



First Parish Voices

Online Worship Services
Sunday, July 5th, at 9:30 AM
Independence in Poetry
FPUU Friends

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Weekly Update

Words of Inspiration to Uplift your Spirit

Sweet Darkness

When your eyes are tired
the world is tired also.

When your vision has gone
no part of the world can find you.

Time to go into the dark
where the night has eyes
to recognize its own.

There you can be sure
you are not beyond love.

The dark will be your womb
tonight.

The night will give you a horizon
further than you can see.

You must learn one thing:
the world was made to be free in.

Give up all the other worlds
except the one to which you belong.

Sometimes it takes darkness and the sweet
confinement of your aloneness
to learn

anything or anyone
that does not bring you alive

is too small for you.

—David Whyte

Hannaford Fundraiser

Due to a change in Crystal's hours we will now be processing the Hannaford cards on Wednesday mornings. Please have your checks into the office by Tuesday evening at 5pm.

If you are new to the program or want to join, please feel free to contact Crystal at uukennebunkoffice@gmail.com. We would love to see more people join this easy fundraiser to earn money for the church.

Emily's Goodbye Video

Folks have asked what Emily's relationship will be with First Parish going forward. Initially, Emily will be taking some time to adjust while she is looking for a new job. She is not sure of the timeline, but that it will be a significant period of time before she will be ready to consider involvement in our church. Her role has been one of serving and it's healthiest for all of us to allow time for her to leave that role. If you see her out and about you are welcome to say "hi" but understand that she will not discuss anything having to do with FPUU.
~ Rev. Lara

Here is the link for the goodbye video we made for Emily.

<https://www.youtube.com/watch?v=ogLp3VWdb6A>

Church Office Hours

The office will be open on Wednesday and Thursday mornings from 9am until 12pm.

Rev. Lara's Vacation Schedule

Rev. Lara will be on vacation from June 29th – July 12th and August 10th – August 23rd.

General Assembly worship link.

<https://www.uua.org/ga/off-site/2020/sunday-worship?fbclid=IwAR1Rj627t5mhlwwUowivZxhNA0ZTU6ykrrBP2cPFNHZRhMubMEgzMtPBLvo>

Volunteers Needed to Make our Deficit Reduction Plan Work

Outdoor Yard Sale

This summer - date to be decided by 5 person organizing crew. Outdoors with separated tables

GoFundMe Blueberry Extravaganza

A GoFundMe Campaign on Blueberry Fair day and the following week

5 people needed to organize. Lots of ideas streaming in for a fun and profitable way to do this

Online Auction

5 people needed to organize for the fall

Services, goods and gift certificates to be solicited by wider group of parishioners. Research already done re successful local online auctions

Religious Education Task Force

Because the paid position of Religious Education Director has to be eliminated, it is important that a task force create a viable RE program for our congregation. The Board is committed to a vibrant RE program.

3 to 5 people to work with Rev. Lara and Marylyn Wentworth

If you wish to volunteer and have a creative and fun time with your friends, while making sure First Parish UU thrives, e-mail marylyn.wentworth@tnsk.org

SHARE THE OFFERING

Share the Offering, formerly referred to as Share the Plate, 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. Either way, please try to regularly contribute to these approved non-profits, which is now all the more important.

-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 your Social Justice Committee to complete the comprehensive application. They will be happy to work with you and answer any questions.

Share the Offering for the month of July and August

July and August Share the Offering will be for Welcoming Immigrants Our New Neighbors (WIONN). First Parish will start a special fund for legal aid for WIONN. It is almost impossible for asylum seekers to actually receive asylum right now without a lawyer to represent them. Pine Tree Legal and ILAP are the only 2 free legal services and they are more than overwhelmed. Many retired lawyers have offered their services, but it is still not sufficient to take care of the needs.

There are several remarkable families in Biddeford right now enmeshed in this frustrating process without sufficient help. These are people who have suffered enough, people who have courage, resilience and determination, AND walked here from Ecuador! We want them as our neighbors, and we can help that happen by being generous with our plate offering for the next 2 months.

Coming this Fall: UU Wellspring, Year Two

What is UU Wellspring?

UU Wellspring is a 10-month Unitarian Universalist program of spiritual deepening and connection. It offers participants an opportunity for more joyful living, increased congregational leadership, and faithful justice making in their lives and in their communities. UU Wellspring is for congregations interested in fostering spiritual growth in a uniquely UU context through an intentional, curriculum-based program of daily spiritual practice, spiritual direction, study and reflection, and small group meetings. Since its development in 2005, UU Wellspring programs have been implemented in more than 26 congregations nationwide.

How did UU Wellspring year one go?

This first year, our pilot year, is almost over. Rev. Lara and Amy Wood have been co-facilitating a group of seven members, all of whom had expressed an initial commitment to their ongoing spiritual growth.

What do I need to know if I'm thinking about participating in UU Wellspring year two?

Our second year will start in September, beginning with a weekend retreat. Two-hour group sessions will be held every other week throughout the church year. You can find out more about UU Wellspring at <https://uuwellspring.org/> or you can talk with Rev. Lara (uukennebunkminister@gmail.com), Linda Thompson (LindaBear33@aol.com) or Margaret Jones (margaretj@maine.rr.com). We hope you'll join us!

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.

Now is the time to help our Neighbors! And we can, by helping COS now.

COS of the Kennebunks is coordinating efforts to help our neighbors in need in these difficult times. If you need food assistance the COS food pantry is located at Vinegar Hill Theater located at 53 Old Post Road, at the corner of River Road and Old Post Road.

Hours for picking up food are 2 pm - 4 pm M-F, as well as Tuesday 4pm to 6pm and Friday 9am to 10am. Anyone who needs food assistance is welcome, and other types of assistance are also available. Food can also be delivered to you if you cannot come to a food pantry. This service is available to anyone living in the 3 towns of the Kennebunks. Simply contact the General Assistance office of your town. You do not need to qualify for General Assistance for this service.

The best way you can help COS help our neighbors now is by donating funds, either through their website: coskennebunks.org or by check sent to: COS, P.O. Box 1175, Kennebunk, ME 04043. You can be sure all donations can be put to good use!

We are strong! With everyone's kindness and help we will get through this together!

Special Request for Pledge Payments or Generous Offerings

We are pleased to offer anyone who is willing and able to take advantage of our new online method of paying committed pledges and/or generously donating to help us achieve our goals and mission. Go to our website, www.uukennebunk.org and select either “pay your pledge” or “plate offering” to make a payment at the top of the page. We thank you for your continued generosity! The Board of Directors

Online Worship Service

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 uukennebunkoffice@gmail.com

To participate in the online worship service, we are using a technology called [Zoom\(link is external\)](#), which is online ("cloud-based") videoconferencing software.

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 [[download\(link is external\)](#)]
- By telephone (audio only)

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!

[https://zoom.us/j/734887010?](https://zoom.us/j/734887010?pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09) Description: Join Zoom Meeting
[pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09](#)

If you need or would like to call in, the phone number is [929 205 6099](#) and you will be asked to enter the "meeting ID" when you call in. That ID number is **734 887 010**. Password: **024481**

If you need help with Zoom, we have designated "Zoom Ushers" who can help you get set up so you can get into our virtual Sunday Services.

You can also connect using the link of the church calendar!

The following people are our designated Zoom Ushers: Chris Wells and Hervé Lavoie

Buddhist Sangha: RiverRun Insight Dialogue

Insight Dialogue Meditation is offered on ZOOM, Saturday July 4, 10am-noon. Insight Dialogue is a fully engaged Relational meditation practice offered monthly.

Upcoming dates are Saturdays July 4, August 1 and September 5.

In these Challenging Uncertain times we can contemplate and cultivate taking True Refuge in the Triple Gem of Buddha, Dhamma and Sangha.

ALL are Welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance, jaylenesummers@gmail.com or 207-985-7412. If you will be attending kindly RSVP and I will send you an invite to zoom. Thank you, may all shelter in safety, healthy and protected with ease. With Metta, Jaylene

Zoom Buddhist Book Group

“Compassion asks us to turn toward the human reality of distress and pain, opening the door to immeasurable compassion that is possible for each of us and to take our seat in the family of all beings.” ~ Christina Feldman

We are meeting on ZOOM on Tuesdays July 21, August 11, September 15, from 3-4:30pm, future dates to be determined. 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.

Choir Notes

"Choir Singing During these Challenging and Uncertain Times"

The Last song we sang together Live in Person was called “We Have Enough”.

<https://youtu.be/8wAWXZafJyU> It was lovely and inspiring. The congregation also seemed to enjoy it. We did not know that it would be the last time we would sing together Live for an uncertain longtime. All services at FPUU moved to Zoom. When that happened, the choir continued to meet on zoom and brainstorm possibilities of how we could ‘virtually’ both sing and practice together. If we’re all on Zoom at one time and try to sing together there’s always a delay and it makes great cacophony of sound, not a joyful noise.

Molly our very creative music director challenged us to sing songs for the congregation all together. Her idea was to sing individually, recording it and sending her a copy.

The first time we tried this, just a few of us sang as we each recorded “We Shall Be Known by the Company We Keep” by MaMuse. <https://youtu.be/D7USAHkqyeA> We had sung this live at previous services. It was one of the choir’s favorite songs. But this time we were to individually sing our part and Record it. Next, we sent it over to Molly and somehow, using an app called “Garage Band” she magically put it together and it sounded as if we were singing together. It sounded good at the service.

It was fun and we were up for another challenge. This time we sang “To Wonder”. And was very appropriate for the Sunday Reflection was “To Wonder”.

But this time Molly raised the bar and asked us to video a ‘whole body experience’, singing with visuals! This was a stretch for some but somehow, we did it. Two additional singers joined us: Molly’s Mom Rebecca and Jay Pacitti’s brother Bob. They both added some rich vocals to our group and were very much appreciated. The outcome was pretty amazing. Jamie helped put it together which required a lot of tech knowledge and time. <https://youtu.be/9vSo9x5CyaE>

The last song we sang this year for the congregation was “I Believe”, a song composed by Mark A. Miller. This song expresses hope in times of deep despair and is very moving. <https://youtu.be/Fo1sn6ULX0U>

As Molly says, " Let's keep singing, friends". Especially during these challenging and uncertain times. And that means in the summers, too. ~Jaylene Summers

From the Archives

June 2020

A few bits from E.E. Bourne's "History of Kennebunk:

Anyone have a relative in their past with some of the more unusual ones?

"We find on the early records of the town, on old deeds and other ancient documents, the following Christian names of persons who were residents in Wells and Kennebunk: Bazelial, Hezekiah, Jedediah, Lazarus, Sarathiel, Zachariah, Zebulon, Bathsheba, Comfort, Consider, Dorcas, Dorothy, Diadema, Hepsea, Hepsibah, Iset, Jemima, Jerusha, Johannah, Katherine, Keziah, Lowhannah, Mercy, Merriam, Merribah, Panoply, Patience, Patty, Pethular, Philadelphia, Philomela, Prudence, Shuah, Susannah, Tabitha, Temperance, Terza."

"Cape Porpus was totally destroyed by the Indians the tenth of August 1703. Bradbury says it probably never had contained more than two hundred inhabitants up to that date. Some of the former residents returned and a few new settlers came in; in 1714 the population continued to increase and in 1719, on petition of the inhabitants, the town was re-incorporated by the Massachusetts General Assembly and its name was changed to Arundel.

"The greatest fall of snow ever known in New England was in 1717; the storm continued six days and the depth of snow was eight feet upon a level. Many buildings in the country were buried up in the drifts."

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.

Worship Wrap Up - Links to Elements in the Service from Sunday

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!

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** 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: <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: Tuesday evenings by 5 pm.

Email FPUUHannaford@gmail.com if you have questions. Thanks! Rev. Lara, Eva and Myrna

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, sjpk@roadrunner.com for zoom link and info.
- **Embracing Aging:** 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. Unfortunately, due to the present pandemic, any further meetings will be postponed until further notice. The contact person is 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, 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!

FPUU STAFF/LEADERSHIP

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