



First Parish Voices

Worship Services

Sunday, August 11, at 9:30 AM

Oh My God/god? – Paul Beach

Church Summer office hours: The church office is open Tuesday thru Thursday from 9 am to 12
Rev. Lara Campbell office hours: by appointment. Lara is always available via email or cell phone.

Contents

| | |
|---|---|
| Weekly Update..... | 2 |
| Annual Blueberry Festival and Craft Fair! THANK YOU! | 2 |
| The Power of Our Shared Ministry | 2 |
| ♪♪♪ Song Swop ♪♪♪ | 3 |
| NEW ** Summer “POP-UPS” for ID Insight Dialogue Meditation | 3 |
| NEW: Summer POP UP Buddhist Book Group | 3 |
| ♪♪ Sing with Joy! Join in the Spirit-filled FUN! All are Welcome! ♪♪ | 4 |
| WIONN (Welcoming Immigrants Our New Neighbors) Request | 4 |
| COS Summer Lunch Program could use some volunteers | 4 |
| Refugee and Asylum Seeker News | 5 |
| 2019 Summer Worship Schedule | 5 |
| Sermons Can Be Found On-Line | 6 |
| Caring for our neighbors | 6 |
| Do you Need A Copy of The Newsletter? | 6 |
| Funding Opportunities!..... | 6 |
| Spiritual Growth Opportunities! | 7 |

Weekly Update

Annual Blueberry Festival and Craft Fair! THANK YOU!

It is with great pleasure to announce the success of this year's event. The increased marketing effort in advertising and new branding reached out to more people and to the benefit of the decreased number of vendor applicants and no raffle this year. The customer attendance was much higher in general, we sold out all the pastries and luncheon offerings, the cemetery tour was attended by 50 people, there was much interest in the Church history from more than a dozen people, and the music entertainment was superb. Of course, the weather cooperated with decent temperature and breeze.

We want to thank all the members and friends who volunteered on the day of the event, as well in preparation, setup, and teardown. We want to thank the volunteers who did all the baking; what delicious choices this year. We received 15 applications so far for next year as a professional testimony to our success.

We also want to thank the town's library book sale efforts, Brick Store museum and Hope cemetery folks in cooperation with creating a tombstone tour via our town historian, Steve Spofford. Donations from the Seafood Center in Arundel, Scout Wuerthner, and Hannaford for their diligence in completing a large order of food and supplies. We also offer much appreciation to the Finest Kind Lite Trio band led by Janet Wentworth for their music entertainment and sound support.

We will have a debriefing session to make sure we understand how to finetune next year's event and begin anew next year's efforts if the congregation deems it a worthwhile investment to the community outreach and sustainable monetarily in the upcoming budget and activity approvals.

Yours truly,
The Core Team Coordinators

The Power of Our Shared Ministry **Music**

Each of us at First Parish Unitarian Universalist Church shares in the total ministry of our church and works to insure its continued health and well-being. The Committee on Ministry, composed of our minister and five members is charged with the responsibility of monitoring and helping to support the minister, the members, and the congregation as a whole.

As part of that responsibility, the Committee of Ministry is highlighting examples of shared ministry in action, both the small, often unseen acts and the larger, more public ones and is including a way for you to get involved if you're interested.

What do we mean by "Shared Ministry"? Among possible definitions would be what we do with and for each other in this supportive, common community we call FPUU,K that involves mutual, universal interactions. There is no more common, inclusive, interactive, meaningful and enjoyable activity in which we mutually

engage with one another than our love of, use of and enjoyment of music! This includes the music we share by singing during a service, of course. It also includes the wonderful choir experiences - practicing, singing and listening - under the wonderful leadership of Molly, our awesome Music Director. We also appreciate the meditative preludes on organ, piano and other instruments, varied contributions of many solo and group elements within a service, the Friday Song Swop, and special musical events. We do not merely excuse the youth for their separate experiences on Sunday Morning, we sing them out. We do not just end our services with joined hands, we sing to ourselves and each other the celebration of "Hands Across the Aisle".

We universally minister to each other, every one, each to each other, in many ways with music. May that harmony continue to lift us up in joy.

We are grateful to each of you for being a part of our shared ministry. Members of the Committee on Ministry: Ann Boyce, chair, Paul Beach, Patrick Conner and Andrea Rohde

♪♪♪ 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 9th, 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 or Rich Gaito at captgainto@gmail.com

NEW ** Summer "POP-UPS" for ID Insight Dialogue Meditation

"Keep Calmly Knowing Change". ~ Analayo

There will be a summer PopUP Insight Dialogue Meditation Relational Practice on Saturday, August 17, 10-11:30am. We will meet at my home. All are Welcome. If you are new to the practice, please contact me first so that I may give you some guidance for this interpersonal meditation practice before you attend. If you would like to attend please RSVP to Jaylene Summers at 207-985-7412. Thank you.

NEW: Summer POP UP Buddhist Book Group

"The Buddha was very clear in stating that we could search the entire world and not find anyone more deserving of kindness and care than ourselves." ~ Christina Feldman

The BUDDHIST BOOK GROUP will meet Tuesday, August 13, 3-4:30pm in the library at FPUU. We are a group of friends meeting to read, discuss and practice with the beautiful book by Christina Feldman: "Boundless Heart: The Buddhist's Path of Kindness, Compassion, Joy and Equanimity." Everyone is welcome. There is a book for you. Please join us. FMI please contact Jaylene Summers: jaylenesummers@gmail.com or 207-985-7412. Thank you.

♪♪ Sing with Joy! Join in the Spirit-filled FUN! All are Welcome! ♪♪

The choir joyfully accepts new members at anytime throughout the year. All are welcome. There is no audition and music reading skills are not necessary. All that you need is an adventurous spirit and willingness to explore your vocal and musical potential!

August 25th at 1:00 PM

FPUU 2nd Annual CHOIR RETREAT: Connect, Build musicianship, and SING!

For all Current, New and Prospective Choir Members!

Location: The home of Eva Downs

12 Pearl St, Kennebunkport

Time: 1:00 am to 3:30 pm.

Details: We will enjoy coffee/snacks following the activities and song. We ask that you bring a fingerfood/snack to share. Additionally, please bring your own beverage.

Parking is available on the street near Eva's home, but it is limited, so please plan to carpool if possible.

RSVP to Molly Petrik, uukennebunkmusic@gmail.com

Contact Molly Petrik (701-202-8527) or Eva Downs (207-967-4639) with questions. Leave a message if we don't pick up, and we will return your call!

WIONN (Welcoming Immigrants Our New Neighbors) Request

There are refugee families in Biddeford that need what we call Care Teams. A Care Team is a person or group of people who commit to up to 2 years of attention to a family. The Care Team gets to know the family, visiting once every 2 weeks or so for a while, then less time as a family gets acclimated. It is mostly about friendship and caring about them. We have access to household goods, clothing, shoes etc. and we have a group of people who all work together. We have a training for Care Teams and lots of support. For those of us involved, we find it very satisfying and enjoyable. If you are interested, please get in touch with Beth Anderson or Marylyn Wentworth.

COS Summer Lunch Program could use some volunteers

Would you be interested in helping COS prepare lunches for children in the Kennebunks who will not be having a nutritious school lunch over the summer? Teams of volunteers will prepare lunches Monday, Wednesday and Friday, starting July 8 from 9:00 to 11:00 at First Congregational Church in Kennebunkport. This is a simple and fun task. It would be a nice activity to do with young people. Several members of our congregation are already on teams. You could help on one or several days, as you wish. Contact the COS summer lunch coordinator Marianne Wilson at mwdrff@gmail.com or 282-5226 or me Kathe Wright Kawright4@hotmail.com or 985-6194 for more information.

Refugee and Asylum Seeker News

DONATIONS: Thanks to all of you who have donated so much for the new Mainers in Biddeford. Your generosity has been ever so appreciated. We have enough of most everything now and no more storage space so hold on to any donations. Our families are pretty stable now, but more folks are likely to come to Biddeford from the new wave of asylum seekers in Portland.

All we need now are diapers in size 5 and 6, and gift cards to Market Basket. You can purchase gift cards at the store and give them to Marylyn Wentworth, or you can give Marylyn money and she will purchase the cards. We use Market Basket as they carry haley food.

TEMPORARY HOMES FOR PORTLAND ASYLUM SEEKERS: The folks housed in the Portland Expo have to be out by mid-August. Permanent housing will not be ready. Therefore, people in surrounding communities are being asked to share their homes with an asylum-seeking family on a temporary basis if they can. In towns outside of Portland this means forming a group who will house people and transport them to Portland as necessary for legal meetings and other support meetings. If you are interested in either housing or transportation, please let Marylyn know at marylyn.wentworth@tnsk.org.

2019 Summer Worship Schedule

| <u>DATE</u> | <u>PRESENTERS</u> | <u>TITLE</u> | <u>COORDINAT</u> <u>OR</u> |
|-------------|--------------------------------------|--------------------------|-------------------------------|
| 6.16.19 | Worship Committee | Fathers | Sally Keene |
| 6.23.19 | Marylyn Wentworth and Cynthia Howard | Charity and Justice | Sally Keene |
| 6.30.19 | Rev Lara Campbell | Pride and Protest | WA |
| 7.7.19 | Jesse Harvey | Church of Safe Injection | Meridith Norris |
| 7.14.19 | Ted Trainer | It Never Ends | Bob Lown |

| | | | |
|----------------|------------------------|---------------------------------|----------------------------|
| 7.21.19 | Sally Keene | Riding the Waves | Susie Landgrebe |
| 7.28.19 | The Rev. Lara Campbell | Lizard Brain | Bob Lown |
| 8.4.19 | Patrick Conner | The Spiritual Side of Yoga | Sally Keene |
| 8.11.19 | Paul Beach | Oh My God/god? | Ted Trainer |
| 8.18.19 | Rev Lara Campbell | Give Them Not Hell | WA |
| 8.25.19 | Jay Pacitti | When the Spotted Cow Comes Home | Paul Beach and Sally Keene |
| 9.1.19 | Bruce Childress | A Shout-Out to the Workers | Susie Landgrebe |

Sermons Can Be Found On-Line

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 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., January thru April. The contact person is Helen Rousseau at hrousseau@roadrunner.com of 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.
- **Silent Meditation:** In July and August, Silent Meditation sessions will take place on Wednesday from 5:15 to 6:15 pm in the church library. Sessions are open to all. After a brief check-in and reading, we practice sitting and walking meditation followed by a few minutes sharing our experience. Please join our email list if you’d like to participate. You will receive notices, and please respond to let facilitator, Cynthia Riley, know if you are coming. We’d love to have you! 207-646-5407, cgriley85@gmail.com
- **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, sjpk@roadrunner.com for info.

FPUU STAFF/LEADERSHIP

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

BOARD OF DIRECTORS: 2018 – 2019 program year

CO-CHAIR: Daniel MacDonald.....daniel@doornorth.com
CO-CHAIR: Amy Wood.....amywood@amywoodpsyd.com
VICE CHAIR: Wayne White.....wwhite911@aol.com
CLERK: Kerry Hoag.....kerryhoag1@gmail.com
TREASURER: Herve Lavoie.....hervae@roadrunner.com
DIRECTOR: Robert Lown.....bplown@roadrunner.com
DIRECTOR: Joan O’Hara.....jfohara@maine.rr.com