



# First Parish Voices

## Worship Services

**Sunday, August 12, at 9:30 AM**

**Gettin' Crafty – Rev Lara Campbell**

**Church office hours:** The church office is open Tuesday thru Thursday from 9 am to 12  
**Rev. Lara Campbell office hours:** Monday-Thursday 9 am to 12 pm or by appointment **EXCEPT:** June 18-25:  
UUA General Assembly; July 1-8 and 16-21: Vacation. She is always available via email or cell phone.

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# Weekly Update

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## Wake Now

Who Lives, Who Dies, Who Tells Your Story? Many of us worry about the apparent deterioration of human rights in the world today. We want to do something to make it better. Well, the UU Service Committee is ready, able and willing to meet that need. We can participate in or help fund a wide variety of projects designed to tackle human rights issues. Check out the web site: [www.uusc.org](http://www.uusc.org). And talk with a member of our Wake Now Committee: Eva Downs, Kerry Hoag, Margaret Jones, Jay Kilbourn, Ted Trainer or Rev. Lara.

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## **Hello Friends! Here's a great chance to act locally on climate change...**

On August 14th after 6:30PM, our Kennebunk volunteers and students will be asking the Board of Selectmen to sign on to the Global Covenant of Mayors for Climate and Energy.

Let's support them in encouraging our Town to sign a commitment letter to reduce greenhouse gas emissions, track progress, and prepare for the impacts of climate change. Kennebunk should answer this bold call-to-action for cities of all sizes to seriously consider the role of scientific research and data in building ambitious climate action plans. Your attendance and/or letters/emails to the Selectmen would be greatly appreciated! (send emails to [toselectmen@kennebunkmaine.us](mailto:toselectmen@kennebunkmaine.us))

The Kennebunk Energy Efficiency Advisory Committee (KEEAC) and students and faculty from the New School will be presenting to the Selectmen. Some faculty from the New School plan to help with an initial and comprehensive greenhouse gas inventory, engaging some of their students, too.

Check the Selectmen's agenda to see when this item is scheduled [here](#). Visit the Global Covenant of Mayors [here](#). THANKS FOR BEING INVOLVED.

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## **INSIGHT DIALOGUE MEDITATION PRACTICE**

" Think no ill, make no harm, but spread love and kindness". Bertha Scott

We will be meeting after our summer break on Saturday September 8 from 9:30-11:30am at FPUU to practice together with each other in the relational practice of Insight Dialogue Meditation.

This fall we'll meet Saturdays September 8, October 6 and November 3.

If you are new to Insight Dialogue Meditation and would like to attend please contact me so that I might offer some guidance before you meet with the group.

All are welcome. I am looking forward to your presence at our gathering.  
With Metta, Jaylene Summers 207-985-7412

## SanctUUary Summit



**SanctUUary Summit**

**Saturday, August 18**

**10:00-2:00 pm (brown bag lunch)**

**UU Community Church of Augusta**

**[69 Winthrop Street, Augusta](#)**

***Sponsored by MUUSAN's Racial Justice Issue Group***

**[PLEASE REGISTER HERE](#)**

***WE RESPOND!*** At General Assembly 2018, our UUA President Rev. Susan Frederick-Gray issued a CALL TO ACTION, charging us to consider what is the most urgent issue facing our most marginalized communities right now, and how we UUs can step in to do the work that is most needed.

Revs. Carie Johnsen, Christina Sillari and Drew Moeller, along with MUUSAN Co-Chairs Julia Fitz-Randolph and Trudy Ferland, put their heads together on this challenge in Kansas City. They wanted to bring home the GA excitement about the critical refugee and immigrant work being done by UUs around the country, and very importantly, how to include all our Maine UU congregations in this work, not just those in urban areas.

We challenge and invite ALL Maine UU congregations to consider how they can deepen their participation in efforts to support immigrants and refugees.

To learn more about needs in Maine and the variety of opportunities we may be able to identify to help regardless of our location, MUUSAN's Racial Justice Group offers [a SanctUUary Summit](#), an educational and planning event to which we invite all Maine congregations to send representatives.

The Summit is FREE but [registration](#) is requested. Please bring a [brown bag lunch](#).

## ♪♪♪ 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, August 10<sup>th</sup>, from 7 - 8pm. 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)

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## Come Join the Fun! Auction item open to all!



Welcome back BBQ at Jay and Rev. Lara's  
Saturday September 8<sup>th</sup>, 1-4 pm (rain day Sunday 9/9)

40 folks purchased our End of Summer BBQ auction item. We want you to join us too for only \$5 per person. Please RSVP to [revlaracampbell@gmail.com](mailto:revlaracampbell@gmail.com) or 207-337-5643 no later than September 1<sup>st</sup>.



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## Summer Lunch Program

FPUU will be part of the Summer Lunch Program again this year! Children who qualify for reduced fee or free lunch during the school year can get a nutritious lunch on weekdays, provided by COS and Community Harvest. On Mondays, beginning on July 9, FPUU's kitchen will be the prep site. If you would be interested in participating, contact Karen Tolstrup at 467-9149 for further details. You can come once or for the summer, it's up to you. A great way to feel good.

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## Did you know?????

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

## 2018 Summer Worship Schedule

<u>DATE</u>	<u>PRESENTER(S)</u>	<u>TITLE</u>	<u>COORDINATOR</u>
6.17.18	The Rev. Lara Campbell	Snippets from UU General Assembly	The Rev. Lara Campbell
6.24.18	Bob Lown	Notes from a Former Selectman	Rachel Wells
7.1.18	Patrick Conner	Embodied Spirituality	Sally Keene
7.8.18	Meredith Norris	What Would You Do?	Ted Trainer
7.15.18	The Rev. Lara Campbell and Russell Lawson	Apostle of the East	The Rev. Lara Campbell
7.22.18	Geoff and Linda Haley	Habitat in Guatemala	Susie Landgrebe
7.29.18	The Rev. Lara Campbell	Secure Yourself to Heaven	The Rev. Lara Campbell
8.5.18	Bernie Reim	The Great American Total Solar Eclipse	Ted Trainer
8.12.18	The Rev. Lara Campbell	Gettin' Crafty	The Rev. Lara Campbell
8.19.18	Stacy Wentworth and Family	Climate Change: A Moral Dilemma	Rachel Wells
8.26.18	Thursday Writers Group	The Alchemy of Writing	Susie Landgrebe
9.2.18	Mary Boucher	The Gift of Laughter	Sally Keene

# 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>

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**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 that meets twice a month, 4-5:30pm from January - April. In 2019, Helen Rousseau is the contact person at [hrousseau@roadrunner.com](mailto:hrousseau@roadrunner.com) or 207-332-0046.
- **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. Please contact Cynthia Riley for more information at 207-646-5407 or [cgriley85@gmail.com](mailto:cgriley85@gmail.com) . **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](mailto: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](mailto:sjpk@roadrunner.com) for info.
- **INSIGHT DIALOGUE-SATURDAY MEDITATION; A RELATIONAL PRACTICE** This meditation group will resume meeting after the summer on Saturday, SEPTEMBER 8 from 9:30-11:30am in the Parlor. Insight Dialogue Meditation is a fully embodied relational practice. We meet (usually) the first Saturday of the month. We begin with a lightly guided meditation followed by group sharing and Insight Dialogue Meditation Practice. No prior experience is necessary. This is a 'drop-in' group, and ALL are welcome. Please Join Us. For more information please contact Jaylene Summers; [jsummers@roadrunner.com](mailto:jsummers@roadrunner.com) or 207-251-3317. Thank you.

## FPUU STAFF/LEADERSHIP

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [RevLaraCampbell@gmail.com](mailto:RevLaraCampbell@gmail.com)  
**DIRECTOR OF RELIGIOUS EDUCATION:** Emily C. Jones.....[uuKennebunkDRE@gmail.com](mailto:uuKennebunkDRE@gmail.com)  
**MUSIC DIRECTOR:** Molly Petrik.....[uukennebunkmusic@gmail.com](mailto:uukennebunkmusic@gmail.com)  
**ADMINISTRATOR:** Crystal Jones.....[uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)  
**BOOKKEEPER:** Barbara Boscia.....[uukennebunkbookkeeper@gmail.com](mailto:uukennebunkbookkeeper@gmail.com)

## BOARD OF DIRECTORS: 2017 – 2018 program year

**CO-CHAIR:** Margaret Jones.....[margaretj@maine.rr.com](mailto:margaretj@maine.rr.com)  
**CO-CHAIR:** Amy Wood.....[amywood@amywoodpsyd.com](mailto:amywood@amywoodpsyd.com)  
**VICE-CHAIR:** Dan MacDonald.....[daniel@doomorth.com](mailto:daniel@doomorth.com)  
**CLERK:** Kerry Hoag.....[kerryhoag1@gmail.com](mailto:kerryhoag1@gmail.com)  
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Karen Tolstrup.....[kdtolstrup@gmail.com](mailto:kdtolstrup@gmail.com)  
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