



# *First Parish Voices*

## **Worship Services**

**Sunday, December 15, at 10:30 AM**

**Let There Be Peace – 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 thru Thursday 9am to 12pm or by appointment. Lara is always  
available via email or cell phone.

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## *Weekly Update*

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### **Pledge Cards!!**

Pledge cards have been mailed out! Please remember to get them back to us as soon as possible so that we can prepare for the upcoming church year. If you have not received one please let Crystal know, or we do have extras on the Welcome table in the Parish Hall.

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### **Poinsettias**

The Christmas season is now upon us. We will be selling Poinsettias to be displayed during our Christmas Eve service to honor our loved ones. We will have a basket with labeled envelopes on the Welcome table December 8th and December 15<sup>th</sup>. Please complete the label with your name, your phone number, and who the poinsettia will honor. Please make sure to circle which option you would like: In Memory of or Celebration of. The cost for each Poinsettia is \$13.00 and we cannot process any order without full payment. Once you have completed your envelope and sealed with payment, please drop it by the office.



If you any questions, please feel free to contact Crystal at 207-985-3700.

**This Sunday, December 15<sup>th</sup> is the last day to order!!**

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### **Last Minute Shoppers Craft Fair Opportunity**

Marylyn Wentworth is organizing this fair at the church, for the benefit of UU Church, The New School, The School Around Us and Refugee Assistance. It is on Saturday, December 21 from 9:00-3:00. If anyone in the church community wants to bake Christmas cookies, breads, gingerbread houses, etc. to sell, we have space for someone to raise some money for themselves. It could also be a bunch of people who bake things for the profit of the church. From past experience such goodies sell really well close to Christmas. If you are interested e-mail Marylyn at [marylyn.wentworth@tnsk.org](mailto:marylyn.wentworth@tnsk.org).

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### **Sunday Morning Discussion Group**

The Sunday Morning Discussion Group will be meeting on Sunday, December 22nd at 9:00 am in the library. We will be viewing the last lecture in the series about comparative religions: "Religious Diversity in the 21<sup>st</sup> Century". All are welcome. Questions; contact Ruth [paws8@roadrunner.com](mailto:paws8@roadrunner.com)

## 2019 Colloquy of the Yule



Join Rev. Lara and Jay as they host their annual Colloquy of the Yule on December 25<sup>th</sup> at 9:30 a.m. in the Parish Hall at FPUU.

You may be wondering, "what on earth is a 'Colloquy of the Yule?'" Springing out of a somewhat random Christmas breakfast conversation in 2011, this event has become a settled tradition in the Pacitti-Campbell family. The Colloquy centers around discussing the Yule, as the title implies. Age-old questions such as "how long can a Yule log burn," and "how many Yules are *you* gonna work this week?" are often discussed, while eating breakfast in the glow of the traditional video of a holiday fireplace (a/k/a "Streaming the Yule Log").

A proper Colloquy involves food; therefore a light breakfast of scrambled eggs, sausage, toast, and *Jay's chocolate chip cookies* will be served.

**ALL ARE WELCOME.** While this is a drop-in event, if you already know you can make it, please RSVP to Jay at [jpacitti@yahoo.com](mailto:jpacitti@yahoo.com) so that he can have a sense of how much food to prepare. Hot food will be served from 9:30 – 10:00 a.m., so please arrive in that time window. The gathering will last until everyone is tired of talking about the Yule or 11:00 a.m., whichever comes first.

If there is someone willing to volunteer from 9:15 a.m. – 9:45 to help set food out as it becomes ready, that would be most appreciated. Please let Jay know if you are available for this light duty.

We look forward to this year's festive Yule discussion!



## Christmas Dinner

Al and Vicki Adams will host Christmas dinner on December 25 at their home in Kennebunk for members and friends of First Parish who do not have family or friends close by during the holidays. Planning for about 1 p.m., we'll roast the turkey and ask guests to bring a side dish or dessert.

If you'd like to come, call or talk to Vicki: 216-3890 or Al: 216-3891. If you contact us by email, [vickigatesadams@gmail.com](mailto:vickigatesadams@gmail.com), make sure we respond — we don't look at email every day. Let us know what you'd like to bring, and we will tell you if that works or if something else is needed.

We can only accommodate 24 people. Please let us know if you plan to come by Dec. 18. Merry Christmas!

## **NYE Kennebunk needs your help!**

As many of you know FPUU hosts the annual New Year's Blueberry ball drops in addition to other family friendly activities. This year we can use several helping hands to help make this event a success. Volunteers are needed inside from 6:30/45 until the first ball drop at 9pm. If interested please contact Alyson Durham at [alyson.s.durham@gmail.com](mailto:alyson.s.durham@gmail.com)

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## **Children's Books Wanted**

This holiday season our church will again be collecting new, or like-new books for children affected by domestic violence.

The books will be distributed through the shelter.

In addition, books about child development and parenting are also welcome.

You can start bringing in books at any time.

please contact Jacky Peters with any questions [jpkrf@roadrunner.com](mailto:jpkrf@roadrunner.com)

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## **NEW "There's no Planet B. What are We doing?" ~ Rev Lara**

Dear Friends,

A new Book Group on "A GREEN PRACTICE PATH" starts next month. We will meet for Four weeks WEDNESDAY, January 8, 15, 22 & 29, 2020 at FPUU, Time:TBA "Green Buddhism: Practice and Compassionate Action in Uncertain Times" by Stephanie Kaza is the book that we will be reading.

The first 5 participants who sign up to attend will receive a complementary book. Dr. Stephanie Kaza currently is a UU living in Portland Oregon. Among other degrees she has one in Religion (M.Div., Starr King). She is professor emerita of environmental studies at the University of Vermont and a practicing Zen Buddhist. The 'UU World' published an excerpt from her book, Chapter 20 in its 2019 summer issue; "Black Oak is a Boddhisattva".

Please join us. ALL are WELCOME! Thank you, Jaylene Summers, [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or Rich Gaito, [captgaito@gmail.com](mailto:captgaito@gmail.com) or 207-985-7412.

## INSIGHT DIALOGUE MEDITATION

“This is peaceful, this is sublime; the stilling of all fabrications, the relinquishment of all acquisitions, the destruction of all cravings, dispassion, cessation, freedom.” ~ the Buddha

Insight Dialogue Practice will be meeting Saturday January 4, from 10-11:30am offsite. We will also meet February 1 and March 21, 2020.

Insight Dialogue is a fully engaged interpersonal meditation practice. It is grounded in Insight Meditation and was developed by Gregory Kramer. We are cultivating the Beautiful qualities of Benevolence, Compassion, Joy & Equanimity.

ALL are welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance. 2 07-985-7412. If you will be attending kindly RSVP. Thank you, With Metta, Jaylene

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## BUDDHIST BOOK GROUP

"The Relational Qualities of Kindness, Compassion, Joy and Equanimity are the foundation of all ethical thought, speech and action." ~ Christina Feldman

The Buddhist Book Group is meeting on Tuesday, **January 14**, from 3- 4:30pm in the library at FPUU. We will continue reading and practicing together from page 40, Chapter 1, "Immeasurable Kindness" in Christina Feldman's beautiful book, "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity."

We will also meet on Tuesday February 18 & March 10, 2020.

ALL are Welcome. Please join us as we continue co-creating this sacred space together. There is a book and a seat for you. FMI please contact Jaylene Summers 207-985-7412. Thank you.

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## New Toilet Paper

In our efforts to be environmentally friendly here at First Parish, we have just changed over to a special toilet paper. Here is a blurb from the Who Gives A Crap company: "We're determined to prove that toilet paper is about more than just wiping bums. We make all of our products with environmentally friendly materials, and we donate 50% of our profits to help build toilets for those in need. To date we've donated over \$2.5m Aussie dollars (that's the equivalent of just under \$1,900,000!) to charity and saved a heck of a lot of trees, water and energy. Not bad for a toilet paper company, eh?"

2.5 million people in the world do not have access to toilets, which is the cause of so much disease! We are helping just a little bit. Go to <http://us.whogivesacrap.org> to see what they do. It's pretty amazing.

## **Refugee Assistance**

WIONN needs diapers - size 4, 5, and 6. We have plenty of 1, 2 3. Please purchase biodegradable ones (7th Generation, Honest, for example). Leave these under the Refugee Sign in the parish hall.

WIONN Needs gift certificates for either Market basket or Hannaford. Leave these with Crystal and she will get them to Marylyn Wentworth or give them to Marylyn. Your help is much appreciated.

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## **Choir Notes**

Christmas with the FPUU choir  
Margaret Jones

Since 1988, I've been singing with the choir and the holiday season is an important one for me. I love it because the music is so familiar. Melodies like "Joy to the World" or "Oh Little Town of Bethlehem" bring me back to my childhood. It was a time of family gatherings, decorating the tree, Christmas cookies and going to church.

In the choir we sing a mix of familiar pieces such as the one we will be singing this year, "Rise Up Shephard" as well as new pieces. Several years ago, Charlie Grindle taught us to sing "A Child is Born", a rousing choral piece with multiple parts. I still find myself humming the melody even though it has been years since I learned it. That's the power of music.

Molly, our fearless choir director, brings inspiring pieces for us to learn. Although some of the music is difficult, I know that she will guide us through it. Also, I have a community who is in this with me. I am never alone when it comes to singing music for the holidays! Especially when additional church members join the choir for Christmas Eve services. Sometimes we are so large, we spill out of the choir loft and have to stand in the aisles. The more the merrier when it comes to singing together. Each year we have a holiday party where we appreciate one another by sharing food and the gift of song.

Since Unitarian Universalism honors all faiths, the choir has a wide range of music to select from. Under Molly's guidance we oftentimes sing inspiring pieces from other religions. Sometimes the music has a pagan theme such as the Winter Solstice or a non-Christian theme like Hanukkah or Ramadan.

Singing at this time of year is deeply rewarding for me. Music is nonjudgmental; inclusive. It brings people together during times when we need it the most. On Christmas Eve, the lights dim and each of us raises a candle into the dark. We sing "Silent Night" and the song lingers in the air, holding the moment and the memory of Christmas. I cherish these moments because I am part of a community that celebrates the love we have for each other in this sacred time of year.

## From the Archives

December 2019

1778- excerpt from “History of Kennebunk” by E. E Bourne

“At this period there was great suffering in the army from the lack of suitable clothing, and the Legislature called on the people to do what they could in the way of contribution. There were many of the townsmen in the army, and one would have supposed that the hearts of the people would have called forth a generous response, more especially when the articles needed were the product of domestic industry, and easily furnished by almost every family. We insert here the result in one district of the town...

“An account of the number of shirts and pairs of stockings and shoes delivered to Stephen Titcomb by the inhabitants of the Second Parish in Wells, as a present for the Continental army, agreeable to a request of the General Court of the State of Massachusetts Bay, began to be collected the 9th of April 1778:

### Shirts, Stockings, Shoes

Richard Boothby,	1		
Capt. Samuel Waterhouse			1
Joel Larrabee			1 & 12s.4d.cash
John Cousens		1	
Jesse Larrabee		1	
Adam Ross		1	
James Ross	1		
John Gilpatrick, Jr.			1
John Shackley			1
Dea. Richard Kimball	1	1	
Israel Kimball	1		
William Wormwood		1	
John Mitchell		1	1
Obadiah Hatch		1	

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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 the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, from 4:00-5:30pm in the Parlor., January thru April. The contact person is Helen Rousseau at [hrousseau@roadrunner.com](mailto: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**
- **Small Group Ministry:** Small Group meets on the first and third Tuesday each month from Sept. through June, in the FPUU Library, 1-3 p.m. Discussions are wide ranging, with the purpose of deepening relationships, spirituality and sharing community. Newcomers are welcome. FMI Virginia DiMarco 985-7238
- **Wednesday Meditation** This small group of meditators follows a simple practice of sharing a Buddhist reading followed by silent sitting and walking meditation at our own pace. All are welcome. Sessions are held from 5:05 to 6:35 p.m. in the church library on Wednesday throughout the church year, but occasionally must be cancelled. For more information contact Tim Ericson: 207-985-421, [timericsonmsw@gmail.com](mailto:timericsonmsw@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](mailto:sjpk@roadrunner.com) for info.

## FPUU STAFF/LEADERSHIP

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