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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



“The Territory of Our Hearts”

A Unitarian Universalist
Congregation

March 15, 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. 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? 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! Chat with Kevin or Jan, or email the Fellowship Associates at Fellowship@SouthChurch-UU.org

NEIGHBORHOOD SUPPORT TEAM VOLUNTEERS NEEDED

Church member Pam Lehman is building a volunteer Neighborhood Support Team for an Afghan family living in Dover. There are currently 5 members, with Pam as convenor. She is actively seeking 4-6 additional volunteers to take on specific roles. Please contact Pam to become involved in this compassionate immigrant justice work at PLehman.Sparrow@gmail.com

ARTS AND CRAFTS WORKSHOP - MARCH 21

Want to get creative for a spectacular upcoming event? Join Jen DB and Jonny on Saturday, March 21 from 9-12 to help build something fun! We'll be working with paper mache and cardboard, creating ribbon wands, crafting costume elements, and more! Curious about what this mysterious event is? You'll have to come imagine with us to get a sneak peek! All are welcome to participate!

SENIOR YOUTH PANCAKE BREAKFAST - NEXT SUNDAY!

The South Church Senior Youth is hosting their annual Pancake Breakfast on March 22! The proceeds from the breakfast will help fund their trip to New Orleans in June. Please join us that Sunday morning from 8:30-10 to enjoy some good food and good company! If you would like to help with donations of food, scan the QR code!



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!

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 Prayground 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. 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. 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 15

9:30am 4th/5th Grade OWL
9:45am Coming of Age at Court Street
10:00am In Person and Online Worship
11:30am Knitting Ministry
11:30am Journey to Membership
11:30am Adult OWL Class
11:30am Social Justice Associates Meeting
4:00pm 7th Grade OWL and Parent Meeting
4:00pm Sr. Youth at Court Street

Monday, March 16

6:30am Court Street Yoga

Tuesday, March 17

5:30pm Court Street Yoga
7:00pm Board of Trustees Meeting

Wednesday, March 18

6:30am Court Street Yoga

Thursday, March 19

7:30am Morning Poems on Zoom
10:30am Learning Associates Meeting
5:30pm Singing for No Kings Protest
6:45pm South Church Folk Rehearsal

Friday, March 20

6:30am Court Street Yoga

Saturday, March 21

9:00am Arts and Crafts Workshop with Jen and Jonny

Sunday, March 22

8:30am Pancake Breakfast
9:45am Coming of Age at Court Street
10:00pm In Person and Online Worship
10:00am 4th/5th Grade OWL
11:30am Adult OWL
11:30am Journey to Membership Class
12:00pm Unity Jam Band
4:00pm 7th Grade OWL
4:00pm Sr. Youth at Court Street

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.

REFLECTIONS ON MINISTRY - MAR 29., APR. 14 AND MAY 3

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. 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 CommitteonMinistries@SouthChurch-UU.org

BOOK GROUP AND AGING WITH GRACE BOOK DISCUSSION - APRIL 8

During the month of April, the book group traditionally partners with another South Church group, and this year we are partnering with Aging with Grace to discuss the NYT's bestseller, The Correspondent by Virginia Evans. We will meet on April 8 at 7pm on Zoom. All are welcome to join, no matter your stage in life! Contact Carrie and Alexandra at BookGroupSouthChurch@gmail.com for the Zoom link and for more information!

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



UU ACTION NH NEWSLETTER

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



ORDER OF SERVICE

PRELUDE *Allemande* Susan Adams, piano
Bob Moore

WELCOME Kirsten Hunter

ANNOUNCEMENTS

TESTIMONIAL BJ Lates and Tess Feltes, Social Justice Associates

LAND ACKNOWLEDGEMENT

INVOCATION

LIGHTING THE CHALICE Kirsten Hunter and Mitch Pivor

*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 Mitch Pivor

*OPENING HYMN #1030 *Filled with Loving Kindness*

TIME FOR ALL AGES Jen Del Deo-Barry

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

OFFERING INVITATION Mitch Pivor

OFFERTORY *Reflection* Susan Adams, piano
Mark Hayes

RESPONSE #1010 *We Give Thanks*

PRAYER & MEDITATION Kirsten Hunter

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 "The Territory of Our Hearts" Kirsten Hunter

CLOSING HYMN #166 *Years are Coming*

MARCH 15, 2026

EXTINGUISHING THE CHALICE

BENEDICTION Kirsten Hunter

POSTLUDE *Gigue* Susan Adams, piano
Bob Moore

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.granitepathwaysnh.org/seacoast-pathways/



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