



Community Church of Durham, UCC  
An Open and Affirming Congregation

# The Chronicle



Volume 49 No. 10

December 2019

## GOSPEL SEEDS

As Advent marks a new year among Christian folk, it's a potent season, a fine time to explore a new spiritual practice. Am I attentive to the Spirit's partnership in my life? How will I listen more deeply and respond more energetically? If Christmas promise new vision and rebirth, a regular practice can sharpen our senses and open our hearts.

Over the last decade, my evenings include a practice many Catholics call "The Daily Examen." It's a prayer, guided and focused, shaped by many over many generations. The intent, as I see it, is to sharpen my senses, 'examine' my choices and discern God's desire for partnership in everyday experience.

I commend it to you, as a practice you too might find meaningful and even generative in your own Advent walk.

1. The Presence of God. As you sit to pray, remember that you are in the presence of God in a special way when you pray. Ask God for help in your praying.

2. Your Gratitude. Recall two or three things that happened today for which you are grateful. Thank God, in your heart, for these gifts.

3. Daily Review. Review your day, from the beginning until now, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you feel love? When were you loved?

4. Sorrow. You may have done something you regret. If something comes up, express your sorrow to God. Ask for forgiveness if this seems right. In your heart, know the touch of grace in your moment of truthfulness.

5. Grace. You may want to return to a meaningful

moment in your "examen"—a reflection or prayer that seemed especially potent and lively. Why is this so? What kind of wisdom is God offering to you now?

6. Tomorrow's Prayer. In closing, ask for God's blessing and strength in your activities and witness over the coming day. In your heart, hear the promise of God for companionship and love.

Often, I'll spend about five minutes moving through this sequence, praying "The Daily Examen." As it's become a disciple, a regular practice, I find myself more and more aware of God's friendship in everyday experience: not only in the big choices and ministry moments, but in the simple and seemingly unremarkable things that happen along the way. It turns out that life is hardly "unremarkable" at all!

In my own practice, I'll most often fall up these five minutes with another three to five of silence. These moments—at the end of my day, just before sleep—seem a sweet way to acknowledge the gift of my life and to anticipate gratitude and courage in the day to come.

I'm curious about your own Advent practices: the family traditions and music, the quiet retreats, the feasting and dancing and lighting of candles. Drop me a line and let me know what's working for you. And, by all means, let me know if "The Daily Examen" finds its way into your heart!

Yours on the Gospel Journey,

Dave Grishaw-Jones

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**LOOKING AHEAD:**

- ✦ DEC 1: SECOND HOUR  
SERVICE 11:30AM CHAPEL; DINE W/NINE MEETING 11:30AM PARLOR; YOUTH GROUP F. HALL 4PM
- ✦ DEC 3: 4TH & 5TH GRADE CHRISTMAS PARTY  
4:30PM F. HALL; MGI 4:30PM LIBRARY; SPIRITUAL NURTURE 5:30PM LIBRARY
- ✦ DEC 5: MEN'S GROUP  
8AM LIBRARY; CHRISTMAS FAIR SET-UP 3PM; JUSTICE & WITNESS 6PM OFFICE; EFF 7PM LIBRARY
- ✦ DEC 7: CHRISTMAS FAIR
- ✦ DEC 8: MARRIAGE EQUALITY MEETING 11:30AM PARLOR
- ✦ DEC 9: GRIEF SUPPORT GROUP 6:30PM PARLOR; SISE 7PM LIBRARY
- ✦ DEC 10: GREEN TEAM  
6PM LIBRARY
- ✦ DEC 12: STEWARDS 7PM LIBRARY
- ✦ DEC 13: 2ND & 3RD GRADE 4PM F. HALL
- ✦ DEC 15: GREETER MEETING 11:30AM LIBRARY; SEEKERS CIRCLE 11:30AM PARLOR; YOUTH GROUP 4PM F. HALL
- ✦ DEC 17: GRIEF SUPPORT GROUP, 6:30PM PARLOR; COUNCIL MEETING 7PM LIBRARY
- ✦ DEC 19: MEN'S GROUP,  
8AM LIBRARY
- ✦ DEC 21: CAROLING 4PM F. HALL
- ✦ DEC 22: CHRISTMAS PAGEANT 10AM SANCTUARY
- ✦ DEC 24: 4PM PAGEANT; 9PM CHRISTMAS EVE SERVICE

**FAMILIES FIRST PORTSMOUTH****"Parenting Journey"**

Designed for parents who want to learn more about themselves, their relationships, and the resources they need to effectively parent their children. In a warm and nurturing environment, parents are supported and encouraged to care for themselves and each other while participating in a series of experiential exercises and guided discussions. Parents, grandparents and caregivers of children of all ages are welcome. This class will help you identify what you're repeating from your childhood and what you want to change in your own parenting journey. This is a 12-week program. Dinner

is served in class. Led by Patrice Baker and Jo Ann Clement, Certified Counselors.

With the approval of Justice & Witness ; Members of the Church volunteer to donate and deliver a full meal each month in support of Parenting Journey.

Up coming Dinner of Beef Stew will be **January 9th**. Recipe and sign up sheet are in Fellowship Hall. Please deliver your donation to CCD by 3PM

For additional information please contact CCD Coordinator Fran Houlihan.

**THE GIVING TREE**

Imagine Christmas without gifts or enough food to provide a holiday dinner. This is a reality for many in our community,. For families who find life a struggle it is difficult to afford even the basic necessities, things most of us take for granted. The need for help is great.

The Community Church of Durham has the cherished Advent tradition of The Giving Tree. The Giving Tree provides us with an opportunity to help in a tangible way by purchasing a gift that will be given directly to an individual or a family. Gift requests range from basics such as a pair of socks or gloves, to household items like sheets and towels or a gift certificate to a grocery

store, gas station or pharmacy.

Gift requests come from four local organizations our church supports: **Haven**, providing support and services to those struggling with domestic and/or sexual violence. **Cross Roads House**, providing shelter to the homeless, **My Friends Place**, providing shelter and transitional housing to families, and **City Reach Boston** an urban outreach program and street ministry to the homeless.

In addition, there are stars to support the **Minister's Discretionary Fund**. This fund allows Pastor Dave the opportunity to help community and church members who are in need.

Located at the front of the church, The Giving Tree will brighten the Sanctuary with its lights and colorful stars. Each star is color coded by organization and has a gift request on it. You are invited to take a star (or stars) and purchase the requested item(s). Please return the unwrapped gift to the church office, with the star attached, no later than Tuesday, **December 17th**. For gift cards, it is important to note the dollar amount on the card.

Thank you for your generosity, caring and willingness to shine a light into the dark places in our community.

The Giving Tree Team:  
Brenda Sargent, Donna Simpson and Carla Wilson

## DONATIONS OF WARM SOCKS AND GLOVES

Dry socks and warm gloves are always needed in a NH winter!!!

Please join your Justice and Witness Board as we gather donations of these most needed cold weather clothing items to be given out at the **January 30th** Dover Friendly Kitchen.

We are asking for both male and



female socks and gloves. There will be a box outside the Church Office during the entire month of January.

Won't you help warm our neighbors?

Any questions? See Bryn Burns or email at [brynb07@comcast.net](mailto:brynb07@comcast.net) or phone 743.1813.

## OYSTER RIVER FOLK SERIES

OUR ANNUAL CHRISTMAS CONCERT!

Come join us for a wonderful evening with some of the Seacoast's finest musicians and songwriters- Susie and David's Annual Holiday Concert is a great start to our holidays!

Susie Burke and David Surette with Kent Allyn in concert **December 7, 2019 7 pm.**

...And, we can share the joy... Non-

perishable food donations will be accepted to share a meal with our neighbors.

Durham Unitarian Universalist Fellowship  
20 Madbury Rd., Durham, NH

Tickets \$20/\$5 Students

Doors open at 6:30 pm



## MEDITATION WITH DONNA MELILLO, PhD.

Tuesdays and Thursdays 8:00—8:30 am

Meditation is one way to give yourself the gift of quiet mind, relaxed body and peaceful spirit. You will receive instruction and practice in various meditation techniques, breathing exercise, stress management, visualization and self-hypnosis.

The group is appropriate for anyone whose intention is to reduce stress, increase awareness, live with physical or emotional pain, and make peace with themselves. The group is designed both

for those who have never meditated before and for those who want to deepen their meditation practice by benefitting from group energy.

Community Church of Durham  
17 Main Street, Durham, NH 03824

Fee: \$5 per week

Beginner Rate: \$25.00 for 6 weeks

For additional information and to register, please call Donna Melillo, 603-868-1241

### Annual Christmas Fair Saturday, December 7, 2018 9am–2pm

Fair Day is almost here and the excitement and preparations fill the church! Many thanks to all who have volunteered to work in some capacity at the fair, but volunteers are still needed to work on fair day. Plan to come shop at the fair also! Bring your knives for sharpening. Bring your children and grandchildren who will enjoy making a craft in the Santa Shop. Bring your donations for the auction.

Most of all, bring your Christmas Spirit and have a great day working with a wonderful, energetic group of people!

## LECTIONARY BIBLE READINGS FOR DECEMBER 2019

### December 1: Called to Gift

Isaiah 2:1-5  
 Psalm 122  
 Romans 13:11-14  
 Matthew 24:36-44

### December 8: Vision of Peace

Isaiah 11:1-10  
 Psalm 72:1-7, 18-19  
 Romans 15:4-13  
 Matthew 3:1-12

### December 15: Heartbeat of Justice

Isaiah 35:1-10  
 Psalm 146:5-10  
 James 5:7-10  
 Matthew 11:2-11

### December 22: God with Us

Isaiah 7:10-16  
 Psalm 80:1-7, 17-19  
 Romans 1:1-7  
 Matthew 1:18-25

### December 29: Cosmic Praise

Isaiah 63:7-9  
 Psalm 148  
 Hebrews 2:10-18  
 Matthew 2:13-23

Join The **Sunday Morning Bible Discussion Group at 9:00 am** in the church parlor. The discussions are based on the Revised Common Lectionary readings, which are used by several denominations. These passages are usually used in the worship service which follows, and are often the basis of the sermons. There are no Bible scholars in the group, but all benefit from the perspectives brought to the discussion. Experience the surprise in finding the ways in which these passages bring helpful perspectives to our lives today – our personal lives, as well as our families, communities and beyond.

## LET'S CELEBRATE!

Did you know that 2020 marks the 10th Anniversary of NH Marriage Equality? Let's celebrate by throwing a party by inviting those who have been able to wed over the past 10 years and allies who has supported equality for all. If you are interested in hearing more or would like to help plan/organize the event, please join us in the Parlor on **December 8 from 11:30-12:00**. We want to make this a large community event so please come and share your ideas/talents so we can make this a memorable event for all!

If you have any questions please reach out to Jimmy Hartman at [jimmyhartman@outlook.com](mailto:jimmyhartman@outlook.com) or Pastor Dave.

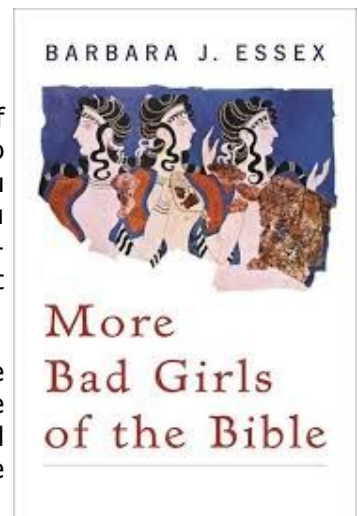


## WOMEN'S BIBLE STUDY

The next Women's Bible Study session will be held at **10AM, Wednesday, December 11, 2019** in the Parlor. We're doubling up so that we can finish the book this year, so we'll be discussing Chapters 5 – Bathsheba, and 6 – Rizpah. As always, the sharing of viewpoints is interesting and we welcome your input and presence. For those of you who have already started to fill in your 2020 calendar, please mark January 8, for the first session of the new year. The Chapters for January are 7 – Huldah

and 8 – A Crippled Woman. Each of these chapters is stand-alone, so don't worry about continuity if you have missed a session or two. You can read chapters in the book available in the Church Library if you don't have your own copy.

A brown bag lunch is held on the Mezzanine immediately following the meeting. Beverages and dessert will be provided. We welcome all to share fellowship and break bread with us.



## GRIEF SUPPORT GROUPS

### ***Informal Grief Support Group for Adults Who Have Lost Spouses/Partners or Siblings—***

meets monthly, September-May, on the 2<sup>nd</sup> Monday of each month, 6:30-8pm, in the parlor. This will be an informal gathering, to share joys and concerns, tools for coping, and each other's company. There is no cost and no need to sign up. Just drop in when you like. For information, please email Steve Hardy at: [stephen.hardy@unh.edu](mailto:stephen.hardy@unh.edu)

### ***Informal Grief Support Group for Parents Who Have Lost Children—***

meets monthly September-May, on the 3<sup>rd</sup> Tuesday of each month, 6:30-8pm, in the parlor. This is an informal gathering, to share joys and concerns, tools for coping, and each other's company. There is no cost and no need to sign up. Just drop in when you like. For information, please email Steve Hardy at: [stephen.hardy@unh.edu](mailto:stephen.hardy@unh.edu)

## DRUM CIRCLES AT WAYSMEET



Our Dinner/Drum Circles happen the first Fridays of each month during the UNH school year, **5-7pm**. Come join us **December 6th** for a delicious, homemade supper and drum circle experience! Come and listen, come and play! West African-style drums and music makers

are provided. Food and volunteers are always welcome the day of from 3:00pm on to help with preparation, cooking and set up, and we always appreciate those willing to help clean-up after the event too! Or simply come to enjoy and share in the fun!

## IMMIGRATION "DETENTION 101" PRESENTATION AND DISCUSSION

Did you know that about 100 people are currently being detained at the Strafford County Jail right here in the Seacoast for issues related to their immigration status? Why are people being detained here and across the country? Where are they from? How long are they being detained? What is it like to be in detention What can we do to

help? Please join us on **Sunday, January 12th at 11:30 in the Chapel** when the Seacoast Interfaith Sanctuary Coalition will share information and answer questions.

Peggy Kieschnick, Cheryl and Dale Hempen, Coordinators of Seacoast Interfaith Sanctuary Coalition for CCD



### Helping with Coffee Hour

Just as it takes a Village to raise a child, so too it takes an entire Congregation to share in the joy of providing delicious and welcoming Coffee Hours each Sunday. But to many, hosting an entire Coffee Hour is daunting. So, we are offering two simple ways to help:



1) Be a Coffee Hour Mentor – show Coffee Hour hosts how it's done!

2) Be a Coffee Hour Food Donor – bring a plate of food (of your choosing) to Coffee Hour when asked (if you are able and willing to do so). Please click on the following link to signup for one or both of the above options: [Easy Ways to Help with Coffee Hour](#)

Note: If you don't want to sign up online with the above link, please email Ruth Davis at [ruth.davisnh@gmail.com](mailto:ruth.davisnh@gmail.com) and she will sign you up.

### The Men's Fellowship

**Group** typically meets on the 1st and 3rd Thursdays of the month at 8:00am in the Church Library.

All men of the community are welcome to come and discuss spiritual and other topics of interest.

Next meetings are 12/4, 12/19, and 1/2.

### After School Choir for Children & Youth

will be rehearsing on Thursday afternoons in the Chapel. Taking the bus from the elementary schools is an option. Middle Schoolers often walk. For info/signup, please contact Kristin Forselius: [KristinF@CCDurham.org](mailto:KristinF@CCDurham.org) or Lorna Ellis: [Lorna.Ellis@comcast.net](mailto:Lorna.Ellis@comcast.net). Rejoice Choir: Children from age 3-grade 2 are welcome to join from 4:00-4:30. Alleluia Choir: Children in grades 3-8 are welcome from 4:50-5:20.

*"Let there be peace on earth, and let it begin with me."*

## MINDFULNESS MEDITATION OPPORTUNITIES – December 2019

### Community Church of Durham

**No classes with Judith through December. She will continue her sabbatical for renewal, with gratitude.**

**Dear Mindful Meditators,**

**With great gratitude for your presence and participation in all our years of meditation opportunities and sitting together, I will be taking some planned time to retreat, study, write, and rejuvenate.**

**May your own loving and renewing practices thrive during this interim as you offer your mindful, kind presence in the world.**

**In peace, Judith**

If you are going through a transition of any kind, pause and take a deep breath...venture inward and become aware of the gifts that accompany each one. Servet Hasan, "Mourning Mindfully: Working Through Times of Transition," in R. Butera & E. Byron, Complete Book of Mindful Living.

## FROM THE LIBRARY

We have a number of new titles from October, ready to check out. Thank you to Gretchen Smith for her thoughtful contributions, and to the anonymous folks who left their books.

### Church

Steinke, Peter L. *Congregational Leadership in Anxious Times, Being Calm and Courageous No Matter What.*

### Religions

Hooper, Richard. *Jesus, Buddha, Krishna Lao Tzu, the Parallel Sayings.*

### Meditation

Alnoba. *Alnoba*

Hanh, Thich Nhat. *Peace is Every Step, The Path of Mindfulness in Everyday Life.*

Levine, Stephen. *Healing into Life and Death.*

Paynter, Neil. *Hope, Friends, Love, Trust, Freedom. Growing Hope.*

### Inspiration

Rohr, Richard. *Falling Upward, A Spirituality for the Two Halves of Life.*

### Psychology

Tuama, Padraig O. *In the Shelter, Finding a Home In the World.*

**Family Issues** Tirabassi, Maren C., Tirabassi, Maria I., Tigert, Leanne McCall. *Caring for Ourselves While Caring for Our Elders.*

### Death and Loss

Bonanno, George A. *The Other Side of Sadness. What the New Science of Bereavement Tells Us About Life after Loss.*

### Race, Class, Privilege

Tisby, Jemal. *The Color of Compromise, the Truth About the Church's Complicity in Racism.*

### Non Fiction

Hall, Ron and Denver Moore. *Same Kind of Different as Me.*

### Biography

Bourgeault, Cynthia. *The Meaning of Mary Magdalene, Discovering the Women at the Heart of Christianity.*

You may have noticed, and hopefully used, the Little Free Library outside at the front of the church. Kristin, our Education Director, arranged our participation in the Little Free Library program through the Rotary Club of Durham-Great Bay. Our thanks go to the Rotary members who built our little library, and to Rotarians Phil Albright, who facilitated its installment, and John Belcher, who modified the design just for us! Take a book, keep it if you wish, or donate a book.

The Library Committee

The church office will be closed from December 23rd through January 1st for the holidays. Pastor Dave can be reached at 831-706-6819

Staff at Community Church of Durham:

The Reverend David Grishaw-Jones

Kristin Forselius, Education and Faith Formation

Director David Ervin, Music Director

Catherine York, Organist

Dianne Thompson, Business Administrator

Heather Curran, Office Administrator

Community Church of Durham

• 17 Main Street • Box 310 • Durham, NH 03824

Phone: 603.868.1230

# Join CCB in celebrating Christmas 2019!



Saturday, Dec. 7, 9am-2pm  
125th Christmas Fair

Sunday, December 8, 10am  
Graham Cracker Mangers

Saturday, December 21, 4pm  
Christmas Caroling

Sunday, December 22, 10am  
Christmas Pageant

Tuesday, December 24, 4pm  
Christmas Pageant

Tuesday, December 24, 9pm  
Christmas Eve Service



COMMUNITY CHURCH  
OF DURHAM  
UNITED CHURCH OF CHRIST



## December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
<ul style="list-style-type: none"> <li>● 9a Bible Study</li> <li>● 10a Sunday School</li> <li>● 10a Worship Service</li> <li>● 11a Fellowship Hour</li> <li>● 11:30a Second Hour</li> <li>● 11:30a Dine with N</li> <li>● 4p High School Fe</li> <li>● 4p Youth Group</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 12p Mindful Medita</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 1p Knitting</li> <li>● 4:30p Christmas F</li> <li>● 4:30p MGI</li> <li>● 5:30p Spiritual Nu</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 1p Wildcat Friends</li> <li>● 5p Yoga</li> <li>● 6p Scouts</li> <li>● 7:30p Choir</li> </ul>	<ul style="list-style-type: none"> <li>● 8a Men's Group</li> <li>● 8:45a Yoga</li> <li>● 10a ECHO Thrift S</li> <li>● 3p Fair Set Up</li> <li>● 3p Louise Kandle</li> <li>● 4p Children's Choi</li> <li>● 6p Justice and Wit</li> <li>● 7p EFF Meeting</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 11a Koinonia Sma</li> <li>● 1p Wildcat Friends</li> </ul>	<ul style="list-style-type: none"> <li>● Christmas Fair</li> <li>● 10a ECHO Thrift S</li> </ul>
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<ul style="list-style-type: none"> <li>● 9a Bible Study</li> <li>● 10a Sunday School</li> <li>● 10a Worship Service</li> <li>● 11a Fellowship Hour</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 12p Mindful Medita</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 1p Knitting</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 1p Wildcat Friends</li> <li>● 5p Yoga</li> <li>● 6p Scouts</li> <li>● 6:30p MBSR</li> <li>● 7:30p Choir</li> </ul>	<ul style="list-style-type: none"> <li>● 8a Men's Group</li> <li>● 8:45a Yoga</li> <li>● 10a ECHO Thrift S</li> <li>● 4p Children's Choi</li> <li>● 6p Justice and Wit</li> <li>● 7p EFF Meeting</li> </ul>	<ul style="list-style-type: none"> <li>● 10a ECHO Thrift S</li> <li>● 11a Koinonia Sma</li> </ul>	<ul style="list-style-type: none"> <li>● 8:30a Upward Bou</li> <li>● 10a ECHO Thrift S</li> </ul>

Community Church of Durham  
United Church of Christ

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17 Main Street, Box 310, Durham, NH 03824

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Phone: 603.868.1230

Email: [office@ccdurham.org](mailto:office@ccdurham.org)

Website: [CCDurham.org](http://CCDurham.org)