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. It has no creed. It affirms the worth of human beings, advocates freedom of belief and the search for advancing truth, and tries to provide a warm, open, supportive community for people who believe that ethical living is the supreme witness of religion. We welcome bisexual, gay, lesbian, and transgender people. There are seven principles which Unitarian Universalism congregations affirm and promote:

- The inherent worth and dignity of every person
- Justice, equity, and compassion in human relations
- Acceptance of one another and encouragement to spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and in society at large
- The goal of the world community with peace, liberty and justice for all
- Respect for the interdependent web of all existence of which we are a part

We are grateful for the religious pluralism which enriches and ennobles our faith; we are inspired to deepen our understanding and expand our vision.

SOUTH CHURCH
A Unitarian Universalist Congregation
Sunday Services: 10am on State Street
Live-Stream Services: 10am on 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 Kristine Sawyer – Finance Director
Susan Adams – Accompanist Ben Abbott - Tech & Attendant

“Planting Seeds of Liberating Love: A Sermon for MLK Sunday”
A Unitarian Universalist Congregation
January 14, 2024
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!

2024 LIFESPAN LEARNING JOURNEY - REGISTRATION EXTENDED
Join an Indigenous History and Culture study group that includes a week-long immersive service-learning trip to the Pine Ridge Reservation in South Dakota. Registration is open and has been extended to January 21, with travel dates in late spring or summer. Learn more at https://southchurch-uu.org/what-we-offer/adult-programs/. If you are interested, you can contact Kirsten@SouthChurch-UIU.org or RevEllen@SouthChurch-UIU.org.

FREE POINSETTIAS
Thanks to our holiday decorating committee, the poinsettias used to decorate the church during the month of December were well cared for and are thriving! And now, they are available for the taking! If you are interested, please feel free to grab a plant on your way out today and bring it home to enjoy!

MLK BREAKFAST AND CONCERT - TOMORROW
Tomorrow at South Church, the Seacoast NAACP is hosting a pancake breakfast from 8:30-10am, and a musical presentation from 10am-12pm. There will be gospel music and speeches, and all are welcome. This event is free to the public but donations are accepted and appreciated. Stay tuned for more info! For more information, visit www.seacoastnaacp.com or call 603-436-6099.

MEDITATION MINI-RETREAT - FEBRUARY 3
Rev. Dave Scheuneman (UU) offers a yearly summer Meditation Retreat on Star Island, and a half day winter retreat at South Church. This event is for Star Island participants as well as South Church members. Newcomers are encouraged to experience our way of walking and sitting meditations with a shared lunch towards the end. This event is non-denominational. If you are interested in joining, please contact Hilary at hildark57@gmail.com to RSVP and with any questions.

AGING WITH GRACE WINTER MEETINGS
At least through February, Aging with Grace will be meeting by Zoom to keep folks off the winter roads and sidewalks. We meet the 2nd Thursday of the month (Feb 8) and have a variety of church themed discussions, as well as some AARP speakers with programs about ways to deal with aging. The zoom link will be sent to members on the mailing list. Want to get on it? Reach out to Ingrid at inkyjapan@yahoo.com.

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 an open and staffed option 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 the 2nd Thursday of the month (Sep-May) at 10:00am, at the Ports. Library. During Dec-March, they will meet on Zoom. Contact Ingrid Ahlberg at inkyjapan@yahoo.com.

**Chant From Different Traditions** will meet on the first Sunday at 9am on Zoom. Contact Cathy Okhuysen at cathomusic@gmail.com.

**The Shawl Ministry** meets on the 3rd Sunday at 11:10am in the Emerson Room. Contact: Jan Marston at ilmarston@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 on Thursday mornings at 7:30am on Zoom. Join with Meeting ID 8592 070 9438, Contact Kirsten at kirsten@southchurch-uu.org.

The **Women's Breakfast Group** meets on the first Wednesday of the month at 8:30am. For more info and to RSVP, contact willow@woodflute.net

**Covenant Groups** are ongoing groups that meet twice a month from October-May. For more info, email convenantgroups@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** is offered Monday, Wednesday and Friday mornings, and Tuesday evenings at 73 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.
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 – committeeonministry@southchurch-uu.org

CALENDAR

Sunday, January 14
10:00am  Online and In-Person Worship
10:00am  5th Grade OWL
11:30am  Cancer Support Group
4:00pm  Senior Youth

Monday, January 15
6:30am  Court Street Yoga
8:30am  NAACP MLK Day Pancake Breakfast and Concert
9:00am  Court Street Yoga

Tuesday, January 16
6:00pm  Restorative Yoga at Court Street
7:00pm  Board of Trustees Meeting

Wednesday, January 17
6:30am  Court Street Yoga

Thursday, January 18
7:30am  Morning Poems on Zoom
6:45pm  South Church Folk rehearsal

Friday, January 19
6:30am  Court Street Yoga

Sunday, January 21
8:30am  Covenant Group
9:45am  Coming of Age at Court Street
10:00am  Online and In Person Worship
10:00am  5th Grade OWL
11:30am  Knitting Ministry
4:00pm  7th Grade OWL
4:00pm  Senior Youth

MONTHLY POCKET GARDEN MEETINGS START IN JANUARY
Join us January 7th at 9am in the Carson Parlor. We have to do publicity, ad sales leading to ticket creation, ticket sales, and recruiting and managing dozens of volunteers including bakers and garden hosts. Other than cookie baking and garden hosting, job descriptions will be available at the January meeting. We hope to see you there!

WIDER NETWORK OF CARE SIGN UP
The Pastoral Associates offer support to South Church members by organizing a large group of volunteers called the Wider Network of Care (WNC). WNC volunteers sign up in any or all of these areas of help, and it is up to the volunteer when and how often they participate. If you are interested in volunteering for the WNC, do one of the following: fill out the yellow WNC card in your pew or email pastoralcare@southchurch-uu.org.

ANNUAL MEETING – JANUARY 28
All South Church members are invited to attend the Annual Meeting on Sunday, January 28 immediately after Worship. This meeting will be both in person and on YouTube. Information about the meeting, including the link to access materials and the link for the livestream, will be sent via email and mail in the next few days. In the interest of saving paper and resources, printed copies are available by request. Please reach out to Jen Leyden (jen@southchurch-uu.org) if you would like a hard copy of the Annual Report.
ORDER OF SERVICE

PRELUDE
Deep River/Shall We Gather at the River
African American Spiritual/R. Lowry, arr. by L. Larson
Played by Susan Adams and Jonny Peiffer

WELCOME
Rev. Ellen Quaadgras

ANNOUNCEMENTS

INVOCATION
#155 Circle ‘Round for Freedom

LIGHTING THE CHALICE
Rev. Ellen Quaadgras and Lissa Mascio

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
Lissa Mascio

OPENING HYMN #1018
Come and Go With Me

TIME FOR ALL AGES
Kirsten Hunter

CHILDREN’S RECESSIONAL #413
Go Now In Peace

OFFERING INVITATION
Lissa Mascio

OFFERTORY
Steal Away
Played by Susan Adams and Jonny Peiffer
African American Spiritual

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 “Planting Seeds of Liberating Love: A Sermon for MLK Sunday”
Rev. Ellen Quaadgras

JANUARY 14, 2024

CLOSING HYMN #1040
Hush
Lissa Mascio

BENEDICTION
Rev. Ellen Quaadgras

POSTLUDE
African American Spiritual arr. by L. Larson
Played by Susan Adams and Jonny Peiffer

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~ January Theme: Liberating Love ~

During the month of January, our collection will be shared with Planned Parenthood of Northern New England (PPNE). PPNE offers a wide range of reproductive and sexual health care services such as birth control, cancer screenings, emergency contraception, STD testing, HRT, vaccinations and more. Learn more at https://www.plannedparenthood.org/planned-parenthood-northern-new-england

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.

We are deeply grateful to the many staff and volunteers whose often unseen efforts make our Sunday services possible. Many thanks to Jennifer Leyden, Tim Dullea, Kevin Leahy, Ben Abbott, our greeter and ushers, and everyone else who has lent a hand this week!