



# First Parish Voices

**Online Worship Services**  
**Sunday, February 21st, at 10:30 AM**  
**Happy Birthday to Ya**  
**Rev. Lara Campbell**

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# Weekly Updates

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**HOPE** ... It is often in the darkest skies  
that we see the *brightest* stars.  
- Richard Evan  
Submitted by - Kathe Wright

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## Book Fundraiser by Helen Rousseau

As you recall last month Helen graciously offered her book, **Poems for a World on Fire: Meditations on Hope**, for a fundraiser to earn money for the church!! Not only was it very succesful in that Helen raised \$300.00 for the church, but we all got to read her wonderful book of poems that are now being read and shared to many!

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## On Line Spring Auction

Let's get creative about an on line fundraising auction.

Do you have some **THINGS**: art work, antiques, beautiful trinkets etc, **SERVICES**: plant a garden, bake a cake, fix something, have a lawn party 6 feet apart, etc. **GIFT CERTIFICATES**: from local businesses, 6 weeks of cookies, acupuncture, massages etc.

Get your donations, with pictures whenever possible, to [marylyn.wentworth@tnsk.org](mailto:marylyn.wentworth@tnsk.org). Don't need physical objects now, just pictures. You can send gift certificates to Marylyn at 259 Log Cabin Rd. Arundel 04046 or digitally.

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## All-Church Birthday Party, Sunday, February 21

Although we are honoring *everyone's* birthday, we would especially love to celebrate those folks who are **over age 90, or will be this year!** So...please don't be shy, but **proud!** We do have a few names already, but don't want to leave anyone out! Please email or call Crystal in the office, [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com), or email Jim or Linda Thompson at [JETHompson33@aol.com](mailto:JETHompson33@aol.com) and let us know so we can acknowledge you :-).

To get into the spirit, we invite everyone to wear a special hat, earrings or tie, and perhaps have a cupcake or other treat at the ready. Hope to "see" you all on Sunday, the 21st!

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## Leadership Forum

There will be a Leadership Forum meeting on Tuesday, February 22<sup>nd</sup> at 6pm. If you would like to attend please let Wayne White know at [wwhite911@aol.com](mailto:wwhite911@aol.com). Wayne will then send you an invite to join via zoom.

## Invitation to join the Wednesday Evening Discussion group

“The most important record of religious history resides not in books and sacred texts but buried in the earth.” This series of lectures by Prof. John Hale of the University of Louisville, uses archaeology to find and interpret ancient artifacts related to civilizations that existed before a written language or civilizations that were among the first to record information. Today’s technology has unearthed a lot more information about ancient places than was available when most of us went to school. The interpretation of artifacts is still open for discussion; not all conclusions can be proven.

Our next few topics are listed below. You are welcome to join the group discussion for any or all topics.

Wednesday, February 17	Tomb Of the First Emperor of China
Wednesday, March 3	Feasting with the Dead at Petra
Wednesday, March 17	Druid Sacrifice Lindow Moss?
Wednesday, April 7	Honoring Ancestors in Ancient Ohio

Group members view the lectures ahead of time at their own convenience and the group meets on ZOOM for a discussion. We meet at 7:00 pm on the listed Wednesdays. If you are interested, please contact Ruth Stackpole at [paws8@roadrunner.com](mailto:paws8@roadrunner.com) and I will get things set up for you.

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## Women for All Seasons

Woman for all Seasons will be meeting Tuesday, February 23 at 6:30pm on Zoom. We will be discussing Over View of Cake of the Queen of Heaen. Please contact Barbara Conner, [bsconner@roadrunner.com](mailto:bsconner@roadrunner.com) or Linda Thompson, [lindabear33@aol.com](mailto:lindabear33@aol.com) FMI.

Meetings are held every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month on Zoom.

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## We Need Tech Associates!

Here is an opportunity to join those silent, behind-the-scenes worship service folks who keep the service visible on your screen via Zoom tools. Your only qualifications are a dependable Internet connection and a passion to learn more about Zoom and help with the service. All training provided! You'll apprentice and observe before being asked to do the job on your own, and you are always part of a supportive environment with others during the service.

Contact any of the team members if you would be willing to help us out and be part of the team.  
Regards, Bruce Childress, Chris Wells, Patrick Connor, and Hervé Lavoie, Rev. Lara Campbell

## **Flags, Flags, Flags**

The Social Justice Committee decided this fall to fly the U.S. Flag beside front doors of the church, and to rotate other flags at the other side of the doors. All the flags are in accord with our UU Principals. A local veteran advised us about the correct placement of the U.S. Flag when there is more than one being flown. We will keep the U.S. Flag in place on the left side of the door (which according to our advisor is the right side from the point of view of the flag). Celebrating Black History Month, we will fly a Black Lives Matter Flag in February. In April, we will fly the Earth Flag in honor of Earth Day, and in June, the Pride Flag will fly for Pride month. We will rotate the flags during the other upcoming months. We have ordered new flags and also new flag poles, as advised by the town, so that the flags will fly and not get wrapped around the poles, as they sometimes do. This project is being funded by the Social Justice Committee.

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## **“The Black Church: This Is Our Story, This Is Our Song”**

“The Black Church: This Is Our Story. This Is Our Song. The Black church expanded its reach to address social inequality and minister to those in need, from the Jim Crow South to the heroic phase of the civil rights movement and beyond.” Tues., 2/23 at 9 pm - PBS

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## **Share the Offering Collection for January 2021**

We would like to thank the congregation for their contributions for Share the Offering for the month of January. We have collected \$511.00 that has been donated to Community Outreach Services, a wonderful organization helping out in so many ways.

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## **Zoom Buddhist Book Group**

“The brahma viharas or ‘heavenly abodes’... of Kindness, Compassion, Joy and Equanimity, cultivated skillfully, are both pathways to profound liberation and the embodiment of awakening. ~ Christina Feldman

We are meeting on ZOOM on Tuesday, March 9th from 3:00-4:30pm. Currently we are reading and practicing together Chapter 2, ‘Compassion’ from the beautiful book by Christina Feldman “Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy and Equanimity.”

Upcoming Dates: Tuesday, April 13, 2021.

It is not too late to join this reflective, gentle contemplative group. All are welcome. If you would like to attend, please let me know and I will send you an invite. Please shelter safely, be healthy and protected in the midst of this unprecedented time. Jaylene Summers: [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or 207-985-7412.

## **WIONN (Welcoming Immigrants Our New neighbors) NEWS**

WIONN is in need of people to become Care Teams for families newly arriving in Biddeford. A Care Team becomes a friend and advocate for a new family. If you are interested contact [marylyn.wentworth@tnsk.org](mailto:marylyn.wentworth@tnsk.org).

### *Monthly Updates from Our Committees*

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#### **Share the Offering for the Month of February Planned Parenthood of Northern New England**

For the month of February our church Share the Offering will go to Planned Parenthood of Northern New England. For 100 years, Planned Parenthood has promoted a commonsense approach to sexual and reproductive health and well-being, based on respect for each individual's right to make informed, independent decisions about health, sex, and family planning. Your health is your future, no matter who you are or where you come from.

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#### **Choir Notes**

I spend most of my day in the presence of people who are suffering. Some have chronic pain. Some have substance use disorder. Many are in need of other support and guidance. Many communicate aggressively, dysfunctionally, obscenely.

There is art in my day. There is poetry. Most of it involves the art of being kind to people who make kindness difficult, and the poetry inherent in the narrative of misery, loss and recovery. .

Frida Kahlo comes to mind. Dante's Inferno. Blake. John Milton.

It is sometimes beautiful. It is often inspiring. It is frequently neither.

I keep copies of books by Leonard Cohen, Jim Carroll, and Alice Walker in my waiting room. My exam rooms are full of prints of dancers, and from *Alice in Wonderland* because there is so much in that story about losing one's way and drowning in a pool of tears.

What I do not have in my day is music. At least nothing that comes from my surroundings.

In my head, however, I have a soundtrack. There is always a song in the background of whatever else I'm doing with my brain, and it varies according to how my day is going.

Sometimes it's frenetic, like Mozart's *Eine Kleine Nachtmusik* but sped up. Sometimes it's just incidental, like when I had "The Hamster Dance" as a mental theme song for an entire month. It could be a ditty my husband wrote to sing to our pig. It may also be ragey.

For example, my brother is a writer and once did an article for the *Village Voice* in which he described me during my third year of residency. I was massively pregnant and working long hours in stressful situations. Hugely gravid, I would stalk the halls of the late-night hospital in my white coat and silently stream Eminem lyrics to myself as a way of venting my frustration at the many unwinnable tasks I faced every day as a rural physician.

He was not inaccurate in his portrayal. I will not quote any of the favorites from that era. Suffice it to say I doubt the choir will ever sing a cover of an Eminem original.

My father also has mental music going most of the time (for one horrifying week, it was "Lonely Goatherd"), so I thought this was baseline neurophysiology for humans. I was in my fourth year of medical school when I discovered that not everyone has a soundtrack. I asked my roommate what song was in his head at a particular moment and he looked bewildered and said "none."

I should not have been shocked, given that he is someone who used to listen to lectures on cardiology during his commute to the beach. He is now the dean of a medical school. And at time of this writing, he almost certainly is not humming to himself.

It should be enjoyable to always have music in my head, but the song is lonely. And frequently bizarre. It makes my day musical, but it does not bring me company, not community.

And then I started to sing out loud again.

I had not done organized music since I was in high school, but a friend from church forced the issue after I sang as part of a service. It was a song about drugs because of course it was. It was thus revealed that I can mostly stay in tune. And so, I was recruited to the choir.

When I started choir, I offered to sing the part I call "sopralto", in that although I enjoy the challenge of learning harmonies, I will also flesh out the melody if there is a need for more voices. This is the kind of switch-hitting anyone who has done rural practice learns to do: we don't always work according to our talents or interests, but as to the need of the community. In the case of choir, it feels like an opportunity more than a burden.

Even when we were having in-person rehearsals, I was not always able to show up for choir but continued to rehearse the part I was assigned on my own. I used to make my own ham-handed recordings for run throughs, but now that we have the genius presence of Molly, there are better, less pitchy, rehearsal pieces.

I play the practice songs at my office while I am doing prescription refills, or between patient visits if I have someone not show up. I might listen to them on a walk, or while I am waiting for yet another online meeting to start. Medical students are either puzzled or annoyed at my softly joining in to the same 3-minute music over and over. But that gives me an opportunity to smile and say, "I'm in the *choir*."

I do not hear harmonies intuitively, so the alto part connects me with a challenge that for once has nothing to do with medicine or social justice. A space where nothing intellectual is expected of me except the delight at learning the backstory of certain songs or muddling through Hungarian consonants.

Choir connects Physician Me with High School Me, who spent all her time outside of class hanging around with the other kids in the band room. I'm still in touch with many of them, and they are still my people. The second clarinet to my first chair is now an actual astrophysicist at NASA and when we meet up every few years, we can still sing the two parts of a Mozart duet our clarinet teacher made us learn.

It connects me with other people as we work as a team, maybe not seeing each other for months but sharing our zoom faces out of the darkness of the screen as our song comes together, heard as an ensemble for the first time.

I'm not alone in my head because now when I hear the songs, I can hear Molly scat singing the bagpipe part in "Biko". It's not a solo venture when I run part of a seven-part arrangement because I can also hear Rachel Wells' gorgeous belting in "Quiet". As when I was pregnant and always felt I had a little pal riding along with me, I feel the company of the choir even when I am sitting late in my office reviewing notes.

Newer staff might hear me and say, "I didn't know you sing." And I would reply, "I do. Always."

Submitted by Merideth Norris

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## **From the Archives**

Secretary's Report for October 26, 1951

February 2021

Submitted by Karen Tulstrup

Secretary's Report for October 26, 1951.

Between 35 and 40 members of the Unitarian Club sat before the tables to be served an appetizing meal by Captain Vail and his lieutenants. Roast ham, mashed potatoes, green peas and apple pie were the main dishes, accompanied, of course, by rolls and butter, condiments and coffee. Like the Bible incident of the loaves and fishes, the supply was abundant and there were leftovers; not twelve baskets, but enough to show the cooks were not penurious.

At the beginning of the festivities the President, Secretary and Minister sat in lonely grandeur at the head table. No one else was invited and none barged in.

Since the report of the last Secretary contained no facts beyond those everybody knew, President Schultz calmly passed it by....

The President then briefly set forth the program for future meetings... Frank Lord has charge of the program for November 30. He asked for an expression of opinion as to whether the members preferred a moving picture or a speaker; that is whether they would choose to look much and listen a little or look a little and listen much. The listeners carried the vote. However, this result had no legal bases and Frank will do as he pleases anyhow.

At the President's invitation, Alton Clark made an appeal for membership in the High School Booster Club, telling of the need for equipment and encouragement of the boys who formed the various athletic teams. One project suggested for the near future was the cleaning and painting of the kitchen. Another was the formation of three or four bowling teams for intramural contests.

Having thus disposed of the real business of the evening, President Shultz threw the burden onto the bowed shoulders of the Secretary, an elderly gentleman approaching his dotage. Naturally, knowing little about the present and nothing of the future, except the probability of high temperatures, he slipped back into the past and talked about a fellow who lived long ago, Patrick Henry by name. He deeply appreciated the courtesy of attention and the generous applause. When that stopped after one salvo, the meeting adjourned at about 8:35. Thus, ended the first session of the Unitarian Men's Club for the year 1951-51 in the old church of the First Congregational Parish of Kennebunk.  
Respectfully submitted,  
Melville C. Freeman

## *References*

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### **Inclement Weather Closing in COVID Times**

In the event of inclement weather all online meetings and classes will continue as scheduled. This goes for Worship as well.

Staff will work from home if inclement weather is to occur during the week.

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### **Online Worship Service**

There are three ways to join the service:

- From your phone or tablet, by downloading the zoom app. [[Apple iOS\(link is external\)](#)] [[Android\(link is external\)](#)]
- From a laptop or desktop computer [[download\(link is external\)](#)]
- By telephone (audio only) the phone number is [929 205 6099](#), meeting ID **734 887 010**. Password: **024481**.

You should have the software downloaded and installed on your device before the service starts. Our services will be available at this URL, just click to join the service! [https://zoom.us/j/734887010?](https://zoom.us/j/734887010?pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09) Description: Join Zoom Meeting [pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09](#)

The Order of Service and the Announcements are being emailed out on Sunday morning. If you are not getting the email, please contact Crystal Jones at [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)



## Office Hours for Staff

Rev. Lara will hold office hours Wednesday and Thursday from 9am until 12pm, or by appointment. Lara is available to meet with you outside in person or by Zoom, and as always Rev. Lara can be reached by phone anytime. Monday's are Lara's scheduled day off so please only contact if you have an emergency.

Crystal will be in the office Wednesday through Friday from 9am until 12pm and welcomes you to stop by if you need help with anything. She will be working from home Monday and Tuesday, so will receive emails and phone messages.

Molly will hold online office hours: Tuesday 10:30-12:00, Wednesday 1:00-3:00 and Thursday 5:00-7:00, or by appointment - Monday, Thursday, Friday.

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### Making a **“Share the Offering”** Contribution Can Be Made at Anytime!!

Contributions can be made anytime online at [www.uukennebunk.org/plate](http://www.uukennebunk.org/plate), or send or drop off a check to the church. Please put “offering” in the memo. Our mailing address is 114 Main Street, Kenneunk, ME 04043. Crystal will be in the office Wednesday through Friday from 9am until 12pm if you feel better leaving a check with her.

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## SHARE THE OFFERING

Share the Offering has been enhanced by your Social Justice Committee and approved by your Board of Directors. This new and more consistent approach will enable us to actively express our Unitarian Universalist values, while reaching out to a larger community.

**-HOW WILL THIS WORK?** Each month a different and approved non-profit organization will receive one half of our regular Sunday cash collection.

**-WILL WE SHARE EVERY SUNDAY FOR THE FULL MONTH?** Yes, except that July & August will be combined to allow for summer time's lower attendance.

**-WHY COLLECT EVERY SUNDAY?** We recognize that not everyone can be in church each and every Sunday or may not have their extra funds on hand. **NOTE: Due to the Pandemic's effect on gatherings/social distances, we “currently” cannot rely on personal Sunday collections, although we hope & trust to return to this approach sometime soon.**

**-WHAT IS CURRENTLY THE BEST WAY TO CONTRIBUTE?** You may mail your check payable to FPUU indicating in the check's memo section “Share the Offering”. Another option is to log into website [www.UUKennebunk.org](http://www.UUKennebunk.org) and select “Plate Offering”, which allow you to contribute using your credit card.

**-WHERE DOES MY PERSONAL FPUU PLEDGE FIT IN?**

Your Pledge will continue to be allocated only toward those budgeted programs and expenses which FPUU membership previously approved.

**HOW DO I RECOMMEND A NON-PROFIT AS A RECIPIENT?** Please contact Crystal ([uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)) to receive an application. All Completed applications should be sent to back to Crystal. FMI, please contact Eva Downs; she will be happy to work with you and answer any questions.

## Curious About an Event That is Happening at FPUU??

Please feel free to check out the church calendar if you are searching for a certain event, or just curious as to what may be going on here at FPUU. You can find the calendar here: <https://calendar.google.com>.

## *Outreach Services*

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### Community Outreach Services - COS

COS offers assistance: food, fuel and many other things, to our neighbors in Kennebunk, Kennebunkport and Arundel. To make an appointment:

- 1) Contact the General Assistance officer of your town or
- 2) Call-207-985-6069 or
- 3) Go online to <https://calendly.com/cosfoodpantry/foodpantryvisit> to select a 10-minute time slot. After you confirm your time you will be forwarded to a website to provide COS with your Food Pantry preferences. This pantry provides fresh produce, meats and dairy items along with non-perishable foods such as canned goods, cereal, pasta, pet food, household items, etc.

You may pick up your food during your scheduled appointment time at the COS Food Pantry, 19 Park Street in Kennebunk (driveway to the left behind the playing fields).

Appointments can be made for Mondays 12pm-3pm, Tuesdays and Thursdays 3pm-6pm and Fridays 10am-1pm.

To donate food to COS: "Nonperishable food items can be placed in the bin near the entrance to Hannaford, Kennebunk, or in the bin at the COS location, 19 Park Street, Kennebunk (behind the playing fields and playground) Thank you!"

To donate funds to COS - 2 ways: 1) through the website: [coskennebunks.org](http://coskennebunks.org). or 2) by check to COS, P.O. Box 1175, Kennebunk, ME 04043. Again, thank you!

For more information, contact Kathe Wright, church representative to COS

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### No Place Like Home

No Place Like Home, a volunteer group started by Molly Hoadley, is offering to run errands for older adults at no cost. Call 558-2270 and leave a message. Someone will get back to you. We have a small cadre of volunteers willing to help. Stay safe.

# Funding Opportunity

## 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** bags in the "milk box" on the porch for you to pick up and fill. The box is right by the side door on the porch, by the entrance door.

Here is the Clynk website for more information: <https://www.clynk.com>

# Spiritual Growth Opportunities!

- **Buddhist Sangha - Ripples of Peace** "In the tradition of Thich Nhat Hanh" Online Zoom - Tuesdays, 5:15- 6:45 p.m., 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 by a Buddhist teacher and discussion. 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 zoom link and info.
- **Embracing Aging:** 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. Unfortunately, due to the present pandemic, any further meetings will be postponed until further notice. The contact person is Helen Rousseau at [hrousseau@roadrunner.com](mailto:hrousseau@roadrunner.com) or 207-332-0046.
- **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!

## FPUU Staff/Leadership and Committee Contacts

### FPUU STAFF/LEADERSHIP

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) uuKennebunkMinister@gmail.com  
**MUSIC DIRECTOR:** Molly Petrik.....uuKennebunkMusic@gmail.com  
**ADMINISTRATOR:** Crystal Jones.....uuKennebunkOffice@gmail.com  
**BOOKKEEPER:** Barbara Boscia.....uuKennebunkBookkeeper@gmail.com

### BOARD OF DIRECTORS: 2019 – 2020 program year

**CO-CHAIR:** Marylyn Wentworth.....marylyn.wentworth@tnsk.org  
**CO-CHAIR:** Wayne White.....wwhite911@aol.com  
**CLERK:** Molly Hoadley.....mollyhoadley@gmail.com  
**TREASURER:** Herve Lavoie.....hervae@roadrunner.com  
**DIRECTOR:** Alicia Soloman.....asoliman@yccc.edu  
**DIRECTOR:** James Thompson.....jethompson33@aol.com  
**DIRECTOR:** Bob Lown.....bplown@roadrunner.com

### FPUU CHURCH COMMITTEES

**HISTORIAN**.....Karen Tolstrup, kdtolstrup@gmail.com  
**FINANCE COMMITTEE**.....Herve` Lavoie-Chair, hervae@roadrunner.com  
**STEWARDSHIP COMMITTEE**.....Vacant  
**COMMITTEE ON MINISTRY**.....Alexandra McCabe-Co-Chair, alexandramccabe@mac.com  
**MEMBERSHIP COMMITTEE**.....James and Linda Thompson, jethompson33@aol.com  
**MUSIC COMMITTEE**.....Margaret Jones Co-Chair, [margaretj@maine.rr.com](mailto:margaretj@maine.rr.com)  
 and Jaylene Summers Co-Chair, jaylenesummers@gmail.com  
**NOMINATING COMMITTEE**.....Eva Downs Chair, evadowns18@gmail.com  
**CARING CONNECTIONS**.....Andrea Rohde, [andrea.rohde49@gmail.com](mailto:andrea.rohde49@gmail.com)  
**PERSONNEL COMMITTEE**.....Kevin Flynn, [kevinf@ventilationcontrol.com](mailto:kevinf@ventilationcontrol.com) and Jim Thompson, jethompson33@aol.com  
**BELL COMMITTEE**.....Stacy Wentworth, Kirkwood Smallman  
**CLOCK COMMITTEE**.....Stacy Wentworth, Paul Cochran  
**RELIGIOUS EDUCATION COMMITTEE**..... Rev. Lara Campbell, uukennebunkminister@gmail.com  
**SOCIAL JUSTICE COMMITTEE**.....Molly Hoadley Chair, mollyhoadley@gmail.com  
**WORSHIP COMMITTEE**.....Bob Lown Board Liaison, bplown@roadrunner.com  
**BLUEBERRY FAIR**.....Herve` Lavoie, [hervea@roadrunner.com](mailto:hervea@roadrunner.com) and Jacky Peters, jpkrf@roadrunner.com  
**COMMUNITY OUTREACH**.....Kathe Wright, kawright4@hotmail.com  
**SPACE RENTALS**.....Crystal Jones, uukennebunkoffice@gmail.com  
**WEDDING COORDINATOR**.....Susan Jack, sgjack42@roadrunner.com  
**WED. EVENING DISCUSSION GROUP**.....Ruth Stackpole, paws8@roadrunner.com  
**EMBRACING AGING**.....Helen Rousseau, hrousseau@roadrunner.com  
**CHOIR**.....Jaylene Summers, jaylenesummers@gmail.com and Molly Petrik, uukennebunkmusic@gmail.com  
**PHYSICS/CHEMISTRY WORKSHOP**.....Dan MacDonald, daniel@doornorth.com and James Vesenska, jvesenka@gmail.com  
**RUMMAGE SALE**.....Jacky Peters, jpkrf@roadrunner.com  
**WOMEN FOR ALL SEASONS**.....Barbara Conner, bsconner@roadrunner.com and Kathe Wright, [kawright4@hotmail.com](mailto:kawright4@hotmail.com)  
**RIPPLES OF PEACE SANGHA**.....Sally Keene, [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com), Herve` Lavoie, [hervea@roadrunner.com](mailto:hervea@roadrunner.com)  
**MEDITATION GROUP**.....Vicki Adams, [vickigatesadams@gmail.com](mailto:vickigatesadams@gmail.com)