoom
- 2nd Saturdays @ 4 pm | Renaissance New England* | Parlor
- Sundays @ 5 pm | Augustine Fellowship* | Armenia White Rm 5
- 4th Sundays @ 7 pm | Caring for Aging Loved Ones | Zoom

*Support or special interest groups that are not affiliated with the church. They meet in person, hybrid or on Zoom and are open to anyone interested in attending. Check calendar for contact information.



Summer Office Hours

Summer Hours (June 13-August 21)
Tues, Weds, Thurs, and Fri | 10 am - 1 pm
Closed Aug 2-11
Before stopping by please check web calendar for other days we might be closed.

Parish Notes Hard Deadline
Sunday, Aug 21
Please send to ParishNotes@ConcordUU.org



Why donate? Reduce waste in landfills. Clothing is used at disaster sites throughout the US and worldwide. If our refugee families or local homeless shelter needs clothing we can provide it to them.
Only Items Accepted: All clothing, shoes, sneakers, belts, purses, blankets, towels, sheets, pillowcases, curtains, and stuffed toys. Your donations will be redistributed as whole garments.

Staff

Senior Minister | Rev. Michael Leuchtenberger
603-715-7557 (cell) michael@concorduu.org
CURRENTLY ON SABBATICAL

Minister of Lifespan Faith Development
Rev. Lyn Marshall
603-568-8084 (cell) lyn@concorduu.org

Dir. of Membership & Administration | Lea Smith
603-224-0291 x4 lea@concorduu.org

Office Administrator | Heidi Page
603-224-0291 x1 heidi@concorduu.org

Accompanist | Calvin Herst
calvin@concorduu.org

Choir Director | Alex Hunton
alex@concorduu.org

Dir. of Facilities and Technology | Robert Baker
603-224-0291 x3 robert@concorduu.org

A/V Operations Assistant | Noah Leuchtenberger

Custodian | Agnes Sesay

Intern Minister | Jeff Beland
267-908-5929 jeff@concorduu.org

Intern Minister | Dan Frye
410-241-7006 dan@concorduu.org

Officers

Treasurer | Karen Mayo
Custodian of Investments | Jack Wakelin
Assistant Treasurer | Lorraine Ellis, Ann West
Moderator | Barbara Keshen
Clerk | Sara McNeil

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Roger Ballou
Karen Cox

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RETURN SERVICE REQUESTED

