

FUUSN Programs & Services

In addition to Sunday morning worship and coffee hour, FUUSN offers outstanding religious education and music programs that welcome your participation. This list highlights some of the many diverse program opportunities that are available to the FUUSN community:

FOR ADULTS

- **Adult Faith Development:** supports journey toward spiritual and intellectual growth
- **Chalice Circles:** small group ministry fostering connection and spiritual growth
- **Over 60's Club:** offers a multitude of learning and growth opportunities
- **20's and 30's Group:** fellowship for young adults

FOR CHILDREN & YOUTH

- **Children's Programs:** cooperative religious education classes for babies — 7th grade, taught by volunteers
- **Our Whole Lives (OWL):** a series of six comprehensive sexuality curricula for children, teenagers, young adults
- **Youth Coming of Age (COA):** 7th–9th-grade youth program, supported by mentors. Includes: UU identity development, comparative religions, and a social action component, culminating with a special worship service
- **Youth Ministry (High School Age):** youth are involved in the youth group, as youth teachers, and as youth board members, and attend overnights and volunteer opportunities, organize an annual Youth Coffee House, and lead a worship service

COMMUNITY EVENTS

- **Alternative Gift Fair, Art Fair, Holiday Fair, Services Auction, Community Yard Sale, and Youth Coffee House:** fun community and fundraising events
- **Community Breakfasts:** monthly fellowship for all congregants
- **Holiday Events:** celebrate Halloween, Christmas, Passover, Rosh Hashanah, New Years Eve at FUUSN
- **Social Retreats for All Ages:** fall and spring intergenerational retreats to Ferry Beach (Saco, Maine), and Sandy Island (Lake Winnepesaukee)

- **Fellowship Dinner:** Bringing together the entire congregation for a night of food, music, and fun

FOR MUSICIANS, SINGERS, AND MUSIC LOVERS

- **Sanctuary Choir:** Sings during Sunday Service and at Two Music Sundays a year
- **FUUSN Band:** Welcomes Pop, Rock, Jazz, Folk players to join
- **Family Choir:** Opportunity for parents and children to sing together during service
- **JourneySongs:** A hospice choir founded at FUUSN
- **Evening Song:** Music and poetry chosen to fit FUUSN's monthly theme

FOR ALL:

- **Child Dedications, Weddings, and Memorial Services**
- **Social Justice, Refugee/Immigration Work, Social Services**
- **Intergenerational Faith Development:** monthly pizza and principles discussions
- **Lay Ministers and Care Crew:** available for caring, listening and assisting community in dealing with life transitions
- **Leadership Opportunities:** from operations, stewardship, religious education, greening our sanctuary, to other administrative committees, opportunities for leadership
- **Multicultural Ministry:** multicultural engagement and answering the call to support the Black Lives Matter Movement
- **Support Groups:** small groups that provide connection around specific life experiences
- **Welcoming Congregation:** creating a space that honors every part of our identities, backgrounds, and experiences, including gender and sexuality
- **Historic Preservation:** researching the history of our congregation, its building and the surrounding community

OTHER

- Discounted facility rental for members
- Bridge, dance groups, book clubs, dinner clubs, yoga
- And there are *always* opportunities to form new groups based on interests