



# First Parish Voices

## Worship Services

**Sunday, December 9, at 10:30 AM**

**What is Your Song? – Sally Keene**

**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

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## Poinsettias – Last Week to Order

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 2<sup>nd</sup> and December 9<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 with out full payment. Once you have completed your envelope and sealed with payment, please drop it by the office mail slot.

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

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## Christmas Pageant

The Religious Education program is excited to invite you to a unique worship and Christmas pageant experience on Sunday, December 16th at 10:30AM!

Combining traditional worship elements with enhanced storytelling, costumes, movement, and congregation participation, this is a multi-generational service not to be missed!

Originally based on the book *The Last Straw*, about the journey to Bethlehem from the animals' perspective, and developed into a script by another UU congregation, this play has been re-written and adapted especially for FPUU!

In previous newsletters, you may have noticed the various donations being collected. These include large cooking pots and other kitchen items for immigrants living in Maine, children's books for kids at the domestic violence shelter, toiletries for those in need, and holiday food items to distribute to those who might not have the means for a holiday dinner. These donations will be highlighted and incorporated into our Christmas pageant! Please continue to bring your donations to the church. On the day of the pageant, most people will be seated according to what they have brought (either previously or on the day of the pageant). If you donated items from several categories, an usher will direct you to a section.

This service has interactive elements designed to enhance the multi-generational worship experience. We understand that some people are more comfortable simply observing. This is expected and respected! You may remain seated during the interactive parts. Children and adults of all ages have worked hard on this Christmas pageant. We look forward to sharing this story of hope, perseverance, and community with you on December 16th. In faith, Emily C. Jones, Director of Religious Education.

## **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

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## **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.

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## **FPUU Sabbatical Guide**

You can get your copy of the FPUU Sabbatical Guide by picking up a hard copy from the Welcome Table in Parish Hall or by downloading an electronic copy on the church website. It is located in the Sunday Service block and highlighted. Thanks

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## **Housing for Rev. Kimberley Debus**

It's a pleasure to share some wonderful news. Gray Hirshfield, a summer friend of First Parish, has made her Wells beach home available to Rev. Kimberley, our sabbatical minister, for each of the four times she'll be in Kennebunk. Now Kimberley won't have to move to a new home each time she comes to Kennebunk. And, she'll have a great place to work and relax, one block from the beach. Thanks, also, to those of you who considered opening your homes to Kimberley.

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## **Women for All Seasons**

Having had to postpone our last meeting due to snow and ice, Women for All Seasons will reconvene in the church library on Tuesday, December 11 at 6:30 PM. All women are welcome to join us for a ritual based on the "original" Cakes for the Queen of Heaven curriculum. At this session, we will be using the materials from Session 3, which is entitled "Woman Power". The presenters for this ritual are Nikki and Sheila, and both have been surprised at how pertinent this material is almost 40 years after it was first introduced. If you have any questions about this week's ritual or if it is your first time attending, please call Sheila at 985-3988. This will be our final meeting for 2018, as the fourth Tuesday of the month falls on Christmas Day. We will begin our usual 2nd and 4th Tuesday meetings again in January 2019.

## **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: December 11, January 22 and February 12<sup>th</sup>. 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](mailto:jsummers@roadrunner.com) or 207-985-7412. Thank you.

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## **♪♪♪ 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, December 14<sup>th</sup>, 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](mailto:bruce@bcpipes.com) or Rich Gaito at [captgainto@gmail.com](mailto:captgainto@gmail.com)

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## **NO Particular Reason Pot luck**

No Particular Reason Pot Luck will be at Nancy Dorn’s home on Friday December 14<sup>th</sup>, at 6 pm., at 62 Brown Street, Kennebunk. Please contact, Nancy L Dorn with any questions at 207-985-2027.

## 2018 Colloquy of the Yule



Join Rev. Lara and Jay as they host their annual Colloquy of the Yule on Tuesday, 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?'" 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](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 another festive Yule discussion!

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## 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](mailto:jsummers@roadrunner.com) or 207-985-7412.

## **Children's Books Wanted**

Once again, our church will be collecting new or almost new children's books to be donated to residents at a domestic violence shelter. Books for all ages, are appreciated, they do not need to be holiday related.

Last year we provided enough books that all the parents were able to give their children a couple of books. You can bring the books at any time. The gift of literature is a gift for a lifetime.

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## **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.

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## **"New Mainers"**

Would you like to help some of the people who have recently immigrated into Maine? This is a perfect time to fulfill some of their needs.

There are many, many Iraqi families in Biddeford. Their needs are a bit different than ours. They tend to have large families and extended families and cook their meals in a single BIG pot and serve on BIG platters. You can leave things at church with Marylyn Wentworth's name on the boxes or bags and she will pick them up. These are some things we need to find:

BIG pots (not aluminum or teflon)

BIG frying pans (not aluminum or teflon)

BIG trays and platters

BIG canisters for flour, sugar, tea, coffee etc., Pressure cookers, meat grinder!! (surprisingly big need)

electric mixer, kitchen wash cloths, kitchen dish towels, bath towels, Sewing machine, Children's toys, preferably not plastic or small pieces that could choke little children, kitchen equipment like potato masher, ladle, spatula, mixing spoons, hot pads, cleaning stuff like scouring pads and powders, dish soap, laundry soap.

Thank you, Marylyn Wentworth

## **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.

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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!*

- **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, [sjk@roadrunner.com](mailto:sjk@roadrunner.com) for info.

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com)  
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## **BOARD OF DIRECTORS: 2017 – 2018 program year**

**CO-CHAIR:** Daniel MacDonald.....[daniel@doornorth.com](mailto:daniel@doornorth.com)  
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