



South 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

Ben Abbott - Tech & Attendant

SOUTH CHURCH



“The Question Box”

**A Unitarian Universalist
Congregation**

July 19, 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!

200TH ANNIVERSARY TOURS - JULY AND 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 on the hour from 10am-2pm on July 25 and August. Scan the QR code or visit



www.tinyurl.com/SC200Tours



A CHURCH BUILT OF GRANITE - PRE-ORDER TODAY!

A Church Built of Granite, South Church's own history written by member Janet Polasky, is now available for pre-ordering. For a discounted price of \$20, buy before August 1 (\$25 after). Scan the

QR code or go to www.tinyurl.com/GraniteChurch to receive the discount. Please select "local pickup" in the shipping field.

WORDS THAT STAYED WITH YOU: POETRY AND MORE - TODAY!

In the spirit of this summer's theme of experimentation, we are going to try a gentle twist on our Poetry Sunday tradition. This year, instead of focusing only on favorite poems, we'll be inviting people to share "words that have stayed with you." They might still be a poem you wrote or one that inspired you, or they might be a line from a poem or book. A prayer, a blessing, a family saying, a sentence from a mentor or teacher, scripture, recovery phrase, passage from a letter, or quote from a movie. We will meet after worship on July 19 to share these words and something about why they matter to you. Some may even be inspired to share with the congregation on August 16, but it's not a prerequisite for this gathering

IMMIGRATION CHECK IN WITNESSING - JULY 21

Our Haitian friend, Marc, has to appear at the ICE facility in Scarborough at 9am on Monday, July 21 for his immigration check-in. We need to be there for Marc, to witness and support, outside of the building at 40 Mason Libby Rd. Our presence makes a difference. Bring signs of support for Marc, but not protest. Reach out to Janet at Janet.Polasky@gmail.com with questions.

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. Contact: Jan Marston at jmarston@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 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, July 19

10:00am In Person and Online Worship
11:30am Knitting Ministry
11:30am Poetry and More Gathering
11:30am Social Justice Associate Meeting

Monday, July 20

6:30am Court Street Yoga
6:00pm Property Committee Meeting

Tuesday, July 21

5:30pm Court Street Yoga

Wednesday, July 22

6:30am Court Street Yoga

Friday, July 24

6:30am Court Street Yoga

Saturday, July 25

10:00am 200th Anniversary Tours

Sunday, July 26

9:00am 200th Anniversary Meeting
10:00am In Person and Online Worship

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.

CALLING ALL DOVERITES - GATHERING ON AUGUST 8

We are gathering to get to know our UU neighbors, Saturday, August 8, 5-8pm. Bring a salad for our salad buffet or a desert to share, and you're welcome to bring a guest! Games, conversation, good food! What could be better? See Anne Mackin, Myra Aaronson, or Jim Verschueren for details. Invitations have gone out to all Doverites who are in the church directory. If you are new or not so new but are not in the directory, please reach out to Myra at myra.aaronson@gmail.com or Jim at jd.verschueren@gmail.com

SOUTH CHURCH BOOK GROUP AUGUST GATHERING

All are invited for a Zoom discussion on Wednesday, August 12 at 7pm about the PBS documentary on Henry David Thoreau. In lieu of reading, this 3 part series is available on PBS Passport for a donation as little as \$5 per month, or perhaps you have a friend who would like to share their log-in! It may also be available through your local library, and the DVD comes out August 4. Visit www.pbs.org/show/henry-david-thoreau/ to sign up and watch the series before the discussion. For more information, including the Zoom link, please contact BookGroupSouthChurch@gmail.com

IMMIGRANT SUPPORT FUND UPDATE

Supporting asylum-seekers is more essential now than it was when our church joined the Seacoast Interfaith Sanctuary Coalition (SISC) in 2017, or when South Church created the Immigrant Support Fund (ISF) in 2020. The ISF raises funds that can be tapped quickly for immigrants' legal, medical and other bills, including helping ICE detainees bail out of Strafford County jail. In six years, the ISF has raised more than \$40,000. Requests are received by other groups working on the seacoast, most recently the Durham Community Church, who was assisting an African asylum-seeker. The ISF contributed \$800 towards medical care for his 2 ill children. The ISF currently has a balance of about \$9,000. If you have donated, thank you. If not, please consider it.



UUACTIONNH NEWSLETTER

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

ORDER OF SERVICE

Joys and Sorrows candle lighting will take place before worship today. You are welcome to light a candle for a joy or sorrow you are carrying before worship begins.

PRELUDE *Love* Taylor O'Donnell, piano and voice
Words by Czeslaw Milosz, music by Sam Sadigursky

WELCOME Kirsten Hunter

ANNOUNCEMENTS

LAND ACKNOWLEDGEMENT

INVOCATION *Find a Stillness*

LIGHTING THE CHALICE

*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 Willow Young

*OPENING HYMN #298 *Wake, Now, My Senses*

TIME FOR ALL AGES Kirsten Hunter

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

OFFERING INVITATION Willow Young

OFFERTORY	<i>Hands</i>	Taylor O'Donnell
	<i>Jewel</i>	

RESPONSE #1010 *We Give Thanks*

PRAYER & MEDITATION Rev. Ellen Quaadgras

THE QUESTION BOX Rev. Ellen Quaadgras and Kirsten Hunter

JULY 19, 2026

CLOSING HYMN #1064

Blue Boat Home

EXTINGUISHING THE CHALICE

Willow Young

BENEDICTION

POSTLUDE	<i>Someday You'll All Be Free</i>	Taylor O'Donnell
	Donny Hathaway	

Summer Theme: “Experimentating”

July Shared Plate: Big Brothers Big Sisters of NH and VT

During the month of July, our collection will be shared with Big Brothers Big Sisters of NH and VT. BBBSNHVT aims to create and support one-to-one mentoring relationships that ignite the power and promise of youth. The mentoring model excels in supporting youth to effectively identify, access and manage potential opportunities, increase their social capital, avoid early onset drug/alcohol use, break the cycle of poverty and achieve economic self-sufficiency after high school.

Learn more at <https://bigsnhvt.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!

Special thanks to Taylor O'Donnell for the gift of beautiful music!