



South Church is a covenanting member of the Unitarian Universalist Association of Congregations and is an accredited Welcoming Congregation and Green Sanctuary. Unitarian Universalism is a liberal religion with Jewish-Christian roots. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love. We strive to be a congregation that truly welcomes all persons who share our values. We commit to being a congregation that empowers and enhances everyone's participation, especially those

with historically marginalized identities.

Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

Inseparable from one another, these shared values include:

Interdependence: We honor the interdependent web of all existence.

Pluralism: We celebrate that we are all sacred beings, diverse in culture, experience, and theology.

Justice: We work to be diverse multicultural Beloved Communities where all thrive.

Transformation: We adapt to the changing world.

Generosity: We cultivate a spirit of gratitude and hope.

Equity: We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.

SOUTH CHURCH

A Unitarian Universalist Congregation

Sunday Services: 10am on State Street & our YouTube Channel

Office Hours: 9am-2pm Tuesday-Friday

WiFi Network: SouthChurchPublic

Wifi Password: SundayMorning

Website: www.southchurch-uu.org

Email: info@southchurch-uu.org

Phone: 603-436-4762

Board of Trustees Email: Board@southchurch-uu.org

The Board meets on the 3rd Tuesday of the month at 7pm. All are welcome.

Rev. Ellen Quaadgras – Minister

Kirsten Hunter – Director of Lifespan Ministries

Jen Del Deo-Barry – Director of Children and Family Ministry

Jonny Peiffer – Director of Music Ministry

Jennifer Leyden – Congregational Admin

Sasha Howard - Camera & Sound

SOUTH CHURCH



“A Different Story: A Sermon for Indigenous Peoples’ Day”

**A Unitarian Universalist
Congregation**

October 11, 2026

MARC'S IMMIGRATION CHECK IN

Our friend Marc's next immigration check in is in Scarborough on October 13 at 8am. A moral support team and witnesses are helpful, so come one, come all. The ICE Facility is located at 40 Manson Libby Rd. in Scarborough right off the highway and 40 mins from Portsmouth. Park on the road facing the building.



BE A CIRCLE SUPPER GUEST!

Sign up for a potluck Circle Supper held in October and November. Find a complete list of dates by scanning the QR code or going to <https://www.southchurch-uu.org/what-we-offer/registration/>

SIGN UP TO HELP AT THE WELCOME DESK!

Help make South Church more welcoming for new folks and long-time members alike! Answer questions, connect folks with others in the congregation, or pass along info/questions to staff. Contact SharedMinistry@SouthChurch-UU.org

JOIN THE WIDER NETWORK OF CARE

The Pastoral Associates offer support to South Church members by organizing a large group of volunteers called the Wider Network of Care (WNC). Send cards, make meals, offer companionship, give rides, do light chores, provide pet care, and help with Celebration of Life receptions. There is no minimum requirement; it's up to you when and how often you participate. Scan the QR code to sign up.



SILENT AND LIVE AUCTION DONATIONS

Could you donate an item, service, or gift certificate?! We're looking for everything from fine handcrafted items and unique experiences to baked goods, gift cards, and gift baskets. Also popular valued services such as landscaping, handyman chores, cleaning, painting, dog walking, etc.. Contact us at Auction@SouthChurch-uu.org



OUR WHOLE LIVES FOR OLDER ADULTS - SIGN UPS OPEN

Registration for Adult OWL (over 60) has been extended to October 28 with a new class start date of November 1. Scan the QR code or visit <https://tinyurl.com/26-27AdultOWL> to sign up. Contact Sandra and Ann at AdultOwl@SouthChurch-UU.org for questions.

LECTIO DIVINA SMALL GROUP SPIRITUAL PRACTICE

Lectio Divina (Latin for 'Divine Reading') is an ancient spiritual discipline of slow, contemplative reading and reflection meant to foster a deeper communion with one's own spirituality. The first Tuesday of each month at 5pm. Bring a journal or notebook for written reflection. Scan the QR code or visit <https://tinyurl.com/SClectio> to learn more.



RELIGIOUS EDUCATION

On most Sundays, the Nursery is open for children 6 weeks through 3 years, and kids in PreK through 7th grade are invited to participate in religious education groups downstairs following the Time For All Ages. Children are also always invited to remain in the sanctuary with their families. On multigenerational worship days, children stay in the sanctuary for worship, where they may choose to play quietly in the Playground or sit in pews.

The mission of our RE Program is to provide programming for children, youth, and families that promotes spiritual growth, intergenerational connections, faith development, a UU identity, and social action within a safe and welcoming environment.

For more information, email Director of Children & Family Ministries, Jen Del Deo-Barry, at jendeldeo@southchurch-uu.org

ONGOING GROUPS

Aging with Grace is currently on hiatus. Contact Ingrid at InkyJapan@yahoo.com for more info.

Chant From Different Traditions meets on the first Sunday at 9am on the balcony or in the gardens. Contact Cathy Okhuysen at CathoMusic@gmail.com

The Knitting Ministry meets on the 3rd Sunday at 11:30am in the Emerson Room. For info, contact Jan Marston at JLMarston@comcast.net

The **Men's Breakfast Group** meets on the second Wednesday of the month at 8am at Grill 28. Email Ken Schoman at Ayuh.Ken@gmail.com

Morning Poems meets Thursday mornings at 7:30am on Zoom. Contact Kirsten@SouthChurch-UU.org for more information. On hiatus until Sept. 2026

The **Women's Breakfast Group** meets on the first Wednesday of the month at 8:30am at the Golden Egg. To RSVP, contact TurningTide@comcast.net

Covenant Groups are ongoing groups that meet twice a month from October-May. For more info, email CovenantGroups@SouthChurch-UU.org

South Church Book Group meets on the 2nd Wednesday at 7pm on Zoom. Contact Carrie and Alexandra at BookGroupSouthChurch@gmail.com

Court Street Yoga meets Monday, Wednesday and Friday mornings at 6:30am. Check website for info. Suggested donation \$10/class or \$75/month. For more info, email Yoga@SouthChurch-uu.org

The South Church Cancer Support Group meets on the 2nd Sunday of the month at 11:30am. For more information, contact 4am76virginia@gmail.com

South Church Folk meets on Thursdays at 6:45pm in the sanctuary and typically sings during Worship one Sunday per month. For more information, contact Cathy Okhuysen at CathoMusic@gmail.com

South Church helps with **Community Suppers at Mainspring** various times throughout the year. For more info, contact BettyOlivolo@gmail.com

CALENDAR

Sunday, October 11

10:00am In Person and Online Worship
11:30am Cancer Support Group

Monday, October 12

6:30am Court Street Yoga

Tuesday, October 13

6:00pm Immigrant Support Prayer Flag Making
7:00pm Music Ministry Reflection Circle

Wednesday, October 14

6:30am Court Street Yoga
8:00am Men's Breakfast at Grill 28
11:30am 200th Anniversary Concert Rehearsal

Thursday, October 15

7:30am Morning Poems on Zoom
10:30am Learning Associate's Meeting
5:00pm Singing Resistance
6:45pm South Church Folk Rehearsal

Friday, October 16

6:30am Court Street Yoga

Saturday, October 17

5:00pm Families TUUgether

Sunday, October 18

10:00am In Person and Online Worship
11:30am Knitting Ministry
11:30am Social Justice Associate Meeting
11:30am Mission UUnited Luncheon
4:00pm Senior Youth at Court Street

PROTECT THE VOTE - BE A POLL OBSERVER

Poll observers play a critical role in ensuring elections run smoothly, voters feel supported, every eligible ballot is counted, and maintain a calm, reassuring presence. Sign up to observe the election on November 3 by emailing SChouinard@AmericaVotes.org. No experience necessary, and online training is available!

JOURNEY TO MEMBERSHIP CLASS

Are you new to South Church, or a long time attendee and want to know more? The Fellowship Associates are hosting the fall Journey to Membership classes on Nov. 8, 15, and 22 from 11:30am-1pm. This class is an opportunity to explore, share spiritual journeys and learn more about South Church and UUism. Contact Fellowship@SouthChurch-UU.org to learn more or sign up.

SOUTH CHURCH VISION STATEMENT

South Church is widely known as a vibrant spiritual home where people of all ages and abilities, beliefs and identities seek meaning and purpose, inspiration and comfort.

Rooted in love, we carry forward a legacy of care for one another, our Seacoast community, and the Earth we share.

United in our ever-deepening practice of Unitarian Universalist values, we act with courage and serve with joy for a more just, compassionate, and thriving world.



COVENANT GROUP SIGN UPS

South Church Covenant Groups offer opportunities for connection and reflection with other South Church folks. Scan the QR code or visit <https://tinyurl.com/26-27Covenant> to learn more and to sign up for a group that works for you.

SEACOAST UNITY HUB - OCTOBER 22

Our October 22 Unity Hub gathering will meet from 6-8pm and focus on what each of us can do in these last weeks before the election to help more people take part. Register by scanning the QR code or visiting www.tinyurl.com/UnityHubOct22



COMMITTEE ON MINISTRIES - LET'S TALK MUSIC!

The Committee on Ministries (CoM) is hosting Reflection Circles on the topic of music. We'll explore how we experience music at South Church. Dates are Tuesday, October 13 at 7pm and Sunday, November 1 after church. Sign up at Social Hour, or contact CommitteeOnMinistries@SouthChurch-UU.org.

WHAT THE WALLS HAVE HEARD - 200 YEARS OF MUSIC AT SOUTH CHURCH

Mark your calendars for October 25 at 2pm for a concert of music that has been offered at South Church over the past 200 years, performed by a variety of musicians and singers who have brought their musical talents to our church. Invite your family and friends! All are welcome to this FREE concert!

ALTARS OF REMEMBRANCE - NOVEMBER 1 AT 6PM

Altars of Remembrance, a Vespers service in honor of our ancestors and loved ones we have lost, takes place on Sunday, November 1 at 6pm. Everyone is invited to create a simple altar drawn from your personal heritage, traditions, or practices and place photographs and mementos of loved ones who have died. All are welcome.

ORDER OF SERVICE

PRELUDE	<i>Navajo Prelude for Piano No. 2</i>	Connor Chee
	Jonny Peiffer, piano	

WELCOME Rev. Ellen Quaadgras

ANNOUNCEMENTS

LAND ACKNOWLEDGEMENT

INVOCATION #155 *Circle 'Round For Freedom*

LIGHTING THE CHALICE Rev. Ellen Quaadgras and Willow Young

MISSION STATEMENT

At South Church, we nurture spiritual growth through worship, learning and community; we celebrate the worth and dignity of all people; and we inspire one another to act on our faith in the larger community.

OPENING WORDS Willow Young

OPENING HYMN #347 *Gather the Spirit*

TIME FOR ALL AGES Rev. Ellen Quaadgras

CHILDREN'S RECESSIONAL #413 *Go Now In Peace*

OFFERING INVITATION Willow Young

OFFERTORY *Navajo Vocable for Piano No. 5* Connor Chee
Jonny Peiffer, piano

RESPONSE #1010 *We Give Thanks*

MEDITATION & PRAYER Rev. Ellen Quaadgras

CANDLES OF JOY & CONCERN

We invite you to take a moment and reflect on a joy or concern you are holding. If it is something you want us to know about, please take a moment and write your concern on the yellow Pastoral Care card in the pew.

SERMON PT. 1 A Different Story: A Sermon for Indigenous Peoples' Day
Offered by Rev. Ellen Quaadgras

OCTOBER 11, 2026

MUSICAL RESPONSE #155 *Circle 'Round for Freedom*

SERMON PT. 2 Rev. Ellen Quaadgras

CLOSING HYMN #298 *Wake, Now, My Senses* (v. 1, 3 and 5)

EXTINGUISHING THE CHALICE

BENEDICTION Rev. Ellen Quaadgras

POSTLUDE *Navajo Vocabale for Piano No. 4* Connor Chee
Jonny Peiffer, piano

October Theme: Courage

October Shared Plate: Seacoast Family Promise

During the month of October, our collection will be shared with Seacoast Family Promise. Seacoast Family Promise provides temporary housing, food, and shelter, to families through a structured journey utilizing trauma informed care, employment education and housing search, financial education, parenting and other effective tools leading families back to stability and the return to a place they can call home.

Learn more at www.seacoastfamilypromise.org



Quick Link: Donate to South Church and our monthly Shared Plate!

Point your phone camera at the QR code to the left and head to our mobile site. Make a one time gift, or log in to create recurring gifts!

Chancel flowers are given by Louise Cameron in memory of her mother,
Mary Louise Hart.