

# First Parish Voices

# Online Worship Services Sunday, July 18th, at 9:30 AM Uncomfortable Truths from James Baldwin Ian Durham

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#### Weekly UU Quote

We are often called to do the difficult, if not the seemingly impossible, and it is vital to our spiritual growth that we not ignore these challenges.

Janice Marie Johnson (Unitarian Universalist, educator, activist, faith leader)



### ₹ 45<sup>th</sup> Annual Blueberry Festival & Craft Fair



45th Annual Blueberry Festival & Craft Fair Saturday, July 24, 9:00 a.m. to 3 p.m. at First Parish Unitarian Universalist Church, 114 Main Street, Kennebunk, free. Enjoy blueberry specialties, local food, crafts from neighboring artisans, and music by local singer-songwriters.

#### **BLUEBERRY FAIR**

Everything is going well except that we still need workers.

- 1. Seller of UU Crafts 12-3
- 2. set up tables, chairs, tablecloths and flowers for the outdoor cafe from 8:00-9
- 3. Monitor the outdoor cafe 9-10, 10-11, 1-2, 2-3
- 4. Take down cafe and take tablecloths home to wash: 3:00
- 5. Bathroom traffic monitors: 8-9, 11-12, 2-3
- 6. Vegan Wrap/Lemon Icecream money handler: 9-11, 1-3
- 7. Clean Up 3:00-5:00

#### **Attention Blueberry Fair Bakers**

Susan Jack will be at the church on Friday June 23rd from 4-6PM to receive your pies and buckles/coffee cakes. If that won't work with your schedule please bring them on Saturday morning. Thank you for baking!

#### **How To Avoid Robocalls**

Annoying, aren't they? Well, here is a helpful tip to reduce those interruptions.

Call, text or email Andrea Rohde to let her know how many pies and/or buckles you will be making for the fair. See contact information in the next news item.

Let them eat cake!



#### Let them eat blueberry pie and buckle!

Yes, we are having the Blueberry Fair on July 24th. It will be a live event and we need real pies and buckles to sell, no muffins this year.

There will not be a luncheon so we don't have a required number of pies to solicit, no need for anyone to purchase pies at a bakery. However we do want to have lots of pies and buckles to sell outside throughout the day.

Please email, text, or call Andrea Rohde if you are willing to make pie(s) or buckle(s). andrea.rohde49@gmail.com. cell - 207-468-2955, landline - 985-3517

Optional recipes are attached to eblast.

Three baking fireflies will be premaking and baking 35 pies for an online sale coming soon. Those will be picked up the day of the fair. They are separate from the pies and buckles we need for the table on fair day.

If you are unable to bake consider buying a pie from the online sale or making a monetary donation to FPUU to help defray the cost of supplies for the online sale. Please put Blueberry Fair Pies in the subject line.

Thank you so very much. The Baked Goods Team Tracy Ericson, Andrea Rohde, Alicia Soliman

#### One of Our Very Own Talented Members!

The Village JULY 2021 A SERIES ON LOCAL ARTISTS by John Forssen

### 'Out 'n About', Inspiration is Everywhere

He won his first blue ribbon as a schoolboy, a rendering of 'Downhill Skiers'

As artist Bob Lown tells the story, his first brush with artistic education was tentative at best...a classroom radio broadcast featuring "canned' lessons and very little in the way of instruction or inspiration. The subsequent arrival of a new teacher, who turned off the radio and exposed her students to the drawings of Leonardo DaVinci, created the jolt which led to the blue ribbon (won in a statewide competition) and a lifelong engagement in artistic endeavor.

Retired now, Bob is a Harvard graduate (government and business) and spent much of his working life managing a company which manufactured hydraulic presses. "Huge machines," he says with a smile, a dramatic contrast to the delicacy of his paintings.

A member of the Art Guild of the Kennebunks since 2006 and, more recently, Maine Women in the Arts, Bob is a regular exhibitor in local shows, describing his work as "representational."

"I try to paint local buildings and landscapes in ways that give viewers a



different way of looking at the things they may see every day... realistic, yes... but offering insights.

"You might say that I take the occasional liberty for

the sake of rhythm, symmetry and emphasis."

The care he takes with his work is immediately apparent. The colors are rich and well-balanced and the lines are sharp, purposeful.

"Well over fifty-percent of the effort in my work is invested in the drawing, which means there's a lot of pencil, a lot of sketching, on the page before I'm even thinking about color. The form has to be there first,"

So, of course, he has an idea of what the picture is going to look like long before he gets to the end.

"Yes," he says, "I always have something in mind."

For inspiration he simply gets 'out

and about', allowing his surroundings to speak for themselves. "I bring a camera with me and when I find myself remarking, 'that would make a great painting,' I snap a picture to take back and use as a model."

In this year of isolation due to the pandemic, he has managed to complete 20 paintings. He has also taken to 'redoing' finished paintings. "You can do that sort of thing in the absence of deadlines," he says.

"I will put a finished painting out where I can study it and, after making a list of all the things I might have done differently, I start over...fresh paint and fresh ideas."

As for work habits, Bob says he paints regularly, but he's not pinned to a schedule. That said, however, he acknowledges that "there's always a painting in the works."

While many painters might dream of having a real studio, proper light and space enough to put their work 'at a distance' from time to time, Bob is content at his kitchen table...a small space, sure enough, but big enough to inspire great ideas.

#### **Blueberry Festival Raffles**

TWO GREAT PRIZES!

Autumn Quilt, stunning colors, finely sewn, 52 inches square and a Vizio 32-inch, LED, flat screen, smart TV

Tickets \$5 each, 3 for \$10. Buy your tickets at the Blueberry Festival or right here on line. Specify which prize you'd like to win: TV or Quilt. www.uukennebunk.org.



#### WIONN (Welcoming Immigrants Our New neighbors) NEWS

WIONN is the recipient of this month's share the offering and will make excellent use of your donations. WIONN works hard to serve those trying to make their way as New Mainers.

#### **MUUSAN NEWS**

As you know, MUUSAN is our link to a statewide UU social and environmental justice advocacy initiative. One thing that has made a huge difference is the MUUSAN Legislative Liaisons. They represent most of the congregations and fellowships in Maine and act as a link between the work of MUUSAN and their congregations. They have a voluntary meeting for an hour once a week. **First Parish does not have a liaison.** I am hoping that someone will see the value in this role for both MUUSAN and First Parish and volunteer. Just get in touch with me and I will connect you and fill you in. <a href="marylyn.wentworth@tnsk.org">marylyn.wentworth@tnsk.org</a>

#### **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, September 14th. 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."

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.

## Monthly Updates from Our Committees

#### **Share the Offering Collection for June 2021**

COS

We would like to thank the congregation for their contributions for Share the Offering for the month of June. As a congregation we raised \$232.65 for COS.

#### Share the Offering for the Month of July and August

For the month of July and August our church Share the Offering will go to Welcome Immigrants Our New Neighbors (WIONN)

WIONN or Welcoming Immigrants our New Neighbors is a local, interfaith group that assists New Mainers in Biddeford and Saco. The intent of the group is to help families assimilate into their new culture by providing household goods, furniture, diapers, and most importantly friendship. Care Teams work closely with families as friends and neighbors. WIONN has several special funds that improve the lives of our new neighbors, including an education fund to help people attend college, a fund to assist with legal issues such as asylum, work permits, and citizenship, and a rent assistance to help with security deposits. For those of us in First Parish who are part of the Care Teams, we can attest to the value of WIONN and the satisfaction of being truly helpful to people we come to respect and love. There is always space for Care Teams if you are interested. Contact <a href="Marylyn.wentworth@tnsk.org">Marylyn.wentworth@tnsk.org</a> for more information

#### **Choir Notes**

Submitted by Paul Beach

#### WHO DOES NOT LIKE POSITIVE EFFECTS?

Improved Mood; Focused Attention; Deep Breathing; Social Support; Cognitive Stimulation; Regular Commitment.

WOW: nice list. A good amount of recent research has studied the positive psychological benefits of choral singing in choirs. (See your friendly Google sites for more).

My first recollections of personal experience with music was as a small child, hearing my mom play the piano. I later came to realize that she was quite accomplished. All through teens and young adulthood I was privileged to sing in church choirs, HS chorus, college glee club and the serious, Capital University Chapel Choir, and even a go at musical theater in "The Fantasticks".

During my second life, in Maine, being with Seaglass Chorale, Choral Art Society and over three decades of FPUU choirs has enriched these years. With choral groups, I have sung in St. Peter's Basilica in the Vatican, the National Cathedral and numerous other moving and inspiring venues. It has been my honor to perform on stage at Merrill Auditorium numerous times with CAS and three times in the chorus in Port Opera productions. There was also the delight (and challenge) of having leads and chorus parts in the productions of various southern Maine community theaters.

Music, by now you may have noticed, is a thread connecting a number of gems of one modest life's journey on this planet. Not just the notes, rhythms and lyrics, but the serial, serious, satisfying social broth that renders these activities deliciously and spiritually nourishing - and profoundly meaningful. This note is not meant to be a cheap, egotistical obituary (not that anyone would read it anyway). It is shared to make a point. Only recently has it become clear to some of us the benefits of choral singing. See above.

But here is the point, (I know, don't start a sentence with "But". Oh, well.) The point is that after all of those astounding times, experiences and events, <u>none</u> – that is, NONE – live up to the soul warming, heart feeling, mind soothing, social comfort and real joy of singing with the First Parish Unitarian Universalist Church of Kennebunk Choir, directed by Molly Petrik. Nothing surpasses sitting next to Bob Lown and the other bases, looking across to Eva Downs, glancing at Margaret and the sopranos hitting the high notes, watching the tenors and altos smile as they grab those harmonies, always welcoming and including experienced singers and beginners alike, enjoying all the others enjoying all the others.

Re-read the first line, above. Come join us. You'll be glad you did. plbeach May 2021

#### From the Archives

Submitted by Karen Tolstrup

- Circa 1905 Electric trolley's ran through the streets of Kennebunk. Their metal rails can sometimes still be seen under the pavement of the roads.
- 1920 Kennebunk Centennial celebrated August 2, 1920
- 1921 Daylight Savings adopted
- 1921 Destruction of old high school called Union Academy and construction of new high school which later became known as Park Street School.
- 1921 Bridge over the Mousam River Replaced
- 1921 October 22 Laying of the corner stone of the new town hall with a copper box time capsule in NE corner.
- 1917 Sept 10 Kennebunk votes against the Suffrage amendment. 25 percent of voters turned out to vote.
- 1917 August 31, Mousam and Safeguard fire hose companies disband and become united to be called "Combination A". 11 men from the Mousam and 13 from the Safeguard. New truck purchased.
- 1920 1929 The Ku Klux Clan (targeting French immigrants) had an active membership in Kennebunk.

The following is a brief list of the names of streets in town the Kennebunk residents whom they were named for:

Fletcher Street: named for Reverend Nathaniel H. Fletcher 1846 -1906 Storer Street: for Col. Joseph Storer who died in the Revolution. 1725-1777

Dane Street: for Joseph Dane, Lawyer and member of Congress. 1778 - 1858

Hovey Street: for Captain John Hovey, a ship's captain. 1770 - 1855

Mechanic Street: named for Benaiah Littlefield: a mechanic/carpenter 1801 - 1880

Ross Road: for James Ross. Born England – Died 1737, Kennebunk



In 1853 – The Siamese twins Chang and Eng visit Kennebunk.

Hall Street: named for Woodbury Hall, a stage-coach driver. 1833 -1922

Barnard Lane: for Joseph Barnard, a tavern owner and mail carrier. 1748 - 1817

Bourne Street: for Edward Emerson Bourne a lawyer. 1797 - 1893

Sayward Street: for Henry Sayward, a millwright. 1617 (England) – 1677 (York)

Cat Mousam Road: named for a sawmill on the Mousam River in West Kennebunk that was referred to as the "Cat Mill"

Kathy Ostrander Roberts is a real estate broker in Kennebunk who pursues history as a pastime. She has lived in Kennebunk for 30 years, published two books, volunteered as an archivist at the Brick Store Museum and received an award from Senator Olympia Snowe for her historic preservation efforts. Roberts is responsible for the creation of the Museum-In-the-Streets installation in Kennebunk and served as Kennebunk's former Town Historian. Kathy is now the chairman of the Kennebunk Bicentennial Committee.

### Summer Services at First Parish – AM

Jun 20 – Tiffany Kane (online)

**Jun 27** – The Rev. Lara Campbell (online)

**Jul 4** – Marylyn Wentworth (online)

**Jul 11** – The Rev. Barbara Gadon (online)

Jul 18 – Ian Durham (online)

Jul 25 – Brian Kaufman (online)

Aug 1 – The Rev. Lara Campbell (in person outdoor

weather permitting) as well as online. **Aug 8** – The Rev. Dan Miyake (online)

**Aug 15** – Robert (Bob) Pacitti (online)

**Aug 22** – Mark Gallup (online)

**Aug 29** – The Rev. Lara Campbell (in person outdoor weather permitting) as well as online.

**Sept 5** – The Rev. Brian Chenowith (online)



# References

#### **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 [<u>download(link is external)</u>]
- By telephone (audio only) the phone number is <u>929 205 6099</u>, 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! <a href="https://zoom.us/j/734887010?">https://zoom.us/j/734887010?</a>. Description: Join Zoom Meeting <a href="https://zoom.us/j/734887010?">pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09</a>

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 <a href="mailto:uukennebunkoffice@gmail.com">uukennebunkoffice@gmail.com</a>

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#### **Summer Office Hours for Staff**

Lara is available to meet with you outside in person or by Zoom, and as always Rev. Lara can be reached by phone anytime. Monday's are Lara's scheduled day off so please only contact if you have an emergency.

Crystal will be in the office Wednesday and Thursday from 9am until 12pm and welcomes you to stop by if you need help with anything.

#### **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.

#### Making a "Share the Offering" Contribution Can Be Made at Anytime!!

Contributions can be made anytime online at <a href="www.uukennebunk.org/plate">www.uukennebunk.org/plate</a>, 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.

#### **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 <u>or</u>
- 2) Call-207-985-6069 or
- 3) Go online to <a href="https://calendly.com/cosfoodpantry/foodpantryvisit">https://calendly.com/cosfoodpantry/foodpantryvisit</a> 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.

<u>To donate food</u> 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!"

<u>To donate</u> funds to COS - 2 ways: 1) through the website: <u>coskennebunks.org</u>. 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: <a href="https://www.clynk.com">https://www.clynk.com</a>

# 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, sipk@roadrunner.com for zoom link and info.
- **Buddhist Book Group** on Zoom the second Tuesday of the month, from 3:00-4:30pm. 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." All are welcome. FMI: Jaylene Summers: jaylenesummers@gmail.com or 207-985-7412.
- 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. We will be meeting by Zoom on the first and third Wednesdays, March through May, from 4:00 to 5:30 PM. Contact 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, <a href="mailto:timericsonmsw@gmail.com">timericsonmsw@gmail.com</a>.
- Early Morning Yoga: Thursday from 7-8:15 am: 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. Bring a Yoga mat and props if you have them mats available to borrow. All adults and teens are welcome. Donations accepted.
- Adult Choir: Singing is a wonderful way to connect with the body and breath, mind and spirit, self and community. All levels of ability and experience are welcome! The choir meets on Thursday evenings from 7:00-8:30 from September-June, currently on Zoom. Email Molly Petrik at uukennebunkmusic@gmail.com if you are interested in joining or coming to a meeting!

### FPUU Staff/Leadership and Committee Contacts

FPUU STAFF/LEADERSHIP	
MUSIC DIRECTOR: Vacant	
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#### FPUU CHURCH COMMITTEES

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FINANCE COMMITTEE	Herve` Lavoie-Chair, hervae@roadrunner.com
	Vacant
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