

First Parish Voices

Worship Services

Sunday, March 17, at 10:30 AM

How Not To Be A Boy – Rev Kimberley Debus

Church office hours: The church office is open Monday thru Friday from 9 am to 12
Rev. Kimberley Debus's office hours: Tuesday and Wednesday from 9 am to 1 pm, and Thursday 12 pm to 5 pm, or by appointment. Kimberley is always available via email or cell phone.

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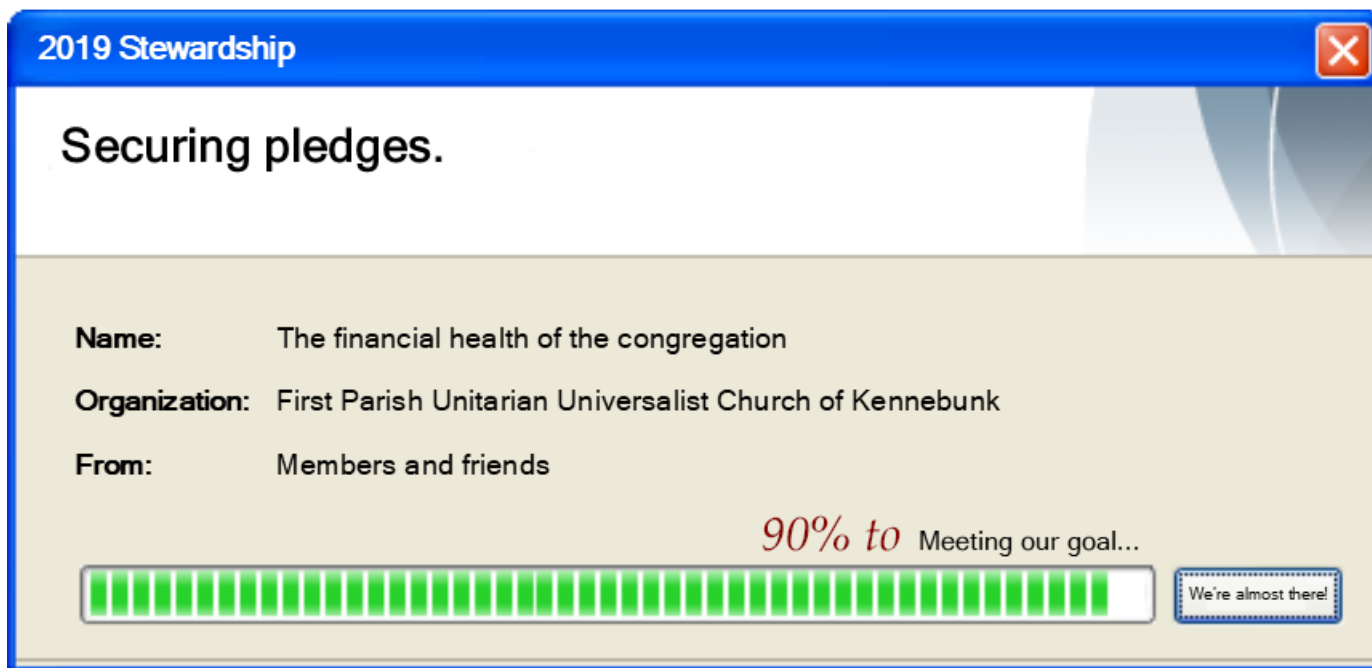
Weekly Update

Rev Kimberley Debus Schedule

While Rev. Kimberley will not be staying in Kennebunk full-time, she will be present for worship services, meetings, and appointments in February (2/15 -26), March (3/15 - 3/27), April (4/12 - 4/23) and May (5/10 - 5/14). Rev. Kimberley can be reached at (518) 423-1964 and by email at uukennebunkRevDebus@gmail.com.

We Are So Close! Let's Do It!

“A Picture Says a Thousand Words” to reach our goal for the wellbeing of the church and our mission.



No Particular Reason Women Potluck

Where: At the home of Priscilla Coffin

120 Sinnott Rd., Arundel

Please park in the driveway/turnaround. No on street parking.

When: Friday, March 15, 6 p.m.

What: In honor of St. Patrick's Day, I will be making a corned beef dinner!

For directions: E-mail: prillac@ghi.net or call: 207-294-2116 to RSVP!

The Sunday Morning Discussion Group

The Sunday Morning Discussion Group will continue its study of comparative religions at 9:00 am in the library on the following dates:

March 24 The Goals of Religious Life

April 14 The Way of Faith and Way of Devotion

April 28 Book Discussion: *21 Lessons for the 21st Century* by Yuval Noah Harari

The Comparative Religion lectures are by Professor Charles Kimball of the University of Oklahoma and sponsored as one of "The Great Courses" by The Teaching Company. A lecture is presented at 9:00 am, followed by discussion from 9:30 am until about 10:15 am. Please note that April 28th is devoted to discussion of a book. You are welcome to attend any or all sessions. For more information contact

Ruth paws8@roadrunner.com

INSIGHT DIALOGUE SATURDAY MEDITATION

"Six instructions provide the scaffolding for Insight Dialogue. They are Pause, Relax, Open, Attune to Emergence, Listen Deeply and Speak the Truth. Taken together...they offer essential support for awakening and the rich challenges of interpersonal encounter. "~ Gregory Kramer

We will meet Saturday March 16 from 9:30-11:30am in the parlor to practice Insight Dialogue meditation together. (And April 6, May 4, and June 1). 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.



SAVE THE DATE Please!



A Spring Piano Recital will be happening on Saturday March 23 at 7pm. There will be an hour of beautiful Debussy music (think Clair de Lune), followed by a reception.

We are delighted to have Dr. Hsiang Tu, Lecturer in Music (Piano), at the University of New Hampshire. He holds a Doctorate in Piano Performance from Julliard, has won many awards and was praised by the New York Times for his 'eloquent sensitivity' at the piano.

Tickets are available at the door. The suggested donation is \$10 for adults and free for children.



Silent Auction

Fun -raising! Time for the silent auction: March 24th

In preparation for this annual event we are seeking donations. This is your chance to share time, talents or ideas.

A donation form is attached to this eblast. Many ideas for possible donations are listed on the form. Donation forms are also available on the bulletin board in the back hall. You may return forms by email to the office (uukennebunkoffice@gmail.com) or put them in the collection envelop hanging on the hall wall.

Thanks, from the Auction Team: Andrea, Beth, Ruth and Sally.



Embracing Imperfection

Saturday, March 30, 2019

10 am to 2 pm

First Parish Unitarian Universalist Church

Are you over 50 with no art experience? This class is meant for you. Art doesn't have to be perfect to be mindful, beautiful and meaningful. Come play with a variety of media to create a personal, colorful art journal. Techniques will be demonstrated, and materials provided. Cheerfully facilitated by Christine Burgess and Alexandra McCabe. Registration required, space is limited. Call 207-229-3357 to register \$17 fee includes materials. Bring a brown bag lunch please.

Kitchen Clean Up

The kitchen is overflowing with Tupperware dishes and serving dishes that do not belong to us. If you have brought in food to share and have left your dish behind, please check the kitchen. We have several containers they need to find a home.

It's Suppertime!!!

One of the main supports that the Caring Committee provides for our members and friends is the provision of meals during a time of need. After a surgery, during convalescence from an illness, after the death of a family member, or after the joyful addition of a new child it is so appreciated.

We usually set up a schedule to offer three main meals a week for a couple of weeks or so. Folks who have received this kindness can attest to how grateful they were to receive this help. Joan Wuerthner organizes the sign up using an online program. She sends the schedule out to everyone and you just put in your name beside the date you'd like to help and what you'll be making. The program will automatically send you a confirmation that you signed up and a reminder the day before. If you prefer you can contact Joan or I, and we will add your name to the schedule for you. We are looking for more folks to add to the list of people willing to make a meal on occasion. We are not looking for soup to nuts, just a soup or casserole to lighten the responsibilities of the day. The longer the list the more we can spread around this opportunity to help each other without it resting on the shoulders, or stove as it were, of a few participants.

Please let Joan or I know if we can add you to this important team.

In gratitude,

Andrea Rohde andrea.rohde49@gmail.com 985-3517

Joan Wuerthner joanwuerthner5@gmail.com 985-6846

The Power of Our Shared Ministry

The Committee on Ministry is a committee that is appointed by the Board of Directors, in consultation with the minister, of First Parish Unitarian Universalist Church of Kennebunk. Its charge is broad as the members responsibility is to monitor and support the total ministry of the church.

In this bimonthly column of the newsletter we hope to highlight examples of our shared ministry, both the small and often unseen acts and the larger more public examples of that ministry.

For instance, did you know that Carol Spalding edits the Order of Service each week, folds and assembles the inserts and also monitors the materials in the church pews?

Have you seen the photo of the First Parish Stuffers on the bulletin Board? This stalwart foursome barter their time at the Ogunquit Chamber of Commerce once or twice a year to fill bags of brochures for trade shows in New England and Canada in exchange for listing our church in the wedding section of their brochures.

The Spring Auction is opening on March 24th. How is that happening? Well, many of you have donated your time and talents to be auctioned off. Sally Keene is making posters and organizing the data base. Ruth Stackpole, Andrea Rohde and Beth Anderson are rounding up donation forms. Have you submitted yours? They'll also be setting up the auction in the parlor and tabulating the results.

We are grateful to you all for being a part of our shared ministry.
Andrea Rohde, member of the Committee on Ministry

Habits of the Heart

**CLASS FOR YOUTH AND ADULTS
LED BY REV. KIMBERLEY DEBUS,
SABBATICAL MINISTER**

Habits of the Heart

We don't have to be Zen masters or devout monks to be good at personal spiritual practice. In this five-hour course, we will try out a variety of spiritual practices that we can use to achieve a sense of wholeness and satisfaction, deepen our faith, and make meaning in these uncertain times.

SUNDAYS AFTER CHURCH, IN THE PARLOR

**FEBRUARY 24 —ONE HOUR INTRO
MARCH 17 —TWO HOUR SESSION
APRIL 14 —TWO HOUR SESSION**

We encourage you to attend all three sessions, as they will build upon each other.
A light lunch will be provided.

Questions? Please contact Amy Wood at
207-232-0390 or amywoode@amywoodpsyd.com

From the Archives

March 2019

The Kennebunk Sunday School Society 50th Anniversary statement of purpose.

“In meeting together on such an occasion as this, the fiftieth anniversary of the Kennebunk Sunday School Society, one inquiry naturally suggest itself to every mind.

Why was this society formed?

After the settlement of Rev. Mr. Wells as pastor of this church, the Sunday School founded by the Rev. Mr. Fletcher on May 16, 1819 was re-organized and many additions made to it. Of these, quite a number of poor children would need clothing from time to time to enable them to attend the school. As it was not an agreeable office to solicit funds for the purchase of these necessary garments, the young ladies of the Parish resolved to band together and labor for the means to supply this want.

On the evening of March 12th 1829 these young ladies met at the house of Col. Enoch Hardy, now the residence of Mrs. William Williams, and the Kennebunk Sunday School Society was organized, a constitution adopted and officers elected.

In the words of the constitution: ‘The object of this Society is to furnish clothing, etc. for the children of the Sabbath School with the funds which may be raised by the sale of such articles as may be made in the Society.’

The young association could not foresee its future success, it would not, therefore, make large promises, but one thing it resolved to have, 'clothing for the children and if subsequent prosperity enabled it to confer other benefits, the et cetera of the constitution would allow it to be done.'

It is not necessary to introduce the whole constitution; the third article is as follows: 'The members of the Society shall meet once a fortnight, at one o'clock on Wednesday afternoon. Each member shall pay one cent at every meeting and more if she pleases. It shall be the particular duty of each lady to improve herself in all the varieties of needle work and teach those associated with her.'

The board of officers consisted of a Directress over each department of needle and fancy work and a Secretary, who was also Treasurer. The officers elected were as follows:

Directress of the:	Purse Department	Olivia M. Emerson
	Dickey Department	Dolly M. Smith
	Safety Chain Department	Elizabeth A. Wallingford
	Muslin Embroidery	Judith Osborn and Olivia M. Emerson
	Knitting Department	Betsey Kelley
	Plain Sewing	Hannah Hubbard
	Card Rack	Hannah A. Hatch
	Work Bag	Mary Frost
	Needle Book	Eunice Hardy and Elizabeth Frost

Maine-Wabanaki REACH



Maine-Wabanaki REACH

Workshop



**Saturday, April 27th, 2019
9:30am to 4pm
Sanford, Maine**

Maine-Wabanaki REACH workshops have been well received across the state with over 800 Mainers participating. Maine and Wabanaki people are at an historical juncture in their long relationship. This workshop is an opportunity for non-Native people to reflect on our shared history and future with Native people. It includes a brief experience of the colonizing history Maine relationships with Wabanaki people; awareness of white privilege; and an introduction to decolonization of our organizations and institutions.

Maine-Wabanaki REACH is a cross-cultural organization providing educational programs to help people share the truth, support healing, and work toward decolonization and Wabanaki self-determination. REACH initiated the Maine-Wabanaki State Child Welfare Truth and Reconciliation Commission, currently provides educational and healing opportunities in Wabanaki and Maine communities.

This workshop is free and we welcome donations suggesting \$50
Workshop space is limited and registration is required. Please register on our website
<http://www.mainewabanakireach.org/events>

For questions, contact Barbara Kates, Barbara@mainewabanakireach.org
Phone 951-4874.

Decolonization with Our Whole Selves Next Steps in Non-Native Communities

After I facilitate a REACH program, often participants' comments swirl in my head. "I knew I needed to come to terms with my family history of harm to Native Americans. I did not expect to find a path here in Maine. But thanks to the work of Wabanaki people and REACH, here I am. I have made a start. And now I feel ready to find out what will be the next step." I have carried these thoughts with me thinking both how good it is to know where one is and how challenging to figure out what is next. For some people the next step is to learn more on their own. For others, the next step is to organize a REACH program in their community or to make a donation to keep REACH rolling. Others become involved in work to support Wabanaki self-determination.

Why is figuring out what comes next challenging for non-Native people? One reason is we are not sure how to take ourselves out of colonizing roles because colonization is foundational to our identity as Americans. Another reason is the dominant culture often defines people and actions as good or bad. Many people focus a lot on being good people doing good things. As beginners at decolonization, we worry that our mistakes will cause more harm.

In its full day workshop, REACH offers some guidance for taking action toward decolonization. The first suggested action is to learn your own story asking yourself: *who are my people and where am I from?* None of our people were all good or bad, all victims or all perpetrators. This learning of our own peoples allows us to feel the strengths of our ancestors and learn from their challenges while acknowledging our responsibility to our descendants. We can place our stories in the greater truth of the territory where we live and the complicated relationships of oppression, resistance, privilege, and colonization. Knowing who we are, we can approach decolonization with our whole selves. We will still be beginners and will still make mistakes, but we will also be ready to learn from those mistakes.

The second suggested action is continued learning about the territories where we live. REACH is ready to support this learning in community. This past summer and fall so many communities invited us in - faith communities, schools, community centers, libraries, theaters, colleges, and town halls. I am honored to be one of the facilitators to share learning and questions as together we take next steps in decolonization.

A comment I hear a lot is: "I can't believe I grew up here in Maine and I never knew this history" usually said with anger. I hear it from 15-year-olds and 80-year-olds, people who grew up in Aroostook, and people from the Portland suburbs. Next step: "Now we know so what will we do?"

Barbara Kates, Maine Community Organizer



For more information about programs in Maine communities check mainewabanakireach.org/events, sign up on the email list, and like our Facebook page. To explore organizing a program for your community, contact barbara@mainewabanakireach.org.



Photo credit: Diane Furukawa

MUUSAN NEWS

The Democracy Focus Group has decided on two bills they will designate as Tier One, which means putting in a lot of work and attention:

1. Ranked Choice Voting for all state races Constitutional Amendment.
2. Full Funding for Clean Elections and Ethics Commission.

MUUSAN is working on both these bills with partner, Democracy Partnership (this is a coalition of League of Women Voters and Maine Citizens for Clean Elections)

The Climate Change Focus Group is considering two bills as Tier One:

1. Advance New Renewable Energy Sources by Increasing Maine's Renewable Portfolio Standard to 80% by 2030.
2. Move Forward on Solar Energy That Benefits All Mainers. MUUSAN is working on the development of both these bills with partners, Natural Resources Council of Maine and Maine Conservation Alliance. For very helpful fact sheets go to: <https://protectmaine.org/epc/priorities/2019>. MUUSAN voted unanimously to support the Citizens' Climate Lobby effort to promote a carbon tax initiative.

MUUSAN Partner Maine Council of Churches is sponsoring a 2019 Faith-Based Advocacy, Days at UU Church Augusta on March 25 and State House on March 26. Speakers on Race, Opiates, Health Care and Homelessness. \$25 registration fee. Press Conference on Moral Agenda and Power of Faith. To find out more or sign up to go to this conference go to: <https://www.facebook.com/events/760151847689691/>
New Mainers and Our Neighbors – Refugee News: WIONN (Welcoming Immigrants Our New Neighbors) is an interfaith group that supports refugees in Biddeford. Many of these families arrive in Biddeford with virtually nothing. WIONN provides everything from beds and bedding, to dishes, clothing, diapers, and most of all, friendship.

What is needed?

1. We are helping a new family with 4 children and twins about to be born at the end of March. We need every kind of baby gear. Especially two cribs, crib sheets and blankets, a lot of newborn biodegradable diapers.
2. We need Care Teams of people who will commit to helping a family for up to 2 years. Check in with Beth Andersen to know more about how this works.
3. These items are always needed: • Gift cards for Hannaford, Gas, Target. (leave in the office with Marylyn Wentworth's name on them) • Diapers of all sizes from newborn to size 6 – all biodegradable. (put in box by info table in parish hall) • Big pots – 4 to 8-quart size and Big bowls.

Helping our Neighbors

A HUGE food drive for COS (Community Outreach Services) and the Animal Welfare Society in Kennebunk is being held at the Mail-It store in Shoppers Village, Kennebunk. The drive is from March 1-15.

Food items needed in particular are mayo (small jars), canned ravioli, pancake syrup, instant mashed potatoes, canned hams (small ones), jello, instant pudding, canned vegetables, canned fruit, canned chicken/fish/meat, rice, canned beans, macaroni and cheese, pasta, spaghetti sauce.

The emergency food supplies are a godsend to our neighbors in need. Deliveries are made every day Monday through Friday, and several folks in our church participate in these deliveries. On just one day last month I delivered food for 3 days for 14 people! If you would like to help in this effort give me a call, Kathe Wright, 985-6194.

Cash and personal checks payable to COS are also welcome. If you cannot come to the food drive, you can mail a check to COS. P.O. Box 1175, Kennebunk, ME 04043.

Anything useful for animals at the shelter is welcome: food, kitty litter, toys, etc.

And while you are at the shop take a look around! In my opinion, it is THE place in Kennebunk for cards, gift items, candles, and even some books. The UPS service is superb. They even wrap stuff for shipping. Friendly service is guaranteed!

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, beginning January 9th. The group will meet for 8 sessions through April. The contact person is Helen Rousseau at hrousseau@roadrunner.com or 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: 2017 – 2018 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
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