



# *First Parish Voices*

*Online Worship Services*  
*Sunday, March 22, at 10:30 AM*  
*Connected, Protected*  
*Reverend Lara K-J Campbell*

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## *Weekly Update*

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### **A Blessing for Us All**

In our last session of UU Wellspring, Rachel Wells wrote this beautiful prayer. It was used as the benediction in our service on 3/15.

May the ground soften and embrace the change,  
May the trees bend and sway to the storming winds,  
May the flowers blossom in the uncertainty of sun,  
May the rains fall until there is no rain left to give,  
May the interconnectedness of us all be our beacon of light,  
May we open our eyes and awaken while we hibernate in spring,  
And may we find one another again after the space between.

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### **Special Notice from the Board of Directors**

In order to support the health and well-being of the congregation, The Board of Directors voted unanimously on 3/18/2020 to close the building effective Friday 3/20/2020. It will remain closed until further notice. We made this decision upon the recommendations of the Congregational Well-Being Task Force and after deep and careful consideration, rooted in best practices as described by the CDC and the Unitarian Universalist Association. We are not in a position to be able to keep up with the significant cleaning required to ensure the safety of all that use our building. All Groups, events and rentals have either been moved online, cancelled or postponed. There will be a limited number of individuals that will be checking the building daily.

We hope you take advantage of the many ways we plan to remain in community during this challenging time.

On behalf of your Board of Directors,  
Joan O'Hara and Wayne White, Co-Chairs

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### **A Message from Rev. Lara**

Dear FPUU community,

In the past week we have seen significant changes to our community and our lives. I continue to be impressed with how quickly folks are adapting. Please know that you are in my thoughts daily and that I am here for you. Do not hesitate to reach out to me. Share with me your trials and tribulations but also your joys and successes. I want to hear it all. ☺ I am confident that together we will weather this storm. In faith and love, Rev. Lara

## Reaching the staff and minister – We are here for you

**Minister:** Rev. Lara Campbell is always available at [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com) or her cell phone. Appointment scheduling options and open Zoom drop-in hours will be coming soon.

**Administrator:** Crystal Jones will be working from home Monday thru Friday from 9 am to 12 pm. The best way to reach her is at [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com). She will check the office voicemail daily and respond to your questions.

**Director of Religious Education:** Emily C. Jones will be working from home, she can be reached at [uukennebunkdre@gmail.com](mailto:uukennebunkdre@gmail.com).

**Music Director:** Moly Petrik will be working from home, she can be reached at [uukennebunkmusic@gmail.com](mailto:uukennebunkmusic@gmail.com)

**Bookkeeper:** Barbara Boscia will come into the office. You can reach her at [uukennebunkbookkeeper@gmail.com](mailto:uukennebunkbookkeeper@gmail.com)

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## Bringing Church Home: Creating Chalice

Please see the attachment in the memo from Emily C. Jones on ways to create a Chalice.

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## Online Worship Service – how to join the service

To participate in the online worship service, we are using a technology called [Zoom\(link is external\)](#), which is online ("cloud-based") videoconferencing software.

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)

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>(link is external)

If you need or would like to call in, the phone number is [929 205 6099](tel:9292056099) and you will be asked to enter the "meeting ID" when you call in. That ID number is **734 887 010**.

If you need help with Zoom, we have designated "Zoom Ushers" who can help you get set up so you can get into our virtual Sunday Services.

The following people are our designated Zoom Ushers:

- Chris Wells
- Hervé Lavoie
- Jaylene Summers

## Porch “Drop Box”

We are installing a small black mail “drop box” by the outside porch door. This will allow you to drop off pledges, Hannaford, and the like. Please do not leave any cash or valuables in the box. You should use the “milk box” on the porch for larger communications. Clynk bags will be left in the “milk-box”

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## For Committees and Groups to Go Online

The Congregational Well-Being Task Force is discouraging in-person meetings of all kinds. With that said, if you are willing and able, we do encourage your committees and groups to meet virtually. We have resources available to help you get set up for a successful online meeting. Please contact Hervé Lavoie or Chris Wells from the directory for technical assistance.

There are three main services which can help you:

- [Zoom\(link is external\)](#) - the same service used for the Sunday Services. There is a paid account available to host the meetings with. This is the recommended method for hosting virtual meetings. Supports mobile devices, laptops/desktops, and call-in.
- [Google Meet\(link is external\)](#) - a free service from Google for online videoconferencing. Supports mobile devices, laptops/desktops, and call-in.
- [Uberconference\(link is external\)](#) - another free service which is simple to use, with excellent call-in support and screen sharing. May be the best option to have a traditional "conference call" but get some extra features.

All things considered, all three of these services have nearly identical features. A lot of it comes down to your level of comfort with the user interfaces of each. We encourage you to try out and get comfortable with one, or try them all to see which you prefer the most. *NOTE: The church has a paid Zoom account which will let your church-related group/committee host meetings without any of the free account limitations (ex.g. 40-minute meetings of more than 2 people). Please contact Crystal Jones at [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)(link sends e-mail) to get set up.*

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## Special Request for Pledge Payments or Generous Offerings

We are pleased to offer anyone who is willing and able to take advantage of our new online method of paying committed pledges and/or generously donating to help us achieve our goals and mission. Go to our website, [www.uukennebunk.org](http://www.uukennebunk.org) and select either “pay your pledge” or “plate offering” to make a payment at the top of the page. We thank you for your continued generosity!

The Board of Directors

## **A Special Message from Metta**

Metta (Kindliness, Benevolence, Loving)

At the recent meeting of the Buddhist Book Group we read some lovely Metta (Kindness, Benevolence, Friendly) phrases that can be said as a type of mantra or prayer or wish during this challenging time.

Our practice group thought they would like to offer these to support ease and comfort during these difficult times to everyone in our church community. They only take about 30 seconds to say silently to yourself or out loud with others if you wish to. It's suggested that you simply PAUSE and RELAX for a few moments as you say and repeat these following phrases several times:

“May I be safe and protected in the midst of this.”

“May I be peaceful in the midst of this.”

“May I live with ease and kindness in the midst of this.”

“May All beings be safe and protected in the midst of this.”

“May All Beings be peaceful in the midst of this.”

“May All Beings live with ease and kindness in the midst of this.”

Thank you, Jaylene Summers and the Buddhist Book Group

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## **Walking the Green Practice Path Together - POSTPONED**

The Group that is reading and practicing with Bhikkhu Analayo's beautiful book "Mindfully Facing Climate Change" is postponed for now. We will reschedule at a later time to be determined. Thank you for your kind patience in this changing climate. And may you enjoy reading the book in advance of our meeting.

May all be safe and protected, healthy and caring deeply in the midst of it all. Blessings as you Shelter.

For More information, please contact [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or 207-985-7412.

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## **The Silent Auction is Coming!!! Postponed Until Further Notice**

- It opens on April 20 and goes through 2 weeks, 2 Sundays and closes May 3.
- It is time for you to donate a service or a gift certificate, or.....
- Solicit a gift certificate or interesting item from the community, or.....
- Donate an interesting item yourself.
- All the forms you need are on the bulletin board with the BIG SILENT AUCTION sign.

## **POSTPONED - How to Have Difficult Conversations about Racial Justice**

**Featuring Phoenix Soleil**

**A teacher of Nonviolent Communication, Diversity & Inclusion**



Racism and its economic, social and historical impacts show up in our lives in direct, subtle and complex ways. We are often called upon to navigate racial complexities -- often with limited skills. This event is for anyone who wants to learn how to create connecting, caring, and effective conversations about racial justice issues and practice skills for communicating authentically, finding common ground, and connecting across differences.

**Saturday, April 4, 9 AM to 4 PM, First Parish UU Church in Kennebunk**

**Workshop limited to 50 participants • Tickets: \$50.00**

**Tickets will be on sale during coffee hour on March 15, 22 and 29. Please bring a check or cash.**

Or available online at <https://www.uukennebunk.org/>

All are welcome! To request a scholarship, call 207-985-3342.

*Please reserve early as we expect this workshop to sell out.*

Phoenix Soleil is a teacher of Nonviolent Communication, Diversity & Inclusion. She has a passion for developing people, teams, and organizations and has led trainings in communication, racial justice, and personal development for organizations including Google, Kellogg Foundation, UC Berkeley. She is currently the Race and Engaged Practice resident at Portland Dharma House in Maine.

**Sponsored by the Social Justice Committee of First Parish UU, Kennebunk, Maine**

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## **Sunday Morning Discussion Group**

For now, Sunday Morning Discussion Group will be postponed until further notice. If you have any questions or concerns, please reach out to Ruth Stackpole at [paws8@roadrunner.com](mailto:paws8@roadrunner.com).

## Insight Dialogue Meditation - ONLINE

“We meditate practicing mindfulness internally and externally” ~ the Buddha

This is NOW being Offered on ZOOM, Saturday, March 21, 10-11:45am

Please contact Jaylene at [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or 207-985-7412.

Upcoming gatherings are April 11 and May 7.

Insight Dialogue is a fully engaged interpersonal meditation practice. It is grounded in Insight Meditation and was developed by Gregory Kramer.

We continue cultivating the Beautiful qualities of Benevolence, Compassion, Joy & Equanimity with other teachings. ALL are welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance. 207-985-7412. If you will be attending kindly RSVP. Thank you, With Metta, Jaylene

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## Buddhist Book Group

“Compassion lifts the heavy bar...”

We will be meeting on ZOOM starting on our April 7 Tuesday meeting from 3-4:30pm.

We are starting Chapter 2, ‘Compassion’ in the beautiful book by Christina Feldman, “Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy and Equanimity.” Also Zooming on May 12 and June 9. Please join us. ALL are welcome!

May all be safe and protected, healthy and well sheltered in the midst of this.

With Metta, Jaylene FMI please contact me at [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or 207-985-7412

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## POSTPONED - Dr. Hsiang John Tu – Solo Piano Recital

You're Invited to Celebrate with Us!

**DR HSIANG JOHN TU**

**SOLO PIANO RECITAL**

*All Chopin: Four Ballades and 24 Preludes*



**Friday April 3<sup>rd</sup> 2020 7 p.m.**

Tickets: \$10 suggested donation, children free

Light refreshments afterwards.

First Parish Unitarian Universalist Church  
114 Main Street  
Kennebunk, Maine

FMI please contact Jaylene Summers at 207-985-7412



## Choir Notes



When I first met Jaylene, I was living in New Jersey. I would visit Maine about every other weekend. Choir rehearsal was on a Friday night. I was working teaching then and could wangle a free period for the last thing on Friday. This let me drive 5 hours away and get to seven o'clock choir rehearsal. Needless to say, I arrived fresh and alert ready to sing. Kathy Rochon was the choir director then and was understanding of my situation. I was more or less the zombie of rehearsal.

My memory of those rehearsals is clouded but one of the things I remember about Sunday morning services is that the choir and the congregation were about equal in number! Don Rochon was the bass voice not to be ignored and I was the tenor from away riding on his volume and pitch. I loved to sing then, and I love to sing now, and then is a fond memory.

Now the choir has many more members and is a much more cohesive unit. Molly has taught us to blend and listen to one another as we sing. She also has made us realize the importance of energy and enjoying the music while we sing. So, after 30 years I am still learning new things about singing and having fun with music!!!

Rich Gaito



# High Impact Discussions Leading to a Low Impact Carbon Footprint

FMI contact Stacy Wentworth at 207-967-4735

## POSTPONED UNTIL FURTHER NOTICE

### High Impact Discussions leading to a Low Impact Carbon Footprint

#### **When:**

**Every Tues. Wed. & Thurs.  
10-12 for Month of March**

Discussions are on-going so  
drop in when your schedule  
permits.

**Bring a Friend**



#### **Where:**

**First Parish UU Church  
114 Main St. Kennebunk**  
Rear Entrance to Lower  
Level Meeting Room

**Bring your own Coffee  
Break Refreshments**

### **The Deep Burning Question..... Why Is Our Planet on Fire?**

#### **Introduction:**

There are some of us who **deny that our planet is on fire** or that the cause is man made. It is just a natural cycle that the earth is going through. If you are of this ilk, please lend your voice to these discussions.

There are those of us who are **deeply disturbed and even angry that this climate change threat even exists**, a serious inconvenience to the life we had planned for ourselves and our loved ones. We want someone, something, anything to blame. Come join us, your voice will be heard.

There are those of us who are **bargaining in all sorts of varied forms**. "If I can just do this or that, things will get better and I can get on with my life." You are welcome to add your thoughts to these discussions.

There are many of us who are **overwhelmed, even depressed**, and see little light at the end of the day. Many times, the feeling that I can't possibly make a difference pervades our thoughts. Please find the courage to add your voice to these discussions. Contrary to what you may feel, you are not alone. Your thoughts are very important.

There are those of us who have come to **accept the reality of this grave situation**. We have joined with like-minded people who are taking action in numerous and varied ways. The creative juices are flowing and there is genuine excitement as we face together the many challenges that this climate change emergency presents.

**Please join these discussions.** It is most important for others to hear about your own personal journey towards taking some kind of action to reduce your carbon footprint.

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Some of the latest scientific data estimates that we may have as little as 8 to 10 years to put in place the varied solutions to mitigate the more destructive effects of climate change. A few voices are saying that only a WWII type mass mobilization, an all hands on deck moment, will provide the necessary focus to get the job done. The historic clock says the hour is late, but it is not midnight yet.

#### **What do You Think?**

*In the interest of keeping these discussions on topic, please leave your views on the current political climate at the door.*

# From the Archives

March 2020

## Kennebunk Village

### Items of Interest

Geo. A. Gilpatrick

Kennebunk Fire Society organized Feb. 10, 1812  
President Munroe visited Kennebunk July 14, 1817  
Maine admitted as a State March 15, 1820  
Kennebunk Incorporated June 24, 1820  
First Town Meeting August 14, 1820  
Visit of General Lafayette June 25, 1825  
First Passenger Train, Portland, Saco and Portsmouth R.R. Feb. 7, 1842  
Last Stage Coach, Portland to Portsmouth, Jan. 28, 1843  
First Passenger Train B. & M. Extension March 17, 1873  
First Passenger Train, K'port R.R. June 18, 1883  
First telegram received in Kennebunk Dec. 28, 1854  
First Regiment to go to the Civil War (the 2nd Maine, in fifteen cars, school closed) May 15, 1861  
Hope Cemetery incorporated, 1854  
Lock built in Kennebunk River, 1848 (In use 19 years, 29 vessels passed through)  
Gunboat Arcoostock launched, Nov. 9, 1861  
Ocean King launched (largest vessel built at K'port) Oct. 26, 1874.  
First mowing machine 1854  
First sewing machine 1857  
First lawn mower, 1877  
First street lights, kerosene, 1872. Kerosene oil came into use about 1860  
Ice storm Jan. 29, 1886  
First Telephone L. office to Colvin Mill Jan 18, 1883.  
First water pipes 1886  
Yellow Day Sept. 6, 1881  
First Electric lights on Main Street Aug. 31, 1894  
Lafayette Elm deeded to the town Jan 3, 1916  
Telephone wires placed underground 1927

Sorry for the way this article is presented. This is how it has scanned in and unfortunately cannot be straightened.

## **Sermons Can Be Found On-Line**

You can listen to past sermons online! Go to [uukennebunk.org](http://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!

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## **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!

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## **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](mailto: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 the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, from 4:00-5:30pm in the Parlor., January thru April. The contact person is Helen Rousseau at [hrousseau@roadrunner.com](mailto: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**
- **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:** 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, [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com) for info.

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [uuKennebunkMinister@gmail.com](mailto:uuKennebunkMinister@gmail.com)  
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**ADMINISTRATOR:** Crystal Jones.....[uuKennebunkOffice@gmail.com](mailto:uuKennebunkOffice@gmail.com)  
**BOOKKEEPER:** Barbara Boscia.....[uuKennebunkBookkeeper@gmail.com](mailto:uuKennebunkBookkeeper@gmail.com)

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

**CO-CHAIR:** Joan O’Hara.....[jfohara@maine.rr.com](mailto:jfohara@maine.rr.com)  
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