



# First Parish Voices

**Worship Services**

**Sunday, January 19, at 10:30 AM**

**Prayers of MLK – 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 9am to 12pm or by appointment. Lara is always available via email or cell phone.

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## *Weekly Update*

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### **17th annual MLK Breakfast**

January 20th at 9 am until 11 am

Tickets on sale during coffee hour January 5th and 12th, or they can be purchased on [UUKennebunk.org](http://UUKennebunk.org) our church website.

Ticket prices:

Breakfast and program \$20

Program Only \$10

Breakfast and program for full time students \$10

Program only for full time students free

Please bring cash or check to purchase your ticket during coffee hour.

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### **To all First Parish cooks and chefs**

If you are baking a quiche or blueberry buckle or providing other items for this year's MLK breakfast, we are offering reimbursement for your food expenses. We realize that many of you are also paying for a ticket, and so we think it only fair to reimburse you. Please pick up a reimbursement form at the office and attach your sales slip, with relevant items marked, to the office in an envelope marked MLK Breakfast.

That said, we still need a few items. Please check the sign-up sheets on the large bulletin board on the east wall of the Parish Hall to see what is still needed and sign up. If you do not find the sign-up sheets or will not be at church, call Eva Downs, who is in charge of the breakfast.

Thank you all, and we hope to see you at this, our 17th annual breakfast in honor of MLK! See details and ticket sales on our website. Social Justice Committee

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### **MLK Past Events Request**

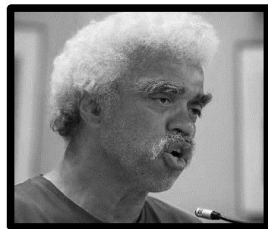
"The Church Historian would appreciate any info on past MLK Days. Ideally, I'd like a complete list with who spoke, but any is better than none. I think it is an important fact to preserve that we in this place have been on the side of social justice for a long time.

**17<sup>th</sup> Annual Martin Luther King Breakfast!!**

**17<sup>th</sup> Annual Martin Luther King Breakfast**



**“Black Mystory not His-tory”**



**Dramatic Presentation  
by Kevin Wade Mitchell  
January 20, 2020**

**Music: Monica Grabin  
Welcome: Rev. Lara Campbell**

**First Parish Unitarian Universalist Church  
114 Main Street, Kennebunk**

**Doors open: 8:30 a.m.**

**Breakfast: 9:00 a.m.**

**Presentation: 10:00 a.m.**

**Breakfast and Presentation:  
\$20 adult, \$10 full-time student**

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

**Buy your tickets on-line at [www.uukennebunk.org](http://www.uukennebunk.org)  
or call 985-2027**

## FRIDAY NIGHT MOVIE

January 24

“WASTED! The Story of Food Waste”

This documentary exposes the criminality of food waste; how it’s directly contributing to climate change; and how each of us can make small changes that make a difference.

Focuses on influential chefs like the late Anthony Bourdain.

6:30 - Coffee/tea & Brownies

7:00 - Film & Discussion

ALL WELCOME

Co-sponsors: FP Social Justice Committee & Sierra Club Maine

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## "Coming Attractions... All-Church Birthday Party"

**February 9** we will be celebrating everyone's birthday at the **All-Church Birthday Party** during Coffee Hour. Cakes requested! We will also need a few kitchen helpers for setup and cleanup. Signup sheets coming soon to a bulletin board near you! For more information, you may contact Kim Lord at [kimlord1@aol.com](mailto:kimlord1@aol.com) or 646-7925. Oh boy, cake!

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## Sunday Morning Discussion Group

The Sunday Morning Discussion Group is starting a new “Great Course” lecture series and reading two books during the January to June time span. Lecture series: “Exploring the Roots of Religion”, an archaeologist’s approach to understanding what was developed before 1450 AD. The 30-minute lectures are presented by “master storyteller” Professor John R. Hale at the University of Louisville. A 45-minute discussion follows each lecture.

January 19 “Neanderthal Burials at Shanidar”

February 2 Semi-annual Congregational Meeting thus, no discussion group

February 23 Book discussion: A New Religious America by Diana Eck

The group will decide if they want more time with the book or to move on to the next lecture “Hunting Magic in Sacred Caves” on March 8. The above schedule may be changed due to bad weather or choir plans so watch for future announcements. All are welcome. Come when the topic interests you or come every Sunday, we meet. Meetings are in the library starting at 9:00 am. Questions: contact Ruth at [paws8@roadrunner.com](mailto:paws8@roadrunner.com)

## **“A Green Practice Path” – New Book Group**

“What are WE going to do about Climate Emergency?” ~ Rev Lara

NEW: “WALKING the GREEN PRACTICE PATH TOGETHER”, A book group is meeting in January for four weeks. Our next meetings are Jan 22 & 29, 4-5:30pm in the chapel

We will study and practice together with “Green Buddhism: Practice and Compassionate Action in Uncertain Times” by Stephanie Kaza. Please join us. ALL are WELCOME! No prior experience is necessary. Only a desire to develop resilience with spiritual friends committed to learning skillful wise and compassionate ways to deal with climate crisis. FMI or to sign up Please Contact Jaylene Summers, jaylenesummers@gmail.com, 207-985-7412.

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## **INSIGHT DIALOGUE MEDITATION**

“We meditate practicing mindfulness internally and externally” ~ the Buddha

Insight Dialogue Meditation Practice will be meeting Saturday, February 1st from 10-11:45am offsite. We will also meet March 21, April 11, & May 2, June 13, 2020. Insight Dialogue is a fully engaged interpersonal meditation practice. It is grounded in Insight Meditation and was developed by Gregory Kramer.

We continue cultivating the Beautiful qualities of Benevolence, Compassion, Joy & Equanimity with other teachings. ALL are welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance. 2 07-985-7412. If you will be attending kindly RSVP. Thank you, With Metta, Jaylene

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## **BUDDHIST BOOK GROUP**

"The Relational Qualities of Kindness, Compassion, Joy and Equanimity are the foundation of all ethical thought, speech and action." ~ Christina Feldman

The Buddhist Book Group is meeting on Tuesday, **February 18th**, from 3- 4:30pm in the library at FPUU. We will continue reading and practicing together from page 40, Chapter 1, "Immeasurable Kindness" in Christina Feldman's beautiful book, "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity."

Next time we meet will be March 10, April 14, May 2 and June 9. ALL are Welcome. Please join us as we continue co-creating this sacred space together. There is a book and a seat for you. FMI please contact Jaylene Summers 207-985-7412. Thank you.

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## **WIONN Refugee Assistance**

Deep and heartfelt thanks to all who added to the funds on Solstice and Share the Plate that gave those helping local refugees such a financial boost. The generosity of the congregation is just splendid. The funds will be used to buy grocery gift cards, important items that food stamps do not cover like diapers, laundry detergent, shampoo, help for women to take driver training to get their license.



## **Choir Notes**

HAPPY NEW YEAR, 2020!



We Welcomed the New Year by singing two lovely pieces on Sunday January 12; “Safe Places of the Heart” by Cohen & Cadmus and “We Shall Come Together Singing” by Maggie Wheeler. The congregation joined us singing this as our closing hymn. We ALL made “A Joyful Noise” together.

Upcoming events include Matt Myers who will lead the service on March 15th and present a music workshop later in the day. Dr Tu will present another concert on April 3rd. His concert last year was well attended and beautiful! ~ Beth Andersen

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## **CPR and AED Class**

We have a great training opportunity for those who are interested! Training in basic CPR (for adult and children) and the use of FPUU’s Automatic External Defibrillator, which resides on the wall by the kitchen door and back stairway to the Sanctuary.

The class will be held on Thursday, January 23<sup>rd</sup> from 1 pm to 3:30 pm. The cost will be \$35 per person plus \$5 for the excellent American Heart Association Family Friendly booklet. A sign-up sheet has been placed on the Welcome Table in Parish Hall, or you may contact Paul Beach at 207-229-7488.

## From the Archives

January 2020

### Church Service Day, Sunday, August 1

10.30 a. m. Morning worship at the Methodist Episcopal Church with sermon appropriate to the Centenary by the pastor, Rev. Thomas N. Kewley.

\* 7.30 p. m. Union Service at First Parish (Unitarian) Church.

#### ✿ Program ✿

Andante *Thorne*  
Orchestra and Organ

"I Lift Up Mine Eyes" *Trowbridge*  
Mozart Male Quartette

Scripture Reading  
Rev. Will S. Coleman  
Pastor Union Church of Christ

"Lovely Appear" from  
the Redemption *Gounod*  
Mozart Male Quartette

Prayer Rev. Thomas N. Kewley  
Pastor Methodist  
Episcopal Church

Response "Lead Kindly Light"  
*Dudley Buck*  
Mozart Male Quartet

(a) Celeste from Aida *Verdi*  
(b) Liebesgarten *Schumann*  
Orchestra and Organ



\* REV. ROBERT P. DOREMUS  
Present Pastor First Parish Church

✕ Historical Address Rev. Robert P. Doremus  
Pastor of First Parish Church

"America, the Beautiful" *McFarland*  
Mozart Male Quartet

Benediction Rev. Burton S. Tilton, Pastor First Baptist Church  
Organ Postlude—March "Solemnelle" *Maily*  
Orchestra and organ

Organist—Miss Evie E. Littlefield

Atlantis Hotel Orchestra—Olive Ripley Doe, Violin  
Dorothy Danforth Doe, 'Cello

Mozart Male Quartet of Portland— Ernest J. Hill, first tenor; Joseph W.  
Whitney, second tenor; Howard R. Stevens, first bass,  
Harry F. Merrill, second bass.

## **Sermons Can Be Found On-Line**

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 open to any senior who is interested in sharing the aging journey with others. This group will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, from 4:00-5:30pm in the Parlor., January thru April. The contact person is Helen Rousseau at [hrousseau@roadrunner.com](mailto: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**
- **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](mailto: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!
- **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, [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com) for info.

## FPUU STAFF/LEADERSHIP

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## BOARD OF DIRECTORS: 2019 – 2020 program year

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