



LIGHTING THE WAY FORWARD



Photo by Al Adams

Lighting the Way Forward, Inward and Outward

Presented by the Congregation Connection Team

Nov. 19, 2023, 10 a.m.

Religious Exploration welcomes children ages 4-13.

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

Celebration of Life

Sat. Nov. 18, 11 a.m.

A celebration of Carol Spalding's life, officiated by Rev. Lara Campbell, will take place at First Parish this Saturday, Nov. 18th at 11 a.m.

Condolences can be sent to her daughter:

Gail Henderson

84 Upper Barley Road

Lebanon, ME 04027.



In lieu of flowers, a donation may be made in her memory to First Parish UU Church of Kennebunk or a charity of your choice.

If you are unable to attend in person, you are welcome to attend via zoom:

<https://uukennebunk.org/Sunday-Service-Access> Or by cell phone (audio only) 929-205-6099, meeting ID 734 887 010, Password:02448



- Nov. 17: This Friday is your last chance to bid on home cookin'
- Nov. 18, 11 a.m.: Celebration of life for Carol Spalding

NOTICE: Next week, there will be an abbreviated newsletter sent out due to the holiday.

FPUU 250th Anniversary included in Brick Store Museum exhibit

Our Membership Committee, in conjunction with our ongoing 250th anniversary celebration, has arranged with the Brick Store Museum to display the portrait of our first minister, Rev. Daniel Little (1751-1801). Also, on the museum's second floor, you will find Rev. Little's original diary and notes, from his half-century as our minister, first at The Landing location and then later here on Main Street. The exhibit also includes an original donation box.



Photo by Vicki Adams

Please take a moment to visit The Brick Store, with their many wonderful exhibits and considerable history relating to our church. The museum even has our original weathervane. It is truly a hidden gem right here in Kennebunk.

Linda and Jim Thompson



Fabulous food auction last chance: Bid by noon this Saturday!



The auction closes at noon this Saturday, Nov. 18. Think about the fun of having yummy food for the holidays without having to cook it — or attending a dinner party in mid-winter! Send your friends and family this link so that more than just our congregation takes advantage of this great auction. www.uukennebunk.org/2023-Holiday-Auction

“Listening”

Excerpts from the Reflection Nov. 12 by Dr. Mary Gelfand

Our singing bowl rings.

We are blessed to live in a world filled with miraculous occurrences. I just struck this piece of metal with a wooden stick and by that simple act created a movement in the air—a vibration—that travels through the air and reaches your ears as a sound. ...

Our ability to communicate is so integral to our existence that we often fail to appreciate just how miraculous it is. ... There are many ways of communicating—the movement of the body, the expression in the eyes, a simple touch—all of these serve as tools for conveying meaning. ...

Unfortunately, our society has reached a point where communicating has devolved into an increasing number of individuals speaking simultaneously—often at the top of their lungs—and a decreasing number of people actually listening.

Anne & Charles Simpkinson, authors of *Soul Work* ... write, “As a nation, we have the technical expertise to create a vast web of communications using highly sophisticated technology, but as individuals our exchanges with each other are often primitive, unsatisfying— even unhealthy. ... Such a condition results from not receiving enough recognition, validation, empathic understanding, and caring.”

Lately, my Face Book feed has seemed like a prime example of that situation—filled with people shouting at the top of their lungs—listen to me, like me, recognize me, validate me. ... “Listening is a magnetic and strange thing—a creative force,” writes Karl Menninger. “The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand.”

Now there was a time when I would have been skeptical about Menninger’s claim. ... Then I spent 10 years at *Diana’s Grove Mystery School* and 2 years at the *Chaplaincy Institute of Maine*. In both places I was taught the skill of active listening, sometimes called deep listening. In general, when engaging in conversation with another person, most of us do not actually listen to the other person. We are too busily engaged in planning what we want to say in response ... I did not recognize this as a personal pattern until I was taught active listening, and then I realized that it was absolutely what I did all the time.

When you practice active listening, ... you don’t plan your response. ... You listen. You grant the speaker the gift of your full attention. You do not try to

fix whatever problem or situation you are hearing about. You listen. You allow the speaker to experience whatever emotions they are feeling—grief, anger, fear, joy. ... You do not judge.

When you respond, there may be a pause, as you reflect upon what you have heard before speaking. Pauses are good things. "Listening creates a holy silence," writes Rachel Remen. "When you listen generously to people, they can hear the truth in themselves, often for the first time."

Now this practice was a challenge for me. ... But gradually I learned to focus and listen actively. When I went through my own year of emotional hell—I finally came to understand the true reason for active listening. There was nothing anyone could do to fix my problems. But oh, the absolute bliss of being able to speak of them freely and know that I would be listened to... And gradually, as I was heard, I began to hear my own truth. ...

Now, I see this service as a series of invitations to expand your relationship with listening. Active listening is your first such invitation. I also invite you to experiment with tuning your ears to things not ordinarily heard ... to [the] natural world around us, which abounds with opportunities for listening—sometimes with our ears and sometimes with our whole bodies. ...

Scientists and naturalists are discovering daily the range and depth of communication that occurs within and across species and even kingdoms. ... I am learning to practice a skill [that my husband] Mark picked up at a Bird Language Intensive. There he learned to listen for the quietest sound around—to listen for the sounds that are below the sounds of ordinary life. This process is as different as it can be from the screaming and shouting that abounds in modern media. It requires us to still the competing voices within our heads and give time to the slower processes of Mother Nature. ...

And so, I breathe deeply, tune my ears to the quietest sound and open my heart and mind to possibilities. Is the rustling murmur I then hear really the sound of the trees communicating? I don't know for sure, but I'm opening myself to that possibility in the hope that if I listen with intention, I may hear their true wisdom. ...

Finally, you can discern your heart song by listening to your own deep self—by sitting in quiet contemplation or meditation, opening to your inner divinity—and listening to the song you sing to yourself. ...

Silent meditation and sharing is available to us
through our Sangha, each Tuesday at 5:15 - 6:45 p.m.
Details in the weekly announcements each Sunday.



MUUSAN goals include gun regulation!

Housing, guns, sovereignty, and democracy are the items for action this year through the Maine UU State Advocacy Network. You can see this bulletin board outside our kitchen in honor of those killed in the Lewiston Shooting. Each victim was profiled in the Maine Sunday Telegram, Nov. 5, 2023.

Interfaith demonstration opposing AR 15 weapons

Maine Quakers and others are organizing a different kind of gun violence witness. They envision gathering for an Interfaith Prayer Circle at a Maine location that sells AR-15 assault rifles and high-capacity magazine clips. This circle will take place from approximately 11 a.m. to 2 p.m. on Saturday, December 2 at a location to be determined. Some may choose to risk arrest.

A training will be offered from 3 to 5 p.m. Saturday, November 18 (place TBD) in the Greater Portland area. It will prepare participants spiritually, review

nonviolence principles, and cover logistical matters for the Prayer Circle. Your presence is strongly recommended if you plan to participate on December 2. For those who can stay beyond 5 p.m., we will make signs and break bread together.

If you are interested, please complete the confidential online form: <https://airtable.com/appNNA6RmlkCrGSTf/shrPzPRFr5VPr9jPL>.



Sharing food for Thanksgiving

Our Religious Exploration class decorated this box to hold our food donations for **Community Outreach Services**. They will be given to those in need for Thanksgiving.

Please bring your donations by this Sunday, Nov. 19.

Wednesday Evening Discussion continues, Welcomes new participants

The lectures seen and heard by our Discussion Group are open to all, at any time, even for those who are not able to attend the discussions, which are held on the second and fourth Wednesdays of each month. Ruth Stackpole has made the information discussed in the first lecture available below.

Any questions regarding the program should go to Ruth Stackpole at paws8@roadrunner.com Technical questions go to Patrick Conner at o_tillerman@yahoo.com

Fighting Misinformation, Lecture One

“ **Taxonomy of misinformation that identifies seven types of problematic content.**

1. **Satire or parody**, which has no intention to cause harm but has potential to fool.
2. **False connections**, which occur when headlines, visual or captions don't support the content.
3. **Misleading content** which involves the misleading use of information to frame an issue or individual.
4. **False content**, which is when genuine content is shared with false contextual information.
5. **Imposter content**, which is generated when genuine news sources are impersonated.
6. **Manipulated content**, which is generated when genuine information or imagery is manipulated to deceive.
7. **Fabricated content**, which is new content that is entirely false and designed to deceive and do harm.” Quoted from Claire Wardle

Additional points;

1. **Hate speech** is bigoted content that attacks a person or identity group based on that identity, whether it involves race, ethnicity, gender, sexual orientation, or other attributes.
2. **Propaganda** is crafted with the intent to persuade people of a particular idea or point of view. This contrasts with disinformation, which involves deliberate falsehoods intended to cause harm.

A Successful Fall Rummage Sale!

Thank you to Jacky Peters and all the volunteers that helped make this year's fall rummage sale a success. **FPUU made \$1,078.30!**



Let's decorate for the Holidays!

This year, we can decorate our Sanctuary with poinsettias and help the **KHS Class of '24** as well. You can order your poinsettia (see the flier and click on the link) then leave it in the Sanctuary. *You may credit Crow Lowry or George Lazos for the purchase in the online form.*

If you are unable to pick up on 11/28, please call or email Allison in the office and she can pick your order up for you and bring it to church.



Poinsettia Sale

ORDER ONLINE:
WWW.ESTABROOKSONLINE.COM/KENNEBUNK/

Order by 11/25

Pick-up Tuesday, 11/28
4-6pm at KHS Cafeteria

 Proceeds benefit **KHS Class of 2024** Project Graduation



Volunteers needed for Thanksgiving dinner

Community Harvest, a local nonprofit organization, will host its 25th Annual Thanksgiving Feast on Thursday, November 23, at St. Martha's Church on Route 1 in Kennebunk. Last year, volunteers prepared more than 560 Thanksgiving meals for individuals and families, including dozens of

first responders working on the holiday.

Community Harvest is looking for more volunteers to sign up and help prep, box up and deliver Thanksgiving Dinners. People who want to volunteer to help make this holiday season special for everyone can sign up [here](#).

Inter-play New England at Allen Ave. UU Church

We are invited to gather in Portland, Maine on Sat. Nov. 18 from 10 a.m. to 3 p.m. to explore movement, stories, sound and breath to access, share and expand our intuitive wisdom for life. Expect surprising goodness in a play-full setting. Followed by culinary exploration. Allen Ave. UU Church, 524 Allen Ave. Portland. Sliding fee: \$25 - \$55. Register at: <https://docs.google.com/forms/d/e/1FAIpQLSeX5vDOQE-V6sZiORYU9nxZ7PfTfTkOYGUXqqnikWZfslh58g/viewform>



OCTOBER BOARD NEWS

1. The Board received the Properties Committee Update. A sign will be put up that gives more clarity about running the dishwasher. Properties discussing the management of church basement clutter. The Properties Committee plans to share skills with more individuals regarding the operation of the stair lift.
2. The Board Received the Finance Committee Update. Chris Wells indicates there are considerations to provide pulpit supply on a part-time basis. There is no new word on Stewardship goals.
3. Fundraisers Update: The Online Holiday Baked goods auction will take place in November, with Marylyn Wentworth as the contact person. Marylyn is also the contact person for the Last Chance Holiday Shopping Fair that will take place on December 16th at the Kennebunk Town Hall. Proceeds from the fair will be split between FPUU and WIONN (Welcoming Immigrants Our New Neighbors). The Board voted to approve this event.
4. Ministerial Search Updates: The ministerial search is ongoing.
5. Discussion of the 250th Anniversary of the Church Building: Ted Trainer will initiate a discussion with the Brick Store Museum to examine the idea of promoting a larger, town-wide recognition of the significance of our building's anniversary.

6. The Administrator's Report was received from Allison Lazos, and the Music Report was received from Chris Staknys. Their work is very much appreciated!
7. Discussion of Board Member presence at Worship: Cynthia Howard will create a bulletin board. Kim Lord suggests reinstating contact information for church leaders in the Newsletter.
8. Discussion of Minister's Discretionary Fund: Discussion continues regarding strategies to oversee this fund. Ideas include designating a responsible individual, a time to be available, access to gift cards, possibly a drop box for placement of requests. Ted is willing to talk with Allison—she may be able to provide more specific information regarding persons requesting funds.
9. Our long-serving church liaison to Community Outreach Services (COS), Kathe Wright, has notified the Board that she will resign from this position effective December 31. Ginny Lawrence will talk with Kathe about providing a brief overview of this position. Thank you, Kathe, for your many years of service in this role!
10. The Board voted to approve the New Year's Blueberry Drop event on December 31.
11. The Board discussed the upcoming Worship Service by Greg Smith, a teacher at Kennebunk High School. As part of the curriculum for his class, Race in America, Greg requested permission to bring a student group to First Parish to view the pews that were designated for African-Americans in the early days of our church. The Board approved.
12. The Board discussed Right Relations and addressing conflict within the church community. There is discussion of the Board doing a Worship Service on this topic.

Respectfully submitted,
Kim Lord
Co-Chair, First Parish Board of Directors.

Pastoral Connections and Caring Committee



Maggie & Nick Bartenhagen coordinate limited meal delivery to those who need it and local rides for those who have specific needs that can't be met through the Kennebunk Connector—these include but are not limited to church. You can reach Maggie and Nick at 207-204-0878 or mpelbar@gmail.com.

One of the important duties of a minister is pastoral care for those in need. Since we do not now have a minister, Vicki Adams is ready to reach out to any congregant who needs a sympathetic ear. Vicki will accept emails or phone calls and do her best to connect them with someone who is willing and able to help as they weather the storm. Call on behalf of yourself or someone you know.

You can reach Vicki at 207-216-3890 or via email: vickigatesadams@gmail.com. Or leave a message at the church office: uukennebunkoffice@gmail.com.

Shared Offerings reach out to our community

November's Share the Offering will be shared with **The Planteers of Southern Maine**.
October's STO for **MUUSAN** brought in \$753.00!



First Parish News is your newsletter

Please e-mail your items, articles, and photos for the newsletter by Tuesday, 10 am to uukennebunkoffice@gmail.com.

- Allison Lazos, Graphics and layout
- Vicki Adams, Editor

FPUU Staff/Leadership and Committee Contacts

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RUMMAGE SALE.....Jacky Peters, jpkrf@roadrunner.com

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STEWARDSHIP COMMITTEE.....**Vacant**

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WED. EVENING DISCUSSION GROUP.....Ruth Stackpole, paw8@roadrunner.com

WORSHIP COMMITTEE.....Tory Leuteman, toryleuteman@yahoo.com