

OCT
2022

Newsletter of the Unitarian Universalist Church of Concord

Parish Notes



Courage

Newcomer Corner

If you're relatively new to our church, please stop by the Newcomer Corner after the worship service on October 2, to chat with our Director of Membership (Lea Smith) and our Greeters. We'd love to know what brought you here! We'll be in Fellowship Hall, so grab a cup of coffee and come chat with us. You can request more info on our programs, learn how to become a Member, sign up for our e-newsletter, request a permanent name tag, or pick up some literature to learn about us. The Newcomer Corner is offered on the first Sundays of every month.



Building & Sunday Worship Service Mask Protocol

At the time of publication, masks are not required unless individual has a known exposure within the last ten days or symptoms of respiratory illness. The Pandemic Policy Team may reinstate a mask requirement if COVID risk increases in our area.

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 image of Betsy Black showing "courage" to cross a suspension bridge near Chamonix, France.
Photo by Cathy Menard (who also crossed the bridge)

COURAGE

by Intern Minister Jeff Beland

Welcome to October 2022! The theme for this month is courage. Who do we think of when it comes to courage? We may think of overcoming great adversity in our lives or in the lives of those we know. But not only that, we may be inspired by the stories of our ancestors and the work they did. Or perhaps you look for someone who you do not share genetics with but is an ancestor of spirit. As an example you may look at a spiritual teacher, or a local hero who did some great work, such as Mother Theresa or Siddhartha Gautama. Or perhaps even a character in a movie comes to mind such as Harry Potter or Frodo Baggins or some other character that goes on an epic quest of sorts. Whomever you go to for inspiration and feeling a sense of courage, know this however... to be courageous is to be strong in the face of insurmountable odds. What does courage inspire in us? It finds a way to help us build resilience during difficult times. May our stories be shared in openness and care as we come together during the challenges we face these days. May it be so dear ones.

July Community Plate Offerings

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

Here are the Community Plate donations that we sent to the worthy organizations that you as a caring congregation supported. **Thank you for your generosity.**

\$452.537/3 **Pastoral Support Fund**

\$310.88 7/10 **National Butterfly Center**

\$446.13 7/17 **Learning for Justice**

\$225.357/24 **Organization for Refugee & Immigrant Success**

\$374.03 7/31 **Border Angels**





OCTOBER Worship Services

Live stream our worship services at concorduu.org/live

10/2/2022 “The Courageous Voice” Intern Minister Jeff Beland

The ability to find courage through the multitude of life's challenges is no small task. But what do we do when we cannot find it within ourselves? Some of us have gone to seek counsel from a trusted source of wisdom. Come hear how that may not always come from the most expected of sources.

10/9/2022 “Grace Under Pressure Indeed” Joanna Henderson

The theme for October is "Courage" and two literary references jump out at me. One is "*Profiles in Courage*" which was written by John F. Kennedy and won the Pulitzer Prize in 1955. It highlights the real people he believes showed the most astounding integrity in the face of overwhelming opposition. The other is the "*Cowardly Lion*" in the "*Wizard of Oz*" who does not believe he has courage and is endlessly looking for it. All the OZ characters want and need courage. All the Kennedy heroes display an abundance of courage. Both sides need to be heard.

10/16/2022 “Courage in a World Full of Obstacles” Intern Minister Dan Frye

Navigating the world filled with inherent challenges which present as exclusionary barriers to many, requires courage, creativity, and commitment. Without these three, one cannot achieve mastery of hardships, and one cannot transcend policies, practices, and social structures that limit unfettered access to the universe. This service will examine the theological rationale for why we as Unitarian Universalists share a desire to eliminate these barriers, and it will propose strategies for how individuals and groups are able to meet and defeat these roadblocks, in our churches and in the wider world. Clearly courage is a foundational tool to achieving greater inclusion, but what other elements or techniques exist to animate courage and create newly welcoming opportunities in order to live and thrive in an increasingly accessible world?

10/23/2022 “Courage in an Angry World” Rev. Lyn Marshall

What does love require of us when we are faced with violent rhetoric in public discourse, and when that rhetoric becomes violent action? Do we have the courage to be kind in an angry world?

10/30/2022 “The Voices of the Ancestors” Intern Minister Jeff Beland

Whether we know anything about it or not, each of us belongs to a genetic line. In this service Intern Minister Jeff will share how his ancestors inform who he is in the present day and who he is becoming in his path of ministry. An ancestor altar will be a part of this service so please bring pictures of your ancestors to share for the altar as we lift up the voices of those from the past and how they inform us to be like them or sometimes nothing like them at all.

November's sermon theme is: CHANGE

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

Send to diary@concorduu.org by Oct 26.

Church Leadership Workshop

Sunday, October 23

11:45 am to 1:15 pm

Calling all church leaders! If you're a committee chair, lead an ongoing group such as a meditation group, or serve (or want to serve) in any church leadership role, this is for you! Connect with other leaders in love and service as we:

- talk about how to inspire and empower our teams and avoid burnout;
- think about how the church's new ends statement might change our team's work: **We work to recognize, understand, and dismantle systems of bias, oppression, and privilege within ourselves, our congregation, our community, and the larger world;**
- develop skills for navigating conflict in our groups; and
- learn the nuts and bolts like how to reserve a room or publicize your event.

A light lunch will be provided. Please RSVP to Lea Smith at lea@concorduu.org for lunch planning purposes, but please come even if you forget to RSVP.



Date with Death Club

with Intern Minister Jeff Beland

Have you ever thought about your time of being alive and what comes next? Perhaps you've gone through the process of questioning what happens after you take your last breath? Or perhaps you've questioned this for those you have known. If you are curious about death and your views on it our church is going to be starting a new curriculum. It will be facilitated by Intern Minister Jeff Beland and he invites you to join him. The curriculum is called Date with Death Club and was created by UU Minister Rev. Karen Johnston. In this monthly curriculum we will meet to go through several

difficult topics and look at both practical matters about death to take the mystery out of it, as well as the spiritual side. [Register here to join us.](#)

We will be meeting at the church on the following Saturdays from 10 am—Noon:

Oct 8.....Getting comfortable with death talk

Nov 5.....Good life & Good death

Dec 3.....Hospice, Palliative Care, End of life documents, oh my!

Jan 14.....Owning your dying

Feb 18..... Planning your own memorial service

Mar 4.....Resistance and Acceptance: The Mortal Dance

Apr 1.....What to do with a dead body?

May 13.....Writing your own obituary

and June 17(if we need a snow day)

If someone has experienced a recent loss they may want to communicate with Lyn or Jeff about this program first to see if it would be a good fit

Please contact Intern Minister Jeff Beland or Rev. Lyn Marshall if you have questions or to discuss this. We look forward to meeting with you to hold this time together as sacred and to learn with one another.



Bounce Back to Church!

We will send what is happening each week in the eBulletin and have the Children's White Board on Sundays.

Youth Group meets, Fridays from 7:00—9:00 pm

Youth Group is open to 8th graders who have completed Our Whole Lives and any 9th-12th graders.

[Register Youth Here](#)

[in addition, please click here for Field Trip & Overnight Permission Form](#)

For Kids

Rainbow Room Nursery: open every Sunday for the little UUs, ages 0 - 4.

Children's Village: Kids ages 5-ish to 12-ish start their morning in the Sanctuary, then go to Children's Village after the Time for All Ages. This is offered every Sunday (except a few Sundays which are a Service for All Ages.)

Children's Faith Exploration | 1st, 2nd & 3rd Sundays

Exploring Spirit for children ages 5-ish to 12-ish [Register Children Here](#)

This program provides developmentally appropriate ways for children to engage with the same monthly themes the adults are exploring in worship. Exploring Spirit meets September through May.

Building Bridges for ages 12-ish to adult [Register Children Here](#)

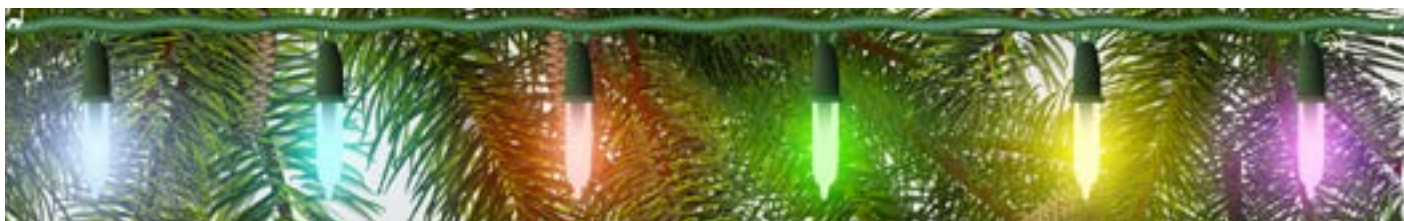
This is a program to learn about world religions while deepening one's understanding of Unitarian Universalism. There will be a limited number of spaces available for adults this year as we experiment with a multigenerational approach. Building Bridges meets September through May. **Interested ADULTS** should email lyn@concorduu.org.

Adult Second Hour Service, Learning and Practice | 2nd & 3rd Sundays

Second Hour Programs for teens & adults | 11:30 am—12:30 pm

Choose from a worship discussion, a TED talk, or a contemplative practice offering and spend an hour deepening your experience in community. **Followed by a Community Luncheon.**

Would like more information? Please contact lyn@concorduu.org



Call Out for Coordinator for the Holiday Greens & Artisan Fair on the 1st Weekend in December

We would love to bring back our Holiday Greens & Artisan Fair.

New ideas? GREAT! We have a non-member crafter who would love to run the crafters.

We just need **YOU** to help make it happen this year.

Deadline is October 10 to let Lea know you can help lead this festive event, so we can decide whether we have the leadership for it to happen.

Please email lea@concorduu.org



Unitarian Universalists Friends of Refugee (UUFor)

“Welcoming Our New Neighbors”

by Rev. Bevan C Tulk, chair of UUFor

The door of our borders has been opened again!
Many refugees waited an additional four years to join us on their journey to freedom from oppression. Some people from Ukraine are taking the risk to

enter our country without waiting for government sponsored approval.

Fortunately, they are currently receiving assistance from our government resettlement agencies. While celebrating an Afghan teen's birthday at White Park, her dad saw a woman and child alone and invited them to have birthday cake. As it turned out, they are from Ukraine. Since then, they have been included in dinners and play dates - possible because of members of UUFor being on the Afghan support team.

We continue to be busy working with the Afghan families and celebrating their one-year anniversaries of freedom from the Taliban and a new life in our country. We, also, continue to support families who have been here longer yet still struggle with our language, transportation, financial and medical needs.

Honestly, we need your help with two single mothers and their children. They need a friend to be a caring presence and help with practicing their English. Another important relationship would be with a young boy who needs to practice his reading. All these volunteer opportunities are a limited way to help a refugee family without the full commitment of joining a Circle of Support. You'll be introduced and supported by a UUFor mentor volunteer.

Please contact me, **Rev. Bevan C Tulk, chair of UUFor**, at Uurevbct1@gmail.com with any questions concerning these families' needs or about your interest in joining our compassionate, fun-loving UUFor committee.

Good Intentions, Harmful Impact:

What I Learned about Communication and Accessibility

By Lea Smith, Director of Membership & Administration

Sometimes we miss the mark. Our intentions are good, but we do something that hurts someone. What comes next to right the wrong?

I made a mistake like this last month. In the September issue of Parish Notes, we published our fire evacuation plan, which we do annually. The plan includes this fire department recommendation: *“Those with mobility issues should wait to evacuate last. Though this may sound unkind, it is safest for all because people naturally tend to start panicking and pushing if the evacuation does not proceed quickly. Church leaders will exit last to assist those who need help.”*

After this was published, I received an email from a beloved member who uses a walker. Upon reading that, she had the “feeling as if I would be a safety hazard or sitting duck in case of emergency.”

By publishing the nuts and bolts of our fire evacuation plan, we inadvertently caused harm by making her feel that she, and others with mobility impairments, are less than our highest priority.

I apologized to her. And now I am apologizing to anyone else who felt that we don’t value you when you read that fire evacuation plan. I am sorry we made you feel that way.

Since reading her email, I’ve pondered how to do better in the future. First of all, when publishing that plan, I should have added some context. A church Safety Team wrote this plan years ago under the guidance of the Concord Fire Department, and, to be perfectly frank, it was a frustrating process. Our old Sanctuary wasn’t designed with a modern concept of safe egress in mind and there were no good answers for evacuation. It only has one direct exit to the outside, and that exit has stairs. The windows crank open sideways; only the most agile and thin people could get out of them. Exiting up the ramp towards the interior of the building (the way most people enter) isn’t advised because you might be walking towards the fire or a smoke-filled space. Given this terrible set-up, the fire department made this painful recommendation. The “experts” say, if a few people slow down the whole process, people in the back naturally start pushing, which could injure the slower people in the front.

Of course, those “experts” might not know UUs. We might be the people who won’t push, and who will make sure everyone gets out safely. We might be the beloved community who truly cares about the most vulnerable among us. I believe that we are.

We didn’t have anyone with mobility issues on our Safety Team. Another lesson: Don’t make plans that affect a whole group of people without including some of the affected people. Or as the disability community likes to say, “Nothing about us, without us.”

The other thing that might have reduced the harmful impact of reading this plan, is sharing what’s happening behind the scenes to make a safer church for everyone by making our entrances more accessible. Way back when we recognized the fire evacuation problem we could have started addressing it. But I am happy to share that the Building Maintenance Committee has started to work on it. Check out their work towards accessibility on **the next page (p. 9)**.

If we truly value all people equally, we need to take real action and not just pay lip service to inclusivity. After all, that is what “justice, equity and compassion in human relations” is all about: actions, not just words.

Targeted Appeal: Accessibility & Building Improvement Planning

Even during COVID restrictions, the Building Maintenance Committee was able to make some of the building repairs and improvements needs to insure that the Church's building remains in good enough condition to support the Church's work of "connecting in love and service, growing spiritually and transforming ourselves and the world".

We now return to a goal to lay out a long-term plan for better building accessibility for people with disabilities. The Building Maintenance Committee needs the professional advice of an architect who is knowledgeable about Americans with Disabilities Act (ADA) compliance.

The Committee's most immediate project will be to make the "Emerson Entrance" doorway fully compliant with the ADA. This entrance is used by Emerson School, as well as people accessing the Sanctuary who can't climb stairs.

That doorway presently serves as the second emergency exit from the sanctuary to the outside. But the path to use it is long and through additional doorways. So it is prudent to consider to what extent, and how, the main Sanctuary doorway should also be made accessible.

In addition, the Building Maintenance Committee returns to the need for the fundamental structural work recommended in 2018 by professional engineer Jeff Trexler. It plans a second phase of structural work following on the pre-COVID completion of the first phase, strengthening the supports of Fellowship Hall.

To do that, it needs professional advice in construction-planning to rank Mr. Trexler's many recommendations in terms of their importance and to plan a construction schedule for the greatest financial efficiency.

*Come, Come, Whoever You Are
Wanderer, worshiper, lover of leaving.
It doesn't matter.*

*Ours is not a caravan of despair.
Come, even if you have broken your vows
a thousand times
Come, yet again, come, come.*

~ Jalaluddin Rumi

Our October Targeted Appeal will fund architectural and construction consultations needed to move forward with these projects.

To help ensure we are accessible for all who want to come through our doors, and to make the church a safe sanctuary for decades to come, please give generously. Our goal is \$1700. Make **checks** out to **UU Church of Concord** and drop them in the **box in the Parlor**, or **donate online** at concorduu.org (click "Donate" [top right] and select "Targeted Appeal" in the dropdown).

October

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.

2	Larry Davis	14	Autumn Clough
2	George Duley	15	Dick Burnside
3	Janet Locatelli	15	Stephen Elgert
4	Leo Terragni	16	Julia Freeman-Woolpert
5	Celia Terragni	16	Suzanne Rude
6	Tom Morse	18	Betsy Black
6	Bevan Tulk	18	Chip Cooper
7	Cheryl Bourassa	18	Joanne Davis
8	Kim Gillis	18	Christy Dolat Bartlett
9	Gemma Devlin	19	Chris Moore
10	Richard Conde	20	Sonya Knowlton
10	Adee Cooper	23	Michael Leuchtenberger
11	Cory B. Pierson	23	Nick Mayo
12	Anna Gallagher	24	CJ Landsman
14	Judi Abbe	25	Ann Hoey
14	Charles Hillen	29	Brian Desmarais-Plante

Games & Chocolate

Friday, October 7

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.

Community Plate Committee (CPC)

Submitted by Deb Bruss, CPC chair

Are you thinking of joining a committee but not sure if you'll have the time? The Community Plate Committee (CPC) might just be a perfect fit. Working with the CPC is a light-on-time commitment but a heavy-hitter when it comes to making a difference in our communities, ranging from a small, local project that outfits low-income children with soccer shoes to world-wide non-profits that fight for equality.

We plan to have 4 in-person meetings per year, with virtual ones interspersed between them. Since the CPC has become accustomed to meeting virtually during the past 2 1/2 years, it seems to make sense to continue some of our meetings on Zoom, especially since many of us hardly have "spare" time.

If you have any questions, an idea for a plate, or are just curious about the CPC, please email me at deborahbruss@mac.com so we can find a time to talk. Thanks.



SAVE THE DATE

Annual Fall Grounds Clean-up

Sunday, October 30

After the service and Social Time



Belonging and the Excitement of Condo-Living

My husband Ned and I last lived in a six-unit, brick condo building a half block from Lake Shore Drive Park in Chicago. It was a wonderful old building built before the park existed and the beach was still at the end of our street. Six units meant we were automatically inserted into a small, closed community requiring cooperation on multiple levels from noise levels to putting a new roof on. We rapidly learned the daunting challenges this presented and, over our 19 years, the wonders of belonging to a close-knit neighborhood with close friends living right there.

From the start, Ned and I began getting to know our neighbors and negotiating the already existing, sometimes tortured relationships. Things did not always go well. During our tenure there, we had one pair move out, leaving us a badly depleted common financial reserve; another stuck post-it notes up the stairwell complaining about our collective lack of vision; and shortly after we left, the troubled psychiatrist above us, managed to set the building on fire! The stories go on; but you get the idea. Belonging to a condo community can carry its problems!

This past month's theme was "Belonging." The first thoughts that popped into my head were words like: acceptance; support; sharing; friendship; close, perhaps loving relationships; community. Maybe similar words pop into your head too. Those are all noble sentiments; but, what creates those feelings of belonging, of community? For, if that's what belonging means, did we live in a hell-hole?

Actually. . .no, we did not. In any community there are bad eggs that do not belong or maybe don't want to belong. Others in our community were cooperative, responsible people and our relations with some grew into deep, enduring friendships.

So, what does create that sense of belonging? I would suggest, for starters: openness to people's differences, letting them be themselves; recognizing that everyone in a community, will at some point, need its, perhaps your support; listening well; and simply being kind.

It also requires us to actively seek our own place among others; finding something we love to share and, at times, accepting responsibilities we may not love—both we do to help the community flourish. Finally, what the Buddhist monk, Sulak Sivaraksa called the "virtuous friend" (kalyanamitta) also needs work. The virtuous friend nourishes belonging through friendship, comradeship, by offering advice and, in turn, accepting advice.

If we had been more conscious of that last one, some of the craziness may have been tempered with faithfully voiced advice. . .or not. Belonging is complicated and constantly shifting, which means truly communal belonging requires a great deal from everyone, sometimes more than you expected.

May we all belong and flourish together.

Kay Read

Worship Associate

Exploring Mindfulness and Community: 6 weekly sessions, beginning October 9

The **UU Contemplative Practices Group** invites you to join us **soon** for a 6-week introduction to mindfulness practice. You'll be introduced to new tools, new perspectives and new companions for your spiritual journey.

WHAT: Six consecutive Sunday sessions, one hour each. Each session will offer instruction in a different mindfulness practice, and will also introduce you to a different regular group within the Contemplative Practice community. Sessions will be facilitated by Jeanne Ann Whittington and Margaret Fletcher, with instruction offered by Lucia Cote, Betsy Black, Marjorie Moulton, Craig Whitson and Rae Houseman. You'll receive weekly resource materials to support you in developing a daily practice in between Sunday sessions. Participants are encouraged but not required to attend all 6 sessions.

WHEN: After Sunday services for 6 consecutive weeks, beginning October 9 and concluding November 13. Sessions on October 9, October 16 and November 13 will run from 11:30 AM to 12:30 PM. Sessions on October 23, October 30 and November 6 will run from 11:45 AM to 12:45 PM.

WHERE: In person in the Chapel at Concord UU, and also online via Zoom.

WHO: Everyone welcome! This program is designed to be a thorough introduction to mindfulness practice, and also an opportunity to refresh and/or continue one's practice in the company of others.

HOW: Sign up at uuconcordnh.breezechms.com/form/a5f644. If you have any questions about the program, feel free to contact Jeanne Ann Whittington at jawhittington3@gmail.com

New Contemplative Series: Gentle Yoga and the 9 Attitudes of Mindfulness

Beginning **November 7th** (on 1st and 3rd Mondays) through March 6th, 2023, join Kripalu (gentle) Yoga Teachers, Marjorie Moulton and Craig Whitson, for a series which will bring together Kripalu Yoga practices with the 9 Attitudes of Mindfulness. In each session, one of the attitudes of mindfulness (identified by Jon Kabat-Zinn in his seminal book "*Full Catastrophe Living*") will be explored as we practice gentle Kripalu Yoga. Attitudes such as "beginner's mind", and "non-judgmental awareness" will be woven into the mindful movement sequence. Each class will conclude either with a seated mindfulness meditation or a traditional yoga relaxation pose (Shavasana).

Please register for the series using this link. If you have questions please contact Marjorie Moulton (mamoulton@yahoo.com) or Craig Whitson (craig.listening@gmail.com). A suggested registration fee of \$50 will benefit the church's Contemplative Practice activities. However, everyone is encouraged to attend without obligation to pay.



Soul Matters Year

Oct ...Courage

Nov ..Change

Dec ...Wonder

Jan ...Finding Our Center

Feb ...Love

Mar ..Vulnerability

Apr ...Resistance

May ..Creativity

June .Delight

October Soul Matters theme: Courage

Click on the name of each event for more information or inspiration.

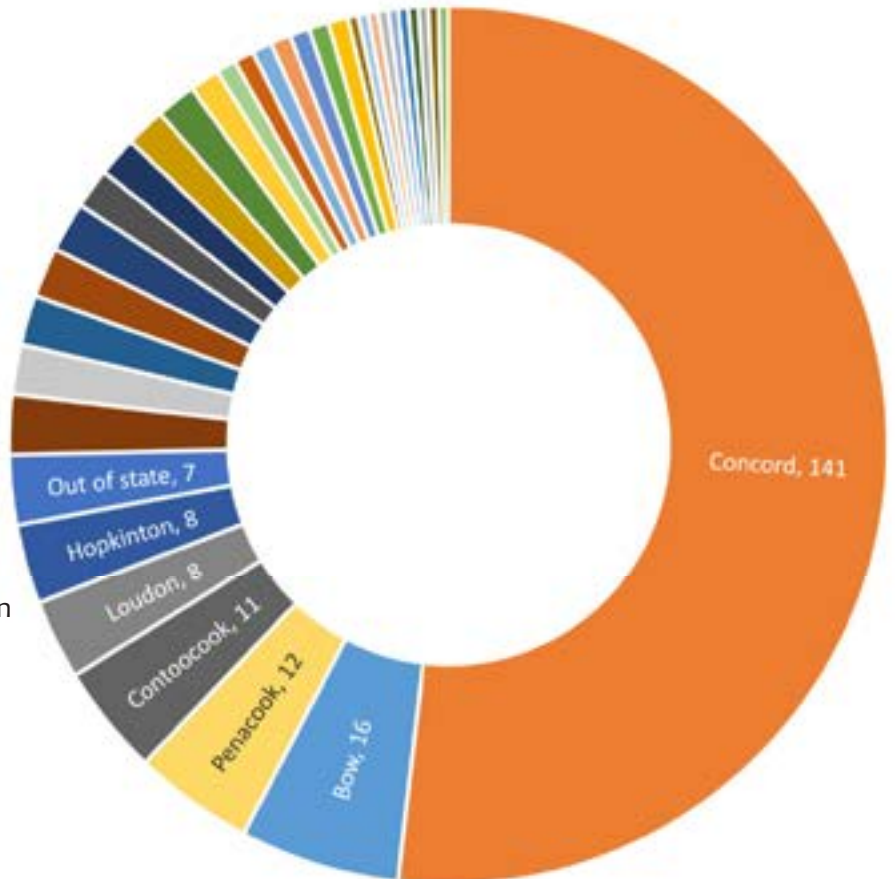
Unitarian Universalist History

- Birthday of [e e cummings](#) - Oct. 14
- [Michael Servetus](#) burned at the stake in Geneva - Oct. 27 (1553) ([more here](#))
- [UU Merger Vote](#): Unitarians and Universalists, meeting separately in Syracuse, NY, voted to proceed with consolidation - Oct. 31, 1959.

Interfaith Holidays

- Feast of [St Francis of Assisi](#) (Christian) - Oct. 4
- [Yom Kippur](#) - Jewish Day of Atonement - Oct. 4-5, 2022
- [National Observance of Children's Sabbath](#) - 3rd weekend of October
- [Sukkot](#): Feast of Tabernacles (Jewish) - Oct. 9-16, 2022
- [Mawlid al-Nabi](#) - the birthday of the Prophet Muhammad - begins Oct. 8, 2022
- [Diwali: Festival of Lights](#) (Hindu) - Starts Oct 24, 2022
- Martin Luther posts [95 theses](#) - Oct. 31 1517
- [Samhain](#) (Wiccan) - Oct. 31 - Nov. 1 [[more](#) and [more](#)]

Fun Facts | Where Our Members Live



Towns with 1-6 Members Each

1 Barrington	2 Hill
1 Deerfield	2 Londonderry
1 Elkins	2 Salisbury
1 Goffstown	3 Henniker
1 Hooksett	4 Manchester
1 New Boston	4 New Hampton
1 New London	4 Sanbornton
1 Northwood	4 Weare
1 Pittsfield	5 Canterbury
1 Wilmot	5 Chichester
2 Bowcawen	5 Dunbarton
2 Bradford	5 Pembroke
2 Epsom	6 Warner
2 Gilmanton	



Luncheon Hosts Needed

We are so happy that COVID has abated so we can return to sharing food and fellowship twice a month at our free Community Luncheons! Can you help out by hosting a luncheon? Get together with a couple of friends, or maybe your Covenant Group or committee, and have some fun in the kitchen! The church pays for the food and has simple step-by-step instructions for spaghetti or lasagna meals, or get creative and make up your own menu.

We aim to offer luncheons on the second and third Sundays of the month. For more info about what is involved with hosting, or if you are ready to sign up, contact Lea Smith, lea@concorduu.org, 603-224-0291 ext 4#.

Exploring Membership Fall Group

Our next Exploring Membership Group will start on October 16. For those considering membership in the Concord UU, this group will give you an opportunity to:

- Unitarian Universalism and how it is expressed at Concord UU
- Our church's rich history as well as it's current focus and programs
- Understand the rights and responsibilities of membership
- Meet and bond with others who are exploring membership
- Learn more about the many opportunities available at Concord UU
- And perhaps a bit about your own spirituality .

The Exploring Membership Group will meet for 4 sessions. You must attend all 4 sessions in order to become a member. If there are extenuating circumstances you may speak to Lea Smith (our Director of Membership & Administration) about a waiver of this requirement.

Although this group is focused on new members of our community, current members are welcome to attend as well - especially if it's been a while since you attended anything like this. Some of you have never been through any kind of membership class or group!

Exploring Membership will meet from 1-3 pm on the following Sundays:

October 16
October 30
November 20
December 4

For those who choose to join, the
New Member Covenanting Ceremony will take place on
December 11 during the Sunday morning service.

[Click here to register for Exploring Membership.](#)

GROUNDS GRATITUDE to...

those who stepped up to continue the work needed to have our grounds ready for our opening service on September 11th:

- LeRoy Anderson for cleaning the Emerson Entrance of weeds and invasives and trucking waste to Lewis Farm
- Fran Philippe and LeRoy Anderson for finishing the weeding of the cement patio out front
- Loren Hill and Warren Haslam for fixing the concrete damage in the same area
- Jim Curley for removing the large amount of bittersweet from among the junipers against the sanctuary
- David Canfield for clipping dead branches out of the junipers and weeding along the west side of the exit driveway
- Fran Philippe for weeding and cleaning along the Pleasant St curb and along the east side of the entrance driveway and for spreading stone at the Sanctuary Entrance

And to those who tidied their adopted spots:

- Beth Corcoran and Janet Kelly-Vail, the large garden and wall garden in the front
- Alice DonnaSelva, the Fellowship Hall entrance garden
- Dan Wouters and Alice DonnaSelva, the garden-shed garden
- Wendy Olson, to the left of the Sanctuary Entrance
- Judy Maloney, the large rhododendron
- Fran Philippe, the church entrance

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



Join us for a gathering of UU's from across the Granite State to learn worship and plan our collective future.

October 15 9am to 2pm

Unitarian Universalist Church of Concord 274 Pleasant St

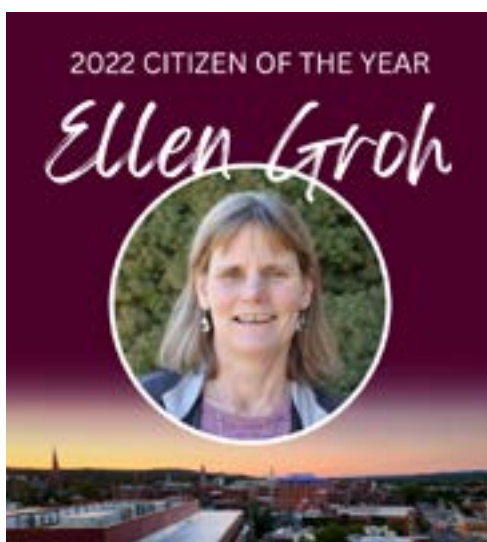
NH Energy Expo

October 1st from 9 am-3:30 pm | Free admission

at the Dunbarton Elementary School

Attend the NH Energy Expo on October 1st for all things energy! If you're looking for ways to save energy and money, curious about alternative and energy-efficient technologies, or generally interested in energy-related issues, you'll not want to miss this event. Talk with local businesses, learn from nonprofits, converse with electric vehicle owners, attend from a tremendous selection of free educational workshops, and win prizes!

Organized by the Bow and Dunbarton Energy Committees, the NH Energy Expo is free and open to the public and will take place on **October 1st, 9 am-3:30 pm, at the Dunbarton Elementary School**. Find details, including the workshop schedule and exhibitor list, at: <https://www.dunbarton-energy.org/energy-expo/>.



Congratulations to Member Ellen Groh

2022 Citizen of the Year

The Greater Concord Chamber of Commerce is honored to announce Ellen Groh, Executive Director of Concord Coalition to End Homelessness, as our 2022 Citizen of the Year. They'll recognize this outstanding leader at our 103rd Annual Meeting and Citizen of the Year Award event on **Wednesday, November 2** at the Grappone Conference Center. All are welcome to attend this celebration of Groh's unmistakable positive impact on the Greater Concord community.

[Read more about Ellen by clicking here.](#)

OCTOBER | 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

SPECIAL EVENTS

Tuesdays @ 6 pm | Gilbert & Sullivan's Ruddigore Rehearsal (Stop by to see how you can help.)
Oct 2-Oct 9 | Family Promise
Sun, Oct 2 | Final Week to sign up for Mystery Match (ALL AGES WELCOME)
Wed, Oct 5 @ 4:30 pm | WAM (Walk a Mile in Her Shoes)
Fri, Oct 7 @ 6:30 pm | Games & Chocolate
Sat, Oct 8 @ 10 am | Date with Death
Sun, Oct 9 | Pick up your Mystery Match Postcards (Decorate and mail #1 postcard by Fri, Oct 14)
Sun, Oct 9 @ 11:30 am | 6-wk Contemplative Session: Exploring Mindfulness & Community
Sun, Oct 9 @ 7 pm | Taizé Services Begin (Monthly 2nd Sundays)
Sat, Oct 15 @ 10 am | UU Action NH Annual Meeting
Sun, Oct 16 | Mystery Match Postcard #2 should be mailed out by Fri, Oct 21
Sun, Oct 16 @ 11:30 am | 6-wk Contemplative Session: Exploring Mindfulness & Community
Sun, Oct 16 @ 1 pm | Exploring Membership
Sun, Oct 23 | Mystery Match Postcard #3 should be mailed out by Fri, Oct 28
Sun, Oct 23 @ 11:45 am | Church Leadership Workshop
Sun, Oct 23 @ 11:45 am | 6-wk Contemplative Session: Exploring Mindfulness & Community
Sat, Oct 28-29 | Youth Group Overnight
Sat, Oct 29 @ 7 pm | Samhain Ritual | Earth Centered Spirituality Group
Sun, Oct 30 @ 11:15 am | Mystery Match Reveal Party | Costumes Welcome
Sun, Oct 30 @ 11:45 | Fall Grounds Clean-Up
Sun, Oct 30 @ 11:45 am | 6-wk Contemplative Session: Exploring Mindfulness & Community
Sun, Oct 30 @ 1 pm | Exploring Membership

ONGOING EVENTS

Mon-Sun, 7-7:30 am | Daily Silent Morning Meditation | Zoom
1st & 3rd Mondays @ 6 pm | Gentle Yoga | In-person (November)
2nd & 4th Mondays @ 6 pm | Meditation | Zoom
Mondays @ 6 pm | LGBTQ+ AA mtg Come As You Are* | Kent/Thomas Rm 8/9
1st Wednesdays @ 3 pm | Friendly Kitchen Prep & Serve Day
1st Wednesdays @ 6:30 pm | UU Friends of Refugees (UUFOR) Committee Mtg | In-person & Zoom
Thursdays @ 7 pm | Choir | In-person & Zoom
Fridays @ 7 pm | Youth Group | In-person & Zoom
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
4th Sundays @ 7 pm | Caring for Aging Loved Ones | Zoom
Sundays @ 5 pm | Augustine Fellowship* | Library

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



Church Office Hours

Regular Hours (Sept-Mid June)

Tues, Wed, Thurs, and Fri | 10 am - 3 pm

Before stopping by please check web calendar for other days we might be closed.

Parish Notes Hard Deadline Sunday, Oct 16

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. All items must be in closed bags.

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 | Sara Butcher

Childcare Providers | Patrick Yehle & Maria Ruelas

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

Board of Trustees

Chair | Kelly Mahony

Vice-Chair | Jim Schlosser

Secretary | Craig Whitson

Sally Hirsh-Dickinson

Roger Ballou

Karen Cox

Unitarian Universalist Church of Concord

274 Pleasant Street
Concord, NH 03301-2551

603-224-0291

office@concorduu.org

www.concorduu.org

RETURN SERVICE REQUESTED

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!



"Naamah, Noah's Wife," World of Wonder; illustration, Nancy Devard

Learn more about the story of Noah's Wife,
The Story of Naamah by clicking [here](#).