



LIGHTING THE WAY FORWARD

## First Parish News

*Singing together means we are melding our parts  
Not just voices, not just notes, but each other's lives and hearts.*

*Paul Beach*

### Sunday Service In person and Online

#### *The Best Medicine*

**Service lead by Rev. Lara Campbell  
Sept. 25, 2022, 10:30 a.m.**

Youth Religious Exploration and nursery care available

Come in person or click 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:024481.  
See website: [uukennebunk.org](https://uukennebunk.org) for more details on how to tune in.



Photo by Al Adams

## Hallelujah, Choir is back!

All singers are welcome to lift their voices together once again. Choir rehearsals will happen every other Thursday. Please wear your mask and come to the church on time! Paul Beach has generously donated his talents to lead us in our practice, and Ginny Lawrence has volunteered to play the piano. Others may also volunteer to play later. If you've never sung with the choir, now is the time to join in.

Choir rehearsals are on Thursdays from 7-8:30 p.m. twice a month. All are welcome. For more information contact Margaret Jones or Paul Beach. Contact information is in the church directory.

### *SINGING OFF KEY*

Singing together is fine even if it may be off key  
The value of group singing is a sharing community

Singing together is like walking through the wooded park  
To the agreed place with different steps, but in the same arc

Singing together is like group swimming with good folks  
Going off in the same direction but with slightly different strokes

Singing together need not be a form of high art  
Just sharing time and space, with each doing their part

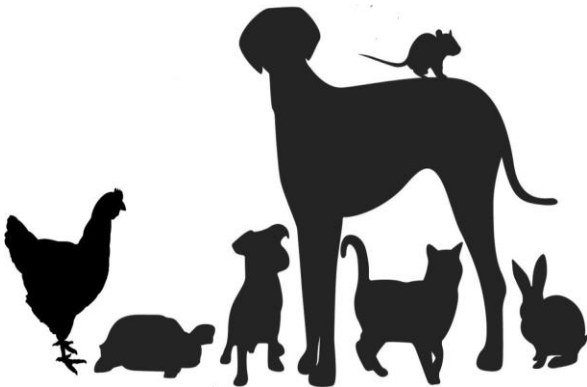
Singing together, a chorus of like-minded friends  
Makes music that has value beyond professional ends

Singing together, imperfect and with dissonant sound  
Can still mean a closeness, and build friendships profound

Singing together means we are melding our parts  
Not just voices, not just notes, but each other's lives and hearts

Singing together, yes, even if gently off key  
Is just fine if it makes for warm and lasting harmony

Paul Beach, September 2022



## Animal Blessing Service

Sunday October 2nd at 10:30 a.m. in Parish Hall

This is a multi-generational service where your pets are Welcome!

All animals are welcome including stuffed animals and photos!

(Live animals must be leashed or crated)

### SPECIAL REQUEST – pet memorial slide show

We will be doing a memorial slide show for those pets we have lost. Please submit a photo to Rev. Lara at [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com) by Monday, September 26th to ensure that it is included in the slide show. Please include the name of the pet and your name so we can properly label them.



## Women observe Autumnal Equinox

On Tuesday evening, September 27, Women for All Seasons will gather via Zoom to observe Mabon, the Autumnal Equinox (which was September 22). Mabon is traditionally a celebration of the harvest, but also a time for reflection. On one's life

path it is the moment of reaping what you have sown, looking at the hopes and aspirations of Imbolc and Ostara last Spring, and reflect on how they have manifested. And it is a time to gather and plant seeds of new ideas and intentions, which will lie dormant but nourished in the dark, until the return of Spring.

We will meet at 6:30 p.m. Tues. Sept. 27, and all women are welcome! If you would like the Zoom link, or have questions, please contact co-facilitator Linda Thompson (207-502-7796) or Barbara Conner.

## **NPR returns!**

No, not National Public Radio: **No Particular Reason!**

Why? A gathering of women to share food, conversation, and laughter.

What? Please bring a dish you enjoy with enough to share.

Where? At the home of Ginny Di Marco and Arlene Horn, 14 Dunhill Drive, Kennebunk.

When? Friday, Sept. 30 at 6:30 p.m.

Questions? Call 985-7238 or email: [elfie4@roadrunner.com](mailto:elfie4@roadrunner.com)

## **Light Our Way Forward** ***Next Saturday, October 1st***

### **35 Congregants to attend Oct. 1st retreat from 10am-4pm**

The Committee on Ministry is excited to report that 63 congregants participated in the recent survey of Members and Friends. Of that number, 49 identified themselves as members and 14 as friends. More than half of our members participated. This is an excellent response rate.

35 people will attend the October 1st goal setting retreat from 10:00 to 4:00 at the church. Please note the time change. Registration for the retreat is now closed.

We thank those folks for their willingness to assist the COM and the Board of Directors by helping us determine our strengths and weaknesses and prioritize our goals. Hopefully this will ensure our bright future.

More reports and recommendations will be forthcoming after we analyze the results.

The Committee on Ministry is charged by the Unitarian Universalist Association and our church bylaws with the task of doing a Congregational Assessment every 3 years to determine the direction for our church. You, the members, and friends of First Parish, are the church. Thank you for filling out the survey and we hope to see you October 1<sup>st</sup>!

Thank you,

*Amy Wood, Karen Carey, Sheri White, Tom Veronesi, Marylyn Wentworth, Rev. Lara Campbell, Ian Durham, Members of the Committee on Ministry (COM)*

## **We will ...**

***Excerpt from the reflection given by Rev. Lara Campbell, Sept. 18***

Something to remember as we meet together next Saturday:

There is so much that I love about our covenant here at First Parish. In our covenant, we explicitly commit to direct communication with one another. This is a bold and precious, and in some ways, deeply counter-cultural. Direct communication fosters an environment where we are free to bring our whole selves.

Direct communication is not something all of us are taught growing up. Our culture tends to discourage confrontation and encourages “not causing a fuss.” But not wanting to cause a fuss doesn’t mean that issues magically go away, and sometimes the things that bother us come to light in indirect ways. ... [Two of these are] triangulation and in the desire to only want to give feedback anonymously.

Unfortunately, as our lives and social interactions have increasingly moved online, there has been a vast increase in this kind of feedback. We have become used to it. But anonymous feedback doesn’t foster any type of relationship. While the giver might feel better for having expressed their concern, it leaves the person or group or community receiving the feedback without any avenue to be able to clarify, to understand, and to contextualize the information.

Now, I recognize that this is not easy. That direct communication can be, well, scary. It requires that we take a risk. I still get a knot in the pit of my stomach when I need to have what feels like a hard conversation. But, what we know, what I know, in the heart of my hearts, is that almost every time I have taken this risk, been courageous, the outcome has been far better than I expected. In fact, sometimes when I have started what I thought would be a difficult conversation, two sentences in I learn that I had simply misunderstood, and a quick conversation that I had dreaded has quickly and cleanly been resolved. In fact, I have found my relationship strengthened. In direct communication, bonds are made, connections are deepened, and in the end, we will all be better for it.

## First Parish UU Covenant

We will:

- deepen our connections through loving speech and deep listening.
- honor our differences and celebrate each other's gifts.
- express our gratitude and assume good intentions.
- communicate directly, honestly, and compassionately, especially when there is conflict.
- strive to forgive, make amends, and reconnect in the spirit of love.
- share our joy, filling the church with laughter.
- share our pain and sorrow, lightening those burdens that are too great to bear alone.
- encourage one another to grow, opening our minds and hearts to new ideas; challenging our assumptions – having conversations that matter.
- share responsibility for fulfilling our vision for our church, our community, and our world.

## Community Conversations to continue

Including teens from the Civil Rights Team at Kennebunk High School and several people from our congregation, 27 attended the Conversation at Kennebunk Town Hall on Monday, September 19.

The topic was “The Changing Cultural Make-up of the USA and what that means.” Facilitators Linda Stathoplos and Karen Plattes dug right into the controversy embodied during the “Unite the Right” torch parade in Charlottesville, VA, five years ago. People at the discussion seemed to agree that the “fear of others,” is a way of explaining racism, and one way to combat this is for each of us to reach out and get to know people of different ethnicities. Civil Rights Team faculty advisor Greg Smith pointed out that structure and policy change are needed before we can expect people's values to change. He helped with a project to buy 300 copies of the book, *The Far Away Brothers* by Lauren Markham. It tells the story of two immigrants and their journey to the U.S. Greg distributed 25 books after the program and said the students who are reading the book are planning to hold community conversations about it.

Many Towns One Circle (MTOC), a community group supported by the First Parish Social Justice Committee, sponsored the conversation. The purpose of MTOC is to identify racial bias in ourselves, challenge racial injustice, and work together to build a more inclusive community.

## Discussion Group to meet bi-weekly welcomes your ideas and reactions

The FPUU Discussion Group announces and welcomes you to join us in exploring in depth the process of How Jesus became God. We Zoom together on the first and third Wednesdays of each month after having individually viewed each of the 24 30-minute DVD sessions that comprise the **Great Courses** lecture series on this theme. This course was delivered by University of North Carolina Professor Bart Ehrman, Ph.D. M.Div.

Should you have any questions about this course, please feel free to call Ruth Stackpole or email her at [paws8@roadrunner.com](mailto:paws8@roadrunner.com). Our Discussion Group very much looks forward to your participation in discussing this epochal event.

## Welcoming Immigrants Our New Neighbors (WIONN)

We are looking for:

- Care Teams - people willing to be friends and helpers to new Mainers.
- People willing to converse with immigrants wanting to speak better English on a one-on-one basis.

If either of these helpful endeavors interests you, e-mail [marylyn.wentworth@tnsk.org](mailto:marylyn.wentworth@tnsk.org) or call at 602-0245.

## Greeters and Ushers Needed

Two ushers and greeters are needed for each Sunday service going into this fall and winter. Please sign up on the clipboard in the Parish Hall and thank you



Gather your rummage! There will be a Fall Rummage Sale the weekend of Nov. 5 & 6 with set-up on Friday Nov. 4. Details to follow as we get closer to the event.



Several people have expressed interest in having a new section, Community Corner, in First Parish News for informal announcements. Would you like to make an announcement (a baby born, another milestone)?

If you have a notice of free item available, or a request for something that others no longer need you can post those on the “*Member to Member*” bulletin board just inside the entrance to Parish Hall.

Emails or written items should go to our office: [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com). Be sure to say: attention First Parish News.

## Religious Exploration welcomes children ages 4-13

This year’s new Religious Exploration program begins this Sunday, Sept. 18. The program is open to any children ages 4 to 13. This program will explore and nurture spiritual and ethical growth through exploration of justice, love, community, and connection to nature.

During worship services children will gather for intergenerational services, explorations of nature, involvement in the community, and special events for holidays. They will learn about the many religions of the world and explore their own beliefs.

The teachers are all experienced educators and members of the UU Church. The program is based on acceptance of all people, social and environmental justice, democratic principles, working for a peaceful, fair and free world, and caring for our planet earth. All are welcome.

To register children, go to: [www.uukennebunk.org/register](http://www.uukennebunk.org/register)

Susie Desantis, Gray Hirshfield, Jacky Peters, and Marylyn Wentworth



**Need to get something** to Rev. Lara or the head of a committee, leave Allison a note? Please utilize the mailboxes in the back office. There are mailboxes marked for Rev. Lara, Barbara Boscia, Allison, and all committee chairs. Thank you for helping to keep the front office desk organized!



**Check out the newly** organized back-office space. Computer and office supplies at the ready. Also recycling and trash cans for your convenience.

**We are looking** to gather a list of congregants willing to volunteer in the office on occasion when the Office Administrator may be absent. Duties may include answering the phone, fielding questions, greeting visitors, and assisting Rev. Lara during office hours (9-12). If you are interested in being put on a list, please email Allison at [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com) or call 985-3700.



## Covid-19 protocol updated

Email sent to the Congregation Sept. 10, 2022

Dear First Parish Members and Friends,

The Board of Directors voted on Aug. 31 to relax the social distancing and mask requirements (pending ventilation information) for events at First Parish. After receiving data regarding ventilation from the properties committee, we are ready to proceed and able to announce that masks are now requested, but not required for activities at First Parish UU Kennebunk.

To do this, we need your help.

~Until we can afford air purifiers, at least 2 windows must be opened in the room you are in. EVERYONE (not just the meeting leader/organizer or staff) is responsible for double checking to make sure that the windows are closed before exiting the room.

~The cost of air purifiers is outside of our current budget. We would appreciate any donations to the church (in addition to your regular pledge) to offset this expense.

~If someone requests that folks mask, please do so. We do not know, nor is it our right to know, why someone has made this request. We trust that the request is valid. (If you need people to mask, you may want to speak with your group leader/organizer for support in making a mask request.)

As it says in Our Vision Now, we inspire compassion in ourselves and others...We work together to build a loving, just, and peace-filled world. Please have a mask handy (or get one from the office) so that we, as individuals, live into our Vision as a congregation and community.

We need your help! Thank you for keeping our community safe.

Respectfully, Kim Lord and Merideth Norris, Co-Chairs of the Board of Directors,  
with Rev. Lara Campbell, Minister.

## **FPUU Website, easy access**

There is a new easy way to find First Parish News on our website. Look for the link at the top left corner on the opening page. You can find upcoming and ongoing activities and announcements on our website or Facebook page. Spiritual opportunities are also listed with our Order of Service each week, available by email. Events also appear on our church calendar.

Website: [www.uukennebunk.org](http://www.uukennebunk.org)

Calendar: [www.uukennebunk.org/events](http://www.uukennebunk.org/events)

Facebook: First Parish Unitarian Universalist Church of Kennebunk

# FPUU Staff/Leadership and Committee Contacts

## FPUU STAFF/LEADERSHIP

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com)  
**OFFICE ADMINISTRATOR:** Allison Lazos.....[uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)  
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## BOARD OF DIRECTORS: 2022 – 2023 program year

**CHAIR:** Kim Lord (2021-2024) .....[kimlord1@aol.com](mailto:kimlord1@aol.com)  
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## FPUU CHURCH COMMITTEES

**BELL COMMITTEE & CLOCK COMMITTEE**..... Paul Cochran, [ptc@gwi.net](mailto:ptc@gwi.net)  
 Paul Beach, [plbeach52@gmail.com](mailto:plbeach52@gmail.com)  
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**CARING CONNECTIONS**.....**Vacant**  
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**NOMINATING COMMITTEE**.....Eva Downs Chair, [evadowns18@gmail.com](mailto:evadowns18@gmail.com)  
**PERSONNEL COMMITTEE**.....Kevin Flynn, Jim Thompson & Joan Wuerthner  
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**PROPERTIES**.....Barbara Conner, [bsconner@roadrunner.com](mailto:bsconner@roadrunner.com)  
**RELIGIOUS EDUCATION COMMITTEE**.....Susie Desantis, Gray Hirshfield, Jacky Peters, Marylyn Wentworth  
**RUMMAGE SALE**.....Jacky Peters, [jpkrf@roadrunner.com](mailto:jpkrf@roadrunner.com)  
**SOCIAL JUSTICE NETWORK**.....**Vacant**  
**STEWARDSHIP COMMITTEE**.....**Vacant**  
**WEDDING COORDINATOR**.....**Vacant**  
**WED. EVENING DISCUSSION GROUP**.....Ruth Stackpole, [paws8@roadrunner.com](mailto:paws8@roadrunner.com)  
**WORSHIP COMMITTEE**.....Tory Leuteman, [toryleuteman@yahoo.com](mailto:toryleuteman@yahoo.com)