



# First Parish Voices

## Worship Services

**Sunday, April 14, at 10:30 AM**

**See the Whole Board – Rev. Kimberley Debus**

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**Church office hours:** The church office is open Monday thru Friday from 9 am to 12  
**Rev. Kimberley Debus's office hours:** Tuesday and Wednesday from 9 am to 1 pm, and Thursday 12 pm to 5 pm, or by appointment. Kimberley is always available via email or cell phone.

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## *Weekly Update*

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### **Rev Kimberley Debus Schedule**

While Rev. Kimberley will not be staying in Kennebunk full-time, she will be present for worship services, meetings, and appointments in February (2/15 -26), March (3/15 - 3/27), April (4/12 - 4/23) and May (5/10 - 5/14). Rev. Kimberley can be reached at (518) 423-1964 and by email at [uukennebunkRevDebus@gmail.com](mailto:uukennebunkRevDebus@gmail.com).

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### **Summer Commeth, FPUU NEEDS YOU !!! FPUU WANTS YOU !!!**

There are still several opportunities (i.e. openings) in the summer Sunday schedule for you to share your story, your spiritual journey or your message for fellow UUs and the world in general, in the form of a Sunday Morning (9:30 am) Worship Service.

If you have never done this, now is the time. If you are an old hand at this, welcome back. There will be lots of support, suggestions and help from the Worship Committee, Rev. Lara and others.

Please contact Sally Keene, Chair of the Worship Committee, at 590 0035 with your proposed topic and to check on available dates. We look forward to hearing from you soon.

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### **Easter Baskets for York County Shelter**

Last call! We're getting closer to having everything we need to create Easter baskets for the children in the York County Shelter Program! This year, we are making 14 baskets. There are four middle school kids, three children who are 5 years old and younger, and the rest are ages 6 to 8.

But, we're low on candy, art supplies, and cards and games! Here's a list of suggested items:

Baskets, \*Candy, Stuffed animals, Books - MadLibs, how to draw books, joke/riddle books, board books, fill in diaries, chapter books, \*Art supplies (journals, markers, art erasers, pencils/pens, sketch books)  
Craft kits, WikkiStix, Scratch It!, Sports balls (smaller ones fit in baskets best), \*Games and cards that are small enough to fit in a basket (Uno, regular playing cards, Go Fish, Spot It!, Boggle, travel versions of larger games, dice games, etc)

Easter basket bags (transparent/mostly transparent to keep everything contained during transport)

\*Indicates high priority item

Items should be new or like new! These items can be dropped off in the front office or to Emily's office by Monday, April 16. Contact Emily at [uukennebunkDRE@gmail.com](mailto:uukennebunkDRE@gmail.com) if you have questions!

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### **♪♪♪ Song Swop ♪♪♪**

The purpose of the SONG SWOP is to have fun sharing music together. We meet on the second Friday of every month from 7 - 9pm in the Parlor. The next one is Friday, April 12th, from 7 - 9pm. Both performers and listeners of all ages are welcome. Acoustic instruments only please. Light refreshments available. Suggested Donation \$3. FMI contact Bruce Childress at [bruce@bcpipes.com](mailto:bruce@bcpipes.com) or Rich Gaito at [captgainto@gmail.com](mailto:captgainto@gmail.com)

## **Volunteers Are Still Needed for the Rummage Sale!!**

We need workers for set-up Friday morning starting at 10:00 and Saturday morning starting at 8:00

In addition, please remember Sunday morning clean-up requires the help of many people willing to help take leftover items out of the church to Goodwill or donation bins around town.

Please contact Jacky Peters [jpkrf@roadrunner.com](mailto:jpkrf@roadrunner.com)

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## **INSIGHT DIALOGUE SATURDAY MEDITATION**

"...(Our) joy is like Spring, so warm it makes flowers bloom all over the Earth". ~ T N Hahn

We will meet Saturday May 4th from 9:30-11:30am in the parlor to practice Insight Dialogue meditation together. ( and June 8). Insight Dialogue is a fully engaged interpersonal co-meditation in the Insight meditation tradition. ALL are welcome including both those new to the practice and experienced folk. If you Are NEW, please contact me for some guidance before attending. Thank you. Please join us. Jaylene Summers 207-985-7412.

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## **Buddhist Book Discussion Group**

"...the Intention to Befriend and begin to see that our capacity to radically change our mind of the moment through Metta (Immeasurable Kindness) is to change the shape of our world of the moment". ~ Christina Feldman

This monthly group meets Tuesdays 3-4:30pm in the Library at FPUU. The Upcoming meeting is; Tuesday MAY 14th. (and June 11). Currently we are reading, discussing and practicing together "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity" by Christina Feldman. You may join us at Any time. Complimentary Books are available.

At our last meeting we finished the Introduction and will begin Chapter ONE. We are an evolving group, co-creating this sacred space together. Please join us as ALL are Welcome! FMI please contact Jaylene Summers; [jsummers@roadrunner.com](mailto:jsummers@roadrunner.com) or 207-985-7412

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## **The Sunday Morning Discussion Group**

**The Sunday Morning Discussion Group** will continue its study of comparative religions at 9:00 am in the library on the following dates: April 14 - The Way of Faith and Way of Devotion and April 28 - Book Discussion: *21 Lessons for the 21<sup>st</sup> Century* by Yuval Noah Harari.

The Comparative Religion lectures are by Professor Charles Kimball of the University of Oklahoma and sponsored as one of "The Great Courses" by The Teaching Company. A lecture is presented at 9:00 am, followed by discussion from 9:30 am until about 10:15 am. Please note that April 28<sup>th</sup> is devoted to discussion of a book. You are welcome to attend any or all sessions. For more information contact Ruth [paws8@roadrunner.com](mailto:paws8@roadrunner.com)

**From Paris To Pittsburgh**

***Kennebunk Spring Film Series  
Presents***

***FROM PARIS TO PITTSBURGH  
Makes Climate Change Local***



**An UPLIFTING  
journey showing  
Americans making a  
difference in spite of  
the Administration's  
withdrawal from the  
Paris Accord**

**Speaker**

**Anne D. (Andy) Burt, Creator/  
Coordinator Down to Earth Storytelling  
Project**

**April 26, 2019**

**Coffee 6:30 pm**

**Film—7:00. pm**

**First Parish UU Church—Kennebunk**



*Sponsored by Sierra Club Maine and the Social Justice Committee of the First Parish  
Unitarian Universalist Church, Kennebunk*

## **It's Suppertime!!!**

One of the main supports that the Caring Committee provides for our members and friends is the provision of meals during a time of need. After a surgery, during convalescence from an illness, after the death of a family member, or after the joyful addition of a new child it is so appreciated.

We usually set up a schedule to offer three main meals a week for a couple of weeks or so. Folks who have received this kindness can attest to how grateful they were to receive this help. Joan Wuerthner organizes the sign up using an online program. She sends the schedule out to everyone and you just put in your name beside the date you'd like to help and what you'll be making. The program will automatically send you a confirmation that you signed up and a reminder the day before. If you prefer you can contact Joan or I, and we will add your name to the schedule for you. We are looking for more folks to add to the list of people willing to make a meal on occasion. We are not looking for soup to nuts, just a soup or casserole to lighten the responsibilities of the day. The longer the list the more we can spread around this opportunity to help each other without it resting on the shoulders, or stove as it were, of a few participants.

Please let Joan or I know if we can add you to this important team.

In gratitude,

Andrea Rohde [andrea.rohde49@gmail.com](mailto:andrea.rohde49@gmail.com) 985-3517

Joan Wuerthner [joanwuerthner5@gmail.com](mailto:joanwuerthner5@gmail.com) 985-6846

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## **The Power of Our Shared Ministry**

The Committee on Ministry is a committee that is appointed by the Board of Directors, in consultation with the minister, of First Parish Unitarian Universalist Church of Kennebunk. Its charge is broad as the members responsibility is to monitor and support the total ministry of the church.

In this bimonthly column of the newsletter we hope to highlight examples of our shared ministry, both the small and often unseen acts and the larger more public examples of that ministry.

Our ministry reaches beyond our walls as well and into the community. The Community Cupboard at the Sanford church benefits from our collection of toiletries and Community Outreach Services receives our nonperishable food donations. Kathe Wright serves as a member of the board of COS, keeping us informed about other ways that we can be of help to those in our community. Baskets of food are delivered at holidays and during the summer our church is a site for making lunches for children in need when school is not in session.

Marylyn Wentworth is keeping the committee and congregation informed about the New Mainers program and members are helping individual families, teaching English, and collecting needed clothing and housewares. We are grateful to you all for being a part of our shared ministry. Andrea Rohde, member of the Committee on Ministry

## **Habits of the Heart**

**CLASS FOR YOUTH AND ADULTS  
LED BY REV. KIMBERLEY DEBUS,  
SABBATICAL MINISTER**

# **Habits of the Heart**

We don't have to be Zen masters or devout monks to be good at personal spiritual practice. In this five-hour course, we will try out a variety of spiritual practices that we can use to achieve a sense of wholeness and satisfaction, deepen our faith, and make meaning in these uncertain times.

**SUNDAYS AFTER CHURCH, IN THE PARLOR**

**FEBRUARY 24 —ONE HOUR INTRO  
MARCH 17 —TWO HOUR SESSION  
APRIL 14 —TWO HOUR SESSION**

We encourage you to attend all three sessions, as they will build upon each other.  
A light lunch will be provided.

Questions? Please contact Amy Wood at  
207-232-0390 or [amywoode@amywoodpsyd.com](mailto:amywoode@amywoodpsyd.com)

## Maine-Wabanaki REACH



Maine-Wabanaki REACH

## Workshop



**Saturday, April 27th, 2019  
9:30am to 4pm  
Sanford, Maine**

Maine-Wabanaki REACH workshops have been well received across the state with over 800 Mainers participating. Maine and Wabanaki people are at an historical juncture in their long relationship. This workshop is an opportunity for non-Native people to reflect on our shared history and future with Native people. It includes a brief experience of the colonizing history Maine relationships with Wabanaki people; awareness of white privilege; and an introduction to decolonization of our organizations and institutions.

Maine-Wabanaki REACH is a cross-cultural organization providing educational programs to help people share the truth, support healing, and work toward decolonization and Wabanaki self-determination. REACH initiated the Maine-Wabanaki State Child Welfare Truth and Reconciliation Commission, currently provides educational and healing opportunities in Wabanaki and Maine communities.

This workshop is free and we welcome donations suggesting \$50

**Workshop space is limited and registration is required.** Please register on our website  
<http://www.mainewabanakireach.org/events>

For questions, contact Barbara Kates, [Barbara@mainewabanakireach.org](mailto:Barbara@mainewabanakireach.org)  
Phone 951-4874.

## Decolonization with Our Whole Selves

### Next Steps in Non-Native Communities

After I facilitate a REACH program, often participants' comments swirl in my head. "I knew I needed to come to terms with my family history of harm to Native Americans. I did not expect to find a path here in Maine. But thanks to the work of Wabanaki people and REACH, here I am. I have made a start. And now I feel ready to find out what will be the next step." I have carried these thoughts with me thinking both how good it is to know where one is and how challenging to figure out what is next. For some people the next step is to learn more on their own. For others, the next step is to organize a REACH program in their community or to make a donation to keep REACH rolling. Others become involved in work to support Wabanaki self-determination.

Why is figuring out what comes next challenging for non-Native people? One reason is we are not sure how to take ourselves out of colonizing roles because colonization is foundational to our identity as Americans. Another reason is the dominant culture often defines people and actions as good or bad. Many people focus a lot on being good people doing good things. As beginners at decolonization, we worry that our mistakes will cause more harm.

In its full day workshop, REACH offers some guidance for taking action toward decolonization. The first suggested action is to learn your own story asking yourself: *who are my people and where am I from?* None of our people were all good or bad, all victims or all perpetrators. This learning of our own peoples allows us to feel the strengths of our ancestors and learn from their challenges while acknowledging our responsibility to our descendants. We can place our stories in the greater truth of the territory where we live and the complicated relationships of oppression, resistance, privilege, and colonization. Knowing who we are, we can approach decolonization with our whole selves. We will still be beginners and will still make mistakes, but we will also be ready to learn from those mistakes.

The second suggested action is continued learning about the territories where we live. REACH is ready to support this learning in community. This past summer and fall so many communities invited us in - faith communities, schools, community centers, libraries, theaters, colleges, and town halls. I am honored to be one of the facilitators to share learning and questions as together we take next steps in decolonization.

A comment I hear a lot is: "I can't believe I grew up here in Maine and I never knew this history" usually said with anger. I hear it from 15-year-olds and 80-year-olds, people who grew up in Aroostook, and people from the Portland suburbs. Next step: "Now we know so what will we do?"

Barbara Kates, Maine Community Organizer



For more information about programs in Maine communities check [mainewabanakireach.org/events](http://mainewabanakireach.org/events), sign up on the email list, and like our Facebook page. To explore organizing a program for your community, contact [barbara@mainewabanakireach.org](mailto:barbara@mainewabanakireach.org).



Photo credit: Diane Furukawa

## From the Archives

April 2019

On December 13, 1841 the ladies of Kennebunk met to draft a Constitution for the Kennebunk Female Benevolent Temperance Society. They met in the church vestry of First Parish. Doing so, they anticipated the 1851 Maine Liquor Laws promulgated by Neal Dow by a full ten years.

Mrs. L.P. Edes was appointed Chair and Elizabeth W. Hatch, Secretary. A portion of Scripture was read by Mrs. Edes and prayer offered by Miss Eveline Sewell, after which a committee consisting of the following: Mrs. L.P. Edes, Mrs. L. Cressey, Treasurer, Mrs. Hubbard, Mrs. L. Lord, and Elizabeth Hatch were appointed to prepare a Constitution.

Preamble “Feeling a deep interest in this cause of Temperance, and believing its advancement being of great importance both to ourselves and others, we, the undersigned, agree to form ourselves into a Society, having for its objective the promotion of this cause; and hoping for the blessing of God on our undertaking, we adopt as our government the following:”

*Here I will give you the highlights of the Nine articles of the Constitution:*

Article 1- Adopted the name of the Society

Article 2- “The object of this Society will be to promote Temperance by pledging ourselves not to use intoxicating liquor as a drink; by endeavoring to reclaim those of our own who have unfortunately fallen victims of Intemperance; by cooperating with the Washington Total Abstinence Society of this town; by encouraging and assisting the families of inebriates who manifest a disposition to reform; by aiding, so far as we are able the friends of the Society; and, in all other suitable ways endeavoring to advance the cause.”

*Articles 3-7 are just setting up the structure of the group*

Article 8- Any female wishing to join must herself sign her name to the pledge of the Constitution

Article 9 – Rules for changing any part of the Constitution.

**No photos of the members, but please check the bulletin board for a fabulous photo from the archives of one of our janitors and a friend.**

## **Community Circle Conversations on Racial Justice**

The Social Justice Committee invites members and friends of First Parish Unitarian Universalist Church to participate in a Community Circle Conversation on Racial Justice. The goals of the Circle Conversations are to create a greater awareness of unconscious racial bias in our community, engage community members in challenging racial injustice, and identify opportunities for action.

Two FPUU Circle Conversations will be facilitated by Susan Gesing and Cathy Fellenz, on Wednesday, April 10, 9:30 a.m. – noon, and Tuesday, April 16, 6:00 p.m. – 8:30 p.m. Sign Up sheets for each conversation are on the Social Justice Bulletin Board, outside the church office. Or you can email [cfellenz@roadrunner.com](mailto:cfellenz@roadrunner.com) with your preferred date, name, and phone number.

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## **Caring Committee**

The Caring Committee of the church has set up a program for church members and friends. The program provides transportation to medical appointments and to church services.

Beth Andersen and Kathe Wright are co-coordinating these rides. We need more drivers for this service. If you can volunteer to provide these rides, contact Beth Andersen at 985-7218.

People requesting rides to medical appointments or to Sunday services should call Andrea Rohde at 985-3517 during Reverend Lara's Sabbatical. Andrea will contact either Kathe or Beth to make arrangements with volunteers for rides.

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## **Sermons Can Be Found On-Line**

You can listen to past sermons online! Go to [uukennebunk.org](http://uukennebunk.org), click on the 3rd box on the left side "Latest Sermon: Audio" or if you want to check the archives "View all sermons in our archive" So... if you missed a week or want to hear a particular sermon again you can!

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## **Caring for our neighbors**

Our collection of toiletries for the needy will continue as the year goes on. Look for the bin in the Parish Hall. Ginny DiMarco and Arlene Horn will deliver our gifts to the Sanford UU Church, which distributes them. Thank you for your generosity!

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## **Do you Need A Copy of The Newsletter?**

Paper copies of the current Church Newsletter are available for those who do not use email. They may be found on the Welcome Table in the Parish Hall. They are also available by mail. Please contact Crystal Jones, Office Administrator, to be put on the list.

# *Funding Opportunities!*

## **ClynK Bottle Redemption**



What is that sound you hear early Sunday mornings in the back hall? And ever wonder why you see members carrying wine bottles around?

FPUU not only recycles, but we turn in "Maine labeled" bottles and cans for money.

We have a **Clynk** deposit barrel in the kitchen. If you have more than you can carry, take home your very own green bag. The new Clynk bags are in the black filing cabinet to the right of the stage behind the back curtain.

Here is the Clynk website for more information: <https://www.clynk.com>



**Do you shop at Hannaford?**

**Easy Fundraiser!**

**For every \$1000 our community spends, Hannaford will award our church \$50!** If you shop at Hannaford, even a small amount, consider participating in this easy fundraiser.

Here's what you need to do...

**If you are NEW to the program** - Leave a check, made out to "FPUU" in the amount of \$5- 450, with "Hannaford" on the memo line, in the locked box of the church office door. We will leave a blank Hannaford gift card for you at the church.

**To ADD money to your card** - Leave a check, made out to "FPUU" in the amount of \$5- 450, with the four digit "PIN" from the back of your Hannaford Gift Card, on the memo line, in the locked box of the church office door.

If the total order amount is at least \$1000 we will send you an email telling you when the money will be credited to your card.

Deadline to submit checks: Monday evenings by 5 pm.

Email [FPUUHannaford@gmail.com](mailto:FPUUHannaford@gmail.com) if you have questions. Thanks! Rev. Lara, Eva and Myrna

# *Spiritual Growth Opportunities!*

- **Embracing Aging:** Moment to Moment is a thoughtful, provocative discussion group open to any senior who is interested in sharing the aging journey with others. This group will meet on Wednesdays, every other week from 4:00-5:30pm in the Parlor, beginning January 9<sup>th</sup>. The group will meet for 8 sessions through April. The contact person is Helen Rousseau at hrousseau@roadrunner.com or 207-332-0046. If you are Aging you are Welcome! Please Join us!
- **Women for All Seasons: 2nd and 4th Tuesdays from 6:30 -8:30 p.m.** Celebrate the cycles of nature and the season, share and discuss, get to know other women in the congregation. We meet the second and fourth Tuesdays from September through June. For more information, please contact Kathe Wright 985-6194 or Barbara Conner 229-0799. **All women are welcome. Free**
- **Women's Group Ministry** Women's Group Ministry will meet on the first and third Tuesday of each month, Sept. thru June, the group meets in the FPUU Library 1-3 p.m. The purpose is to deepen relationships and spirituality, and to share community through discussion, in a safe environment. Newcomers welcome. FMI Virginia DiMarco at 985-7238.
- **Meditation:** A small group meets every Wednesday from 5:05-6:30 p.m. in the Library from September through June, or during the winter, in the Chapel. Our practice is simple. We begin with a brief check-in and reading. Then we practice silent sitting and walking meditation at our own pace. Please contact Vicki Adams 207-216-3890 or Tim Ericson 207-985-4211, for more information. All are welcome.
- **Early Morning Yoga: Thursday from 7-8:15 am:** Start your day with a moderately paced Hatha Yoga class led by Patrick Conner, M.A., RYT (Registered Yoga Teacher). Come whenever you can – no attendance commitment. All experience levels are welcome. Wear comfortable clothes that allow movement. Bring a Yoga mat and props if you have them – there will be mats available to borrow. **All adults and teens are welcome. Donations accepted.**
- **Adult Choir:** September to June. All are welcome!
- **An affiliated group "Ripples of Peace" Buddhist Sangha: Tuesdays, 5:15- 6:45 p.m.** in the Children's Chapel – Beginners Welcome! A Sangha is a community of friends learning and practicing the teachings of the Buddha. Our weekly gatherings begin with sitting and walking meditation followed by a reading from a Buddhist teacher. The Sangha is an open gathering – come when you can, you are always welcome. Contact Sally Keene 590-0035, [sjk@roadrunner.com](mailto:sjk@roadrunner.com) for info.

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com)  
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## **BOARD OF DIRECTORS: 2018 – 2019 program year**

**CO-CHAIR:** Daniel MacDonald.....[daniel@doornorth.com](mailto:daniel@doornorth.com)  
**CO-CHAIR:** Amy Wood.....[amywood@amywoodpsyd.com](mailto:amywood@amywoodpsyd.com)  
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