

First Parish Voices

Worship Services

Sunday, November 4, at 10:30 AM
I Can't Keep Quiet – 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

A Special Note About Sunday 11/4 Service

Please note that the service this Sunday, *I Can't Keep Quiet*, will address issues of sexual harassment and sexual violence. We will offer a healing ritual for those who have been impacted directly or indirectly by these issues. There will be folks available to offer pastoral assistance during the service for those that may desire it.

Jaylene Summers and I will be leading a *I Can't Keep Quiet* Follow Up session for those who have been directly impacted by sexual harassment and violence on Tuesday November 6th at 6:30 pm in the FPUU Library.

New Directory

We are happy to announce that the new directories are out!! They have been placed on the worship table for you to pick up. A BIG thank you to Herve' for putting in so much time to work on the database, and then have the patience to teach Crystal how to implement it all. 😊

g

Rummage Sale Time !!!

Rummage sales are one of the biggest fundraisers we have. The community enjoys shopping almost as much as we enjoy setting it up! (and also shopping)

You can start bringing items Sunday, Oct 28th... Please put them in the parlor, starting in the back corner.

We do not take:

clothes with rips, stains or broken zippers

mattresses

shoes

VHS tapes

appliances that don't work, please check them before you bring them in. (It helps if you put a label on saying they have been recently checked)

computers

out of date sports equipment (especially golf clubs and downhill skis)

magazines

moldy books

encyclopedias

televisions

it is helpful, but not necessary, if lamps have bulbs in them

The Rummage Sale will be held on November 3rd from 8am to 1pm, and on November 4th from 8am to 11am.

Rummage Sale Workers Needed

We especially need people for Friday set-up starting at 10:00 a.m. going into the afternoon until everything is set up.

Saturday starting at 8:00am until 1pm

Let Jacky know if you can help at jpkrf@roadrunner.com

Please plan on helping with Sunday's clean-up after church by taking some bags of leftover items to Goodwill bins around town. With everyone's help it won't be too much work for any one person.

It's Daylight Savings Time

Don't forget to turn your clocks back one hour this Sunday, November 4th.



Insight Dialogue Meditation

INSIGHT DIALOGUE MEDITATION PRACTICE: Meets Saturday November 3, 9:30-11:30am in the CHAPEL and Saturday December 1.

"Enough is Abundance" ~ anon

Insight Dialogue Meditation is a fully engaged relational practice that brings together meditative awareness, the wisdom teachings of the Buddha and the power of relationship to support insight into the nature, cause and release of human suffering. We begin with a guided sitting meditation followed by group sharing and Insight Dialogue Practice. If you are new to this Insight Dialogue Meditation Practice, please contact me before you attend so that I may offer some guidance. ID practice is open to ALL. Please Join Us. For more information please contact me at jsummers@roadrunner.com or 207-985-7412. Thank you.

♪♪♪ Song Swop ♪♪♪

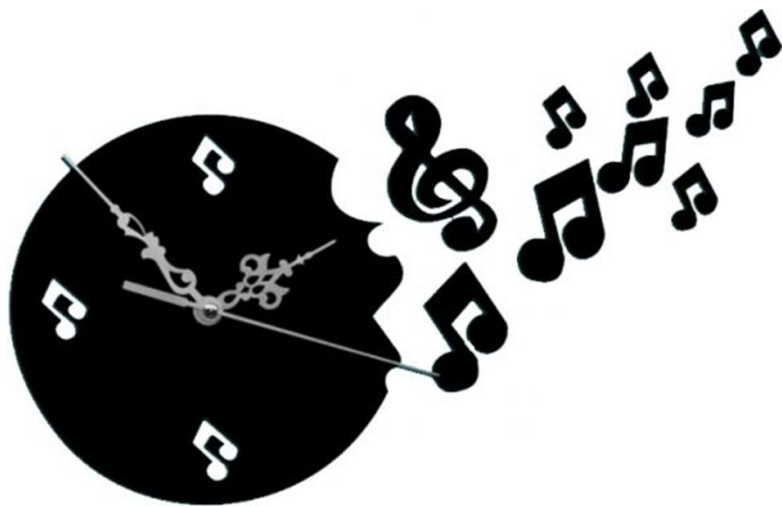
The purpose of the SONG SWOP is to have fun sharing music together. We meet on the second Friday of every month from 7 - 9pm in the Parlor. The next one is Friday, November 9th, from 7 - 9pm. Both performers and listeners of all ages are welcome. Acoustic instruments only please. Light refreshments available. Suggested Donation \$3. FMI contact Bruce Childress at bruce@bcpipes.com or Rich Gaito at captgainto@gmail.com

Times and Tunes FPUU Fun Raiser

Times and Tunes FPUU Fun Raiser!
Saturday November 10th from 6-9 pm
for a lively night of trivia and community at
FPUU.

Bring your sharp mind and a dish to share.

And please contact Daniel MacDonald if you
are willing to set up or clean up





Help us send some UU love across the country

This time of the semester for college students can be stressful! This Sunday during Coffee Hour show your support for FPUU college freshman Gabe Vesenka by visiting our card-signing station! You can bring your own card or sign one of the cards we will have available. We will send your words of care and encouragement along with some of Jay Pacitti's chocolate chip cookies to Gabe at his school on the west coast.

Items needed for "New Mainers"

Flat screen TVs
juicers, food blenders
Furniture to be used in a kitchen as a work/food prep area. (long narrow, and small needed)
Washers, top loading, and dryers, with old fashioned controls — not computerized.
Means to stay warm through the winter: fuel assistance etc.

The Social Justice Committee is working with Christ Church to provide some of the things that recent immigrants need. Judy Cadmus is in charge of the Christ Church group.

Here is an opportunity for you to make a difference: We need a point person for our church to solicit and perhaps distribute needed items to help people get through the winter.

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.

Buddhist Book Discussion Group

“There is no equanimity more unshakeable than the profound poise of the liberated heart that can meet the world of ungraspable conditions and events without being shattered”. *

We had our first gathering on Tuesday, October 30 in the Library from 3-4:30pm. It was a reflective, caring, group studying and practicing the Brahma Viharas together with respect to current life issues.

Our next meetings will be held on Tuesday, November 13, 3-4:30pm, and Tuesday, December 11, 3-4:30.

We read, discuss and practice together. The book is *"*Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity*" by Christina Feldman. It is available on Amazon. ALL are WELCOME. If you would like to join or have further questions,

Please contact me at 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!

Sabbatical Announcement! Rev. Lara will be taking a Sabbatical in 2019

Sabbatical Announcement! Week 6

Sunday Services

We have an exciting worship schedule planned for our sabbatical time. The Rev. Kimberley Debus, our sabbatical minister, will be leading half of the worship services during the sabbatical time. The remaining Sundays, we will have professional Unitarian Universalist ministers, FPUU members, and some returning favorites as our pulpit guests.

2/10/2019	FPUU Choir & Molly Petrik, Music Director 2/17/2019
2/17/2019	Rev. Kimberley Debus
2/24/2019	Rev. Kimberley Debus
3/3/2019	Social Justice, Social Justice Committee
3/10/2019	Rev. Patrick McLaughlin, Unitarian Universalist Church of Manchester, NH
3/17/2019	Rev. Kimberley Debus
3/24/2019	Rev. Kimberley Debus
3/31/2019	Rev. Shay MacKay, Sanford and Saco/Biddeford Unitarian Universalist Churches
4/7/2019	Rev. Abigail Stockman, First Church in Barre, VT
4/14/2019	Rev. Kimberley Debus
4/21/2019	Rev. Kimberley Debus
4/28/2019	Rev. Mark Glovin, First Universalist Church in Rockland, ME
5/5/2019	Rev. Margaret Beckm, Unitarian Universalist Congregation of Castine, ME
5/12/2019	Rev. Kimberley Debus

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 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!
- **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 Kathie 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 monthly on Saturdays, October 6, November 3 & December 1, from 9:30-11:30am in the Parlor at FPUU. 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.

FPUU STAFF/LEADERSHIP

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ADMINISTRATOR: Crystal Jones.....uukennebunkoffice@gmail.com
BOOKKEEPER: Barbara Boscia.....uukennebunkbookkeeper@gmail.com

BOARD OF DIRECTORS: 2017 – 2018 program year

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DIRECTOR: Robert Lown.....bplown@roadrunner.com
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