



First Parish Voices

Online Worship Services
Sunday, November 15th, at 10:30 AM
Words and Deeds
Rev Lara Campbell

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Weekly Updates

Worship Wrap Up Links

Prelude Bring Me Little Water, Silvy arr. Moira Smiley
https://www.youtube.com/watch?v=uWa2868KY-w&feature=emb_logo

Musical Interlude How Bad We Need Each Other Marc Scibilia
<https://www.youtube.com/watch?v=wWTdZO-JKUU>

Inclement Weather Closing in COVID Times

In the event of inclement weather all online meetings and classes will continue as scheduled. This goes for Worship as well.

Staff will work from home if inclement weather is to occur during the week.

Harvest the Power Justice Convergence & Teach-In

ONLINE - November 19-26

Hosted by the Unitarian Universalist Association, UU Ministry for Earth, and many partners.



In 2016, Unitarian Universalists voted to pay special attention to learning our history and rethinking Thanksgiving in the year 2020, in observance of the 400th anniversary of the Pilgrims landing in Plymouth.

Given that the usual travels and traditions for Thanksgiving holidays are ostensibly canceled by the pandemic, now is the time to gather and think together virtually, and to celebrate differently. Please sign up, and help spread the word about the fantastic community programs and documentary film screenings being offered for the Harvest the Power Justice Convergence & Teach-In.

[VIEW THE SCHEDULE](#) – [SIGN UP NOW](#) – [HELP SPREAD THE WORD](#)

Taking Care of Each Other Help Needed

Staying connected takes extra effort during these difficult times and we are all doing our best. Many of our volunteers are not able to provide the same level of assistance that they once could. In an effort to update our resources the folks tasked with providing assistance to those in our community needing help **need your help**.

Transportation: Beth Andersen (bmandersen48@gmail.com) is the coordinator of this resource. If you are willing to provide a ride to an appointment for someone please let her **and** Andrea Rohde (andrea.rohde49@gmail.com) know so that you are added or kept on the list of volunteers.

Meals: We generally provide three meals per week for a two week period for someone who is in need of that support. Joan Wuerthner (joanwuerthner5@gmail.com) coordinates the Take Them a Meal program. If you would be willing, or are still willing, to help with that effort please let her **and** Andrea Rohde (andrea.rohde49@gmail.com) know so that that list is updated as well.

Thank you in advance for doing what you can to help us care for our church community.

If you or someone you know of needs one of these services please let Andrea or Rev Lara know about it. They will contact Beth or Joan to make arrangements.

Andrea Rohde and Rev Lara Campbell - co-facilitators of the Caring Connection

WIONN News

Things are getting quite desperate for many immigrant families in Biddeford. If any of you have a bit of spare change you can donate to WIONN, you can send it to the office, or leave donations at the UU Office on Wed. Thurs or Friday, and Crystal will notify me. WIONN is very low on general funds for grocery store gift cards and gift cards to Goodwill for winter clothing for the children. People have been very generous for the legal aid fund and for college support, but the every day support is now in great need. Thanks for any help you can give.

We also have a family with 6 children in dire need of a place to live. They are being evicted from their apartment as it is up for major renovation. They now have 15 days left to find a place to live. The search has borne no fruit thus far. Even temporary housing would do. Let marylyn Wentworth know if you have any ideas. marylyn.wentworth@tnsk.org or 602-0245

No 2020 Thanksgiving Potluck at Ann's

With a heavy heart, I'm cancelling what would have been the 16th annual FPUU Thanksgiving Potluck. I suspect no explanation is necessary. Maybe someone would like to set something up on Zoom? (I can't since I don't have a camera or Web access at my house.)

Let us hope that by next year, we'll be able to resume the tradition.

annhboyce@yahoo.com

Zoom Buddhist Book Group

“Compassion asks us to turn toward the human reality of distress and pain, opening the door to immeasurable compassion that is possible for each of us and to take our seat in the family of all beings.” ~ Christina Feldman

We are meeting on ZOOM on Tuesday, December 1 from 3:00-4:30pm. Currently we are reading and practicing together Chapter 2, ‘Compassion’ from the beautiful book by Christina Feldman “Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy and Equanimity.”

It is not too late to join this reflective, gentle contemplative group. All are welcome. If you would like to attend, please let me know and I will send you an invite.

Please shelter safely, be healthy and protected in the midst of this unprecedented time.

Jaylene Summers: jaylenesummers@gmail.com or 207-985-7412.

Buddhist Sangha: River Run Insight Dialogue

NEW TIME: Insight Dialogue Meditation is offered on Zoom on Saturday, November 7th, 10:30 – 12:00pm.

Upcoming dates are Saturdays, December 5 & January 9.

In these Challenging Uncertain times we can contemplate and cultivate taking True Refuge in the Triple Gem of Buddha, Dhamma and Sangha.

ALL are Welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance, jaylenesummers@gmail.com or 207-985-7412. If you will be attending kindly RSVP and I will send you an Invite to zoom. Thank you, May all shelter safely with ease. With Metta, Jaylene

Monthly Updates from Our Committees

Share the Offering for the Month of November

The Ministerial Discretionary Fund

The Ministerial Discretionary Fund (MDF) was established to allow our minister to provide financial support to the congregation in ways that are not covered in the congregation's budget. This may take the form of providing financial assistance for congregants to attend workshops, providing charitable needs to members of the community, supporting causes that are consistent with our values or purchasing a special item of need for the congregation.

Currently the funding for the MDF has come from contributions made in appreciation of services the minister provides (weddings, memorial services, etc.) at no charge to community members. We are asking the congregations assistance to help bolster the fund to support this important ministry.

Choir Notes

November 2020

The Beauty of Adaptation

By

Bruce Childress

To start, our wonderfully world-conscious and reality-based congregation did the right thing and is **STILL** doing the right thing. As you are all aware, we have spent the past few months holding services, committee meetings, workshops, etc., on a “Zoom” machine thingy. I am, for one, incredibly pleased with what we have been able to accomplish in such a short time. I’m astonished at how smooth and routine our work as a congregation has become in this new and unexpected environment. Especially as developments and learning curves came quickly and ominously at the start of our present unfortunate world-wide condition. We are also blessed to have so many knowledgeable people to assist us.

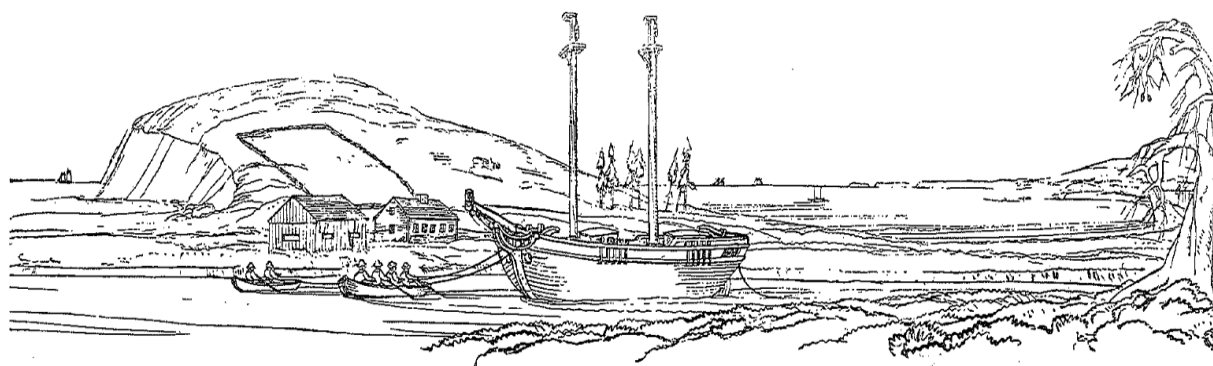
But this is “Choir Notes”. So, I will lavish most of my praise and thankfulness on that robust and august church entity guided by our own Music Director, Molly Petrik. To put it short, with Molly’s skilled and ardent direction, and with each choir member’s willingness to learn new things, we pulled together and found new ways to lift our voices as one in worship.

Most notable is how we’ve learned to build “collage music videos”. Here is basically how it works: After online choir meetings to give us the basics, Molly arranges the music and records multiple tracks (different harmony parts) with a count-in and a metronome-track (more commonly: “click track”). That video is then shared with each choir member. The choir member puts the director’s video on one device with headphones and uses another device to record their own video using the count-in, click track, voice, visual cues, and sheet music. Then, each choir member shares their video with Molly. Molly extracts the individual audio tracks and synchronizes each voice. (Just bear in mind that The Beatles could only work with 4 tracks at a time. Molly can work with up to 255 tracks.) Molly sends the “Master Audio” to the video editor (usually me) for editing and synchronizing with each individual video. Modern video editors allow you to shrink and show each individual video on the same screen for rendering into one video. You can also move them around and add effects. That’s it in a nutshell. It’s not too hard to understand. It’s mostly just tedious.....at times. Each of our new videos get better and better.

Now there is more that any congregant can do whether you are a choir member or not. You are now encouraged to submit your own video for archive and presentation as it is appropriate to a given service. Molly and The Music Committee encourage you to be your own self and create music videos independently. You can contact any of our techies if you need help on the technical side. It’s a marvelous idea. And, think of it this way: You can do multiple takes until your performance is perfect. You won’t have the pressure of live performance. Lift your voices as best as you are able, with whatever technology you have.

Hope, meditate and pray that we will be safely present in the same room with each other, soon. With as much fun as I find the technology to be, I would really rather be with **YOU!**
May you, in your own way, adapt and thrive! Bruce Childress

From the Archives
November 2020
Chronicles of Kennebunk
By: William E. Barry
Illustrations By: Rockwell Kent



NAVIGATION ON THE MOUSAM RIVER

FROM the time previous to the Revolution up to a little later than 1800, quite twenty vessels were built up and down the Mousam River. A contract is yet extant of such a piece of work here.

Although two considerable efforts were made to make the river more navigable, the ships were warped and towed to the outlet of the stream with difficulty because of the shoals.

It would be of paramount interest could we but look backward for a glimpse into the curtained past and behold the shipyard upon the gala occasion of some launching day. To evidence the commendable pride of one citizen then, it may be noted that nearly one hundred years ago one of them writes: "Within a few weeks there have been built in Kennebunk yards, five brigs and one ship, all of white oak and copper fastened, as good as Med-

ford or Duxbury vessels, and in foreign ports they should obtain freights as quickly."

In 1792 a company known as "The Proprietors of the Mousam Canal" was formed to cut a new channel for the Mousam River and the company was empowered to take toll on all lumber passing through the new canal. In 1793 a dam was built across the river near the old mouth and a new outlet was cut west of Great Hill. Just then a storm arose, the dam was broken, the river resumed its old channel and the new outlet filled up.

The work was taken up again and this time the channel was cut so as to go to the eastward of Great Hill to the Cove. The first vessel went through the new canal on February 1, 1794. This channel did not provide a good depth of water and in 1846 the present outlet to the west of Great Hill was dug.

References

Online Worship Service

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) the phone number is [929 205 6099](#), meeting ID **734 887 010**. Password: **024481**.

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?](https://zoom.us/j/734887010?pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09) Description: Join Zoom Meeting [pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09](#)

The Order of Service and the Announcements are being emailed out on Sunday morning. If you are not getting the email, please contact Crystal Jones at uukennebunkoffice@gmail.com

Office Hours for Staff

Rev. Lara will hold office hours Wednesday and Thursday from 9am until 12pm, or by appointment. Lara is available meet with you outside in person or by Zoom, and as always Rev. Lara can be reached by phone anytime.

Crystal will be in the office Wednesday through Friday from 9am until 12pm and welcomes you to stop by if you need help with anything. She will be working from home Monday and Tuesday, so will receive emails and phone messages.

Molly will hold online office hours: Tuesday 10:30-12:00, Wednesday 1:00-3:00 and Thursday 5:00-7:00, or by appointment - Monday, Thursday, Friday.

We hope you all had a wonderful summer even in these uncertain times! Even amongst the pandemic we can't complain about the beautiful weather we had!!

Making a “Share the Offering” Contribution Can Be Made at Anytime!!

Contributions can be made anytime online at www.uukennebunk.org/plate, or send or drop off a check to the church. Please put “offering” in the memo. Our mailing address is 114 Main Street, Kenneunk, ME 04043. Crystal will be in the office Wednesday through Friday from 9am until 12pm if you feel better leaving a check with her.

SHARE THE OFFERING

Share the Offering has been enhanced by your Social Justice Committee and approved by your Board of Directors. This new and more consistent approach will enable us to actively express our Unitarian Universalist values, while reaching out to a larger community.

-HOW WILL THIS WORK? Each month a different and approved non-profit organization will receive one half of our regular Sunday cash collection.

-WILL WE SHARE EVERY SUNDAY FOR THE FULL MONTH? Yes, except that July & August will be combined to allow for summer time's lower attendance.

-WHY COLLECT EVERY SUNDAY? We recognize that not everyone can be in church each and every Sunday or may not have their extra funds on hand. **NOTE: Due to the Pandemic's effect on gatherings/social distances, we "currently" cannot rely on personal Sunday collections, although we hope & trust to return to this approach sometime soon.**

-WHAT IS CURRENTLY THE BEST WAY TO CONTRIBUTE? You may mail your check payable to FPUU indicating in the check's memo section "Share the Offering". Another option is to log into website www.UUKennebunk.org and select "Plate Offering", which allow you to contribute using your credit card.

-WHERE DOES MY PERSONAL FPUU PLEDGE FIT IN?

Your Pledge will continue to be allocated only toward those budgeted programs and expenses which FPUU membership previously approved.

HOW DO I RECOMMEND A NON-PROFIT AS A RECIPIENT? Please contact Crystal (uukennebunkoffice@gmail.com) to receive an application. All Completed applications should be sent to back to Crystal. FMI please contact Eva Downs; she will be happy to work with you and answer any questions.

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 in the "Milk Box" on the porch of FPUU. They are also available by mail. Please contact Crystal Jones, Office Administrator, to be put on the list.

Curious About an Event That is Happening at FPUU??

Please feel free to check out the church calendar if you are searching for a certain event, or just curious as to what may be going on here at FPUU. You can find the calendar here: <https://calendar.google.com>.

Outreach Services

Community Outreach Services - COS

COS offers assistance: food, fuel and many other things, to our neighbors in Kennebunk, Kennebunkport and Arundel. It is a simple 2 step process. To make an appointment:

- 1) contact the General Assistance office of your town and they can help you, or
- 2) Go online to <https://calendly.com/cosfoodpantry/foodpantryvisit> to select a 10-minute time slot. After you confirm your time you will be forwarded to a website to provide COS with your Food Pantry preferences. This pantry provides fresh produce, meats and dairy items along with non-perishable foods such as canned goods, cereal, pasta, pet food, household items, etc.

You may pick up your food during your scheduled appointment time at the COS Food Pantry, 19 Park Street in Kennebunk (driveway to the left behind the playing fields).

Appointments can be made for Mondays 12pm-3pm, Tuesdays and Thursdays 3pm-6pm and Fridays 10am-1pm.

Note: Also, for now appointments can be made for the Produce Pantry held Fridays 9am-10am (does not include non-perishable items).

To donate food to COS: just drop your items in the bins at Hannaford in Kennebunk. Thank you!

To donate funds to COS - 2 ways: 1) through the website: coskennebunks.org. or 2) by check to COS, P.O. Box 1175, Kennebunk, ME 04043. Again, thank you!

For more information, contact Kathe Wright, church representative to COS

No Place Like Home

No Place Like Home, a volunteer group started by Molly Hoadley, is offering to run errands for older adults at no cost. Call 558-2270 and leave a message. Someone will get back to you. We have a small cadre of volunteers willing to help. Stay safe.

Funding Opportunity

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** bags in the "milk box" on the porch for you to pick up and fill. The box is right by the side door on the porch, by the entrance door.

Here is the Clynk website for more information: <https://www.clynk.com>

Spiritual Growth Opportunities!

- **Buddhist Sangha - Ripples of Peace** “In the tradition of Thich Nhat Hanh” Online Zoom - Tuesdays, 5:15- 6:45 p.m., 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 by a Buddhist teacher and discussion. The Sangha is an open gathering – come when you can, you are always welcome. Contact Sally Keene 590-0035, sjpk@roadrunner.com for zoom link and info.
- **Embracing Aging:** 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. Unfortunately, due to the present pandemic, any further meetings will be postponed until further notice. The contact person is Helen Rousseau 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**
- **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.
- **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!

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) uuKennebunkMinister@gmail.com

MUSIC DIRECTOR: Molly Petrik.....uuKennebunkMusic@gmail.com

ADMINISTRATOR: Crystal Jones.....uuKennebunkOffice@gmail.com

BOOKKEEPER: Barbara Boscia.....uuKennebunkBookkeeper@gmail.com

BOARD OF DIRECTORS: 2019 – 2020 program year

CO-CHAIR: Marylyn Wentworth.....marylyn.wentworth@tnsk.org

CO-CHAIR: Wayne White.....wwhite911@aol.com

CLERK: Molly Hoadley.....mollyhoadley@gmail.com

TREASURER: Herve Lavoie.....hervae@roadrunner.com

DIRECTOR: Alicia Soloman.....asoliman@yccc.edu

DIRECTOR: James Thompson.....jethompson33@aol.com

DIRECTOR: Bob Lown.....blown@roadrunner.com