



# First Parish Voices

**Worship Services**

**Sunday, February 25nd, at 10:30 AM**

**Where You Go, I Will Go – Bethany Russell-Lowe**

**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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## **Welcome Bethany Russell-Lowe**

Please welcome Bethany Russell-Lowe, this Sunday, February 25<sup>th</sup>. Bethany is a life-long Unitarian Universalist who is currently a Minister in Preliminary Fellowship with the UUA. She graduated from Andover Newton Theological School in December 2016.

Bethany Russell-Lowe, MDiv.  
Intern Minister, First UU Society of Syracuse, NY & May Memorial UU Society  
Consulting Minister, UU Church of Cortland, NY

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## **Helping our Neighbors**

A Stuff the Truck Food Drive will be held February 16 - March 2 at Mail It Unlimited - Shoppers Village Card and Gift, Route 1 North Kennebunk. This is an annual drive to collect People Food for the local Community Outreach Services (COS) Food Pantry and also Pet Food and Toys for the Animal Welfare Society. This year's drive is in memory of dear Allie, the golden retriever who so graciously greeted every customer who came into the store and who went to doggie heaven all too soon.

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## **Leadership Forum Meeting**

Leadership Forum for all committee chairs, on February 26<sup>th</sup>, from 6:00 to 8:00pm. If you are unable to attend, please send a representative.

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## **Women For All Seasons**

Women for all Seasons will look at what cats have to teach us, and also do a meditation using the medieval labyrinth at Chartres Cathedral in France. These ideas are linked as cats do seem to know how to meditate. FPUU Library, 2/27/18 at 6:30 to 8:30 p.m.

## Friday Night Movie

Been thinking about installing some SOLAR PANELS? Have questions about rebates that may be available? ReVision Energy will be at the showing of Switch to answer your questions. Join us: SWITCH, this award winning documentary asks: What will it really take to go from the energy which built our world to the energy which will shape our future?

Friday, MARCH 2, 2018

6:30 - Dessert, coffee/tea

6:45 - Film/discussion with ReVision Energy

First Parish UU Church, [114 Main Street, Kennebunk](#). Sponsored by Sierra Club Maine and the Social Justice Committee/FPUU.

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## EMBRACING AGING: MOMENT TO MOMENT

"Nothing is inherently and invincibly young except spirit, and spirit can enter a human being perhaps better in the quiet of old age and dwell there more undisturbed than in the turmoil of adventure". George Santayana

The next session will be on Wednesday, March 7, 4-5:30pm when we will investigate "The Art of Aging" with Jaylene Summers and Joyce Hollman. Please join us for provocative, thoughtful discussions. If you are Aging, you are Welcome! Please Bring an ART OBJECT that you resonate with to the meeting. FMI please contact Rev Lara or Jaylene Summers.

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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, March 9<sup>th</sup>, from 7 - 8pm. 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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## Memorial For Dean Meggison

Please join us for the celebration of Dean Meggison's life. A Memorial Service will be held on March 24<sup>th</sup>, at 2pm, at First Parish. In lieu of flowers, memorial donations may be made to the Kennebunk High School Scholarship Fund, 89 Fletcher Street, Kennebunk, ME 04043.

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## **Summer is Near!**

Looking for something to do this summer ... for a young person or yourself? And some bucks to spend on ice cream and more! ....A Job Fair will be held Monday, March 12 from 2:00-5:00 at the Kennebunk Town Hall Auditorium. This is sponsored by the Chamber of Commerce and the town of Kennebunk. Job seekers and employers are invited. For more information call the Chamber at 967-0857.

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## **Seeking Medicaid Expansion Stories**

We need your story! MUUSAN (Maine UU State Advocacy Network) is working with partners to ensure legislative funding of Medicaid expansion for 70,000 low-income Mainers who have not been covered. Are you one of those who should receive coverage? If so, how might coverage affect your life? To share your story, please contact Betsy Parsons at [admin@muusan.org](mailto:admin@muusan.org) or 775-0173. Thank you!

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## **Woah, 42th Blueberry Fair!**

What? Yes, it is true the blueberry fair preparations begin this month! Usually, it starts quietly in the background with communicating to the world of artsy and crafty making folks around New England, that we are having a fair in the Summer. Applications are made available on the Website and Facebook with contact names and a point person to accept new applications.

Here is the rub, we have no point person. Is there anyone who'd be willing to join the team early and manage the application process? There will be good support from the rest of us and the previous experienced manager. Please contact Hervé at 229-0377.

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## **VERY GRATEFUL**

Thanks to our church community for supporting, and to all who helped with the 'Talent Cavalcade' event. Special thanks to Barbara Connor and Bruce Childress who spent hours perfecting the food and sound. We exceeded our fundraising goal by more than 20%, netting over \$1800 after expenses. Good work!

## Sunday Morning Voicemail

Please be aware that the church office voicemail is not checked on Sunday mornings. If you need to reach a staff member please call their cell phone.

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## Helping Our Neighbors

Community Outreach Services (COS) is our locally based organization serving the Kennebunks, providing our neighbors food and heating fuel, and helping in many other ways when folks hit a rough spot in the road. Thank you for continuing to bring to the blue bins in the Parish Hall at church. This time of winter after the holidays is the lean time for donations. Thank you, *Susan and Robert Jack*, who cart these food donations to the COS Food Pantry at St. Martha's Church. This food is then delivered from St. Martha's to a town hall so that it can be picked up by the person requesting it. Thank you *Megan Pollino, Ted Trainer, Bob Thurm, Karen Tolstrup and Kathe Wright* who take a few hours every month to pack and deliver the boxes to town halls. And also thank all of you who help at the Friday morning Food Pantry at St. Martha's!

First Parish is doing its part to step up and help on the local level through COS. Kudos for that! Check out the website - [coskennebunks.org](http://coskennebunks.org). Donations are always welcome through the website, or checks can be mailed to P.O. Box 1175, Kennebunk, ME 04043. You can give me, Kathe Wright, a call 985-6194 with any questions or if you would like to volunteer for COS.

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## Did you know?????

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 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](mailto: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 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. **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](mailto: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, [sjk@roadrunner.com](mailto:sjk@roadrunner.com) for info.
- **SATURDAY MEDITATION: INSIGHT DIALOGUE; A RELATIONAL PRACTICE**  
Third 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

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [RevLaraCampbell@gmail.com](mailto:RevLaraCampbell@gmail.com)  
**DIRECTOR OF RELIGIOUS EDUCATION:** Emily C. Jones.....[uuKennebunkDRE@gmail.com](mailto:uuKennebunkDRE@gmail.com)  
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## **BOARD OF DIRECTORS: 2017 – 2018 program year**

**CO-CHAIR:** Margaret Jones.....[margaretj@maine.rr.com](mailto:margaretj@maine.rr.com)  
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