

OCTOBER 2025

PARISH NOTES

Newsletter of the Unitarian Universalist
Church of Concord

WHORLED
MILKWEED
Asclepias verticillata

BUTTERFLY
WEED
Rudbeckia hirta

ORANGE
CONE
FLOWER
Rudbeckia fulgida

Taizé Service Returns October 5 at 7 pm

Our monthly Taizé-style services are on the first Sunday of every month (October through April), and we would love to have you join us online or in-person for an hour of meditative singing, a brief reading, a period of extended silence, and candle lights.

Contemplative music will welcome you by 6:50 pm and the service will begin at 7 pm. Online you can find the service live streamed at concorduu.org/live.

Our Taizé Service strives to be a contemplative and spiritual experience for anyone seeking inner peace and a loving, compassionate heart. As one participant put it: "A time of beauty and peace for body and spirit."



Engagement Fair
PAGE 03

Kids and Families
PAGE 04-05

Power of Myth
PAGE 06

Music Literacy
PAGE 07

Senior Singles Social Group
PAGE 08-09

Building and Grounds
PAGE 10-11

New Native Garden
PAGE 11

Blue Moon Music House
PAGE 12

October Special Events List
PAGE 13

Financial Report
PAGE 13

...and so much more!

SUNDAY WORSHIP

Worship is at 10 am

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

10/5/2025 “From Empathy to Compassion” Rev. Michael Leuchtenberger

Empathy is feeling with someone - absorbing their pain, mirroring their distress. It's powerful and connecting, but it can also be overwhelming and paralyzing. Compassion adds something crucial: it holds awareness of suffering and the desire to alleviate it, but with enough emotional equilibrium to actually be useful. It's empathy plus wisdom and action. How do we move from empathy to compassion? How do we create the space to offer what is helpful, to recognize our limits, and to help others connect to their resilience?

10/12/2025 “Letting Your Light Shine: How Self-Compassion Lights the Way” Donna Moore, Betsy Black, and Rick Mitchell

Self-compassion is a challenge for all of us. So many things can get in the way of being our own best friend. Come think about ways to tame the inner critic, change the stories we tell ourselves, and love ourselves into the present moment and connection with others.

10/19/2025 “Building Compassionate Bridges” Rev. Michael Leuchtenberger

How do we build compassionate bridges between people and communities that do not trust, respect, or value each other? So many bridges have been destroyed in recent years. Many continue to be under attack. It may take generations to re-build some of what has been lost. What foundations can we lay today? How can compassion help guide the construction needed toward a less polarized future that embraces disagreements and diversity of values without disdain and disgust?

10/26/2025 “Compassion Fatigue” Rev. Michael Leuchtenberger

When the gap between the suffering we witness and our capacity to respond become overwhelming and unbearable it is time to pause - both as individuals and as a community. Compassion fatigue is a kind of moral injury. It is crucial to name it honestly rather than push through with gritted teeth before unacknowledged fatigue hardens into cynicism or burnout. How do we give ourselves permission to rest when needed? How do we recharge the “batteries” on which our compassion depends for insight and action?

**Our theme for October is
“Cultivating Compassion.”**





Bring-a-Friend Sunday and Engagement Fair: October 5 after the worship service



Are you new and wondering what there is to do at Concord UU, beyond Sunday worship?
Hint: it's a LOT!

Or are you a long-timer who wants to keep learning, growing, and trying new things?

The Engagement Fair is the chance to check out some of our faith exploration classes, social activities, community service opportunities, and more!

Do you have a neighbor or friend that might be interested in us? Bring them along!

Displays will be set up in the Courtyard after the service.

You BELONG Here

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





Dinner and Volunteer Playshop (Safety Training) Wednesday, October 15 | 5:30-7:30pm

Creating a safe and fun environment for our children at church is a job for all of us. Join Dory on Wednesday, October 15th from 5:30-7:30pm for our yearly safety training combined with a volunteer playshop where anyone and everyone who works with children in our building will have the opportunity to learn the basics of creating a safe, fun, and healthy environment for our kids. If you do not currently assist with any of our children's programs, but think you may want to in the future, this event is for you too! Contact Dory to sign up, dory@concorduu.org.



UU Mystery Match 2025 Pen Pal Program Signs ups begin October 5th

Who will you be matched with?! We are restarting the UU mystery pen pal program!! Adult congregants who sign up will be matched with children or families who sign up to be pen pals! Send notes and letters of cheer and encouragement, tell your favorite jokes, exchange small gifts, or draw pictures! Between October 19th and November 2nd mystery matches will exchange letters in their shared envelopes. We will reveal matches at the Pancakes Play and Planting Peace Mystery Match Reveal Party on November 8th!

Sign ups begin at church on October 5th, and you will receive a Mystery Match number by email or phone on or before October 16th.

Vagabond Theatre

Vagabond Theater is a new opportunity for children 8-17 to explore their UU values through the art of theater. Theater can happen at any time, as long as one person has a story to tell. This fall, children and youth will work as a team to practice the skills of costume design, storytelling, scene design, problem solving and more, while creatively exploring UU values and the themes that shape their daily lives. They will work for 3 months, on the 1st, 2nd, and 3rd Sunday mornings to write, rehearse, and perform a script of their choosing. Led by Cynthia Riley, Vagabond theater is for children and youth ages 8 to 17 and will meet the first 3 Sundays of every month October - December in the abenaki room. Children are encouraged to register even if they are unable to attend every session.

[Register at \[uuconcordnh.breezechms.com/form/vagabondregistration\]\(https://uuconcordnh.breezechms.com/form/vagabondregistration\)](https://uuconcordnh.breezechms.com/form/vagabondregistration)



Mt. Kearsarge Intergenerational Picnic (and optional hike)

When: Sat., Oct. 4, 11-2

Where: Mt. Kearsarge, Winslow State Park

Open to all UUs. We welcome you to bring your grand children and grand parents.

Bring a picnic lunch and beverage.



Environmental and Climate Organizations You Can Support

SUBMITTED BY SUSAN B. POSLUSZNY FOR THE GREEN SANCTUARY TEAM

Climate change is one of the most important issues of our lifetime. There are so many great organizations out there working to support our planet, climate justice and more. We know you want to connect with, or just be better informed about, these organizations. Many of the organizations on this list were submitted by members of our Church community who have some information about them. We hope this list inspires you!

[Click here for our list of Environmental and Climate Organizations](#) or email greensteering@concorduu.org to request a copy of this list be sent to you via email.

If you wish to add an organization to this list, please email us at greensteering@concorduu.org



You Are Invited to Join Us in Exploring the Power of Myth!

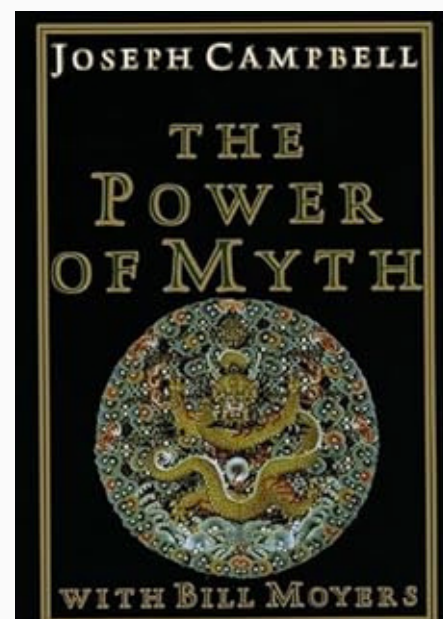
Series Begins Wed, October 15 | 6:30-8:30pm

SUBMITTED BY SUSAN CASEY AND RENEE WEST

Are you an adult or young adult interested in exploring or maybe deepening your spirituality? Are you intrigued by the stories of cultures across the globe and throughout time? From Buddhists to Navajos, Christians to troubadours, and Jung to George Lucas, myths and rituals have helped varying peoples to understand themselves and their world since the dawn of time. How can we transform or create new myths and rituals that help us to understand our time and how we can act heroically within it? How can we use myths and rituals to more deeply connect us with our lives and our bodies, to find our bliss and feel transcendent love?

Susan Casey and Renee West will host a six-part series on the *The Power of Myth*, a PBS program first broadcast in 1988. The series features journalist Bill Moyers interviewing mythologist and storyteller Professor Joseph Campbell. Running for a six-month period on the third Wednesday of each month starting October 15, please join us from 6:30-8:30pm to watch an episode and then spend time in discussion. Popcorn will be provided, but other snacks are welcomed. To RSVP, please go to uuconcordnh.breezechms.com/form/powerofmyth

If you have any questions please email Renee West via her contact information in Breeze, or email office@concorduu.org with "Power of Myth" in the subject line.





Music Literacy for Singers

Anyone curious to learn more about how to read music, how to think about rhythm, pitch, breath and anything else involved in singing, is welcome to join Krista Robichaud for 30 minutes before choir rehearsal on Thursdays, Oct 23th & 30th, in the chapel. This offering is open to anyone able to read words on a page regardless of age or participation in the choir.

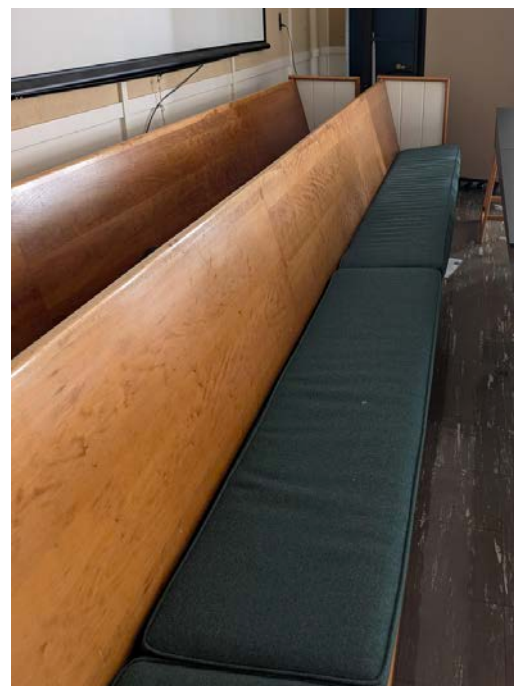
September Highlights from the Board of Trustees

- Kitchen facelift complete—an accomplishment!
- Church Year began with a fabulous fall picnic, in spite of the rain
- The new Lifespan Faith Exploration model is flourishing with new staff and offerings
- Congrats to Michael for his appointment to the UUA Music Leadership Certification Committee

You can read past Board minutes at concorduu.org/about-us/governance/board-of-trustees-meeting-minutes/

Surplus Pews in Need of New Homes - URGENT!

We have four surplus pews that are in need of new homes. In May, the Operations Leadership Team published that anyone interested in figuring out where they could be stored or used should develop a workable plan by August 31, but no one shared any plans. So, we are making one last appeal for someone to relocate the pews by October 15. To be crystal clear, the request is for someone to develop and implement a concrete plan, not just share ideas. Trudy Mott-Smith is coordinating this effort, and could use some help. If you are willing to help with finding new homes for the pews, please be in touch with Trudy by looking her up in Breeze or through the church office, office@concorduu.org.





Senior Singles Social Group

SUBMITTED BY MARTHA MAE EMERSON

Our September activities highlighted some joyful camaraderie in nature, a shared spirit of compassion and support for each other, and as always fun social connection. We hiked, we visited an orchard, we breathed deeply the fresh, cool fall air. We stepped up to reach out to members facing challenges in their lives, sharing love and support in a variety of ways as needed. We went to the movies! We came together in new ways with members stepping up to contribute time and energy to our growing SSS Group needs, working together to support the tasks of organizing activities, as well as sharing in the writing and lay out of our Sunday night Weekly Update. A very, very special thank you to all our wonderful members for stepping up, for joining in, for generosity and heartfelt support. I think we are all so grateful for each other and the beautiful energy of this group.

If you are interested in learning more about us, you are invited to attend one of our meetings or activities and decide if the SSSG is right for you. No need to preregister - just show up and you will be welcome! All single UUs aged 55+ are welcome.

To become a member and receive regular communications about our activities, email office@concorduu.org and request your name be added to our Google Group email list. If you are a member you will receive our Sunday night SSSG Weekly Update which highlights all new activities as well as reminders of recurring meetings and activities.



**UGO'S 96TH BIRTHDAY CELEBRATED WITH
SSSG AND FRIENDS**



**EMBRACING BOBBIE WITH WISHES FOR
STRENGTH AND RECOVERY**



Senior Singles Social Group Recurring Activities

Weekly Staying Active Group

When: every Wednesday, times may vary.

Where: Varied locations and activities this month. See SSSG Weekly Updates for options.

Suggestions always welcome!

Social Hour

NEW TIME!! SAME DAY, SAME PLACE

We will continue to meet the 2nd Friday each month at 1:30 instead of 10:30.

When: Friday, Oct 10 at 1:30 pm

Where: UU Church in the Abenaki Room

Monthly Meeting

When: Sunday, Oct. 28 at 1:30 pm

Where: UU Church in the Abenaki Room

Connect with other members, share ideas and interests and help to plan future activities that meet your goals for the group. DOOR PRIZE EVERY TIME!!

Topics for October meeting include:

- Check In - How everyone is doing
- Cooking Club update
- Plan November Stay Active Wednesdays' activities (option: Adopt a Spot as a Group 1 x monthly)
- Continue Discussion: Belonging - How can we promote a sense of belonging in our group? in our church community?

We also have a variety of one-time events, which you will hear about via our email list if you join.



**HAPPY HIKERS ON WINANT SWOPE
CONNECTOR TRAIL**



MOVIE NIGHT WITH SSSG AND GUESTS

Restoration of Structural Beam Ends

SUBMITTED BY NANCY WOOD FOR THE BUILDING MAINTENANCE COMMITTEE

In September 2025, Franz Vail (Building Maintenance Committee chair) and three helpers (Dennis Casey, Jeff Abbe, Craig Thomas) worked on restoring the beam ends on the north side of the church. It involves sanding, penetrating epoxy, putting epoxy paste/putty into cracks and painting them black.

In August 2024, Franz completed the restoration of five beam ends at the chapel.



Memorial Garden has a new bench

SUBMITTED BY NANCY WOOD FOR THE MEMORIAL GARDEN COMMITTEE



A new bench is by the columbarium which holds the ashes of former members and friends of the church. The Memorial Garden is a peaceful place to visit in Autumn. Take the stairs behind the church, or take a graded path left of the stairs, or at the end of the parking lot, next to the garage.

Many thanks to those who made it happen. Warren Haslam and Nancy Wood assembled the TREX bench. Dana Sansom, Michelle Fischer (Landscape), and Nancy Wood dug out the location and filled in stone dust. Jeff Abbe created cement footings and secured the bench.



New Entrance Garden is all NH native plants

The entrance garden is a blooming home to happy bees, and the plants are all NH natives! Thanks to Ellie Peabody, volunteer with NH Audubon's McLane Center pollinator garden, each plant species is identified with plant labels that provide the common and scientific name. A HUGE Grounds Gratitude to her for graciously donating her time and the labels free of charge. This project is a part of our Ecological Land Management Group's mission to do such plantings on our property to benefit our imperiled native pollinators and for public education. Stop by for a visit - and some inspiration!

Photos and articles on this page submitted by Fran Philippe. This issue's cover photo, and the photos at the top of the pages, are also of the new native entrance garden.



Fall Grounds Clean-up | November 2 after the worship service

Our all-church fall clean-up is just around the corner, on November 2nd, with the foul-weather date of the 9th. Take part in this family activity to prepare our grounds for the long winter, ready for spring. All are welcome, young and old. We have "jobs" for everyone, and a light lunch will be provided.





Blue Moon Music House

All are welcome at our monthly “open mic” for musicians at poets at Concord UU. Our October 14 theme will be “The Golden Hour/Twilight,” an atmospheric theme focusing on the Fall transition. For more info, or to sign up to perform or help out, go to concorduu.org/blue-moon

Kimball Jenkins is hosting a series of free community events around the holidays, and Blue Moon Music House has been asked to host a family-friendly holiday Open Mic on Saturday, December 13, from 6-8:30pm! Michael Leuchtenberger will be the MC. Sign up at the door starting at 6pm. This is a non-denominational holiday Open Mic, so we're open to all ages and any kind of holiday-themed song or performance for this event.

More information to follow as we get closer.



**Blue Moon
Music House**
2nd Tuesdays
7:00 to 9:30 pm
concorduu.org/blue-moon



October Special Events

Oct 4 | Sat | Intergenerational Picnic & Hike at Mount Kearsarge 11 am to 2 pm
Oct 5 | Sun | Bring-a-Friend Sunday @ 10 am
Engagement Fair with Children's Classrooms Open House @ 11:15 am
Exploring Membership Class #2 @ 1pm
Oct 5-12 | Family Promise Host Week
Oct 9 | Thurs | Earth Centered Spirituality Group Sacred Geometry Art Workshop @ 7 pm
Oct 11 | Sat | CROP Hunger Walk (for Church World Service) @ 9am
Oct 15 | Wed | Dinner & Volunteer Playshop for Children's Programs @ 5:30 pm
Oct 19 | Sun | OWL Info Session @ 11:15 am
Oct 23 | Thurs | Choir Open House - Sing & Social @ 7 pm
Oct 23-28 | Thu-Tues | WindowDressers Build
Oct 26 | Sun | Green Burial Info Session @ 11:45 am
Nov 1 | Sat | Samhain Ritual @ 7 pm - Earth Centered Spirituality Group
Nov 2 | Sun | Everybody's Birthday Social Hour @ 11:15 am
All-Church Fall Grounds Clean-up (Rain Date Nov 9)

Fiscal Year 2024-25 ended with a surplus

Our fiscal year ending July 31, 2025 had a wonderfully successful year in our operating budget. Our operating budget ended the year with an operating surplus of \$2,790. However, we spent \$2,615 on a capital expense (tech deck computer) using operating income, as planned. In essence, we ended the year with a surplus of \$175.

We had budgeted for a shortfall of about \$11,000, which would have been covered by the Operating Reserve Fund (ORF). No withdrawal from the ORF was needed. In addition, we received a windfall of \$17,434 from the George Griffin Trust, which would have made the surplus that much larger. Instead, it was transferred to the Operating Reserve Fund as the congregation voted at the 2025 Annual Meeting. Therefore, the total in the Operating Reserve Fund as of July 31, 2025 has increased to \$48,147.

Email Lea Smith at lea@concorduu.org if you'd like to see the end of year financial reports.

We are an Honor & Leadership Congregation

The Annual Program Fund office of the Unitarian Universalist Association announced that our congregation achieved Leadership Congregation recognition for 2025. Leadership Congregations are the 50 most generous Honor Congregations, and the ten most generous Honor Congregations in each Region for the prior Fiscal Year (2024). Honor Congregations are those that give the full requested contribution to the UUA.

The UUA wrote: *Thank you for being a Leadership Congregation and your unwavering support and continued generosity!*



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

Recurring Faith Exploration Events

Sermon Dialogue - 1st, 4th & 5th Sundays at 11:45am

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

Young Explorers Program - 1st, 2nd, 3rd Sundays @ 10am, September 14 through May

Youth Group - 1st, 2nd and 3rd Fridays @ 7pm (new youth contact Michael before attending)

Elder Circles of Healing & Wholeness - 2nd Fridays @ 10:30am, October through May

Covenant Groups - monthly small group ministry (open enrollment in January)

Power of Myth Viewing and Discussion - 3rd Wednesdays at 6:30pm, October through March

Recurring Contemplative Events

Daily Silent Morning Meditation - Daily @ 7am Zoom Only

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

Mindful Yoga - 1st, 3rd and 5th Mondays @ 6:30pm, Sept through May

Mindfulness Practice Group - 2nd and 4th Mondays @ 6:30pm, Sept through May

Recurring Social, Family, & Fellowship Events

Community Lunch - 2nd and 3rd Sundays @ 12:30pm, September through May

Tuesday's Welcome Table - Tuesdays @ 6pm, Sept 9 through June 9

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

Art & Appetizers - 2nd Fridays @ 6pm

Pancakes, Play & Planting Peace - 2nd Saturdays @ 9am

Knitting Group - 2nd Saturdays @ 10am

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

Neurospicy Humans Group - 3rd Saturdays @ 6pm

Recurring Musical Events

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

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

Drum Circle - 3rd Sundays @ 7pm

Blue Moon Music House - 2nd Tuesdays @ 7pm

Recurring Outreach Events

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

Recurring Healing & Helping Events

Concord Area Support Group for People with Parkinson's and their Care Partners - 1st Tuesdays @ 10am

* PFLAG Support Group - 3rd Sundays @ 3pm

* Renaissance New England Transgender Group - 2nd Saturdays @ 3pm in September, November, January, March & May (please contact organizers before attending)

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



Parish Notes Deadline

Nov issue: October 19

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

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

Moderator | Barbara Keshen
Clerk | Ann Hoey

Board of Trustees

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

Fire Drill coming soon

We conduct an annual fire drill at the end of a worship service in October. If you hear the alarm or see the strobe lights in the Sanctuary, exit through the **rear doors** of the Sanctuary. Move away from the building and proceed to the **back parking lot** immediately so you are not in the way of emergency vehicles. Parents should **NOT** go to classrooms to collect their children. The caregivers will evacuate them and meet up with you at the back of the parking lot. Children will not be dismissed to their parents until all are accounted for.

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 | Heather Maconaghy

heather@concorduu.org

Family Engagement Coordinator

Dory LeCount | dory@concorduu.org

Young Explorers Guides

Beth Draper & Amir Robertson

Childcare Providers

Bayshay Bruss, Riley Carr

Youth Group Assistant

Amir Robertson

Custodian | Agnes Sesay

Sexton | Russell Perseveres

UNITARIAN UNIVERSALIST CHURCH OF CONCORD
274 PLEASANT STREET
CONCORD, NH 03301-2551

OFFICE@CONCORDUU.ORG
WWW.CONCORDUU.ORG
603-224-0291

RETURN SERVICE REQUESTED

