



First Parish Voices

Worship Services

Sunday, January 13, at 10:30 AM
Thirty Days of Love – 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.

✧ Congregational Semi-Annual Meeting – 2015 Budget ✧

Mark your calendars for **January 20** after Service for Information Meeting - Chapel
Mark your calendars for **January 27** at 9:00am for the Semi-Annual Meeting
Refreshments will be available at the Semi-Annual Meeting

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Weekly Update

Woo Hooo! Christmas Eve Share the Plate.

Thank you to everyone who donated to the Christmas Eve Share the Plate for Community Outreach Services. Your generosity meant that we doubled the challenge match by collecting \$2159.52! Including the \$1000 challenge match we took in a total of \$3159.52. We are thrilled to be making a donation of \$1579.76 to the COS. Thank you, Thank you, Thank you! Rev. Lara

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.

Women For All Seasons

Women for All Seasons will meet in the church library on TUESDAY, January 8 at 6:30 PM. All women are welcome to join this circle to celebrate, connect, create and share ritual (and food). For more information about this group, please check out the brochure in the rack near the back entrance of the church.

For our first gathering of 2019 we will use the Soulflower Plant, Spirit Oracle Deck, to connect to our inner wisdom with loving support from the plant spirits. We will set some intentions for the year ahead, and end with a fun coloring activity using the art from the Soulflower deck. All supplies will be provided, but to make sure that we have enough supplies for all, please send an email to Sheila at shlittlefield@gmail.com or leave a message at 985-3988 to let us know that you are coming.

No Particular Reason Women's Potluck

The next meeting of the No Particular Reason Women's Potluck (NPR) will be at Beth Andersen's house on Friday night, January 11th at 5:30 PM. Bring something to share. Call Beth at 985-7218 for directions.

♪♪♪ 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 11th, 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

Congregational Semi-Annual Meeting – 2015 Budget

Mark your calendars for **January 20 after Service for Information Meeting - Chapel**

Mark your calendars for **January 27 at 9:00am for the Semi-Annual Meeting**

Refreshments will be available at the Semi-Annual Meeting

Breakfast Chefs Needed

Breakfast chefs needed for MLK event. If you would like to help cook for the MLK breakfast, please look at the bulletin board just opposite the church office. There are sign-up sheets and recipes for quiche and blueberry buckle. Clementine's may also be contributed as well!

This Year's MLK event to benefit Transformation Project

Our 16th annual breakfast in honor of Martin Luther King, Jr. will benefit The Transformation Project, a program that helps former jail inmates. The Rev. Jeffrey M. McIlwain, Chaplain of the Cumberland County Jail and Pastor of the North Star AME Zion Church, Newington, NH, will give the keynote talk. As Chaplain, he oversees 50 religious volunteers and ministers to the needs of the corrections staff as well as the inmates. During his talk, Rev. McIlwain will draw on his 22 years of experience at the jail and his concerns about justice and injustice.

Located in Westbrook, the Transformation Project helps people as they transition from jail back to every-day life. According to the Project website, former offenders can be leaders, artists, chefs, craftsmen, counselors, even lawyers, if given the chance. They can be transformed through mentors, employment, or residential programs. The Project gives them opportunities to learn how to become valued employees and contributors to society. Rhiannon Maxfield shares her story on the Transformation Project website.

"Job hunting was never an easy thing for me since I am a felon," she wrote. "I was drinking and getting involved with the wrong crowd. ... Looking for housing was a struggle with my history. Going through sober living showed me a lot about how to do life, serve others ... I have a real success story and believe the lives of those reentering our communities from lockup could really make a positive difference if they're given the right opportunities."

The MLK event will take place Monday, Jan. 21 at 9 a.m. at First Parish. A full breakfast will be served in the Parish Hall at 9 a.m. The program, which also features music by North Star Gospel Jazz Ensemble, will follow at about 9:45 in the upstairs Sanctuary. The door will open at 8:30. Tickets for the breakfast and program are \$15 for adults and \$5 for students. Tickets for just the program are \$10 for adults, free for students. They will be available on-line at www.uukennebunk.org. You may pay by check at coffee hour on Jan. 13 or call 207 985-1411.

Breakfast chefs. If you would like to help cook for the MLK breakfast, look at the bulletin board just opposite the church office. There are sign-up sheets and recipes for quiche and blueberry buckle. Clementine's may also be contributed.



16th Annual Martin Luther King Breakfast



**Keynote Speaker:
The Rev. Jeffrey M. McIlwain
Music: North Star Gospel Jazz
Ensemble**

**January 21, 2019
First Parish Unitarian Universalist Church
114 Main Street, Kennebunk**

Doors open: 8:30 a.m.

Breakfast: 9:00 a.m.

Presentation: 9:45 a.m.

**Breakfast and Presentation:
\$15 adult, \$5 full-time student**

**Presentation Only:
\$10 adult, free for full-time student**

**Buy your tickets on-line at www.uukennebunk.org
or call 985-1411**

Sponsored by the FPUU Social Justice Committee

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.

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.

INSIGHT DIALOGUE SATURDAY MEDITATION

“Just as a flower gives out its fragrance to whomsoever approaches or uses it, so love from within us radiates towards everybody and manifests as spontaneous service”. Ram Dass

We will be meeting on Saturday February 2, from 9:30-11:30am in the Parlor to practice Insight Dialogue Meditation together. (Also, March 16, April 6, May 4, June 1) We are contemplating the Paramis - the beautiful qualities of the mind, cultivated internally and in relationship.

Insight Dialogue is a fully engaged relational, co-meditation practice in the Theravadan Insight tradition, originally taught by Gregory Kramer.

ALL are Welcome, including 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 207-985-7412.

Happy Birthday to Us!

Please join us for the All-Church Birthday Party!
February 3 during Coffee Hour
Join others who share your birthday month for yummy cake and fellowship.



Cakes needed--if you would like to bake/provide a cake, please sign up on the signup sheet in the parish hall, or contact Kim Lord at kimlord1@aol.com or 646-7925.

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

From the Archives

January 2019

Happy New Year! This month I am giving a few short entries found in the regular newsletter that Rev. Peter Richardson produced. They give a sense of what was going on in our church in the 1970's and early 80's. They sound like much of what is still going on here in the 21st Century.

Who remembers?

November 1977: Perhaps an outcome of the appearance of R. Buckminster Fuller at FPUU, there was a Home Energy Conservation Seminar, led by Peter Ashley and others. Even back then, there were a dozen solar houses and some wind-powered ones owned by members of the congregation. A solar energy fair was held in May 1978 and on Earth Day 1990, there was a special worship service followed by participation in a large Earth Day celebration at Laudholm Farm.

On May 2, 1980 the Nguyen family, Huy, his wife Nga and three children arrived in Portland to begin their new lives in Kennebunk. Their youngest child had been born on a rickety boat on the way from Vietnam and Hong Kong. The church had committed to sponsoring the family. Many members of the congregation participated including Al and Vicki Adams, the Chewnings and Betty and Morty Joyce. The hard-working family eventually was able to open the Mei Le Wah restaurant, and their daughter My Ha went to Vassar. For several years the Church celebrated Yuan Tan (New Year) every February.

In March 1982, Bruce and Paula Wheeler brought a videotape of Helen Caldicott, a famous advocate of banning all nuclear weapons to church. At about the same time, Al Adams brought his strong desire to organize a peace movement to the church. This led to the formation of the Kennebunk Forum. The church hosted a World Peace March led by Buddhist monks, organized letter writing campaigns and very soon was the county-wide center for all anti-nuclear activities. In 1985 they organized a huge Walk for Peace to the Bush estate on Hiroshima Day. At its peak there were over 250 members on the mailing list.

In March 1987, Carolyn McAdams created and oversaw a Fiesta de Armistad. There was a dinner and speeches all aimed at informing the membership of the various problems for people in El Salvador, Nicaragua, Guatemala, and Panama.

As you can see, we've always been an activist church and many of the people who participated in these activities are still around. Ask them about those times, sometime.

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. A group will meet on Wednesdays, every other week from 4:00-5:30pm for 6 weeks, in the Parlor. In January 2018, beginning January 8th, 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
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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
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