



First Parish Voices

Worship Services

Sunday, November 18, at 10:30 AM
After The Harvest – 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 thru Thursday from 9 am to 12 pm, or by appointment. Lara is always available via email or cell phone.

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Weekly Update

2019 Pledge Cards

2019 Pledge cards can be picked up in the Parish Hall this Sunday. Please make sure to grab your card, renew your commitment to FPUU, and return your card ASAP so we can build our 2019 budget. Thank you for your annual commitment to our congregation! You can drop your pledge card in the mail slot in the church office door, or mail your pledge in.

FRIDAY NIGHT - NOVEMBER 16, 2018 SIERRA CLUB/SOCIAL JUSTICE FILM SERIES

PRESENTS **DAWNLAND***

*("people of the dawn" - Wabanaki)
"My foster mother told me . . .
she would save me from being Penobscot"

If you attended Rev. Lara's service - "Can't Keep Quiet" - we learned the healing power for assault victims telling their stories of abuse.

DAWNLAND tells a similar story - how the Maine Wabanaki are attempting to heal by telling their stories of abuse inflicted by child welfare workers under the Indian Child Welfare Act (cultural genocide).

This is a powerful, ongoing story of RACISM in Maine.

I urge you to attend.

6:30 - Coffee/tea & Brownies

7:00 - Film followed by Discussion

No Particular Reason Women's Potluck

Where: At the home of Prilla Coffin
120 Sinnott Rd., Arundel

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

When: Friday, November 16 starting at 6, and going until the food, wine, or energy gives out.

What: Bring yourself, something to eat and enough to share, and a willingness to laugh.

For directions: E-mail: prillac@gwi.net or call: 207-294-2116

Calling Corn Bread Makers

Rev. Lara needs about 6 people to make corn bread for the annual "Cornbread and Cider Communion" on 11/18. Please contact her if you are willing to make a tray. UUKennebunkMinister@gmail.com

Holiday Food Baskets

Every year Community Outreach Services (COS) delivers Holiday food baskets to folks who otherwise could not afford a special Thanksgiving or Christmas meal. This year Thanksgiving is early and has snuck up on us, so please excuse that late notice.

If you would like to participate, the easiest way is to bring some Thanksgiving food items to the church this Sunday, November 18th so that we can deliver to Sea Road Church by 1pm. Or, you could drop items of yourself at Sea Road Church, 140 Sea Road, Kennebunk. Another location for food drop off is the Norway Savings Bank, on Route 1 Kennebunk, but those items need to be dropped off by Saturday, November 17th.

Items most needed are: canned green beans and peas, canned fruit, boxed stuffing, gravy, potatoes, onions, pie crust mix, pudding, jello, evaporated milk, and cranberry sauce.

COS is also in need of volunteers to help deliver some baskets on Monday, November 19th, a fun and rewarding experience. Please call Donna Peterson at 651-1997, as soon as you can if you are able to help. You will be asked to arrive at Sea Road Church at 10:30 a.m., or earlier to be sure you get a delivery.

Any questions please contact Kathe Wright at 985-6194 and have a Happy Thanksgiving!

14th Annual Thanksgiving Potluck

Why: If you'll be alone on Thanksgiving and don't want to be or have somewhere to go but would rather not, please join us for the Annual FPUU Thanksgiving Potluck. I'll supply turkey, stuffing, sweet potatoes, and maybe a pie if I feel ambitious. You bring what makes it Thanksgiving for you EXCEPT please see Note below.

At the home of Ann Boyce

When: Thursday November 22 any time after 4 (dinner planned for 5:30 p.m.)

Where: 616 Old Post Road, Arundel

Questions or for directions:

please call or text 332-0830

annhboyce@yahoo.com

Note: If you know you're coming, you might want to tell me what you plan to bring. Anything is welcome, but if yours will be the 5th pumpkin pie (as happened one year), I'm guessing you'd like to know so you could consider bringing something else.

Even if you decide to come at the last minute (plans fall through, weather is awful), you are welcome. There will be enough.

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: November 25th, "Sacred Texts for Hindus and Buddhists", December 2nd, "Polytheism, Dualism, Monism, and Monotheism" and December 16th "From Birth to Death – Religious Rituals"

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 followed by discussion from 9:30 until about 10:15 am. You are welcome to attend any or all sessions. For more information contact Ruth paws8@roadrunner.com

INSIGHT DIALOGUE MEDITATION GROUP

"But every so often something shatters like ice, and we fall into the river of our own existence. We are aware".
~ Louise Erdich

Meets Saturdays December 1 & January 5 9:30-11:30am in the Parlor

Buddhist Book Discussion Group

"There is no greater happiness than inwardly generated joy and peace". ~ Christina Feldman

This monthly group meets Tuesdays from 3-4:30pm in the library. Upcoming Meetings are: December 11 and January 22. Currently we are reading together and *discussing "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity"* by Christina Feldman.

We are an evolving group, co-creating this sacred space. Please Join Us. ALL are Welcome. FMI please contact Jaylene Summers; jsummers@roadrunner.com or 207-985-7412. Thank you.

Embracing Aging

NEW! Embracing Aging: Moment to Moment is a thoughtful, provocative discussion group. A new group will meet on Wednesday, October 10th thru Dec 19th, every other week from 4:00-5:30pm for 6 weeks. in the Parlor. It will be led by Madeleine Tunison, at mtu88@maine.rr.com or 207-303-9364, and Linda Haley at lehaley30@gmail.com or 207-502-7561. In January 2019, the group will meet for 8 sessions through April. The contact person is Helen Rousseau at hrousseau@roadrunner.com of 207-332-0046. If you are Aging you are Welcome! Please Join us!

From The Archives

November 2018

In the summer of 1966 Walter Moulton, his wife Paula and their two daughters, Valerie and Barbara, spent nine weeks at Peter Dana Point, one of two Passamaquoddy Reservations in Maine. They went as a part of a project of the Unitarian Universalist Service Committee to find ways to help improve the high drop-out rate from high school among the children living on the reservation. Walter, a teacher at Kennebunk High was very anxious to find ways to help Passamaquoddy's stay in school and become more self-sufficient.

Their home base was an old two-room Navy surplus trailer with no conveniences. There was a water pump outside the trailer and a long uphill walk to "other" necessary fixtures.

The two-room school housed about fifty children ages six to fifteen. One room held grades one through four, the other, grades five to eight. One of the principle problems from the start was that most of the children spoke Passamaquoddy at home and would be learning from teachers that only spoke English.

Walter wrote in his end of project summary that the main purpose of their efforts was "to assist those now in high school to stay in high school, to encourage those who were dropouts to return... and to supplement the preparation of those who were about to enter high school." To accomplish these goals, it was necessary to organize remedial math, reading and language skills programs for youngsters at all grade levels. Paula Moulton became Walter's informal aid, working with the youngest children in language development, keeping house and caring for their own two girls. The girls had a great time playing with the local children and made lots of friends. The Moultons helped organize weekly dances at the Tribal Hall and some Tribal Dances were revived by the older folk who remembered how to do them. Little Valerie Moulton became very proficient in the tribal stomp dances. When it was time for the project to wrap up the Tribe threw a giant farewell party and gave everyone handmade gifts.

In his final recommendation to the UUSC Walter listed a number of tasks to be done: Tutorial programs, domestic science and nutrition classes, encouraging the preservation of tribal culture, development of tribe led organizations like 4H and Scouts, job skills programs for all unemployed members, sponsorship of an AA chapter on the Reservation, and assistance in the marketing of Passamaquoddy handicrafts.

Writing this in 2018, I am very aware that some of the foregoing may be seen in light of more pluralistic times as an example of white interference in the lives of people of color. What I get from this article is that the Moultons were sincere in their desire to help fellow members of planet earth and at no time looked down on the Passamaquoddy.

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!

- **NEW! Embracing Aging:** Moment to Moment is a thoughtful, provocative discussion group. A new group will meet on Wednesdays, every other week from 4:00-5:30pm for 6 weeks. in the Parlor. It will be led by Madeleine Tunison, at mtu88@maine.rr.com or 207-303-9364, and Linda Haley at lehaley30@gmail.com or 207-502-7561. In January 2019, the group will meet for 8 sessions through April. The contact person is Helen Rousseau at 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**
- **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, sjpk@roadrunner.com for info.
- **INSIGHT DIALOGUE-SATURDAY MEDITATION:** This Insight Dialogue Meditation Practice group meets Saturdays December 1 & January 5, 9:30-11:30am in the Parlor. Insight Dialogue Meditation is a fully engaged Relational practice. We begin with a sitting meditation followed by group sharing and ID interpersonal practice. No experience is necessary, and ALL are welcome. However, if you are new to this practice please contact me for guidance before attending. Thank you. Jaylene Summers 207-985-7412, jsummers@roadrunner.com. Please Join Us.
- **Buddhist Book Discussion Group** "There is no greater happiness than inwardly generated joy and peace". ~ Christina Feldman
This monthly group meets Tuesdays from 3-4:30pm in the library. Upcoming Meetings are: December 11, Jan. 22 & Feb 2. We are reading "Boundless Heart: The Buddha's Path Of Kindness, Compassion, Joy and Equanimity" by Christina Feldman. An evolving group, we co-create sacred space. Please Join Us. ALL are Welcome. FMI please contact Jaylene Summers; 207-985-7412.

FPUU STAFF/LEADERSHIP

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BOARD OF DIRECTORS: 2017 – 2018 program year

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