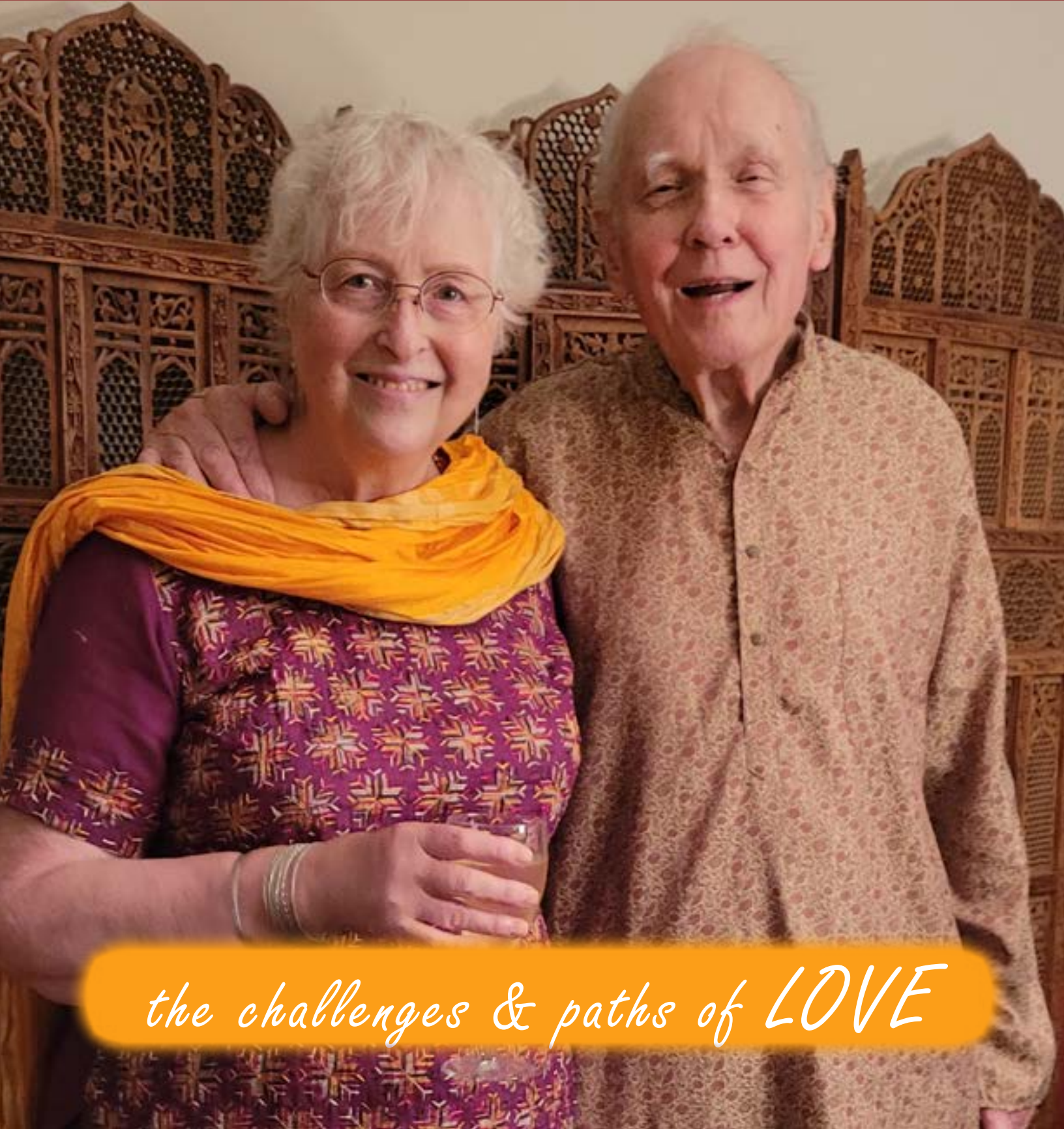


**FEB**  
**2023**

Newsletter of the Unitarian Universalist Church of Concord

# *Parish Notes*



*the challenges & paths of LOVE*

## Newcomer Croissant Corner on February 5 in Fellowship Hall

If you're relatively new to our church, please stop by the Newcomer Corner after the worship service 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. Please see article by Lea Smith "Are We Donuts or Croissants? Creating Opportunities for Fellowship" on **page 7 & 10**.

## Office will be closed on Friday, February 3



### 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](mailto: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.

### 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](mailto:lyn@concorduu.org).

**Cover photo:** In September Ruth Axelrod treated auction winners to her Indian Khanna. Pictured is Ruth and her sous chef /husband David Canfield in traditional clothing.



## **FEBRUARY Worship Services**

*Live stream our worship services at [concorduu.org/live](https://concorduu.org/live)*

**2/3/2023 7 pm “Imbolc Ritual”**

**Earth-Centered Spirituality Group @ the church**

Join the Concord UU Earth Centered Spirituality Group in honoring the fire in the belly of winter. The light is clearly returning. Time to stretch those muscles and minds and get ready for the coming of Spring. We are halfway between the winter solstice and spring equinox. Imbolc is a time of transitions, a between time. The icy slumber of winter is still upon us, and yet, spring is just starting to show its welcomed face.

We welcome anyone who has some artistic expression to share, be it music, poetry, dance or physical media forms. This is a time to start feeling the inspiration of the new light.

**2/5/2023 Pulpit Guest Verdis LeVar Robinson**

Check your eBulletin for more information..

**2/12/2023 “Love as a Contact Sport” Deb Bruss, Wendy Olson,  
Jim Curley, and Andy Olsen**

Relationships are at the core of many of our lives. As we approach Valentine's Day and reflect on our monthly theme of "The Path of Love," we will hear from UUs in long-term committed relationships about what they have learned about successfully navigating their own relationships, and how these skills can be best applied to other community and societal relationships.

**2/12/2023 @ 7 pm Taize online & in-person**

**2/19/2023 “The Most Human Human” Rev. Suzanne Rude**

British cosmologist Stephen Hawking said that artificial intelligence is “likely to be the best or the worst thing that can happen to humanity.” What do we need to know about being human and staying human in the age of artificial intelligence? With opening words composed by ChatGPT, a non-human chatbot, we will reflect on what spiritual direction we want from our human futures as machines who are proficient at imitating human conversation, emotions, and reasoning, become more ingrained in every aspect of our lives. And as we contemplate the theme of the “Path of Love” this month, what’s love got to do with it?

**2/26/2023 “For Lack of a Better Word” Charles Hillen**

In our modern American use of language, the word ‘love’ has become hackneyed in the sense that we “love” everything—from activities and entertainments to foods and fabrics. What we might mean is that the object of our love, be it person, place, or thing, is drawing us toward it with such a powerful magnetic pull that the thought of resistance brings a discord and tension to our inner nature, and our will is challenged. However, perhaps our five traditional senses and many other types of sensibilities belie the true nature of love.



## Circle of Life

### Eleanor Colby

With sadness we announce the passing of our long-time member, Eleanor Colby. Eleanor died at age 99 at Havenwood Nursing Home, on January 10, 2023. Eleanor joined the church in 1999 and was very active in a variety of ways until her health declined. She was pre-deceased by her husband, Frank Parker Colby, who was also a member.

[Click here](#) to see her obituary.

## Circle of Life

### Bob Williams

We are deeply saddened to report that longtime church member Bob Williams died on Friday, January 20 at about 5:30 pm, with his wife Linda and their three children by his side. Bob joined the church in 1978, 44 years ago. He served with love in countless volunteer roles, ranging from financial leadership to building and grounds work, and much, much more.

A Celebration of Life will be held in the spring.



## Community Grief Circle

A Community Grief Circle is an idea that emerged as our Pastoral Care Associates thought about how we do, and do not, have rituals to guide us through grief as Unitarian Universalists. A Grief Circle is an opportunity for our congregation to gather informally soon after a member passes, to share memories, light candles, and sing together. Our first Grief Circle was held on Jan. 21 in memory of Bob Williams.

# Minister's Musings



A guest column by  
Rev. Suzanne Rude, Concord UU  
Member and Interfaith Minister.

The theme at our church for February is the “Path of Love.”

There are many different types of love: romantic love, love of family, love of friends, and love of neighbor/humankind. It is this last kind of love, the love of our neighbors and of all humankind, which is a value specifically stressed by most every world religion. This value is often expressed through some variation of the Golden Rule to “Love your neighbor as you love yourself.” At our own UU Church, there are many who work to fulfill our commitment that “Love is the spirit of this church.”

At the interfaith seminary I attended, each graduating class of students was given their own nickname by the Spiritual Director. I was so happy when I heard that our class was named “Love Unleashed!” Some of our graduating ministers worked in hospices, some in addiction recovery centers, some in therapy and others in the sacred observance of life rituals. So many chose a spiritual and vocational path with an overwhelming emphasis on love and lovingkindness. I was humbled by each and every one of them.

One way I believe we can to work on the path of love in our own wider community is through having difficult conversations about race and racism. In 2021, I attended a New Hampshire Council of Churches seminar entitled “Faith-based Conversations on Racism” moderated, as I recall, by James T. McKim (NH Episcopal Church and NH NAACP) and Ande Diaz (St. Anselm College Chief Diversity Officer). The lessons of this seminar stayed with me because some very practical advice was offered for staying engaged in our community on issues of racism including: Be patient; Speak your own truth as you are able; Realize that we are all both teachers and learners; and Notice your own judgments. When confronted with statements or comments that sound unkind and unloving we might ask: “I’m not sure I heard you...can you explain what you meant by that?” “Ouch, I am not sure that joke belongs in modern times.” “I don’t mean to single you out, but that comment made me feel uncomfortable.” It can be so difficult to have effective conversations about racism or to call-out what sounds like hate-filled language. I learned from this seminar that as we try to be active listeners on this topic, we should remember to wisely pick our battles, to seek to understand and look for areas of agreement, and to do our best to handle everyone’s emotions around this issue, including our own.

Although there are many obstacles on a path of love, as people of faith and conviction, we must persevere. The heart of spiritual teachings is the demonstration of lovingkindness and this makes following the path of love our sacred obligation, no matter how rocky the road.

*In gratitude for all the love-filled work you do,  
Reverend Suzanne Rude*



## Opportunities to be Involved in Our Church

**Do you have time or skills you could share to strengthen our beloved community?  
Here are some ways you might like to help:**

1. [Host a Community Luncheon](#) on Feb 12 or 19, March 19, April 9 or 16, May 14 or 21
2. [Coordinate the schedule of Luncheon Hosts](#)
3. [Host Social Time](#) with coffee, tea and snacks
4. Help to plan a fun Village Camp-in (June 1)
5. Serve on our Auction Committee (June 11): ask & gather donations from local businesses, set up, create baskets, sell 50/50 tickets, and general fun!
6. Welcome people as a friendly [Greeter](#) or [Usher](#)
7. Coordinate the Greeter schedule
8. Serve on the [Finance Team](#) to help plan the church budget and provide transparency about our financial picture to the congregation

**Contact Lea Smith to be connected with the right person for any of these opportunities:**  
[lea@concorduu.org](mailto:lea@concorduu.org) or 603-224-0291 ext 4#.

### We are starting to plan the 2023-24 budget

It's time to ask our church leaders to think ahead to church year 2023-24 - what funds do you need to help us grow in love and service? This year we will be approving both an Operating Budget and a Capital Budget at Annual Meeting in May. The forms to request 2023-24 budget funds have been emailed to church leaders. If you lead any church project or team and did not receive those forms, please reach out to Lea Smith, [lea@concorduu.org](mailto:lea@concorduu.org) or 603-224-0291 ext 4#.

### Come Join Us

The Community Plate Committee is finally holding an in-person meeting after nearly 3 years of Zooming. Please join us, whether you are interested in joining the team or you want to share a plate suggestion. (There might even be some treats and coffee.) Hope to see you there, Sunday, Feb. 5th, 9 AM at the church. If you have questions or choir practice interferes, let me know. - Deb Bruss - [deborahbruss@mac.com](mailto:deborahbruss@mac.com)

## November'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.**

\$599.97	11/6	Families in Transition
\$760.09	11/13	UUSC Emergency Response Fund for Haiti
\$625.88	11/20	Outreach Offerings: UU Friends of Refugees
\$745.35	11/27	Friendly Kitchen

## Are We Donuts or Croissants?

### Creating Opportunities for Fellowship

By Lea Smith, Director of Membership & Administration

As we come together during this continuing pandemic, some long-time members are having a hard time re-connecting, and some newer people are having a hard time feeling welcome. Do you recognize yourself in any of these examples?

- Old friends are so happy to be together after long isolation that unintentionally, we might seem cliquy and not welcoming to newcomers.
- Our body language changed as a result of the pandemic. We may turn our bodies inward for protection rather than holding an open, approachable posture.
- Someone leans in to chat. We step back from physical closeness, appearing unfriendly.
- We share something meaningful with a masked friend, but we can't tell if they are reacting with a smile or frown. Subconsciously, we don't feel "heard."
- For people that are mildly hard of hearing, masks and extra ventilation make it even harder to hear. We give up trying to listen to what others have to say.

For myself, I've been thinking about how I can maintain a sense of availability, warmth, openness and approachability while still being considerate of the health of myself and others. Many of us don't know how to do this since we've never lived through times like this. With that in mind, here are some opportunities for connection.



Woodinville Unitarian Universalist Church 2019

#### Social Time (1st, 4th, and 5th Sundays after worship)

We all want (ok, need) our coffee, but Social Time has a higher religious purpose: **connecting in love**. Try bringing your attention to this ministry of fellowship before you enter Fellowship Hall. As you enter, be conscious of your body language: do you look "open" or "closed" to someone who wants to chat?

After you pour your coffee, approach someone standing alone and ask what the sermon made them think about, listening deeply to what they have to share. If you are a long-time Member, introduce yourself to a visitor, asking what brought them to our church.

If you're chatting with some old friends, think about the formation in which you stand. If you're standing in a closed circle ("donut") it's hard for others to join the conversation. Try opening up your circle into a "croissant," leaving some welcoming space for others to join. Include people in your conversation that are standing several feet away - they might be doing that for safety, not lack of interest.

If you're masked, use verbal cues (yes, I hear you, mmm hmmm) or a nodding head to encourage someone to keep chatting, where a smile might have done

Continued on pg 10



# Gathering Under the Shelter of Kindness: A Mindfulness Meditation Retreat

*Retreat leaders | Jeanne Ann Whittington and Betsy Black*

**March 24 (5:45 to 8:30 PM)**  
**March 25 (8:30 AM to 8:30 PM)**  
**March 26 (8:30 to 11 AM)**

LOCATION | Unitarian Universalist Church of Concord, NH, 274 Pleasant Street

In this life, forces near and far, inner and outer, often come together to keep us from fully embodying our true values and deepest nature as loving beings. Why is this so?

## ***Do you ever wish you were more able to...***

- pause and thoughtfully respond when provoked by an assertion that climate change, racial oppression, the Holocaust or other realities you see, are myths?
- be kinder and more flexible when engaged in a conflict with a loved one, a colleague or neighbor?
- be warmer and less critical of yourself, especially when you make a mistake or don't live up to your own aspirations?

Come join with friends and fellow congregants for the 9th annual Mindfulness Meditation weekend retreat at the Concord UU Church. We'll explore together how kindness for ourselves and others is an intrinsic and accessible part of our nature. We'll learn how to access and cultivate this quality—known as 'Metta' (or Lovingkindness) within the Buddhist tradition--and how to bring it into every aspect of our lives, from our meditation practice and inner dialogue, to our close and not-so-close relationships, and also to our understanding of and interaction with the wider world.

This retreat will begin with a potluck dinner and opening session on Friday evening, a full day of practice on Saturday, and a Sunday morning session that will wrap up in time to offer a Sunday morning 'mini-retreat' for the entire congregation. The retreat will take place in person in the Sanctuary, and will also be offered on Zoom for virtual participants. The retreat is open to and suitable for all levels—both those new to meditation and experienced practitioners.

**To register [click here](#).**

**Suggested Registration is \$50 - \$0** (*more if you can, less if you can't. No fee is required to attend.*)

All proceeds will benefit Contemplative Practice activities at the church.

Questions, please contact Betsy Black, Retreat Manager, at [betsy.black333@gmail.com](mailto:betsy.black333@gmail.com)





# Integrating Our Awareness

## —a daylong meditation retreat

### With Rae Houseman

**Saturday, February 25th, 9am-6pm EST**

in person: UU Church of Concord, NH

274 Pleasant St., or on **Zoom**



In this daylong meditation retreat we will practice tuning into and integrating different levels of our awareness. In any given moment we can be aware of our bodily experience, our emotional experience, and what's happening in the mind. Our ability to be aware of what is happening on these various levels is often fragmented, and we may have greater facility and comfort in one level of awareness over another. Fragmentation is not supportive of us living our fullest life. Becoming aware of these various levels of our experience gives us a clearer understanding of what is happening for us in a moment. Developing the capacity to move from one level of experience to another supports the mind in being able to more easily attend to particular aspects of our experience. Practicing an integrated awareness of these levels of our experience has the potential of bringing more depth to our life experience.



[Register here:](#) \$25 (scholarships available). For more information contact: [heidi@concorduu.org](mailto:heidi@concorduu.org) . There will be an opportunity to offer dana to the teacher.



Rae Houseman is a meditation teacher, mindfulness mentor, and trauma therapist. She holds a Master's degree in Somatic Psychology and is a certified Somatic Experiencing Practitioner. Rae 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. She has practiced extensively in both the Insight Meditation and Vajrayana traditions and finds the interweaving of these approaches to be complementary of a deeply compassionate and discerning practice.

## Sabbatical Countdown!

Michael Leuchtenberger will return from his sabbatical on **Wednesday, March 1**, and we want to give him a warm welcome. One thing Michael loves is dancing, so

we are planning a **potluck dance party on Friday, March 3**. So bring a favorite dish (Michael is vegan, so if you want to show off for him, make it plant-based!) and tell us your favorite dance song for our playlist.

A party committee is working on additional details - so save the date and plan on community fun as we welcome back our senior minister from his sabbatical adventures.

**What are a few of your favorite dance tunes you'd like to hear?**

Fill out our DJ Request form by [clicking here](#).



## BYO to Lunch in Community

Our Community Luncheons on the 2nd and 3rd Sundays of every month are usually hosted by generous volunteers who make a simple, nourishing meal so we may break bread together. Sometimes, we have had a hard time finding volunteers. **When there is no host, please bring a bag lunch to feast with friends.** PB&J will be provided for anyone who can't bring their lunch or forgets. If you'd like to bring some snacks or dessert to share, even better! Those who attend will set up and clean up after themselves. Thanks to Deb Bruss for this wonderful suggestion and to Janet Kibbee for bringing the idea to us.

Watch your ebulletin each week to see if the lunch will be hosted or brown bag. As of publication time, Feb 12 and March 12 will be hosted luncheons (thanks to Emmett Leblanc in Feb and the 4th Sunday Covenant Group in March). Feb 19 and March 19 will be brown bag. If you'd like to host a lunch, email [lea@concorduu.org](mailto:lea@concorduu.org). Our April and May dates are wide open for hosting.

### Are We Donuts or Croissants? Continuation from pg 7

that before. Unless you know otherwise, try assuming the person opposite you is smiling behind their mask. And know that if you're smiling, your warmth radiates even if no one can see it!

#### **Second Hour & Community Lunch (2nd & 3rd Sundays after worship)**

Second Hour Learning, Service & Practice offers small group classes and discussions, followed by a Community Lunch. Watch your ebulletin weekly to find out if the meal will be prepared for you, or if you should bring a brown bag lunch. For many, sitting and breaking bread allows for more comfortable conversations than a crowded, noisy Social Time. Try sitting with someone that attended the same program you did, and explore what you each learned. Keep your eye out for someone looking for a seat and invite them to join you. Challenge yourself to sit with different folks every time you come to lunch. Ask some important questions and share your important answers.



# What Do Ya Think?

## (And Crust and Crumb in Downtown Concord)

So, what is up with “What Do Ya Think?” And how does that question connect with the Crust and Crumb Bakery?

It goes like this –

You likely recall that, in December, the Concord UU Board of Trustees launched an initiative – to have the congregation look to the future of the church by exploring what the Board has labeled “the powerful question.”

**“What could we build with courage, wonder, and deep engagement with self, with each other, with our larger community, and with the earth?”**

On December 11, as part of Phase 1, Trustee Jim Schlosser presented during the worship service a talk about the Board’s current initiative to let this powerful question be the launch pad for future planning. After Jim’s talk that day, cards were distributed to the people in attendance on which they could express their ideas. This was followed that day by Second Hour discussion groups. The input from December 11 was tallied and the Board has taken a very cursory and initial look.

As a footnote to Phase 1, if you were not in attendance at the December 11 service and you’d like to participate in Phase 1, e-mail your brief comments (3 x 5 card’s worth) to [board@concorduu.org](mailto:board@concorduu.org). Respond to the powerful question above. Your comments will be added to the list. There’s lots of good information coming in.

Now we move to Phase 2 of this process. And this brings us to “What Do Ya Think?” and Crust and Crumb.

Using the method of stratified random sampling, a group of UU congregants will be identified for individual interviews during February to discuss the powerful question. Again, the list of congregants to be interviewed will come from a random selection process. And this will include congregants aged 14 and older. We want the input of younger and older and those in between.

If you are randomly selected to be interviewed, you will be contacted during February by email, letter,

or phone call by a member of the Board of Trustees to arrange a day and time when the two of you can talk. The interviews will be 20 minutes in length, most likely by phone. And the Board member, after the two of you have gotten to know each other a bit in the first few minutes, will ask you for your thoughts about the powerful question. In other words, “What Do Ya Think?” After all the randomized interviews are complete by the end of February, the Board will come together to distill what was learned.

And then there will be Phase 3 to this discernment process around the powerful question – focus groups.

During March into early-April, Board members will facilitate a series of focus groups – some online, some at church, possibly some in members’ homes – to have the congregation discuss what Board members have learned to date from the December 11 exercise and the February interviews. By participating in a focus group, any church member or friend can weigh in. We want to hear from all.

In the end, likely in May, the Board will report out to the full congregation what has been learned from the church membership as it explored the powerful question and how this helps serve as a road map for Concord UU’s future. It will be not only interesting, but it will also be exciting.

### Now, about Crust and Crumb –

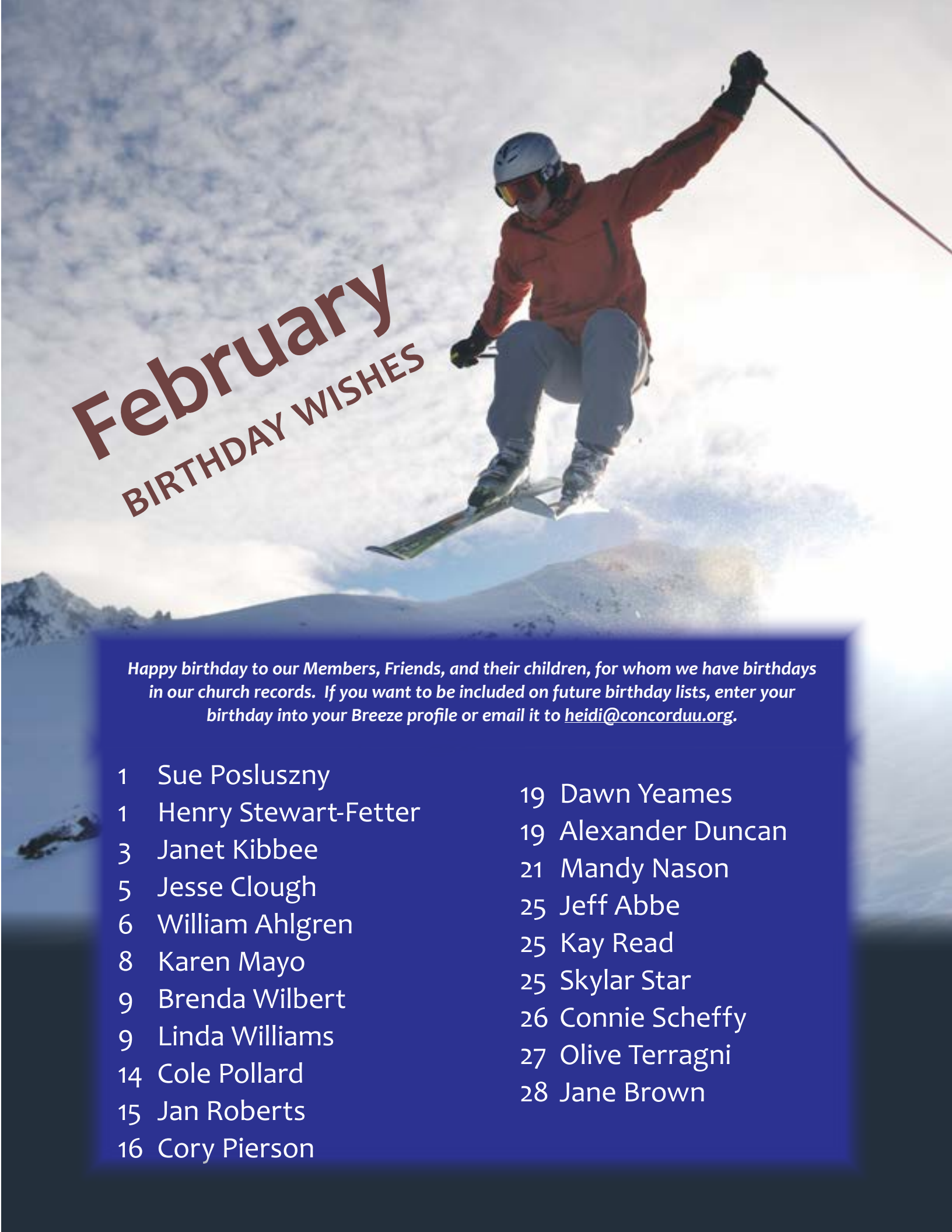
If you are one of the congregants randomly selected during February to be interviewed by a Board member, and you complete the interview, you’ll receive a \$10.00 gift certificate to Crust and Crumb. We, the Board, want to do this for you to acknowledge your time and assistance.

For responding to “What Do Ya Think?” about the powerful question, you can enjoy from Crust and Crumb some warm baked bread, or some delicious cookies, or a wonderful scone, or put the gift certificate toward the cost of a freshly made pie. Yum. All for participating in a “What Do Ya Think?” interview. Such a deal!

Stay tuned. We, the Board, are excited to be doing this with you.

UU Board of Trustees

(Craig, Jim, Karen, Kelly, Sally, and Roger)



# February

## 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](mailto:heidi@concorduu.org).*

- 1 Sue Posluszny
- 1 Henry Stewart-Fetter
- 3 Janet Kibbee
- 5 Jesse Clough
- 6 William Ahlgren
- 8 Karen Mayo
- 9 Brenda Wilbert
- 9 Linda Williams
- 14 Cole Pollard
- 15 Jan Roberts
- 16 Cory Pierson

- 19 Dawn Yeames
- 19 Alexander Duncan
- 21 Mandy Nason
- 25 Jeff Abbe
- 25 Kay Read
- 25 Skylar Star
- 26 Connie Scheffy
- 27 Olive Terragni
- 28 Jane Brown



## All We Can Save Circle

*“Imagine if even 10 percent of the country started engaging deeply [on climate change], even just one day a week. Our possibilities would be- will be - entirely different from what they are now, because our existing system, the one that’s hurtling us toward disaster, depends entirely upon our disengagement from one another. It depends on our belief that we can’t really have an impact on what we care about...”*

Emily N. Johnston, “Loving a Vanishing World”

“Loving a Vanishing World” is an essay from an anthology called [All We Can Save](#) that a few of us have been reading together for the last few months. The book is an anchor for a global project and is a great read for everyone concerned about our shared future. Our reading circle includes Alice DonnaSelva, Sarah Keniston, Judy Maloney, Betsey Neville, Marjorie Waters and Nancy Wood.

We have been challenged and inspired by the essays and poems. The book serves as a grounding and jumping off point, and the circle is designed to help us connect with each other, nourish each other and rise to address the climate crisis. We all bring our unique experiences to the circle but have in common that we want to save all that can still be saved of the planet we all love.

The book and our conversations have led us on a journey discovering the depth of the impact of climate change and the breadth of climate action being taken across the planet. We’ve discussed our thoughts and reactions to essays and poems grouped around the themes:

- Root
- Advocate
- Reframe
- Reshape
- Persist
- Feel
- Nourish
- Rise

We’ve become more informed about the disparate impact of climate change that exacerbates racial and economic inequality and about the accelerating loss of biodiversity, and we have been inspired by people and groups we read about and the promise of regenerative agriculture, of ocean farming, and shareholder action.

A few of our circle members have already taken new actions, pushing them beyond their comfort zone. Sarah has collaborated with the Henniker’s Lions club and the Henniker Transfer Station to initiate a program to collect plastic film in Henniker that will be reused as a component in Trex decking (see more about the Trex decking program [here](#)). She has educated both her Henniker neighbors and us. Judy has been investigating local waste management practices with an eye toward waste reduction in our community. You may have noticed new signs and guidance about recycling in the kitchen. Those signs and the changes that you can see are to improve recycling at the church.

As we end our formal reading, we are eager to broaden the conversation to the church community, to engage in the spectrum of work that needs doing, and to join our collective efforts with local efforts to create a better future for all of us. We know there is a long history of environmental action at the church - both individually and collectively - but more than half of us are new to the church and we know we have a lot to learn about what has been done and is being done by our UU Concord congregation.

We plan to start by discovering where we are as a congregation. Our first steps include conversations with Lyn and Michael (when he returns), and we will be reaching out to the whole congregation in the upcoming months.

In the meantime, if there is anyone interested in reading the book in a circle or individually, we are happy to talk to you in person or by phone or email. My email address is [alicedonnaselva@gmail.com](mailto:alicedonnaselva@gmail.com) and I can be reached by phone at 603-731-2703.

## Welcoming Our Newest Members



### Jim Curley

Originally from Lynn MA, my wife June & I married in 1974. My spiritual journey took me from Catholic as a kid to UU as a teenager, back to Catholic (so June would marry me), and then back to UU in my 50's. I was ordained as an Interfaith Minister in 2020. My Interfaith ministry nicely augments my UU faith.

My wife & I lived in Lynn until we moved to Chelmsford MA in 1989, where we stayed until moving to Weare in late 2021. I retired from industry in May 2021 after spending a long career in technical manufacturing, quality engineering, and Supply Chain management.

With a son & a daughter, we have 6 grandkids. My joy is that we now live just a mile from my daughter and her three kids. However, my son & his family live in Indiana so we don't get to see them often.

Besides volunteer chaplaincy, I keep busy with Minuteman re-enacting where I am Reverend Sergeant Jim – Minister with a Musket. And if you find yourself with some extra time, ask me about how my wife and I once fostered Helping Hands capuchin monkeys.



### Gretchen Brown

I'm Gretchen Brown, age 74, she/her/hers. I became a UU about 25 years ago, starting at First Parish Watertown, Massachusetts. After moving to New Hampshire 5 years ago, I joined UU Manchester. The change to UU Concord is due to an eventual move to a Concord retirement village. My daughter and son-in-law are long-term Canadian residents, and I cherish my grandchildren, ages 17 and 14. One long-term family commitment has been helping my younger sister, who is mentally ill and lives in a nursing home in Illinois. This can be stressful, but it

has opened my life in many ways. My choice to relocate to New Hampshire is because of my mother's family, where there are some living relatives and many who are fondly-remembered.

My education and former-career background include both liberal arts and technical areas (software). At my age, there's too much to include here, but I think of myself as an enthusiastic life-long learner. For my personal interests, I love walking in the woods and reading. I look forward to finding my place within UU Concord.

### Susan Casey

Greetings! I am delighted that my Faith Journey has brought me to the UU of Concord.

I was born and raised in north central Massachusetts. After marrying, we built our home in Rindge NH where we lived for 41 years. With retirement approaching, we decided to downsize and move closer to family so we sold our home and moved to





# Welcoming Our Newest Members

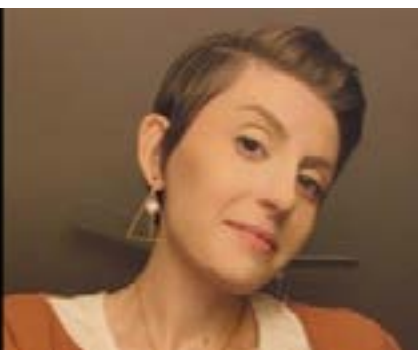
Concord NH in the summer of 2020, right in the middle of the Covid Pandemic!

For 44 years, I have been married to Dennis, the love of my life. We have two married sons and two delightful grandchildren who bring us continuous joy! We have an 10 year old rescue pup named Abbey who makes sure we get outside for a daily dose of fresh air and exercise.

Over the years, I've worked as an Admin. Asst. in the HealthCare field and in the HR Dept. of a Higher Ed Institution where, at the age of 56, I earned my BS in Human Services. Before retiring I was working in Human Services for an organization that supports Individuals with Intellectual, Developmental and Neuro-Diversities.

I love to travel and explore new places and experience different cultures, traditions and foods. My musical tastes are broad but if I had to pick two, I would choose Jazz and New Age Instrumentals or what my husband teasingly refers to as "Crystal Music" LOL! My favorite books to read are Mysteries, Historical Fiction as well as self-help books focusing on Health, Wellness and Yoga.

How I got here ... that has certainly been a journey. In "church circles" I often introduce myself as a "Recovering Catholic" having been raised in that faith tradition for almost 19 years. For a period of almost 30 years, I was active in the Rindge United Church of Christ but gradually came to realize that I was "fundamentally at odds" with much of Christian Doctrine. While studying the Practice of Yoga, I was introduced to the Yama's and Niyama's and felt drawn to learn more about Eastern spirituality and practices. Shortly after moving to Concord, our neighbor suggested I check out the UU of Concord and I'm so happy I did. Thus far, I have attended Taizé Services, participated in the Kripalu Yoga Practices and the Contemplative/Mindfulness/Meditation offerings. I'm looking forward to meeting and connecting with members, learning more about Unitarian Universalism and exploring what "the love and spirit" of this Church is all about.



## Han Hamel

Han is a graphic designer who works in marketing in the nonprofit world. Han spends a lot of time with their twin, nephew, and Mother. They all like to spend time outdoors, do arts and crafts, watch movies and play games. When Han isn't working or spending time with their family they are creating art!



## Pam Mosca

I grew up in near the White Mountains in Berlin, NH. My high school sweetheart, Rusty, and I went to school at UNH then settled in Concord. We have two children, 32 year old Matthew and 30 year old Kye. My passion is working with children and my career has been as a social worker and teacher. I continue to enjoy children at Emerson Preschool and Concord Head Start. I love just about everything having to do with the outdoors. I will never pass up an opportunity to play Pickleball! I was drawn to the UU church due to its inclusivity and justice work. I am currently the UU site coordinator for Family Promise and I co-facilitate a Monday mindfulness group as part of the UU contemplative practices. I am thrilled to be a congregant at this special church and I look forward to growing alongside the kind-hearted folk here.

**Continued on page 16**

# Welcoming Our Newest Members

## Ashley Young

My name is Ashley Young and I am so happy to become a Unitarian Universalist Concord member! I began my UU experience by joining the choir during the pandemic. It has been such a welcoming experience so far and I look forward to joining in on more activities.

My family and I moved to New Hampshire from Aurora, Colorado in 2021 for a new adventure. I am married to Robert and have two teenaged kiddos, Grae and Trent. I enjoy outdoor activities such as hiking and kayaking, as well as spending time with my family!



## The "Apart Together Project"

(upcycling the cloth masks that we don't use anymore) is moving into the design phase. Please do a final sweep of your drawers, closets, and mask areas to drop them off into the baskets that are set up around the church.

We have a very nice collection of masks to work with and appreciate all the donations.

Deadline for this project is Valentines Day, February 14.

Thank you. Judy Maloney



## Changing Times, Changing Programs

The Lifespan Faith Development team is actively working with Minister of Lifespan Faith Development Lyn Marshall to imagine new ways to serve families and children in a post-pandemic world where patterns of attendance have changed significantly. With only a couple of children registered for our middle school program, Building Bridges, we have decided to discontinue that offering, while considering how we might still engage the few children who are still participating regularly and have a point of entry and welcome for those who might join us in the future.

Meanwhile, we are experimenting with how to create a multi-age offering during the Second Hour slot that provides a positive and meaningful experience for a wider age range. We will be listening carefully to kids and families about what they value and what makes church relevant in their lives.



Lyn speaking now: I often hear older people saying that we should have more children and families, and I wholeheartedly agree. I used to think I should be able to make this happen by myself if I were really good at my job, but I have come to appreciate how much more important it is that children and families feel welcomed, valued, and supported by those

in the congregation who are not actively parenting. Parenting has always been hard work, and during a pandemic when many families lost all of their external social support, it was even harder. So if you are NOT a parent, talk to one! Ask them about their kids, ask them about their lives, and get to know them. Say hello to their children, and learn their names. Our theme for February is The Path of Love. Let's give our families some love this month!

Lyn



# Love Over Walls | Kids Page

For the full issue of Families: Weave a Tapestry of Faith from the UUA [click here](#).

## Walls of the World

Sometimes a country builds a wall. Someone gets an idea to keep some people out and some people in. Maybe the leaders are afraid of invaders. Maybe the leaders worry what will happen if their country has to share its wealth with more people, or listen to newcomers' ideas.

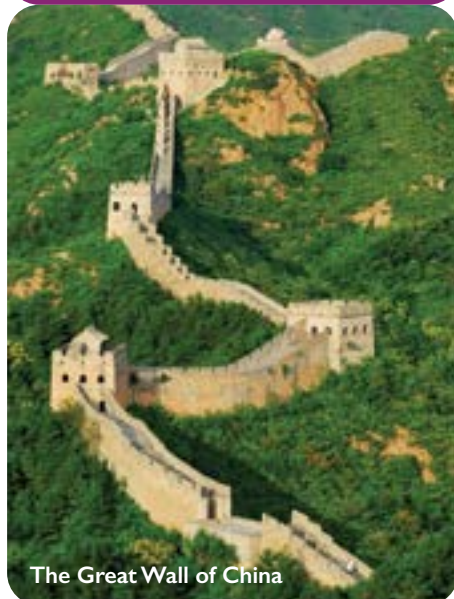
Inside many countries are more walls. Many countries have prisons and internment camps whose people live behind a wall and are not allowed to leave. Inside are mothers who cannot be with their kids, and neighbors who cannot be with their communities.

### Think about it

How do you feel about separating people with walls? What would a world without walls be like?

Find out about some famous walls. Find out who built them, and why.

- The Berlin Wall (and the Iron Curtain)
- The Great Wall of China
- The US/Mexico Border Wall



© iStock/ngapakarti/sinopics



**That kid's family has lots more money than we do.**

**That person is old! I'm a kid.**

**I don't understand the language that kid is speaking.**

© iStock/AnnaStills

## The Bias Wall

Have you ever noticed a way you're different from someone else and let that stop you from getting any closer? If so, you have hit the bias wall.

Though it cannot always be touched, seen, smelled, or heard, the bias wall is one of the strongest at keeping people apart. The bias wall can make us forget that each person matters as much as another, and each one matters to the rest of us.

Learn how to detect the bias wall! If you think you've bumped into it, talk it over with someone. Try to find a way through it, or around it, before you make harmful decisions about whoever is on the other side. What could a door through the bias wall be? A handshake? A friendly question? A smile?

## Open a book together...

...and read stories where people choose love over walls.

In *The Other Side*, by Jacqueline Woodson, a fence cannot keep two girls from being friends.

The picture book *The Wall: A Timeless Tale* shows how our differences can make the world beautiful.



## What's a Wall For? A Mural!



© iStock/Sisole



# FEBRUARY | 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](https://concorduu.org/calendar)

## SPECIAL EVENTS

Fri, Feb 3 @ 6:30 pm | Games & Chocolate

Fri, Feb 3 @ 7 pm | Imbolc Ritual - Earth-Centered Spirituality Group

Sun, Feb 5 — Sun, Feb 12 | Family Promise Week

Sat, Feb 18 @ 10 am | Date with Death Club

Sun, Feb 12 @ 12:30 pm | Community Luncheon

Sun, Feb 19 @ 12:30 pm | Community Luncheon

Sun, Feb 26 @ 11:15 am | EVERYBODY'S BIRTHDAY PARTY

For scheduled worship events, please see page 3



## SAVE THE DATE



FRIDAY, March 3 Time to be Determined | MICHAEL'S POT LUCK & DANCE PARTY

## 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 on Zoom until April

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

### Office Closed 2/3/23

**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, February 19

Please send to [ParishNotes@ConcordUU.org](mailto:ParishNotes@ConcordUU.org)

## USED CLOTHING DROP OFF



**Why donate?** Reduce waste in landfills. Clothing is used at disaster sites throughout the US and world-wide. 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](mailto:michael@concorduu.org)

### CURRENTLY ON SABBATICAL

#### Minister of Lifespan Faith Development

Rev. Lyn Marshall  
603-568-8084 (cell)      [lyn@concorduu.org](mailto:lyn@concorduu.org)

**Dir. of Membership & Administration** | Lea Smith  
603-224-0291 x4      [lea@concorduu.org](mailto:lea@concorduu.org)

**Office Administrator** | Heidi Page  
603-224-0291 x1      [heidi@concorduu.org](mailto: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](mailto:robert@concorduu.org)

**Custodian** | Agnes Sesay

**Childcare Provider** | Patrick Yehle & Maria Ruelas

**Intern Minister** | Jeff Beland  
267-908-5929      [jeff@concorduu.org](mailto:jeff@concorduu.org)

**Intern Minister** | Dan Frye  
410-241-7006      [dan@concorduu.org](mailto: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



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[www.concorduu.org](http://www.concorduu.org)

603-224-0291

RETURN SERVICE REQUESTED

## FEBRUARY

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



### Unitarian Universalist History

- [Fannie Barrier Williams'](#) birthday - Feb. 12 (1855)
- [Susan B. Anthony's](#) birthday - Feb. 15 (1820) (more [here](#); On her complex relationship to racism: [here](#) and [here](#).)
- [Thirty Days of Love](#) - Side with Love Campaign - Jan.15 - Feb.14
- The [Edict of Torda](#) is issued - Feb. 18 (1568)

### Interfaith Holidays

- [Tu BiShevat](#) (Jewish) - Feb. 5-6, 2023
- [Nirvana Day](#)/Parinirvana Day -Buddha's entry into Nirvana (Buddhist) - celebrated on Feb. 8 celebrated NOT by some, but by most on the 15 February.
- [Ash Wednesday](#) (Christian) - Feb. 22, 2023 (more [here](#))
- [Lent](#) (Christian) - Feb. 22-April 26, 2023  
(A humorous [take here](#))

### Soul Matters Year

Mar ..... Vulnerability

Apr ..... Resistance

May ..... Creativity

June ..... Delight