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outh 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 Brigid Murray – Finance Director

Susan Adams – Accompanist Ben Abbott - Tech & Attendant

SOUTH CHURCH



“Coming of Age is a Lifelong Journey”

**A Unitarian Universalist
Congregation**

March 1, 2026

WELCOME TO THE WELCOME DESK

If you are new to South Church, or have questions, please stop by the Welcome Desk downstairs. Shared Ministry members are there to help people become integrated into our church family and find new friends and activities to foster that process. Come with questions or to calm any jitters you have about the crowd that is at coffee hour! Scan the QR code to fill out a visitor form!



GREETERS & KITCHEN HELP NEEDED!

Ever wonder how you can get to know more South Churchers or connect more meaningfully with the congregation? Become a South Church greeter! New folks always work with an experienced greeter. Email Myleta at meixeng5@gmail.com to sign up! Looking for a “low lift” endeavor to get involved? Volunteer to help with the Kitchen ministry; you can still be at worship, AND be part of creating fellowship in the community. Chat with Kevin or Jan, or email the Fellowship Associates at Fellowship@SouthChurch-UU.org

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 is completely up to each WNC volunteer when and how often they participate. Fill out the card in your pew or scan the QR code to sign up.



DONATIONS NEEDED FOR JETPIG AROUND TOWN

Our middle school youth are living their UU values in the community and are collecting small, donated items to make Winter Care Mutual Aid bags for the unhoused. They are looking for hats, gloves/mittens, warm socks, chapsticks, energy bars, flashlights, hand warmers, and gift cards to local businesses. Donations can be left in the box in the narthex by March 8. Thank you!

JOURNEY TO MEMBERSHIP

Are you new to South Church or a long time attendee of Sunday services and want to know more? The Fellowship Associates (FA's) will be hosting the Journey to Membership, a series of 3 classes on March 15, 22, and 29 from 11:30am-1pm. Explore, share individual spiritual journeys, and learn more about South Church and Unitarian Universalism. Contact Fellowship@SouthChurch-UU.org to register!

NH OUTRIGHT LGBTQ+ ALLYSHIP TRAINING - TODAY FROM 12-2PM

Join the South Church Learning Associates and NH Outright after worship for an informative and fun session that will build background knowledge, explore the role of discrimination on mental health outcomes, learn why allyship matters and its impact on well-being, and hear about practical strategies to support the LGBTQ+ community. This event is free and open to all.

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 meets on the 2nd Thursday of the month at 10:00am at the Ports. Senior Center in Nov, and on Zoom in Dec., Jan., Feb. and March. 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 Shawl Ministry meets on the 3rd Sunday at 11:30am in the Emerson Room. Contact: Jan Marston at jmarston@comcast.net

The ***Men's Breakfast Group*** meets on the second Wednesday of the month at 8am at our NEW location, 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.

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, and Tuesday and Thursday nights. Check website for times and class 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 in the Emerson Room. For more information, contact Anne Mackin at 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@southchurch-uu.org

CALENDAR

Sunday, March 1

- 9:00am First Sunday Chant
9:45am Coming of Age at Court Street
10:00am In Person and Online Worship
12:00pm Seacoast Outright Allyship Workshop
4:00pm 7th Grade OWL
4:00pm Senior Youth at Court Street

Monday, March 2

- 6:30am Court Street Yoga
5:00pm Property Committee Meeting

Tuesday, March 3

- 5:30pm Court Street Yoga

Wednesday, March 4

- 6:30am Court Street Yoga
8:30am Women's Breakfast at The Golden Egg

Thursday, March 5

- 7:30am Morning Poems on Zoom
5:30pm Court Street Yoga
6:45pm South Church Folk

Friday, March 6

- 6:30am Court Street Yoga

Saturday, March 7

- 5:00pm Families TUUgether

Sunday, March 8

- 9:45am Coming of Age at Court Street
10:00am In Person and Online Worship
11:30am Adult OWL Class
11:30am Cancer Support Group
4:00pm 7th Grade OWL
4:00pm Sr. Youth at Court Street

UUACTIONNH NEWSLETTER

Sign up for the UUActionNH monthly newsletter to learn what other UU Social Action groups are doing around New Hampshire.



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.

SOUTH CHURCH BOOK GROUP MARCH DISCUSSION

The South Church Book Group will be discussing "The Women" by Kristin Hannah on Weds., March 11 at 7 PM on Zoom. The book was a #1 New York Times best seller. All are welcome to attend any of our discussions. Please e-mail Carrie and Alexandra at BookGroupSouthChurch@gmail.com to get the link or be included on our e-mail list.

SPRING COFFEE HOUSE - MARCH 28 AT 7PM

Celebrate spring with songs, poems, juggling, jokes, or any talent you would like to share at our Spring Coffee House on Saturday, March 28 at 7pm in Parish Hall. Contact Mary at MBanach@UNH.edu to reserve your place in the spotlight. Family friendly event - ALL ages welcome! Appreciative audience members VERY welcome!

REFLECTIONS ON MINISTRY - DATE CHANGE!

Money ministry is the topic of the spring Reflection Circles hosted by the Committee on Ministries. These gatherings offer an invitation to experience giving as a spiritual practice. Grounded in our shared values of equity, justice, compassion, and community, participants will reflect on why they give and how each gift expresses their faith and commitment to the world we are shaping together. The circles will happen on Sun., March 29 from 11:30am-1pm, Tues., April 14 from 7-8:30pm, and Sun., May 3 from 11:30a-1pm. Sign up at social hour or contact CommitteeonMinistries@SouthChurch-UU.org

GET INVOLVED WITH THE 37th ANNUAL POCKET GARDEN TOUR

This year's PGT will take place on Friday, June 19th and Saturday, June 20 in the South End neighborhood. We need 78 volunteers to sit in gardens and greet guests over these two days. Make new friends and linger in beautiful gardens! Sign up now to secure your spot at www.tinyurl.com/pgthosts2026 or by scanning the QR code. We also seek to feature artists and musicians during the tour. If you are interested, please contact us at PGT@SouthChurch-UU.org



ORDER OF SERVICE

PRELUDE *Listening* South Church Choir
Lea Morris

WELCOME Kirsten Hunter

ANNOUNCEMENTS

TESTIMONIAL Mary Banach, Learning Associates

LAND ACKNOWLEDGEMENT

INVOCATION *We Are the Ones (We Been Waiting For)*
By Bernice Johnson Reagan & June Jordan, sung by South Church Choir

LIGHTING THE CHALICE Kirsten Hunter and Chris George

*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 from Peter and Judith Randall, read by Chris George

*OPENING HYMN #1051 *We Are*

TIME FOR ALL AGES Hilary Clark, Betty Olivolo, and Myleta Eng
and South Church kids, adapted from *Two Old Women* by Velma Wallis

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

OFFERING INVITATION Chris George

OFFERTORY *Last Leaf* South Church Choir
Tom Waits and Kathleen Brennan

RESPONSE #1010 *We Give Thanks*

PRAYER FOR PAYING ATTENTION

HOMILIES Sue Hubbard and Jackie Ellis

CLOSING HYMN *We Are the Ones (We Been Waiting For)* reprise

RITUAL FOR HONORING ELDERHOOD

This ritual has been adapted for South Church from Rev. Tom Capo and Martha Kirby Capo's "For Honoring Elders," in *Blessing It All: Rituals for Transition and Transformation*, Skinner House Press

MARCH 1, 2026

EXTINGUISHING THE CHALICE

BENEDICTION Valerie Fagin

POSTLUDE *I Love Today* South Church Choir
Kim Kalesti

March Theme: Paying Attention
March Shared Plate: Seacoast Pathways

Seacoast Pathways is a place for adults living with mental illness to come together for purposeful work and meaningful relationships in the Seacoast area. It began as a grass-roots initiative that introduced the "clubhouse" model in New Hampshire, an evidence-based, self-help community, aimed at eliminating isolation and providing hope, dignity, and recovery options for adults with mental illness. Through participation in a Clubhouse, members are given the opportunity to rejoin the worlds of friendship, family, important work, employment and education, and to access the services and supports they need.

Learn more at www.blackheritagetrailnh.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!

Assisted listening devices are available in the rear of the sanctuary

*Please rise if you are willing and able