



# *First Parish Voices*

**Online Worship Services**  
**Sunday, June 20th, at 10:30 AM**  
***A Neurodivergent's Spiritual Path***  
**Tiffany Kane**  
**[www.uukennebunk.org](http://www.uukennebunk.org)**

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# Weekly Updates

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## Summer Worship

Summer worship begins this Sunday, June 20<sup>th</sup>, at 9:30 a.m.

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## Weekly UU Quote

Our 7th Unitarian Universalist Principle is "Respect for the interdependent web of all existence of which we are a part". Being interdependent means we depend on one another, and on the Earth we live on. Each morning as I drink my coffee, I think of all the people who grew, transported, ground the coffee beans and I thank them, and then I picture the fertile ground that nourished the coffee plants so far away. I depend on so much just for my mug of coffee! Submitted by Kathe Wright

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## Summer Office Hours

With Summer upon us, the office hours are now only 6 hours a week. Crystal will be in the office and checking phone messages on Wednesday and Thursday of each week from 9am until 12pm.

\*Crystal will be on vacation June 30<sup>th</sup> and July 1<sup>st</sup>

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## Annual Blueberry Fair Is Back!!



We are having a live, on the lawn, Blueberry Fair on July 24! No chowder lunch, but lots of other special things. Stay tuned for on- going information. **We need someone to be in charge of publicity. Could that be YOU?** email [marylyn.wentworth@tnsk.org](mailto:marylyn.wentworth@tnsk.org).

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## Blueberry Fair Crafters Needed

We are having a live, on the lawn, Blueberry Fair on July 24! The community crafters will be returning. We are looking this year to continue our own small fundraiser church craft table, with emphasis on all and everything blueberry, including that great blueberry color. So for folks who enjoy handcrafting and artist endeavors, please consider entering your small art work, handmade jewelry, matted photos, notecards, and sewn or knitted items.

Questions or thoughts – call Marylyn Wentworth or Ginny Lawrence.

## **Hannaford Prograam**

The Hannaford card program was interrupted during the pandemic and that particular arrangement is no longer available. After unsuccessful efforts to renew this church fundraising source, the Board of Directors regrets to announce that this program has ended.

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## **GARDEN CIRCLES: TIME TO SIGN UP!**

Hurrah, warmer weather is here — it's time for members and friends of FPUU to begin getting together again.

Here's the plan.

- We'll meet in groups from five to six people, outdoors at participants' homes.
- The occasion can include food, as simple as tea and cookies or as complex as a potluck barbecue, the hosts will decide.
- The important thing is that you have an opportunity to meet with others from First Parish, including new friends you haven't met yet or someone you've seen but haven't gotten to know.
- Dates and details will be up to the hosts. We will follow the color-coded guidelines put together by our Wellness Task Force.

Everyone is welcome! New friends are especially encouraged to take part. These mini events can be very simple to host, no need even for a main dish. They can take place morning, noon, or night. So please consider volunteering as a host in addition to signing up to be a participant. Events may be held anytime over the summer. If you don't wish to use the link, email or call Vicki Adams

To read details or sign up to take part in a Garden Circle, click on this link!

[https://docs.google.com/forms/d/e/1FAIpQLScvXSiSmjNLjtutZVy9q1A8MCGDlpUngE8lPgVU\\_ngaHP2xaQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScvXSiSmjNLjtutZVy9q1A8MCGDlpUngE8lPgVU_ngaHP2xaQ/viewform)

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## **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, July 13<sup>th</sup>. 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.”

Upcoming date: September 14<sup>th</sup>.

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](mailto:jaylenesummers@gmail.com) or 207-985-7412.

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

We want to encourage our immigrant families to use cloth diapers rather than wasteful, expensive and environmentally bad, disposable diapers. If you are interested in providing starter sets for new babies get in touch with Marylyn Wentworth.

## **MUUSAN News**

Here is something really special sent out by MUUSAN. Bi partisanship is NOT dead when people decide it is worth it to work together for social justice:

**Senators Stacy Brenner and Rick Bennett have teamed up to host a podcast called**

**Seatmates:** <https://www.seatmatespodcast.com/about>

## *Monthly Updates from Our Committees*

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

Ministerial Discretionary Fund

We would like to thank the congregation for their contributions for Share the Offering for the month of May. As a congregation we raised \$547.80 for Wabanaki REACH.

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### **Share the Offering for the Month of June**

**COS**

For the month of June our church Share the Offering will go to Community Outreach Services (COS). For 30 years COS has been a key organization helping our neighbors in Kennebunk, Kennebunkport and Arundel.

This has been especially true during the Covid pandemic as families in our community have faced unprecedented needs for food and other help. But summer is now upon us, and some of the regular COS summer programs will again be in full swing. COS provides bag lunches to children to help replace school lunches, and scholarships are given to children to allow them to participate in summer camps. Our donations help support these special programs for children as well as ongoing needs. Thank you for your generous support.

## 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, none – 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.  
plbeach May 2021

Come join us.

You’ll be glad you did.

## 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 Klan (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 – 9:30 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 [[download\(link is external\)](#)]
- By telephone (audio only) the phone number is [929 205 6099](#), 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! [https://zoom.us/j/734887010?](https://zoom.us/j/734887010?pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09) Description: Join Zoom Meeting [pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09](#)

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](mailto:uukennebunkoffice@gmail.com)

## 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.

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## 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](http://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](mailto: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.

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

Contributions can be made anytime online at [www.uukennebunk.org/plate](http://www.uukennebunk.org/plate), 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*

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### 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 or
- 2) Call-207-985-6069 or
- 3) Go online to <https://calendly.com/cosfoodpantry/foodpantryvisit> 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.

To donate food 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!"

To donate funds to COS - 2 ways: 1) through the website: [coskennebunks.org](https://coskennebunks.org). 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

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### 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: <https://www.clynk.com>

## 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](mailto:sjpk@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](mailto: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](mailto: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](mailto:timericsonmsw@gmail.com).
- **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](mailto:uukennebunkmusic@gmail.com) if you are interested in joining or coming to a meeting!

## FPUU Staff/Leadership and Committee Contacts

### FPUU STAFF/LEADERSHIP

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) uuKennebunkMinister@gmail.com  
**MUSIC DIRECTOR:** Molly Petrik.....uuKennebunkMusic@gmail.com  
**ADMINISTRATOR:** Crystal Jones.....uuKennebunkOffice@gmail.com  
**BOOKKEEPER:** Barbara Boscia.....uuKennebunkBookkeeper@gmail.com

### BOARD OF DIRECTORS: 2019 – 2020 program year

**CO-CHAIR:** Marylyn Wentworth.....marylyn.wentworth@tnsk.org  
**CO-CHAIR:** Wayne White.....wwhite911@aol.com  
**CLERK:** Molly Hoadley.....mollyhoadley@gmail.com  
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**DIRECTOR:** Bob Lown.....bplown@roadrunner.com

### FPUU CHURCH COMMITTEES

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