



First Parish Voices

Online Worship Services
Sunday, October 18th, at 10:30 AM
Know Your Sources/Direct Experience
Rev Lara Campbell

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Weekly Update

Life is Political...

By [Timothy Snyder](#)

"Life is political, not because the world cares about how you feel, but because the world reacts to what you do. The minor choices we make are themselves a kind of vote, making it more or less likely that free and fair elections will be held in the future. In the politics of the everyday, our words and gestures, or their absence, count very much... The symbols of today enable the reality of tomorrow."

from [On Tyranny: Twenty Lessons from the Twentieth Century](#)



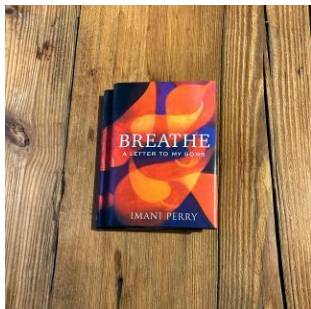
Yard Sale Was a Success!!

First Parish had a yard sale on Saturday, October 10th, and it was a success!

We have earned **\$886.00** towards our fundraising goal!

Thank you to everyone who helped organize and run the sale!

A Common Read



A Common Read invites participants to read and discuss the same book in a given period of time. The UUA Common Read can build community in our congregations and our movement by giving diverse people a shared experience, shared language, and a basis for deep, meaningful conversations.

The UUA is pleased to announce that [Breathe: A Letter to My Sons](#) by Imani Perry (Beacon Press, 2019) is the new Common Read.

Emotionally raw and deeply reflective, Imani Perry issues a challenge to society to see Black children as deserving of humanity. She admits fear and frustration for her African American sons in a society that is increasingly racist and at times seems irredeemable. However, as a mother, feminist, writer, and intellectual, Perry offers an unfettered expression of love—finding beauty and possibility in life—and she exhorts her children and their peers to find the courage to chart their own paths and find steady footing and inspiration in Black tradition.

At this moment in time, we are in the midst of a historic national reckoning with what it means to live as a Black or Brown American and systems of institutional racism that have been operating to control, traumatize, and oppress people of color since our country's founding. In choosing *Breathe* as the 2020-2021 Common Read, our hope is that it nurtures this necessary courage.

Congregations, groups, and individuals may purchase the book or find it in a public library and begin reading. *Breathe* is available for purchase at [inSpirit: The UU Book and Gift Shop](#); bulk discounts are available. Discussion materials for UU congregations, groups, and individuals will be available online, at no charge, in late fall 2020.

Zoom Buddhist Book Group

“Compassion asks us to turn toward the human reality of distress and pain, opening the door to immeasurable compassion that is possible for each of us and to take our seat in the family of all beings.” ~ Christina Feldman

We are meeting on ZOOM on Tuesdays, November 3, and December 1 from 3:00-4:30pm. Currently we are reading and practicing together Chapter 2, ‘Compassion’ from the beautiful book by Christina Feldman “Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy and Equanimity.”

It is not too late to join this reflective, gentle contemplative group. All are welcome. If you would like to attend, please let me know and I will send you an invite.

Please shelter safely, be healthy and protected in the midst of this unprecedented time.

Jaylene Summers: jaylenesummers@gmail.com or 207-985-7412.

Buddhist Sangha: RiverRun Insight Dialogue

NEW TIME: Insight Dialogue Meditation is offered on Zoom on Saturday, November 7th, 10:30 – 12:00pm.

Upcoming dates are Saturdays, December 5 & January 9.

In these Challenging Uncertain times we can contemplate and cultivate taking True Refuge in the Triple Gem of Buddha, Dhamma and Sangha.

ALL are Welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance, jaylenesummers@gmail.com or 207-985-7412. If you will be attending kindly RSVP and I will send you an Invite to zoom. Thank you, May all shelter safely with ease. With Metta, Jaylene

Monthly Updates from Our Committees

Share the Offering for the Month of October

The Abyssinian Meetinghouse Restoration Project

The Abyssinian Meeting House in Portland was Maine's first site in the National Underground Railroad Network.

Built in 1828, the Abyssinian is the oldest standing African American meeting house in Maine and third oldest in the United States. The building served as a community center as well as a church for people of color. It was a hub for the abolition of slavery. The Meeting House was tragically closed in 1917 after quite a few members were lost at sea. In 1998 the Committee to Restore the Abyssinian was founded.

Enormous progress has been made including gutting, foundation work, and reconstruction of the façade and the floor. About \$1 million has been spent and \$1 million is still needed to complete the project. The 200th anniversary of this monument to Black history in Maine will be in eight years from now. If enough folks pitch in, it will become a magnet for school children, tourists, and citizens of Maine.

Choir Notes

FPUU CHOIR IS BACK! VIRTUAL STYLE!

Come for the joy of song,
the centering,
the vibrancy,
the connection,
the learning
the community

ALL ARE WELCOME!!

The choir's first virtual meeting will be on Thursday, Sep. 17th at 7:00pm. Email uukennebunkmusic@gmail.com for the Zoom link.

From the Archives

October 2020

A Step Back in Time

Part II

By Stacy Wentworth

The tower was built in 1803, and the steeple was added a short time later. Major changes were made to the church at that time. Kennebunk was beginning to prosper. In my own family history, it was also the year that my great-great grandfather came to Kennebunk Beach from Rollingsford, New Hampshire. He and his brother, both in their mid-twenties, purchased an existing farmhouse and barn with a large tract of land, some of which was beach and river frontage.

I do not know of my family's first connection with this church, but I do know that my grandfather's sister, Great Aunt Elvira owned a pew in the 1920's. She died in 1925 just a few years after my mother and father were married. My mother had a long, informal relationship with this church, and formally joined the church in 1950. You might say I was born into the church and I too have had a long history here with some of you. I also joined the membership late, becoming a member just 3 years ago. (2005)

There is no doubt that we are participants in a most trying time in the history of our community, our nation, and perhaps the world. As my work proceeded, I began to think of all the most trying times that this church has borne witness to. It has served well many who have gone before, and the fact that it is still here to serve, speaks well of previous congregations.

Certainly, as a child growing up at the tail end of the Great Depression and then WWII, I have this building in part to thank for my feelings of security during that time. I really had no idea of the magnitude of the crisis that the adults around me faced on a daily basis. It was the feeling of community during the time that I cherish to this day.

One day, not long ago, I sat near the clock, listening to that measured heartbeat. Suddenly I was almost overcome with despair as my mind raced, thinking of the many seemingly insurmountable problems we face as a species. The worldwide environmental degradation that we have caused, in many respects is almost beyond comprehension. I remember asking myself the question- "Have we just restarted this clock only to keep track of the time that is running out for us?"

As I descended those worn steps that day, I chose to think that at noon on February 14, we marked the time that we began to reinvent ourselves as a community and went on to join other communities worldwide, mobilizing the healing of our wounded planet. As my mother was fond of quoting, "Time Heals All Wounds."

Outreach Services

Community Outreach Services - COS

COS offers assistance: food, fuel and many other things, to our neighbors in Kennebunk, Kennebunkport and Arundel. It is a simple 2 step process. To make an appointment:

- 1) contact the General Assistance office of your town and they can help you, or
- 2) Go online to <https://calendly.com/cosfoodpantry/foodpantryvisit> to select a 10-minute time slot. After you confirm your time you will be forwarded to a website to provide COS with your Food Pantry preferences. This pantry provides fresh produce, meats and dairy items along with non-perishable foods such as canned goods, cereal, pasta, pet food, household items, etc.

You may pick up your food during your scheduled appointment time at the COS Food Pantry, 19 Park Street in Kennebunk (driveway to the left behind the playing fields).

Appointments can be made for Mondays 12pm-3pm, Tuesdays and Thursdays 3pm-6pm and Fridays 10am-1pm.

Note: Also, for now appointments can be made for the Produce Pantry held Fridays 9am-10am (does not include non-perishable items).

To donate food to COS: just drop your items in the bins at Hannaford in Kennebunk. Thank you!

To donate funds to COS - 2 ways: 1) through the website: coskennebunks.org. or 2) by check to COS, P.O. Box 1175, Kennebunk, ME 04043. Again, thank you!

For more information, contact Kathe Wright, church representative to COS

No Place Like Home

No Place Like Home, a volunteer group started by Molly Hoadley, is offering to run errands for older adults at no cost. Call 558-2270 and leave a message. Someone will get back to you. We have a small cadre of volunteers willing to help. Stay safe.

References

Online Worship Service

There are three ways to join the service:

- From your phone or tablet, by downloading the zoom app. [[Apple iOS\(link is external\)](#)] [[Android\(link is external\)](#)]
- From a laptop or desktop computer [[download\(link is external\)](#)]
- By telephone (audio only) the phone number is [929 205 6099](#), meeting ID **734 887 010**. Password: **024481**.

You should have the software downloaded and installed on your device before the service starts. Our services will be available at this URL, just click to join the service! [https://zoom.us/j/734887010?](https://zoom.us/j/734887010?pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09) Description: Join Zoom Meeting [pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09](#)

The Order of Service and the Announcements are being emailed out on Sunday morning. If you are not getting the email, please contact Crystal Jones at uukennebunkoffice@gmail.com

Office Hours for Staff

Rev. Lara will hold office hours Wednesday and Thursday from 9am until 12pm, or by appointment. Lara is available meet with you outside in person or by Zoom, and as always Rev. Lara can be reached by phone anytime.

Crystal will be in the office Wednesday through Friday from 9am until 12pm and welcomes you to stop by if you need help with anything. She will be working from home Monday and Tuesday, so will receive emails and phone messages.

Molly will hold online office hours: Tuesday 10:30-12:00, Wednesday 1:00-3:00 and Thursday 5:00-7:00, or by appointment - Monday, Thursday, Friday.

We hope you all had a wonderful summer even in these uncertain times! Even amongst the pandemic we can't complain about the beautiful weather we had!!

Making a **“Share the Offering”** Contribution Can Be Made at Anytime!!

Contributions can be made anytime online at www.uukennebunk.org/plate, or send or drop off a check to the church. Please put “offering” in the memo. Our mailing address is 114 Main Street, Kenneunk, ME 04043. Crystal will be in the office Wednesday through Friday from 9am until 12pm if you feel better leaving a check with her.

SHARE THE OFFERING

Share the Offering has been enhanced by your Social Justice Committee and approved by your Board of Directors. This new and more consistent approach will enable us to actively express our Unitarian Universalist values, while reaching out to a larger community.

-HOW WILL THIS WORK? Each month a different and approved non-profit organization will receive one half of our regular Sunday cash collection.

-WILL WE SHARE EVERY SUNDAY FOR THE FULL MONTH? Yes, except that July & August will be combined to allow for summer time's lower attendance.

-WHY COLLECT EVERY SUNDAY? We recognize that not everyone can be in church each and every Sunday or may not have their extra funds on hand. **NOTE: Due to the Pandemic's effect on gatherings/social distances, we "currently" cannot rely on personal Sunday collections, although we hope & trust to return to this approach sometime soon.**

-WHAT IS CURRENTLY THE BEST WAY TO CONTRIBUTE? You may mail your check payable to FPUU indicating in the check's memo section "Share the Offering". Another option is to log into website www.UUKennebunk.org and select "Plate Offering", which allow you to contribute using your credit card.

-WHERE DOES MY PERSONAL FPUU PLEDGE FIT IN?

Your Pledge will continue to be allocated only toward those budgeted programs and expenses which FPUU membership previously approved.

HOW DO I RECOMMEND A NON-PROFIT AS A RECIPIENT? Please contact Crystal (uukennebunkoffice@gmail.com) to receive an application. All Completed applications should be sent to back to Crystal. FMI please contact Eva Downs; she will be happy to work with you and answer any questions.

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 in the "Milk Box" on the porch of FPUU. They are also available by mail. Please contact Crystal Jones, Office Administrator, to be put on the list.

Funding Opportunity

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** bags in the "milk box" on the porch for you to pick up and fill. The box is right by the side door on the porch, by the entrance door.

Here is the Clynk website for more information: <https://www.clynk.com>

Spiritual Growth Opportunities!

- **Buddhist Sangha - Ripples of Peace** “In the tradition of Thich Nhat Hanh” Online Zoom - Tuesdays, 5:15- 6:45 p.m., 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 by a Buddhist teacher and discussion. The Sangha is an open gathering – come when you can, you are always welcome. Contact Sally Keene 590-0035, sjpk@roadrunner.com for zoom link and info.
- **Embracing Aging:** Embracing Aging: Moment to Moment is a thoughtful, provocative discussion group open to any senior who is interested in sharing the aging journey with others. Unfortunately, due to the present pandemic, any further meetings will be postponed until further notice. The contact person is Helen Rousseau at hrousseau@roadrunner.com or 207-332-0046.
- **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**
- **Small Group Ministry:** Small Group meets on the first and third Tuesday each month from Sept. through June, in the FPUU Library, 1-3 p.m. Discussions are wide ranging, with the purpose of deepening relationships, spirituality and sharing community. Newcomers are welcome. FMI Virginia DiMarco 985-7238
- **Wednesday Meditation** This small group of meditators follows a simple practice of sharing a Buddhist reading followed by silent sitting and walking meditation at our own pace. All are welcome. Sessions are held from 5:05 to 6:35 p.m. in the church library on Wednesday throughout the church year, but occasionally must be cancelled. For more information contact Tim Ericson: 207-985-421, timericsonmsw@gmail.com.
- **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!

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) uuKennebunkMinister@gmail.com

MUSIC DIRECTOR: Molly Petrik.....uuKennebunkMusic@gmail.com

ADMINISTRATOR: Crystal Jones.....uuKennebunkOffice@gmail.com

BOOKKEEPER: Barbara Boscia.....uuKennebunkBookkeeper@gmail.com

BOARD OF DIRECTORS: 2019 – 2020 program year

CO-CHAIR: Marylyn Wentworth.....marylyn.wentworth@tnsk.org

CO-CHAIR: Wayne White.....wwhite911@aol.com

CLERK: Molly Hoadley.....mollyhoadley@gmail.com

TREASURER: Herve Lavoie.....hervae@roadrunner.com

DIRECTOR: Alicia Soloman.....asoliman@yccc.edu

DIRECTOR: James Thompson.....jethompson33@aol.com

DIRECTOR: Bob Lown.....bpdown@roadrunner.com