



First Parish Voices

Worship Services

Sunday, January 21th, at 10:30 AM

We Want Our Children Back – 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

New Church Directory Process

We now have the capacity to create a Church Address Directory with our new database management tools. I intend to release (email) the formal document by **January 23, 2018**. The document will be printer friendly. There will also be hardcopies on the Welcome shortly after that date.

I have sent out a draft of the Church Directory to members and friends now in the database. If you have not received this request for review of your data, please check your spam/junk folder or send me a message to correct the issue or telling me of your desire to be in the directory. My email is hervae@roadrunner.com

Thank you!
Hervé

Women For All Seasons

Our next meeting for Women For All Seasons will meet Tuesday, January 23rd, from 6:30pm to 8:30pm. We will be exploring the First Stirrings of Spring.

EMBRACING AGING: MOMENT to MOMENT

Our next gathering is Wednesday, January 24, 4:00-5:30pm in the Parlor. Our topic is "Making a Joyful Noise as We Age" with Deborah Gordon's skillful, fun and enthusiastic leadership. If you are Aging, you are Welcome. Please join us. Thank you. FMI please contact Rev Lara Campbell; revlaracampbell@gmail.com or Jaylene Summers; jsummers@roadrunner.com

FRIDAY NIGHT MOVIE JANUARY 26, SONIC SEA

Sonic Sea tells the story of whales, dolphins and other sea life being harmed by the "sound" of humans - the ever increasing sound of cargo ships, underwater explosions and off shore drilling. A five-star documentary which will arouse love and care for the world living unseen, beneath our oceans.

6:30 - *coffee/tea & brownies*

7:00 - *film followed by discussion*

ALL WELCOME! Sponsors: Sierra Club Maine and FPUU's Social Justice Committee

Fossil Free Fast Climate Resistance Watch Party

Let's meet in our Sanctuary at 7:30 on Wednesday Jan 31st, (the day after Trump's first State of the Union), and with people from all over the country, watch a live-streamed discussion on what we can do in 2018 to build the Fossil Free world we need. GOAL: a fast and just transition to 100% renewable energy for all.

Senator Bernie Sanders, 350.org co-founder Bill McKibbons, Rev. Lennox Yearwood from Hip Hop Caucus, Jacqueline Patterson from the NAACP, Varshini Prakash from the Sunrise Movement, and other environmental leaders will lay out the plan for realizing this goal. *Scientists tell us that we must get off fossil fuel within 30 years.* This last year has been painful, and at times, hope hard to find. But one thing we know: together, We Are Powerful. We'll gather in the Parish Hall afterwards for coffee, cookies and further discussion. Please join us.

Did you know?????

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!

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

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

“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 FMI Contact Sally Keene 590-0035, sjpk@roadrunner.com.

Proposed Budget

Any member of the church who would like to ask questions or be part of a discussion about the proposed budget is invited to a meeting on January 21st at 12:00 noon in the children's chapel. The Semi-annual meeting for voting on the budget will be held on January 28th before the church service, at 9:30 am.

Treasurer: Ruth Stackpole

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 or 646-7925

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 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 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. **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
BOOKKEEPER: Barbara Boscia.....uukennebunkbookkeeper@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