



First Parish Voices

Worship Services

Sunday, December 23, at 10:30 AM

A Festivus for the Rest of Us – Rev Lara Campbell

Monday, December 24, at 5:00 PM

The Night the Animals Talked – Rev Lara Campbell

Sunday, December 30, at 10:30 AM

Aspirations for the New Year – 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 from 9 am to 12 pm, or by appointment. Lara
is always available via email or cell phone.

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Weekly Update

Christmas Eve Share the Plate and Challenge Match

FPUU's Board has selected *Community Outreach Services* or *COS* to receive 50% of this year's Christmas Eve offering. *COS* was organized in November 1990 by people from local churches in the Kennebunks to enable our local faith communities to reach out to neighbors in need. *COS's* mission is *to extend a helping hand to our neighbors who face challenges with food, fuel or specific needs emergencies*.

The need in our community is much greater than any of us would like it to be, and *COS* is a lifeline to many. From offering summer time school lunches to providing a food pantry to ensuring that people can keep their heat on, *COS* fills a vital need.

We have once again received a challenge match for our Christmas Eve share the plate. A donor has committed \$1,000 if the congregation contributes at least that amount to this year's Christmas Eve offering. This means that Your donation to this year's offering has the potential to be doubled.

You can help *COS* help those in need right here in the Kennebunks by contributing to the offering on Christmas Eve. If you will not be in attendance, you can drop off your contribution at FPUU. Please put "Christmas Eve match" in the memo line.

Thank you so much for your support of First Parish and our community.

Office Will Be Closed Dec. 24th thru January 1st

Please note the office will be closed the week between Christmas and New Years Day. There will not be a newsletter during this time, so please make sure to get all announcements in the week before by Wednesday, December 19th at 10 am. Happy Holidays to you all!

Please contact Crystal with any questions at 2047-985-3700.

Ushers Needed

We are still in NEED of Ushers to sign up. If you want information about what is involved, please contact Ted Trainer. Otherwise, please check the signup sheets in the Parish Hall and add your name. Thank you very much.
Ted Trainer

Help us to shape our story with your 2019 Pledge Card!

2019 Pledge Cards have been mailed out. Please make sure you return them to the church as soon as possible. We are hoping to have all the contributions recorded before the holidays, so we can plan the 2019 Budget. Be a part of ensuring that our congregation endures for generations to come. Join me in renewing your commitment to First Parish Unitarian Universalist Church of Kennebunk, Maine.

If you did not get a card let Crystal know and she will gladly send you one.

Thinking about being a legal member of First Parish?

Rev. Lara is scheduling a New Member Ceremony for 1/27/19. Talk to her about signing the book so you can be part of the ceremony.

Expectations of Membership

First Parish is committed to offering Members enriching worship services, opportunities for personal faith development and religious education, an open and welcoming environment, caring support and outreach.

First Parish asks for the following commitments from its members:

Attendance at Worship Services

By attending as regularly as possible, a Member will become a familiar face in the FIRST PARISH community network, contributing to their own personal faith development.

Service to the Life of the Church

The volunteer efforts of members keep FIRST PARISH running, and there are many opportunities to get involved: volunteering in the nursery once a month, helping with RE classes, assisting at the monthly Church clean up, volunteering in the office, helping prepare/serve at coffee hour, or serving on one of the many committees that need creative thinkers. The Membership Committee may be contacted for a list of volunteers needed.

Service to the Larger Community

First Parish prides itself on working for the greater good of the community. FIRST PARISH puts its faith into action by participating in programs that benefit those outside of our congregation, regardless of faith and beliefs. By taking an active role in programs such as Focus on Hunger, as well as other social justice groups, First Parish is able to make a positive impact on society at different levels. In addition to providing awareness of local, national, and global issues, FIRST PARISH encourages its Members to participate in and bring awareness to programs about which they feel passionate. First Parish recognizes that every individual can make a difference.

Financial Contribution

As a self-sustaining congregation, First Parish does not receive financial support from the UUA or any other governing body. We depend solely on the financial generosity of our members and friends. Since each family's financial situation is unique, Members and Friends are asked to pledge, as able, a percentage of their adjusted gross income for each full calendar year. This is our fair share level of giving. To us, true stewardship means the responsible maintenance of a self-sustaining community.

Winter Solstice celebration: travel back 5,000 years

On the evening of the Winter Solstice, December 21st, we will present a celebration inspired by the Ancient Celts. Bringing together two sources, we have envisioned a ritual that might have taken place in ancient times. One source is a great temple that stands today in Ireland, which was built before the Pyramids of Egypt, in honor of the return of the sun after the longest night: the archeological site in northeastern Ireland known as Newgrange. The second source is the spiritual tradition handed down from the ages through the Celtic culture. We hope you can be there – invite your friends! Admission is free and all are welcome. Please bring a non-perishable food item for local hunger relief and a finger-food item for the sharing and fellowship that completes the evening.

Winter Solstice Celebration The Celtic Story of Newgrange, Ireland



**Friday Evening December 21,
at 7 pm**

**First Parish Unitarian Universalist
Church**

114 Main Street, Kennebunk

(207)985-3700

**Please bring a non-perishable food item for
COS (community outreach services)**

Bring finger food for the afterparty

The Light Returns!

All Are Welcome

Christmas Eve Candlelight Service



2018 Colloquy of the Yule



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

You may be wondering, "what on earth is a 'Colloquy of the Yule?'" This Christmas breakfast event has become a settled tradition in the Pacitti-Campbell family and 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 and playing 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 (because who doesn't love cookies for breakfast?)

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 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 another 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, 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. RSVP by Dec. 17 at the latest! Merry Christmas!

NYE Kennebunk's 4th Annual Wild Blueberry Drop!



Join us starting at 7:00 p.m. on Monday, December 31 for NYE Kennebunk's 4th Annual Community Celebration and WILD BLUEBERRY DROP!

Featuring:

- Live Music and Improv at the Brick Store Museum
- Charity Cornhole Tournament
- Board games at FPUU
- Skating at the Waterhouse Center

and of course, the WILD BLUEBERRY DROP at 9:00 p.m. for early birds as well as midnight!

Visit www.nyekbk.org for more information. Ring in the New Year with us!

INSIGHT DIALOGUE-SATURDAY MEDITATION

"Ask yourself, - how can I be part of a realm of giving"? ~ Ajahn Sucitto

We will be meeting Next Year on Saturday January 5, 2019, from 9:30-11:30am in the Parlor to practice Insight Dialogue Meditation. We will also meet on Saturdays Feb 2 and Mar 16. ALL are welcome. If you are new to the practice, please contact me for some guidance before attending. Thank you, Jaylene Summers, jsummers@roadrunner.com or 207-985-7412.

Amy Wood's Service January 6, 2019

Amy Wood is Co-Chair of the First Parish Board of Directors. As a psychologist, coach, professor, and speaker, she has spent over 20 years leading ambitious adults to greater fulfillment and achievement. Amy will be speaking Sunday January 6, 2019 on embracing the mysteries of life

Buddhist Book Discussion Group

“The Buddha’s teachings on cultivating the Boundless Heart are Relational Qualities...that lead to awakening and freedom”. - Christina Feldman

This monthly group meets Tuesdays from 3-4:30pm in the library. Upcoming Meetings are: January 22 and February 12th. Currently we are reading together and *discussing "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity"* by Christina Feldman.

We are an evolving group, co-creating this sacred space. Please Join Us. ALL are Welcome. FMI please contact Jaylene Summers; jsummers@roadrunner.com or 207-985-7412. Thank you.

Caring Committee

The Caring Committee of the church has set up a program for church members and friends. The program provides transportation to medical appointments and to church services. Beth Andersen and Kathe Wright are co-coordinating these rides. We need more drivers for this service. If you can volunteer to provide these rides, contact Beth Andersen at 985-7218.

People requesting rides to medical appointments or to Sunday services should call Reverend Lara at 337-5643 or Andrea Rohde at 985-3517 during Reverend Lara’s Sabbatical. Reverend Lara or Andrea will contact either Kathe or Beth to make arrangements with volunteers for rides.

From the Archives

A Christmas Hymn

Written by Rev. J. A. Swan

Sung to the tune of Auld Lang Syne

This song was written to mark the First Sunday School Christmas Celebration In Kennebunk in 1857

‘Tis many years ago, this night since sleeping flocks among
The shepherds heard the wondrous words announcing angels sung,
And in the sky a star appeared with clear and steady ray,
Which led the wise men to the place where the new born Saviour lay,
We're gathered here this Christmas Eve around the Christmas Tree
Where Sabbath bells have called us oft with their sweet melody,
But in our joy, we'll not forget that Saviour pure and mild
For as we all are children now, so He was once a child,
He came to break the bonds of sin to teach a Father's love,
To lead the way through trials here to a world of light above,
That we might to the world go forth with faith for our defense,
And through its hardest strife still bear our childhood's innocence,
We thank Thee, Father for the love which lights the path of youth,
We thank Thee for the Saviour's words of Hope and Trust and Truth,
May we remember Thy commands and choose Thy sacred ways,
Our hearts be taught to love Thy will, our lips to speak Thy praise.

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!

- **NEW! Embracing Aging:** Moment to Moment is a thoughtful, provocative discussion group. A new group will meet on Wednesdays, every other week from 4:00-5:30pm for 6 weeks. in the Parlor. It will be led by Madeleine Tunison, at mtu88@maine.rr.com or 207-303-9364, and Linda Haley at lehaley30@gmail.com or 207-502-7561. In January 2019, the group will meet for 8 sessions through 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.
- **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 Vicki Adams 207-216-3890 or Tim Ericson 207-985-4211, for more information. 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!
- **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: 2017 – 2018 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
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