



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

Sasha Howard - Camera & Sound

SOUTH CHURCH



“UU 101: An Experiment in Open Doors”

**A Unitarian Universalist
Congregation**

August 30, 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.



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.



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 TOMORROW and we will invite guests to sign up for your dinner in September.



SIGN UP TO HELP AT THE WELCOME DESK!

Help make South Church more welcoming for new folks and long-time members alike! Greet people after church, answer questions, connect folks with others in the congregation, or pass along info/questions to the admin or minister! Scan the QR code of visit

www.tinyurl.com/WelcomeDesk to sign up - whenever it fits your schedule!

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

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 30

10:00am In Person and Online Worship

Monday, August 31

6:30am Court Street Yoga

Tuesday, September 1

5:30pm Court Street Yoga

Wednesday, September 2

6:30am Court Street Yoga

8:30am Women's Breakfast at The Golden Egg

Friday, September 4

6:30am Court Street Yoga

Sunday, September 6

9:00am First Sunday Chants

10:00am In person and Online Worship

11:30am Pastoral Associates Meeting



UUACTIONNH NEWSLETTER

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

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.

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 Sherpick 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!

COVENANT GROUP DROP-IN SAMPLER - SEPTEMBER 20 AT 11:45AM

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.

WHO ARE THE FREE STATERS - SEPTEMBER 20 AT 12PM

Join the SJA's on September 20 at noon in the sanctuary for a presentation about the Free Staters, their goals and agenda, and the billionaires that back them. We will be joined by Jeanne Dietsch, a former NH senator who has researched the Free Staters and has dedicated herself to raising awareness about the group. All are welcome to join us in the sanctuary on September 20 from 12-2pm. Free and open!

ORDER OF SERVICE

PRELUDE *Songs Without Words, Op. 38, No. 6, "Duet"*
By Mendelssohn, played by Lucas Kamon

WELCOME Rev. Ellen Quaadgras

ANNOUNCEMENTS

LAND ACKNOWLEDGEMENT

INVOCATION

LIGHTING THE CHALICE Rev. Ellen Quaadgras and Robin Carlson

*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 Robin Carlson

*OPENING HYMN #360 *Here We Have Gathered*

TIME FOR ALL AGES Jen Del Deo-Barry

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

OFFERING INVITATION Robin Carlson

OFFERTORY *Fugitive Visions, 7. (Arpa) Pittoresco*
By Prokofiev, played by Lucas Kamon

RESPONSE #1010 *We Give Thanks*

PRAYER & MEDITATION Rev. Ellen Quaadgras

CANDLES OF JOY & CONCERN

Sarabande from Bach's *French Suite No. 6*, played by Lucas Kamon
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 "UU 101: An Experiment in Open Doors"
Rev. Ellen Quaadgras

AUGUST 30, 2026

CLOSING HYMN #1029 *Love Knocks and Waits for Us to Hear*

EXTINGUISHING THE CHALICE

BENEDICTION Rev. Ellen Quaadgras

POSTLUDE *Sonata No. 30 in A Flat, 3rd mvmt*
By Haydn, played by Lucas Kamon

Summer Theme: "Experimentating"

In months with 5 Sundays in 2026, The Board of Trustees has approved the use of the entire collection plate on the last Sunday toward paying down the principal on a loan we took out to upgrade South Church and the Meeting House. In addition, a small group of South Church members has offered a \$3,000 matching challenge to the congregation. For every dollar collected from the congregation during the fifth Sundays in 2026, the group will match the collection, dollar-for-dollar, up to \$3,000!



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 Lucas Kamon for the gift of music this morning.