



First Parish Voices

Worship Services

Sunday, June 9, at 10:30 AM

The Language of Flowers – Rev. Lara Campbell

Church office hours: The church office is open Monday thru Friday from 9 am to 12
Rev. Lara Campbell office hours: Tuesday thru Thursday from 9 am to 12 pm, or by appointment. Lara is always available via email or cell phone.

Contents

Weekly Update	2
Summer Hours	2
The Language of Flowers	2
Summer Ushers	2
Blueberry Festival & Craft Fair – Saturday, July 27th	2
The Power of Our Shared Ministry	3
Fundraising to support the Free Black Community archaeological dig!	3
RE Sunday Worship	4
Steeple Project – Phase 2 Commencement	5
Nominating Committee	5
Housing for Summer Science Workshop	5
Rally For Gun Safety	6
INSIGHT DIALOGUE SATURDAY MEDITATION	6
Women For All Seasons	7
Buddhist Book Discussion Group	7
Jewelry for Blueberry Fair	7
COMING IN SEPTEMBER!	7
WIONN (Welcoming Immigrants Our New Neighbors) Request	8
THE REVERE BELL	8
Caring Committee	9
Sermons Can Be Found On-Line	9
Caring for our neighbors	9
Do you Need A Copy of The Newsletter?	9
Funding Opportunities!.....	10
Spiritual Growth Opportunities!	11

Weekly Update

Summer Hours

The beautiful Summer weather is finally here, and our summer schedule will start on June 16th, with our services now starting at 9:30am. The Church office hours will be Tuesday thru Thursday from 9am to 12pm, starting on June 18th. Rev Lara will be available by appointment.

The Language of Flowers

Sunday June 9th will be a multigenerational worship service celebrating the UU tradition of the Flower Festival. The idea for this service came from Rev. Norbert Capek (1870-1942) to remind us of the unity that binds us within our diversity. All are invited to participate and bring flowers and/or greens from the garden, yard or store, you will then bring flowers back home with you.

Summer Ushers

Please remember to sign up to be an Usher this summer! Our Summer schedule begins on June 16th, 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. Our next meeting will be on Monday, June 17 at 7pm to 8:30pm in the Church Library. There is a change of time to accommodate key contributors to be there on time. Please mark your calendars for both dates. 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.

The Power of Our Shared Ministry

Blueberry Fair

Each of us at First Parish Unitarian Universalist Church shares in the total ministry of our church and works to insure its continued health and well-being. The Committee on Ministry, composed of our minister and five members, is charged with the responsibility of monitoring and helping to support the minister, the members, and the congregation as a whole.

As part of that responsibility, the Committee of Ministry is highlighting examples of shared ministry in action, both the small, often unseen acts and the larger, more public ones and is including a way for you to get involved if you're interested.

On July 27th FPUU will be hosting our annual Blueberry and Craft Fair. This is our largest all church effort of the year. Besides the very important revenue it generates this event is also a great opportunity for our church community to feel an incredible sense of shared success for a job well done. A core group began meeting monthly in February to make this our most successful fair ever. Our new church marketing team has been very active finding new and innovative ways to advertise this event to ensure we attract the largest crowds possible. There will be new twists in our food and music offerings and maybe a couple of other surprises as well. If you're not already on a team, please consider joining one. Herve Lavoie and Jacky Peters are the overall chairs of this event and you can contact them for more information about how you can be a part of this great day. You can watch the newsletter for opportunities as well in the coming month. There will also be sign-up sheets at church soon for day of volunteers and bakers.

We are grateful to each of you for being a part of our shared ministry. Members of the Committee on Ministry: Cathy Fellenz and Ann Boyce, cochairs, Paul Beach, Patrick Conner and Andrea Rohde

Fundraising to support the Free Black Community archaeological dig!

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

RE Sunday Worship

It was wonderful that so many of you were able to attend our annual RE Sunday worship service! For those who were unable to attend, a recording of my homily can be found on our [website](#).

In the second part of my homily, I shared ways that people of all ages can move forward in their own faith development. Here are the links to those resources!

[SUUSI](#) - the largest of all UU summer camp experiences!

[The Point](#) (formerly SWUUSI) - a smaller camp for all generations in Oklahoma.

[Ferry Beach](#) in Saco, Maine

[Star Island](#) in New Hampshire

[Summer Seminary](#) for high school Youth

[The Church of the Larger Fellowship](#)

[Our Whole Lives training](#)

[General Assembly](#) (will be held in Providence, Rhode Island in 2020!)

[UU College of Social Justice](#)

[Other leadership training opportunities and retreats can be found here.](#)

I've also added information to the bulletin board that is right outside my office in Parish Hall!

Please enjoy these photos I took. I would love to see any photos or video you have taken! In faith,
Emily C. Jones, DRE



Steeple Project – Phase 2 Commencement

This week is the start of the steeple project, phase 2, that will complete the painting and repairs of the belfry and clock area that was not completed last year. It will also involve the tightening of the steeple vestibule's flooring via the half cellar and adding mortar to the west side foundation. This will take approximately three to four weeks in total with the 120-foot Ariel-Lift coming next Monday, June 3 for two weeks.

Please be cautious and attentive to equipment on the premises and the use of Reverend Lara's parking area to store a work trailer.

Your Steeple Project Coordinator, Hervé

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.

The open positions are as follows: Two Board of Director positions, a 3-year team, one clerk position, a 1-year position, one Moderator, a 1-year position, and one Northern New England District delegate, a 1-year position.

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

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

Rally For Gun Safety

Many of us at FPUU have been working to reduce gun violence in our country. This event is sponsored by the local chapter of Moms Demand Action. Wear Orange is a time for everyone in our community to come together to show our collective power in addressing gun violence.

When high school student Hadiya Pendleton was shot and killed in 2013, her friends turned their grief into action, and wore orange to raise awareness about gun violence prevention. This June marks the 5th year we'll be bringing the community together to #WearOrange and take action.

On the first Friday in June, we'll honor all lives taken and injured by gun violence as part of National Gun Violence Awareness Day. Then, on June 8, we'll turn out in Kennebunk, bringing together all members of our community to show our solidarity as we stand together to prevent gun violence. Join us at a Wear Orange Rally for gun violence awareness in **Kennebunk on Saturday June 8th @ 10 am**. Wear something orange, bring signs and gather to support common sense gun laws and fight for a reduction of gun fatalities and injuries.



Will you join us? Please RSVP at <https://act.everytown.org>.

INSIGHT DIALOGUE SATURDAY MEDITATION

"Please Note: This is the LAST ID Meditation Practice until the fall."

"Boundless Love and Compassion Experienced Without Attachment is Deep Wisdom." ~ Anon.

We will meet Saturday, June 8th, from 9:30-11:30am in the parlor to practice Insight Dialogue meditation together. Insight Dialogue is a fully engaged interpersonal co-meditation in the Insight meditation tradition. ALL are welcome including both those new to the practice and experienced folk. If you Are NEW, please contact me for some guidance before attending. Thank you. Please join us. Jaylene Summers 207-985-7412.

Women For All Seasons

Women for All Seasons will meet in the church library at 6:30pm on Tuesday, June 11 for our annual kything ritual, led by Linda Thompson, Jeannie Grant, and Nikki Starcat Shields. The kything ritual creates an energy that we all can use to help to manifest each woman's vision. Please bring about 16 beads, all of the same color/type. They should somehow represent a vision you have for yourself in the upcoming season. These beads need to be able to be easily threaded onto a waxed string (many seed beads and some others have very tiny holes and will not work for this ritual if the holes are too small). All women are welcome.

Buddhist Book Discussion Group

“Looking after oneself, one looks after others. Looking after others, one looks after oneself.” ~ the Buddha

Please NOTE: This is our Last gathering until September

The Buddhist Book Group will meet Tuesday June 11th, from 3-4:30pm in the Library. Currently we are reading together Chapter 1, “Immeasurable Kindness” in Christina Feldman’s beautiful book; “Boundless Heart: the Buddha Path of Kindness, Compassion, Joy and Equanimity”.

ALL are Welcome. This is a drop-in group and it is not too late to join us. There is a seat for you and a book. FMI please contact Jaylene Summers at 207-985-7412.

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.

COMING IN SEPTEMBER!

Changes are afoot in our Coffee Hour Teams! Rev. Lara and I will be meeting over the summer to make adjustments to the team rosters. All our members and regular friends share the opportunity to provide Coffee Hour. Your Team Leader will be in touch at the beginning of the church year. Have questions? You may contact Kim Lord at kimlord1@aol.com.

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.

THE REVERE BELL

A Revere bell is a prized possession of any institution lucky enough to own one, and FPUU is one of the lucky ones.

Cast in 1803, the bell was purchased in 1804 and installed and rung in the fall. The bell has a very strong, clear tone and was used for many purposes. Once in 1824, in its capacity as a fire alarm for a local fire, it could be heard in Shaker Hill in Alfred, eleven miles distant.

Weekdays the bell was rung at seven a.m., noon, and as a curfew at nine p.m. The curfew ring also was supplemented by one stroke for each day of the month- so on the first of the month, one extra stroke was struck. On the last day, it is easy to imagine that it could get fairly tedious, possibly leading to the discontinuation of the practice in 1816.

The ringing of the bell was a great convenience to the farmers and others, many of whom did not, at that period have the means to afford a timepiece. Consequently, there was an annual public subscription to defray the costs of ringing and maintenance.

When the first factory opened in town, it rang a bell to alert the employees of start, lunch and end of shift and the Revere Bell reverted to church-related functions and time. The first bell in York County was installed in the York meeting house in 1788. Ours is the second bell in the county and third in the District of Maine.

Hundreds of visitors have climbed the many steps and ladders to view the bell and the view. Many have stopped on the way to add their names to a wall covered with signatures, many dating from the 1800's. Among them is Prescott Littlefield, who signed in 1859. He was a well-known figure in town as the driver of the town's grocery cart.

I have put up a photo of him standing in the belfry next to the bell in the From The Archives "gallery" in the main hallway. Be sure to stop and take a look.

I will be back in the Fall with more interesting information from the Archives. Have a great summer!

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.
- **Meditation:** A small group meets every Wednesday from 5:05-6:30 p.m. in the Library 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. Please contact Vicki Adams 207-216-3890 or Tim Ericson 207-985-4211, for more information. 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!
- **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

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BOARD OF DIRECTORS: 2018 – 2019 program year

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