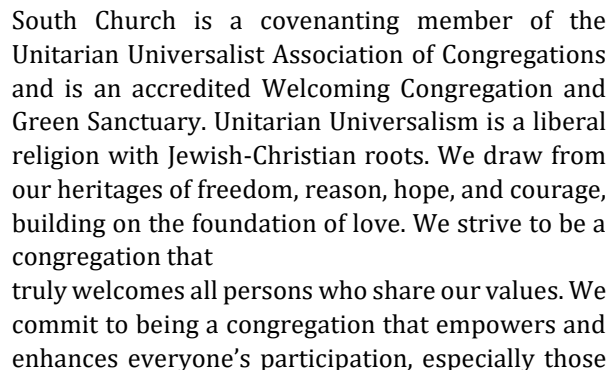




Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

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.

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

Artwork from “Be Here Now” by Ram Dass

“Fully Present”

A Unitarian Universalist Congregation

August 23, 2026



200TH ANNIVERSARY TEE-SHIRTS FOR SALE!

Commemorate this special anniversary with an official South Church 200th Anniversary t-shirt; a wonderful way to honor our church's history, celebrate our community, and share our spirit beyond our walls. Multiple styles, sizes, and colors available through the online store. Visit <https://tinyurl.com/SCTees> or scan the QR code to place your orders today. Don't miss your chance to own a keepsake from this historic milestone year!

REGISTER YOUR CHILDREN FOR RELIGIOUS EDUCATION!

It's time to register your children and youth for the 2026-2027 church year! All children who are attending the nursery through Senior Youth must register; it's important that we have accurate and up-to date information about your child! Register at tinyurl.com/Fall26RE or by scanning the QR code.



200TH ANNIVERSARY TOURS - THROUGH AUGUST

Explore the architecture, hidden stories, and 200 years of history at South Church! Come on an engaging one-hour historic building tour and explore the remarkable Greek Revival architecture while uncovering fascinating stories woven into 200 years of community life. Tours are free and offered at 10am on August 15, 22, and 29. Scan the QR code or visit www.tinyurl.com/SC200Tours to sign up. Walk-ins also welcome!

A CHURCH BUILT OF GRANITE

A Church Built of Granite, South Church's own history written by member Janet Polasky, is now available for pre-ordering for \$25. Scan the QR code or go to www.tinyurl.com/GraniteChurch to receive the discount. Select "local pickup" in the shipping field.



SEACOAST UNITY HUB - AUGUST 27 AT 6PM

Jeanne Dietsch will offer a brief introduction to the Free State movement and its influence in New Hampshire. Sarah Ortiz of Open Democracy will lead an interactive introduction to bird-dogging: asking candidates and public officials clear, direct questions. We'll also share practical ways to take part before the fall elections. Register at <https://tinyurl.com/ConnectAug272026> or by scanning the QR code.

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 10am at the Ports. Senior Center. 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, and Tuesday nights. 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, August 23

10:00am In Person and Online Worship

Monday, August 24

6:30am Court Street Yoga

Tuesday, August 25

5:30pm Court Street Yoga

Wednesday, August 26

6:30am Court Street Yoga

Thursday, August 27

6:00pm Seacoast Unity Hub

Friday, August 28

6:30am Court Street Yoga

Saturday, August 29

10:00am 200th Anniversary Building Tours

Sunday, August 30

10:00am In Person and Online Worship



UUACTIONNH NEWSLETTER

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

COVENANT GROUP DROP-IN SAMPLER

Learn how South Church Covenant Groups offer opportunities for connection and reflection with other South Church folks. This sampler will give you a sense of being in a Covenant Group while exploring the details of the group, as well as answer any questions you might have regarding participating in an upcoming Covenant Group.

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.



HOST A CIRCLE SUPPER

Fall is coming, and it's time to start planning Circle Supper potlucks! These suppers are hosted by church folk for church folk, and are a wonderful way to build community while sharing a meal together. If you would like to host a circle supper, scan the QR code or visit <https://tinyurl.com/26CircleSuppers>, choose a date and time that work for you, and decide how many guests you can accommodate. The last day to sign up to host is August 31 and we will invite guests to sign up for your dinner in September.

SOUTH CHURCH BOOK GROUP SEPTEMBER 9 DISCUSSION

All are invited to the South Church Book Group discussion on September 9 at 7pm on Zoom to discuss the 2023 historical mystery novel "The River We Remember" by William Kent Krueger. We welcome anyone to join us for all of our monthly meetings. For more information or for the Zoom link, contact Carrie and Alexandra at BookGroupSouthChurch@gmail.com

ALL CHURCH PICNIC AFTER WATER INGATHERING - SEPTEMBER 13

Save the date and join us Sunday, September 13 for an all-church potluck picnic to celebrate our building's 200th anniversary! This event will be held after our Water Ingathering service, and more info will follow soon!

OUR WHOLE LIVES FOR OLDER ADULTS - INFO SESSION SEPTEMBER 13

Back by popular demand! OWL for Older Adults will be offered this year starting on October 18. An information session will be led by Ann Sherrick and Sandra Greenfield on September 13 following worship. Registration opens on September 6 and the class is limited to 12 participants. The course consists of fourteen, two hour sessions held on Sundays from 1:30-3:30pm. More information coming soon!

ORDER OF SERVICE

PRELUDE *Gigue from French Suite No. IV in Eb Major*
By J.S. Bach, played by Susan Adams

WELCOME Chris Kiper

ANNOUNCEMENTS

LAND ACKNOWLEDGEMENT

INVOCATION

LIGHTING THE CHALICE Cathy Wolff 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 #128 *For All That Is Our Life*

TIME FOR ALL AGES Joanne Piazzi

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

OFFERING INVITATION Chris Kiper

OFFERTORY *Homeward Bound*
By Marta Keen, played by Susan Adams and Cathy Okhuysen

RESPONSE #1010 *We Give Thanks*

PRAYER & MEDITATION Chris Kiper

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 "Fully Present" Cathy Wolff

AUGUST 23, 2026

CLOSING HYMN #112 *Do You Hear*

EXTINGUISHING THE CHALICE

BENEDICTION Cathy Wolff

POSTLUDE *Do Lord*, trad. Spiritual
Arr. by Chuck Marohnic, played by Susan Adams and Cathy Okhuysen

Summer Theme: "Experimentating"
August Shared Plate: South Church Immigrant Support Fund

During the month of August, our collection will be shared with the South Church Immigrant Support Fund (ISF). The ISF offers financial support for housing, food, and other basic needs while assisting in finding more permanent housing, employment, and other immigration related services. If you can help or would like more info., please reach out to Jim at jd.verschueren@gmail.com

Quick

Point
head
to



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

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

Special thanks to Susan Adams and Cathy Okhuysen for the gift of music this morning!