

PARISH NOTES

Newsletter of the
Unitarian Universalist Church of Concord



Spiritual Hospitality & Welcoming

SUBMITTED BY LEA SMITH

DIRECTOR OF MEMBERSHIP & ADMINISTRATION

Welcoming people to our congregations isn't a duty; it's a way to encounter the mystery and wonder of life. – David Rynick

Think of a person you have spent time with that helped you feel seen and heard. On a deep level, you felt that they understood something about you, and that they were glad to know this truth about you. What did they do to make you feel heard? What questions did they ask you? What did their body language look like? How did they respond to what you shared?

One of our church goals is, **"Our thriving congregation is living into a culture of belonging, centered in love, compassion, curiosity, courage, and joy."** To create a culture of belonging for all, we can practice spiritual hospitality, to welcome and honor visitors and seekers, in whatever way they show up to us. This isn't just the job of our greeters and staff; it's a practice for all of us to attend to, if we truly aspire to reach this goal.

To practice spiritual hospitality, we can...

- Engage in **meaningful conversations** with newcomers, showing genuine curiosity about the path that brought them here.
- Ask **thoughtful questions** that invite reflective discussion (as opposed to "small talk.")
- Find the **courage to share from our hearts**, even if it makes us feel vulnerable with a stranger.
- Listen with a compassionate heart, **making no assumptions** about the person's background, interests, or lifestyle.

Read more about Spiritual Hospitality on page 4

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...and so much more!

SUNDAY WORSHIP

Worship is at 10 am

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

9/7/2025 “Watering the Garden: A Water Communion Service” Rev. Michael Leuchtenberger

As the varied brooks, creeks, and streamlets of life bring us back together in our beautiful sanctuary for our annual water communion service, may we experience a sense of renewal, welcome, and belonging with hearts opened by music and ritual, invited by friendly faces and a caring community.

Our water communion honors the diverse stories that join us together - again and again, or for the first time. Listen to stories of Friendship & Community, of Spiritual Growth & Learning, of Sorrow, Sacred Places, and Works of Justice & Service. Bring some water that has blessed you this summer, directly or symbolically. Spare water will be available for all.

9/14/2025 “To Be Known and to Belong” Rev. Michael Leuchtenberger

“Oh the longing for belonging, it is real and it is strong. With the yearning for connection, for respect, a holy song. Our dignity acknowledged, with love centered, we can flourish. In a meadow of belonging, each can flower (or move on). Many meadows overlapping, open to each other’s fruit. Each with value, beauty, kindness, a community that’s grown, to fulfill our heart’s deep longing to be known and to belong.” These lyrics came to Michael during his silent retreat in August. Lyrics to a song yet to be written. Lyrics to a song already sounding in our midst.

9/21/2025 “Building Bridges, Building Belonging” Rev. Michael Leuchtenberger

Our theme for the year is “Building Bridges,” an aspiration to listen beyond our echo chambers, to leave our silos of comfort, to explore the possibility of expanding our sense of belonging while holding the tension of difference and disagreement. What are the essentials in building belonging? What tools do we require to build the bridges our society needs?

9/28/2025 “If the Self is An Illusion” Rev. Michael Leuchtenberger

If the self is an illusion or construct, as Buddhism, neuroscience, and postmodern philosophy postulate, what happens to our sense of belonging, our deep human need for connection and place? How might we let go of the stories our narrative-self tells, constraining our freedom, limiting our fundamental wellbeing?

**Our theme for September is
“Building Belonging.”**





We Love Sunday Mornings at Concord UU

Our new church year launches on September 7! 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
- 10am to 12:45pm: Young Explorers Program for ages 5 and up. Nursery care for ages 0-4
- 11:15am to 11:45am: Social Time: Coffee, Cookies, and Conversation
- 11:45am to 12:45pm: Sermon Dialogue or other adult program

2nd & 3rd Sundays

- 9am to 9:45am: Choir Warmup
- 10am to 11:15am: Worship Service
- 10am to 12:30pm: Young Explorers Program for ages 5 and up. Nursery care for ages 0-4
- 11:30am to 12:30pm: "Second Hour" Adult Learning, Service & Practice
(Sermon Dialogue, Contemplative Practice, & other activities)
- 12:30pm to 1:30pm: Community Lunch

4th & 5th Sundays

- 9am to 9:45am: Choir Warmup
- 10am to 11:15am: Worship Service
- 10am to 11:15am: Nursery care available for ages 0-4
- 11:15am to 11:45am: Social Time: Coffee, Cookies, and Conversation
- 11:45am to 12:45pm: Sermon Dialogue or other adult program
- 11:45am to 12:45pm: Childcare for all ages is available for after-service programs if you sign up before 10am on the board near the Rainbow Room.

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
			



Spiritual Hospitality & Welcoming Workshop

Sunday, September 28 at 11:45

Submitted by Renee West

How can we as individuals help newcomers feel welcomed? We offer Lei Greeters who are designated to help, but all of us can lend a hand, or an ear, in welcoming visitors. Many of us want to reach out, but feel a bit shy about approaching folks with an unfamiliar face or who are holding a yellow mug. If that's you, please come to a workshop where we'll share ideas for good opening questions, ways that you and the new person can both feel comfortable in opening up, and how to help the visitor feel that this is a place where they are truly welcomed.

This event is put on by the Congregant Engagement Team, whose purpose is to help congregants, both new and old, feel connected to, and valued by, our church community. All are welcome to attend as we discover ways to help make everyone feel that this can be a spiritual community for them.

We may have little control over conflicts in another part of the world, but we can practice truly honoring the preciousness of all human life by how we enter into relationship with each other. If we are serious about creating a more just, equitable, and compassionate world, we have to start with the room we are in.

David Rynick

Former UUA President Peter Morales wrote about his own congregation:

"...when we opened ourselves and made paying attention to the newcomer a spiritual practice, we transformed ourselves. The very practice of reaching out made us more open, more sensitive. Spiritual practices do that. They change us."

Unity and Community: Come to Our Fall Potluck Picnic on Sunday, September 7

SUBMITTED BY RENEE WEST

Just as we join each other to share and commingle our waters during the beginning service of the new church year, we also come to mingle during the Fall Family Potluck Picnic thereafter!.

One of the best things about our potluck picnic, aside from the good mix of people you'll interact with, is the always-new amalgamation of dishes donated by attendees! The burgers and dogs (including humanely-raised, vegan and/or gluten-free options) with their fixings that we provide are always delicious thanks to our grillers, but the dishes and desserts we ask you to bring to the table make everything come together for a most wonderful event.

Our suggested donation is \$7 to \$9, but young folks eat for free and can join in the fun in our new bouncy house!

In addition to your presence and your offerings, we also need your help in setting everything up and putting everything away. Please let me know you're coming and how you can help by filling out this form: uuconcordnh.breezechms.com/form/picnic.

If you have any questions, please email me either by finding my contact details in Breeze or emailing office@concorduu.org.

Making Our Picnic Accessible to All

To help people of all abilities and ages enjoy the picnic, we're offering these options:

- Indoor seating for those who want to avoid the sun or prefer not to navigate the yard outside (with Kent/Thomas as our cool/quiet room)
- Encouragement to cut in line if standing too long is hard for anyone (if you're in line and see someone who might benefit from taking cuts, please invite them to do so!)





Young Explorers (ages 5-13) begins September 14th

The Young Explorers Program is our nature based play and faith exploration program for children ages 5-13.

When: 1st, 2nd, & 3rd Sunday of each month, beginning after Time for All Ages in the sanctuary until pickup at 12:45pm.

Where: Outside on our natural playground and grounds, and inside in the Armenia White Room (and occasionally other open indoor spaces). Please dress your children for outside play in all weather, and bring a water bottle!

Why: Children will have the opportunity to engage their whole hearts, minds, and spirits in the exploration of Unitarian Universalist values while experiencing authentic connection with one another, the wider congregation, and with the natural world. Parents will have the opportunity to participate in adult programs and their own spiritual exploration while their children are engaged and cared for by our Young Explorers Guides.



To sign up for Young Explorers or Rainbow Room go to <https://uuconcordnh.breezechms.com/form/2025-26childrensregistrationform> or scan the QR code below.



Rainbow Room Nursery ages 0-4

Children 6 weeks to 4 years old are welcome in the Rainbow Room Nursery for loving care and playtime during Sunday service and any after service adult programming.

When: Every Sunday from 9:50am until the end of adult programming.

Where: The Rainbow Room and occasionally outside on the playground if appropriate for the group.

Why: Our youngest children will have the opportunity to play with, and learn from, each other while their adults enjoy the service, quiet time, and adult activities and interactions. Nursery caregivers will always notify parents if a child is having a challenging time in the nursery or is inconsolable. Parents can drop off and pick up as they feel comfortable within open hours.



Introducing Beth Draper Our New Young Explorers Guide

Beth will join Dory LeCount to lead our Young Explorers on Sundays.

Born and raised in Massachusetts, Beth has lived in NH for the past decade enjoying the beauty, lakes, seasons and pace of the Monadnock Region. Embracing a love and passion for life itself, Beth brings her wonder of the natural world, curiosity, inspiration and creativity to engage and empower the vibrant spirits of children.

Beth's journey has included Art School (Museum of Fine Arts, Boston) and 30 years as a successful creative director, design firm founder and publisher of Cape Healing Arts Magazine on Cape Cod, where she also raised her beautiful daughter, Rachael.



Parallel to this professional journey was her own 25-year holistic health and healing journey which led to her passion for learning and giving back to the community in inspired ways. These have included teaching about herbs and wild foods for health, Women's Circles, ministry and her practice, Earthwise Women Care.

Most recently, Beth has worked as a Life/Anxiety Coach with the non-profit organization We R H.O.P.E. offering mental health support and literacy to elementary school children in need. She also helps build supportive community around each child with parents, family members and educators. She has discovered she absolutely loves working with youth.

Beth looks forward to meeting you and the kiddos and is humbled to be entrusted with their compassionate care and guidance. She's excited to engage them in creative ways to support their authentic connection with each other and with the wider congregation while exploring the powerful values of the UU community.

We also welcome Amir Robertson and Riley Carr as Children's Program Assistants!

Tech-Free Game Night | T(w)een Style

(families with kids ages 10 to 15)

Get together with other families of teens and tweens to play your favorite board games, eat pizza, bounce around in the bounce house, and even try out some improv!!! Every family is invited to bring their favorite tech-free games to share.

When: Thursday, September 25th from 6:30-8:30pm

Where: Right here at the church.

Why: Everyone needs a little tech free time. This is a chance for teens and tweens to connect eye to eye, try something new (improv anyone?!?) and build community away from phones, video games, and social media. The founders of the Concord chapter of OK to Delay will be present for any parents who want to learn more about the mission and brainstorm how to create community for kids outside of social media and devices.

Pancakes, Play, and Planting Peace

Bring your grandchildren or children and join us for a pancake breakfast and a service project on the Second Saturday of each month!

When: Second Saturday of every month from 9:00am to 11:00pm

Where: Fellowship Hall

Why: Adults and children will gather as UUs to explore what it means to be of service. Each month, after eating pancakes made by dedicated volunteers we will participate in a service project to benefit the wider community. Children and adults will practice what it looks like to give to others, and explore the various ways we can share our resources

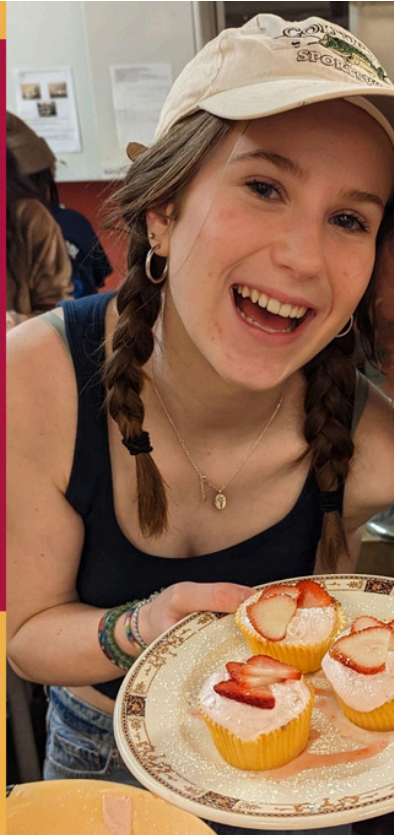




Youth Group

2nd and 3rd Fridays at 7pm

All high-schoolers welcome!



Our Youth Group is open to high schoolers and any 8th graders who have completed the Our Whole Lives human sexuality education program. The group meets on the 2nd and 3rd Friday evenings from 7:00-8:30 pm, and sometimes at other times for special outings or events. We emphasize building relationships, having fun, developing leadership skills, and serving the community within and beyond the congregation.

[Click here to sign up for Youth Group](#)

or use the QR code below.





The Teaching Garden Workshop

Led by: Leah Powers and Bianca Rivera-Berry

Location: The Gardens on the church front lawn, by the solar panels.

Bring: Some gardening gloves and water.

The Teaching Garden Workshop will be offered after the worship service on most upcoming Sundays. Topics will vary from week to week and will continue until the end of the growing season. All are welcome to see what our seedlings have done since we started them indoors in April.



Thank you to Bianca Rivera-Berry for co-leading the Teaching Garden with me this summer. I regret that I forgot to mention Bianca in my Parish Notes article last month.

---Leah Powers

Coming Up: Exploring the Power of Myth and Ourselves

SUBMITTED BY RENEE WEST

Heroes and tricksters, snakes and sages—myths have forever helped humans tell the stories of themselves, their world, and their gods. How can myth help us during this modern era?

Beginning in October, Susan Casey and I will be hosting viewings of *The Power of Myth*, the PBS six-part interview series with Joseph Campbell and Bill Moyers, followed by discussions that help us dig deeper. Keep an eye out for our article in the October Parish Notes for more details!



Blue Moon Music House

a home for diverse music and art

SUBMITTED BY HEIDI PAGE

Harvesting Change

(suggested theme)

Tues, Sept 9 | 7-9:30 pm

Welcome back from summer.

Let's get together and enjoy some music together.

Musicians and poets please sign up [here](#)* or at [ConcordUU.org](#)

- Second Tuesdays
- Sign-up online at [ConcordUU.org](#) or at door
- Themes are only suggestions. All music welcomed.
- Donation \$5, if you can.
- For more info email office@concorduu.org

Blue Moon Music House
a home for diverse music and art

Harvesting Change
(suggested theme)

Tues, Sept 9
7-9:30 pm

UU Church of Concord
in Fellowship Hall
274 Pleasant St, Concord, NH

- Second Tuesdays
- Sign-up online at [ConcordUU.org](#) or at door
- Themes are only suggestions. All music welcomed.
- Donation \$5, if you can.
- For more info email office@concorduu.org

Volunteer for Blue Moon

What great music and poetry we had last season! Our volunteers helped resonate the beauty of community. If you'd like to help set up the Monday evening before for an hour, set up snacks and drinks on the night of the coffeehouse, or/and help with the clean up and breakdown we'd love it! If you would like to sign up for the months Sept-Nov please let us know which months and times you are available by filling out [this form](#).*

Suggest Themes for Blue Moon

We have had lots of great feedback that you like the "Themes" each month as a springboard of inspiration. We always welcome other songs too.

We'd love to hear from you and some of the themes you'd like to see. You can add as many to this sheet as you'd like. It will help us with the planning of the next 6-12 months. [Click here to suggest a theme](#).*

*If you can't access these links, email Heidi Page. You can find her in Breeze or email office@concorduu.org and we will forward your message to her.



If you are ready to explore church membership, we're ready to take that journey with you.

Our next Exploring Membership Group begins on Sunday, September 21 at 1:00 pm.

There are 4 sessions in all. Each will run about two hours.

September 21

October 5

November 23

December 7

Exploring Membership groups are offered twice a year and consist of 2 hours in each of four sessions. You'll get to know other newcomers in a small group, learn about their journeys, and share yours. The group is led by Rev. Michael Leuchtenberger and Lorraine Ellis, who will share lots of info about our church, its mission and vision, and how we go about working towards that mission. After completing the four sessions, those who decide to join the church will sign the book on Dec. 14.

To sign up, [click here](#), email lea@concorduu.org, or call Lea at 224-0291 ext 3#.

If you are interested, but these dates don't work for you, email membership@concorduu.org to be added to the notification list for future groups.





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? 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 all our faith development classes, social activities, community service opportunities, and more!

Do you have a neighbor or friend that might be interested in us? Bring them along! Tell them this is “Concord UU Starter Edition”!

Displays will be set up in the Courtyard after the service, or indoors if the weather calls for that. 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.

You BELONG Here

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





We all need kindness.

SUBMITTED BY JEANNE ANN WHITTINGTON

We all need kindness. If we are to live well, it's not optional. As babies, children and throughout our lives, we need to be held in loving relationship to thrive. And from this foundation of having received kindness and care, we need to be able to offer kindness to others, especially to people we disagree with. Most of all, we need to hold ourselves with kindness—consistently and unequivocally.

We may wonder: Isn't it naive and ineffective to choose to cultivate kindness in the current world we live in? But consider another question: What kind of world do you want to live your "one wild and precious life" in? Overwhelmingly, the "world" we live in is defined by our predominant mind states. When I'm feeling irritated or fearful, judgmental of myself or others, the world I see is a reflection of my mind state. Everything I see is filtered by my mind—who wouldn't feel angry or frightened or hopeless, surveying such a rotten scene?

When we choose to view the world with kindness, we take our wisdom and discernment with us. We still recognize destructive, selfish and confused behavior for what it is, in ourselves or others. But through the lens of kindness and compassion, we see "bad actors" in the world as just like ourselves: conditioned by a lifetime of influences and experiences, often caught in aggressive, confused and self-destructive views and opinions, not understanding that these very stances will never lead to the contentment and safety we long for.

The world will always remain full of pain and suffering, but choosing kindness allows us to live with eyes and heart open. Choosing kindness allows us to see clearly, to choose when and how to act skillfully, and to contribute our share of essential nourishment and sanity to the world.



All are invited for a free, walk-in (or log-on) “Kindness Clinic” 9 am to 12 Noon, Saturday, September 20

If you’d like to spend a morning in good company exploring some rich and rewarding practices to strengthen your kindness habit, please join the Contemplative Practices Group of the Concord UU church in the Sanctuary, or online, for a half-day “Kindness Clinic” on Saturday morning, September 20, from 9 am to 12 Noon.

Led by Jeanne Ann Whittington*, the “clinic” will focus our attention on the two ends of the relational spectrum: the very personal, and the most universal. We’ll begin by deepening our acceptance and support of ourselves so that we can unfailingly befriend ourselves, and then we’ll turn our attention to relating to the wider world from a place of wise good will. We’ll wrap up by noon, and join in Fellowship Hall (or outdoors if the weather permits) for a convivial potluck lunch.

Please sign up in advance so we can plan accordingly. To sign up, go to uuconcordnh.breezechms.com/form/kindnessclinic. All are invited, no experience is required. There is no charge to participate, though a \$20 suggested donation to support the church is encouraged. For questions, please contact Betsy Black by looking her up in Breeze or through office@concorduu.org.

*Jeanne Ann attended her first 2-week meditation retreat in 1977 and has been practicing on and off —more on than off for the last few decades—ever since.



Adopt-a-Spot at Church

A good many years ago, we started an Adopt-a-Spot program to help spread out the work of keeping our grounds tidy, and in some spots, beautiful. Most spots are on the small side and others large, but these can be shared or split. Some people have adopted for only a year and some for many. Additional plants can be purchased if you choose. Mulch is provided in the Grounds budget. Maintenance can be any time you like - weeding, dead-heading, splitting, mulching, etc.

You guessed it - we're in need of some adopters. We have Grounds clean-up days in the fall and spring, but the care for all the gardens is beyond what can be accomplished on those days and definitely more than the two of us can do. Can you help us out? Please?

Available spots:

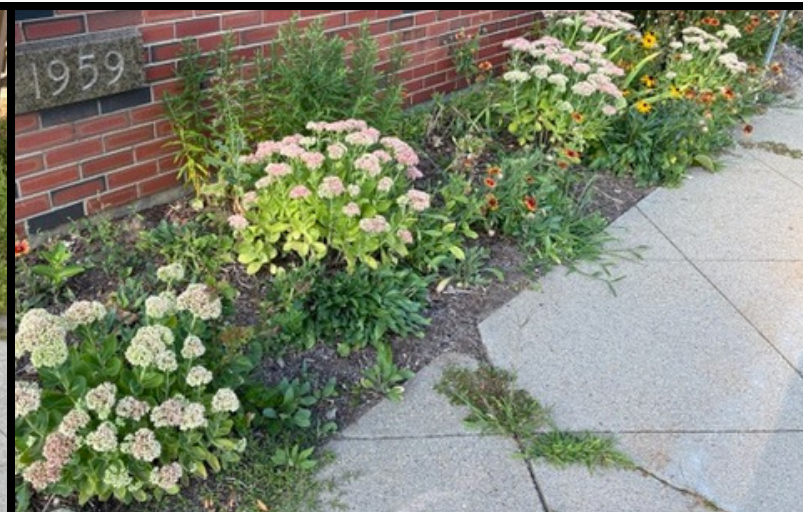
1. The large rectangular flower garden out front by the courtyard. (photo below) This can be shared, or split. Beth Corcoran and Janet Kelley-Vail (who are retiring from the job) have added a lot of plants, so it mostly needs tending to, to keep it lovely. More can be added if you like.
2. The garden of flowers along the courtyard wall. This has been a go-to spot for "extra" plants from other gardens. It mostly needs weeding.
3. The small garden at the corner of Fellowship Hall (photo below.) This little spot needs some love. Right now it's mostly very leggy gaillardia. They're just not happy there. A new face? A new look?
4. The lilac "garden" at the East Entrance. This is a maintenance-only spot - deadhead the lilacs, keep those in front of the electric panels trimmed, so the panels can be read; weed and mulch when necessary; keep the pavement tidy. This is an important one because it's our most used entrance.
5. The solar panel shrub bed. Weed, and mulch when needed. Keep the shrubs clipped so they're tidy. This is big enough to share.
6. The little area around the front sign. Weed and keep the shrubs trimmed so they don't block the sign.
7. The junipers outside the sanctuary. Occasional trimming, but mostly keeping the bittersweet at bay. It's a BEASTLY task!!
8. The large rhododendron by the big rock. Just needs weeding, invasive-removal and mulch. Once again, not a huge job, but it's a first impression kind of thing.

Adopted spots:

1. The entrance garden - Fran Philippe (recently converted to a NH native plant garden.)
2. The shade garden behind the sanctuary - Dana Sansom (with the help of Bob Holleman.)

Be in touch with either of us, through Breeze or the church office, if you would like more information or would like to adopt a spot.

— Fran Philippe and Dana Sansom, Grounds Co-chairs





Update on NexTrex Plastic Collection

SUBMITTED BY BEVERLY PIETLICKI

Congratulations Concord UU and plastic recycling community! The NexTrex plastic recycling effort has reached a milestone. We are at 450 pounds - almost half of our goal. This project was initiated on March 1, 2025 so we are 171 days into the goal. In late May, before Michael left on summer sabbatical, we had recorded just under 300 pounds. Since Michael asked for my assistance with this project, three other church members have joined the effort: Bill Parke, Mary Ober and Patty Pinski. Recently Patty and I have been meeting every two weeks to condense the plastic into easy manageable units and have documented over 150 additional pounds.

The project has 194 days to go and I think if we continue to collect the plastic at the same rate, and increase our efforts maybe just a tiny bit, we should be able to meet the goal with ease.

Tips for joining the effort:

Almost any kind of plastic bag or wrap is acceptable. Although many of us are boycotting Amazon, any type of plastic mailers are acceptable. Empty bird seed bags, grass seed, and salt for your water systems bags are acceptable, just shake them out a little and they are good to go; in fact the bigger sturdier bags are great vessels for stuffing smaller plastic items into. It is amazing how plastic can be reduced by packing it down into a sturdy bag.

Many of us are not using plastic shopping bags anymore (and Hannaford and I congratulate us all for that effort) but there are still bags that can be recycled. Frozen food bags can be rinsed and dried and will be accepted. If your pet food comes in plastic food bags they can be accepted. Bread bags, paper towel and toilet paper product wrap, case overwrap, bubble wrap; are all great additions to the effort.

Please feel free to visit the NexTrex website for more ideas of how you can contribute:
nextrex.com/view/educate

With continued, steady effort the Concord UU Church can add to one of its Green Sanctuary Pillars and make this happen! Thank you for reading and for all for your contributions! I think we will all be proud of ourselves for helping to keep all this plastic out of our landfills.

Senior Singles Social Group

SUBMITTED BY MARTHA MAE EMERSON

Though barely five months old, the Senior Singles Social Group feels like it has found a place in the UU community. It is wonderful to feel the energy and enthusiasm of our members, to rejoice in the fun times we share, and see the growing support and generosity that members offer each other. Yes, we have a lot of fun together and that is an important part of what the group offers its members. At the same time a deeper sense of connection to each other is developing, caring about each others' well being, and nurturing a spirit of understanding and acceptance of ourselves and each other. These benefits have a special meaning and value to each of us, both as singles as well as older individuals.

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 UU'ers aged 55+ are welcome.

To become a member and receive regular communications about our activities, contact Becky at the UU office (becky@concorduu.org) and request your name be added to our Google Group email list.

Our activities and meetings are posted in the SSSG Weekly Update sent out to members at the beginning of each week, as well as in the UU eBulletin, and on the UU calendar. We have several recurring weekly and monthly meetings, as well as special events.

SSSG SEPTEMBER CALENDAR

Weekly Staying Active Group

When: every Wednesday at 3 PM. September 3, 10, 17, 24

Where: Varied locations and activities this month with options of walking/hiking, apple picking, etc. TBA in the SSSG Weekly Update and the UU eBulletin and calendar. No need to sign up, just show up. Suggestions always welcome!

Social Hour

When: Fri., Sept. 12 at 10:30 AM

Where: at the church

SSSG Meeting

When: Sun., Sept. 28, at 1:30 PM

Where: at the church

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!!



Top photo: Swimming, kayaking, hanging out on the beach at Wadleigh State Park, No. Sutton
Bottom photo: A perfect summer day at our VERY COOL POOL Party



Senior Singles Social Group

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NOTICES and FUTURE POSSIBILITIES

SSSG member Sarah Keniston is a prime mover for the WindowDressers Project. If you are interested in signing up to participate in this project, the deadline for having your window(s) measured is Sept. 16. Just imagine having a warmer house and a lower heating bill this winter! Contact Sarah thru the UU office. (ALL can participate - not limited to senior singles)

UU member Roger Ballou does a Winter Art Talks Series every other week on Wed. mornings at 10 am starting Jan. 7 thru March 11. The talks are on Zoom and last 1 hour. The end of the series includes a trip to the Currier Museum in Manchester. Several of our members have participated in the past and speak very highly of this opportunity. If you are interested contact Martha Mae to learn more and sign up. (ALL can participate - not limited to senior singles)

We had such fun cooking meals together for Bevan that Shelley suggested the idea of having a monthly Cooking Club and offered her kitchen. If you're enthusiastic about good food (Who isn't? Ha, ha!), join in a conversation about how to make it happen at our monthly meeting.

A Book Club has been another topic of interest for fall/winter. Bring your ideas about how to organize this and meet diverse reading preferences.

SAVE THE DATE

Intergenerational Picnic (and optional hike)

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

Where: Mt. Kearsarge, Winslow State Park

This event is in collaboration with Dory LeCount and the UU family program. It is open to all UU'ers and welcomes grand children and grand parents. Carpooling will be organized.

Photo at right: Cooking for member Bevan in Martha Mae's yard





September Special Events

Sept. 1 | Mon | Labor Day Office is Closed

Sept. 5 | Fri | Picnic Food Prep Party 3 to 6pm

Sept. 6 | Sat | Choir Springboard Rehearsal & Potluck 9:30am to 12:30pm

Sept. 7 | Sun | Water Communion Service @ 10am

Fall Picnic @ 11:15am

Sept. 20 | Sat | Kindness Clinic Retreat - Contemplative Practice Group 9am to 12pm

Sept. 20 | Sat | Memorial Service for Brian Wills @ 3 pm

Sept. 21 | Sun | Exploring Membership Class #1 @ 1pm

Concord Multicultural Festival 11am to 5pm at Keach Park

Sept. 24 | Wed | Blues, Brews & BBQ - CCEH Fundraiser at the Barn at Bull Meadow 5:30 to 7:30pm

Sept. 25 | Thurs | Tween Night 6:30 to 8:30pm

Sept. 28 | Sun | Spiritual Hospitality & Welcoming @ 11:45am

Kitchen Equipment Orientation

We now have new induction stove burners and electric ovens. The dangerous antique gas equipment is gone! On September 14 after the worship service, Bob Gabrielli will give us an orientation about how to use the new state-of-the-art equipment, that is preferable for environmental and human health. If you would like to help out in the kitchen at any time, please consider attending.

Trans Spiritual Care from the UUA

The Unitarian Universalist announces the launch of The Woodlands, a new all-ages virtual pastoral care program for trans people and their families, beginning this fall.

The Woodlands is a monthly online gathering designed for trans children, youth, and adults—as well as the parents and caregivers of trans people. The Woodlands launches on Sept 7. For more info, email lea@concorduu.org and we will forward you the information from the UUA.

An all ages, monthly,
Trans* Spiritual Care
Program

The Woodlands

- Sequoias - Parents
& Caregivers of
Trans* People
- Sycamores - Trans*
Adults
- Saplings - Trans*
Children & Youth



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 - 2nd and 3rd Fridays @ 7pm, starting Sept 12

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 @ 6pm, 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

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

Recurring Musical Events

Choir Rehearsal - Thursdays, 7pm to 8:30pm, starting Sept 4

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.



As the new year starts, here are reminders of a few of our health and safety policies.

Chemical Use and Pest Control

The UU Church of Concord aims to support a healthy church environment, indoors and out, for all human beings, as well as other creatures and plants. Therefore we choose non-toxic chemicals, materials and processes, unless there is no alternative, consulting as necessary with experts. We ask all staff and volunteers to be familiar with our [Chemical Use Policy](#). In short, it says we will use the least toxic products possible. For example, if you are involved in a maintenance project, please choose zero VOC paints or other non-toxic supplies and cleaners. Pesticides and herbicides may not be used unless there is no alternative, and approval from Rev. Michael Leuchtenberger would be needed.

In the past year we had to resort to hiring a pest control company to control mice and rats, after non-toxic controls failed. Now that the rodent infestation seems to be under control, the contract will not be renewed. Please help keep the building rodent free by:

- storing food in the metal kitchen cabinets, glass containers, or other sealed containers
- taking out the trash when you leave, if you've left food in it (the dumpster is in the rear of the parking lot) - make sure you use the TRASH dumpster not the recycling dumpster
- ensuring the compost bucket is well-sealed
- rinsing recyclables before putting them in recycle bins

Child Protection

We have a policy to create the safest possible environment for our children while they are involved in church programs. We require that all volunteers who work regularly with children have been involved at the congregation for at least 6 months, have a background check, and provide references. We require that there are always at least two caregivers present when children are being supervised for a church activity, one of whom must be at least 18 years old. We want every child who comes through our doors to have an experience of feeling cared for, valued, and safe, and we take seriously our responsibility as adults to adhere to these policies. For more details, please read our [Child Protection Policy](#).

Sex Offender Participation

We have a policy regarding people who have been accused or convicted of sexual offenses. As Unitarian Universalists we affirm and promote the inherent worth and dignity of every person. We believe in the healing power of involvement in a spiritual home. As a faith-based community, we can provide support, compassion, and vigilance to maximize safety when individuals who have sexually offended participate in the life of our church community. We require anyone who meets the criteria of the policy to contact Rev. Michael Leuchtenberger. For details, please read our [Policy for Safely Including Sex Offenders in Our Church Community](#).

If links on this page don't work for you, email lea@concorduu.org.



Parish Notes Deadline

Oct issue: September 21

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

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 Guide | Beth Draper

Childcare Providers and Program Assistants

Bayshay Bruss, Riley Carr, Amir Robertson

Custodian | Agnes Sesay

Sexton | Russell Perseveres

Church Office Hours Tuesday to Friday 9 am to 2 pm

Church office hours are Tuesday to Friday 9 am to 2 pm. Becky Bosse staffs the office during these hours. Lea Smith 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. So that we can remain focused on the worship service, we kindly ask you to do your "church business" during the week.

UNITARIAN UNIVERSALIST CHURCH OF CONCORD
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CONCORD, NH 03301-2551

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RETURN SERVICE REQUESTED

