



First Parish Voices

Worship Services

Sunday, July 14, at 9:30 AM

It Never Ends – Ted Trainer

Church Summer office hours: The church office is open Tuesday thru Thursday from 9 am to 12
Rev. Lara Campbell office hours: by appointment. Lara is always available via email or cell phone.

Contents

Weekly Update.....	2
♪♪♪ Song Swop ♪♪♪.....	2
Blueberry Festival & Craft Fair – Saturday, July 27 th	2
For the Blueberry Festival and Craft Fair Bakers	Error! Bookmark not defined.
Science Workshop Housing.....	3
Fundraising to support the Free Black Community archaeological dig!	3
WIONN (Welcoming Immigrants Our New Neighbors) Request.....	3
2019 Summer Worship Schedule.....	4
COS Summer Lunch Program could use some volunteers	5
NEW ** Summer “POP-UPS” for ID Insight Dialogue Meditation	5
Buddhist Book Group.....	5
The Power of Our Shared Ministry	6
Caring Committee.....	6
Sermons Can Be Found On-Line.....	7
Caring for our neighbors.....	7
Do you Need A Copy of The Newsletter?.....	7
Funding Opportunities!	8
Spiritual Growth Opportunities!	9

Weekly Update

♪♪♪ 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, July 12th, 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

Blueberry Festival & Craft Fair – Saturday, July 27th



We are fully engaged in the preparations for the Fair's event this year. Please mark your calendars. Join the fun...

The Parish Hall, main bulletin board has signup sheets for volunteering to numerous tasks prior and during the event with a list of the coordinators you can call or email to get more information. The board also has signup sheets for baking and donating your time and effort for blueberry buckle pans, muffins and pies.

We have significantly increased our marketing efforts for this event. We have numerous open spots for artists and crafters to apply this year, so far. Please spread the word to make everyone aware of the opportunity to engage.

For the Blueberry Festival and Craft Fair Bakers!

If you are planning to bake blueberry pies or buckle (PLEASE DO!!) for the Blueberry Fair on July 27, a word of caution and two recipes attached to the newsletter for popular buckles and pies to use:

Last year's shoppers during the week before the fair discovered that Hannaford was sold out of refrigerated and frozen piecrusts as well as frozen blueberries. You might want to stock up ahead of time to avoid a dash around town looking for supplies. Also, a note: the store brand frozen blueberries are just as good as Wyman's and cost less. If you would rather use fresh blueberries, we have just been notified that **DRAGONFLY MEADOW BLUEBERRY FARM** -- on Limerick Road, Arundel will hopefully open on July 22. They usually give a **discount** for our church and advises that anyone picking mention they are from First Parish and doing it for the fundraiser. Thanks for your consideration, The Blueberry Fair Core team.

Science Workshop Housing

Hosts for the Summer Science Workshop students have now been found and notified.

Thanks go out to all of you who offered a bed (or two or three) to these students. This event is an important fund raiser to keep our church healthy and your participation is much appreciated.

Cynthia Riley and Vicki Adams Housing Coordinators

Fundraising to support the Free Black Community archaeological dig!

We have raised \$1553.00!!

Thank you to all of those who have donated!!

Kennebunk is home to one of the few known Free Black Communities in Maine. I have been working with Kathy Ostrander-Roberts to secure funding of phase 2 of the archeological dig.

We have been offered a **challenge match** from a member of our congregation who wishes to remain anonymous. If we raise \$1000 the donor will match that amount, which we have done! Thank you for your support with this important archaeological dig. The goal is to have the location designated as a National Register Historic District.

Please note: It is critically important that the site remain undisturbed. If you know the location, please do not disclose it. If you think you know the location, please don't disclose it. If you have any curiosity about the site – please, please, please, resist any temptation you might have to go looking for it. In order to retain the historic nature of the site we need to leave the area alone. We are concerned that scavengers will destroy the site before we can get the dig under motion. We implore you to treat this information with the utmost care and respect.

You may drop off a contribution to this project at FPUU any time. If you write a check please put freed slaves project in the memo. Feel free to ask me any questions you might have about this important project.

Thank you, Rev. Lara

WIONN (Welcoming Immigrants Our New Neighbors) Request

There are refugee families in Biddeford that need what we call Care Teams. A Care Team is a person or group of people who commit to up to 2 years of attention to a family. The Care Team gets to know the family, visiting once every 2 weeks or so for a while, then less time as a family gets acclimated. It is mostly about friendship and caring about them. We have access to household goods, clothing, shoes etc. and we have a group of people who all work together. We have a training for Care Teams and lots of support. For those of us involved, we find it very satisfying and enjoyable. If you are interested, please get in touch with Beth Anderson or Marylyn Wentworth.

2019 Summer Worship Schedule

<u>DATE</u>	<u>PRESENTERS</u>	<u>TITLE</u>	<u>COORDINATOR</u>
6.16.19	Worship Committee	Fathers	Sally Keene
6.23.19	Marylyn Wentworth and Cynthia Howard	Charity and Justice	Sally Keene
6.30.19	Rev Lara Campbell	Pride and Protest	WA
7.7.19	Jesse Harvey	Church of Safe Injection	Meridith Norris
7.14.19	Ted Trainer	It Never Ends	Bob Lown
7.21.19	Sally Keene	Riding the Waves	Susie Landgrebe
7.28.19	The Rev. Lara Campbell	Lizard Brain	Bob Lown
8.4.19	Patrick Conner	The Spiritual Side of Yoga	Sally Keene
8.11.19	Paul Beach	Oh My God/god?	Ted Trainer
8.18.19	Rev Lara Campbell	Give Them Not Hell	WA
8.25.19	Jay Pacitti	When the Spotted Cow Comes Home	Paul Beach and Sally Keene
9.1.19	Bruce Childress	A Shout-Out to the Workers	Susie Landgrebe

COS Summer Lunch Program could use some volunteers

Would you be interested in helping COS prepare lunches for children in the Kennebunks who will not be having a nutritious school lunch over the summer? Teams of volunteers will prepare lunches Monday, Wednesday and Friday, starting July 8 from 9:00 to 11:00 at First Congregational Church in Kennebunkport. This is a simple and fun task. It would be a nice activity to do with young people. Several members of our congregation are already on teams. You could help on one or several days, as you wish. Contact the COS summer lunch coordinator Marianne Wilson at mwdrff@gmail.com or 282-5226 or me Kathe Wright Kawright4@hotmail.com or 985-6194 for more information.

NEW ** Summer “POP-UPS” for ID Insight Dialogue Meditation

We won't be meeting formally in July/August for ID practice. HOWEVER, if you'd like to meet with me alone and/or others, please contact me (see below) at your convenience & we'll have a Popup ID for 2 or more; Spontaneity is the key.

Insight Dialogue is a fully engaged Interpersonal meditation practice based on the earliest teachings of Wisdom and Compassion by the Buddha. Buddhist Teacher Gregory Kramer, the founder of ID, offers six guidelines to follow; Pause, Relax, Open, Attune to Emergence, Listen Deeply, Speak the Truth. (You may read more about this practice at metta.org).

We will meet monthly Sept 7, Oct 12, Nov 2, and Dec 7 in the parlor at FPUU from 9:30-11:30am. ALL are Welcome. If you are New to this practice, please contact me first for some guidance before you attend. Please Join us. Thank you, Jaylene Summers; ***jaylenesummers@gmail.com or 297/985/7412

Buddhist Book Group

“...the Metta practice is concerned with learning to sustain the Intention to Befriend and to cultivate an attitude of Kindness”. ~ Christina Feldman

We are a group of friends meeting monthly to read, discuss and practice with the beautiful book by Christina Feldman: “Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy & Equanimity”. We are co-creating sacred space together. We meet Monthly on Tuesdays in the Library from 3:00-4:30pm. The next dates are Sept 17, Oct 16, Nov 12, and Dec 12. ALL are Welcome. There is a book and a place for you. Please Join us. Thank you. FMI please contact Jaylene Summers: jaylenesummers@gmail.com or 207-985-7412.

The Power of Our Shared Ministry

Summer Services

Each of us at First Parish Unitarian Universalist Church shares in the total ministry of our church and works to insure its continued health and well-being. The Committee on Ministry, composed of our minister and five members is charged with the responsibility of monitoring and helping to support the minister, the members, and the congregation as a whole.

As part of that responsibility, the Committee of Ministry is highlighting examples of shared ministry in action, both the small, often unseen acts and the larger, more public ones and is including a way for you to get involved if you're interested.

The Worship Committee has worked hard to provide us with a full summer schedule of Sunday services. A member of the committee or another worship associate will be assisting at each service. Rev Lara will be preaching on three Sundays, members of FPUU will preach on eight Sundays and we will have a visitor with us on one of the Sundays. The schedule appears elsewhere in the newsletter. Martha Murray has volunteered to arrange for greeters. Look for the signup sheet or speak to Martha about taking a turn. Ted Trainer is organizing the ushers and happy to speak to you about helping out or you can sign up on the schedule in Parish Hall.

Our sound crew will be making sure that we can hear everyone as well as facilitating the music and visual content. Ginny Lawrence will provide music at a few of the services. Marylyn Wentworth is coordinating folks for the after service social gathering. Please get in touch with her if you could help. It only involves iced tea or lemonade. No food is needed so a team of two can easily and quickly set up and clean up afterwards.

We are grateful to each of you for being a part of our shared ministry. Members of the Committee on Ministry: Cathy Fellenz and Ann Boyce, cochairs, Paul Beach, Patrick Conner and Andrea Rohde

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 Andrea Rohde at 985-3517 during Reverend Lara's Sabbatical. 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 open to any senior who is interested in sharing the aging journey with others. This group will meet on Wednesdays, every other week from 4:00-5:30pm in the Parlor., January thru 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.
- **Silent Meditation:** In July and August, Silent Meditation sessions will take place on Wednesday from 5:15 to 6:15 pm in the church library. Sessions are open to all. After a brief check-in and reading, we practice sitting and walking meditation followed by a few minutes sharing our experience. Please join our email list if you'd like to participate. You will receive notices, and please respond to let facilitator, Cynthia Riley, know if you are coming. We'd love to have you! 207-646-5407, cgriley85@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, sjk@roadrunner.com for info.

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) uukennebunkminister@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: 2018 – 2019 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
DIRECTOR: Robert Lown.....bplown@roadrunner.com
DIRECTOR: Joan O'Hara.....jfohara@maine.rr.com