

PARISH NOTES

Newsletter of the Unitarian Universalist
Church of Concord

Bring a Friend to the Membership Fair on October 6

On Bring-a-Friend Sunday, our Membership Fair will offer a glimpse into the many opportunities the church offers for learning, service, alternative worship, and more. Learn about "Second Hour" programs for adults, and what our Young Explorers are up to in our kids' programs. Find out about family friendly programs like Games & Chocolate. Are you musical? Maybe Choir, Drum Circle or the new Recorder Group are for you. Learn how you can serve homeless families through Family Promise, new Americans through UU Friends of Refugees, or our own church members in times of trouble through the Caring Network. Explore the meditation and mindfulness groups and retreats we offer. Over 40 church programs will be represented!

Do you have a friend that might appreciate our welcoming community? Most UUs don't want to proselytize, so it can be hard to find the right way to invite them. How about, "You seem like you might enjoy a community of people who celebrate diversity. My church is having a special day called Bring-a-Friend Sunday. Would you like to join me?"



Whether you are newcomer or an old-timer, you will surely learn about something our church offers you didn't know about!

You BELONG Here

- *Learn about groups,*
- *Find a group to belong to,*
- *Share your skills & interests,*
- *Be the change, and*
- *Make new friends.*

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...and so much more!

SUNDAY WORSHIP

Sunday Worship is at 10 am

IN PERSON AND LIVESTREAM AT WWW.CONCORDUU.ORG/LIVE

10/6/2024 “Proud Protestations of Faith; The Life and Faith of Oscar Hammerstein II”

Rev. Denise Tracy

One of the greatest American lyricists, Oscar Hammerstein was a lifelong Unitarian Universalist. Once you know this about him, his lyrics communicate our faith to the world from the stages of Broadway, London and beyond.

Rev. Tracy was the 8th woman employed in Ministry in the 1970's wave of feminism. She has had ministries on campus (Hartford 74-76), Parish (Greater Lansing, Mi 76-84), UUA District Executive (Central Midwest 84-92), Consultant (Alban 92-07), Interims in South Bend, Cincinnati and San Mateo. She was awarded the MLK Community Service Award for her city of Elgin, IL in 2014. In June she published a book, *WomanSpirit: The Rise of Feminism and the Empowerment of Women in Liberal Religion*.

10/13/2024 “Deeply Listening Within” Rev. Michael Leuchtenberger

An “Enter in Silence” Sunday | Becoming aware is fundamental to our ability to be intentional about our choices, our relationships, our understanding of existence. The practice of “deeply listening within” to the physical sensations that are present - prior to any thoughts formed by our minds - can be an essential part of growing our awareness. How can we use that awareness to slow down our reactivity and make space for a mind-engaged, deliberate response? Michael will reflect on the six filters that often get triggered when he takes the time to deeply listen within. Please enter the sanctuary in the spirit of silence, giving yourself and others a chance to connect with the stillness inside.

10/20/2024 “Counting Judgments” Rev. Michael Leuchtenberger

What happens when we feel judged - by friends or family, by strangers online or in person, by opponents, competitors, or the gremlins in our own minds? What happens when we don't feel judged, when we are in low judgment spaces? What if we took seriously becoming aware of the nature and frequency of our own judgments as a first step? Throughout the service, congregants will have the opportunity to use hand-held counters to keep track of each time judgment arises - judgment of the preacher, the musicians, fellow congregants, judgment of yourself. At the end, we will compare counts and imagine other ways to disrupt the flow and impact of judgments in our lives.

10/27/2024 “Four Noble Truths - Inverted” Rev. Michael Leuchtenberger

The “Four Noble Truths” are a core teaching of Buddhism that identify the nature of suffering, its cause, and the path to end it. The service will reflect on the relevance of those truths to our lives today. We will then imagine a parallel starting place to our inquiry into existence. We will look at the truth of joyousness (versus the truth of suffering), as an innate characteristic of being alive. And Michael will postulate several “root causes” of joyousness, drawing a parallel to the root causes of suffering named by the Buddha. He will then make the case that the experience of joyousness can be expanded, the Third Noble Truth, but inverted, and that there is a path to joyousness just like there is a path to the end of suffering.

Solace Circles: Gathering in Spirit, Silence, and Solace in Troubled Times

Friday October 4th and Friday November 1st
from 6:00-7:00pm

Submitted by Renee West

Are the contents of what you're seeing on your screens getting you down, making you anxious, or causing you to feel overwhelmed? Whether it's watching world events on your TV or reading about national politics on your smartphone, or maybe something a little closer to home on your computer, this is an opportunity to put down your rectangles and join with others, led by Jim Curley, in a Solace Circle on the first Fridays of October and November from 6:00-7:00 in the Parlor. We'll make space for meditation, chanting, speaking about what's heavy on our hearts during these turbulent and challenging times. For these soul-soothing events, walk-ins are most welcomed, and if you have any questions, please write to me at yolandor@icloud.com.

Stay home if you're sick

Please offer others a gift by staying home to watch the [livestream](#) if you have symptoms of a cold, flu, or COVID. There's nothing heroic about showing up when you're sick. We'll miss you!

We are mask-friendly and mask-optional, and N95 masks are available at the church for those who choose to wear them.

FOR A
TIME,
I REST
IN THE
GRACE
OF THE
WORLD
AND AM
FREE.

WENDELL BERRY



Minister's Challenge is Back

Do you use sustainable practices at home, attend church and family events, and donate clothes or toys to local causes? Would you like to actively participate in acts of kindness in your community, and engage in practices that put our faith into action? Would you like your children to engage in these things as well? If so, then the Minister's Challenge is for you!

On Sundays, stop by the greeter's table just outside the church office and pick up a list of challenge items. We have lists for children, teens and adults. Each completed challenge item will earn points, with adults working toward earning ribbons to decorate your church name tag. Children will receive a sticker or stamp on the spot each Sunday that they check in at the Minister's Challenge table—and they will be invited to ring our bell of Good News.

All participants earning points will “vote” with a marble in a jar for one of three fun and engaging events. The first jar that gets filled will determine the group celebration to be held at the conclusion of the Minister's Challenge later this fall.

For more information, ask the church office or check your church directory for the contact info of Karen Cox or Mary Sheys (Elm).





October 27 is EVERYBODY'S BIRTHDAY!

At social time on October 27th at 11:15am, we will be having a birthday party for YOU and YOU and YOU! Join us for cupcakes and meet other congregants who share your birth month, perhaps meet a birthday twin and get to know someone new! All are welcome and encouraged to join the party as we celebrate EVERYBODY! We also will be decorating cupcakes as a service project to deliver to a shelter.



UU Greeters Roundup | October 27 at 11:45

SUBMITTED BY JEFF ABBE FOR THE MEMBERSHIP STEERING TEAM

The Sunday UU Greeters are seeking a few more people to welcome new visitors and seasoned members alike. We ask all visitors to make a name tag so we know who they are, and to sign into the visitor's book. Greeting also helps to meet new friends easily. We watch for people possibly needing assistance or just giving that friendly hello upon arrival.

Please come to an **information session on Sunday October 27th** at 11:45 to learn more about this important aspect of welcoming everyone to our church. We will have a greeter workshop and feedback session on how we can be the best greeters possible. This meeting is for current and wanna be greeters, so put on your smile and welcome everyone. We will learn how to ask the right questions. Greeting at the Newcomers Cable and during Social Time is also how we may connect with new visitors, being sure to find a common interest that may engage newbies to our vibrant community.



Happiness is A Muscle: Wisdom and Practices from Positive Psychology

Positive Psychology is the study and practice of behaviors and attitudes that help human beings to thrive, to be happier. Positive Psychology posits that while life has its difficulties, it is within our individual and collective power to be happier. This interactive, fun class will offer a mix of information and plenty of practices to explore what helps you thrive. You may attend one or all of the sessions. Each will stand alone while building on each other. This class is open to all, both UU congregants and community members.

This **six-session class** will be offered during the Second Hour time slot from 11:30 a.m.-12:30 p.m. on the second and third Sundays of October, November and December.

Session 1 (October 13): Introduction to Positive Psychology and Strengths Are Our Secret Sauce [What Positive Psychology is and how we can consciously use our strengths to thrive.]

Session 2 (October 20): Change, Resilience and A Growth Mindset [How we can learn to be more resilient and see our lives as a living experiment]

Session 3 (November 10): Relationships and Service Matter [We will explore how relationships trump all when it comes to happiness, and how helping others serves us.]

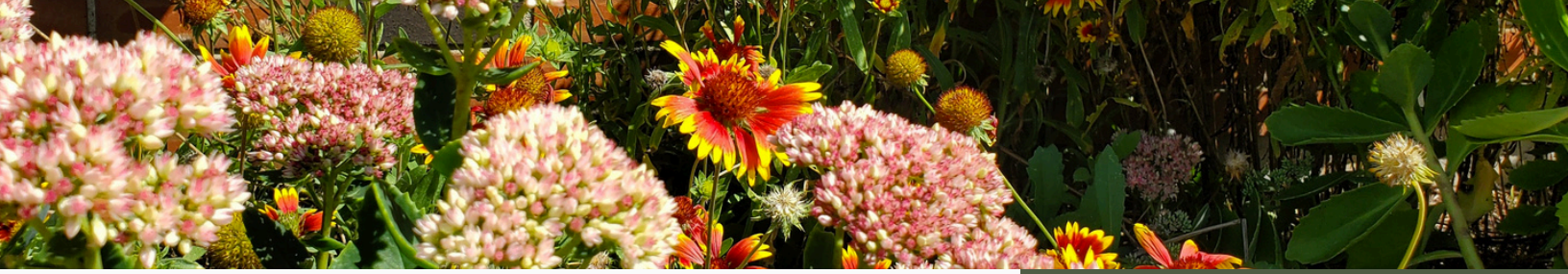
Session 4 (November 17): Appreciation Appreciates [We will look at how what we focus on grows and how to use this information to augment our happiness.]

Session 5 (December 8): Mind Body Connection [Human beings are a mix of mind and body. We'll look at how the two can support each other.]

Session 6 (December 15): Going Forward... Happier

The class will be taught by UU Church member Betsy Black, who has studied, taught and practiced these principles for 10+ years.

---Offered by the Contemplative Practices Group



Aging Together: Blessings and Challenges of Aging

Submitted by Rev. Pat Hoertdoerfer

**8 Monthly gatherings on Second Fridays in 2024-2025
beginning October 11, 2024
11 am to 1 pm**

Circle conversations in the parlor followed by a light lunch

Let's gather in Circles of Healing and Wholeness to share stories from our years of life experience, dwell in questions essential to life, harvest wisdom from our ancestors, and explore ways to live more fully our UU values.

Since the day we were born we are aging! From Source to Mystery, we dwell in essential questions.

Where did we come from?
What are we?
Where are we going?
Why do you/I get up in the morning?
Does my life matter?
How then shall we live these coming years?

You are invited to come HOME to your true self in a monthly Unitarian Universalist community of healing & wholeness.

Please RSVP:
Rev. Pat Hoertdoerfer to receive Aging Together agenda & resources phoertdoerfer@metrocast.net

Rev. Michael Leuchtenberger with your questions & transportation needs michael@concorduu.org.

YOUTH IS
A GIFT
OF
NATURE,
BUT AGE
IS A
WORK OF
ART.



Pancakes, Play, & Planting Peace Saturday, Oct 5 | 9-11 am

Join us for a pancake breakfast, games, music, and a service project designed to be fun for all ages. Bring your own kids or your grandkids, or just come enjoy eating, playing, and working together to make the world a little bit better. This month we will be decorating pumpkins. All are welcome to this fun event!



Help us create this year's Yule Celebration

Autumn is upon us, the leaves are turning, the nights are getting longer, there's a bit of chill in the air. We are into harvest season and then we will welcome winter. That will culminate with the Winter Solstice.

Every year the Earth Centered Spirituality Group hosts the Yule service, this year on December 21. We are getting that organized now, but we need more help. This year about half our team is unavailable so we're asking the UU community to join and help us make our biggest service of the year a success.

We have openings for everything: from setup/breakdown, to lighting, to dancers, to speaking parts. We are especially looking for more musicians and singers. There will be rehearsals in December. If you are interested please use this signup link.

<https://uuconcordnh.breezechms.com/form/2024YuleSignup>

If you have any questions you can send an email to paganways@uuecsg.org. Thank you for your consideration and we look forward to seeing you at our upcoming events.



Music Ministry News

SUBMITTED BY REV. MICHAEL LEUCHTENBERGER

On September 26, 2024, about twenty congregants came together for a Music Ministry Meeting, creating a wide-ranging and somewhat awe-inspiring list of current offerings and activities involving music in and around church. Participants then brainstormed an even longer list of creative ideas ready to engage the music-related interests and talents of our congregation. For a number of ideas, volunteer leaders and team members stepped up, ready to explore how best to make them a reality. There will be a **follow-up meeting, open to all, on Thursday, October 24, 2024 at 5 pm** to evaluate progress and hold ourselves accountable. A link to the [Agenda & Notes](#) of the meeting can be found [here](#). (If you are reading a paper copy of Parish Notes, please ask the church office for the notes.)

Wayside Pulpit needs volunteers

SUBMITTED BY PETER BARTLETT

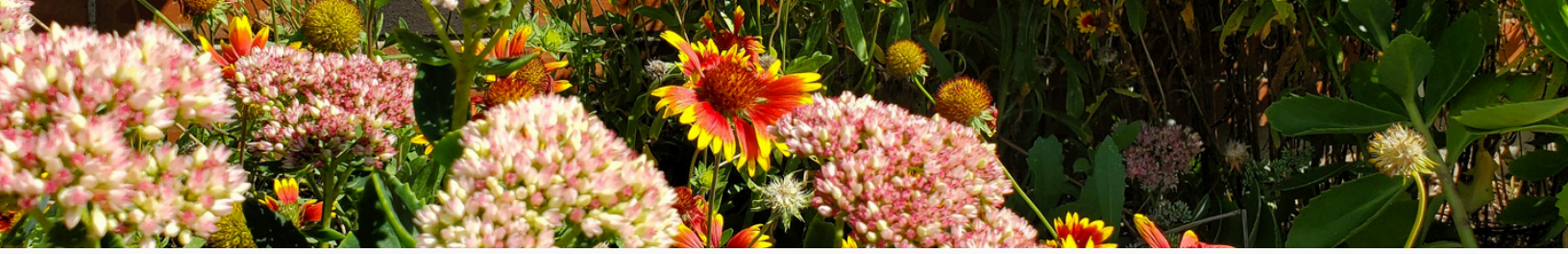
Do you like to do research? Do you like to find the perfect insightful, provocative, pithy, witty quote to go with Sunday's sermon topic? Do you not mind occasionally wading through snow on a bright winter morning to change letters on a signboard?

Then joining the Wayside Pulpit team is the perfect volunteer opportunity for you. The Wayside Team needs a couple of additional volunteers to take turns, posting each week, sermon topics and quotes on the Wayside Pulpit signboard in front of the Church. If you join the current team, your turn will come up one or fewer times each month throughout the year.

To learn more, come see us at the Membership Fair at 11:15 on Sunday, October 6.

A MIND IS
LIKE A
PARACHUTE.
IT DOESN'T
WORK IF IT
ISN'T OPEN.

FRANK ZAPPA



Ecological Land Management (ELM) and Grounds Teams tackle invasive plants

Grounds and ELM Gratitude to . . .

. . . the Great Group who Gathered on Sunday, Sept. 15 who helped to Grapple with our Ghastly invasives and other Grounds to-dos:

. . . Andy Duncan, Laurel Horne, Fran Philippe, Dana Sansom, Nancy Wood, Mike Rivera-Berry and Nancy Wills for digging out invasives in the Memorial Garden above the wall,

. . . Irene Hanslin and Joe Sewell for edging and mulching around the large rhododendron outside the kitchen,

. . . and Jim Curley and Bob Lyon for clearing a path to a new area in which to put our grounds debris for composting.

Work days like this are very important in accomplishing the goals of the two teams and all help is greatly appreciated. Our next work days are Oct 10 at 9am and Oct 20 before the community lunch. Our fall all-church grounds cleanup will be Nov 3. Reserve the dates on your calendars now.





Fall 2024 ELM Goals

Memorial Garden

- Identify plantings from original landscaper's map
- flag them - and invasives to remove
- continue invasives removal

Front lawn area

- aerate lawn with a rental aerator
- have auction compost delivered from Lewis Farm
- spread compost using rental spreader
- plant white clover



National Resources Conservation Service proposal

- continue plans

Continue flagging:

- invasives (yellow)
- aggressives (orange)
- keepers (green)





Habla Espanol?

SUBMITTED BY NANCY WOOD

Did you have some Spanish classes or speaking experience in the past? Would you like to hear and speak it again? I would like to start a once or twice per month session where we will speak in Spanish. The emphasis will be on hearing and speaking the language. (Probably with bad grammar and funny verb tenses) we will pick every-day topics. If you think you might be interested, please send your preferred meeting times in the evening or day to Nancy Wood nwood56@comcast.net. I will set a first meeting time and send an agenda to those interested.



We're on Instagram @UU_CHURCH_CONCORD_NH

It's new and pretty spare so far. If you would enjoy creating Instagram content for the church, reach out to Lea Smith, lea@concorduu.org.

UU Art Lovers

SUBMITTED BY ROGER BALLOU

On September 13, ten UU art lovers made an outing to the Hood Museum at Dartmouth College in Hanover. The group spent the morning in the museum's galleries, enjoyed a picnic lunch together, and in the afternoon had a private docent tour of Jose Clemente Orozco's magnificent mural series in Dartmouth's Baker Library, The Epic of American Civilization.





October Special Events

Oct 6 | Sun | Bring-a-Friend Sunday @ 10 am
Membership Fair @ 11:15 am

Oct 6-13 | Family Promise Host Week

Oct 26 | Sat | UU Action NH Annual Meeting 9 am to 2 pm

Oct 27 | Sun | Everybody's Birthday Social Time @ 11:15 am
UU Greeters Roundup @ 11:45 am

Nov 3 | Sun | All-Church Fall Grounds Clean-up @ 11:45 am (Rain Date Nov 10)

UU Action 2024 Annual Meeting October 26 | 9am to 2pm at the Concord UU Church

Join UU Action NH, the statewide collective action voice for UUs and partners, for a day of reflection and planning. This year's theme is Hope and Justice. We will learn from experts in the field and each other as we set our agenda and priorities for 2025.

Board of Trustees: Highlights from Sept. 11 meeting

submitted by Anne Meyers, Board Secretary

- The Board reviewed and discussed the Board Covenant
- Policy Monitoring discussion & explanation of matrices for tracking ongoing work
- Music Ministry Meeting, Onboarding our Young Explorer guides, Choir kickoff
- Framework established for our linkage project, yet to be named

Minutes of Board meetings are posted at concorduu.org/about-us/governance/board-of-trustees-meeting-minutes after they are approved.

2024-25 Recurring Events

Special Worship Services

Taize at Concord UU - every 1st Sunday @ 7pm, October through April

UU Worship at Havenwood - every 4th Thursday @ 1pm, September through May

Earth Centered Spirituality Rituals - on or near solstices, equinoxes, and cross-quarter days

Faith Exploration Events

Sermon Dialogue - 1st Sundays at 11:45am

Second Hour Adult Programs - 2nd and 3rd Sundays at 11:30am

Children's Village - 1st, 2nd, 3rd Sundays after Time for All Ages

Young Explorers Program - 1st, 2nd, 3rd Sundays at 11:15am

Elder Circles of Healing & Wholeness- 2nd Fridays @ 11 am, October through May

Covenant Groups - monthly small group ministry (contact Becky Bosse to join)

Contemplative Events

Daily Silent Morning Meditation - Daily @ 7am Zoom Only

Thursday Morning Meditation Group - Thursdays @ 7am Zoom Only non-church link

Mindful Yoga - 1st and 3rd Mondays @ 6pm

Mindfulness Practice Group - 2nd, 4th and 5th Mondays @ 6pm

Walking the Labyrinth - 1st Sundays starting @ 6pm before and after Taize Service, November through April

Social, Family, & Fellowship Events

Youth Group - 2nd and 3rd Fridays @ 7pm

Community Lunch - 2nd and 3rd Sundays @ 12:30pm

Tuesday's Welcome Table - Tuesdays @ 6pm

Games and Chocolate - 1st Fridays @ 6:30pm

Art & Appetizers - 2nd Fridays @ 6pm

Pancakes, Play & Planting Peace - 1st Saturdays @ 9am

Family Covenant Group - 3rd Fridays @ 6pm (contact organizers before attending)

Neurospicy Humans Covenant Group - 3rd Saturdays @ 6pm (contact organizers before attending)

Knitting Circle - 2nd Saturdays @ 10:00am

Musical Events

Choir Rehearsal - Thursdays, 7pm to 8:30pm

Choir Warm Up - Sundays when choir is singing @ 9am

Drum Circle - 3rd Sundays @ 7pm

Outreach Events

Friendly Kitchen prep and serve day - 1st Wednesdays @ 3pm

Healing & Helping Events

* PFLAG Support Group - 3rd Sundays @ 3pm

* Renaissance New England Transgender Group - 2nd Saturdays @ 4pm in September, November, January, March & May (contact organizers before attending)

* public support groups that meet at the church but are not church programs.



Parish Notes Deadline

Nov. issue: October 20

Submit to parishnotes@concorduu.org by 2pm on the day of the deadline.

Do you create art, poetry, or prose that says something about our church or your faith? Send it to parishnotes@concorduu.org.

Officers

Treasurer | Vacant

Custodian of Investments | Jack Wakelin
Assistant Treasurers | Lorraine Ellis, Ann West

Moderator | Barbara Keshen
Clerk | Sara McNeil

Board of Trustees

Chair | Craig Whitson
Vice-Chair | Jim Curley
Secretary | Anne Meyers
Arthoen Wolf
Susi Nord
Larry Davis

Welcome to our new Staff

Miguel Andrada will be our part-time (16 hours per week) Sexton (building and grounds caretaker.) Miguel brings a variety of handy skills, and we are thankful that he will be lending a helping hand on Sundays, as well as two additional days each week.

Bayshay Bruss joined us as a Childcare Helper in the Rainbow Room nursery. It's already apparent that the children enjoy her!

Staff

Senior Minister & Choir Director

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

Dir. of Membership & Administration

Lea Smith
603-224-0291 ext 3# | lea@concorduu.org

Church Administrator

Becky Bosse
603-224-0291 ext 1#
becky@concorduu.org

Accompanist | Vacant

Young Explorers Guides

Jana Flynn-Padick | jana@concorduu.org
Sosa Machaba | sosa@concorduu.org

Childcare Providers

Patrick Yehle & Bayshay Bruss

Custodian | Agnes Sesay

Sexton | Miguel Andrada

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RETURN SERVICE REQUESTED

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All of who you are is sacred. All of who you are is welcome.



Unitarian Universalism