



LIGHTING THE WAY FORWARD

February 5, 2026

In 1976, President Gerald Ford officially recognized February 1 as the first day of Black History Month, asking the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

Heather Cox Richardson

Photo by Tom Socha

"A Heart Quilt"

Worship Service: Feb. 8, 2026, 10 a.m.

Led by: Rev. Tori Rosati

Come in person or click below to join the service!

<https://uukennebunk.org/Sunday-Service-Access>

Or by cell phone (audio only) 929-205-6099, meeting ID 734 887 010,
Password: 02448

This Sunday: A Heart Quilt

Finding the strength to endure times of challenge—both personal and collective—requires a different kind of strength altogether. In a culture that prizes grit and going it alone, our service this Sunday will explore the wisdom of resilience as the fabric and thread we stitch together, carrying love, history, and resistance across relationships and generations. Resilience is not something done alone, but something formed between us. In a time of great fraying, join us as we remember: we are stronger together. Rev. Tori leading with Mary Gelfand and music from Chris Staknys, Jaylene Summers, the First Parish Jazz Ensemble, and Gerard and Karen Carey.





First Parish and Community

- Every Thursday, 3:30-4:30 p.m. Demonstration, Main Street, Kennebunk
- Sun. Feb. 8, 11:45 a.m. Restorative Justice program at St. David's*
- Tues. Feb. 10, 6:30 p.m. Women for All Seasons*
- Tues. Feb. 10, 6:30 p.m. Men's Open Group
- Tues. Feb. 10, 6:30 p.m. Creative Resistance, Atlantic Hall*
- Wed. Feb. 11, 5 p.m. Vespers
- Sun. Feb. 15, 11:30 a.m. What Now? Social Justice Discussion
- Sat. Feb. 21, 10 a.m. Amy Wood presents at Democracy Co-op*
- Sun. Feb. 22, 11:30 a.m. Worship Reflection Circle
- Fri. Feb. 27, Winter Cabaret Fundraiser*

Postponed: The concert scheduled for Feb. 15 has been postponed to sometime in April.

*see newsletter for more information

Soul matters for RE children

Thinking of the ones you love?

Please join the children of the RE program in making valentines' during coffee hour on Sunday, February 8, Supplies will be provided



All Are Welcome Table

When: Sundays, 11:00–11:30 a.m. in the Parlor

Looking to connect, meet new people, or learn more about what's happening at FPUU? Join members of the Membership Committee, in the Parlor during coffee hour for relaxed conversation and community. Everyone is welcome—just pull up a chair! For more information, contact Heidi at uuheidi@gmail.com, or simply stop by—no RSVP needed!

Look for the sign in the parlor and pull up a chair!

Evening Vespers: A Time for Quiet Renewal

Vespers is a peaceful, evening worship service – a time for quiet reflection, gentle music, meditation, and readings that nourish the Spirit. We will gather to rest in silence, share in community, and find peace as the day draws to a close.

Join us on Wednesday, February 11, at 5 p.m. for this simple, soulful gathering led by Rev. Tori. This month, we will be joined by the First Parish Jazz Ensemble. If you would like to participate on zoom, the link can be found [HERE](#).

For those attending in person, you are welcome to stay for a simple supper of soup and bread afterward—a warm and easy way to connect with others. Feel free to bring a pot of soup to share if you'd like. All are welcome. Questions? Contact Rev. Tori at uukennebunkminister@gmail.com



Margaret Jones lights a candle for Tory Leuteman at Sunday's service on St. Brigid's Day, a celebration in Ireland of the half-way point to spring.

Photo by Vicki Adams

Maine Faith Leaders Call to Action

In a letter denouncing ICE, Rev. Tori joined Maine faith leaders in a call and commitment to “act proactively and nonviolently to protect the dignity and lives of our neighbors, embracing the sacred call to love our neighbors as ourselves (Leviticus 19:18). We encourage all Mainers to educate themselves using resources from ACLU of Maine, Presente! Maine, and Maine Immigrant Rights Coalition ; to use the statewide hotline, 207-544-9989, to report possible ICE actions and to get needed services for those directly impacted by ICE; and to document incidents they witness using these guidelines: "We have rights when documenting ICE."

Click [HERE](#) to read the letter and read below for other concrete and faithful actions to take to protect our neighbors.

MUUSAN-Maine UU State Action Network

[MUUSAN's Weekly Action Points](#)

Contact your legislators to support three key climate bills heading to floor votes this week, prepare for upcoming action on immigrant justice and Wabanaki sovereignty legislation, and urge the Governor and Appropriations Committee to fund LD 1474 to strengthen Wabanaki Studies in Maine schools.

CLIMATE & ENVIRONMENT

- GREAT NEWS! Three important Climate bills in the Maine state legislature have been voted out of Committee and will go up before the full legislature for a vote **this week**, Feb. 2 – 6th.
 - **Call to Action:** call or email your state senator and representative and ask them to vote YES on the following bills. Talking points are in these links:

[LD 1730, the plug-in solar bill](#)

[LD 1870, Climate Superfund Act](#)

[LD 1966](#) – *An Act to Improve Access to Community Solar Programs*

Other Resources:

ACTIVTE MAINE: A comprehensive calendar for Presence and Witness, such as demonstrations.

Activate Maine's ICE Action Toolkit, click [here](#)

MAINE NEEDS: Provides opportunities to volunteer, wish list for new or gently used items, opportunity to make a financial donation.

PROJECT RELIEF: Opportunities to enroll as a volunteer.

Indivisible Team Southern Maine

Indivisible Team Southern Maine's mission is to be a powerful source to protect and sustain democracy in our country. We are an action-oriented group, using our voices to defend individual rights and the rule of law.

<https://www.facebook.com/share/g/1BhS7qpmdB/>

Indivisible Greater Portland

Indivisible Greater Portland's mission is to defend our democratic institutions through advocacy, community building, collaboration, and direct action in support of progressive values and elected officials.

<https://indivisiblepwm.com/>

<https://www.facebook.com/groups/280197395732224>

Showing Up for Racial Justice, Biddeford Saco

Part of a nation-wide organization focusing on social justice issues including those affecting immigrants. Monthly meetings.

<https://www.facebook.com/profile.php?id=100070659325348>

Project Relief

Run by immigrants fighting for immigrants. Website notes many ways to get involved including working directly with immigrant families.

<https://projectreliefme.com/>

Wionn

The list of detainees researched and published in the Portland Press Herald is growing. In our area, WIONN (Welcome Immigrants Our New Neighbors) is working hard to help local immigrants threatened by I.C.E. Click [HERE](#) for ways to support them in this time of crisis. Contact Marylyn Wentworth for more information or to give a donation: marylyn.wentworth@tnsk.org.



Classic comfort-food dinner & Classic stage show
featuring classic comedy, tunes from the
Great American Songbook, stories, classical music and more!

When: Friday, February 27th (snow date Feb. 28th)

Time: Doors open at 5 p.m., Dinner at 6 p.m. Show at 7 p.m.

Where: FPUU Church, 114 Main Street, Kennebunk

Adults \$30, Teens \$15, Children free. Sliding fee available
Reservations can be made at Sunday coffee hour or by email:
alanwoodadams@gmail.com



order tickets early
childcare available upon request

**Disclaimer: Henri LePew is an annoying distant cousin of Al Adams and
Billy Whizbang (nobody knows how these people get this gig)*

The Gift of Reiki

Susie Desantis and Deirdre Drennen will offer "The Gift of Reiki" on Tuesday, February 10, for Women For All Seasons . We will meet in the chapel instead of the parlor for this ritual. If you plan to attend Please RSVP to Susie at naturalsuki@yahoo.com or reach out with any questions.

St. David's invites us to join them Sunday to learn about restorative justice

Remember those in prison, as though in prison with them, and those who are mistreated... Hebrews 13:3a

We are invited to a program on restorative vs. punitive justice at St. David's Church this coming Sunday at about 11:45 a.m.

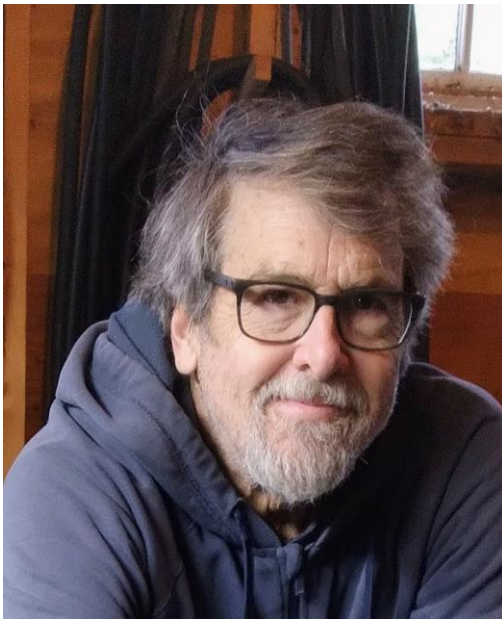
Did you know that 20% of Maine's population has been impacted by Maine's criminal justice system? More than 40,000 Mainers cycle through our prisons and jails annually. The Maine Prisoner Advocacy Coalition (MPAC) envisions and works for a restorative justice system, versus primarily punitive. It supports humanity in every person, and strives to create transformation and accountability.

Jan Collins, MPAC Asst. Dir., is a retired HS Science teacher and blueberry farmer. Jan became involved with criminal justice reform when her son was incarcerated in 2012. Since then she has served on the Board of Visitors for Franklin County Jail, acts as MPAC's liaison with the prison branch of the NAACP, and regularly testifies before the legislature on issues related to criminal justice reform.

Jan will provide a presentation about MPAC and Maine's Criminal Justice System on Feb 8 at St. David's Episcopal Church after the 10:30 worship service at about 11:45. Our FPUU Social Justice Network and St. David's Social Justice Council hope to see you there.

Roy Smoot, St. David's Social Justice Council

New Members: Meet Peter Brown



I live in Lyman with my loving wife Joyce and two sweet dogs. I have two wonderful adult children who live out of state with families of their own.

Caring deeply about social justice, my most recent endeavor was to write and publish a book, *I Am Jayvyn*, out of protest to current and ongoing efforts to modify or erase the truth of America's history with slavery in our schools, museums, libraries, etc. The book is available to anyone through several libraries, including ours at First Parish, as well as bookstores, Amazon, or me.

I grew up and went to school in Kennebunk, am currently retired and enjoy fine woodworking, playing guitar, hiking, and rock climbing. I love the open spirituality and community I've found through the UU church.

We will include a brief bio. and photo of a new member each week, as we receive them.

WHAT'S UP IN FEBRUARY

By Bernie Reim

February is named after the word Februa, which are the ancient Roman rites of purification. Looking up into the cold and unforgiving winter night sky and contemplating how we are all part of this much greater universe ... is one good way to feel more purified and encouraged and to discover our individual purpose here on Earth. ...

We've made it halfway through winter now. That is marked by Groundhog Day, [also called Candlemass] ... one of 4 cross-quarter days that mark the midpoints of our 4 seasons. ... The next one will be Beltane, or May Day. Then

there is Lammass Day on August 1, which also means “Loaf Mass” and marks the beginning of the wheat harvest. Then our Halloween is Samhain or “summer’s end” in the Celtic tradition. Now you have each year divided into 8 roughly 6 weeks periods to notice seasonal changes more accurately.

There are several interesting highlights this month that will make it worth your while to brave the cold and try to understand and appreciate these events more clearly. ...

Jupiter is the King of the planets and it will be the main “star” of the evening sky again until the middle of the month when Venus finally reemerges in the evening sky to steal the show, but only until it will set about an hour later low in the western evening sky. After that brief interruption in their quest for stardom (I am sure the planets don’t really care which one shines the brightest) Jupiter once again reclaims its well-deserved place as the brightest object in the sky after the sun and the moon. Since Jupiter is still close to us and near its best for the whole year, there will be many interesting transits of its 4 largest Galileans moons to watch through a small telescope.

You can read Bernie’s entire “What’s Up” column in the Astronomical Society of Northern New England newsletter at asnne.org.

JOIN US

READ
SPEAK
EXPRESS
SING
DANCE
CREATE
RESIST

SPEAK TO THE MOMENT CREATIVE RESISTANCE WINTER 2026

Warm your soul. Join us for this free creative winter event.
Tuesday, February 10 at 6:30 PM
Atlantic Hall in Cape Porpoise, Maine

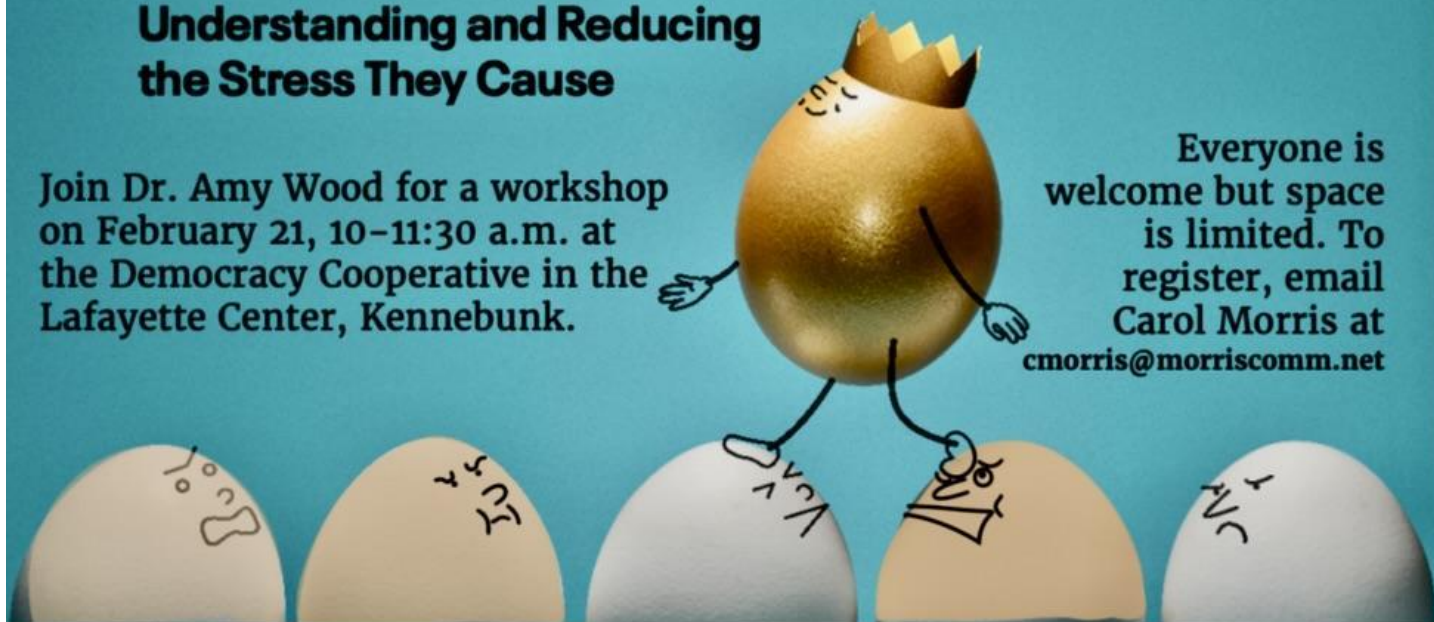
FMI: Daphne Gregory-Thomas: dgregorythomas@gmail.com or 973-479-0272
Brought to you by the Democracy Co-op

Coping with Narcissists:

Understanding and Reducing
the Stress They Cause

Join Dr. Amy Wood for a workshop
on February 21, 10-11:30 a.m. at
the Democracy Cooperative in the
Lafayette Center, Kennebunk.

Everyone is
welcome but space
is limited. To
register, email
Carol Morris at
cmorris@morriscomm.net



Listen Up!

You can listen to this year's Martin Luther King keynote speech as well as entire reflections given at our Sunday services at uukennebunk.org. See Sundays at FPUU–Sermon archive.



Our monthly Soul Matters themes come with a musical playlist to help us deepen into the messages. Playlists are organized as a journey, so you can listen from beginning to end and use them as a musical meditation.

- Click [here](#) for the Spotify playlist on Embodying Resilience
- Click [here](#) for the YouTube playlist on Embodying Resilience

Oh, the Weather Outside is Frightful!

In the event of stormy weather, unless the electricity and/or internet is down, church service will be held on Zoom. The building will not be open. The decision to close will be made by 5 p.m. the day before or by 7 a.m. on Sunday at the latest.

If we have your email, you will receive an announcement, including the Zoom link for the service. Information will also be posted on the website, and a message will be on the office phone: 207-985-3700.



If you have any questions, contact Tory Leuteman, Worship Committee Chair.

Make sure you are in our New Directory!

We will be printing an updated church directory in January. If you have any changes to your contact information or do **NOT** want to be included,

please let Allison know: uukennebunkoffice@gmail.com or by calling 207-985-3700.

Please do not share our church directory, even amongst ourselves. There are many scammers out there seeking contact information. Please point people to the front office for copies.

Sunday Bookcase & Links



- *Social Change Now: A Guide for Reflection and Connection*, by Deepa Iyer
- *The Silent Cry: Mysticism and Resistance*, Dorothee Soelle
- *Ordinary Mysticism: Your Life as Sacred Ground*, Mirabai Starr
- *Active Hope: How to Face the Mess We're in with Unexpected Resilience and Creative Power*, Joanna Macy and Chris Johnstone

Minister's Discretionary Fund

In light of the ongoing delays in programs such as SNAP and other forms of assistance, many in our community are facing unexpected financial hardship. The Minister's Discretionary Fund is available to help members of our congregation and the wider community who are struggling to make ends meet, particularly during this difficult time.

If you, or someone you know, could use some support, please reach out to Rev. Tori. All requests are received with care and handled in strict confidence. Contact: uukennebunkminister@gmail.com or 978-238-8210

Note from the Editors

What's on your mind or in your camera? Send a picture, write an article or letter, for First Parish News! Email the FPUU Office: uukennebunkoffice@gmail.com

FPUU News Crew:

Vicki Adams, editor

Allegra Highsmith, photo editor

Allison Lazos, production

Rev. Tori Rosati, advisor

First Parish UU Church Kennebunk

FEBRUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10 a.m. Worship Service led Margaret Jones	2 9-12 Office Open	3 9-12 Office Open 10:30 a.m. Pastoral Care 5:15 p.m. Sangha 6:30 p.m. W.F.A.S. 7 p.m. Properties Committee	4 9-12 Office Open 5:30 p.m. Worship Committee	5 9-12 Office Open 5:00p.m. Choir	6 9-12 Office Open	7
8 10 a.m. Worship Service led Rev. Tori	9 9-12 Office Open 7 p.m. Finance Committee	10 9-12 Office Open 5:15 p.m. Sangha 5:30 p.m. Family Small Group Ministry 6:30 p.m. W.F.A.S. 6:30 p.m. M.O.G.	11 9-12 Office Open 5 p.m. Soup Vespers led by Rev. Tori	12 9-12 Office Open 5:00p.m. Choir	13 9-12 Office Open	14
15 10 a.m. Worship Service led Susie Desantis, Nikki Shields & Allegra High- smith 11:30 a.m. What Now? Social Justice Discussion	16 Office CLOSED	17 9-12 Office Open 5:15 p.m. Sangha	18 9-12 Office Open 6 p.m. Board of Directors Meeting	19 9-12 Office Open 5:00 p.m. Choir	20 9-12 Office Open	21
22 10 a.m. Worship Service led by Rev. Tori 11:30 a.m. Reflection Circle	23 9-12 Office Open 5:30 p.m. Membership Committee	24 9-12 Office Open 10 a.m. Small Group Ministry 5:15 p.m. Sangha 6:30 p.m. W.F.A.S. 6:30 M.O.G.	25 9-12 Office Open 10 a.m. R.E. Meeting 5:30 p.m. Small Group Ministry	26 9-12 Office Open 5:00 p.m. Choir	27 9-12 Office Open 6 p.m. Winter Blues Buster Fundraiser	28 SNOW DATE: 6 p.m. Winter Blues Buster Fundraiser