

PARISH NOTES

Newsletter of the Unitarian Universalist Church of Concord



The Gift of Welcome

REV. LYN MARSHALL
MINISTER OF LIFESPAN FAITH DEVELOPMENT

Have you ever received a gift of welcome that made you feel beloved, like the person or people welcoming you are truly delighted to have you with them? I hope so. I hope each and every one of you can think of a time when someone else greeted you, or beckoned you over to their table, or invited you to join them in an activity, or scootched over on a bench because they wanted to sit next to YOU.

Welcoming the stranger is a value many religious traditions embrace. In Unitarian Universalism, sometimes we speak of “radical welcome” or “radical hospitality,” meaning we strive to offer welcome to people across all manner of differences - differences of gender expression, sexual orientation, race, class, abilities, religion, culture... and at least in theory, even differences of political affiliation.

As we gather again in beloved community, how will we welcome one another? A team has been working over the summer to make sure our Fall Picnic will be as welcoming and accessible as possible for people with disabilities. A committee is working on making our sanctuary fully accessible. But all the ramps and accommodations we can think of do not replace a warm smile, a curious question that creates a deeper a connection between two people, someone noticing that person who is standing alone at social time and inviting them into conversation, or noticing a child and getting down to their level to say hello. As we gather again, how would you like to be welcomed, and what can you do to make our congregation the most welcoming version of itself?

I can't wait to see you around our campus!

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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

9/3/2023 “The Theology of the Wizard of Oz” Rev. Denise Tracy

Every one of us has a story about the Wizard of Oz. What can we learn about our own faith as we study this magical story?

9/10/2023 “The Gift of Welcome: A Water Communion Service” Rev. Michael Leuchtenberger

As we re-gather in our beautiful sanctuary for our annual water communion service, may we all experience the gift of feeling welcomed, by music, by friendly faces, by open hearts, a caring community, and the joy and curiosity of a Beginner’s Mind.

Our water communion ritual honors the varied stories that join us together - again and again, or for the first time. Share your story of Friendship & Community, of Spiritual Growth & Learning, of Sorrow, Sacred Places, or Works of Justice. Bring some water that has blessed you this summer, directly or symbolically. Spare water will be available for all. The fall picnic will follow, including the dying of my hair in hot pink (as promised during the auction in June).

9/17/2023 “Welcoming Our Selves” Rev. Michael Leuchtenberger

We aspire to welcome, value and engage the diverse parts of humanity that surround us. What if we approached the diverse parts within us, the varied subpersonalities that make up our “internal family,” with similar sincerity - including those we’d rather ignore or keep at bay? What if we can’t truly welcome those around us until we have figured out how to welcome that “internal family” with respect, curiosity, and empathy? What if we followed the Nedlog Rule (the Golden Rule reversed)? Treating our selves the way we want to treat others.

9/24/2023 “The Answer to Everything: Curiosity” Rev. Michael Leuchtenberger

Forgiveness and creativity, wonder and compassion, love and courage, and just about everything else that makes life interesting and worthwhile, depends on our willingness to welcome curiosity into our way of being. It cracks open the doors we didn’t realize existed. It doesn’t take sides as we explore different perspectives. It doesn’t insist on a particular path or outcome. Clearly curiosity is (embedded in finding) the answer to everything. And if you don’t think so, get curious and ask yourself why?





We Love Sunday Mornings at Concord UU

Our new church year launches on September 10! This is the general pattern September through June, but it is a little different in September due to the mid-month launch. As always, see our online calendar for the latest updates at www.concorduu.org/calendar.

1st Sundays

9am to 9:45am: Choir Warmup

10am to 11:15am: Worship Service

(Nursery care available for ages 0-4. Older children attend Worship with their families)

11:30am to 12:30pm: Children's Faith Development Classes

11:15am to 11:45am: Social Time: Coffee, Cookies, and Conversation

11:45am to 12:45pm: Sermon Dialogue

2nd & 3rd Sundays

9am to 9:45am: Choir Warmup

10am to 11:15am: Worship Service

(Nursery care available for ages 0-4. Older children attend Worship with their families)

11:30am to 12:30pm: "Second Hour" Adult Learning, Service & Practice

(Sermon Dialogue, Contemplative Practice, & other activities)

11:30am to 12:30pm: Children's Faith Development Classes

12:30pm to 1:30pm: Community Lunch

4th & 5th Sundays

9am to 9:45am: Choir Warmup

10am to 11:15am: Worship Service

(Nursery care available for ages 0-4. Older children attend Worship with their families)

11:15am to 11:45am: Social Time: Coffee, Cookies, and Conversation

Check the banner in the Parlor on Sundays to see what's happening that day!

HAPPENING THIS SUNDAY			
Social Time	Children's Faith Exploration	2nd Hour Adult Programs	Community Luncheon
After Service	11:30-12:30	11:30-12:30	12:30
			

FALL PICNIC SEPTEMBER 10

After worship on Sunday, September 10th, we will celebrate our fellowship and the beginning of our church year with our Fall Family Potluck Picnic, which really wouldn't be the same without YOU! This is a family-friendly event, so please bring your kids—as a bonus, we WILL have a bouncy house! While adults are asked to donate \$6 - \$8 if possible, to support the cost of the picnic, kids eat for free!

As in past years, we'll provide the usuals: grilled items (including vegan/vegetarian options), chips, and beverages, but need your scrumptious side dishes and delicious desserts as well. Also needed are many hands to make light work of this special event! Signup sheets will be available for those coming to church, or you can sign up via this link: <https://uuconcordnh.breezechms.com/form/picnic>. If you have any questions, please email Renee West at yolador@icloud.com.

We are working to make our events, including Social Time, more inclusive and accessible as well as environmentally sustainable; to learn more, please see the article "Caring for Our Fellows in Fellowship" elsewhere in Parish Notes.



Picnic Food-Prep Shindig Sept 9 at 9:30 am

In a new effort to ensure that we have plenty of picnic food, let's build community and have fun while we provide for each other's lunch. Gather at church for two hours of picnic food prep under the capable direction of Michael Leuchtenberger.



Bring-a-Friend Sunday and Membership Fair: September 24

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?"

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 curricula are offered for children. Find out about family friendly programs like Games & Chocolate. Consider if a Covenant Group or Choir might be just the thing to help you connect more deeply with the congregation. Learn how to use our fabulous electronic directory and get your photo taken for it. Explore the meditation and mindfulness groups and retreats we offer. And more!

Displays will be set up in the Courtyard after the service. If you lead any church program, you are invited to have a display. Please let Lea Smith (lea@concorduu.org) know if you would like to have some table space to share your church activity or project.

Church Office Hours Tuesday to Friday 10 am to 2 pm

On Tuesday Sept 5, the church office hours will resume their regular (non-summer) schedule: Tuesday to Friday 10 am and 2 pm. These are the regularly scheduled work hours for Becky Bosse, our Office Administrator. Lea Smith, our Director of Membership & Administration, has varied hours so please make an appointment if you don't want to miss her.

On Sundays the church staff are preparing for worship and creating a welcoming atmosphere for visitors. If at all possible, please do your "church business" during the week so we can give you our full attention.



Exploring Membership Group

Sept 17 and 24, Oct 29, and Nov 19
all at 1 pm

Formal membership is a public commitment that this community is important to you and your spiritual development. It means you acknowledge your willingness to help others in their lives and spiritual and intellectual growth, and acceptance of a diversity of lifestyles and beliefs without judgment.

Membership becomes formal upon signing the membership book. Most prospective members require some time before making that commitment, attending Sunday services for at least a few months and going through a new-member program called “Exploring Membership.”

Exploring Membership groups are offered twice a year and consist of 2 hours in each of four sessions. The first two sessions are offered a week or two apart, and the third and fourth a few weeks later. Except for extenuating circumstances, which may be discussed with [Rev. Michael Leuchtenberger](#), you must attend all four sessions in order to become a member.

The groups provide a chance to present your history and spiritual journey that brought you to the UU Church and to hear the stories of others in the group. You will also learn about Unitarian Universalism in general and the way that it is expressed in our particular congregation, as well as the rights, benefits, and responsibilities of membership. During the spaces between sessions you’ll be encouraged to explore the opportunities available to you at church, get to know us better, and settle more comfortably into church life.





Family Promise Host Week Begins October 8

One way our church supports the wider community!

Our local Family Promise agency supports low income families and families experiencing homelessness achieve sustainable independence through a community based response. Family Promise focuses on three areas of support: homeless prevention, emergency shelter and graduate support services for families once they've found housing. We are involved with the emergency shelter component by being one of 13 local interfaith congregations who provide 4 weeks of emergency shelter in our church throughout the year.

We need volunteers to fill a variety of roles during the upcoming weeks of the church year. Our next week begins October 8, 2023. If you are curious about his innovative program, have questions or already know you'd like to volunteer, please contact Pam Mosca at moscapam4@gmail.com or 603-731-8786. Thank you.



UU Friends of Refugees Beach Day

Church families joined families in our Friends of Refugees program for a day of fun in the sun at Wallis Sands State Park on July 22. Want to get involved in UUFOR? Reach out to Rev. Michael Leuchtenberger, michael@concorduu.org.





Caring for Our Fellows in Fellowship

submitted by Renee West

It's been one year since Bobbie Herron and I took on the role of managing Concord UU's Fellowship activities, Social Time and our Picnics. In that time, we've made efforts to ensure that these events reflect our church's work to be more accessible and environmentally sustainable, and I'd like to offer an update on what's been done.

I'd like to start with efforts to reduce our carbon footprint. Because I manage both Fellowship events and Memorial Receptions, I was purchasing a number of disposable items for these events and increasingly felt guilty that my purchases were often running counter to our church's commitment to be more environmentally sustainable. So, I began making different choices, discovering that each choice presented an opportunity to learn something new. Take paper plates! Yes, take them, and then throw them in the trash if they have a leak-proof coating, as that coating makes it impossible for them to be recycled, at least in Concord. I then purchased other plates, but each had a problem, such as uncoated plates containing PFAS, and I had a similar learning curve with cups: plastic vs. paper vs. corn? Each choice taught me something new. At our picnics, we are now using disposables that are unbleached, post-consumer, and compostable, and are also incorporating a system for disposing of picnic waste, helping people to learn what is recyclable, what is trash, and what can be composted.

After our Spring Picnic, we heard from attendees that they found this picnic to be particularly inaccessible due to both longstanding issues as well as inadvertent oversights made in this one. Issues of accessibility are of personal concern to both Bobbie and me, so we held a discussion in late July to see what we, in collaboration with those who alerted us to these problems, could do to make our picnics more inclusive, accessible, and welcoming.

Attendees first identified specific problems, such as it being difficult to access the buffet tables under the eaves due to the narrowness of the walkways, and not having enough shaded seating or enough food for those at the end of the line. We then moved to brainstorming solutions, some of which had been suggested by staff; those included having buffet tables in Fellowship Hall for those dining in there, having servers and spotters, and having a prep party the day before where large sides are made. We also tried to consider the needs of congregants who might be easily overstimulated and/or overheated, or who have severe social anxiety.

We are implementing many of these ideas and are hopeful that this picnic will be the better for it. We're also asking for everyone to keep an eye out for where you can help; if you see someone struggling, lend a hand, and if you see a problem emerging, please alert us to it ASAP.

Bobbie and I do care for our fellows, whether they be fellow congregants or fellow creatures upon this earth, and want our area of ministry to reflect that care. If you can spot areas where we can do better, please don't hesitate to tell us—and wouldn't you know it, Social Time is a great time for just that!



The Joy of Eating Well in Community

submitted by Alice DonnaSelva

The All We Can Save Covenant Group welcomes everyone back to our church community with a heartfelt thank you for attending our community luncheon last May and for openly expressing your appreciation for our meal. Although the preparation had a few unexpected challenges, the reward of sitting with all of you and eating good healthy food that is also good for the planet made it all worth it! Read on for a quick story of our motivation for preparing a vegan lunch, our learnings, and a link to our recipes. (I promise it will take less than 5 minutes to read).

With Michael setting the example with his Tuesday night vegan dinners and Sarah Keniston leading the way, we opted at the outset to each prepare a vegan dish or two to bring to the luncheon. Going vegan was aligned with the values of our covenant group to save all we can save of our planet. According to [Project Drawdown](#) (which provides science-based “whole system” solutions and strategies for stopping climate change), “Plant-rich diets hold enormous potential for climate change mitigation if adopted on a global scale.” To put numbers to that, [their research](#) has found that, “If 50–75 percent of people adopt a healthy diet of an average 2,300 calories per day and reduce meat consumption overall, we estimate at least 54.19–78.48 gigatons of emissions could be avoided from dietary change alone.” Plant rich diets have been found to be healthier than animal rich diets and can be adopted with small behavior changes over time that add up globally to significant greenhouse gas reductions.

What did we learn from hosting the luncheon that you might benefit from?

While we all loved digging into our own plant-rich recipe repertoire or finding something new to share with each other and the church community, we wondered if we would have had more fun and it would have been more efficient to choose a few dishes to make together. We also learned that it was really important to us to listen to the service while we set up for the luncheon, so we should have reached out to Robert or Michael to make sure that happened. (This usually is already set up to go, but it had been a busy church week with many visitors to the church and things got a little mixed up). Finally, on the eve of our luncheon, one of our covenant group members became sick and could not make it. An extra pair of hands or two to set up tables would have been really helpful, and we might have reached out the night before to the church community to see if anyone could help with the set up.

The challenges strengthened our ties to each other and the joy of sharing good food and conversation with this community cannot be overstated.

If your group would like to host a community luncheon, there are many opportunities still available as we head into the church year. If you’d like it to be plant-rich, [you can find our recipes here](#), or you can talk to Alice DonnaSelva, Sarah Keniston, Judy Maloney, Marjorie Waters, or Nancy Wood.

If community luncheon hosting isn’t your thing, but you’d like to get involved in the church’s climate change action, the Green Sanctuary 2030 steering group is just forming (we are now 5) and we’d love to hear from you! You can reach out to Alice DonnaSelva (alicedonnaselva@gmail.com) or Margaret Fletcher (mfletcher.wellaware@gmail.com). We are committed to making our work together fun and productive!



Our Soul Matters Sharing Circle Group Has Some Openings

submitted by Sue Posluszny, Church Member and Soul Matters Facilitator

What is a Soul Matters Sharing Circle? It's described as an opportunity to explore and directly experience our congregation's monthly worship themes but that description doesn't do justice to the Soul Matter's group experience. For me, it offers a sacred space to connect with others and with my own intuition or inner truth. Soul Matters practices and questions provide a means to connect my faith to my everyday life in a way that has offered me great joy, perspective, and insights for dealing with life challenges. I've also made some wonderful connections with other Church members.

Another group member notes, "...one of the most important things I receive from our meetings is a sense of engagement, which fosters some kind of positive relationship with other members of our group. It's the connection that is most important to me..."

Learn More and Consider Joining Us!

Soul Matters Sharing Circle materials provide a small group experience that's similar to a Covenant Group with the addition of spiritual exercises, questions, and resources to explore each month. The materials provided are thought provoking and lead to deep, rich group sharing.

There are limited openings available in our group that meets via Zoom on the third Tuesday of each month, from 6:30-8:30 pm, beginning September 19, 2023. We invite you to join us and experience Soul Matters for yourself.

Want to know more? [Click here for a sample Soul Matters packet](#) (or email Lyn Marshall lyn@concorduu.org to get the link if you're reading this in print.)

To request to join our Soul Matters Circle, email Lyn at lyn@concorduu.org.



Ruddigore Performances

Sept 29 at 7 pm (open dress rehearsal)
Sept 30 at 7 pm
Oct 1 at 3 pm

The upcoming Gilbert and Sullivan performance at the end of September is a major fund raiser for our church. This is our very last performance produced by Concord Light Opera Company (CLOC). We are closing down! After this event all of the remaining financial assets of CLOC plus whatever money is made by the performances will be donated to our church. Please help support our church.

Mark the show dates on your calendar and attend. It will be fun!

Performances Dates of
Gilbert & Sullivan's operetta:
Ruddigore*
"The Witch's Curse"
* If you enjoy G&S Mikado you will love this show!!



PERFORMANCE DATES:
Open Dress Rehearsal – Friday Sept 29 at 7:00 – Tickets \$10.00.
Full Stage Performances – Saturday Sept. 30 at 7:00
& Sunday Oct. 1 at 3:00.
Tickets \$20.00 / \$15.00 for seniors and students
Location:
Unitarian Universalist Church
274 Pleasant St. Concord, NH
Further information – Call Linda Ashford (603) 496-1594

Grounds, growth, GREEN - goodness!!!

The rain of the summer, and recently, the lack of scorching days did wonders for everything with roots! But that means that all of us with helping hands had more to do. Our August Green Team work day was primarily to spruce up the entrances and ready the front for our opening service and picnic on Sept 10th and to take care of areas that have had growth spurts. Grounds Gratitude to all who helped and to our custodian Agnes for using some of her summer hours to keep at weeding the solar shrubs and under the panels.

Mark your calendar now, for an October Green Team work day on the 22nd, and for our all-church fall clean-up on November 12, rain date November 19.



Positive Parenting: E.N.R.I.C.H. Workshop Series Returns

Concord UU is once again offering the E.N.R.I.C.H. Workshop Series for Parents based on the book, *E.N.R.I.C.H. Your Relationship with Your Child*, authored by church member Debbie Farr. This series of three sessions will review 14 positive parenting strategies, applicable to all ages. Workshops are appropriate for all parents and any grandparents who may provide care for their grandchildren. You may choose to attend one, two, or all three as your schedule allows. All sessions will be held during Second Hour at the church. Childcare will be provided.

- Session 1 - September 17, 11:30-12:30 - We'll focus on encouragement, empathy, naming emotions, & negatives.
- Session 2 - October 8, 11:30-12:30 - This session will cover respect, reasoning, & redirection as well as identity & involvement.
- Session 3 - November 19, 11:30-12:30 - We will finish by covering communication, consequences, humor, health, & happiness as well as some specific strategies for resilience.

This workshop series is being offered free to UU members (and their guests) but a \$10 donation for the series is requested. No one will be turned away for inability to pay, however. The series does require that you purchase the book *E.N.R.I.C.H. Your Relationship With Your Child*, which is available on Amazon in paperback & Kindle. There is also a book in the church library available to borrow. The book takes a holistic approach to parenting, meshing positive psychology with family science.

For more information, please email lyn@concorduu.org.

To register for this series, go to:

uuconcordnh.breezechms.com/form/33d12d25



Community Plate Committee Seeks Your Input

Do you wonder how the Community Plate Committee (CPC) chooses the non-profits or causes that will receive our collections? Or why some plates are repeated every year? Or how to propose a recipient? Here are some answers.

The CPC tries to maintain a balance of plates that are destined for different types of communities: local, state, regional, national, international.

Also, we have begun classifying plates by the causes that are being addressed, such as, homelessness, disaster recovery, food insecurity, poverty, refugees, children's rights, the environment, and many more. We are excited that our church's 2022-2023 yearbook, available in October, will have easy to understand graphs for the first time.

The CPC wants your suggestions for the 2023-24 year. Do you want more plates that address climate change or support services for the elderly? Do you want to concentrate on causes that are close to home or have a larger scope? Do you have a specific non-profit that you'd like to see our church support?

Please send questions, comments, and suggestions to the CPC via DeborahBruss@mac.com. Or find us at coffee hour or drop a note in our mailbox in the office. You can also fill out an official blue request form found in the hallway. We look forward to hearing from you.

-- Deb Bruss, Faithe Miller Lakowicz, and Renee West

P.S. Consider joining our committee, which meets on Zoom.

May and June Community Plates

Thank you for your generosity that allowed us to share much needed funds to support these programs that are in keeping with the Seven Principles of the UUA.

5/7/2023 CASA of NH | 639.41

5/14/2023 Outreach Offerings/UU Action NH | 576.09

5/21/2023 Women's Club of Concord | 560.00

5/28/2023 CATCH | 658.25

6/4/2023 Outreach Offerings/UU Friends of Refugees | 570.97

6/11/2023 NAMI NH | 786.22

6/18/2023 Live & Let Live Farm | 638.00

6/25/2023 Granite State Progress for Gun Sense NH | 256.00



CONTEMPLATIVE PRACTICES

Please join in our welcoming community and sample any (or all!) of the many contemplative practice opportunities offered by church members this fall -- daily, weekly and one longer retreat are on offer!

Second Hour Offerings (2nd and 3rd Sundays)

Sept. 17, 2023

Chair-Assisted Yoga

Our practice will consist of a combination of Breath Techniques (Pranyama), Stretching, Strengthening & Balance Poses (Asana) as well as Mindfulness/Meditation. We will incorporate a chair as our "prop" to allow Yogis of all abilities to participate.

Leader: Susan Casey

Oct. 8 & 15, Nov. 12 & 19, Dec., 10 & 17, 2023

Study and practice sessions focused on **Buddhism for Beginners** by Jack Kornfield

Leader: Marjorie Moulton (assisted by others)

Green Sanctuary Day Long Retreat: Saturday November 11

Leaders: Margaret Fletcher and Lee Leppanen

All are invited to take time to meditate and connect deeply with ourselves and our one home, the Earth. Through contemplative practices, reflection, and dialogue we will wonder together about sacred responsibility, practical limits and our extraordinary capabilities in the face of the climate crisis.

Contemplative Knitting Circle

Second Saturday of the month, 10:30-noon

Leader: Rev. Lyn Marshall

Sunday Evening Offerings, October through April

Taize Services (Sanctuary and Live Stream)

First Sundays

A contemplative time of meditative singing, a brief reading, silence, candlelight.

Walking the Labyrinth

Second Sundays

All welcome to the meditative experience of walking our labyrinth.



The Daily Sit: 7 to 7:30 am every day on Zoom

Leaders: Rotating facilitation/self-guided

One of the good things that came out of the pandemic, the Concord UU 'Daily Sit' has been happening 7 days a week since January 2022. Born when a group of members and friends of Concord UU decided to participate virtually in a retreat led by Pema Chodron at her meditation center in Nova Scotia, participants were asked to commit to a daily meditation practice of at least 30 minutes. An online sitting group was established to provide structure and support. When the retreat was over two months later, everyone was so happy with the routine of sitting together in the morning that we decided to continue!

Any day you like, you are invited to join this online group of friends and fellow congregants in the church Zoom room at 7 AM for a 30 minute period of silent meditation. You can drop in regularly or occasionally, and come for the whole 30 minutes or show up late and/or leave early. Someone will ring a bell at the beginning and end of the 30 minutes, but everyone else will remain muted for the entire period—with the exception of the last Friday of each month, during which we sit for only 5 or 10 minutes and spend the rest of the time checking in and catching up.

For those who are new to meditation and would enjoy some guidance, we have a small library of guided audio meditation instructions that you can access from the Contemplative Practices page on the church website. As long as you keep yourself muted in Zoom, you can use your computer audio to play audio instructions or meditative music. Look for a link to the audio library in the section on The Daily Sit, or also at the bottom in the Resources area.

To join the Daily Sit, just email Becky in the church office (becky@concorduu.org) and request the link to join the Zoom room. Please join us. We love to see new faces and share the silence!

Concord Insight Meditation Sangha

The Friday Concord Insight Meditation Sangha is changing its format! The third Friday meditation group has ended but is planning to reconfigure by offering a quarterly day of in-person practice with teacher Rae Houseman, followed by a Zoom discussion soon after. Please be on the lookout for updates and a possible day of practice in the fall!



Monday Mindfulness Practice Group

Now in its 10th year!
In the Chapel and on Zoom

2nd & 4th Mondays, 6-7:30 p.m.

- 2nd Mondays: Our facilitators choose from a wide range of practices aligning with the group intention (described below).
- 4th Mondays: We take a deep dive by listening and discussing audio books of renowned mindfulness teachings. We are currently studying together “Full Catastrophe Living” by Jon Kabat-Zinn and, in the fall, we’ll work with “The Art of Living: Peace and Freedom in the Here and Now” by Thich Nhat Hanh.

1st & 3rd Mondays, 6-7:30 p.m.

NEW OFFERING: “Mindful Yoga” will be taught by a variety of experienced congregant yoga teachers sharing the rotation. While all of the yoga will have mindfulness-based elements and be suitable for all levels, there will be greater variety in the movement practice including chair yoga!

Leaders: Lay-led by members

The group’s intention: ***“Grounded in Mindfulness Practices taught in the course Mindfulness Based Stress Reduction, we come together in community with the intention to cultivate open heartedness in a safe, trusting environment and to be friends with and in the present moment. We encourage you to mindfully experience the wide variety of practices that our member facilitators share.”***

We encourage you to join our email list to receive a weekly invitation outlining the upcoming offering.

For this please email Pam Mosca: moscpam4@gmail.com

If you have questions specific to the yoga program send an email to Craig Whitson:

craig.listening@gmail.com



THANKS FROM THE UUA

July 01, 2023

Dear Leader,

Every year, each congregation in the Unitarian Universalist Association is asked to give a financial contribution to support the wider movement and sibling congregations across our Association. This contribution supports the Annual Program Fund, which is the single largest source of income for the work of our UUA. It also strengthens the covenant among us.

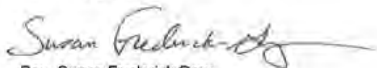
Your congregation gave the full amount requested to the Annual Program Fund during this fiscal year 2023. This means you are an Honor Congregation, honoring the covenant among and between our congregations. THANK YOU!

Your giving is a concrete expression of our congregations' covenant with one another, and is a recognition that we are not alone, but are part of an Association of Congregations. This support allows the UUA to serve the diverse needs of the 1,006 member congregations across five regions. Congregational giving through the Annual Program Fund (APF) makes the work of the UUA possible.

Please display this Honor certificate somewhere prominent and share with your congregation my personal appreciation on behalf of all the congregations that your generosity benefits.

Your support strengthens Unitarian Universalism. No individual congregation can possibly tackle the challenges of our society alone; we need one another, and our values are amplified powerfully when we support one another. Thank you for your giving to the Annual Program Fund. You make so much possible.

With deep gratitude,



Rev. Susan Frederick Gray
President
Unitarian Universalist Association



THE UNITARIAN UNIVERSALIST ASSOCIATION

Extends our appreciation to the

Unitarian Universalist Church of Concord

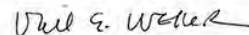
In
Concord, New Hampshire
WITH RECOGNITION AS A
2023

Honor Congregation

For Participation in the Annual Program Fund



The Reverend Susan Frederick Gray
President
Unitarian Universalist Association



The Reverend Vail E. Weller
Director of Congregational Giving
Unitarian Universalist Association





September Special Events

Mon Sept 4: Office Closed for Labor Day

Sat Sept 9: Fall Picnic Food-Prep Shindig at 9:30am

Sun Sept 10:

- Water Communion Worship Service at 10am
- Fall Picnic at 11:15am

Sun Sept 17: New Moon Ritual with the Earth-Centered Spirituality Group at 7pm

Sun Sept 24:

- Membership Fair after the Worship Service
- Harvest Ritual with the Earth Centered Spirituality Group after the Membership Fair

Fri Sept 29: Gilbert & Sullivan's operetta: Ruddigore - Open Dress Rehearsal at 7pm

Sat Sept 30: Gilbert & Sullivan's operetta: Ruddigore - Performance at 7pm

Sun Oct 1 : Gilbert & Sullivan's operetta: Ruddigore - Performance at 3pm





Earth Centered Spirituality Group Upcoming Events

The season turns and shifts from frenetic activities of (occasional) summer sunshine to celebration of harvests and gatherings. We begin to adjust, focusing less on doing, attending more to being in the moments, enjoying the presence of others. As we progress into autumn we hope you'll join us at some of our donation based gatherings. All who have an interest in respectful, open hearted exploration are welcome.

In September:

On the 17th we're hosting a new moon circle at 7pm.

On the 24th we'll be at the Membership Fair. Please visit us with your questions and curiosity. We'll be happy to meet and talk with you! Immediately afterwards we'll be hosting a simple ritual for the harvest up in the grove- weather permitting!

In October:

We may be joining to work with the energies of the solar and lunar eclipses happening this month.

In November:

On the 4th we will come together in celebration of our ancestors.

In December:

We'll be hosting the annual celebration of Midwinter otherwise know as Yule with songs, merriment and if the weather permits, a procession to the grove to gather around the fire!

As always, we need volunteers to help make our outstanding celebration available to the community. If you're interested in volunteering for any part in the midwinter celebration please contact us by emailing:

paganways@uuecsg.org

Unitarian Universalist Church of Concord

2023-24 Calendar of Church-wide Events

(This listing is for non-recurring events only - see separate list for recurring events)

Sept. 3	Sun	Last Summer Service @ 10 am
Sept. 9	Sat	Picnic Food Prep Shindig 9:30 am to 11:30 am
Sept. 10	Sun	Water Communion Service @ 10 am Fall Picnic @ 11:15 am
Sept. 17	Sun	Exploring Membership Class #1 @ 1 pm
Sept. 17	Sun	New Moon Event at 7 pm - Earth Centered Spirituality Group
Sept. 24	Sun	Bring-a-Friend Sunday @ 10 am Membership Fair @ 11:15 am Exploring Membership Class #2 @ 1 pm Concord Multicultural Festival 11 am to 4 pm at Keach Park
Sept. 29	Fri	Gilbert & Sullivan's operetta: Ruddigore - Open Dress Rehearsal @ 7 pm
Sept. 30	Sat	Gilbert & Sullivan's operetta: Ruddigore - Performance @ 7 pm Blues, Brews & BBQ for the CCEH 5 pm to 7:30 pm at the Bank of NH Stage

Oct. 1	Sun	Gilbert & Sullivan's operetta: Ruddigore - Performance @ 3 pm
Oct. 4	Wed	Walk a Mile in Their Shoes (for the Crisis Center of Central NH) @ 4:30 pm
Oct. 8-15		Family Promise Host Week
Oct. 14	Sat	CROP Hunger Walk (for Church World Service) 12 pm to 3 pm
Oct. 27	Fri	Youth Group Overnight
Oct. 29	Sun	Exploring Membership Class #3 @ 1 pm
Oct. 29	Sun	Everybody's Birthday Social Hour @ 11:15 am

Nov. 4	Sat	Samhain Ritual @ 7 pm - Earth Centered Spirituality Group
Nov. 11	Sat	Green Sanctuary Retreat 9 am to 3 pm
Nov. 12	Sun	All-Church Fall Grounds Clean-up (Rain Date Nov 19)
Nov. 14	Tues	Feedback & Ideas Forum during Tuesday's Welcome Table @ 6 pm
Nov. 18	Sat	Thanksgiving Dinner @ 6:30 pm (Social Hour at 5:30 pm)
Nov. 19	Sun	UUSC Guest at Your Table Launch Exploring Membership Class #4 @ 1 pm
Nov. 23 & 24	Th & Fri	Office is Closed for Thanksgiving

Dec. TBD		Giving Tree for Family Promise Guest Holiday Meals
Dec. 3	Sun	New Member Covenanting
Dec. 3	Sun	Holiday Merriment (Wreath Decorating, Cookie Walk, Music) @ 11:15 am
Dec. 10	Sun	OWL Parent Orientation @ 4 pm
Dec. 17	Sun	Guest at Your Table box collection
Dec. 21	Thurs	Winter Solstice/Yule Ritual @ 7 pm - Earth Centered Spirituality Group (Choir Rehearsal @ 6 pm today)
Dec. 22	Fri	Caroling with the Homeless
Dec. 24	Sun	Morning Service in the Parlor Christmas Eve Worship Services @ 5 pm and 9 pm Christmas Eve Community Dinner @ 6:30 pm
Dec. 25-29		Office Closed for Holiday Week

Unitarian Universalist Church of Concord

2023-24 Calendar of Church-wide Events

(This listing is for non-recurring events only - see separate list for recurring events)

Jan. 1	Mon	New Year's Day Games and Chocolate @ 1 pm
Jan. 6	Sat	Day Long Self-Led Meditation Retreat 9 am to 4 pm
Jan. 7	Sun	Leaders Symposium @ 11:45 am
Jan. 7	Sun	Our Whole Lives begins @ 4 pm
Jan. 7 & 14	Sun	Mystery Match Sign-up
Jan. 21	Sun	Exploring Membership Class #1
Jan. 21 & 28	Sun	Mystery Match Notes
Jan. 28	Sun	Exploring Membership Class #2

Feb. 4	Sun	Mystery Match Party
Feb. 18	Sun	Exploring Membership Class #3
Feb. TBD		Youth Group Service Trip - during Feb. school break
Feb. 24	Sat	Insight Meditation Retreat 9 am to 6 pm

Mar. TBD		Spring Equinox Ritual @ 7 pm - Earth Centered Spirituality Group
Mar. TBD		Souperfest for the Concord Coalition to End Homelessness
Mar. 8	Fri	Mud Season Potluck & Dance Party @ 6 pm
Mar. 10	Sun	2024-25 Stewardship Campaign Kickoff
Mar. 22-24	Fri-Sun	10th Annual Mindfulness Retreat
Mar. 24	Sun	Exploring Membership Class #4
Mar. 24-31		Family Promise Week
Mar. 28	Thu	Maundy Thursday Communion Service
Mar. 31	Sun	Easter Worship

Apr. 7	Sun	New Member Covenanting
Apr. 20	Sat	Passover Seder Supper @ 5:30 pm
Apr. 21	Sun	Stewardship Campaign Finale
Apr. 28	Sun	Long-term Member Breakfast @ 9 am
Apr. 28-May 5		Family Promise Week

May TBD		Beltane Ritual @ 6 pm - Earth Centered Spirituality Group
May 12-17		Yard & Plant Sale donations accepted
May 18	Sat	Yard & Plant Sale
May 19	Sun	All-Church Spring Grounds Clean-up (Rain Date May 26)
May 23	Thu	Budget Forum @ 6 pm
May 26	Sun	Budget Forum @ 11:45 am
May 26	Sun	Silent Auction begins
May 26-June 9		Silent Auction
May 31-Jun 1	Fri-Sat	UU Village Camp-in @ 5:30 pm

June TBD		Summer Solstice/Litha Celebration @ 7 pm - Earth Centered Spirituality Group
June 2	Sun	Music Sunday
June 2	Sun	Annual Meeting @ 11:30 am
June 9	Sun	Flower Communion Service @ 10 am
		Spring Picnic @ 11:15 am
		Auction @ 12:30 pm
June 16	Sun	Beginning of Summer Services
June 20-23	Thu-Sun	General Assembly of the Unitarian Universalist Association (Virtual Only)

2023-24 Recurring Monthly Events

Special Worship Services

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

UU Worship at Havenwood - every 1st Thursday @ 2pm, starting October

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

Social, Family, & Fellowship Events

Youth Group - most Fridays @ 7pm, starting Sept 15

Tuesday's Welcome Table - Tuesdays @ 6pm, October 3 through June 4

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

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

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

Movie Nights - several times per year, usually on Saturdays @ 6pm

Softball Team - May through August, Games are Mondays @ 6pm, Mid-June through August

Wild and Precious UU Book Group - 4th Tuesdays @ 5pm (please contact organizers before attending)

Musical Events

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

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

Drum Circle - 3rd Sundays @ 7pm, October through April

Contemplative Events

Daily Silent Morning Meditation - Daily @ 7am Zoom Only

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

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

Contemplative Knitting Circle - 2nd Saturdays @ 10:30am

Walking the Labyrinth - 2nd Sundays @ 7pm, October through April

Outreach Events

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

Healing & Helping Events

Caring for Aging Loved Ones Support Group

4th Sundays @ 7pm

* AA "Come as You Are" LGBTQ+

Mondays @ 6pm

* Renaissance New England Transgender Group

2nd Saturdays @ 4pm 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

Oct issue: September 17
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 | Karen Mayo
Custodian of Investments | Jack Wakelin
Assistant Treasurers | Lorraine Ellis, Ann West
Moderator | Barbara Keshen
Clerk | Sara McNeil

Board of Trustees

Chair | Kelly Mahony
Vice-Chair | Craig Whitson
Secretary | Jim Schlosser
Roger Ballou
Jim Curley
one vacancy

Staff

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

Minister of Lifespan Faith Development
Rev. Lyn Marshall
603-568-8084 (cell) | lyn@concorduu.org

Dir. of Membership & Administration
Lea Smith
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Custodian | Agnes Sesay

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RETURN SERVICE REQUESTED

