



First Parish Voices

Worship Services

Sunday, June 23, at 10:30 AM

Charity and Justice – Marylyn Wentworth and Cynthia Howard

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.

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Weekly Update

Summer Ushers and Greeters

Please remember to sign up to be an Usher or Greeter this summer! Our Summer schedule has begun, sign-up sheets are in the Parish Hall.

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. Though it seems premature, 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. You will see results in the next two weeks or so. Stay tuned. Also, we have numerous open spots for artists and crafters to apply this year, so far. Please spread the word to make them aware and for the opportunity to engage them.

For Blueberry 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:

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.

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 |

Women For All Seasons

"*Women for All Seasons* will be celebrating the Summer Solstice at 6 p.m. on Friday, June 21, followed by a Potluck Supper. We will meet at the home of Joan O'Hara, 5 Colonial Drive, Kennebunk, with parking on the street. (Colonial Drive is one street before the High School.)

Please **bring** a dish to share, a serving utensil, lawn chair, insect repellent if desired, and wear casual/comfortable clothing. It is important to **RSVP** to Linda Thompson at LindaBear33@aol.com or 207-502-7796. (In case of rain, we will meet at the church, and contact you using your RSVP info.)

*****POP UPS for ID Insight Dialogue Meditation Dear Friends: *****

NEW: Summer ***POP UPS for ID Insight Dialogue Meditation Dear Friends: ***We won't be meeting formally in July/August. However, if you'd like to meet with me alone 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 is the founder and 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

Nominating Committee

The Nominating Committee is announcing the opportunity for members of the First Parish Church of Kennebunk to serve in upcoming leadership positions.

Interested members should look at the job descriptions on the church website and let a member of the Nominating Committee know of their desire to serve.

One open position: One Board of Director positions, a 3-year team

Thank you from the Nominating Committee – Eva Downs, Molly Hoadley, Beth Anderson, and Ted Trainer

Fundraising to support the Free Black Community archaeological dig!

We have raised \$850 - please help us reach \$1000!

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. Please help us to support this important archaeological dig. The goal is to have the location designated as a National Register Historic District. So far, we are about half way to reaching the match amount.

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

Housing for Summer Science Workshop

The Summer Science Workshops held here at First Parish are getting close. It is one of our largest fundraisers and we need your support!

Every year we in the FPUU community provide housing (no meals) for the students (who are teachers getting further education in their science fields). The workshops happen during two weeks of midsummer: July 22-26 and July 29-Aug. 2. If you are willing and able to provide housing for either or both of these two weeks, please contact Cynthia Riley cgriley85@gmail.com or Vicki Adams vickigatesadams@gmail.com

Jewelry for Blueberry Fair

It's time again to clean out all your unwanted jewels! If you have jewelry you would like to donate to our Blueberry Fair, please drop it by the back room in the office. We have created a mailbox for all jewelry. If you have any questions please feel free to contact Karen Tolstrup at kdtolstrup@gmail.com, as Karen will be getting it all ready for the sale.

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.

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.

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