

**Welcome to the
First Unitarian Universalist
Society of Exeter
(FUUSE)**



FUUSE

12 Elm Street

Exeter, NH 03833

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(603) 772-4002

**Sunday Services: 9:30 am, September through June
Coffee and Conversation following the Service
A Welcoming and Affirming Congregation**

The First Unitarian Universalist Society of Exeter (FUUSE) welcomes all who enter regardless of creed, race, ethnicity, sexual orientation or gender identity.

At FUUSE, we are people of all ages, many backgrounds, and many beliefs. We are brave, curious and compassionate thinkers and doers. We create spirituality and community beyond boundaries, working for more justice and more love in our own lives and in the world.

In the pages that follow, we hope to shed a little light on what it means to be a Unitarian Universalist (“UU”) and to help you find meaningful ways to connect with the people and principles of our vibrant FUUSE community.

About Unitarian Universalism

Unitarian Universalism creates change: in ourselves, and in the world.

Seven days a week, UUs live their faith by doing. Whether in community or individually, we know that active, tangible expressions of love, justice, and peace make a difference.

Our faith tradition is diverse and inclusive. We grew from the union of two radical Christian groups: the Universalists, who organized in 1793, and the Unitarians, who organized in 1825. They joined to become the Unitarian Universalist Association (UUA) in 1961. Both groups trace their roots in North America to the early Massachusetts settlers and the Framers of the Constitution. Across the globe, our legacy reaches back centuries to liberal religious pioneers in England, Poland, and Transylvania. Today, Unitarian Universalists include people of many beliefs who share UU values of peace, understanding, and love.

The Seven Unitarian Universalist (UU) Principles

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. They are:

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

Our Mission

At FUUSE we seek to build a caring, inclusive community where we can ground ourselves spiritually, pursue justice in the larger society, and work to heal the natural world.

Approved by the congregation on March 26, 2017

Sundays at FUUSE

Sunday Services: 9:30 am, September through June
Coffee and Conversation following Service

FUUSE Worship Services and Religious Education for our children and Youth are offered from September through June. Services begin at 9:30 am, followed by coffee hour at 10:30.

We gather in worship to find meaning and live more deeply. Worship creates connections within, among, and beyond us, calling us to our better selves, calling us to live with wisdom and compassion.

During the summer months, opportunities for worship vary from year to year. Please visit our website for current information.

Religious Education for Children and Youth

FUUSE welcomes and encourages family participation of all natures! On Sunday mornings, we welcome all ages to worship together in our sanctuary. As part of our worship service, a “sermon in two places” will be offered for children ages 3 up to 18. During this time, children and youth begin in the service and will be invited to have their own time together out of the sanctuary during the adult sermon and meditation time, if they so wish!

Beyond Sunday morning programming, we offer a few special programs and classes for children and youth. Every other year, we offer the OWL (Our Whole Lives) program for 8th and 9th graders. OWL is a comprehensive, sexuality education curriculum, which teaches and guides youth towards making informed and responsible decisions about their sexual and emotional health and behavior. Depending on numbers, we have joined with other local UU congregations to give a good experience.

As youth prepare to bridge from childhood into adulthood, we offer them a program called Coming of Age, which helps them to learn more about Unitarian Universalism and encourages them to formulate and articulate their own beliefs.

The success of our religious education program depends on the participation of parents and other FUUSE congregants who volunteer to teach, lead, and inspire our children. Volunteering is a wonderful way to learn more about Unitarian Universalism and to get to know other adults, as well as the children of FUUSE. To register your child for religious education, contact: Karen Prazar and Cecilia Kiely, Religious Education Coordinators: dre@exeteruu.org

New to FUUSE and/or Unitarian Universalism?

Fill out a blue card. These can be found in the pews in the sanctuary, or online at exeteruu.org/bluecard. Or email the office@exeteruu.org and you will be sent a letter of greeting and information on UU if requested. Get signed up for our eFUUSE weekly newsletters. To help you become connected in our community, throughout the year we will offer gatherings to help you get more involved. Or join one of the many volunteer groups engaged in social justice, RE, music, or help serve our community in other ways all to help make the world a better place. (See below for more details)

Multiple Ways to Connect at FUUSE

One way to learn more about the people, activities, projects, ministries, and faith of the people of FUUSE is to explore the pages of our web site www.exeteruu.org.

Another is to ask about or volunteer with various groups and activities in the congregation. Here is a partial list:

Aesthetics Committee *(a subgroup of the Properties Committee)*

Meetings: As issues arise a group meets and/or deals with projects.

Contact: Karen Patnaude at kpatnaude11@comcast.net

Interested in interior design and DIY projects? This group's goal is to make our facility as welcoming and optimally functional as possible. Recent activities have included selecting paint colors, assisting with interior painting, and decreasing noise levels in the community room by researching, purchasing, and installing decorative acoustic panels. With our return from our renovation and hiatus because of covid new projects will be arising.

Beach Clean Up

When: The first Sunday of every month at 1:30 pm. Please meet at the beach end of Hooksett Street in Seabrook, NH. Parking is available at the last house on the right before the sand dunes.

Contact: Call Meg Schoene at 781-5400.

Join a group of FUUSERS to keep the Seacoast clean.

Caring Committee

Meetings (all year): Once monthly with Minister

Level of activity: as much or as little as you can give.

Contact: Changes each month check on Calendar or contact the office at

office@exeteruu.org

Affectionately known as the “Casserole Ministry,” the Caring Committee works with the Minister to provide care and support for congregation members in times of need. This includes rides, food, visits, and support at all levels. You can sign up to be available for these needs and fulfill on a for need basis.

Choir

Meetings: weekly on Wednesdays in the sanctuary or Parish Hall from 7:00-8:30.

See the FUUSE Calendar to check the time and place for the next rehearsal.

Contact: Taylor O’Donnell, at music.director@exeteruu.org if you are interested in sharing your vocal or instrumental talents. New members are always welcome.

FUUSE has a rich music program with an adult choir and many musical members who share their talents during the services as well as in the community. The choir performs often throughout the year. All are welcome, experienced or novice alike. Reading music is an advantage, but not required. The choir performs at Sunday services twice a month on the first and third Sundays.

Coffee Hour

Every Sunday at 10:30 am following the service

For our children and congregants, coffee hour is a chance to socialize and network with others at FUUSE in the Parish Hall.

Connection Committee (formally the Membership Committee)

Meetings: None at present on a need basis.

Contact: Karen Patnaude at kpatnaude11@comcast.net or Nancy Grenier in the office at office@exeteruu.org

This Committee is charged with welcoming newcomers, assisting with the transition from newcomer to member, and helping newcomers find ways to connect into the FUUSE community with the help of the office. We mentor newcomers, coordinate the *New to UU* and *Pathways classes* when needed to help orient newcomers to our church and our faith; hold gatherings once or twice a year and welcome new members at a New Member Service each spring.

Green Team

Meetings: We meet for special program planning and for projects throughout the year. Watch for announcements in the eFUUSE.

Contact: Sylvia Foster at sylviajfooster@gmail.com

The Green Team seeks to strengthen our connections between spiritual practice and earth consciousness. We educate ourselves about our earth in peril and in challenges to ourselves to make lifestyle changes. We clean the Seabrook Beach monthly, host a sustainable holiday shopping table for children, and build awareness on issues such as the need for solutions and alternatives to the use of plastic.

Knitting Ministry

Meetings: 2nd and 4th Mondays from 6:30-8 pm in the Community Room or on zoom

Contact: office@exeteruu.org for more information

Join us for fellowship, conversation, and good works. Some members of this group make comfort shawls, which are given to people in times of crisis. Others work on their own projects. Knitters of all abilities warmly welcomed. Crocheters are also welcome.

Meditation Drop-In (See Sacred Pause Sangha.) Presently on hold.

Music Committee

Meetings: 2nd Monday of each month, 6:00-7:00 pm presently on zoom

Contact: Janice Tierney at music@exeteruu.org

This committee supports music at FUUSE by assisting the work of the Music Director and choir and keeps a pulse on the committee goals designed to create the best possible music elements for our church.

We want the music to be an enjoyment for everyone who walks in the door and encourages them to want to return over and over.

The committee meets once a month for about an hour, helps the director recruiting new choir members, helps organize the choir calendar, assists with filing used music in the music library, helps locate and schedule guest musicians and makes budgetary suggestions for music needs.

We strive to:

1. have a wide variety of music, vocalists and musicians in our services, integrating the many talents of our congregation
2. educate ourselves continuously about all that is involved in creating a dynamic music program
3. connect with other committees at FUUSE and be aware of our shared goals and projects

Office Volunteer

Contact: Nancy Grenier at office@exeteruu.org

FUUSE is always looking for individuals willing to answer phones, make copies, and complete other office tasks that advance the overall functioning of the Society. Volunteering is a productive and enjoyable way to connect you with FUUSE staff and other FUUSE members.

Outreach Committee

Meetings: First Monday morning of every month during the church year, 9:30 a.m.

Contact: Gail Nostrom at gnostrom@msn.com or 603-205-0904

Interested in supporting local good works through service, spirit, and financial generosity? This committee researches and selects local non-profits to be beneficiaries of our monthly Give-It-Away offering (usually the 3rd Sunday service). Beneficiaries have included Seacoast Family Promise and the Society of St. Vincent de Paul Exeter Food Pantry, Gift of Warmth, and more.

This Committee also does the following:

- Organizes annual Thanksgiving Baskets for SAU 16
- Solicits and delivers Senior Santa gifts for Rockingham Meals on Wheels
- Collects food for End 68 Hours of Hunger
- Coordinates FUUSE volunteers to support the Seacoast Family Promise program for homeless families

Whether you can commit one hour or several, *we welcome all levels of involvement.*

Property Committee Volunteers

Contact: Steve Kenney at sckenney2@comcast.net

The Property Committee's charge is to maintain and improve all FUUSE facilities. We welcome your help with everything from raking leaves, snow shoveling, painting, and repairs. *All levels of participation gladly accepted.*

Religious Education Committee

Contact: the Religious Education Coordinators at dre@exeteruu.org

The RE Committee works in collaboration with the Religious Education Coordinators, to plan and help provide programming for children, youth, and families. They are a vibrant source of creativity, thoughtfulness and connectedness!

Religious Education Volunteer

Contact: Karen Prazar and Cecilia Kiely, Religious Education Coordinators: dre@exeteruu.org

The success of our religious education program depends on the participation of parents and other FUUSE congregants who volunteer to teach, lead, and inspire our children. Volunteering is a wonderful way to learn more about Unitarian Universalism and to get to know other adults, as well as the children of FUUSE.

Social Justice Committee

Meetings: The first Saturday of every month in the Parsonage,
from 8:30 am to 10 am—with additional meetings as needed.

Contact: Bob Moore at bmoore628@comcast.net

As Unitarian Universalists, we have a long history of political activism and public witness on a wide variety of social justice issues. Not surprisingly, two FUUSEers are current members of the New Hampshire House of Representatives, one of them an incumbent.

FUUSE's Social Justice Committee is a loose collaboration of activists who care about equity, peace, liberty, and justice for all. Projects we have worked on include activist art, environmental activism, civil liberties advocacy, and anti-racism work. New members and friends of FUUSE can learn the details and various opportunities from David Weber.

Sunday Welcoming Circles

Contact: Karen Patnaude at kpatnaude11@comcast.net

FUUSE's Welcome Circle is a low-commitment way to help make Sunday services happen smoothly.

Become an usher. Help prepare coffee and set up/break down coffee hour. Greet congregants. The involvement includes a one-time training and volunteering once every 5-6 weeks. This is a great way to get to know people in a small team setting. Scheduling is flexible.

GOVERNANCE COMMITTEES

While the following governance committees are volunteers, these are elected and appointed positions. Usually, members have been active at FUUSE for a few years before joining these committees.

Board of Trustees

The Board of Trustees oversees the activities and performance of the Minister and of the committees responsible for personnel administration. It is responsible for the Society's legal affairs, as well as for managing its property and financial resources, including the annual operating budget and investment funds. Meetings are open and held the second Thursday of each month from 6:30 to 8:30 PM presently on zoom.

Finance Committee

The Finance Committee provides financial advice and assistance to the Board of Trustees, while ensuring that all aspects of fiscal execution are in compliance with FUUSE policy and support the FUUSE mission.

Nomination Committee

This Committee is responsible for developing a slate of trustees and standing committee chair- people and members to be nominated and voted upon at the annual meeting in May/June.

Personnel Committee

This committee oversees the employment of the church staff, excepting the Minister, including advertising for positions, maintaining job descriptions, initiating staff evaluations, and negotiating terms and agreements relating to compensation, benefits, and employment status.

Program Council

The Program Council brings together representatives from *each* of FUUSE's program-related committees, the Minister, and a Board representative to coordinate programs and events that further the mission of FUUSE. Meets on the second Tuesday of the month, presently on zoom.

Property Committee

The Property Committees' charge is to maintain and improve all FUUSE facilities.

Stewardship Committee

Committed financial strength and viability of FUUSE now and into the future, this committee raises funds for FUUSE's annual fund, special fund -raising events, capital campaign, and endowment.

The Church Year at FUUSE

For specific information, visit

<https://fuuse.elvanto.net/calendar>

September

- Sunday Worship and Children and Youth Religious Education begin in September and run through June. Services begin at 9:30 am followed by coffee hour.

October

Clothing drive

November

- Honoring our Ancestor
- Thanksgiving Donations
- Santa Gifts for Meal on Wheel recipients

December

- Winter Solstice Celebration
- Observations of Hanukkah, Christmas and Christmas Eve
- Children's Holiday Shopping Table

January

- Doorway Worship Service

March/ April

- Pathways Classes for Newcomers as needed
- Pledge Drive

May

- New Member Sunday

June

- Annual Congregational Meeting

Our Staff

- Rev. Terry Sweetser, *Interim Minister. Ministry and Programs* <revterry@exeteruu.org>
- Taylor O'Donnell, *Music and Programs* <music.director@exeteruu.org>
- Karen Prazar and Cecilia Kiely: *Religious Education Coordinators, RE Programs*, <dre@exeteruu.org>

- Nancy Grenier *Office Administrator, Administration and Operations*
<office@exeteruu.org>
- John Budzyna: *Bookkeeper* <bookkeeper@exeteruu.org>

Online Church Management System, Membership Database, and Calendar

Elvanto ChMS from tithe.ly

<https://fuuse.elvanto.net>

Logging In for the First Time: https://fuuse.elvanto.net/posts/logging_in/