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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](http://www.southchurch-uu.org) Email: [info@southchurch-uu.org](mailto:info@southchurch-uu.org)**

**Phone: 603-436-4762**

**Board of Trustees Email: [Board@southchurch-uu.org](mailto:Board@southchurch-uu.org)**

**The Board meets on the 3<sup>rd</sup> 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



“The Obstacle and the Way:  
A Lesson from Ganesha”

**A Unitarian Universalist  
Congregation  
March 30, 2025**

### **ARE YOU NEW TO SOUTH CHURCH?**

Are you a first-time visitor? Would you like to get more information about this congregation? Scan the QR code to fill out a visitor form or ask an usher for a hard copy!



### **USHER SIGNUPS ON SUNDAYS**

We are looking to round out our group of Ushers for Sunday mornings. We will train you and answer any questions you have! To sign up, visit <https://tinyurl.com/3n8ex2db> or scan the QR code to the right!



### **POCKET GARDEN TOUR - TEAM LEADERS NEEDED!**

The PGT Planning Committee will be meeting between 9-9:45am downstairs on the first Sunday of the month from February through June. If you would like to learn more about this fun fundraising and community building project, or if you already know you want to volunteer, stop by during a meeting. As many of you know, there are many one-and-done volunteer jobs involved in the Pocket Garden Tour (June 13-14). Equally important are the 3 volunteers who manage garden volunteers, 2-3 to scout for next year's gardens, and 1 to do online advertising through Portsmouthnh.com and facebook. Grab a friend or two and dive in! We can train you. Contact Robin at [PGT@SouthChurch-UU.org](mailto:PGT@SouthChurch-UU.org)

### **TRANS DAY OF VISIBILITY - TODAY AT 1PM**

Created in 2009 to recognize transgender people, raise awareness of discrimination, and celebrate the contributions of transgender, Trans Day of Visibility is hosting a gathering today! Hear from folks in the transgender community, allies, and artists as they share their stories and music of joy, resilience, and why it's important to support and celebrate the everyday contributions of transgender people across NH and the World. Join us today at 1pm at South Church!

### **SUNDAY CHANT CANCELLED - APRIL 6**

Sunday Chant will resume on May 4 at 9am in the side garden where we will be in the warmer months, or if rainy, on the portico. Contact Cathy for more info at [cathomusic@gmail.com](mailto:cathomusic@gmail.com)

### **AGING WITH GRACE - APRIL 10 AND MAY 8**

Aging with Grace will be meet April 10 and May 8 at 10am at the Portsmouth Public Library. There will be a check in and a discussion around the church theme of the month. For more info, contact Ingrid at [inkyjapan@yahoo.com](mailto:inkyjapan@yahoo.com)

### **FREE NARCAN TRAINING - APRIL 10**

The South Church Shower Program is partnering with Safe Harbor Recovery to host a free Narcan training on April 10 at 3pm in Parish Hall. All are invited to attend; please contact Jen at [Jen@SouthChurch-uu.org](mailto:Jen@SouthChurch-uu.org) to sign up. Attendance is free but donations to Safe Harbor are encouraged.

### **RELIGIOUS EDUCATION**

On multigenerational worship days, children remain in the sanctuary for worship. There are activity packs and supplies on shelves behind the last row of pews. On all other Sundays, children and youth are invited to go downstairs following the Time For All Ages, to participate in religious education sessions. Children are also always invited to remain in the sanctuary with their families.

The Nursery is open for children 6 weeks through 3 years.

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 on our Religious Education program, email Director of Children & Family Ministries, Jen Del Deo-Barry, at [jendeldeo@southchurch-uu.org](mailto:jendeldeo@southchurch-uu.org)*

### **ONGOING GROUPS**

***Aging with Grace*** meets on the 2nd Thursday of the month at 10:00am on Zoom through February. Contact Ingrid at [inkyjapan@yahoo.com](mailto: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](mailto: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](mailto:jmarston@comcast.net)

The ***Men's Breakfast Group*** meets on the second Wednesday of the month at 8am. Email Ken Schoman at [ayuh.ken@gmail.com](mailto:ayuh.ken@gmail.com)

***Morning Poems*** meets every Thursday morning at 7:30am on Zoom. Contact [info@southchurch-uu.org](mailto:info@southchurch-uu.org) for more information.

The ***Women's Breakfast Group*** meets on the first Wednesday of the month at 8:30am. For more info and to RSVP, contact [turningtide@comcast.net](mailto:turningtide@comcast.net)

***Covenant Groups*** are ongoing groups that meet twice a month from October-May. For more info, email [covenantgroups@southchurch-uu.org](mailto:covenantgroups@southchurch-uu.org)

***South Church Spiritual Book Group*** meets on the 2nd Wednesday at 7pm on Zoom. Contact Nancy at [bookgroup@southchurch-uu.org](mailto:bookgroup@southchurch-uu.org)

***Court Street Yoga*** meets Monday, Wednesday and Friday mornings at Court Street. Check the website for times. Suggested donation \$10/class or \$75/month. For more info, email [yoga@southchurch-uu.org](mailto: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 [annemackin2@gmail.com](mailto:annemackin2@gmail.com)

***South Church Folk*** meets on Thursdays at 7pm in the sanctuary and typically sings during Worship one Sunday per month. For more information, contact Cathy Okhuysen at [cathomusic@southchurch-uu.org](mailto:cathomusic@southchurch-uu.org)

## GROUP CONTACTS

Shared Ministry – [sharedministry@southchurch-uu.org](mailto:sharedministry@southchurch-uu.org)

Pastoral Associates – [pastoralcare@southchurch-uu.org](mailto:pastoralcare@southchurch-uu.org)

Social Justice Associates – [socialjustice@southchurch-uu.org](mailto:socialjustice@southchurch-uu.org)

Worship Associates – [worship@southchurch-uu.org](mailto:worship@southchurch-uu.org)

Fellowship Associates – [fellowship@southchurch-uu.org](mailto:fellowship@southchurch-uu.org)

Learning Associates – [learning@southchurch-uu.org](mailto:learning@southchurch-uu.org)

Comm. On Ministries – [committeeonministries@southchurch-uu.org](mailto:committeeonministries@southchurch-uu.org)

### CALENDAR

#### Sunday, March 30

9:45am Coming of Age at Court Street  
10:00am In Person and Online Worship  
11:30am Journey to Membership  
1:00pm Trans Day of Visibility  
4:00pm 7th Grade OWL  
4:00pm Senior Youth at Court Street

#### Monday, March 31

6:30am Court Street Yoga

#### Tuesday, April 1

6:00pm Choir Review with Susan  
6:00pm Covenant Group  
6:30pm South Church Choir

#### Wednesday, April 2

6:30am Court Street Yoga  
8:30am Women's Breakfast at The Golden Egg  
6:30pm South Church Choir at Court Street

#### Thursday, April 3

7:30am Morning Poems on Zoom  
7:00pm South Church Folk

#### Friday, April 4

6:30am Court Street Yoga

#### Sunday, April 6

9:00am Pocket Garden Tour Meeting  
9:45am Coming of Age at Court Street  
10:00pm In Person and Online Worship  
4:00pm 7th Grade OWL  
4:00pm Senior Youth at Court Street

### TIME + MERCY DUO - APRIL 13

Time and Mercy creates a sacred space by embracing traditional religious music through a range of styles native to gospel, jazz, and the avant garde. Join Mike Effenberger (piano) and Chris Klaxton (trumpet) at South Church on April 13 at 2pm as they perform together in a variety of contexts and styles. Tickets are \$20 and can be purchased on the South Church website or on Portsmouth NH Tickets. [www.timeandmercy.com](http://www.timeandmercy.com)

### BOOK DISCUSSION WITH SENIOR YOUTH - APRIL 27

In April, our book discussion will be in partnership with the Senior Youth on Sunday, April 27 from 4-6pm in person. The youth are preparing for their trip to Baltimore to attend GA where they will be offering a workshop. Each will be reading a book about Baltimore that they may choose individually, and the congregation is invited to join. Please email [bookgroup@southchurch-uu.org](mailto:bookgroup@southchurch-uu.org) for a list of books, or choose one related to Baltimore on your own.

### DANCING THROUGH CHAOS

The Black Heritage Trail is inviting all to learn the Boots on the Ground line dance, and to join together at the African Burial Ground on June 19th. There are opportunities to learn from Valerie Fagin on May 18 and 25, and June 1 at 15 at 11:30 at South Church. Check your "This Week" email for a link to a tutorial video!

### CREATING A VISION

The Visioning Task Force is excited to announce that we will be hosting a visioning workshop in May. Please plan to join us on the afternoon of May 10, for Sunday service on May 11, and for a presentation following Worship.

### ROOTS SUMMER PROGRAM - AUGUST 11-15

Join us for a week full of fun for kids ages 5 through 12. Play, build community, engage in service projects, and make meaningful connections! Roots runs 9am-3pm, Monday through Friday the week of August 11-15. (Before and after care available for additional cost) Youth ages 12-17 can sign up to be junior helpers/CiT's to offer friendship and support, and to gain developmentally appropriate leadership skills. Learn more at [www.southchurch-uu-re.org/roots-summer-program](http://www.southchurch-uu-re.org/roots-summer-program) or scan the QR code.



### STAR ISLAND RETREAT REGISTRATION OPEN!

The 2025 South Church on Star Retreat is Sunday, July 13th through Wednesday, July 16th and the theme this year is Connection. There will be free childcare available from 9am-12pm, 1pm-2:30pm and multi-age group programming from 4-5pm everyday since we are partnering with other UU churches. The retreat is capped at between 70-80 people so make sure to register soon at [www.starisland.org/programs/registration](http://www.starisland.org/programs/registration). Information about grants and available discounts can also be found on the site.

# ORDER OF SERVICE

# MARCH 30, 2025

PRELUDE *Slow Time* Jonny Peiffer, piano  
Ahmad Kafari

WELCOME Chris Kiper

ANNOUNCEMENTS

TESTIMONIAL Worship Associates: Chris Kiper

INVOCATION

LIGHTING THE CHALICE Sheila Shea and Chris Kiper

\*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 Chris Kiper

\*OPENING HYMN #1009 *Meditation on Breathing*

TIME FOR ALL AGES Rev. Ellen Quaadgras

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

OFFERING INVITATION Chris Kiper

OFFERTORY *Secret Part of You* Jonny Peiffer, piano  
Ahmad Kafari

RESPONSE #1010 *We Give Thanks*

PRAYER AND MEDITATION Sheila Shea

CANDLES OF JOY AND 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 "The Obstacle and the Way: A Lesson from Ganesha"  
Offered by Sheila Shea

\*CLOSING HYMN *Hari Om Ganesha* Hindu Chant  
Words: Om hari Om hari Om hari Om  
Sharanam Ganesha

EXTINGUISHING THE CHALICE Chris Kiper


BENEDICTION Sheila Shea

POSTLUDE *Counting Blessings* Jonny Peiffer, piano  
Ahmad Kafari

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In months with 5 Sundays in 2025, The Board of Trustees has approved the use of the entire collection plate on the last Sunday toward paying down the principal on a loan we took out to upgrade South Church and the Meeting House. In addition, a small group of South Church members has offered a \$3,000 matching challenge to the congregation. For every dollar collected from the congregation during the fifth Sundays in 2025, the group will match the collection, dollar-for-dollar, up to \$3,000!

Learn more at [www.womenaidportsmouth.org](http://www.womenaidportsmouth.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

Please visit [www.kafarimusic.bandcamp.com](http://www.kafarimusic.bandcamp.com) and, if you are able, support this uniquely beautiful artist.