



# First Parish Voices

**Worship Services**

**Sunday, January 14th, at 10:30 AM**

**Torda 450 – 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, Wednesday and Thursday 9 to 12 and by appointment

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# Weekly Update

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## **Lock Change: Outside Side Office Entrance to the Building**

We have decided to change the outside lock to the building to avert another crisis with the door knob/lock assembly. The process is as follows for new key distribution: The new lock will be installed **on February 3, 2018**, if the old one lasts that long. All renters and congregation individuals need to see Crystal, Monday – Friday mornings to register for a new key during the next three weeks. Use the existing key until the dated change or you will be notified if the lock is changed earlier. Thank you, Herve' Lavoie

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## **Come One, Come All!**

Join our Sunday Service Greeter and Usher teams. Plenty of opportunities to help make our Sunday services more welcoming. Please sign up or contact Nancy Dorn (Greeters) or Ted Trainer (Ushers). Also a gentle reminder for those who do sign up but subsequently cannot make it, please let Nancy or Ted know as much ahead of time as possible. 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, January 12<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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## **“Ripples of Peace” Buddhist Sangha**

An affiliated group “Ripples of Peace” Buddhist Sangha: Tuesdays, 5:15- 6:45 p.m. and 2nd and 4th Saturday, 9:30-11:00 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 reading from our teacher Thich Nhat Hanh and discussion. The Sangha is an open gathering – come when you can, you are always welcome. Check out our website: [ripplesofpeacesangha.org](http://ripplesofpeacesangha.org) FMI Contact Sally Keene 590-0035, [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com).

## Semi-Annual Board Meeting

Please join us for the informational meeting on January 21<sup>st</sup>, followed by the semi-annual meeting on January 28<sup>th</sup>. More information to come!

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## All Church Birthday Party



What's Your Sign? And does it involve cake? Yes! It involves cake! Please join us for the All-Church Birthday Party on February 4th during Coffee Hour. Join others who share your astrological sign for yummy cake and fellowship.

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

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## FREE!

There are Free Decals for you on the Welcome Table. They are "Our Dreams Unite Us". You are invited to please choose one for yourself. (There is a limited number). Sponsored by #DreamActNow & [MoveOn.org](http://MoveOn.org). FYI please contact Jaylene Summers

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## Worship Associate Training at FPUU

Have you ever wondered how someone gets to be a worship associate and help Rev. Lara with the Sunday service? Well, you could volunteer to be one! Rev. Lara will be organizing a one session training session in January to learn more about the position and to help you decided if this volunteer position is a good fit for you. If you are interested in learning about being a worship associate, please email Rev. Lara at [UUKennebunkMinister@gmail.com](mailto:UUKennebunkMinister@gmail.com). The training date will be set based on participants availability.

## **Martin Luther King Event**

Martin Luther King Breakfast is SOLD OUT.

Tickets for the presentation are still available at [WWW.UUKENNEBUNK.ORG](http://WWW.UUKENNEBUNK.ORG).

MLK Chefs Needed – Please Sign-UP. We need volunteers to prepare/provide food for us to serve at the breakfast. Recipes (Mexican Quiche, Blueberry Buckle, Spinach Quiche, Clementines) and sign-up sheets are available at coffee hour in the Parish Hall. You may also call Martha 985-1411 to sign up to prepare food.

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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

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# 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.
- **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 parlor 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.
- **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, sjpk@roadrunner.com for info.
- **SATURDAY MEDITATION: INSIGHT DIALOGUE; A RELATIONAL PRACTICE**  
First 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  
**DIRECTOR OF RELIGIOUS EDUCATION:** Emily C. Jones.....uukennebunkDRE@gmail.com  
**MUSIC DIRECTOR:** Molly Petrik.....uukennebunkmusic@gmail.com  
**ADMINISTRATOR:** Crystal Jones.....uukennebunkoffice@gmail.com

### **BOARD OF DIRECTORS: 2017 – 2018 program year**

**CO-CHAIR:** Margaret Jones.....margaretj@maine.rr.com  
**CO-CHAIR:** Amy Wood.....amywood@amywoodpsyd.com  
**VICE-CHAIR:** Dan MacDonald.....daniel@doornorth.com  
**CLERK:** Kerry Hoag.....kerryhoag1@gmail.com  
**TREASURER:** Ruth Stackpole.....paws8@roadrunner.com  
Karen Tolstrup.....kdtolstrup@gmail.com  
Christine Thurm.....ccthurm@yahoo.com