

NOV
2022

Newsletter of the Unitarian Universalist Church of Concord

Parish Notes



Change

Newcomer Corner

If you're relatively new to our church, please stop by the Newcomer Corner after the worship service on Nov 6, to chat with our Director of Membership (Lea Smith) and our Greeters. We'd love to hear 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.



COVID : Back to Phase 2 & Mask Protocol

Masks Strongly Recommended for Worship. COVID levels in Merrimack County have been at medium risk for two weeks, and predictions are that the numbers are not likely to go down in the near future. The Pandemic Policy Team met to discuss our protocols, and after considering CDC guidance and our own commitment to the wellbeing of all, we have updated our Phase 2 policy to strongly recommend (rather than require) masks for all during worship and large events with more than

60 participants. Masks are required for all who have a known exposure to COVID or who have any symptoms of respiratory illness. (Even if it's "just a cold," think how others will appreciate you not sharing it!)

The team also decided that all eligible staff, volunteers working with children, and choir members need to receive a bivalent COVID booster by November 1. We encourage all of you to do the same to help flatten, once again, the rising curve of infection in our community.

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 Lea Smith

Musings on November's Worship Theme of Change...

by Worship Associate, Betsy Black

According to the Greek philosopher Heraclitus (535-475 B.C.), "There is nothing permanent except change." And yet..., do we live every day aware of this undeniable truth? How do we accept the changing nature of our daily lives and the arc of our lives? How can we embrace change to experience the benefits of strength, resiliency, flexibility, and improvement?

What do we do when change worsens the human condition? In worship this month, we will hear a variety of voices related to this broad topic from a psychotherapist (Donna Moore, guest speaker), attorney (Barbara Keshen), ministerial intern (Dan Frye), and student of the human brain (Betsy Black).

"Change is the constant, the signal for rebirth, the egg of the phoenix."

--Christina Baldwin

August Community Plate Offerings

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

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



\$298.00 8/7 **Women for Women International**

\$295.97 8/14 **603 Forward**

\$582.38 8/21 **CCEH back-to-school program**

\$324.52 8/28 **Sanctuary Boston**

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



NOVEMBER Worship Services

Live stream our worship services at concorduu.org/live

11/6/2022 "Transformation Begins with One Step" Donna Moore

Transformation is a natural and exciting part of life; and yet we run into roadblocks and inertia or even the belief that "people never change". What makes change finally happen? How can we support each other in taking that first step.....and then the second....and finally getting to a new place in our identity? Please join me in exploring this topic.

Worship leader Donna Moore is a psychotherapist who has served the Concord community for 37 years, 7 at Riverbend Community Mental Health Services and 30 years in private practice on Union Street. She has a passion for this work, particularly in trauma healing and in women's issues. She also enjoys working with couples. Donna feels she has had a front row seat in watching people transform and become the best version of themselves.

11/13/2022 "Back to the Future" Barbara Keshen

Life after Dobbs: misogyny, criminality and shame

11/20/2022 "Can We Go in the Glades?" Betsy Black

What does brain science have to do with decision-making on the ski slopes? And how does this tie in with spirituality? Come learn and ponder the malleability of the human brain.

11/27/2022 "Why Change?" Dan Frye

Our world; its customs; our ethics and expectations; and so many other fixed features of our existence are now, and regularly have been, subject to change. Why is this? And what kind of a world would we occupy if change were not a constant in our lives? To be certain, change is hard, but what would be harder a world devoid of change, or an evolving environment reflecting the promise of progress and the absence of advancement? Why change, indeed?

December's sermon theme is: WONDER

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

Send to diary@concorduu.org by Nov 23.

If Testing Positive for COVID

When can I return to Church?

If you have COVID, have tested positive, or were exposed, use this handy-dandy [CDC Isolation tool](#) to help you figure out when you have to isolate, when you should test, or when you should wear a mask. Masks are currently strongly recommended at church, but could be required if COVID spikes again as it may very well do in the coming weeks or months. **As of publication please see page 2 for latest protocol** and be sure to watch your eBulletin for updates.



Date with Death Club

by 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 working on a new curriculum that Intern Minister Jeff Beland invites you to join in with. The curriculum is called: Date with Death Club and is by 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.

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

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 you have experienced a recent loss you may want to communicate with Lyn or me about this first to see if this would be a good fit. For any questions, reach out to Jeff Beland, jeff@concorduu.org, or Lyn Marshall, lyn@concorduu.org. We look forward to meeting with you to hold this time together as sacred and to learn with one another.



Sunday Faith Development programs include:

For kids

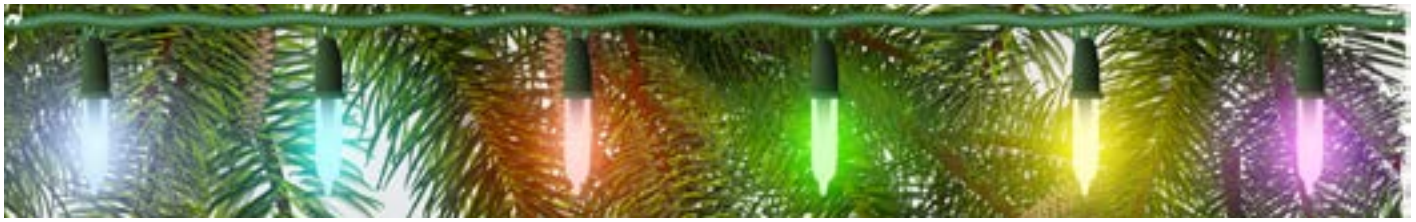
- **Rainbow Room Nursery:** open every Sunday for the little UUs, ages 0 – 4.
- **Children's Village:** Kids ages 5-ish to 12-ish start their morning in the Sanctuary, then go to Children's Village after the Time for All Ages. This is offered every Sunday (except a few Sundays which are a Service for All Ages.)
- **Children's Faith Exploration:** 1st, 2nd, 3rd Sundays 11:30 to 12:30.
 - **Exploring Spirit,** ages 5-ish to 11-ish
 - **Building Bridges,** ages 12-ish to adult

For adults

Second Hour Adult Service Learning and Practice on the 2nd and 3rd Sundays of every month from 11:30 to 12:30. Choose from a variety of enriching programs to develop your faith and connect in love and service.

For everyone

All are welcome to a free Community Luncheon on the 2nd and 3rd Sundays of the month at 12:30.



UPDATE: Cancelled This Year

Holiday Greens & Artisan Fair

Without leadership in place, we've cancelled this beloved tradition for 2022. If you are interested in reviving it in 2023, please talk to any member of the Operations Leadership Team or office staff.



UPDATE on

Church Thanksgiving Dinner

With COVID levels on the rise, the Pandemic Policy Team decided that a huge all-church Thanksgiving dinner is ill-advised. Last year several church members hosted small dinners in their homes. To offer these, we need a coordinator for recruiting hosts, managing the signups, and matching guests with hosts. Contact the office if you are willing to coordinate this.

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 at lea@concorduu.org, 603-224-0291 ext 4#.

Thank you UU Bookies for providing lunch on 10/9





SAVE THE DATE

All-church fall grounds clean-up

Sunday, October 30

After the service

Snacks provided, bring your favorite tools



GROUNDS GRATITUDE to...

- the eight students from St. Paul's School, and their supervisor, who worked at church for two hours as a part of their Community Outreach Program. They mostly worked outside, eradicating bittersweet at the Emerson end of the building, as well as trimming along the back wall and shredding paper for the office.

- LeRoy Anderson for trucking the debris to Lewis Farm.

- Jim Curley for adopting the junipers in front of the sanctuary, at the membership fair, to keep up with the bitter-sweet encroachment.

ALL WE CAN SAVE

Truth, Courage,
and Solutions for the
Climate Crisis

Edited by Ayana Elizabeth Johnson
& Katharine K. Wilkinson

Introduction to All We Can Save Circles

Caring about the climate crisis can be incredibly isolating. That's why we've created an "All We Can Save Circle" at our church.

All We Can Save circles are part of a larger global All We Can Save Project. The circle is built around the book, [All We Can Save](#)— an anthology of essays and poems from women in the climate movement, edited by [Ayana Elizabeth Johnson](#) and [Katherine K. Wilkinson](#). The book serves as a grounding and jumping off point, and the circles are designed to help us connect, nourish each other and seed action.

Our group is 10 people committed to reading *All We Can Save* together over the course of 10 sessions of 75-90 minutes each - Meeting 2nd, 3rd, & 4th Tuesdays at 6:30 pm at the church and on Zoom.

According to the end-of-Circle surveys, Circles report feeling a sense of community/belonging, engaging in exploration/growth, emerging more inspired/hopeful, and taking diverse actions as a result.

If you are interested in learning more, please email alicedonnaselva@gmail.com or call Alice DonnaSelva 603-731-2703)



NOVEMBER

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 into your Breeze profile or email it to heidi@concorduu.org.

- 2 Daniel Leuchtenberger
- 6 Ellen Groh
- 7 Chris LeGrand
- 8 Lorraine Ellis
- 9 Iain Downie
- 10 Autumn Knowlton
- 13 Hewie Pollard Messenger
- 14 Steve Roberts
- 17 Peggy Herbert
- 20 Renee West
- 21 David Canfield
- 21 Maggie Hyndman
- 23 Deb Bridges-Cooper
- 23 Geoffrey Terragni
- 24 Jean Lightfoot
- 24 Autumn Meier
- 26 Fran Hopper
- 26 Sue Koerber

Games & Chocolate

Friday, November 4

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.



Family Promise Update

Thank you to everyone who contributed to our recent Family Promise Host week in October! Our next host week is December 4-11 and we need YOU!

Family Promise supports families experiencing homelessness and helps low-income families achieve sustainable independence through a community based response. Family Promise focuses on three areas of support: homeless prevention, emergency shelter and graduate support services for families once they've found housing. We are one of 13 local interfaith congregations who provide four weeks of emergency shelter in our church throughout the year. We need volunteers to fill a variety of roles such as making a meal (prepare food at home and drop off at the church) or be a host in the church during our next week, **DECEMBER 4-11**. If you are curious about this innovative program, have questions or already know you'd like to volunteer, please contact **Pam Mosca at moscapam4@gmail.com**.

Thank you!





Soul Matters Year

NovChange

Dec Wonder

Jan Finding Our Center

Feb Love

MarVulnerability

Apr Resistance

MayCreativity

June ...Delight

NOVEMBER Soul Matters theme: Change

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

Unitarian Universalist History

- [James Luther Adams](#) birthday - Nov. 12 [[more](#)]
- [Francis David](#) died in prison on Nov. 15 (1579) (more [here](#))

Interfaith Holidays

- [All Saints Day](#) (Christian) - Nov. 1 (more [here](#))
- [All Souls Day](#) - Nov. 2 (more [here](#) and [here](#))
- [Samhain](#) (Wiccan) - Oct. 31 - Nov. 1 [[more](#)]
- [Advent](#) (Christian) Nov. 27 -Dec. 24, 2022 (more [here](#) and [here](#))

Exploring Mindfulness and Community: 6 weekly sessions, Continues into November

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: 6 consecutive Sunday sessions, one hour each. Each session offers 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, began October 9 and will conclude November 13. Session on November 6 will run from 11:45 AM to 12:45 PM. Session on November 13 will run from 11:30 AM to 12:30 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 series registration fee of \$50 is suggested which will benefit the church's Contemplative Practice activities. However, everyone is encouraged to attend without obligation to pay.

NOVEMBER | 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

- Fri, Nov 4 @ 6:30 pm | **Games & Chocolate**
- Fri, Nov 4 | **UUFoR Thanksgiving Basket Assembly**
- Sat, Nov 5 | **UUFoR Thanksgiving Basket Delivery**
- Sat, Nov 5 @ 10 am | **Date with Death Club**
- Sun, Nov 6 @ 11:45 am | **Exploring Mindfulness & Community**
- Mon, Nov 7 @ 6 pm | **Gentle Yoga *NEW***
- Sun, Nov 13 @ 11:30 am | **Exploring Mindfulness & Community**
- Sun, Nov 13 @ 12:30 pm | **Community Luncheon**
- Thurs, Nov 17 @ 5 pm | **Lifespan Faith Development Leadership Team Mtg**
- Sat, Nov 19 | **Small Church Thanksgiving Dinners at Member/Friends' Homes (*TENTATIVE*)**
- Sun, Nov 20 @ 12:30 pm | **Community Luncheon**
- Sun, Nov 20 @ 1 pm | **Exploring Membership #3**
- Mon, Nov 21 @ 6 pm | **Gentle Yoga**

ONGOING EVENTS

- Mon-Sun @ 7-7:30 am | **Daily Silent Morning Meditation | *Zoom***
- 2nd & 4th Mondays @ 6 pm | **Meditation | *Zoom***
- Mondays @ 6 pm | **LGBTQ+ AA mtg Come As You Are* | *Kent/Thomas Rm 8/9***
- Tuesdays @ 6 pm | **Gilbert & Sullivan's Ruddigore Rehearsal (*ALL WELCOME TO JOIN*) | *Sanctuary***
- 2nd, 3rd, & 4th Tuesdays @ 6:30 pm | **All We Can Save Circle | *Kent/Thomas Rm 8/9 & Zoom***
- 1st Wednesdays @ 3 pm | **Friendly Kitchen Prep & Serve Day**
- 1st Wednesdays @ 6:30 pm | **UU Friends of Refugees (UUFOR) Committee Mtg | *In-person***
- 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***
- Sundays @ 9 am | **Choir | *In-person on Sundays when choir is scheduled***
- Sundays @ 5 pm | **Augustine Fellowship* | *Library***
- 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.



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, Nov 20

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

Custodian | Agnes Sesay

A/V Operations Assistant | Sara Butcher

Childcare Provider | Patrick Yehle & Maria Ruelas

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

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www.concorduu.org

603-224-0291

RETURN SERVICE REQUESTED

Rules. They're Everywhere!

During the Covid pandemic, we need to know when to wear a mask and keep six feet apart from others. What other rules are important for everyone to understand? (Hint: Red lights and stop signs!)

Do an experiment to find out what rules surround you. They might be posted on a wall or spoken by a soccer coach. They might be family rules, classroom rules or rules for people traveling.

Use every kind of media available!

1 Take photos or make audio recordings of rules. Or, sit down with a friend, a pencil, and paper and brainstorm all the rules you know.



© iStock/ysaine chachour

2 Then, turn the world of rules into a collage. Mix them all up. If you wrote a list, cut the rules apart and rearrange them. (There are no "rules" for this project!)

3 Which rules do you like? Which are hard to follow? Why?

4 Choose a rule to think about. Who made that rule? Do those people also have to follow it? Who can change it?



Still from "Can Kids Change the World?"

Take a Spin on the UU Principles Wheel!

Unitarian Universalists agree to be in our faith together and to work things out, even when it is hard. Our seven Principles help us do this by reminding us of the ideas we agree on. The UU Principles are not rules. They are more like promises we'll try to keep as we go through life.

Many UU congregations have added a new Principle. How does the eighth Principle suggest changes that you can help to shape?



© iStock/ianbarclay/anoole/Paerkiest/Vectorcreator

How to make the spinner

■ Cut out the wheel, poke a hole in the center.



■ Take a split pin and insert it through a narrow loop of a paper clip. Then push the split pin through the hole in the spinner. Make sure there is a small gap to allow the paper clip to spin freely.

■ Turn the spinner over. Open the two feet of the split pin to secure it.



■ Take turns spinning. When the spinner lands on a Principle, read the Principle aloud.

■ Help each other think of a real-life situation where that Principle can help you know what's right to do.