

APR
2023

Newsletter of the Unitarian Universalist Church of Concord



Parish Notes



RESISTANCE!



Minister's Musings

What is Maundy Thursday?



When I was growing up, Maundy Thursday was one of many unfamiliar observances on my mother's Phillips Brooks calendar.

I'm not sure exactly when I learned roughly what it was - a service remembering the final meal Jesus ate with his disciples before he died. I may have had a vague sense before joining our church, but I got more specifics when I heard about the communion service that our previous settled minister, Rev. Marcel Duhamel, celebrated each year, using our silver communion set.

I didn't attend a Maundy Thursday service until early in Michael's ministry, when he offered it for his first time. I had learned about footwashing - in fact I did a paper in seminary on the passage of John where Jesus washes the disciples' feet in preparation for their last meal together - and found the idea both odd and oddly compelling for its deep humility. As I sat before Michael, my minister and mentor, with bare feet, I totally understood why Simon Peter said to Jesus, "You will never wash

my feet!" It felt really odd to have him kneeling in front of me, especially in a culture where we don't generally wash our feet on entering the house, and it was a reversal of roles for Simon Peter too.

When I took over the service the next year during my internship, I also understood why Jesus told Simon Peter, you don't understand what I'm doing now, but you will later. It was incredibly powerful to kneel before each person, not exactly giving them a full pedicure but wiping their feet with a washcloth and offering a blessing. Jesus was teaching a model of servant leadership that I very much appreciate.

So even if you really, really don't want to take your shoes off in front of me, I encourage you to give Maundy Thursday a try if you're interested. You can opt to leave your socks on and keep your feet dry, and I'll bless you with the same level of love and welcome.

What else happens at a Maundy Thursday service? We use our silver communion set, given to the Second Congregational Society, Unitarian, of Concord, NH by Ralph Waldo Emerson's first wife, Ellen Tucker to share bread and grape juice and the words Jesus said to his disciples, "Each time you do this, remember me." Remember my message of a loving God, and our call to love one another. We will exit the service in silence, somber in the knowledge of what Jesus faced the next day at the hands of both the Romans and some in his own community. Easter is Maundy Thursday and Good Friday's resolution, bringing hope in the face of grief - a celebration of the power of love overcoming the power of authority, and of life triumphing over death.

If you have come from a religious tradition where communion was offered in a way that felt exclusionary or coercive, requiring you to espouse a particular belief, I encourage you to join me for this Unitarian Universalist take on a beautiful Christian ritual of love and remembrance. All are welcome.

Lyn Marshall, *Minister of Lifespan Faith Development*

Cover photo: Images shared from 2020-21 to our COVID Diary Slide Show

APRIL Worship Services

Live stream our worship services at concorduu.org/live

4/2/2023 “Near-Death Experiences - Lessons for Life”

Rev. Michael Leuchtenberger

What are the spiritual implications for our views on life after (and before) death when consciousness seems to linger after a brain has been declared dead for a period of time? What can near-death experiences tell us about the question whether we are physical bodies having spiritual experiences versus the possibility of being spiritual beings having an embodied experience? Wrestling with these questions led to the most transformative moments for Michael during his sabbatical, prompted in large part by Bruce Greyson, M.D. and his book *After*. Join Michael for a sermon dialog after the service.

4/2/23 Grove Opening Ritual | Earth-Centered Spirituality Group

@ 11:45 am | In-person at the Grove

As we approach the season of warmth and renewal, the Earth Centered Spirituality Group invites you to join us in welcoming the season of spring by making offerings of thanks in our very own grove! We will welcome the Sun, the return of the green growing things, all the animals awakening from winter slumber, and honor those who walked this path before us. Who knows, there might even be singing and dancing.

4/6/2023 “Maundy Thursday Communion Service” Rev. Lyn Marshall

@ 6:00 pm | In-person

At this intimate, poignant service we remember Jesus gathering with his disciples for a final meal before his death, urging them to remember him and to continue the ministry he began, each time they eat and drink. We will read from Christian Scripture, Lyn will offer a ritual foot-washing, and communion will be shared. All ages welcome.

4/9/2023 “Resisting the Good News” Rev. Lyn Marshall

The negativity bias is a cognitive bias that results in adverse events having a more significant impact on our psychological state than positive events. There's a reason so many of us love A.A. Milne's Eeyore, the donkey who expects things to go badly. As spring gets underway and Christians are celebrating the triumph of life over death in the resurrection of Jesus, are we resisting the good news in our lives and in the world?

4/9/2023 Taizé Service @ 7 pm | In-person & Live Stream

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.

[More information here.](#)

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4/16/2023 “Resisting Contempt” Rev. Michael Leuchtenberger

Contempt has become an addiction in our attitudes towards those on the other side, those who don't share our values, those who don't get that we are right and they are wrong. And it has become tough to quit. Arthur C. Brooks in his book *Love Your Enemies* makes the convincing case that contempt and disdain are the root cause of much of what is dysfunctional in US society right now. It deserves to be disrupted and resisted regardless of how justified the contempt may seem in the moment. We all have a role to play.

4/23/2023 “Saving All We Can, Together” Alice DonnaSelva

Have you had trouble enjoying the warmer NH winter because of the climate crisis it portends? Have you found it more difficult to watch Nature programs because you can't bear to hear about the loss of habitat and species? If so, you are not alone. Last October, 6 women who shared your sense of dread and helplessness in the face of the climate crisis, got together to explore the wisdom of women environmentalists, past and present, to see where that led us. Come join us as we share what has inspired us and challenged us on our journey to Save All That We Can, Together.

4/30/2023 “Got Distraction?” Betsy Black

Every day, all day, we humans are distracted. In recent times, our collective brains are more and more called away by ever demanding electronic devices. What is distracting us individually and as a species, what are we being distracted from, and what can we do about it? Come learn about distraction, both as a present-day Sisyphian phenomenon, and one that has been part of humanity's challenges, well, for-

Office Offerings

Submitted by Lea Smith, Director of Membership and Administration

As we bid farewell to Heidi Page as Office Administrator, big changes are happening in the church office. To help create a more sustainable budget, our new Office Administrator will work 16 hours per week (Heidi worked 26 during the church year.) We're setting priorities for the most essential functions, reassigning some duties to other staff, and recruiting volunteers for others. **The office will be closed on Fridays on March 30, April 7, and April 14** while we get our new Office Administrator up to speed. It is likely that our office hours will change permanently, and we'll publicize the new hours as soon as we can.



Saturday, April 1, 2023

[Click Here](#) for Tickets to Concert

The concert for the people of Ukraine, begins at 7 pm

Proceeds from the evening will be given to the grassroots non-profit, the [Sunflower Network](#), who will put the funds to immediate use for a specific project that will be identified at our event. To date Sunflower Network has delivered over \$1,500,000 in critical relief from generators and ambulances to field medical supplies and hygiene products. To see this coverage of a Sunflower Network fundraiser currently underway in Manhattan [click here](#).

For more information please contact Craig Whitson at craiglistening@gmail.com.



Easter Egg Hunt April 9 after worship

Kids are invited to participate in our annual Easter Egg Hunt after worship on Sunday, April 9. Let's hope the weather cooperates and we can be outside!



Pancakes, Play, & Planting Peace: A Family Service Event

Saturday, April 1, 9:00-11:00 am

Bring your kids (or grandkids, or nieces & nephews, or...) to church for a pancake breakfast followed by service activities & fun. This month we will plant flower seeds for our chancel garden (source of our summer Sunday flower arrangements) and veggie seeds to provide food for our community meals. We will also bake cookies to take to the Homeless Resource Center to share with our unhoused neighbors.

Questions? Email Rev. Lyn Marshall, lyn@concorduu.org.

Tuesday's Welcome Table

Begins April 4 @ 6 pm

Rev. Michael Leuchtenberger is back in town and ready to cook - literally! Break bread together at **Tuesday's Welcome Table every Tuesday at 6 pm, starting on April 4**. Michael will prepare a simple vegan meal for all to share. Then hang out to chat, play pool or a board game, find a cozy corner to read, or do whatever you like to do in community. This is a free meal for anyone from within or outside our church to come together to build friendships and community.



Passover Seder Dinner

April 8 at 5:30 pm

Join us on Saturday, April 8 at 5:30 pm for good food, good conversation and the celebration UU-style of a Jewish tradition which tells the ancient story of freedom. Children are welcome - in fact, they are encouraged to be part of the Seder! Dinner includes several courses from soup to desserts. Tickets are \$21/adults and \$9/children under 15.

Sign up online at uuconcordnh.breezechms.com/form/2023Seder.

You will be able to pay online when you sign up, or you can choose to bring cash/check with you that evening. All are welcome - if you can't afford it, choose "financial aid" when you sign up and the Pastoral Support Fund will cover your ticket price. You

can also sign up in person with our Seder hosts, CJ and Karen Landsman, after the worship service on March 26 and April 2. Either way, please sign up in advance - no walk-ins please! We will need a headcount **no later than Sunday, April 2**.





Contemplative Knitting & Stitchery Circle | Sat, April 8, 10:30 am-noon

Do you knit, crochet, sew, or do needlepoint? Bring a project and come spend some time working together and sharing how these creative endeavors feed your spirit. Don't know how to knit? Lyn is willing to teach you. Wish you knew how to crochet? We have experts in the group. If you have questions, email lyn@concorduu.org.



UU Buddhist Fellowship, Ecodharma Convocation April 27th through April 30th

The national UU Buddhist Fellowship (UUBF) holds regular conversations. In April of 2023, the UUBF conversation will be held in the Midwest for the first time, with the distinguished Buddhist teacher, philosopher, and climate change activist [David Loy](#), author of *Ecodharma: Buddhist Perspectives on the Ecological Crisis*. The Convocation will be April 27-30 at the beautiful [DeKoven Center](#) in Racine, Wisconsin. There are opportunities for both in-person and online attendance, as well as a public talk on Saturday, April 29. **Register by [clicking here](#).**

STEWARDSHIP KICK OFF PITCH

This month we celebrate our church by kicking off the Stewardship campaign. Now that NHPR is done with their March funding drive, it is OUR turn! This means we have some additional funding needed, and we have a lot to celebrate! We have become a multi platform digital campus. Last year we paid our fair share to the UUA for the first time. And, we are declaring that our church stands for diversity, equity and inclusion.

Our pledges renew our desire to see our church succeed, and to forward our mission. This enables action that demonstrates our deepest values, often carried forward by our leaders. If each one of us contributes a fair share, together we create the force for good that we want our church community to be.



What does it mean to be a digital campus? We do it every Sunday morning with live streaming and in-person services. Any church meeting can now be in person and on zoom, increasing our accessibility. We primarily use the internet for communication, though we do still send Parish Notes through the mail. This development of technology was mandated to survive the pandemic, and federal dollars supported us as we invested in equipment and people. The grant money has been spent, so now we must step up and fully fund the salaries of our staff. To continue to be relevant, we need to support an increase in funding in the long term.

All UU churches pay a donation to the UUA, and last year our church reached this Fair Share amount (a percentage of our total budget). This allows the UUA to represent all of us nationally, and be part of the larger conversation. We get a lot back for this Fair Share (like any tax) as opportunities open up such as applying for minister stipends etc. We are proud to no longer ride on the coattails of other churches who have done their part for years. Let us continue to give our fair share while supporting staff funding.

Equity is our value, and this starts at home. The UUA has asked all churches to analyze their staff compensations to determine equity between genders, educational, ethnic and cultural backgrounds. Many churches have realized that their pay is inequitable, and even though we are at the beginning of this process, we know this is true for us as well. Your pledge increase will help us take a step towards achieving equitable pay.

What does all of this mean? Our goal is a pledge increase total of \$30,000, in other words, we need \$30,000 more than last year. Pledges comprise 57% of the total budget of \$513,000, and 53% of this is for sala-



Connecting in Love & Service

ries to enable our important and hardworking staff to enact our values and carry forth our mission. We would like more of our budget to be solid support for salaries. An increase of \$30,000 for next year's pledge income would be 63% of the budget. This increase is more sustainable in the long term.

What does this mean for you? If you are living through a time of financial insecurity, and your budget is already tight, we do not expect you to increase your pledge. You are loved and valued as a member or friend of this church. There are many ways to give, including time and talent as well as treasure. However, we would like to ask everyone who is able, members and friends, to contribute your own fair share. If everyone who is able increased their pledge by 10%, we would reach our goal. Can you do this? If your pledge is \$500 per year, that would be \$50 more, which is 4 dollars spread over 12 months. (Sound like NHPR again?) If your pledge is \$1000, that is \$100 more, about 8 dollars per month. It may not sound like much but these increases are crucial to our financial health. The average pledge per member is \$1100, can you make a step towards this? The average cost to the church per member is \$1900, can you move to this? Can you make a larger increase, to help support those who are unable to at this time?

Increasing your pledge expresses your commitment to our relevance, and inclusivity. Let your values speak and choose to do your fair share, thank you.

BJ Entwisle, Stewardship Chair



Revisiting the Greener Building Project

Submitted by Jack Wakelin, Custodian of Investments

The Greener Building Project (GBP) was completed during Church Year 2012-2013. The final payment of the 10-year loan that financed the project will be sent to Eastern Bank on April 16, 2023.

The immediate impact of the last payment will be that the church's investment held at Charles Schwab will no longer require an Eastern Bank letter of authorization before the church can receive any disbursement from its Schwab investments. More importantly, our investment will not be paying Eastern approximately \$6,700 in loan payments per month (\$80,000/yr). Further information on the financial impact of the loan on our Schwab Investments is presented below.

As a member of the original Greener Building Project Team, I would like to summarize the project's purpose and comment on the outcome of the project 10 years later. This should allow those who were here during the project to reach their own conclusions on the success of the project and acquaint more recent members of the congregation with the GBP.

Church member David Feltus served as the Project Chair and wrote an excellent summary of the project in the Annual Report for Church Year 2012-2013. I will use his report extensively to comment on the purpose, financing and execution of the project. The report can be found [by clicking this link](#) or on the church website. (Please see both the Building and Grounds Committee Report on Pg. 37 and the GBP Report on pg. 38 at the above link)

Paraphrasing David's report, the purpose of the GBP was to:

- Update our aging heating system.
- Replace old single pane glass throughout the building with modern double insulated windows or to add appropriate storm windows.
- Correct our basement flooding problems.
- Address deferred maintenance issues.

These actions were designed "to minimize our environmental footprint, improve livability of our space, and reduce future operating costs."



Peter Bartlett explaining the GBP

The total cost of the project was estimated to be \$799,829.04. A grant of \$150,000.00 was obtained along with a utility rebate of \$11,362.00 so that the final cost was estimated to be \$638,467.04. Thanks to the tireless efforts of Michael Bruss and his staff, the final cost of the project was approximately \$5,000 below the estimated project cost! That's a good start but how well has the project met its original goals ten years later?

Before looking at the ten-year results, consider the much earlier study completed to validate the heating efficiency gain of the GBP. The natural gas used for heat during the first heating season after the completion of the GBP was compared to the average heat used in the seven heating seasons preceding the GBP.



Michael Bruss & Karl Winchester on site.

The severity of each season was weighted by the degree days of each heating season to make as fair a comparison as practicable. As designed the GBP (new windows, changing from a forced hot air to hot water and using a state-of-the-art gas furnace) was expected to reduce our gas consumption by 40%. The study revealed that the actual use of gas was reduced by 43%! Based on this increase in efficiency, an estimate of the dollars saved in heating expenses over the ten-year span of the loan is \$40,000. So the GBP was definitely a success in reducing both our “carbon footprint” and heating budget.



Furnace Room Before GBP



Furnace Room After GBP

Another important objective was to improve the “livability” of our space. For those who remember winters in our building before the project, there is little doubt that the “livability” of our space was very significantly improved. Gone are the drafty events in the parlor and avoiding sitting near the windows of the meeting rooms. Gone too are the complaints from the Emerson School staff that their students could not sit in the chairs next to the windows either. (Note: Before the GBP, the church did add some storm windows to the Emerson classrooms which reduced the drafts.)

The flooding in our basement furnace and storage rooms was extensive prior to the GBP. Water draining from the hill behind the church collected behind the minister’s study then forced its way into the two basement rooms requiring extensive pumping to remove it. Due to the flooding, storage was limited and damage to equipment in the furnace room was a major concern. As part of the GBP the area behind the minister’s study was excavated and drainage put in that allowed the water to run into a storm drain beneath the driveway and then safely away. Post GBP, a sump pump (with a back-up pump) carries the residual water that gathers under the basement floor to the outside eliminating flooding. An alarm is also present on the furnace room floor in case of sump pump failure. Items and records can now be stored in the basement with minimum risk.

As for the correction of deferred maintenance, the replacement of the windows corrected degradation sashes in the windows.

There were some bumps in the road with the new heating system, however. The furnace was a very new, highly efficient design and local repair personnel had to be specifically trained to perform routine maintenance. A gas control valve did not always function properly and the furnace would shut down requiring a manual restart. At one point, a “small” explosion took place in the furnace and blew the door off! Fortunately, our Facilities Manager at that time had just left the furnace room. An engineer from the manufacturer paid a visit, checked the furnace and the gas valve was replaced. The heating and ventilation controls for the Sanctuary are quite complex and it took several years to fully understand some of their functioning. As an added benefit, the ventilation system worked very well supplying a high rate of fresh air to the sanctuary during the pandemic.

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Sample of Needed Window
Frame Repair



Beam Ends Before GBP



Beam Ends After GBP

Moving on to the impact on our Schwab Investments, the value of our investments was \$1,865,859 when the GBP loan repayment was started. The loan, using the investment as collateral, was obtained at a 2.75% interest which was a very good rate. Also during the loan period, a land sale to Concord Orthopedic added approximately \$180,000 to our Schwab account. The overall impact on our investments in Schwab was considerable with a value of our Schwab investments at this writing of \$1,432,029. Of course the ups and downs of the economy had an impact during the past ten years and we are currently experiencing a banking “crisis” of unknown severity. However, the loan also had an unexpected positive financial effect on our congregation.

Conventional wisdom recommends removing only 4% annually from investments to insure that they grow over time or at least are not diminished significantly. We would be taking approximately 8% over a ten-year life of the loan. However, our experience indicated that the return from Schwab would be greater than 8% if no major economic downturn occurred and if we did not remove any large sums for capital projects over the life of the loan. Concerns were raised that we had not had a capital campaign for a project since the mid 1980’s and had removed money from our Schwab Investments for projects such as roof replacement, parking lot repaving and replacement of the organ in recent years. The GBP was approved, and the congregation was committed to minimizing the withdrawals from our Schwab Investments during the term of the loan.

Thanks to everyone, several successful capital campaigns took place during the period of the loan to fund projects without removing additional sums from our Schwab investments. The most visible of these is our solar array for which over \$125,000 was raised to further reduce both our carbon footprint and annual electric bills. During an inspection by a structural engineer to determine if the array could be roof mounted (it could not) a discovery was made that the main beams supporting our single-story structure are smaller than those specified in the engineering drawings. This meant that the roof could not meet expected snow loads and should be at a minimum, shoveled off with even modest snow loads. The beams were also twisting slightly over the years so corrective action was recommended for the Fellowship Hall area even though approximately \$30,000 would need to come from the Schwab Investments before the GBP loan was completed. The Fellowship Hall beams were tied down on the west end and braced throughout to provide additional strength and minimize twisting. Roof clearing procedures were implemented and particular attention is paid to clearing the drains on the roof as well as timely snow removal. However, further strengthening of the structure was deferred until the loan was retired.

In summary, as Custodian of Investments throughout the GBP loan period, I feel that the low interest loan was the best way to achieve the favorable outcomes of the GBP and re-establish the process of successful capital campaigns for needed projects through times of financial uncertainty. Also note, a formal process of identifying and funding future capital projects is beginning this church year!

Everybody Into The Pool: The Car-Pool, that is!

Part of the Caring Network's mission is to help church members with "Rides to Important Appointments (like church, church events, or the doctor's) when you don't have any other options."

We're reinvigorating this program by creating a Sunday Morning car-pool network.

There are three benefits to car-pooling.

1. First and most obvious is **environmental**: fewer cars, fewer emissions.
2. The second, and less obvious, is the **creation of more interconnected webs** in our community. I know from personal experience that car-pooling weekly to church gave me the opportunity to really get to know Mary Lou Kelly, a long-time member. It's a perfect way to make new friends without wedging another appointment into our already busy schedules.
3. Finally, **there are people who will only be able to attend an in-person service when we offer a carpooling system**. Many people either don't own a car or can't drive for medical reasons. Asking a different person for a ride each week is complicated and can be demoralizing. Navigating life is hard enough without a car. Let's make getting to church the easy part.

I'm very excited about this new way to build community. The form available online will look something like this:

I sometimes need a ride to or from church on Sundays.

I sometimes can offer a ride to or from church on Sundays.

Name: _____

Town: _____

Brief Notes: _____

Remember: By participating in this survey and filling out this form, you are not agreeing to do anything just yet. All you are saying is that you're willing to share your contact info with someone who would like to car-pool.

This survey is available [by clicking the link here](#).

This initiative is the result of a workshop offered at the Accessibility and Sensitivity Workshop on Disability that was held at the church on Saturday March 18th.

We welcome your feedback and questions, and hope this will be yet another way our church can enrich our friendships and strengthen our beloved community.

Bobbie Herron

freedomweavers@gmail.com or 603-715-9152



APRIL 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 office@concorduu.org.

06 Steve Del Deo

06 Jean Reynolds

08 Katie Ripel

09 Nancy Johnson

09 Genny Mahon

10 Michael Cobb

13 Dan Frye

15 Lizzie Stewart-Fetter

16 Robert Fleischman

18 Jeanne Ann Whittington

20 Josh Humphrey-Sewell

22 Kits Tunney

22 Marjorie Waters

25 Beatrice Messenger

26 Caleb Knowlton

29 Chris Rueggeberg

30 Nancy Wood

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. If you'd like to host a lunch, email lea@concorduu.org. Our May dates are wide open for hosting.

Thank you

Celebrating our
Long Term Members
Sunday, April 30 @ 9:15 am

Thank you, Long Term Members! If you've been a member for 25 years or more, you are invited to our **Long Term Member Breakfast on Sunday, April 30 at 9:15 am**. You can even join us from afar via Zoom. Our Long Term Members are the strong roots of this congregation and we'll be honoring you during our service. Your steadfast presence and support of this congregation through times of struggle as well as times of ease are what keeps us strong, keeps us going, and makes our liberal faith available for the greater Concord community. If you've been a member for 25+ years, you'll receive a personal invitation from us in mid-April. If you don't receive it, please let Lea Smith know so we can add you to our list.

lea@concorduu.org or 224-0291 ext 4#

Thank you to Janet Kelley-Vail for coordinating the breakfast!



Green Thumbs and Keen Eyes Sought for our Annual Plant and Yard Sale on May 20!

While snow may still cover the ground, things are coming to life in the warming soil, eager to sprout and bud when the sun shines more brightly. Likewise, we are reawakening, and eager to create new life in our own gardens and maybe liven up our homes as well. Lucky for you, our church will be holding its annual Plant and Yard Sale on Saturday, May 20th. Please mark your calendars so you can get the plants and organic potting soil you need along with a unique, or uniquely helpful, thingamajig for your house! As with last year, Jim Downie is running the Plant Sale portion and Renee West is running the Yard Sale portion of the event.

Jim asks that while you're looking around and planning for your garden, please take note of what you'll need, and if you see any clumps of perennials beginning to form that you can thin out, please let him know; he can also help with this process if you'd like by writing to him at jdownie@tds.net.

January'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.**

- \$589 1/8 Outreach Offerings for Concord Coalition to End Homelessness sponsorship
- \$593.59 1/15 AFSC
- \$595.09 1/22 Overcomers Refugee Services
- \$596.97 1/29 UUA Disaster Relief Fund

Thank you for your generosity.



Second Hour

Learning, Service & Practice

Sunday, 4/16/2023, 11:30 am - 12:30 pm

Contemplative Practice: The Five Tibetan Rites

Come learn how to do this ancient daily practice of five simple yoga movements, each done 21 times. Practitioners report that these practices have many physical, mental and spiritual benefits which contribute to increased strength, flexibility, and energy. Come learn about the Five Rites in this practice session. We will do the rites together and there will be time for questions and discussion.

Session leader Betsy Black, a certified Kripalu Yoga teacher, has been doing this practice for 16 years.

The Idea Gym:

Giving your Thoughts a Workout through lively Discourse

Join Michael as we create a space for trying out and vetting ideas and thoughts. Disagreements are welcome and expected. Anticipate a mix of thoughtful reflection and rapid-fire back and forth. Attacking positions is fair game. Attacking a person is not. Neither is contempt or disdain. If this is not your kind of thing, attend a different offering or simply observe. Today's starting topic: Better to love our enemies even if they are immoral.

Creating a Listening Community: Restorative Circles Practice & Facilitation

We are excited to invite you to join us for the next six-week workshop beginning in April 2023.

We will explore:

- What gets in the way of listening and being heard, especially when conflict arises.
- How to listen to understand and create a space of empathy within ourselves for others.
- How we can use this way of communicating to help our communities connect when it seems impossible to hear one another.
- We'll start to develop skills for facilitating conversations using reflective listening that will enhance your ability to help your communities lean into conflict. Restorative Circles create an opportunity for a speaker to be heard and fully understood by the person they most need to have hear them.

Starting April 18 - May 23 2023, 6:00-9:00 pm ET

Sliding Scale \$355-\$144

Sign up [by clicking here.](#)

Questions? Email Sarah-Elizabeth at restorative.circle.sea@gmail.com

The UU Church of Concord values conflict resolution, Restorative Circles, and reflective listening as tools for healthy communities. This program is offered by a private business and is not sponsored by the UU Church of Concord.

The fees go to the trainer, Sarah-Elizabeth Anderson, not to the church.



Church Office Hours

Regular Hours (Sept-Mid June)

Tues, Wed, Thurs, and Fri | 10 am - 2 pm

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

**Parish Notes Hard Deadline
Sunday, April 23**
Please send to ParishNotes@ConcordUU.org



Spring Cleaning? Drop off 24/7

2022 Statistics

- 24,302 lbs of clothing were donated
- Enough to clothe 4,477 people all over the world
- Your church received \$972.07

Thank you!

Staff

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

Minister of Lifespan Faith Development
Rev. Lyn Marshall
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Dir. of Membership & Administration | Lea Smith
603-224-0291 x4 lea@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

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Sally Hirsh-Dickinson

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RETURN SERVICE REQUESTED



Muchas Gracias

Or should I say Smooches to All of You

I have never felt so loved in such a wonderful way! This was such a touching experience to be able to serve as your office administrator for the past 4.5 years. I've become so attached to so many of you, gotten to know you through visits in the office, emails, texts, and phone calls. I thank you from the bottom of my heart for welcoming me into the UU experience and sharing so many joys and sorrows together these years.

I am going to really miss the day in and day out of the office and working with Agnes, Alex, Calvin, Dan, Jeff, Lea, Lyn, Maria, Michael, Patrick and Robert. Our staff is the most supportive, forgiving, and loving group that I have ever worked with. My heart is broken that I will not be part of their many hours of planning, creating, and providing so many of the events that happen at the church.

Thank you all again for the amazing day you created for me. From the special acknowledgement at church, hugs, the amazing *Heidi's Notes*, the delicious luncheon, cards, and ongoing friendships. It is a blessing to be a member of this UU community.

Take LOTS of Pictures for the Yearbook!