



# First Parish Voices

**Worship Services**

**Sunday, December 17, at 10:30 AM**

**Pageant: – The Latke That Couldn't Stop Screaming**

**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

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## “Walk With Me”

The Ripples of Peace Sangha is offering the movie “Walk With Me” on December 15<sup>th</sup> at 6:30, in the Parish Hall. "Slow down and breathe. This contemplative journey follows in the steps of Zen master Thich Nhat Hanh and is a rare insight into life within a monastic community. The sun rises. Everything is calm and still. Life is beautifully serene as Benedict Cumberbatch's composed, meditative voice reads an extract from Thich Nhat Hanh's early journals. So begins Max Pugh and Marc J Francis's fascinating and immersive exploration of what it means to devote one's life to mindfulness. Walk With Me captures the daily routine and rituals of monks and nuns on a quest to develop a deep sense of presence. It is an insightful rumination on the pursuit of happiness, living in the present and our attachment to material things – a welcome remedy to the stresses of city life and a world in turmoil." FMI Sally Keene, [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com), [207-590-0035](tel:207-590-0035)

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## December No Particular Reason Women's Potluck Dinner

At the home of Ann Boyce (since Nancy Dorn is unable to host this year)

When: Friday, December 15 @ 6 PM

Where: [616 Old Post Road, Arundel](#)

Questions or for directions: please call 967-3778. I won't promise my home will be as beautifully decorated as Nancy's always is, but there will be at least a wreath. 😊

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## Christmas Pageant

The RE Committee, children, and Youth are excited to present the 2017 Christmas pageant this Sunday, December 17!

Adapted from Lemony Snicket's book The Latke Who Couldn't Stop Screaming: A Christmas Story, this pageant was lovingly arranged to involve the whole congregation! So, come to worship this Sunday prepared to dance, laugh, scream or all of the above in this multigenerational Christmas pageant!

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## Books For Kids!

The Social Justice Committee is requesting new, or like-new, children's books to be given to needy children for the holidays. Jacky Peters will distribute the books to mothers at the Portland shelter where she works. The books may be among the few gifts these children receive.

Please bring a book to church on Sunday, Dec. 10 or 17. Books may be for any age child, unwrapped, so the mothers can choose one that is appropriate for her child. Jacky will make sure they are given before the holidays

## Poinsettias

Poinsettias for the altar will be sold again this year on December 10th and 17<sup>th</sup>.

The cost will be \$13.00 for a 6inch pot, and can be dedicated to a loved one which will be printed in the order of service. A table will be set up during coffee hour on the above dates. Please bring the correct change or a check! If you have any questions, please see Joan Wuerthner or Alice White. Thank you!



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## Holiday Baskets

The holiday season is in full swing. Stores and TV are pushing us to buy more and more. But the true spirit of the season is remembering those folks in the Kennebunk's and Arundel who could use a little help. Community Outreach Services (COS) will be delivering Christmas baskets to some of our neighbors in need. If you would like to join me Friday, December 22 in this fun morning, call Donna Patterson at 651-1997, by December 20. Call me, Kathe Wright at 985-6194, for more information if you wish, or just to let me know you will be there. Volunteer drivers meet at Sea Road Church December 22. I plan on being at Sea Road Church by 9:30.

Also, you can bring non-perishable food to our church or drop your items off at Hannaford when you shop. Holiday food items would be particularly welcome. If you wish to make a tax-deductible donation, make your check payable to Community Outreach Services, P.O. Box 1175, Kennebunk, ME 04043 (mark it Holiday Food Baskets if you wish). Finally, if you know anyone who you think might be in need of a Christmas basket, tell them to contact the General Assistance Office of their town.

Thank you for your generosity. Kathe Wright, First Parish Representative to COS.

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## Christmas Dinner



Al and Vicki Adams will host Christmas dinner at their home in Kennebunk for members and friends of First Parish who do not have family or friends close by on Christmas Day. Planning for about 1 p.m., we'll roast the turkey and guests are asked to bring a side dish or dessert. If you'd like to come, call or talk to Vicki: 216-3890 or Al: 216-3891, or email [al-adams@roadrunner.com](mailto:al-adams@roadrunner.com).

## Worship Associate Training at FPUU

Have you ever wondered how someone gets to be a worship associate and help Rev. Lara with the Sunday service? Well, you could volunteer to be one! Rev. Lara will be organizing a one session training session in January to learn more about the position and to help you decide if this volunteer position is a good fit for you. If you are interested in learning about being a worship associate please email Rev. Lara at [UUKennebunkMinister@gmail.com](mailto:UUKennebunkMinister@gmail.com). The training date will be set based on participants availability.

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## Upcoming Holiday Week

During the week of December 25<sup>th</sup>, we will not be sending out the Newsletter, please send along your announcements for the following week by Wednesday, January 3<sup>rd</sup>, no later than 10 a.m.

Crystal will be in the office on Tuesday, December 26<sup>th</sup>, from 9 a.m. to 12 p.m. The rest of the staff will be available by appointment only for the week of December 25<sup>th</sup> thru January 1<sup>st</sup>.

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## **EMBRACING AGING: MOMENT TO MOMENT STARTS** JANUARY 10, 2018!!

EXPLORING The POSSIBILITIES As We Grow Older

1. January 10 - "Making Friends with Mortality"  
Rev Lara Campbell & Jaylene Summers co-facilitating
2. January 24 - "Making a Joyful Noise while Aging"  
Deborah Gordon & Jaylene
3. February 7 - "Managing Uncertainty"  
Cathy Fellenz & Rev Lara
4. February 14 - "Developing a Musical Playlist"  
Joan O'Hara & Rev Lara
5. March 7 - "The Art of Aging"  
Joyce Hollman & Jaylene
6. March 21 - The Art of Companionship; "We're All Just Walking Each Other Home" Ram Dass  
Rev Lara & Jaylene
7. April 4 - "SURPRISE!"  
Joan O'Hara & Jaylene
8. April 18 "Going Forth with Possibilities"  
Rev Lara & Jaylene

If You Are Aging, You Are WELCOME! Please Join Us! FMI please contact; Jaylene Summers; [jsummers@roadrunner.com](mailto:jsummers@roadrunner.com), 985-7412 or Rev Lara Campbell; [revlaracampbell@gmail.com](mailto:revlaracampbell@gmail.com), 985-3700

## **Please Welcome our New Music Director - Molly Petrik**

Rev. Lara, the Music Director Search Committee, and the Board of Directors is thrilled to announce that we have hired a new Music Director. Molly instantly stood out among the candidates not only because of her amazing talent but also because of her engaging personality.

Passionate in her work as a piano soloist, accompanist, choral director and piano teacher, Molly Petrik holds Bachelor and Master's degrees in Piano Performance from University of Montana and Western Michigan University, respectively. She has performed with highly esteemed musicians in recitals, master classes, festivals, and competitions. Molly's awards include a Gold Medal at Northwest Music fest, Gilmore Keyboard Festival Fellowship and MTNA star award.

In all of her musical endeavors, Molly strives for growth and learning and helping those around her do the same. Music invites both the creator and the listener to move towards vulnerability and openness, and Molly believes that cultivating these qualities in today's society is essential.

Molly will have office hours on Thursday mornings and by appointment, in addition to being at FPUU on Thursday evenings and Sunday mornings. She can be reached at [uukennebunkmusic@gmail.com](mailto:uukennebunkmusic@gmail.com) or her cell phone [701-202-8527](tel:701-202-8527)

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## **Caring for our neighbors**

Our collection of toiletries for the needy will continue this fall.

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

# Winter Solstice Celebration



## Amaterasu the Sun Goddess

First Parish Unitarian Universalist Church  
114 Main Street, Kennebunk  
985-3700

Thursday Evening  
December 21, 2017  
7:00 pm

All Are welcome!

- Please bring donation of non-perishable food for Community Outreach Services
  - Finger food for the After Party
- Bells, clangers, whistles and kazoos to help welcome the Sun

# 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 that meets 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 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 parlor 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.**
- **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!** Please bring cushions and/or mat for comfortable sitting – Chairs will be available. 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 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**  
First Saturday of the month, 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 \* Please NOTE new time

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) RevLaraCampbell@gmail.com  
**DIRECTOR OF RELIGIOUS EDUCATION:** Emily C. Jones.....uuKennebunkDRE@gmail.com  
**MUSIC DIRECTOR:** .....  
**ADMINISTRATOR:** Crystal Jones.....uukennebunkoffice@gmail.com

### **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  
 Karen Tolstrup.....kdtolstrup@gmail.com  
 Christine Thurm.....ccthurm@yahoo.com