



Minister's Musings

Rev. Michael Leuchtenberger

(Part 3 of 3 - continuing the December and January Musings):

If I had to point to one practice that's most fundamental to my own spiritual well being, I would have to say: Sleep. For decades I treated sleep as the uninvited guest crashing my party of life, readily ignored, rarely appreciated. Embracing sleep as a spiritual practice was probably the second most transformative experience of my life. More about that in a moment.

During a Second Hour class in January, a number of you accepted the invitation to write, share in small groups, re-write, and present to the whole group your personal spiritual aspirations. In less than an hour, each participant walked away with a set of written priorities intended to guide daily life and help inform what to practice. To make the practice manageable, the "homework" was to focus on one or two aspirations, select an appropriate daily practice, and observe what would happen during the following two weeks. If you participated in the class, I'd love to hear from you about your experiment.

To everyone else: How is it with your daily practice? What would it take to focus on a few basic aspirations each day? Where would you want to start?

There is no one size fits all. What matters is that it works for you - in terms of impact and daily routine. Perhaps it is as simple as focusing on your sleep. My experience has been that as long as I get sufficient sleep, most of what ends up on my daily plate seems manageable. It takes the edge off the challenges. Helps fear slide to curiosity. Welcomes creativity. And nudges me from irritation and indifference to patience and compassion.

Here are a few other practices that have made a difference: 1) Before crawling out of bed to notice my body for a few moments and to allow my heart and mind to say "yes" to this new day. And to try on a smile and trust that this day will be good if I do what I can and let others do what they can. 2) As I prepare and eat breakfast, pause and pay attention to

the way the food and drink look and feel, noticing the room I am in, noticing the world outside and how that keeps changing. Being grateful for what is. 3) Listen to podcasts by meditation teachers and others who tell stories about the daily questions of life and put them in a larger context of meaning. Now washing dishes, folding laundry, commuting to work, running on the treadmill have a new way to help ground me and open my heart.

4) Allow my mind to roam and name what I am thankful for. It rarely fails to put the rest of life in perspective. Sure seems true that we are happy when we are grateful and don't have to wait to be grateful until we are happy. So accessible, whenever, wherever. So worth it. Not sure why I sometimes let the practice drift. 5) And then there is sitting quietly, breathing, doing a body scan, creating space for a "warm-up" of the physical sensations that offer cues about what's going on within. I keep being surprised by how much compassion can manifest as a sensation in the body. And it seems to go both ways: noticing the sensation deepens the compassion just like opening to deeper compassion makes the sensation more noticeable.

There are other practices that I found valuable, but the "canary" of my spiritual life appears to be whether I make time to read a book. The days I sit and read tend to feel as grounded as any. Less because of what I read. Reading is just the indicator for some larger balance in my life. So what's the canary of your spiritual life? A walk in the woods? Making music? A prayer of gratitude? A good night's sleep?

May we each find our path on this spiritual journey we share.

Michael

PS: Thank you, by the way, for making possible what I consider to be my most transformative experience so far - the 10-day Vipassana course I got to take during my sabbatical and the sitting practice that has shaped my life since. It has connected my inner life to my outer life in exciting new ways. And in the words of Pico Iyer: "We all know our outer lives are only as good as our inner lives."

Growing Spiritually

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February Worship Services Livestream our worship services at concorduu.org/live

February 3, 2019 — 10 am | “Our Sanctuaries” | Rev. Michael Leuchtenberger

Sanctuaries are places of refuge, places that make us feel safe. They are holy places we return to again and again, places made holy because we return to them over and over. Sanctuaries can take on many forms - physically, emotionally, intellectually, spiritually. They exist all around us. Yet we don't always pay attention to them unless we are intentional in our search, make time for our visits, and are clear about what makes us feel safe, sustained, and re-charged. Got a story about a sanctuary important to you? Let Michael know.

Our first Sunday drop-in covenant group will focus on our monthly theme of “Sanctuary.”

All are invited to participate. Rev. Lyn Marshall will facilitate.

February 7, 2019 — 2 pm | “Sanctuary: Places of Safety and Re-generation” | Rev. Lyn Marshall UU Worship Service at Havenwood Heritage Heights, 33 Christian Ave, Concord

We all need havens from the rumble and tumble of life, places to heal and restore, places of safety and re-generation. Where do you find sanctuary?

February 10, 2019 — 10 am | “Plugging into Sanctuary” | Rev. Michael Leuchtenberger

It can be tempting to keep going and going and going, until past the point when exhaustion and collapse become inevitable, when beauty and kindness can no longer be perceived, when compassion and generosity are out of reach, when a painful recovery is forced upon us. When and how we hit that wall varies from person to person. What's consistent is that we all need to recharge our batteries on a regular basis. To stay healthy we must find ways to plug into our sanctuaries and honor sabbath time as part of our routine. Plugging into sanctuary is not a luxury. It is a healthy and essential expression of love - for those around us and ourselves.

February 10, 2019 — 7 pm | “Taize @ Concord UU”

A time for meditation, reflection, and renewal through music, brief words, and silence. Come sing, light a candle, and nurture your spirit during this non-traditional worship experience.

February 17, 2019 — 10 am | “When Sanctuary is Violated” | Dr. Whitney Howarth

Perhaps there is nothing as jarring to our notion of self as when our SANCTUARY is treated with irreverence, or worse, when it is desecrated. How do we react when our sense of the sacred is violated, whether that violation happens on our national border, within our church walls, or much closer to home? The task of establishing and re-establishing sanctuary, again and again, even when we ache with fear or pain, requires heroic resilience. Lucky for us, we have inspiring stories of sanctuary builders to teach us how to sustain sanctuary, even in times most tumultuous. They teach us sanctuary is more than a place, it is a practice of sacred resistance to the forces that would try to destroy who we are.

February 17, 2019 — 7 pm | “Dances of Universal Peace” | Sarah-Elizabeth Anderson

The Dances of Universal Peace are an embodied practice based in mantras from many world religions. Walking practice, prayer, sound current vibration, and gentle full body movement create an atmosphere of heart centered peace.

February 24, 2019 — 10 am | “Death Penalty Obituary” | Rev. Michael Leuchtenberger & Barbara Keshen

This weekend, ministers, rabbis, priests, and pastors around the state of New Hampshire are preaching about the impact of the Death Penalty on our lives. UUs have officially opposed capital punishment since 1961 and have repeatedly reaffirmed the need to find alternatives. It is time to close the book on this chapter of our state's history, to acknowledge its aspirations yet be honest about its reality. It is time to repeal the death penalty. Come hear Barbara Keshen and Rev. Leuchtenberger share their version of an obituary that is long overdue.

Finding Sanctuary

Rev. Lyn Marshall, Minister of Lifespan Faith Development

All our lives, we need physical spaces where we are warm, sheltered, and safe. Spaces where our bodies can rest, relax, and prepare for our forays into the activities of living.

During the month of February as we explore the idea of sanctuary, we will consider many aspects of the concept and ask ourselves, where do I find sanctuary in my life? How do I help create sanctuary for others? How do we take the interdependent web of existence into account and balance our own needs and wants with the needs and wants of other living beings? What can we teach our children about the importance of sanctuary, and how do we make sure they have access to it?

During guided meditations when I have been asked to mentally take myself to a beautiful place where I feel safe and peaceful, I have two vivid memories from childhood that are my go-to mental escapes. One is a grassy spot under a grove of white birch saplings where I used to sit in the dappled sunlight, feeling like I had my own private heaven in our back yard. The other is lying on the boards of a dock, drying in the sun after swimming, listening to the water lapping the rocks in the crib beneath the warm planks. More recently, I have been learning to take refuge in the sanctuary of my breath. I can hear the voice of Home Nguyen, Michael's friend and a meditation teacher, telling me reassuringly that "your breath is a very safe place for you. You can always return to your breath."

As we journey together into the month to come, may we each be able to find sweet sanctuary when we need it, and to use the energy we gain there to make a positive difference in the world around us. I look forward to learning with you in our covenant groups, Second Hour offerings, and of course in worship and in the daily life we live between formal shared practices and programs.

With love and a wish for ever-growing compassion in our living,

Lyn

Growing Spiritually

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2019 Stewardship Campaign

by Rev. Michael Leuchtenberger, Senior Minister

It's finally happening. The number of adults involved in learning, practice and service have exploded thanks to Second Hour and the move of Church School to after the service. On 2nd and 3rd Sundays, the community luncheons that follow Second Hour consistently fill Fellowship Hall with a lively multi-generational crowd eager to connect and hear what others have been up to that morning. After years of experimenting, we seem to have found a model that works for who we are right now. Time to celebrate and consolidate what we have created as we consider our stewardship effort this year.

Last year we focused on strengthening the foundations that make possible our ministries: the staffing in our office. Thanks to our collective generosity and the addition of our wonderful Office Administrator, Heidi Page, we now have in place what it takes to move forward. Thanks to Lyn Marshall, now in her third year as our Minister of Lifespan Faith Development, we also have in place the leadership needed to sustain what we have started with Second Hour and the many other offerings her position supports. By hiring a Minister as our LFD lead, we stepped ahead of our five year plan, one of the reasons Lyn has been compensated below the guidelines. Time to catch up and bring Lyn's salary within the fair compensation range recommended by the Unitarian Universalist Association (UUA).

In addition to providing guidelines and other free advice, the UUA is an incredible resource both behind the scenes to religious professionals, administrators, and lay leaders and, more visibly, during ministerial and staff transitions, supporting social justice, with worship resources, curricula, and in times of conflict. Our congregation has benefited in all these areas over the years, yet we have not been paying our fair share. Other congregations have carried our financial load as we have inched our way closer to paying our proper dues. Time to be in right relationship, time to say thank you by catching up.

Throughout the next few weeks, congregants will testify how their involvement at church has transformed their lives, as families, through pastoral care, thanks to music, fellowship, outreach, or the power of contemplative practice. Thank you in advance for letting yourself be inspired by these stories. And thank you for taking a generous look at how your financial support can help us catch up so we can be in right relationship with our denominational neighbors and our staff.

February Targeted Appeal: UUA Fair Share

When we passed our budget last year, we added a new way to fund some of our church operations with targeted giving (3x/year). Our February goal is to raise **\$1,500** to support the fair share contribution to our denomination, the Unitarian Universalist Association (UUA) of Congregations.

The UUA provides a wide range of **free** and **helpful advice**, volunteer and staff **training**, an insurance plan, a bookstore, a publishing house, **hymnals**, curricula, and support in times of conflict and transition. Thanks to the UUA we get to have a **visible social justice presence at the national level** and we have a way to connect youth, congregants and staff beyond the boundaries of our congregation. The UUA helps us find and develop **best practices**, so we don't have to re-invent the wheel. It is ready to send support in case of emergency and trauma. It is a proud **voice at the forefront of liberal religion** embodying the values we hold dear.

Please contribute as you are able, so that we can repay our denomination for the many gifts it offers. Make checks out to *UU Church of Concord* and mail them, or drop them in the box outside the main office. Or donate online at concorduu.org (click "Donate" [top right] and select "Targeted Appeal" in the dropdown).

Growing spiritually *Growing spiritually* *Growing spiritually*

A WEEKEND MINDFULNESS MEDITATION RETREAT

Radical Inclusion: The Practice of Leaving Nothing Out

Friday, March 22, 2019 at 5 PM to Sunday, March 24, 2019 at 12 Noon

Unitarian Universalist Church of Concord, NH, 274 Pleasant St.

Many of us are initially drawn to meditation practice as a way of finding peace in the turmoil of our own lives and the world we live in. This is understandable, good and necessary—without the capacity to settle into some quiet and clarity, we may lack the patience and perspective to embrace our lives with the fullness of heart and mind that we wish for. And yet on our cushions, we find that the full range of human experience is present. We find not only peace and clarity, but also confusion, conflict and denial. Can our practice be a radical act of opening to it all? What if we were to turn towards whatever we find, with curiosity and whole-heartedness? From this willingness to be with each moment, with boundless inclusiveness, grows understanding and compassion for both ourselves and others, allowing us to meet our world with wisdom, skill and kindness.

In our fifth annual Weekend Mindfulness Meditation Retreat, led by Margaret Fletcher, Jeanne Ann Whittington and Michael Leuchtenberger, you are invited to practice with others who seek to embrace all aspects of our lives with mindful awareness. On this weekend, participants will receive guidance within a carefully structured environment, allowing each of us to develop curiosity, openness and compassion. The retreat will be held primarily in silence, with opportunities for questions, times of heartfelt movement and times for interaction. This retreat is offered for beginners and experienced meditators alike. All are welcome.

The suggested fee for the retreat is \$40, offering more or less as you can afford. Participants in the Concord area will sleep at home, but accommodations are available for participants from out of town.

You can register at ConcordUU.org or contact Kim at kgillis@live.com for more information.

Transforming Ourselves



Second Hour Learning, Service, & Practice

**Sunday, February 10,
11:30 am-12:30 pm**

Worship Theme TED Talk & Discussion

Watch a TED talk on the theme of Sanctuary and participate in a facilitated discussion led by Joanna Henderson.

Spiritual Practice | Mudita

“Mudita: Multiplying Joy” Experience a guided sitting meditation practice for all levels of experience led by Jeanne Ann Whittington.

Ageing Journey Wisdom Circle

No matter your age or stage in life, come join the Ageing Journey Wisdom Circle! We explore personal perspectives on the art of ageing, collect wisdom for the road ahead, and share our stories with humor and gratitude. Our theme this year is ANCESTORS. Our ancestors are the people gone before us – blood relations or family of mind and spirit-who guide, instruct and inspire us. Mentors, friends, heroes, teachers, ancestors of faith – all have a part in shaping who we are, and we carry all of them forward with us. As we reflect on our storehouse of memories, you are invited to bring the names of ancestors and sacred places that have given you a sense of sanctuary. Bring a photo or two to share and of course your heritage stories.

Class | Fellowship Movement:

A Growth Strategy and Its Legacy

The growth of Unitarian Universalism in the last 70 years is largely the story of the fellowship movement and its aftermath. The movement gave birth to small, lay-led fellowships from Cape Cod to Honolulu. Today these comprise a third of our Unitarian Universalist Congregations. The class is inspired and guided by Holley Ulbrich’s book “The Fellowship Movement” available in our Bookstore, Library and from Skinner House. Led by Rev. Michael Leuchtenberger

Transforming Our World

Sunday, February 17, 11:30 am-12:30 pm

Worship Theme TED Talk & Discussion

Watch a TED talk on the theme of Sanctuary and participate in a facilitated discussion.

Spiritual Practice

“Wave Yoga” with Craig Whitson. Experience a slow, mindful, and gentle asana practice called “Wave Yoga” where each pose is held for three deep breaths.

Class | Making the Manifesto:

The Birth of Religious Humanism

Bill’s Schulz’s book by the same title will help guide our exploration of the story of religious humanism, a movement that sought to construct religion without God, a religion that put its faith in humanity rather than divinity. The religious humanist movement in the U.S. reached its height in the 1920s and 1930s, leading to the signing of its keystone document, the Humanist Manifesto of 1933. Led by Rev. Michael Leuchtenberger

Study/Action Group | Towards Right Relationship with Native Peoples

We are inviting folks of all ages to learn about Native peoples – past and present – in our area and NE region.

Rev. Pat Hoertdoerfer and Linda Williams will explore ways Native and non-Native people can connect through the land, lifting up painful truths, acknowledging responsibilities, and sharing gratitude. If you’d like to learn together about Native cultures and explore relationships through the land, come with your curiosity and questions as we consider how to begin to take steps toward dialogue, justice and healing with Native peoples. We encourage non-Native individuals to look into their family settler stories and see how they intersect with the Native populations who were displaced by European settlement.

Transforming Ourselves

Transforming Our World



Thanks to all of you who helped make our January Family Promise week a success. Every time we host it is an adventure. It is always best to keep a smile on our face and remain flexible. The two families that stayed in room 8/9 spoke of the space as their bedrooms.

Our second week of the church year will begin on **February 17th**. If you would like to provide food please email Barbara Keshen (bkeshen@comcast.net.) If you can spend a few hours hosting during the evening or stay overnight you can sign up at church or contact Wendy Olson (wm00808@comcast.net.)

“Open Discussion Project” to begin with a discussion of Johnathan Haidt’s book “The Righteous Mind”

Opening meeting Mon., Feb. 11, 5:30-7:00 PM | Gibson’s Book Store

45 South Main Street | Concord, NH 03301 | www.gibsonsbookstore.com

To encourage civic dialogue, Gibson’s Bookstore is joining with a handful of other bookstores across the country in a new initiative called the “Open Discussion Project.” Gibson’s website states: “The idea is to set up reading groups of liberals and conservatives that will meet monthly and share views about books on race, climate change, guns, immigration, money in politics, and other controversial issues. The group will be moderated by professional facilitators to ensure all opinions are heard and conversations remain respectful. The goal of this effort is not conversion but conversation, empathy, and understanding. We’re not aiming to determine winners or losers or to persuade others to particular points of view, but to create opportunities for people to speak freely with each other about matters that deeply divide them.”

Overseeing this project are three national organizations, the American Booksellers Association, which represents more than 2,000 independent bookstores; the National Coalition Against Censorship, a non-partisan alliance of 56 national non-profits; and the National Institute for Civil Discourse, a non-partisan group based at the University of Arizona that works with elected officials, journalists, and the public to address incivility and political dysfunction.

Gibson’s first meeting will be open to all, to gauge community interest and to be as inclusive as possible. Their meetings will be on the second Monday of each month, at 5:30 PM, in the bookstore, with the first being on Monday, February 11. Their facilitator will be Grace Mattern, who Gibson’s reports is “well-known in New Hampshire in both the non-profit and poetry worlds, and is a skilled and experienced facilitator.”

Member vs. Friend: To Join or Not to Join

by *Lea Smith, Director of Membership & Administration*

Occasionally, I meet someone who introduces themselves as a church member, when my inside scoop on church records tells me they are not. Usually the person assumed that because they attend worship or they pledge, they are automatically a member. This isn't true, but why does it really matter? We aren't some kind of insiders club, drawing lines to keep people out. We welcome everyone to participate in nearly all our activities, whether they are technically a Member or not. If you have not officially joined, but are participating regularly, we probably have you listed as a Friend. Friends include non-members who attend worship or Second Hour programs on a frequent basis, pledge, join a committee or Covenant Group, register a child for Sunday School or OWL, etc. Currently, we have 262 Members and 137 Friends. So, what is the point of this distinction between Members and Friends?

Formal membership is a public commitment that this community is important to you and your spiritual development. Members typically take a 3-session class called Exploring Membership, where they learn the rights and responsibilities of membership. Among the most important rights is the eligibility to vote on important congregational matters, such as electing our Board of Trustees, who guide our mission and goals. The 5th Principle of UUism is "the right of conscience and the use of the democratic process within our congregations and in society at large." Many UUs are passionate about social justice and use their voting rights to effect change; so too being a Member of Concord UU allows you to help create the church you want with your vote.

In addition to the intangible benefits of building our beloved community, there are a few tangible membership benefits as well:

- Free rites of passage (weddings, memorial services, baby dedications)
- Half-price building rentals
- UU World magazine from the UUA

Members are required to make an "annual pledge and contribution of record", while Friends are not required to (though many Friends do.) This bylaw exists to ensure that each Member has given careful consideration to the role of the church in their life and in the world at large, and will support the church as they are inspired and able. This requirement is not intended to exclude anyone from membership, and will be waived without hesitation in cases of hardship. If you ever find yourself facing a financial hardship or health issue that makes pledging hard, please let me or one of the ministers know. We want our ministers and Pastoral Care Associates to reach out to support you in times of trouble (rather than having our stewardship volunteers reach out to ask for a pledge when that is the last thing you need to worry about.) If we haven't received a pledge from you, and you haven't been in touch to let us know about a hardship, Members are typically changed to Friend after a year or two.

Both Members and Friends are listed in our Church Directory (in print, and soon, electronic... see page 11 for more on that.) We review our Friends list roughly once a year, and remove Friends who are no longer participating.

We have seen people progress from Friend to Member in just a few months, or after several years. Some Friends choose never to become Members, which is just fine. Some Members resign their membership for a few years, and return as Members when they are called to that commitment again. All these paths are respected, just as all Members and Friends are valued in whatever ways they choose to participate.

If you have any questions about membership, don't hesitate to be in touch with me at 224-0291 ext 4# or lea@concorduu.org.

What We Do With Your Contact Info

by Lea Smith, Director of Membership and Administration

Whether you have attended Concord UU once, or 1000 times, we may collect your contact info so we can communicate with you. Here's how we use this info:

The following folks are in our Church Directory

- **Members** (signed the membership book*)
- **Friends** (non-members that participate regularly in any way, such as attend worship or Second Hour programs on a frequent basis, pledge, join a committee or Covenant Group, register a child for Sunday School or OWL, etc.)

The Church Directory is available in print, and soon, electronically.** The contact information for Members and Friends in the Church Directory is used for contacting you about church programs and activities, as well as interpersonal communication. The Church discourages the use of Directory contact information for business or other unrelated purposes, except with the permission of the person contacted.

The following folks are not included in our Church Directory:

- **Visitors** (gave us contact info when you signed the guest book at our Greeters table or requested more info on a newcomers form): we add you to our electronic mailing list for our weekly eBulletin and monthly Parish Notes. Staff and volunteers that are directly involved in welcoming newcomers will have access to your info, and might reach out to see if you have questions or invite you to the next Exploring Membership class.
- **Subscribers** (requested to be on our mailing list, usually online, and we are not aware that they have visited the church. Also includes folks who don't live around here that want to hear our news): we add you to our electronic mailing list for our weekly eBulletin and monthly Parish Notes. No one from the church will usually reach out to you personally.
- **Event participants** (signed in at a church program, such as Second Hour or a meditation group but we have no contact info for you): We only collect your name for statistical data about what impact our programs are having on the community

*For more info on who is considered a Member, see page 8 (Lea's article Members vs. Friends)

** For more info on our upcoming electronic Directory, see page 11 (Lorraine's article Online Church Directory)

Newest Members From Fall (Continued from January)

Kay Read



I represent the fourth of five generations of Unitarians. My forebears attended the First Unitarian Society of Minneapolis; I grew up in the Madison, WI church. My husband Ned (who chooses to go his own way church-wise) and I raised three sons and now enjoy five grandchildren, three living in Southern California and two in Georgia. We're building a small house in the country, next door to the Georgia family and plan to spend summers in Concord and winters down there.

We recently moved from Chicago to live in the apartment below our eldest son. After 20 years of teaching classes at DePaul University on pre-conquest Mesoamerican religions, mythology and religious theory and method, I am now looking to return to my former life as a fiberist and illustrator, and finding ways to integrate that with my more intellectual passions. My current artwork takes its inspiration from Mesoamerican views of nature blended with current environmental outlooks. My husband and I grew up camping and love the outdoors. We're no longer able to take off for a week to spend back-packing in the Colorado Mountains; but we still enjoy day-hiking in the NH Mountains. I have to say that I am pleased to join this vibrant Congregation that offers such a surprisingly wide range of ways to become involved and wonderful music every Sunday.

Belinda Nerl



As a third generation UU, born and bred in NH, primarily of Finnish/Scottish descent, I come to you with dedication and commitment. I am married to John, my NHTI college sweetheart of 34 yrs and a major supporter in my UU endeavors. My pride and joy are my 2 grown sons; Jeremy in Nashua and his college sweetheart Emily and Kristof in Downingtown, PA, with his wife of 4 yrs, Gabi. My two visiting grand-dogs, rescues from the south, are an important aspect of our family, too. Volunteering with me often is my mother, "Marion the Librarian", part of my support structure, always bringing a playful relaxed attitude to a project. Hobbies that absorb my time outside of church are; care-giving, gardening and cooking. I am primarily interested in earth-centered spirituality and pull strength from knowing there is a strong female spirit that helps guide us. I have also grown to respect and admire many aspects of the Bavarian Catholic culture I married into. I am always trying to improve my German and would appreciate any practice you can give. Friede sei mit dir. Peace Be With You.

Heather Terragni



My husband, Geoff, our four children, Olive, Celia, Leo, and William, and I reside in Concord where we moved to four years ago from Wolfeboro. Geoff and I dated briefly in high school, went our separate ways and then found one another at 25! We've now been married for a decade and I fall in love with him more every day. I work for the State of NH's Division for Children, Youth and Families in the Post-Adoption Unit, which I really enjoy. I love to spend time outdoors and with my children, who've taught me more than any teacher ever has. I am so happy to be a part of the UU community!

Geoffrey Terragni



I am a plumber. I enjoy running, hiking and spending time with my kids.

Online Church Directory

Live demo after church on February 3

by Lorraine Ellis

Beginning in February, Members and Friends of Concord UU will be able to access the church member directory online - both from their desktops and from their mobile devices.

If you are a Member or Friend of the church, and you have an email address stored in our church database (Breeze), look for an email from Lorraine Ellis on or after February 3, inviting you to create an account in Breeze. If you already have an account as an online giver, your account will be automatically upgraded to "Member/Friend" access.

Once you have created your account, you will be able to view limited information about other Members and Friends:

- Contact information - address, phone, email
- Family members
- Photo, Autobiography, Pronouns, if they choose to share this information

You will also be able to:

- Update your own profile, and contact information
- Add a profile picture (If we had a decent picture of you in our files, we have added one already.)
- Specify your pronouns
- Add an autobiography to let other members and friends learn more about you. (If you recently gave us an autobiography for Exploring Membership, we have included it for you.)
- Add or update your emergency contact information
- See your own pledging and giving history
- Set up and manage a recurring payment for your pledge
- See your attendance record for events and classes
- Update your talents and skills list
- Specify your dietary restrictions



All Members and Friends will be listed in the online directory unless they request to be excluded. The information available in the online directory closely mirrors the paper directory, with a few additional voluntary pieces of information, like pronouns, gender and autobiography. Please note that if you choose to be excluded from the online directory, you will not be able to create a user account to view other Members' and Friends' information.

Is your data safe? Yes! Only those with an invitation can create an account, and the account must be verified from the email address we have in the database. The application itself uses encrypted connections, and the data is stored on a secure commercial server.

Questions or concerns?

Please contact Lea Smith (lea@concorduu.org) or Lorraine Ellis (wyndwoman@wyndyhill.net).

REMINDER: PLEDGE REQUEST FOR 2019-20 COMING IN MAIL SOON

Fellow members and friends of UUCC,

Around February 20th, we will receive a new pledge card in our mail box. We will be asked to complete and deliver our renewed pledge to the church by Sunday, March 31st. That should give each of us ample time to make a thoughtful decision about our financial commitment to sustain UUCC in the 2019-20 church year beginning August 1st.

Our signature on the pledge card affirms that we are making an ongoing, sustaining pledge that will remain in effect until we change it. However, we are asked to reconsider and renew our pledge by filling out a new card each year. If we do not complete a new card, our pledge will be extended automatically at its current level for the coming year.

If we pay our pledge over time, we are asked, although not required, to set up an automatic monthly payment plan with the church or with our bank, to help ensure a consistent and predictable income flow. Assistant Treasurer Lorraine Ellis is glad to help us set it up.

David Canfield, UUCC Stewardship Team

FACTS TO KEEP IN MIND AS WE CONSIDER OUR PLEDGE FOR NEXT YEAR

- About 60% of the church's operating budget is supported by pledges. Income from space rentals, endowment, and fundraising events (auction, greens fair, plant sale, etc.) supports the remainder. (Nationwide, UU churches require pledging to cover about 85% of their budgets on average.)
- Pledging is an expectation of membership. By committing to be church members, we are committing to support our church financially as well as with our time and talent. Non-member "friends" are asked to make a voluntary pledge, to support the services they receive.
- Our pledges and other projected income provide the basis for annual budgeting. Without financial pledges, the church could not plan its program and expenses for the coming year.
- UUCC pledging currently ranges from less than \$100 to \$15,000 per year. Average pledging is now about \$1,400 per household. About sixty percent of our 195 pledging households pledge under \$1,000 per year. About fifteen percent pledge \$2,500 or more, leaving about a quarter of our households pledging in the \$1,000-2,400 range annually.
- Collectively, we pledged more last year (over \$280,000) than ever before. As a result, the church's staff is now better able to serve us, the members, than ever before.
- The church's education program and administrative arm are slightly underfunded according to the Unitarian Universalist Association's wage and salary guidelines. We are not yet paying our "fair share" dues to the Unitarian Universalist Association that serves us continuously and without which our church would not and could not exist. There would be no trained UU ministers, no UU hymnals, no resource material for our children's teachers or our staff -- in effect, no UUCC -- without the UUA.
- We can anticipate our church's cost inflation to be 2% or more year to year.



by Carin Plante

The V-Day Campaign raises money and awareness to stop violence against women and girls. Each February Eve Ensler allows colleges and community organizations to produce awareness-raising performances as fundraisers to help further the V-DAY mission. Now, more than ever, it seems this work is critical to building the forward-movement toward equality for all.

We will be presenting our fourth Vagina Monologues on Feb. 16th at 7pm. Church and community women will perform the Monologues with Kassie Martin directing, so if you have never seen the show or see it every year, we hope you'll spread the word and come out in full support of this great event. There will be free child care, cupcakes, pins, and other assorted items for sale, as well as a 50/50 raffle. Our goal is to raise \$1500 for the Crisis Center this year!

Of course, we also need your help! It takes quite a few people to pull this event off, with leg work needed ahead of time, so if you are interested in helping out in any way (and no matter your gender identity or age) **WE WANT YOU!**

Please email Carin at carinplante@gmail.com to get involved. Otherwise, we hope to see a full house on Feb 16th!

Suggested donations of \$10 at the door with all proceeds going to [The Crisis Center of Central NH](#).

The People Vs The Politicians

Thursday, February 7 | Fellowship Hall | 6:30

For every flaw in our politics – dark money, voter suppression, gerrymandering, Citizens United, Mega-Donors, hyper-partisanship – grassroots reformers are putting solutions to work at the state level. This is not a story of left vs right., Republicans vs Democrats. It's a story of the People vs the Politicians, of We the People rising up against fat cats and entrenched power – and winning.

Join us for stories of grassroots heroes making a difference, combating billionaire and corporate money, empowering small donors, fighting for voters rights, mobilizing to make our democracy fairer, more transparent and more inclusive.

Hedrick Smith, the Pulitzer Prize-winning former New York Times reporter and Emmy Award-winning documentary producer for PBS and PBS Frontline will join us for a discussion following the film. Hedrick has over five decades as a reporter, editor, producer and author and has established himself as one of America's premier journalists.

Arrive at 6:30PM for light refreshments and seating for the program that will begin promptly at 7PM.



February Special Events

- Fri, Feb. 1 @ 1-4 pm **Games & Chocolate**
Sat, Feb. 2 @ 6:30 -9 pm
Youth Group Cupcake Bake-Off
Sat, Feb. 2 @ 7-9 pm **Imbolc Ritual**
Sun, Feb. 3 @ 11:30 am
Breeze Online Directory Demo
Sun, Feb. 3 **Cupcake Contest, Sale & Mystery Match Sign Ups**
NEW starting Mondays in Feb. @ 6-7 pm
“Come As You Are”-LGBTQ+ AA Meetings
Thurs, Feb. 7, @ 6:30 pm **Film and Talk**
“The People Vs. The Politicians”
Sat, Feb. 9 @ 6 pm **Family Movie Night**
Sun, Feb. 10 @ 1- 3 pm **Exploring Membership #2**
Fri, Feb. 15 @ 3:30-7 pm **Insight Meditation**
Sat, Feb. 16 @ 7 pm **Vagina Monologue**
Sun, Feb. 17 **Mystery Match Note Exchange**
Sun, Feb. 17-24 **Family Promise Week**
Sun, Feb. 24 @ 2nd Hr.
Mystery Match Reveal Party

See our calendar online for the most complete and up-to-date list of events:

www.concorduu.org/calendar

Ongoing Events

- Worship Service** | Sundays at 10 am
Sunday School for Children
1st, 2nd, 3rd Sundays at 11:30 am
“Second Hour” Adult Learning, Service & Practice
2nd & 3rd Sundays at 11:30 am
Community Lunch | 2nd & 3rd Sundays at 12:30 pm
Social Hour Coffee, Cookies & Conversation
1st, 4th, 5th Sundays at 11:15 am
Drop-in Covenant Group | 1st Sundays at 11:30 am
Dances of Universal Peace | 3rd Sunday at 7 pm
Taize at Concord UU | 2nd Sunday at 7 pm
UU Worship at Havenwood | 1st Thursday at 2 pm
Choir Rehearsal | most Thursdays, 7-8:30 pm
Choir Warmup | most Sundays, 9:15 am
Visiting Voices | 2nd Saturdays - 9 am off-site warmup, 10am at Merrimack Valley Nursing Home
Noah Project on Sustainability | Sunday at 9 am
Youth Group - most Fridays at 7 pm
Games and Chocolate | 1st Fridays at 6:30 pm
Friendly Kitchen prep & serve day | 1st Wed at 3 pm
UU Book Group | 4th Wednesday at 4 pm
Family Covenant Group | 2nd Fridays at 6 pm
(please contact organizers before attending)
Parents of Teens Covenant Group | 3rd Fri at 7 pm
(please contact organizers before attending)
Journey Continues Wisdom Circle
2nd Sundays at 11:30 am
Caring for Aging Loved Ones Support Group
4th Sundays at 7 pm
Come As You Are LGBTQ+ AA | Mondays 6-7 pm
Memory Loss Support | 2nd, 4th Tuesdays at 10 am
Mindfulness Practice Group | 2nd, 4th Mon. at 7 pm
Meditation | Tuesdays at 7 pm
Board of Trustees | 2nd Wednesday at 6:30 pm



2nd Sunday Transportation to Church

If you are looking for transportation to church on 2nd Sundays of the month, please let the Linda Williams (Inilemud@msn.com) or the office know. One of our volunteer transportation associates will come and pick you up and bring you to church in time for the 10 am service. In the future we hope to offer this service more than once a month. For now, we are committed to providing transportation associates on Feb 10, Mar 10, Apr 14, May 12, and Jun 9. If you are able to serve as a transportation associate on any of those dates, please let Linda Williams (Inilemud@msn.com) or the office know.

New Office Roles

Heidi Page, Office Administrator

- Maintains the church master calendar
- Accepts room reservations for church events
- Arranges room rentals (excluding long-term leases)
- Shares creation of the weekly eBulletin with Lorraine Ellis (submit to ebulletin@concorduu.org)
- Produces Parish Notes (submit to parishnotes@concorduu.org)
- Helps Michael (or other pulpit guest) to create the weekly order of service

Lea Smith, Director of Membership and Administration

- Maintains the church's financial records; answers your budget questions
- Processes accounts payable and reimbursement checks (include your receipt with pink reimbursement form)
- Responds to building emergencies (with the Facility Manager and Building Maintenance Committee)
- Negotiates long term leases and serves as liaison with lessees
- Manages the church membership database and directory updates
- Welcomes newcomers and helps them get connected

Staff

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

Rev. Lyn Marshall,
Minister of Lifespan Faith Development
224-0291 x3(office) 568-8084 (cell),
lyn@concorduu.org

Calvin Herst, Accompanist
calvin@concorduu.org

Linda Mai, Choir Director
linda@concorduu.org

Lea Smith, Dir. of Membership & Administration
224-0291 x4 lea@concorduu.org

Heidi Page, Office Administrator
224-0291 x2 heidi@concorduu.org

Kathie Martin, Facility Manager
717-5268 (emergency only)

Officers

Anne Zinkin, Moderator
Sara McNeil, Clerk
Karen Mayo, Treasurer
Jack Wakelin, Custodian of Trust Funds
Beth Corcoran & Lorraine Ellis,
Assistant Treasurers

Board of Trustees

Dick Bennett, Chair
Anne Drewniak, Vice-Chair
Ann Hoey, Secretary
Gary Schroeder
Kelly Mahony
Tom Fredenburg

Upcoming Parish Notes NEW Deadline

March 2019 issue: Wed, February 20 at noon

Email submissions in the body of an email (not as an attachment) to parishnotes@concorduu.org

Submissions are accepted for church-related items that have been approved by a committee, church-affiliated group or staff person. The editor may edit for clarity or to fit available space.

Unitarian Universalist Church of Concord

274 Pleasant Street
Concord, NH 03301-2551
603-224-0291
office@concorduu.org
www.concorduu.org

RETURN SERVICE REQUESTED

**JOIN US FOR WORSHIP AND FAITH DEVELOPMENT
ON SUNDAYS**

10:00 am **Worship Service**

11:30 am **Sunday School for Children**
(1st, 2nd, 3rd Sundays)

11:30 am **Second Hour Adult Learning, Service and Practice**
(2nd & 3rd Sundays)

