



First Parish Voices

Worship Service
Sunday, April 30 at 10:30 AM
Under The Bridge
Rev. Lara K-J Campbell, minister

Church office hours: The church office is open Monday thru Friday from 9 am to 12
Rev. Lara office hours: Mondays – off. Tuesdays, Wednesdays, and Thursdays from **9-12 and 1:30-4:30.**
Fridays – **by appointment**

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Weekly Update

(Note: You can use this link to see all activities on the church calendar: <https://calendar.google.com/calendar>)

Church Website Moved and Redesigned

I am proud to announce that the First Parish UU church has been redesigned into the 21st century level and moved to a new server. THANKS to the generous time, talent, and free offering of Chris Well's company server, we published the new site this weekend. We were also able to create a new broadcast mailing environment with a product called MailChimp that is integrated to our site so you can self-register or change address to receive the newsletter each week. Today's mailing to you means you are already registered.

Hervé

It's Here Again... Auction Time!! Open Now!!!

Tea Parties!! Soirees!! Elegant Dinners!!
Services of All Kinds!!



The Auction is now open for bidding in the Parlor!

The Auction will be held after church from Sunday April 23 to Sunday April 30. The bid sheets will stay out for the week with the bidding closing on April 30 at 12:30. The final amounts due will be tabulated for collection on May 7.

I hope everyone can participate. It's always oodles of fun! Molly Hoadley

Embracing Aging: Moment To Moment

On Wednesday, APRIL 26, 4:00-5:30pm in the Parlor, we will have our LAST gathering for Embracing Aging: Moment to Moment. Please bring paper and pen for writing. All who are Aging are WELCOME! Please join us. FMI please contact Rev Lara Campbell at 985-3700 or Jaylene Summers at 985-7412.

The Saturday Monthly Meditation

The meditation will be held on May 6, 10 - 11:30am in the Chapel. It will consist of lightly Guided Meditations, Sharing & a Brief Dharma Reflection. No Prior experience is necessary & all are welcome. Please join us.

FMI please contact Jaylene Summers: jsummers@roadrunner.com or 985-7412. Thank you.

Charlie's Piano Concert

Charlie's American Songbook Piano Concert



*Rev. Charles Grindle, Interfaith Minister
Music Director at FPUU*

First Parish Unitarian Universalist Church

114 Main Street, Kennebunk Maine

May Day Concert

Saturday May 6th 7:30 p.m.

TICKETS SOLD AT THE DOOR
\$10 ADULTS
\$8 SENIORS
CHILDREN FREE

REFRESHMENTS WILL BE
SERVED

FMI CALL JAYLENE SUMMERS AT 985-7412 OR FPUU AT 985-3700

Sunday Morning Monthly Meditation

There will be a Sunday Morning Meditation in the Sanctuary on May 7 from 10:05-10:25am before the start of the service. It will be a time for quiet, silent reflection, prayer, or meditation. Please join us. Jaylene will ring the bell to begin and end.

Retirement Party for Charlie

On Sunday May 21st we will honor our retiring Music Director Rev. Charlie Grindle. Eva Downs will have a Memory Book available to sign for Charlie on May 7 & May 14 during coffee hour in the Parish Hall. Please add your thoughts. You will be able to write out something, or put a photo or a card etc. and slip it into a sleeve.

If you would like to contribute to a gift, please give cash or checks (made out to Lara) to Rev. Lara Campbell or Margaret Jones by May 14th.

Last Chance sign up for Circle Suppers

We have quite a few Hosts this time, which is great because it means we need more Guests! I start working with the lists on May first so sign up this Sunday for a great evening with new and old friends.

Karen Tolstrup

It's Never Too Late To Join FPUU!

Previously we had scheduled New Member Sunday for May 7, 2017. We have had to change that date to June 4, 2017. At that time we will recognize all of those members who have joined our congregation this church year.

There is still time to join and not only participate in that service but be eligible to vote at the annual meeting which will be held on that date as well.

Please speak to Rev Lara before May 7th if you are considering becoming a member or even if you just want to discuss what is involved.

Folks on the Membership Team are also willing to talk to you about membership at any time.

Andrea Rohde Kim Lord Kevin Flynn Karen Tolstrup

Habitat for Humanity

On Friday May 5th. at 7 PM the York County Chapter of Habitat for Humanity will present a video and photo presentation of the recent team build in Guatemala. Team members will discuss their experiences and talk about the ongoing needs and concerns for the people in the area of the build. The event will be held in the FPUU Parish Hall. Coffee and desserts will be served.

Resiliency Forum

RESILIENCY FORUM
HOW TO THRIVE IN A DIFFICULT POLITICAL CLIMATE
Sunday, May 7, 12 to 2 PM
at the Brick Store Museum Program Center,
4 Dane St., Kennebunk
FREE ADMISSION

Presenters:

- Rev. Mary Zachary-Lang, Art Therapist
- Julie Powell, Psychotherapist
- Geoff Slack, Citizen Activist
- Rachel Phipps, Community Organizer
- Penny Gruen, Democrats of the Kennebanks and Arundel
- Jaylene Summers and John McCluskey, Meditation Coaches
- Ridelphine Katabesha, New Mainer from Democratic Republic of the Congo



Come join us in round table conversations about coping and thriving in our challenging political environment. Topics include meditation, creative expression, spiritual practice, political activism, social outlets, and more.

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“Waking Up White” by Debby Irving Book Study Group with Rev. Lara Campbell and Sally Keene

From Irving’s website: “Waking Up White” is the book I wish someone had handed me decades ago. My hope is that by sharing my sometimes cringe-worthy struggle to understand racism and racial tensions, I offer a fresh perspective on bias, stereotypes, manners, and tolerance. As I unpack my own long-held beliefs about colorblindness, being a good person, and wanting to help people of color, I reveal how each of these well-intentioned mindsets actually perpetuated my ill-conceived ideas about race.”

Join us for a time of investigation, reflection and conversation. The group will meet for 5 Thursdays 5:00 to 6:30, beginning on May 18th. The book is available on Amazon, Barnes and Noble and in libraries – check Minerva on the Kennebunk Library website.

Please let us know if you plan to attend! And read the first section for our first meeting, “Childhood in White”, page 3-26. Contact - Sally Keene sjpk@roadrunner.com 207-590-0035.

Run to End Hunger

Sassy Smallman is walking in the Run to End Hunger on Saturday, May 20, 2017 . If you would like to sponsor her, please send her an email to pledge at gogreen@gwi.net. Thanks! Sassy

Leadership Forum

May 22nd, 6:30-8:30. Please come to our final Leadership Forum of the year. A representative from each committee is strongly encouraged to attend. Please submit and/or bring a copy of your annual report by May 22nd. Thank You. Margaret Jones

Refugee Assistance

Several months ago, Dennis and I attended a service for peace at the North Congregational church in Arundel. At the end of the service, a woman stood up to talk about the experience she and her husband have had with refugees in Biddeford through the Biddeford adult education office.

There is a group of refugees that has settled in Biddeford that could use some help. As with all new immigrants from the Middle East, Catholic Charities is the agency that helps in the beginning with their resettlement. The amount of money allotted for this task is limited and the refugees need more. Judy and Dick Cadmus have described the conditions that the refugees are currently living in and they could use some help with furnishing the apartments that they live in and clothing for our weather.

A group from area churches in Kennebunk has begun meeting to prepare to be of help to the refugees. We were wondering if anyone from our church would be interested in helping these refugees. It looks like the kind of help they will need would be: finding furniture and clothing, sponsoring a family, transportation, help with signing forms to apply for help, and help with finding jobs etc.

If anyone would be interested in this outreach project, kindly contact us at 985-7218 and we will let you know when the next meeting will be.

Beth and Dennis Andersen

Office Updates

In an effort to reorganize the duties of the Church Office, we have decided to split the responsibilities into two separate positions, one being an Office Administrator and the other a Bookkeeper.

We are currently in the process of setting up interviews for the Administrative position which our group of volunteers have faithfully been managing. The position will primarily take care of the day-to-day duties or running the office as well as maintaining our various lists, eblasts, order of service, church calendar, and staff needs.

Barbara Boscia will be staying on with us, in the Bookkeeper position. Her hours will be outside our normal office hours to accommodate her full time job, but she will continue to take care of all of our financial responsibilities as well as continue as a member of the Finance Committee.

With this division in mind, we have created a new email address for Barbara so you can contact her directly with any financial questions. The email is uukennebunkbookkeeper@gmail.com which she can access even if she is not in our office. Questions for our Admin position should continue to be directed to uukennebunkoffice@gmail.com which will be answered by the volunteers until we hire our new office administrator. The kbkuu@gwi.net email address is being forwarded to the gmail account.

Helping our Neighbors in the Kennebunks

First Parish is one of the member churches in Community Outreach Services (COS), an organization run by volunteers which helps folks in the Kennebunks with many services. Kathe Wright is the First Parish representative on the board of COS. Four FPUU members, Bob Thurm, Karen Tolstrup, Megan Pollino, and Kathe, work with COS and the town halls to deliver boxes of food for 3 days to folks who could use a little help. If you would like to learn more about helping folks in the community, contact Kathe Wright. It is always nice to be of service and also a way to get to know people you otherwise might not have a chance to talk to.

Housing for Summer Workshops

It's only March but we are thinking about the summer workshops. For those who are not aware of them, each summer we host two weeks of training for high school teachers of Physics, Chemistry and, new this year, Biology. The dates this year are **July 24 through 28 and July 31 through August 4**. The students come from across the U.S. and learn a set of modeling techniques designed to help their students better conceptualize the material. There is a lot of planning that goes into making these sessions successful and getting out in front of as many issues as we can is part of that. We will soon be getting applications for the two one-week courses, and the more we can deal with housing the students in advance, the better and easier it will be for hosts and guests. We are looking for one or two coordinators of the housing effort. It entails contacting our parishioners and asking them to commit to hosting one or more students (depending on what they have for space) during the workshop. The students get breakfast and lunch at the church and generally go out for dinner. Please consider doing this important component of one of the two largest fund raisers we have. You can contact me if you want to help. If you don't want to coordinate, please consider hosting a teacher. Vicki Adams

Funding Opportunities!

Clynk Bottle Redemption



What is that sound you hear early Sunday mornings in the back hall? And ever wonder why you see members carrying wine bottles around?

FPUU not only recycles, but we turn in "Maine labeled" bottles and cans for money.

We have a **Clynk** deposit barrel in the kitchen. If you have more than you can carry, take home your very own green bag. The new Clynk bags are in the black filing cabinet to the right of the stage behind the back curtain.

Here is the Clynk website for more information: <https://www.clynk.com>



Do you shop at Hannaford?

Easy Fundraiser!

For every \$1000 our community spends, Hannaford will award our church \$50! If you shop at Hannaford, even a small amount, consider participating in this easy fundraiser.

Here's what you need to do...

If you are NEW to the program - Leave a check, made out to "FPUU" in the amount of \$5- 450, with "Hannaford" on the memo line, in the locked box of the church office door. We will leave a blank Hannaford gift card for you at the church.

To ADD money to your card - Leave a check, made out to "FPUU" in the amount of \$5- 450, with the four digit "PIN" from the back of your Hannaford Gift Card, on the memo line, in the locked box of the church office door.

If the total order amount is at least \$1000 we will send you an email telling you when the money will be credited to your card.

Deadline to submit checks: Wednesdays by 5 pm.

Email FPUUHannaford@gmail.com if you have questions.

Thanks! Rev. Lara, Eva and Myrna

Spiritual Growth Opportunities!

- **Embracing Aging: Moment to Moment** is a thoughtful, provocative discussion group that meets that meets **twice a month on the 2nd and 4th Wednesdays from 4 - 5:30pm** from Jan - April. **All who are aging are welcome.** FMI please contact Jaylene Summers; 207-985-7412 (L), 251-3317 (C) or jsummers@roadrunner.com.
- **Women for All Seasons: 2nd and 4th Tuesdays from 6:30 -8:30 p.m.** Celebrate the cycles of nature and the season, share and discuss, get to know other women in the congregation. We meet the second and fourth Tuesdays from September through June. For more information, please contact Kathe 985-6194 or Barbara Conner 229-0799. **All women are welcome. Free**
- **Meditation:** A small group meets every Wednesday from 5:10-6:30 p.m. in the Sanctuary from September through June, or during the winter, in the Chapel. Our practice is simple. We begin with a brief check-in and reading. Then we practice silent sitting and walking meditation at our own pace. **All are welcome.**
- **Early Morning Yoga: Thursday from 7-8:15 am:** Start your day with a moderately paced Hatha Yoga class led by Patrick Conner, M.A., RYT (Registered Yoga Teacher). Come whenever you can – no attendance commitment. All experience levels are welcome. Wear comfortable clothes that allow movement. Bring a Yoga mat and props if you have them – there will be mats available to borrow. **All adults and teens are welcome. Donations accepted.**
- **Adult Choir: Rehearsals on Thursdays from 7-8:30 p.m. and 2 Sundays per month from September to June. All are welcome!**
- **Connecting Circles:** Circle K will resume meeting once a month in the fall. If you would like to connect spiritually on a personal level with others, please contact Karen Tolstrup at 207-467-9149 or kdtolstrup@gmail.com.
- **An affiliated group “Ripples of Peace” Buddhist Sangha: Tuesdays, 5:15- 6:45 p.m. in the Children’s Chapel – Beginners Welcome!** Please bring cushions and/or mat for comfortable sitting – Chairs will be available. A Sangha is a community of friends learning and practicing the teachings of the Buddha. Our weekly gatherings begin with sitting and walking meditation followed by reading from a Buddhist teacher. The Sangha is an open gathering – come when you can, you are always welcome. Contact Sally Keene 590-0035, sjpk@roadrunner.com for info.
- **Saturday Morning Mindfulness Meditation – Lightly guided with brief dharma reflection-**
The Saturday Morning Meditation group will meet from 10 -11:30am. We will meet May 6 and June 10 in the Chapel. This is a lightly guided mindfulness meditation, with sharing and a brief dharma reflection. ALL are Welcome. No previous meditation is necessary. FMI please contact Jaylene Summers at jsummers@roadrunner.com, 207-985-7412 or 251-3317.

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) RevLaraCampbell@gmail.com
DIRECTOR OF RELIGIOUS EDUCATION: Emily C. Jones.....uuKennebunkDRE@gmail.com
MUSIC DIRECTOR: Rev. Charles Grindle.....ycuumd@gmail.com
ADMINISTRATOR:kbkuu@gwi.net

BOARD OF DIRECTORS: 2016 – 2017 program year

CHAIR: Margaret Jones.....margaretj@maine.rr.com
VICE-CHAIR: Amy Wood.....amywood@amywoodpsyd.com
CLERK: Molly Hoadley.....mollyhoadley@gmail.com
TREASURER: Ruth Stackpole.....paws8@roadrunner.com
 Karen Tolstrup.....kdtolstrup@gmail.com
 Dan MacDonald.....daniel@doornorth.com
 Christine Thurm.....ccthurm@yahoo.com