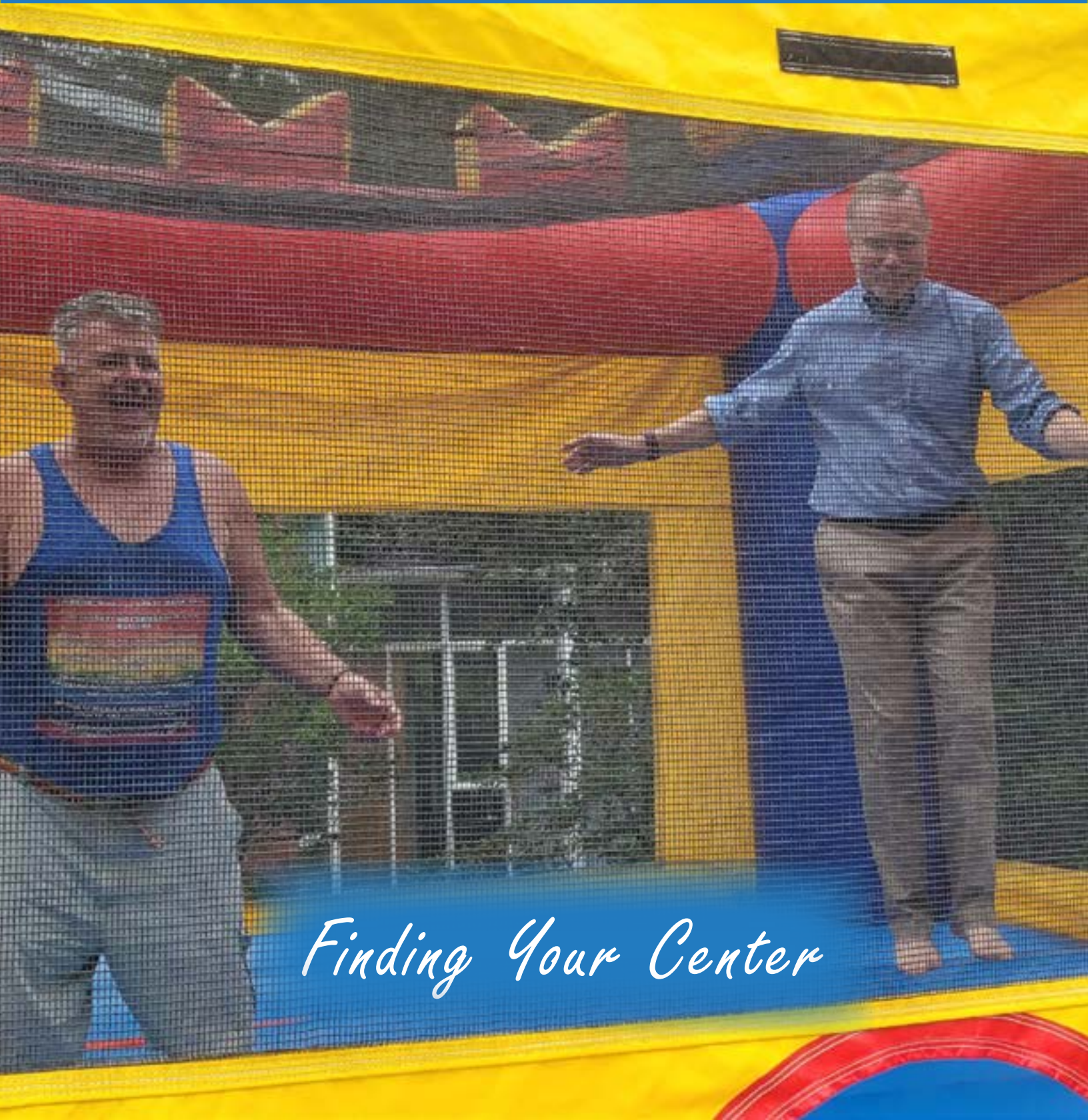


JAN
2023

Newsletter of the Unitarian Universalist Church of Concord

Parish Notes



Finding Your Center

Happy Holidays & a Healthy New Year

Office Closed from Dec 26 — Dec 30



COVID : Masks Required During Services

KN95 or surgical masks are required for worship. Studies show that KN95s are substantially more effective at reducing COVID spread than surgical masks. Please, no cloth masks. Please bring a mask if you can. We will also have some available and will gratefully receive donations to help offset the cost.

If you have COVID, we expect you to use the CDC isolation calculator to discern when you may return to church. In addition, if you are still coughing following your bout of COVID, we ask that you not come to church even if the calculator says you are “free.” If you need help understanding the isolation guidelines, please contact Jim Schlosser, MD, james.schlosser@gmail.com.

We encourage all of you to receive a bivalent COVID booster to help flatten, once again, the rising curve of infections in our community.

No Newcomer Corner on January 1

Normally the Newcomer Corner is offered on the first Sundays of every month. We'll resume our corner in February.



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: after all left the Church Picnic some shenanigans happened: Kevin Emery & Craig Whitson

Musings for January “Finding Your Center”

by Linda Williams

The busy holiday season that takes up most of December is behind us and we are all probably in recovery from all of the fun and frantic activity. My grandfather used to say, “Having fun is hard work!” Now we are in deep winter, a time to regroup, reflect, and to get our bearings for a new year. We hope for the quiet and beauty of days when we are snowed in. We love to sit by the fire with a cup of cocoa and watch the snow fall. The skating pond, the cross country ski and snowshoe trails, and the ski slopes beckon. In many Native American nations, deep winter is the time to gather around the fire in the long-house or tepee. There are special stories that are told only at this time of year to entertain and hand down traditional knowledge.

The theme for January is “Finding Your Center.” We will be exploring several ways to find your center, through various spiritual practices. How do you find your center? Do you have a meditative practice or activity that grounds you? Come and hear some ways people in our community find their center at our Sunday morning services at 10:00 am this month.



October's 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.**

\$746.94	10/2	Mercy Chefs
\$690.00	10/9	Outreach Offerings: Family Promise
\$557.50	10/16	Asylum Seekers Support Fund
\$598.38	10/23	Reproductive Freedom Fund of NH
\$652.08	10/30	Outreach Offerings: UU Friends of Refugees

JANUARY Worship Services

Live stream our worship services at concorduu.org/live

1/1/2023 “Centered in Song” Linda Williams

Our annual Hymn Sing. Enjoy singing our all-time favorite hymns and contemplate how they ground us in our spiritual life.

1/8/2023 “A Taste of Taize: Are You Curious About Taize?” Linda Williams & Rev. Lyn Marshall

Come learn about this spiritual practice that originated in France in a time of war, intended to bring peace to a troubled world. Experience its peaceful music and chanting.

1/8/2023 @ 7 pm Taize online & in-person

1/15/2023 “Living from the Inside, Out” Margaret Fletcher

What might it mean, to live from the center outward? Margaret Fletcher and others will offer ways to wonder into this question. We can each honor our own unique ways of living from the inside, out and maybe learn some fresh possibilities for recognizing, resting in and relating from Center.

1/22/2023 “Finding Your Center through Artistic Expression” Barbara Keshen

Finding Your Center through artistic expression. Linda Mai, Bobbi Heron and Barbara Keshen will describe how artistic expression centers them.

1/29/2023 “The Diversity of Integrity” Intern Minister Dan Frye

We’ve considered the practice of “finding our center” through the many meditative practices that exist for helping us find peace, a sense of calm, and other common and related pursuits during our Worship Services this month. As January draws to a close, I propose to consider “finding our center” through a series of self-examination and reflection exercises. Who are we? What do we stand for? What are some of our most important values? And, finally, what does it mean for us each to have our own sense of integrity? Can integrity vary from person-to-person, and if it can, how does the diversity of integrity manifest itself?

February's theme is: LOVE

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

Send to diary@concorduu.org by Jan 25.



Circle of Life

Lois Brown

We honor and celebrate the life of our long-time member Lois Wright Brown, who died on Sunday, November 27, 2022 at the age of 104. She joined the church in 1977. She was predeceased by her husband Stanley and her son Stan, and is survived by her daughter Pru Nagel (pictured with Lois) and her son Peter Brown. A celebration of life will be held in the spring.

Exploring Membership

Our next Exploring Membership Group will start on **January 15**. For those considering membership in the Concord UU, this group will give you an opportunity to:

- meet and bond with others who are exploring membership
- learn about Unitarian Universalism in general, and the way that it is expressed in our congregation
- understand the rights and responsibilities of membership
- learn more about the many opportunities available at Concord UU

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.

Dates of Exploring Membership:

Jan 15 at 1 pm

Jan 22 at 1 pm

Feb 12 at 1 pm

Mar 26 at 1 pm

Upon completion of the sessions, for those who choose to join the church, the New Member Covenanting Ceremony will take place on April 2 during the Sunday morning service.

If you would like to participate please register by [clicking here](#). If you have any questions, email membership@concorduu.org or call Lea Smith at 603-224-0291 ext 4#.



January Sunday Faith Development programs:

For kids

- **Rainbow Room Nursery:** open every Sunday for the little UUs, ages 0 – 4.
- **No Children's Village:** Children are welcomed to join the service in the Sanctuary
- **Children's Faith Exploration:** Usually 1st, 2nd, 3rd Sundays 11:30 to 12:30 but none on *New Years Day*.
 - **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. **A Community Luncheon host is needed for Jan 15. If your Covenant group, organization or family would like to lead one of the luncheons; if you are ready to sign up; or for more info about what is involved with hosting, contact Lea Smith at lea@concorduu.org, 603-224-0291 ext 4#**

Did you know that this year in America, more than 3 million children will experience homelessness?

Here's where our Concord UU Church comes in. Family Promise of Greater Concord's SHELTER PROGRAM relies on partnerships with interfaith congregations who act as host sites to provide lodging, meals and hospitality to families in need. For families in the program, each day begins with breakfast at the host site and then their days are spent with work, school and connection with the Family Promise Center. In the evening, guests return to the host site, where volunteers provide dinner and spend some quality time with them. The evening hours are for homework, relaxing and family fun time, as they would be with any family. Each day ends with the family all together, under one roof.

Would you be willing to volunteer? Our next host week is February 5-12, 2023 and we will need evening meals, evening hosts (it's great fun to play with children making puzzles, building with legos, or coloring) and overnight hosts (arrive at 8pm and depart at 8am). If interested, please contact Pam Mosca, moscapam4@gmail.com or 603-731-8786.



"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates Love."
-Lao Tzu



istreem.com/BuddhaDoodles

UU Church of Concord is a Pillar of Support

The Concord Coalition to End Homelessness (CCEH) thanks us for being a Pillar of Support by donating \$1,000, which enables CCEH to operate their many programs and pursue permanent housing solutions for people experiencing homelessness in Concord.

Our Silver sponsor level of \$1,000 will sponsor the Blues, Brews & BBQ and SouperFest 2023.

As a Pillar of Support, we are part of a diverse group of community conscious organizations standing with CCEH in the belief that homelessness in Concord will only end when the entire community is engaged and working together.

Together, and only together, we will end homelessness in Concord.

January

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.

- 1 Franz Vail
- 2 Jane Lemeland
- 3 Anne Drewniak
- 4 Craig Whitson
- 6 Lisa Eberhart
- 7 LeRoy Anderson
- 8 Sara McNeil
- 8 Fiona Burlock
- 16 Serenity Downs
- 17 Linda Ashford
- 17 Rob Blakeney
- 21 Nola Rocco
- 22 Cora Kennard
- 25 David Elberfeld
- 26 Cali Mahon
- 27 Dariel Thompson
- 28 Karen Cox
- 28 Beth Gabrielli
- 29 Scott Desmarais
- 30 Margaret Fletcher
- 31 Emma Fleischman

NEW YEARS GAMES, CHOCOLATE & SOUP



Sunday, January 1, 2023

1:00 pm — 5:00 pm in Fellowship Hall

Come and celebrate the New Year with new and old friends. Join a game (we have lots). Bring your favorite and start it up. Invite friends, bring snacks, or just come by and hang out for a while.

We will also be serving soups with bread. So bring your appetite!



GIFTS FOR CONCORD'S HOMELESS

Thank you, all, who donated warmers and gift cards to our homeless population. Your generosity provided 43 gift cards totaling \$465, plus 162 hand and body warmers and 2 pairs of gloves! I know these will be gratefully received. I wish you all could have the experience that we, the first-Wednesday cooks have of meeting this population of Concord residents in person to see and feel their warmth and gratitude for all we do for them.

Our UU spirit of giving continues . . .

Blessings!

Fran Philippe, *Friendly Kitchen Coordinator*

2023 New Year's Self-Guided Meditation Retreat: Nurturing Your Mindfulness Practice with Spacious Reflection
Saturday, January 7 on Zoom

[Register by Clicking Here](#)

SAVE THE DATE Saturday, Feb 25

Concord Insight Meditation Retreat In-person & Zoom

"Integrating Our Awareness"

More information to come. Look for eBulletin updates and separate contemplative emails. If you'd like to be on the contemplative group's email please let us know at office@concorduu.org

SAVE THE DATE

Annual Mindfulness Meditation Retreat from March 24-26

JANUARY

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



Unitarian Universalist History

- [Thirty Days of Love - Side with Love Campaign - Jan.15 - Feb.14](#) (Check out info on this year's campaign at <https://sidewithlove.org/30-days-of-love-2023>)
- [Millard Fillmore's Birthday - Jan. 7, 1800](#) (Unitarian President; on his contradictions [here](#) & [here](#))
- [Joseph Tuckerman's Birthday - Jan. 18 \(1778\)](#)

Interfaith Holidays

- [Twelfth Night \(Christian\) - Jan. 5](#)
- [Epiphany \(Christian\) - Jan. 6](#)
- [World Religion Day \(Baha'i\) - Jan. 15, 2023](#)

Soul Matters Year

Feb Love

Mar Vulnerability

Apr Resistance

May Creativity

June ... Delight



Church Office Hours

Office Closed 12/26-30

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, January 15

Please send to ParishNotes@ConcordUU.org

USED CLOTHING DROP OFF



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

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

Moderator | Barbara Keshen

Clerk | Sara McNeil

Board of Trustees

Chair | Kelly Mahony

Vice-Chair | Jim Schlosser

Secretary | Craig Whitson

Sally Hirsh-Dickinson

Roger Ballou



Unitarian Universalist Church of Concord

274 Pleasant Street
Concord, NH 03301-2551

office@concorduu.org

www.concorduu.org

603-224-0291

RETURN SERVICE REQUESTED

There is a magic machine that sucks carbon out of the air, costs very little, and builds itself. It's called a tree.



— George Monbiot, in a short film with Greta Thunberg

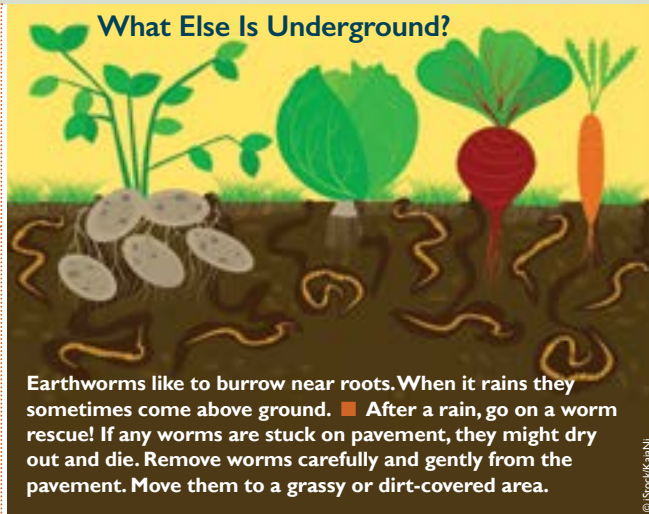
The Wood Wide Web

Hidden under your feet is an information superhighway for plants. Instead of talking like we do or sharing the bits and bytes of a computer language, trees communicate through their roots.

When roots grow down into the earth, they entwine with forest fungi—mushrooms!—whose strands of their mycelia also reach into the earth seeking nutrition. Forest scientists have learned that trees respond to one another through this network. The trees can warn each other of coming danger. They can share carbon, nitrogen, and other necessities.

“These plants are not really individuals in the sense that Darwin thought, competing for survival of the fittest,” says biologist Suzanne Simard in the film, *Do Trees Communicate?* “In fact they are interactive, trying to help each other survive.”

What’s under the trees where you live? Imagine how roots underground connect trees to their neighbors in one cooperative family.



What Else Is Underground?

Earthworms like to burrow near roots. When it rains they sometimes come above ground. ■ After a rain, go on a worm rescue! If any worms are stuck on pavement, they might dry out and die. Remove worms carefully and gently from the pavement. Move them to a grassy or dirt-covered area.

© iStockphoto.com

Feeling Rooted!

Have a partner read you the directions and help you bend, stretch, or sway the way you want to. This exercise is not too strenuous. You only have to move a little bit! Have a partner read you the directions and help you move the way you want to.

1 Start in a comfortable position—sit or stand with your feet planted firmly on the ground.



2 Close your eyes. Take three deep breaths— in... and out, in... and out, in... and out.

3 Raise your arms. Stretch to the sky. Now, reach toward the floor. Maybe you can touch it with your palms or your fingers. Slowly roll back up.



Pretend your body has a web of roots that bring it nourishment.

Feel the ground hold you as you push your feet down. How far can you sway with your feet rooted like this?

What is growing downward into the earth?
What grows out of you toward the sky?

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