

S

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

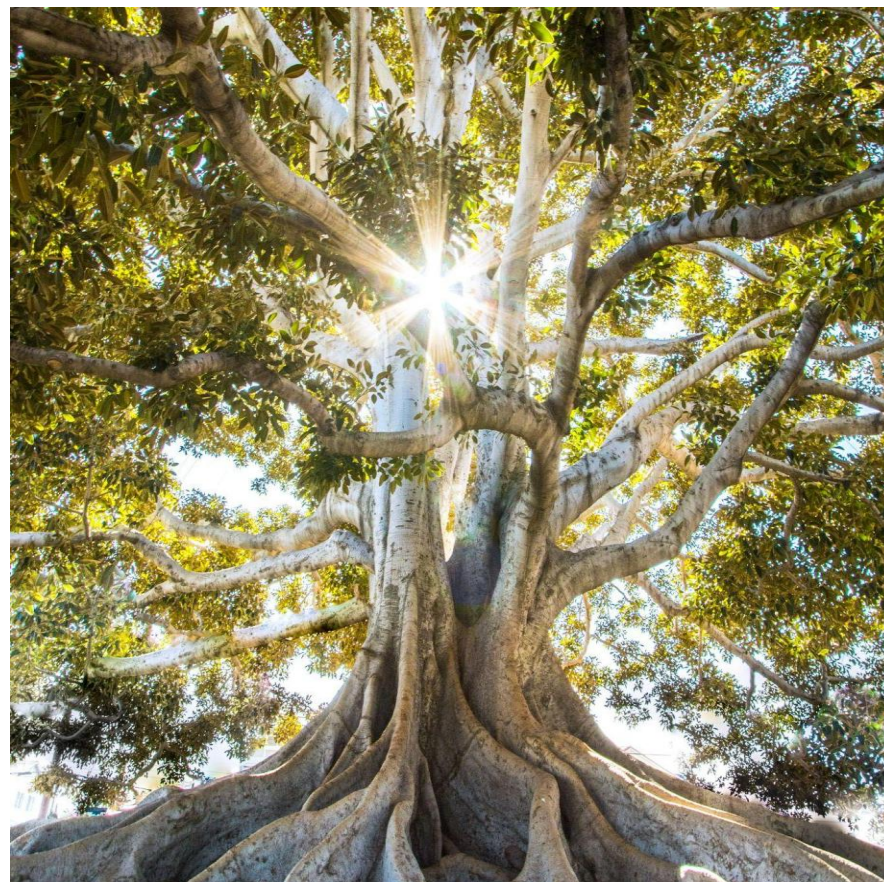
Jennifer Leyden – Congregational Admin

Brigid Murray – Finance Director

Susan Adams – Accompanist

Ben Abbott - Tech & Attendant

SOUTH CHURCH



**“A Mother’s Day Reflection on
Vision and Values”**

**A Unitarian Universalist
Congregation
May 11, 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!



THE POCKET GARDEN TOUR IS ON ITS WAY!

The 36th annual Pocket Gardens of Portsmouth Tour is weeks away on June 13 from 5-8pm and June 14 from 3-8pm. Committee volunteers for the final 6 weeks, garden hosts, and cookie bakers are all needed! Stop by at social hour or email PGT@SouthChurch-UU.org. Garden hosts can sign up online at <https://tinyurl.com/2025pgthosts> or by scanning the QR code.



LOVE WRITING NOTES? JOIN THE CARE CARD CREW!

We're sending out a wave of warm greetings to folks we haven't seen in a while - just to say hello and let them know they're still part of our circle. All materials provided. Just bring your hand and your heart. This is a short-term, low-key way to make a difference. If you're interested, contact RevEllen@SouthChurch-uu.org

MOTHER'S DAY PLANT SALE - TODAY AFTER WORSHIP

The annual Mother's Day Plant Sale is here! Beautiful plants will be for sale after service in Parish Hall. All plants are \$30.

MAY BOOK GROUP MEETING - MAY 14

The South Church Book Group is hosting a discussion of "On Tyranny: Twenty Lessons from the Twentieth Century" by Timothy Snyder on Wednesday, May 14 at 7pm. All are welcome. Please contact BookGroupSouthChurch@gmail.com

PARENT DISCUSSION GROUP - MAY 18

Parents of Trans and Non-Binary children, youth and adults are invited to meet in a safe space for connection, stories, and resources on Sunday, May 18 at 11:45am. If you would like more information, contact Jen at JenDelDeo@SouthChurch-uu.org

DANCING THROUGH CHAOS - LINE DANCE FOR JUNETEENTH

The BHTNH recently shared about the importance of dance and movement and African Americans for survival and resistance. They have challenged the community to learn the "Boots on the Ground" line dance and to gather at the African Burial Group on June 19th to dance together. Join us after Worship on May 18 and 25, and June 1 and 15 to learn the dance!

RED CROSS BLOOD DRIVE - MAY 20

Join us on Tuesday, May 20 from 11:30am-4:00pm for a Red Cross Blood Drive in Parish Hall! Every 2 seconds, someone in the United States needs blood and you could help make a difference! To book an appointment, visit www.RedCrossBlood.org and search SOUTHCHURCH or scan the QR code! Email Jen at Jen@SouthChurch-UU.org if you would like to volunteer!



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

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 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. Email Ken Schoman at ayuh.ken@gmail.com

Morning Poems meets every Thursday morning at 7:30am on Zoom. Contact 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

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

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

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

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

GROUP CONTACTS

Shared Ministry – sharedministry@southchurch-uu.org

Pastoral Associates – pastoralcare@southchurch-uu.org

Social Justice Associates – socialjustice@southchurch-uu.org

Worship Associates – worship@southchurch-uu.org

Fellowship Associates – fellowship@southchurch-uu.org

Learning Associates – learning@southchurch-uu.org

Comm. On Ministries – committeeonministries@southchurch-uu.org

CALENDAR

Sunday, May 11

Mother's Day Plant Sale before and after worship in Parish Hall

10:00am In Person and Online Worship

11:15am Visioning Presentation

Monday, May 12

6:30am Court Street Yoga

4:00pm Immigrant Support Meeting

4:30pm Pride Mural Project Meeting

6:00pm Fellowship Associate Meeting

Wednesday, May 14

6:30am Court Street Yoga

7:00pm South Church Book Group on Zoom

Thursday, May 15

7:30am Morning Poems on Zoom

10:15am Learning Associates Meeting

7:00pm South Church Folk Rehearsal off-site

7:30pm De-Escalation Training in the Sanctuary

Friday, May 16

6:30am Court Street Yoga

7:00pm Sparks and Flames

Saturday, May 17

9:00am Spring Garden Clean Up

5:00pm Families TUUgether

Sunday May 18

10:00am In Person and Online Worship

11:30am Social Justice Associate Meeting

11:30am Knitting Ministry

11:30am Dancing Through Chaos Line Dance Instruction

11:45am Parents of Trans/Nonbinary Children, Youth and Young Adults

4:00pm Senior Youth at Court Street

MEDITATION FOR A TRANSFORMATIVE LIFE - BEGINS MAY 28

Are you curious about meditation or Buddhist teachings? Do you need resilience during difficult times? Are you looking for practical ways to live a simpler, kinder life and build community? Join us on Wednesday nights beginning May 28 through June 25 at 6:45pm at Court Street for an introduction to Buddhist teachings that addresses all aspects of living a transformative life including mindfulness, meditation instruction, ethical livelihood and more. This course has a suggested donation of \$10-\$15 per class or \$50-\$75 for the entire 5 weeks and is led by Dh. Suddhayu and team from the Portsmouth Buddhist Center. Scan the QR code to register.



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 or scan the QR code.



BUILDING NEW BRIDGES - WAYS TO BE INVOLVED

If you are concerned about the state of the world right now and overwhelmed by not knowing what you can do, feeling alone, or wanting to do something, the Social Justice Associates have something to offer you! Scan the QR to see a list of resources to help you connect with others and help out in a way that resonates!



ORDER OF SERVICE

PRELUDE *Can't Get Enough* By Lea Morris
South Church Choir

WELCOME Rev. Ellen Quaadgras

ANNOUNCEMENTS

INVOCATION *Follow The Sound* (excerpt) By Lia Davis
South Church Choir

LIGHTING THE CHALICE Chris Kiper and Rev. Ellen Quaadgras

*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 #22 *Dear Weaver's of Our Lives' Design*

TIME FOR ALL AGES Kirsten Hunter

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

OFFERING INVITATION Chris Kiper

OFFERTORY *Follow The Sound* By Lia Davis
South Church Choir

RESPONSE #1010 *We Give Thanks*

PRAYER & MEDITATION 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 "A Mother's Day Reflection on Vision and Values"
Rev. Ellen Quaadgras

MAY 4, 2025

*CLOSING HYMN *Heart Wide Open* by Lea Morris

EXTINGUISHING THE CHALICE Chris Kiper

BENEDICTION Rev. Ellen Quaadgras

POSTLUDE *Navajo Vocab for Piano No. 4* Connor Chee
Susan Adams, piano

During the month of May, our collection will be shared with the National Alliance of Mental Illness of New Hampshire (NAMI NH). NAMI NH is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide.

Learn more at www.naminh.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

Note: Parts of this service were crafted with the assistance of AI tools.

*Please rise if you are willing and able