



First Parish Voices

Worship Services

Sunday, February 10, at 10:30 AM

Present in Body and Voice – Molly Petrik and FPUU Choir

Church office hours: The church office is open Monday thru Friday from 9 am to 12
Rev. Kimberley Debus's office hours: Tuesday thru Thursday from 9 am to 12 pm, or by appointment.
Kimberley is always available via email or cell phone.

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Weekly Update

Rev Kimberley Debus Schedule

While Rev. Kimberley will not be staying in Kennebunk full-time, she will be present for worship services, meetings, and appointments in February (2/15 -26), March (3/15 - 3/27), April (4/12 - 4/23) and May (5/10 - 5/14). Rev. Kimberley can be reached at (518) 423-1964 and by email at uukennebunkRevDebus@gmail.com.

THANK YOU! THANK YOU!

Thanks so much to the folks who brought a cake to the All-Church Birthday Party on Sunday: Andrea Rohde, Cynthia Riley, Maggie Bartenhagen, Kathe Wright, Priscilla Botsford, Karen Tolstrup, Sheri White, Christine Thurm, Linda Thompson, Kim Lord, Ann Livermore, Joan Phipps, Teresa Andreoli and Marylyn Wentworth.

And an extra-special thank you to the many folks who stayed late to help clean up!

Delicious cake and warm fellowship were enjoyed by all!



Sunday Morning Discussion Group

Our January 20th meeting was canceled because of the snow and sleet. Consequently, the topics for each date have changed. Our February meeting is listed below. Each meeting starts with a 30-minute lecture by Professor Charles Kimball of the University of Oklahoma, starting at 9:00am. This leaves us about 45 minutes to discuss the topic. Please note that we are planning to discuss a book in April.

February 17 “The Human Predicament – How to Overcome It”

On one of the April dates we will discuss the book *21 Lessons for the 21st Century* by Yuvasl Noah Harari. This gives everyone time to locate a copy and read it.

♪♪♪ 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, February 8th, 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 or Rich Gaito at captgainto@gmail.com

Eat More Pie! - Service and Brunch on Sunday, February 17

There is something about pie that speaks to all of us – it is one of the few truly universal foods. In the service, we will explore what pie means, what we can learn from pie, and how taking time for pie feeds our souls as well as our bodies.

After the service, and to welcome Rev. Kimberley as our sabbatical minister, we will have a potluck pie brunch. Please bring a sweet or savory pie – quiches, pizzas, shepherd's pies, pot pies, berry pies, apple pies, tarts, cream pies – whatever kind of pie tickles your fancy. Leftovers are welcome! After spending an hour talking about pie, we're going to want to eat some pie!

Please sign up to bring a delicious pie to our PIE Brunch on Sunday February 17th to welcome our Sabbatical minister Rev. Kimberley.

The signup sheet is on the bulletin board in hallway, under "Members and Friends". We need both sweet and savory pies (apple, blueberry, key-lime, Sheppard's pie, pizza pie, etc.) Or call Susie at 207-423-2772.

Buddhist Book Discussion Group

"Immeasurable Kindness (Metta) is only meaningful if it is embodied;
the ground of our speech, acts and choices". ~ Christina Feldman

This monthly group meets Tuesdays 3-4:30pm in the Library at FPUU. The Upcoming meeting is; Tuesday FEBRUARY 12. (continuing March 12, April 9, May 14, June 11). Currently we are reading, discussing and practicing together "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity" by Christina Feldman. You may join us at Any time. Complimentary Books are available.

At our last meeting we finished the Introduction and will begin Chapter ONE. We are an evolving group, co-creating this sacred space together. Please join us as ALL are Welcome! FMI please contact Jaylene Summers; jsummers@roadrunner.com or 207-985-7412

No Particular Reason Women's Potluck

Where: At the home of Ginny DiMarco and Arlene Horn
14 Dunhill Drive #1 (look for the flamingos), Kennebunk

When: Friday, February 15 at 6

What: Bring yourself, something to eat and enough to share, and a willingness to laugh
For directions: E-mail elfie4@roadrunner.com or 985-7238

INSIGHT DIALOGUE SATURDAY MEDITATION

"If one thing is cultivated, the body is calmed, discursive thoughts are quieted and all wholesome states are ...fully developed". ~ the Buddha (AN 528.)

We will meet Saturday MARCH 16 from 9:30-11:30am in the Parlor to practice Insight Dialogue Meditation together. (Also, April 6, May 4, June 1). We are contemplating the Paramis - the beautiful qualities of the mind developed internally and in Relationship.

Insight Dialogue, originally taught by Gregory Kramer, is a fully engaged interpersonal, co-meditation practice in the Insight Vipassana Tradition. ALL are Welcome, Including both those new to the practice and experienced folk. If you Are NEW to this practice, please contact me for some guidance before attending. Thank you. Please join us. Jaylene Summers at 207-985-7412.



SAVE THE DATE Please!

A Spring Piano Recital will be happening on Saturday March 23 at 7pm. There will be an hour of beautiful Debussy music (think Clair de Lune), followed by a reception.

More will be revealed! (please contact Molly Petrik or Jaylene Summers FMI. Thank you. 🎵)

It's Suppertime!!!

One of the main supports that the Caring Committee provides for our members and friends is the provision of meals during a time of need. After a surgery, during convalescence from an illness, after the death of a family member, or after the joyful addition of a new child it is so appreciated.

We usually set up a schedule to offer three main meals a week for a couple of weeks or so. Folks who have received this kindness can attest to how grateful they were to receive this help. Joan Wuerthner organizes the sign up using an online program. She sends the schedule out to everyone and you just put in your name beside the date you'd like to help and what you'll be making. The program will automatically send you a confirmation that you signed up and a reminder the day before. If you prefer you can contact Joan or I, and we will add your name to the schedule for you. We are looking for more folks to add to the list of people willing to make a meal on occasion. We are not looking for soup to nuts, just a soup or casserole to lighten the responsibilities of the day. The longer the list the more we can spread around this opportunity to help each other without it resting on the shoulders, or stove as it were, of a few participants.

Please let Joan or I know if we can add you to this important team.

In gratitude,

Andrea Rohde andrea.rohde49@gmail.com 985-3517

Joan Wuerthner joanwuerthner5@gmail.com 985-6846

Habits of the Heart

**CLASS FOR YOUTH AND ADULTS
LED BY REV. KIMBERLEY DEBUS,
SABBATICAL MINISTER**

Habits of the Heart

We don't have to be Zen masters or devout monks to be good at personal spiritual practice. In this five-hour course, we will try out a variety of spiritual practices that we can use to achieve a sense of wholeness and satisfaction, deepen our faith, and make meaning in these uncertain times.

SUNDAYS AFTER CHURCH, IN THE PARLOR

**FEBRUARY 24 –ONE HOUR INTRO
MARCH 17 –TWO HOUR SESSION
APRIL 14 –TWO HOUR SESSION**

We encourage you to attend all three sessions, as they will build upon each other.
A light lunch will be provided.

Questions? Please contact Amy Wood at
207-232-0390 or amywoode@amywoodpsyd.com

News from Maine Unitarian Universalist Social Action Network (MUUSAN)

As First Parish UU Representative to MUUSAN I will give you an update once a month on what is being worked on at the state level.

At the network meeting on Jan. 12 we learned that there are now 5 UU senators and representatives in the legislature. One of them spoke to us about the hopes for the next session of the legislature.

Hopes are high for accomplishing a lot in MUUSAN's focus areas: Health and Human Services, Racial, Native and Immigrant Justice, Climate Change and Democracy. Each of those focus areas discussed a wide range of bills in early stages in the legislature and will choose 2 to 4 bills to support and advocate for, notifying all congregations of the focus areas.

The Racial, Native and Immigrant Justice group unveiled their Immigration Tool Kit which can be accessed now at www.muusan.org web site. It is a valuable resource for all congregations. There is also a Immigrant Justice Resource List on the web site. Also, on the web site is a "Find your Legislator" site.

Immigrant News

A number of First Parish UU members are working with immigrants in Biddeford. Many of them arrive with nothing. We work to both get them what they need and to be friends for them as they struggle to adjust to their new life here. Many of these folks are applying for asylum and cannot work for some time so they subsist on public assistance. When they do get a job, their assistance gets cut really fast and suddenly they are left with a car to pay for, insurance, gas. It is very hard on families. Right now, we need the following which can be left in the box labeled Immigrants by the coat racks:

- 1, Diapers sizes 2,3,4,5,6 in one of the biodegradable brands, like Honest, 7th Generation.
2. Big pots
3. An exercise machine - one that you can walk on - for a mother who needs exercise but can't get out with two tiny children.
4. Kitchen and paper products of about any kind - preferably biodegradable, recycled paper - paper towels, toilet paper, baby wipes, dish soap, laundry soap, feminine pads. (Their SNAP benefits do not cover non-food products)
5. Gift cards for Hannaford, Market Basket, Target, gas cards.

Thanks, from WIONN (Welcoming Immigrants, Our New neighbors) an interdenominational assistance group.

From the Archives

February 2019

In early January of 1984 a curiously addressed Christmas card was received at FPUU. It was addressed to “Leta Downing, The Evening Alliance, Kennebunk, Maine, USA “and bore a Czechoslovakian postage stamp. The note inside was written in Czech but happily there was a Kennebunk resident who not only knew people in the alliance but was able to read and translate it. It read, “Holy Night-Prosperous New Year- Remembrance of Kindness to All! Signed Ivan and Hana”.

Leta Downing was able to explain to those who had not been in the congregation in 1947 just what this was about. After the war the UU Service Committee gave the name of Marie Dvorak to our church alliance. She was a war widow with two small children and an ailing father to support. Like many families in Eastern Europe their lives were devastated. The Alliance undertook the task of sending clothing and food for four year- old Ivan and two-year-old Hana and the adults during the years 1947-1950. Over that period not only packages but much correspondence passed between Marie and the Alliance. When times got better for them, a quantity of popular and classical records made in Czechoslovakia were mailed to the church as well as some hand crocheted items. The correspondence continued into the nineteen eighties.

Some of the women who were involved in the project were: Susan Shields, Rosalie Dresser, Patricia Fessenden, Evelyn Wentworth, Mabel Wentworth, Bertha Bailey, Louise Pelletier, Lucinda Lord, Betty Vail, Nan Kingsbury, Anne Stinson and Leta Downing.

FPUU has been doing the work of loving kindness for a very long time and it continues today.

Please stop and look at the new *From the Archives Gallery* in the main hall under What's Happening at FPUU There is a display in a gold frame of some of the photos of the children and gifts sent to us by the mother as a 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.

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!

- **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. This group will meet on Wednesdays, every other week from 4:00-5:30pm in the Parlor, beginning January 9th. 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 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
DIRECTOR: Joan O'Hara.....jfohara@maine.rr.com