



First Parish Voices

Worship Services

Sunday, June 10, at 10:30 AM

Tapping on the Glass; Waving Through the Window– Emily Jones and Youth

Church office hours: The church office is open Monday thru Friday from 9 am to 12

Rev. Lara Campbell office hours: Tuesday, Wednesday and Thursday 9 to 12 and by appointment

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Weekly Update

♪♪♪ Song Swop ♪♪♪

The purpose of the SONG SWOP is to have fun sharing music together. We meet on the second Friday of every month from 7 - 9pm in the Parlor. The next one is Friday, June 9th, from 7 - 8pm. Both performers and listeners of all ages are welcome. Acoustic instruments only please. Light refreshments available. Suggested Donation \$3. FMI contact Bruce Childress at bruce@bcpipes.com or Rich Gaito at captgainto@gmail.com

Choir Rehearsal

The last choir rehearsal of the season is tonight, June 7, from 7:00-8:30! It is never too late to join! Please feel welcome to join us in learning two songs (they are not hard!) for this coming Sunday's service.

Alternatively, if you are interested in singing in the choir when we start up again in the Fall, please send me (Music Director, Molly Petrik) an email at uukennebunkmusic@gmail.com. We would absolutely love to have you!

Flower Festival

Flower Festival will be Sunday June 10th 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.

Women For All Seasons

Women for All Seasons will meet in the church library at 6:30pm on Tuesday, June 12th, for our annual kything ritual, led by Sheila Littlefield 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 and 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.

June No Particular Reason Women's Potluck Dinner

At the home of Prilla Coffin
When: Friday, June 15 @ 5:30 PM
Please notice time change
Where: 120 Sinnott Rd., Arundel

Please park in the driveway/turnaround/lawn; no on street parking. Questions or for directions: please call 294-2116.



Thank you! Thank you! Thank you!

Thank you to this year's Coffee Hour Team Leaders: Barbara Conner, Karen Carey, Kim Lord, Christine Thurm, June Barrier, Karen Tolstrup, Bob Furu, Susan Jack, Andrea Rohde, Cathy Fellenz, Beth Andersen, Marylyn Wentworth, Mary Boucher, Kevin Flynn, Ginny Lawrence, Molly Hoadley, Sheri White and Emily Jones.

We enjoyed delicious treats and warm fellowship all year thanks to you!

Summer Lunch Program

FPUU will be part of the Summer Lunch Program again this year! Children who qualify for reduced fee or free lunch during the school year can get a nutritious lunch on weekdays, provided by COS and Community Harvest. On Mondays, beginning on July 9, FPUU's kitchen will be the prep site. If you would be interested in participating, contact Karen Tolstrup at 467-9149 for further details. You can come once or for the summer, it's up to you. A great way to feel good.

The Steeple Repairs Project has Begun!

June is approaching us this week and as planned the Steeple will be in repair mode for the month. You will find a 135-foot man-lift on our grounds next Monday being managed by Port Painting, Inc. A week later you will find 4 tents ganged together to do final fitting of the false windows at the top of the steeple. We are also replacing three railings of four at the clock level and one rail at the belfry. Five of our eight column bottoms will also be replaced. To save costs, we will be looking for some volunteers in the next three weeks to help paint the rails/balusters and window panels in the tents.

Port Painting, Erik LeBrun, will also paint the front face of the church and carpentry repairs by Nate Davenport. Theron Wentworth, a fine-cabinetry carpenter, has fabricated the oval window trim and panels in his shop. Saco manufacturing is fabricating the turning the balusters and columns. Volunteers, Stacy Wentworth and Hervé Lavoie, will support construction and coordinate work logistics.

The steeple was completely surveyed by Resurgence Engineering and Preservation, Inc. giving First Parish Preservation Foundation another opportunity to write a third grant for \$30,000 additional funding on this project. The total project cost is at \$45,000. The draft report finds this steeple structurally, excellent condition thanks to the years of upkeep done by other members of this church. If you are interested in more detail, talk to Hervé or Stacy.

Properties Chairs, Hervé & Stacy

INSIGHT DIALOGUE MEDITATION PRACTICE

This meditation group will resume meeting after the summer on Saturday, SEPTEMBER 8 from 9:30-11:30am in the Parlor. Insight Dialogue Meditation is a fully embodied relational practice. We meet (usually) the first Saturday of the month. We begin with a lightly guided meditation followed by group sharing and Insight Dialogue Meditation Practice. No prior experience is necessary. This is a 'drop-in' group, and ALL are welcome. Please Join Us. For more information please contact Jaylene Summers; jsummers@roadrunner.com or 207-251-3317. Thank you.

Blueberry Fair

The Blueberry Fair, scheduled for Saturday, July 28 from 9-3 will be here before you know it. We only have 9 spaces left for vendors as quite a few are returning. If you want a space for yourself or know anyone with something unique to offer, please fill out an application and your check for \$75.00 ASAP. The booths alone bring in \$3,300 so we need to have them all full. Contact Tom Veronesi, Vendor Coordinator, at tomveronesi@gmail.com for more information or an application. Special thanks to David Reece for his assistance with this transition. Thanks, Tom Veronesi, 860-550-3925

Your Spare Bedroom can help the church!

First Parish offers professional development workshops for science teachers every summer. The workshops, which teach the guided inquiry method, have grown from the humble beginnings of 9 physics participants in 2006 to 42 this past summer in biology, chemistry, and physics. Graduates of our workshops give them rave reviews and their popularity is largely driven by word of mouth. This program is beginning its 12th season and has been made successful by the generous volunteer efforts of the FPUU membership! The program not only supports UU faith in science, but also is our biggest fundraiser. The reason we raised more than \$25,000 through this program last year is — our spare bedrooms! Members and friends welcomed one or two science teachers into our homes, so they can have a place to sleep. They get their meals at church or at local restaurants. This “spare bedroom donation” enables teachers to attend our programs, because it lowers their overall expense. Our hospitality and the excellence of our program spell success.

This summer’s program will take place two weeks: July 22 - 27, and July 29 - Aug. 3. If you have a spare bedroom available for one or both of these weeks, and you are comfortable hosting a teacher, please call Vicki Adams, 207-216-3890. You can support science and help make a real dent in the First Parish budget!

Naloxone

In an effort to reduce opioid overdose, we have been given a dose of Naloxone.

What is Naloxone?

Naloxone is a medication designed to rapidly reverse opioid overdose. It is an opioid antagonist—meaning that it binds to opioid receptors and can reverse and block the effects of other opioids. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with heroin or prescription opioid pain medications.

How is Naloxone administered?

The injector has voice and visual guidance that make it easy to administer naloxone during an opioid overdose. The prefilled auto-injector is used to administer naloxone in the outer thigh through clothing if necessary (even blue jeans) whether face up or face down.

Where is our dose of Naloxone located at FPUU?

The auto-injector is in the AED, which is located at the bottom of the stairs across from the kitchen.

If you are interested in learning how to administer this life saving medication please speak with Rev. Lara.



Did you know?????

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 that meets twice a month, 4-5:30pm from January - April. In 2019, Helen Rousseau is the contact person 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**
- **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. **All are welcome.**
- **Tuesday Small Group Ministry:** On the first and third Tuesday of each month, Sept. thru June, Small 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 985-7238.
- **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!**
- **Connecting Circles:** Circle K will resume meeting once a month in the fall. If you would like to connect spiritually on a personal level with others, please contact Karen Tolstrup at 207-467-9149 or kdtolstrup@gmail.com.
- **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, sjpk@roadrunner.com for info.
- **INSIGHT DIALOGUE-SATURDAY MEDITATION; A RELATIONAL PRACTICE** This meditation group will resume meeting after the summer on Saturday, SEPTEMBER 8 from 9:30-11:30am in the Parlor. Insight Dialogue Meditation is a fully embodied relational practice. We meet (usually) the first Saturday of the month. We begin with a lightly guided meditation followed by group sharing and Insight Dialogue Meditation Practice. No prior experience is necessary. This is a 'drop-in' group, and ALL are welcome. Please Join Us. For more information please contact Jaylene Summers; jsummers@roadrunner.com or 207-251-3317. Thank you.

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) RevLaraCampbell@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: 2017 – 2018 program year

CO-CHAIR: Margaret Jones.....margaretj@maine.rr.com
CO-CHAIR: Amy Wood.....amywood@amywoodpsyd.com
VICE-CHAIR: Dan MacDonald.....daniel@doomorth.com
CLERK: Kerry Hoag.....kerryhoag1@gmail.com
TREASURER: Ruth Stackpole.....paws8@roadrunner.com
 Karen Tolstrup.....kdtolstrup@gmail.com
 Christine Thurm.....ccthurm@yahoo.com