First Parish Voices

Worship Services

Sunday, July 16 at 9:30 AM

Walking the Path with Our Animal Familiars – Karen Carey, Alicia Soliman, Märgen Soliman, Susie Landgrebe

Sunday, July 23 at 9:30 AM

Spiritual and Religious – Rev. Lara Campbell

Church summer office hours: The church office is open Tuesday Wednesday Thursday from 9 am to 12
Rev. Lara Campbell summer office hours: – **by appointment**

Summer Newsletter Schedule: The FPUU Electronic Newsletter will be published only twice a month during the summer. The deadline dates are as follows: June 14, June 28, July 12, July 26, August 9, August 23.

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Weekly Update

Pies, Muffins, and Buckle

Now's the time to commit!

Please let us know what you can make.

Sign up on the bulletin board in the Parish Hall,
call the office and leave a message.
985-3700
or send an email to kbkuu@gmail.org

A file of the recipes is attached with this e-blast.

Jacky and Hervé

Jewelry for the Blueberry Fair

Please donate any new or used jewelry. I do not have as much as I usually do. Please clean out those drawers and ask your friends! Thank you!!
You can leave jewelry in the church office or my back porch.
Nancy Dorn

♫♫♫ 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 summer dates are, July 14 and August 11 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.

Saturday Morning Mindfulness Mediation

Saturday Morning Meditation is Saturday August 5 and Saturday August 26; 10 - 11:30 in the Basement. There will be a lightly guided meditation, followed by practice sharing and a brief dharma reflection. No previous experience is necessary. All are welcome! Please join us. FMI please contact Jaylene Summers; jsummers@roadrunner.com or 985-7412.

41st Blueberry Fair Event Team Preparation

The 41st gala event is on Saturday, July 22 - Be there!!!

- Drum up some interest in your groups! Tell the World! Press releases have and will be published in the papers.
- Talk to the assigned coordinators listed below for volunteering on the event day or sign up on the bulletin board.
- Help us fill the coordinators list pronto! These are three key roles!

The Primary Coordinators:

1. Overall Coordinators:	Jacky Peters, Hervé Lavoie
2. Monies Coordinator:	Ruth Stackpole?
3. Vendor Craft Tents/Space Coordinator:	David Reece
4. Publicity Coordinators:	?
5. Jewelry Table Coordinator:	Nancy Dorn
6. Food – Purchasing Coordinator:	Joe Carroll
7. – Baked Goods Coordination:	Carol Spaulding
8. – Cooking Hot dogs, Soda/Chips:	?
9. -- Vegan offerings outside:	Marylyn Wentworth
10. – Dining Room Coordinator:	Christine Thurm
11. – Kitchen Coordinator:	Ann Boyce
12. Children/Youth Activities:	?
13. Music Entertainment:	Bruce Childress
14. Muffins/pie table team:	Andrea Rohde
15. Sound System setup:	Hervé Lavoie
16. Lines setup:	David Reece
17. Tents setup:	Hervé Lavoie
18. Recycling setup:	Stacy Wentworth
19. Lunch Posters and tickets:	Sally Keene
20. Coffee & Containers Donations	Dan Lyons
21. Pie Cutters	Susan Jack

Sign up on the Bulletin Board in the Parish Hall or Call a Coordinator!

Select and 'Like Us' on Facebook to increase community coverage!
https://www.facebook.com/pages/Blueberry-Fair-in-Kennebunk-Maine/867800646567508

Great opportunity for service to children

Our church is involved through Community Outreach Services in supplying lunches for local children who qualify for free lunch during the school year. Unless they attend a program which does serve lunch, they may not be getting a mid-day meal at all. We cooperate with other local churches that make up the COS. We will be making lunches in our church kitchen on Monday mornings beginning on July 10th and going through to August 21. The two weeks of the workshops, the lunches will be made at another church kitchen by us. We currently have only 3 of us from FPUU and could use at least one more person. If you can't commit to the entire time period, consider a couple of times. FMI contact Karen Tolstrup or Susan Jack.

Caring for our neighbors

Our collection of toiletries for the needy will continue this summer.
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!

Wednesday Meditation

Reminder: The Wednesday Evening Meditation does not meet in July and August. It will resume in September.

A Day of Relational Mindfulness

Please Save the Date! Saturday, September 23, 9am-3pm, A day of Relational Mindfulness (Insight Dialogue) with Jan Surrey (psychologist and Buddhist teacher) and Jaylene Summers. More information will be coming. FMI contact Jaylene Summers; jsummers@roadrunner.com or 985-7412. All are welcome, and some meditation experience is helpful.

Summer Service Schedule

DATE	PRESENTER(S)	TITLE	COORDINATOR
6.18.17	Worship Committee	Reflecting on Fatherhood	Sally Keene
6.25.17	The Rev. Lara Campbell	A Taste of UU General Assembly	The Rev. Lara Campbell
7.2.17	Bruce Childress	Independence is Not What You Think	Bruce Childress
7.9.17	Rachel Wells	Musical Transitions	Bob Furu
7.16.17	Karen Banning Alicia Soliman Märgen Soliman	Walking the Path With Our Animal Familiars	Susie Landgrebe
7.23.17	The Rev. Lara Campbell	Spiritual and Religious	The Rev. Lara Campbell
7.30.17	Paul Beach	Oh, My God! Spirituality of Awe	Bob Furu
8.6.17	Ted Trainer	Family and Community	Sally Keene
8.13.17	The Rev. Lara Campbell	Deepening Our UU Identity	The Rev. Lara Campbell
8.20.17	Jay Pacitti	Thin Line	Susie Landgrebe
8.27.17	The Rev. Lara Campbell	Being Crafty	The Rev. Lara Campbell
9.3.17	Sally Keene	Power of Laughter	Sally Keene

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

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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: Wednesdays 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 that meets **twice a month on the 2nd and 4th Wednesdays from 4 - 5:30pm** 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 5:10-6:30 p.m. in the Sanctuary 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 Morning Mindfulness Mediation – Lightly guided with brief dharma reflection-** The Saturday Morning Meditation group will meet from 10 -11:30am. We will meet July 1 and August 5 in Basement of FPUU, come in through the basement door. This is a lightly guided mindfulness meditation, with sharing and a brief dharma reflection. ALL are Welcome. No previous meditation is necessary. FMI please contact Jaylene Summers at jsummers@roadrunner.com, 207-985-7412 or 251-3317.

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: ……
ADMINISTRATOR: …….....kbkuu@gwi.net

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