



First Parish Voices

Online Worship Services
Sunday, January 17th, at 10:30 AM
Look Up
Paul Beach

Contents

Contents	1
Weekly Updates	2
Happy New Year	2
Worship Wrap up Link	2
NEW FUNDRAISER FOR FIRST PARISH CHURCH	2
We Need Tech Associates!	3
Black History in Kennebunk	3
Through These Doors Sends us Thanks	3
18th Annual MLK Event	4
A Big Thank You to All That Have Donated!!	5
Zoom Buddhist Book Group	5
MUUSAN News	5
Monthly Updates from Our Committees	6
Share the Offering for the Month of January	6
Choir Notes	6
From the Archives	8
References	9
Inclement Weather Closing in COVID Times	9
Online Worship Service	9
Office Hours for Staff	9
Making a “Share the Offering” Contribution Can Be Made at Anytime!!	10
SHARE THE OFFERING	10
Curious About an Event That is Happening at FPUU??	10
Outreach Services	11
Community Outreach Services - COS	11
No Place Like Home	11
Funding Opportunity.....	12
Spiritual Growth Opportunities!	12

Weekly Updates

Happy New Year

"Welcome 2021! We and our church are starting a new year. Our sense of community is held together by more than physical proximity, but it is indeed tested by the physical distance we must maintain to be safe. So, what is one thing each of us can quietly do this week to bridge that distance?" Just one thing."

Worship Wrap up Link

Video: Musical Interlude I'm Gonna Walk it with You, Brian Claflin and Ellie Grace
<https://www.youtube.com/watch?v=c8boCrXOp9M>

Questions to ponder from Molly's reflection (in case she did not send them to you)

What role have I played in sowing division?

Who have I ridiculed or dehumanized?

Who have I held in contempt?

Who have I not forgiven?

Whose inherent worth can I not acknowledge?

For whom do I have compassion?

Who do I want held accountable?

NEW FUNDRAISER FOR FIRST PARISH CHURCH

Our goal is to raise \$500.00 for the church

Helen Rousseau has just published a new book of poetry called, **Poems for a World on Fire: Meditations on Hope**. Her poems are about all the major issues we are facing today in our world: never-ending wars, global warming, loss of animal habitat, the novel coronavirus and more. This is a timely book in its subject matter. But it's also a book about hope, about our place in the world, and about the possibilities of us uniting as a people for change.

For the fundraiser, we are selling the book for \$20.00, of which the church will receive \$10 for each book, two-thirds of the actual profit. To purchase a book please email Crystal at uukennebunkoffice@gmail.com to sign up. Books will be available for pick up at FPUU the week of January 18th during Crystal's usual office hours of Wed-Fri 9:00 to 12:00.

This is a great way to help raise money for the church and read a great book written by one of our own members. Please take the time to look at www.helenrousseau.com to learn more about the book and to read some poems. Our goal is to sell at least 50 books and make a profit of \$500.00.

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

Black History in Kennebunk

Rev. Lara joins Kennebunk Town Historian Kathy Ostrander Roberts to discuss Black history in Kennebunk. Presented by the Kennebunk Free Library via Zoom on August 31, 2020

<https://www.youtube.com/watch?fbclid=IwAR2BzofczwxIMWAOECuLkE97-rEecpMpWnFiioVPyhyr448bv9Tu5PDSqG4&v=9nTJBWF1sxw&feature=youtu.be>

Through These Doors Sends us Thanks

Dear First Parish
Unitarian Universalist
Church of Kennebunk,

On behalf of the women
at our domestic violence
shelter please thank your
congregation for all the
donations given over the
holiday season. They will all
go to helping to provide
safe, comfortable homes
to the survivors.

Sincerely,
Through These Doors

18th Annual MLK Event

18th Annual MLK Event



“Why are you so Afraid? Black Rage is Part of our Journey”



Jan. 18, 2021, 10 a.m. on ZOOM

**Keynote: Karlene A.P. Burrell-McRae
Dean of the College at Colby**



Music: Samuel James Dewese, Baritone

**Sponsored by First Parish
Unitarian Universalist Church of
Kennebunk**

Tickets: \$10, under 18 free

Register in advance at

www.uukennebunk.org/mlk-program

A Big Thank You to All That Have Donated!!

The Social Justice Committee thanks all of you for your donations. The monthly offerings totaled \$924 and No Place Like Home will receive a check of \$462.

The Christmas Eve Service with the \$1000 matching totaled \$2,360. The Habitat for Humanity York County organization will receive a check of \$1,180.

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, February 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: Tuesdays, March 9 and 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 or 207-985-7412.

MUUSAN News

MUUSAN is looking for a Congregational Legislative Liaison from each UU congregation in Maine. The liaison would inform the congregation of important legislative bills and hearings regarding social justice. Liaisons meet Friday mornings for 1 hour via zoom. Attendance is not required, only suggested. E-mail information to distribute to congregation is sent to liaisons. If interested contact marylyn.wentworth@tnsk.org.

Monthly Updates from Our Committees

Share the Offering for the Month of January **Community Outreach Services**

For the month of January our church Share the Offering will go to Community Outreach Services (COS). For 30 years COS has been in the forefront helping our neighbors in need in Kennebunk, Kennebunkport and Arundel. The COVID-19 pandemic and resulting economic problems have made helping one another more important than ever, especially as the cold weather closes in. Your generous donations will provide needed food, heating fuel and much more to our neighbors in the winter ahead. Thank you! For more information talk to Kathe Wright.

Choir Notes

Contributed by Ginny Lawrence, choir member with Molly Petrik, choir director – UU Kennebunk

We now enter January when we celebrate Martin Luther King Day - established as a federal holiday in 1986. At UU Kennebunk our celebration has gained large community attendance where we join to celebrate.

Dr King is a figurehead of the African American experience - with all the tragedies of repression and racism. The events that have led to the emergency in 2020 of the Black Lives Matter slogan is yet a new reminder of the work that must be done to uplift and honor our black citizens.

One area that African American and Black lives have influenced our United States is through music. And it is interesting to consider and understand some musical distinctions - first the spiritual song that then led to gospel music.

African American spirituals were originally an oral song tradition that drew on Christian values as well as describing the hardships of slavery and yearning for freedom.

African American spirituals that we find in our own Unitarian hymnal include amongst others - "This Little Light of Mine"; "I'm On My Way..to the Freedom Land"; "Nobody Knows the Trouble I've Seen" and also the Christmas song - "Go Tell it On the Mountain".

African American spiritual songs were not simply different versions of Christian hymns but also a creative altering of the material imbuing stylistic differences that came to set apart the music as distinctly African American.

These differences include a polyphonic music style where two or more simultaneous melodic lines are perceived as independent even though they are related. Also call and response patterns, wandering refrains and choruses and also complex polyrhythmic clapped responses.

While spirituals were eventually collected and written down, by musicians trained in music notation, it was noted by these transcribers that the intricacies and stylistic details were often nearly impossible to put into written music notation.

Christian spirituals reference symbolic aspects of biblical images such as the exodus of the Israelites from Egypt led by Moses. Such did resonate with the early American slave. Our own hymnal includes "When Israel was in Egypt's Land - Let my people go".

As African Americans moved out of slavery and formed their own churches, in and about the 1930's there evolved the more structured musical format that has come to be known as Gospel - sung in a choir often with piano and instrumental accompaniment - often with four-part harmony.

This quote from an unknown source gives description:

“There are few things more powerful than being in the presence of a Black gospel choir, it's lead singer clapping and moving in rhythm testifying to the power of God. There are moments when the choirs and the preachers who follow can lift and transport an entire congregation. To fill the despairing with hope and the fearful with the courage to demand justice”. 1.

And so in this month of honor to Martin Luther King and our African American citizens the music contribution of the spiritual and subsequent Gospel songs are a blessing to us all.

The information provided here is a paraphrasing in my own words from readings. Also thanks to Molly Petrik our music director for her editing contributions and important consideration of the issue of attribution. (see below)

Readings are from Wikipedia and the library of congress include:

“Spirituals” <https://en.wikipedia.org/wiki/Spirituals>
“African American Song” www.loc.gov -search under “African American Gospel” amongst the references
“Black Church (African American)” [https://en.wikipedia.org/wiki/Black_Church_\(African_American\)](https://en.wikipedia.org/wiki/Black_Church_(African_American))
“African American Gospel” www.loc.gov search “African American Gospel” for further information
1, <https://www.nytimes.com/2020/12/24/opinion/zoom-church-christmas-covid-loss.html>

An important topic to keep in mind as we consider African American Music is written here by Molly Petrik, our Kennebunk UU choir director:

In recent years, the concept of cultural appropriation has been widely debated and discussed. When a choir made up of mostly White singers, sings songs from cultural traditions other than their own it is necessary for the director and singers to grapple with the concepts of appropriation.

Through reading and discussions, as choir director I have come to an understanding that cultural appropriation is not a term with necessarily negative connotations. But there are both disrespectful and respectful forms of appropriation. Respectful appropriation includes studying the culture from which a piece of music arises, striving to understand the historical or personal context in which it was created, striving to 'get right' details such as dialect and pronunciation, and choosing arrangements that highlight the emotional content and context of the music.

For further exploration of cultural appropriation and music, follow this link.

Music and Cultural Mis/appropriation - by Caryl Tipton, April 6, 2019 - please search for this article with specific April 6 date starting with this link: <https://www.uucwc.org/music-and-cultural-mis-appropriation>

From the Archives

The Second Parish Meeting House



THE SECOND PARISH MEETING HOUSE

SHORTLY before the War of Independence, the Second Parish Meeting House at Kennebunk Landing was abandoned and a larger one erected in the growing western portion of the town. It was provided with a gallery, an entrance porch at the side and high pulpit opposite. This building served the wants of the community until after the beginning of the nineteenth century. Every family of the parish was assessed for its maintenance, whether or not they attended its services.

Rev. Daniel Little, pastor of the parish from its organization until the year 1801, and a personage of unusual worth and vigor, served it at both the Kennebunk Landing and Village churches. This community was a thriving as well as a generous one. That it was generous we may judge by its record of a donation to the town of Boston of £66 5s 6d after a disastrous conflagration there in 1760. And that it was thriving is shown by the fact of eighteen weddings in the parish in the year 1783.

The Reverend Mr. Little was a missionary to the eastern Indians, and he also made journeys into the eastern precincts of the District of Maine to induce and organize Religious Parishes, and preached the Word there in barns and other like places.

The State of Massachusetts granted him aid to experiment in the manufacture of steel. A location in this town is yet shown where the fine sand he used for its moulding was obtained.

The large church building here was at first destitute of chimneys, for chimneys were not one of the inheritances from Puritanical times. Not a few of the church pews were square; they had hinged seats around and chairs within. Children sat with their backs towards the minister, who wore a wig, gown and band.

At the rear of the church gallery sittings were reserved for colored bond servants or the descendants of such, of whom there were a few hereabouts.

References

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.

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](https://zoom.us/j/734887010?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

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.

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.

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

Contributions can be made anytime online at 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.

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 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) 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

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. 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

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 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 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.
- **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

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