



First Parish Voices

Worship Services

Sunday, November 25, at 10:30 AM

Where Everybody Knows Your Name – Bruce King, Worship Leader

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.

Contents

Weekly Update.....	2
Housing for Rev. Kimberley	2
DAUNLAND.....	2
14th Annual Thanksgiving Potluck.....	3
Sunday Morning Discussion Group	3
Winter Solstice Planning Meeting	3
Women For All Seasons.....	4
INSIGHT DIALOGUE-SATURDAY MEDITATION	4
Buddhist Book Discussion Group.....	4
♪♪♪ Song Swop ♪♪♪.....	5
Children’s Books Wanted	5
Caring Committee.....	5
“New Mainers”	5
Sermons Can Be Found On-Line.....	6
Caring for our neighbors.....	6
Do you Need A Copy Of The Newsletter?	6
Funding Opportunities!.....	7
Spiritual Growth Opportunities!	8

Weekly Update

Housing for Rev. Kimberley

As you may know, Rev. Lara will begin her sabbatical in February 2019 and we're looking for housing for Rev. Kimberley, our sabbatical minister, while Lara is away. If you're planning to be out of town during one of these times over the sabbatical period and can make your home available to Rev. Kimberley in your absence, please email Bob Wuerthner, sabbatical team chair, at bjwuerthner@roadrunner.com.

March 15-27

April 12-23

May 10-14

Thanks so much for considering. All of us on the sabbatical committee really appreciate it.

DAWNLAND

Available at:

<http://www.pbs.org/independentlens/films/dawnland/>

If you haven't seen DAWNLAND, I urge you to view it.

For decades, Maine's child welfare system placed Wabanaki children in foster or adoptive homes under the presumption that assimilating into white society would improve their quality of life and give them a better future. DAWNLAND tells the story of the devastating effect these practices had on the Indigenous children in Maine and throughout the US. In Maine a Truth and Reconciliation Commission (TRC) investigated the impact these practices had on the Wabanaki children and their families. The TRC Report was released in 2015.

Here's the link to the - Report of the Maine Wabanaki-State Child Welfare Truth & Reconciliation Commission:

http://dawnland.org/wp-content/uploads/2018/03/TRC-Report-Expanded_July2015.pdf

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

Winter Solstice Planning Meeting

The days are darkening, and the first snow has blanketed the ground. Winter is coming and, with that, the return of the light. Please join the Winter Solstice Planning meeting at 11:45 in the library on November 25th to contribute your ideas and talent to this wonderful community event

Women For All Seasons

Women for All Seasons will meet in the church library on Tuesday, November 27 at 6:30 PM. All women are welcome to join us as we re-visit the “original” *Cakes for the Queen of Heaven* curriculum. At this session, we will be using the materials from Session 3, which is entitled “Woman Power”. The presenters for this ritual are Nikki and Sheila, and both have been surprised at how pertinent this material is almost 40 years after it was first introduced. If you have any questions about the upcoming gathering, please call Sheila at 985-3988.

Also, please check out the new section of the church library where we are collecting reference materials and making them available for borrowing. These materials that might be of interest to any person who would like to explore earth-based religion, the feminine divine, and many other topics that we have found worth delving into in our gatherings. If you have materials (books, music, references, goddess figures, etc.) that you think would be a good addition, please call the church office and leave your name and contact information. One (or more) of the members of this group will help to decide whether those materials would be appropriate. The materials that are on these shelves are free to browse or to borrow (please return when you are done using them—Thanks!).

INSIGHT DIALOGUE-SATURDAY MEDITATION

“Do not be dismayed by the brokenness of the world. All things break. All things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you.” L.R. Knost

This Insight Dialogue Meditation Practice group meets once monthly on Saturday mornings 9:30-11:30am in the Parlor. The next meetings are Saturdays December 1, January 5 and February 3. All are welcome so please join us. If you are new to this practice, please contact me before you attend so that I might give you some guidance. FMI Jaylene Summers 985-7412, Thank you.

Buddhist Book Discussion Group

“The Buddha’s teachings on cultivating the Boundless Heart are Relational Qualities...that lead to awakening and freedom”. - Christina Feldman

This monthly group meets Tuesdays from 3-4:30pm in the library. Upcoming Meetings are: December 11, January 22 and February 12th. 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.

♪♪♪ 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, December 14th, 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

Children's Books Wanted

Once again, our church will be collecting new or almost new children's books to be donated to residents at a domestic violence shelter. Books for all ages, are appreciated, they do not need to be holiday related.

Last year we provided enough books that all the parents were able to give their children a couple of books. You can bring the books at any time. The gift of literature is a gift for a lifetime.

Caring Committee

The Caring Committee of the church has set up a program for church members and friends. The program provides transportation to medical appointments and to church services. Beth Andersen and Kathe Wright are co-coordinating these rides. We need more drivers for this service. If you can volunteer to provide these rides, contact Beth Andersen at 985-7218.

People requesting rides to medical appointments or to Sunday services should call Reverend Lara at 337-5643 or Andrea Rohde at 985-3517 during Reverend Lara's Sabbatical. Reverend Lara or Andrea will contact either Kathe or Beth to make arrangements with volunteers for rides.

"New Mainers"

Would you like to help some of the people who have recently immigrated into Maine? This is a perfect time to fulfill some of their needs.

There are many, many Iraqi families in Biddeford. Their needs are a bit different than ours. They tend to have large families and extended families and cook their meals in a single BIG pot and serve on BIG platters. You can leave things at church with Marylyn Wentworth's name on the boxes or bags and she will pick them up. These are some things we need to find:

- BIG pots (not aluminum or teflon)
- BIG frying pans (not aluminum or teflon)
- BIG trays and platters
- BIG canisters for flour, sugar, tea, coffee etc.
- Pressure cookers, meat grinder!! (surprisingly big need)
- electric mixer, kitchen wash cloths, kitchen dish towels, bath towels
- Sewing machine
- Children's toys, preferably not plastic or small pieces that could choke little children
- kitchen equipment like potato masher, ladle, spatula, mixing spoons, hot pads
- cleaning stuff like scouring pads and powders, dish soap, laundry soap.

Thank you, Marylyn

Sermons Can Be Found On-Line

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.

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) uukennebunkminister@gmail.com
DIRECTOR OF RELIGIOUS EDUCATION: Emily C. Jones.....uuKennebunkDRE@gmail.com
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ADMINISTRATOR: Crystal Jones.....uukennebunkoffice@gmail.com
BOOKKEEPER: Barbara Boscia.....uukennebunkbookkeeper@gmail.com

BOARD OF DIRECTORS: 2017 – 2018 program year

CO-CHAIR: Daniel MacDonald.....daniel@doornorth.com
CO-CHAIR: Amy Wood.....amywood@amywoodpsyd.com
VICE CHAIR: Wayne White.....wwhite911@aol.com
CLERK: Kerry Hoag.....kerryhoag1@gmail.com
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