



First Parish Voices

Worship Services

Sunday, May 13, at 10:30 AM

The Good Enough Parent – 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, Wednesday and Thursday 9 to 12 and by appointment

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Weekly Update

Front Door Lock

Once again, we have had to make some changes to our front door lock! We have had some occasions where members have been getting locked out due to the push button, so there has now been a dead bolt lock installed. No need for a new key, your current key will still work. The change is that now we must lock the door on our way out with our key. Please make sure that if you are the last one to leave the building that you have a key and can lock the door from the outside.

Thank you Herve for taking care of this for us!

♪♪♪ 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, May 11th, from 7 - 9pm. 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



Saturday Night Party!!

This Saturday, May 12th at 7:00pm is the fundraiser cocktail party at Kevin and Jacky's house. If you haven't signed up you can still come, just bring your \$15 to put in the hat.

Directions:

Take a left out of the church parking lot.

Go straight through the light across Main St.

At the end of the street take a right at the stop sign. You will be on Park St.

Next left is Winter St.

We are 12 Winter St., on the left, with an extra wide driveway

We are 1/3 of a mile from the church.

IT IS SPRING AUCTION TIME!

The Auction is coming! It will be set up in the parlor for Sunday morning bidding. You may make bids any time up through coffee hour on May 20th. Winners will be announced on Sunday, May 27th.

Questions: Contact Ruth at paws8@roadrunner.com

Everything you've always wanted to know about Ranked-Choice Voting!

Vicki Adams and Sue Gesing will be in the library at 11:40 after the Worship Service May 13 to give a brief explanation of Ranked-Choice Voting and answer your questions.

Alert: A referendum question on this issue will be on a state ballot, so even if you are an Independent, you can vote on this issue at the Primaries June 12th or by absentee ballot.

If you are in favor of Ranked-Choice Voting, vote YES on #1. Grab a cup of coffee and treat, and join us for a short but informative session.

Social Isolation Workshop

Friday, May 18, 6:30-9:00, Social Isolation Workshop for Therapists and anyone else who is interested in the topic, will be held at First Parish Unitarian Universalist Church, Kennebunk. \$20 donation suggested. Limit ten people. F.M.I. please call Helen Rivas-Rose 207-604-9881.

INSIGHT DIALOGUE MEDITATION

INSIGHT DIALOGUE MEDITATION is meeting Saturday May 19, 9:30-11:30am in the Parlor at FPUU. We begin with lightly guided meditation followed by sharing and Insight Dialogue Meditation Practice. No prior experience is necessary. ALL are welcome so please join us. FMI please contact Jaylene Summers. Thank you and may ALL be well and happy.

" The whole world is a series of miracles, but we're so used to them, we call them ordinary things" ~ Hans Christian Anderson

Who Tells Your Story? What Is Your Legacy?

Join us in the library on May 20th, from 11:45am to 1pm, on how we can make sure that the things that are important to you continue to live on. Learn about a great new opportunity on how we can do this.

We will be serving soup!

FRIDAY NIGHT in CUBA

As many of you know, Joan and I spent a week in Cuba in March on a Roads Scholar tour. We've produced a slide show and will show it on Friday night, May 25, at 7 in the Parrish Hall.

Cynthia Howard, who has visited Cuba nine times, and Jay Kilbourn and Molly Hoadley, who visited Cuba with their children, will assist us to make the evening both educational and enjoyable.

Hope you can join us - bring your friends - everyone is welcome.

Joan and Bob Wuerthner

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!

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** We will meet Saturday May 19 and June 2 from 9:30-11:30am in the PARLOR. We will not be meeting in July or August. We begin with a lightly guided meditation, followed by sharing and Insight Dialogue Practice. No prior experience is necessary. ALL are welcome. Please join us. FMI please contact Jaylene Summers @985-7412.

FPUU STAFF/LEADERSHIP

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

CO-CHAIR: Margaret Jones.....margaretj@maine.rr.com
CO-CHAIR: Amy Wood.....amywood@amywoodpsyd.com
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