



# First Parish Voices

**Worship Services**

**Sunday, November 19, at 10:30 AM**

**Soup's On – 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

## Contents

Weekly Update.....	2
<b>Welcome New Member.....</b>	<b>2</b>
<b>“AS THE Snow Flies...”.....</b>	<b>2</b>
<b>Rummage Sale Fundraiser.....</b>	<b>2</b>
<b>November No Particular Reason Women's Potluck Dinner.....</b>	<b>2</b>
<b>Calling Corn Bread Makers.....</b>	<b>2</b>
<b>Saturday Morning Meditation.....</b>	<b>3</b>
<b>Thanksgiving Potluck.....</b>	<b>3</b>
<b>Our UU Ideas.....</b>	<b>3</b>
<b>The Shared Pulpit Workshop – Fall 2017.....</b>	<b>3</b>
<b>FRIDAY NIGHT MOVIE.....</b>	<b>4</b>
<b>Caring for our neighbors.....</b>	<b>4</b>
<b>Helping our Neighbors at Thanksgiving.....</b>	<b>4</b>
<b>Do you Need A Copy Of The Newsletter? .....</b>	<b>4</b>
Funding Opportunities!.....	5
Spiritual Growth Opportunities! .....	6

# *Weekly Update*

---

## **Welcome New Member**

We are delighted to welcome Alice White as the newest member of First Parish!  
Rev. Lara and Kim Lord, Chair of the Membership Committee.

---

## **“AS THE Snow Flies...”**

...So, do snow shovels and blowers. It is time for congregants and leadership who are able and willing to volunteer for a season of clearing the building of snow with appropriate passable paths from our emergency exits after a storm. The use of a snow blower is the most efficient way to accomplish this task. I, Hervé, can explain the detail to anyone who is interested. Call or text me at 229-0377.

We will have to find paid individuals or company to do the tasks if there is no adequate response and I will submit an appropriate increase in the budget if needed. Thank you in advance for your interest and thoughts on the matter. Hervé

---

## **Rummage Sale Fundraiser**

Thank you to all who volunteered, as well as shopped, for our rummage sale fundraiser. We are happy to announce that we earned \$1030.97 from this sale.

---

## **November No Particular Reason Women's Potluck Dinner**

At the home of Prilla Coffin. When: Friday, November 17 @ 6 PM. Where: [120 Sinnott Road, Arundel](#)  
Questions or for directions: please call 294-2116 Note: Please back into driveway and fill completely.

---

## **Calling Corn Bread Makers**

Rev. Lara needs about 6 people to make corn bread for the annual "Cornbread and Cider Communion" on 11/19. Please contact her if you are willing to make a tray. [UUKennebunkMinister@gmail.com](mailto:UUKennebunkMinister@gmail.com) or [RevLaraCampbell@gmail.com](mailto:RevLaraCampbell@gmail.com)

## Saturday Morning Meditation

Saturday Morning Insight Dialogue Meditation. December 2, from 9:30am - 11:30am in the Parlor. We will begin with a lightly guided meditation, followed by group sharing and insight dialogue practice. No experience is necessary and ALL are welcome. Please join us.

For more information please contact Jaylene Summers at 985-7412 or [jsummers@roadrunner.com](mailto:jsummers@roadrunner.com).

---

## 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 13th Annual FPUU Thanksgiving Potluck. I'll supply turkey, stuffing, yams, 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 23 any time after 4 (dinner planned for 5:30 p.m.)

Where: 616 Old Post Road, Arundel. Questions or for directions: please call 967-3778 or email [annhboyce@yahoo.com](mailto:annhboyce@yahoo.com).

Note: If you know you're coming, please 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 stinks), you are welcome. There will be enough.

---

## Our UU Ideas

Our UU Ideas - 1-2:30 pm (2nd and 4th Wednesday) 11/22, 12/13. Join us for a discussion about issues and ideas that are important to you. Group members bring topics that are important to them and the group discusses them. Bring a willingness to share your thoughts and ideas as well as yourself.

---

## The Shared Pulpit Workshop – Fall 2017

November 16, December 7, January 4 & 18, and February 1 & 8. All sessions from 1-3 pm in the library. Please contact Sally Keene, [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com) if you are interested.

This workshop is based on Erika Hewitt's book, entitled, The Shared Pulpit. The introduction to Erika Hewitt's book reads, in part, "Using a series of small group meetings, this program aims to deepen connection and trust...it contains advice, tools and a process designed to equip you to be even more skilled, confident leaders (because anyone courageous and curious enough to share their journey publicly with their congregation is, in fact, a leader). Along the way, you'll discover your authentic voice by writing a sermon to deliver to the congregation." This workshop will be facilitated by Rev. Lara Campbell.

---

## **FRIDAY NIGHT MOVIE**

November 17<sup>th</sup>, "TRAINS-FORMING AMERICA" Why don't we have more passenger rail in America? This film focuses on the use of High-Speed Rail throughout the world. See how American transportation could be transformed.

6:30 - coffee/tea & brownies  
7:00 - film followed by discussion

ALL ARE WELCOME. Sponsors - Maine Sierra Club and FPUU's Social Justice Committee.

---

## **Caring for our neighbors**

Our collection of toiletries for the needy will continue this fall.

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!

---

## **Helping our Neighbors at Thanksgiving**

As you may know, Community Outreach Services (COS) has been delivering holiday food baskets to homes in the Kennebunks for many years. If you would like to deliver the baskets for Thanksgiving, Monday, November 20, please call Donna Patterson at 651-1997 by November 16. I will be planning on delivering Thanksgiving baskets on that day. You can also call me, Kathe Wright, 985-6194, to let me know if you would like to join me, or ask me for more information. This does involve some heavy lifting as the baskets are very generous. COS suggests that volunteer drivers should be at Sea Road Church at 10:30, but from experience I would suggest coming earlier, say 9:30 or all the baskets may be spoken for. Also, if you know folks who you think would like to receive holiday baskets, they should contact the General Assistance office in their town.

Monetary donations, which make it possible to purchase turkeys, chickens and other food items may be made out to: Church Community Outreach Services, P.O. Box 1175, Kennebunk, ME 04043 and write "Holiday Food Baskets" on the memo line of the check.

Wishing everyone a Happy Thanksgiving,  
Kathe Wright

---

## **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 that meets that meets **twice a month on the 2nd and 4th Wednesdays from 4 - 5:30pm** from Jan - April. **All who are aging are welcome.** FMI please contact Jaylene Summers; 207-985-7412 (L), 251-3317 (C) or jsummers@roadrunner.com.
- **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 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 parlor 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.**
- **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!** Please bring cushions and/or mat for comfortable sitting – Chairs will be available. 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 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.
- **SATURDAY MEDITATION: INSIGHT DIALOGUE; A RELATIONAL PRACTICE**  
First Saturday of the month, 9:30\* – 11:30am, in the PARLOR. We will begin with a lightly guided meditation, share our practices & follow with Insight Dialogue Meditation - No prior experience is necessary. You are all welcome. Please join us. FMI: please contact Jaylene Summers @985-7412 \* Please NOTE new time

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) RevLaraCampbell@gmail.com  
**DIRECTOR OF RELIGIOUS EDUCATION:** Emily C. Jones.....uuKennebunkDRE@gmail.com  
**MUSIC DIRECTOR:** .....  
**ADMINISTRATOR:** Crystal Jones.....uukennebunkoffice@gmail.com

### **BOARD OF DIRECTORS: 2017 – 2018 program year**

**CO-CHAIR:** Margaret Jones.....margaretj@maine.rr.com  
**CO-CHAIR:** Amy Wood.....amywood@amywoodpsyd.com  
**VICE-CHAIR:** Dan MacDonald.....daniel@doornorth.com  
**CLERK:** Kerry Hoag.....kerryhoag1@gmail.com  
**TREASURER:** Ruth Stackpole.....paws8@roadrunner.com  
 Karen Tolstrup.....kdtolstrup@gmail.com  
 Christine Thurm.....ccthurm@yahoo.com