



# First Parish Voices

**Worship Services**

**Sunday, December 3, at 10:30 AM**

**I Heard The Bells – 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

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# *Weekly Update*

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## **Please Welcome our New Music Director - Molly Petrik**

Rev. Lara, the Music Director Search Committee, and the Board of Directors is thrilled to announce that we have hired a new Music Director. Molly instantly stood out among the candidates not only because of her amazing talent but also because of her engaging personality.

Passionate in her work as a piano soloist, accompanist, choral director and piano teacher, Molly Petrik holds Bachelor and Master's degrees in Piano Performance from University of Montana and Western Michigan University, respectively. She has performed with highly esteemed musicians in recitals, master classes, festivals, and competitions. Molly's awards include a Gold Medal at Northwest Music fest, Gilmore Keyboard Festival Fellowship and MTNA star award.

Molly's recent endeavors include work as a Collaborative Artist at Utah State University working with students of the members of the Fry Street String Quartet and teaching a full studio of delightful students, at the Music Stream Center in Davis, CA. In both her teaching and collaborative playing, Molly enjoys working with young students to develop their artistry and individual expressive voice.

Choral singing has been a near constant in Molly's life, since her first experience singing in the Western Plains Children's Chorus, directed by her mother in Minot, ND. Since then, she has routinely sought it out as both an artistic and community building experience. In California, she sang with and accompanied the nationally recognized, Vocal Art Ensemble. Recently she was the musical director of the Ogden Threshold Singers in Utah, a choir focused on singing for those at the threshold of life. Her focus as a choir director is not only to build choral singing skills, but also to build a loving community.

In all of her musical endeavors, Molly strives for growth and learning and helping those around her do the same. Music invites both the creator and the listener to move towards vulnerability and openness, and Molly believes that cultivating these qualities in today's society is essential.

Molly will begin working the week of December 4th. We will announce her office hours/schedule when it is confirmed. You can reach Molly at [UUKennebunkMusic@gmail.com](mailto:UUKennebunkMusic@gmail.com).

We look forward to having Molly Petrik on staff!

## Special Music This Sunday

The Village Ringers, A 12 member bell ensemble, will be performing five pieces during this week's Sunday service. So... come and enjoy!

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### **NEEDED: poinsettia coordinator.**

Each year our sanctuary is adorned with beautiful poinsettia in honor or memory of someone special. However, this year we do not have a coordinator. If you are willing to be the coordinator (handle sales on 12/10 and 12/17, order the plants, be in attendance for their drop off, arrange them in the sanctuary, and water them through 12/31) please let speak with Rev. Lara ASAP [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com). If we do not have someone to coordinate this project by 12/5 then we will not have them in the sanctuary and that would be sad. :(



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### **“Snow Shoveling Scheduler Needed”**

My efforts to engage the congregation is making progress on “AS THE Snow Flies... ..So, do snow shovels and blowers.” There are enough people willing to do the task occasionally and we may have a dedicated snow blower for the church.

The next hurdle is having a volunteer who can make phone calls to schedule people for the next storm. The scheduler does not have to be able to shovel but keep task on what needs to be done. Is there anyone who can volunteer for the task? Please call me!

In a plan B effort, if anyone knows of a person who can do the task consistently and be payed, please call me at 229-0377. Hervé

## Saturday Morning Meditation

You might like to Give yourself the Gift of Contemplative Meditation with Friends during this bustling time of year by joining us this Saturday, Dec 2, 9:30-11:30am at FPUU in the parlor.

We will begin with a lightly guided meditation followed by sharing and Insight Dialogue practice. No prior 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).

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## ♪♪♪ 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 8th, 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.

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## Christmas Dinner



Al and Vicki Adams will host Christmas dinner at their home in Kennebunk for members and friends of First Parish who do not have family or friends close by on Christmas Day. Planning for about 1 p.m., we'll roast the turkey and guests are asked to bring a side dish or dessert. If you'd like to come, call or talk to Vicki: 216-3890 or Al: 216-3891, or email [al-adams@roadrunner.com](mailto:al-adams@roadrunner.com).

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## 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!

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## 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