



First Parish Voices

Worship Services

Sunday, April 15, at 10:30 AM

In Between Want, Guilt and Shame – Rev Lara Campbell

Church office hours: The church office is open Monday thru Friday from 9 am to 12
Rev. Lara Campbell office hours: Tuesday, Wednesday and Thursday 9 to 12 and by appointment

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Weekly Update

“Waking Up White” by Debby Irving - Book Group

“Waking Up White” by Debby Irving - Book Group with the Rev. Lara Campbell and Sally Keene
From Irving’s website: “Waking Up White is the book I wish someone had handed me decades ago. My hope is that by sharing my sometimes cringe-worthy struggle to understand racism and racial tensions, I offer a fresh perspective on bias, stereotypes, manners, and tolerance. As I unpack my own long-held beliefs about colorblindness, being a good person, and wanting to help people of color, I reveal how each of these well-intentioned mindsets actually perpetuated my ill-conceived ideas about race.”

Join us for a time of investigation, reflection and conversation. The group will meet for 5 Wednesdays 1:00-2:30 Beginning on Wednesday April 4th and ending on May 2nd in the Library.

The book is available on Amazon, Barnes and Noble and in libraries – check Minerva on the Kennebunk Library website. Please let Sally know if you plan to attend and read the introduction and first section, chapters 1-5. Contact Sally Keene sjpk@roadrunner.com 207-590-0035.

INSIGHT DIALOGUE MEDITATION

"Let me wear the day well so when it reaches you, You will enjoy it". ~ Sonia Sanchez

INSIGHT DIALOGUE MEDITATION is meeting this Saturday April 7, 9:30-11:30 am in the Parlor at FPUU. We begin with lightly guided meditation followed by sharing and Insight Dialogue Meditation Practice. No prior experience is necessary. ALL are welcome so please join us. FMI please contact Jaylene Summers. Thank you and may all beings be well and happy.

Sunday Morning Discussion Group

The Sunday Morning Discussion Group is beginning a series of lectures on Comparative Religion by Prof. Charles Kimball of the University of Oklahoma (via DVD)

April 15th The Sacred, the Holy, and the Profane
April 29th Sacred Time, Sacred Space, Sacred Objects

Anyone interested in joining the discussion is welcome. We will meet at 9:00am in the library. Questions? Contact Ruth at paws8@roadrunner.com

Summer Services - “Hear All About It”!

Summer Services - “Hear All About It”! – April 15, 11:45 in the Library. Summer Sunday services at FPUU are primarily lay-led. Do you have an idea for a summer service that you would like to lead – perhaps to share a personal journey, explore an issue, share some music, consider a favorite thinker? Rev Lara and the Worship Committee are holding an information session on April 15th in the library to explain the process of creating and delivering a service. The Worship Committee will provide lots of support in structuring a service. For more information contact sjpk@roadrunner.com, or 590-0035.

Embracing Aging: Moment To Moment

"Don't plan it all. Let life surprise you a little."~Julia Alvarez

EMBRACING AGING: MOMENT TO MOMENT's closing session is Wednesday April 18, 4-5:30pm. The topic is "Going Forth with Possibilities" facilitated by Rev Lara and Jaylene. If you are Aging, you are Welcome. Please join us for timely and provocative discussions. Please bring writing materials.

There will be a brief meeting after this session for any who wish to be involved in planning or leading next year. After 7 years, I am taking a 'sabbatical' and, also, Rev Lara will not be available. FMI please contact Rev Lara or Jaylene.

Bring in Rummage Items Starting Sunday

Our spring rummage sale is coming up soon, Set-up Friday 4/20, Sale 4/21-22. Items can be brought to the church starting the Sunday, April 15th. Please put them in the parlor.

Please do not bring any items in after 3 p.m., on Friday, April 20th.

There are some things that we do not want brought: shoes, computers, moldy/mildew smelling clothes or books/Magazines, text books, mattresses/box springs. Please check any electric items before you bring them to make sure they work. If you are interested in helping out, please contact Jacky Peters at jkprf@roadrunner.com.

No Particular Reason Pot Luck

Our next No Particular Reason Pot Luck will be held at Nancy Dorn's home. The Pot Luck will be on April 20th, @ 6pm. The address is 62 Brown Street, Kennebunk, please contact Nancy with any questions at 985-2027.

IT IS SPRING AUCTION TIME!

Our annual silent auction is in the planning stages. The event will run from May 13th through May 20th. Right now, we are looking for donations of services or events. Some examples from the past are: baked goods, yard work, music lessons, time at a vacation location, child care, gift certificates, dinner parties or boat rides. FMI contact Andre Rohde andrea.rohde49@gmail.com or Beth Andersen bmandersen48@gmail.com.

You can pick up a donation form at the church or request one be emailed to you. Please submit your donation as soon as possible; the deadline is May first. Thank you for your support from the Auction Committee: Andres, Beth, Ruth, and Sally.

Please find the Auction Donation form attached in the newsletter email.

Leadership Positions Available

The nominating committee announces that the following positions will be available for members of First Parish UU Church: two board of directors' positions (3 year positions), treasurer 1 year position, church historian, (1 year position) and delegate position for the Northern New England District delegate, (NNED) also a 1 year position. If members of FPUU are interested in one of these leadership positions, they should look at the job descriptions on the church website and if they wish to be considered, they should contact a member of the nominating committee to let them know. The members of the nominating committee are Eva Downs, chair, Molly Hoadley, Ted Trainer, and Beth Andersen. Please let one of us know.

Rummage Sale and Then Some

We are holding our church Rummage Sale April 21 and 22 and are busy cleaning our homes and closets of items we no longer need and are bringing these treasures to church starting Sunday April 15.

Why not add some non-perishable food for Community Outreach Services at the same time! Just drop the food items in the big blue buckets in the Parish Hall. Thank you for your generosity!

Kathe Wright

Did you know?????

You can listen to past sermons online! Go to 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!

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!

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 if you have questions. Thanks! Rev. Lara, Eva and Myrna

Spiritual Growth Opportunities!

- **Embracing Aging: Moment to Moment** is a thoughtful, provocative discussion group that meets **twice a month, 4 to 5:30 p.m.**, from Jan - April. **All who are aging are welcome.** FMI please contact Jaylene Summers; 207-985-7412 (L), 251-3317 (C) or jsummers@roadrunner.com.
- **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**
- **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. **All are welcome.**
- **Tuesday Small Group Ministry:** On the first and third Tuesday of each month, Sept. thru June, Small 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 985-7238.
- **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!**
- **Connecting Circles:** Circle K will resume meeting once a month in the fall. If you would like to connect spiritually on a personal level with others, please contact Karen Tolstrup at 207-467-9149 or kdtolstrup@gmail.com.
- **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, sjpk@roadrunner.com for info.
- **SATURDAY MEDITATION: INSIGHT DIALOGUE; A RELATIONAL PRACTICE**
We will meet March 17th, from 9:30 – 11:30am, in the PARLOR. We will begin with a lightly guided meditation, share our practices & follow with Insight Dialogue Meditation - No prior experience is necessary. You are all welcome. Please join us. FMI: please contact Jaylene Summers @985-7412

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) RevLaraCampbell@gmail.com
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BOARD OF DIRECTORS: 2017 – 2018 program year

CO-CHAIR: Margaret Jones.....margaretj@maine.rr.com
CO-CHAIR: Amy Wood.....amywood@amywoodpsyd.com
VICE-CHAIR: Dan MacDonald.....daniel@doornorth.com
CLERK: Kerry Hoag.....kerryhoag1@gmail.com
TREASURER: Ruth Stackpole.....paws8@roadrunner.com
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