



Oct. 24, 2024

LIGHTING THE WAY FORWARD

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I shall be telling this with a sigh
Somewhere ages and ages
hence:
Two roads diverged in a wood,
and I—
I took the one less traveled by,
And that has made all the
difference.
Robert Frost



“Listening for Our Ancestors”

Worship Service, Oct. 27, 2024, 10 a.m.

Worship Leaders: Mary Gelfand, Mark Gallup

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

upcoming EVENTS

- Fri. Oct. 25, 7 p.m. film, *Common Ground*, Sanctuary, Free
- Sun. Oct. 27, 11:30 a.m. New to UU: Exploring Membership and Belonging
- Wed. Oct. 30, 6 p.m. Vespers, Sanctuary
- Sun. Nov. 3, 11:30 a.m. June Barrier Remembrance Circle
- Wed. Nov. 6, 6 p.m. Vespers, Sanctuary
- Sat.-Sun., Nov. 9-10, Rummage Sale, Set-up on Friday

This Sunday's service

Please join us this Sunday for a special intergenerational service. The children will be with us for the entire service. We will be listening for our ancestors and observing the pre-Christian Celtic holy day of Samhain - a day of reverence for those who have gone before.

You are invited to bring a small photo or other memento of a loved one who has passed. As it is also very close to Halloween, the secular celebration of Samhain, you are invited to wear your costume or other festive attire.

- Mary Gelfand and Mark Gallup



Circle of Remembrance

Join us for a Circle of Remembering after the service on November 3rd to honor our beloved June Barrier who died on September 2nd. This will be a space for quiet, reflection and sharing as we remember together with gratitude the light she brought to us all.

Children are learning along with us

During Religious Exploration, our children are following the *Soul Matters* program with the larger congregation.

For October the theme is "Listening":

- Sun. Oct. 27: Multigenerational service: Listening to our ancestors. Please bring a memento for the altar. It's OK to wear costumes.

New to UU: Exploring Membership and Belonging at First Parish

Interested in Learning More About Unitarian Universalism, First Parish, and Membership?

Join us this Sunday **Oct. 27 from 11:30-1:30** for a gathering for those who want to explore Unitarian Universalism, the history and values of First Parish, and how you might make a deeper commitment to this community. While membership may be one path, this gathering is a chance to reflect on what belonging means here—whether that's through active participation, shared ministry, or simply learning more about how to live our values together. Whether you're new to UUism and First Parish, or have been attending for a while, we invite you to come with your questions, explore your own spiritual journey, and consider how you might be called to engage more fully in the life of our congregation. Childcare will be provided upon request.

Please contact Rev. Tori (uukennebunkminister@gmail.com) or Jim Thompson (jethompson33@aol.com) to RSVP.

Evening Vespers

Join us for two evenings of Vespers services: **October 30 and November 6 at 6:00 pm**. Vespers are simple services that offer a place to center and ground ourselves through silence, reflection, meditation, and music. Many of us have been working hard on this election and feeling the uncertainty and anxiety of this time in our communities and country. However you have been holding this season of action and commitment, these two services will provide a sacred space, as evening draws near, to lean into the solace and peace that community brings, as we refill our cups and nourish our spirits for all that lies ahead of us on this journey we share. Each service will be around 30 minutes long and all are welcome.

Movie: Farmers find common ground

The sweeping film, *Common Ground*, will be shown this Friday, Oct. 25, 7 p.m. in the Sanctuary. There will be no charge. According to the film, “Big Agriculture” has promoted toxic seeds and sprays with the goal of producing tremendous quantities of nutritionally dense food. But pioneers of the Regenerative Movement are bringing our entire ecosystem back to life while avoiding toxics.

Including deeply personal stories from those in the front lines of the sustainable food movement, *Common Ground, Saving the Planet One Acre at a Time*, unveils a dark web of money, power, and politics behind our broken food system.

The film reveals how farmers of all colors are literally dying to feed us. The film profiles a hopeful and uplifting movement of white, black, and indigenous farmers who are using alternative, regenerative models of agriculture that could balance the climate, save our health, and stabilize America’s economy.

This film is the sequel to award winning documentary *Kiss The Ground*, which touched over 1 billion people globally and inspired the United States Department of Agriculture (USDA) to put \$20 billion toward soil health. The film is sponsored by the Kennebunk Farmers Market and The New School.



Holiday food donations needed ASAP for FPUU Auction

The Holiday Food auction is happening. This is a chance to share your favorite holiday foods and bid on dishes new to you. You have just two weeks to make your food donation, with suggested price and photo if you have one. Please send it to marylyn.wentworth@tnsk.org.

This is the schedule:

- October 24 to Nov. 7 - All donations in
- Nov. 9 to 23 - Auction on-line
- Nov. 24 to Christmas time, food delivered or picked by arrangement between winner and donor.

So far, we have Cranberry Peach sauce, quiche hors-d'-oeuvres, squash/carrot/ginger soup, the tempting list will go on!



Meet Amy Wood



Since she joined First Parish about 15 years ago, Amy Wood has has been a Worship Committee member, Board co-chair, Committee on Ministry chair, Wellspring and Sacred Arts co-leader, and Women For All Seasons participant. She just re-joined the Board and is excited about our transition into a shared ministry.

Amy lives in Kennebunk with her husband and dog. She is a psychologist specializing in leadership development and loves to hike, swim, read, eat delicious food, and hang out with her favorite people.

Amy's new book, *Lawyer Like an Athlete*, was recently published. Please contact her if you'd like to get a copy: amywood@amywoodpsyd.com

Jacky Peters,
Deborah
and Mary
Fortune stand up
for women
Saturday at
Kennebunk's
Harvest Festival.



Let's Have a Conversation

"There are so many doors, we want to make sure that all are open and someone is there to welcome them on the other side."

Join **Many Towns One Circle** for a community discussion on National Immigrants Day. We'll talk about the experience of asylum seekers and new Americans in Maine and those who support them as well as legal policies and processes. It's an opportunity to learn more and to find out the many ways community leaders and members can help. Coffee, snacks, and light refreshments will be offered. All are welcome.

Mon. Oct. 28, 3:30-5:00 p.m. at the Community House next to South Congregational Church, Kennebunkport.

Listening on both sides

Story from Marylyn Wentworth, Oct. 20

Talking to people who do not share your beliefs is a challenge. Different opinion is one thing, belief is another. In the past I have hesitated to begin conversations that would lead to discord. Then Braver Angels came into my life. Braver Angels is a national group whose sole purpose is to help people who do not agree to talk fruitfully and listen carefully to one another. After watching many of their discussions between radically different people, I took one of their workshops on how to talk to "the other."

I remember the first time I took the plunge and approached a person with stickers all over their car that were the very opposite of my stickers. I went up to the woman getting out of her car from amidst a bevy of other cars similarly stickered, on their way to demonstrate against vaccine mandates.

I said "Hi, I am Marylyn and I wondered if you would talk with me as I can see by the stickers on your car that we do not believe the same things, and I am tired



of only talking to people who believe what I believe." She looked at me for a second and said, "Sure, I am tired of only to talking to people who believe what I believe." Imagine my surprise.

We discovered we both had Rheumatoid arthritis from Lyme disease, and there was no stopping us from that connection on. I did discover how she got to her beliefs and some of it actually made sense to me, but some things did not. The fact that she had not felt listened to by any politicians for her entire adult life and this election looked like a chance for something different, made sense to me. She became just Linda, and a good woman.

At the very end, she said, "I forgot to tell you about the great big banner we are putting up. It says, "We Support Israel." I said, "Huh, If that was my banner it would say, 'Israelis and Palestinians, you have to talk to each other.'" She paused and said, "Damn, you are right." We hugged each other and went on our separate ways.

Perhaps I was lucky that Linda was my first try at that kind of conversation, which gave me courage. Thus far I have found listening, suspending my own beliefs, finding common ground, and asking how someone got to the place they are at, works.

Good morning, see you at coffee hour!

Coffee Hour Teams, in place of individuals and/or couples, have been realigned to fall under our various committees' chairs and groups, including our Board. Since becoming effective on Oct. 6, we now have nine Coffee Hour Teams with the following built-in advantages:

- 1) Each group decides for themselves who will or can do what for a successful coffee hour.
- 2) In the event of a sudden sickness, travel, or other issues, each team has its own built-in backup.
- 3) The rotation remains the same and repeats itself, so that everyone knows what to plan for.

If you are not currently a member of a committee, but would like to join a Coffee Hour Team, they can use your help! Please contact one of First Parish's Committee Chairs. You can fulfill any one of the roles, including the most important: sitting at the side entrance to greet people, including newcomers, as they arrive.

Thank You,
Your Membership Committee

Women for All Seasons

Nikki and Allegra will be leading the group in a Samhain ritual on Tuesday, October 29th starting at 6:30 pm. Since this is a season of harvest, during our check-in we'd like everyone to share their favorite Fall recipe, and any fun stories or family history they may have in association with preparing and/or eating this favorite food item.

In the spirit of the season, there will be fall goodies shared at a reception following the ritual. Please bring your favorite mug so you can have some hot tea to accompany the other treats!

Looking forward to seeing everyone as we remember our ancestors while the veil is thin.



Start cleaning out your closets for our Fall Rummage Sale. We will set up the sale Friday, Nov. 8, open our doors Saturday, Nov. 9, and finish on Sunday. Please deliver your contributions the week before the sale.

Letters

Dear Friends,

Did you know that at the beginning of each month, Bernie Reim writes a detailed account of what we can see in the night sky? You can find it in the Maine Sunday Telegram Sports and Nature section. The following is part of the account coming up for November.

WHAT'S UP IN NOVEMBER, By Bernie Reim

November can be a bleak month here in New England with the fall foliage fading out and the longer and colder nights setting in. ... However, there is always so much beauty in the night sky to inspire us, and this month is no exception.

The highlights for this month include Jupiter getting higher and brighter and closer each night as it approaches its opposition on December 7. ... This

will be the Jupiter's best apparition in a decade. Mars is also getting higher and brighter and larger each evening. ... Our other next-door neighbor, Venus, is also getting higher and brighter and closer in our evening sky each night as it is catching up with us in its faster orbit around the sun. ... Comet C/2023 A3 (Tsuchinshan-ATLAS) is still visible in Ophiuchus the serpent-bearer and heading into Aquila the Eagle. ... Now you can still see it without any optical aid since it is glowing at about 5th magnitude. ... The last major highlight this month will be the annual Leonid meteor shower which peaks on the 17th but is active ... from the 6th through the 30th.

When you look at Jupiter in Taurus for the rest of this year remember that we just successfully launched a 5-billion-dollar spacecraft called the Europa Clipper. It is the size of a basketball court and has 9 scientific instruments on board that will give us a lot of great new information. ...

And that's just the beginning of the article — Wow, thanks Bernie.

Send your letter to First Parish News, at uukennebunkoffice@gmail.com.

Sunday Morning Bookcase



- *Jesus and the Disinherited*, by Howard Thurman
- *Meditations of the Heart*, by Howard Thurman
- UUA Actions of Immediate Witness: click [HERE](#).
- *See No Stranger, A Memoir and Manifesto of Revolutionary Love*, by Valerie Kaur
- *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*, by Brené Brown



Rev. Tori's office hours are mostly Tuesdays from 9 a.m. to 5 p.m. and Wednesdays from 11 a.m. to 7 p.m. at the church.

Due to other obligations her schedule may change. Please email the office to

set a time if you wish to speak with her.

One of the important duties of a minister is pastoral care for those in need. Our minister, Tori Rosati, is available to any congregant in need. Tori can best be reached at uukennebunkminister@gmail.com. For pastoral emergencies, please use Tori's cell: (978) 238-8210.

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