



LIGHTING THE WAY FORWARD

Jan. 30, 2025

February is Black History Month

"Change does not roll in on the wheels of inevitability but comes through continuous struggle."

~Dr. Martin Luther King



Digital artwork by Abbey Lunny of Sanford High School, FPUU MLK Celebration, 2023

“Find your Path, Go Deep”

Worship Service, Feb. 2, 2025, 10 a.m.

Worship Leader: Rev. Tori Rosati

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

- Sun. Feb. 2, 11:15, Reflection Circle with Rev. Tori
- Sun. Feb. 9, 11 a.m. All-Church birthday celebration
- Fri. Feb. 28, Winter Blues-Busting Dinner & Show

Find Your Path, Go Deep

Looking at the vast landscape of issues and needs requiring attention in our current time can feel destabilizing. Knowing where to begin or how to focus our response often leads to overwhelm. Yet, as a spiritual practice of our faith, our work for justice and our resistance in troubling times calls us to deepen into our values and the life-giving forces of community, relationship, and love. Join us Sunday as we reflect together on how inclusion and justice can become daily practices—infusing purpose and meaning into our interactions, decisions, and presence in the world. With curiosity and creativity, we'll explore how to live our values not just in extraordinary moments but woven throughout the fabric of our days. **Stay after the service for our monthly Reflection Circle where we will explore what your unique path through this time might be.** Rev. Tori leading worship with Marylyn Wentworth as Worship Associate.



Reflection circle

Join us after the service on Sunday as we reflect together on how inclusion and justice can become daily practices—infusing purpose and meaning into our interactions, decisions, and presence in the world. With curiosity and creativity, we'll explore how to live our values not just in extraordinary moments but woven throughout the fabric of our days.

Do You Have a Story?

It has been a rich month reflecting together on the theme of The Practice of Story. Thanks to Kathe again for sharing the heartfelt and moving story of her spiritual journey with us this past Sunday. In the spirit of storytelling as an

ongoing practice of community, resilience, and hope, we invite you to consider sharing your story during an upcoming worship service. Perhaps it's a story about your spiritual journey, how you found this church and what it has meant to you, or a time when this community came together to meet a challenge. If you feel called to share, please reach out to Rev. Tori—we would love to hear from you!

What's up in February?

By Bernie Reim

The month of February is named for the word Februa, which are the ancient Roman rites of purification. We can all do some of that this month as we look up into the cold mid-winter skies to ponder what is really out there beyond the earth and to get more in tune with both the terrestrial and celestial wonders that we don't understand yet.

We have already reached the mid-point of winter every year on Groundhog Day on the second of this month. This is one of 4 cross-quarter days each year, marking the halfway points of our 4 seasons. Groundhog Day is also known as Candlemass, a Christian Holiday.

The highlights for this second month of the year include a continuation of the great planetary parade in our evening skies. Six of the seven planets will all be visible in the early evening sky, nicely lined up along the ecliptic which marks the plane of our solar system, they are concentrated towards the western half of our sky. The only remaining one, Mercury, will join the parade late this month very low in the western sky close to Saturn.

See Bernie's entire detailed article in the Maine Sunday Telegram.

Strut Your Stuff: Talent Request

This year's Winter Blues-Busting Fundraiser will take place on Friday, Feb. 28, and will be a spoof of the Academy Awards Ceremony. We are looking for 10 to 11 acts to compete in the Best Song category. Acts should feature a song from a movie and can include more than one person.

Acts will take the stage between the presentation of other awards.

If you would like to be part of this star-studded extravaganza, phone Al Adams at (207) 216-3891 or email at alanwoodadams@gmail.com.



“The Fool’s Journey”

Excerpts from the sermon given Jan. 5 by Rev. Alix Klingenberg

... Instead of thinking of January as a time for new and better habits, I like to think of it instead, as a time to cultivate a spiritual blank slate. Not that we can ignore what is happening in the world, but what if we tried to approach it with the mind of a beginner, not assuming we know what will work and what won't. ...

One of my favorite ways to engage in beginner's mind is through the practice of reading tarot. I think of tarot almost as ... a way to jolt my mind out of a rut with new and unexpected ideas. This year, I have decided to work with the very first card in the deck: The Fool. ...

The Fool is a character that exists out of time. They are representative of both the beginning and the end of the journey. A nonbinary, liminal wanderer. Plus they have an animal companion! usually a dog, to represent the fact that they are not journeying alone. In their floating, the Fool represents our ability to return to a state of pure possibility. No matter where we find ourselves in our lives, no matter how grief-stricken, or sick, or successful we feel, we can always become the Fool once more.

A while ago I agreed to meet a friend at the Boston Athenaeum, a private library on Beacon Street in downtown Boston. It was my first time there and I wandered around for over an hour like a child in a new school, unsure, uncomfortable. ... I found my way to a less formal lounge where a man guarding an exhibit was chuckling to himself. I could hear a viral TikTok sound coming from his phone and he looked at me like I'd caught him in the act, I smiled my biggest smile and we both laughed. The spell of disconnection was broken and I was brought back to myself, just a human in a human space.

It is good to be uncomfortable. It is a useful reminder of how it feels to be new in a space where most people are not new. ... These are the moments



when you can almost look at your life as a benevolent alien would, look at all these humans doing their human things, you think. How delightful! How bizarre!

When we are young, we are forced into these situations all the time. But as we age, these moments of genuine confusion and disorientation tend to become fewer and farther between. ...

There is an idea that we have a stable personality in some ways throughout our lives, that something of who we were as children still persists until we die. There's really very little evidence for this though. ... We create a narrative that allows us to maintain an illusion of consistency, when in fact, we have only a tiny overlap between ourselves now and who we will become in 10 years. ...

Once we begin to think of ourselves as an expert, or merely experienced, we start to approach our lives and projects with a different mindset than that of a beginner. We stop experimenting and applying our creative mind to the blank canvas sitting in front of us, and become committed to our habits and routines. ... we simply follow the path we've previously paved, afraid to walk a new one. ...

I think Church is often one of those places, like the Athenaeum, where it seems like everyone else has been here for years and knows exactly what is expected. ... And on the other side, It can be challenging, if we've become accustomed to a set of rituals, to remember that they are not obvious to new people in the room. ...

Beginner's mind is a way we really "see" our own culture again. How do we welcome people in? check our expectations? clue new folks into the norms while shifting the norms in order to accommodate new needs?

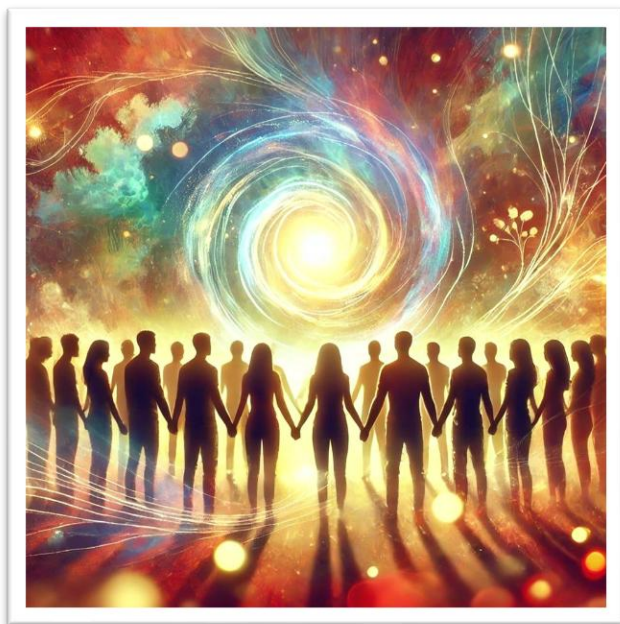
And what does it mean to embody the spirit of possibility and foolish naïveté to our own lives this next year? ... Perhaps it means going on a walk around your own neighborhood and simply noticing beauty—you could take a camera or a notebook with you and jot down what you see as an anthropologist would. Take up a new hobby or craft just for fun. Don't monetize it, just revel in being bad at it. Try tarot or runes, add in seasonal rituals to your year. ...

The fool encourages us to playfully move into the year without urgency or intent, a timeless, liminal creature, a spiritual infant in awe of the light crossing the room, an elder coming back to their childhood home and walking the halls, realizing how much they've changed. How much everything has changed. The fool invites us to stand outside of the time stream of our lives and simply observe them with new eyes, as a spirit of joyful possibility.

Small Group Ministry

Our small group ministry gatherings offer rich and connective spaces to deepen your spiritual journey in an atmosphere of trust, mutual care, and support. Two groups are currently running, and we're excited to open another opportunity to participate starting in February.

If you're looking to connect more deeply with others and explore our monthly Soul Matters themes in community, let Rev. Tori know—we'd love to welcome you into this enriching experience!



Happy Birthday to Us!

You're invited to join us during Coffee Hour on Sunday, February 9 for the All-Church Birthday Party. This is a fun annual event where we celebrate everybody's birthday. We'll sit at tables grouped by the season in which we were born.

The party features cupcakes, and everyone is encouraged to bring a dozen or so to share. They can be any flavor, home-made, made from a mix, or store bought. Perhaps you might like to make something appropriate to the season of your birth, such as raspberry cupcakes for spring birthdays, or pumpkin cupcakes for autumn. Please bring all cupcakes to the church 15 minutes before the service starts at 10 a.m. Please do not add nuts and label your cupcakes if they are gluten free.

The All-Church Birthday Party is hosted by the Membership Committee. Mary Gelfand is the coordinator this year. Please contact her by email at marygelf@gmail.com, or by phone at 207-641-3203, if you are able to help by setting up tables, etc. or look for the sign-up sheets in the Parish Hall. Blessings on all volunteers.



from UUA's "Side with Love"

Trans and nonbinary people have always been here. Acknowledging this calls us to honor them as vital and irreplaceable members of the human family and essential threads in the divine tapestry of creation. We affirm this not just as a response to oppression, but as a truth that has always existed. Their presence is a testament to the enduring power of transformation and creation, defying the forces that seek to constrain them and teaching us all how to manifest a more liberated

Letters on our celebration for Dr. Martin Luther King's birthday:

Once again, congratulations on hosting such a wonderful event. Everyone seemed to enjoy it and had many positive things to say. You should be proud!

~ Joshua Hughes, producer of Black Kid Joy

I speak for every member of *Higher Ground* when I share our collective gratitude in being privileged to perform yesterday at the church. It was so joyous and the team of helpers were invaluable.

~Marc, Higher Ground producer

It was such an amazing gathering. Thank you again, [Social Justice Network] for everything you did to stay the course and bring that to us. I hope you felt the love and gratitude from us all on Sunday and continue to in the days ahead. It was a transformative night.

~With gratitude, Tori

Thanks again to the [Social Justice Network] for that wonderful event last night. You never cease to amaze me!

~Jim T.

To all who helped put this event on, this was truly one of my most memorable experiences at First Parish. That place was ROCKING!

~Chris W.

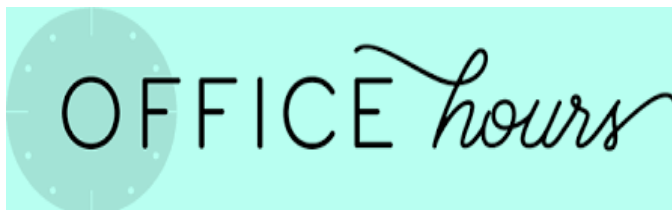
Childcare position is still open

One of our caregivers has stepped aside, leaving a Sunday morning childcare position open. The church has funds budgeted for childcare - two hours per Sunday. All ages and genders are welcome to apply, perhaps you know a high school student that may be interested?. A background check will be required. Join the fun in the nursery as you earn a modest stipend. Inquire at the FPUU office.



Sunday Morning Bookcase

- *Finding Beauty in a Broken World*, by Terry Tempest Williams
- *Black Liturgies: Prayer, Poems and Meditation for Staying Human*, Cole Arthur Riley
- *How to Lead When You Don't Know Where You're Going: Leading in a Liminal Season*, Susan Beaumont
- *Essay: "ripe conditions," adrienne maree 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.

First Parish UU Church Kennebunk

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10 a.m. Worship Service led by Rev. Tori "Find Your Path, Go Deep" 11:30 a.m. Reflection Circle	3	4 10:30 a.m. R.E. Team Meeting 5:15 p.m. Sangha 7 p.m. Properties	5 6:30 p.m. Worship Committee 7 p.m. Evening Discussion	6 3:30 p.m. Choir	7	8
9 10 a.m. Worship Service led by Rev. Tori Rosati "The Beloved Community" 11 a.m. All Church Birthday Party	10 7 p.m. Finance Committee	11 10 a.m. Member- ship Committee 5:15 p.m. Sangha 6:30 p.m. WFAS 6:30 p.m. Men's Group	12 5:30 p.m. B.O.D. Meeting	13 3:30 p.m. Choir	14 6:30 p.m. Song Swop	15
16 10 a.m. Worship Service led by Tory Leuteman	17	18 5:15 p.m. Sangha	19	20 3:30 p.m. Choir	21 5:30 p.m. No Particular Reason Potluck	22
23 10 a.m. Worship Service led by Rev. Tori "Woven Together" (Intergen service)	24	25 10 a.m. Small Group Ministry 5:15 p.m. Sangha 6:30 p.m. WFAS 6:30 p.m. Men's Grp.	26 5:30 p.m. Small Group Ministry 7 p.m. Evening Discussion	27 3:30 p.m. Choir	28 FPUU Academy Awards Extravaganza 6 p.m. Dinner 7 p.m. Show	