



# *First Parish Voices*

***Worship Services***

***Sunday, November 26, at 10:30 AM***

***Finding Hope – Kali Fyre***

---

**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>Congratulations Rev Lara Campbell .....</b>	<b>2</b>
<b>“AS THE Snow Flies...” .....</b>	<b>2</b>
<b>Greetings from North Carolina!! .....</b>	<b>2</b>
<b>Women For All Seasons.....</b>	<b>3</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>4</b>
<b>Caring for our neighbors.....</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*

---

## **Congratulations Rev Lara Campbell**

If you missed the opportunity to write congratulation notes for Rev. Lara on receiving final fellowship as a UU minister (the ministerial equivalent of tenure), the box will be in the Parish Hall on Sunday 11/26. Please take a note to tell her how proud we are of this accomplishment.

-FPUU Board of Directors

---

## **“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

---

## **Greetings from North Carolina!!**

We miss all of you so much, and want to wish everyone a Happy Thanksgiving. We are finally settled, but the post office has changed our address three times. Here is our correct mailing address: Dean and Jeanne Meggison, P.O. Box 21, Sapphire, NC, 28774. Our cell phones are still connected, but the mountains frequently stand in the way, and service does not work. We now have a land line and would like to hear from you – 828-482-1715. The message is still the same as it was in Maine. Who knows what of the many boxes had the directions to change it? So, go ahead and leave a message anyway. Dean's email is [dmggsl37@gmail.com](mailto:dmggsl37@gmail.com), and mine is [jfmeggison@gmail.com](mailto:jfmeggison@gmail.com). Again, we miss you very much!!

Jeannie and Dean

## Women For All Seasons

Women For All Seasons will meet on Tuesday, November 28 from 6:30 to 8:30 in the PARLOR. The program for this meeting will be **“Names, Numbers and Dance”**, led by Annie. Each woman is asked to bring a favorite scarf (to use for dancing) and a small personal item that will be used for holding the light during the dark time of year. (This can be any object that is meaningful, such as crystal, shell, stone, gem, etc.) We will be doing numerology, intention-setting, and dancing as well as celebrating Annie’s birthday with cake and ice cream.

This group is free and is open to all women; we share leadership and celebrate seasons, holidays, and feminine divine in the world and in ourselves. If you would like to attend this week and have any questions, please call Shelia at 985-3988.

---

## 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 – Our next session will take place April 25<sup>th</sup>, 2018 - 1-2:30 pm (2nd and 4th Wednesday) 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**

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.

---

## **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!

---

## **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