



# First Parish Voices

## Worship Services

Sunday, October 20, at 10:30 AM

We Rise – Rev Lara Campbell

**Church Summer office hours:** The church office is open Monday thru Friday from 9 am to 12  
**Rev. Lara Campbell office hours:** Tuesday thru Thursday 9am to 12pm or by appointment. Lara is always available via email or cell phone.

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## *Weekly Update*

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### **Books for Sale (again)**

Abdi's book sold out quickly during Sunday's coffee hour. He is willing to provide signed copies to anyone who wants one. Please leave a check made out to Abdi Iftin for \$16 in the office with a message as to whom you would like it dedicated.

*Orders need to be in by Sunday Oct. 27th*  
FMI Jacky Peters [jpkrf@roadrunner.com](mailto:jpkrf@roadrunner.com) 985-7620

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### **Women For All Seasons**

As the Wheel of the Year turns, we arrive at the last quarter and the celebration of Samhain (pronounced *sa-ween*). At this time, we are aware that the darkness appears to be swallowing the light. This is a time for quieting, for reflection and for memories as our guides.

Women for All Seasons will celebrate Samhain on Tuesday evening, October 22<sup>nd</sup> at 6:30 PM. All women are welcome!

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### **FRIDAY NIGHT MOVIE**

OCTOBER 25, 2019

**WASTED!** The STORY of FOOD WASTE

Hopefully this documentary will change how you buy, cook and eat food.

Celebrity chefs, including the late Anthony Bourdain, show how they make incredible dishes out of what most people consider food scraps and rejects.

**WASTED!** shows how by making small changes we can solve one of the greatest problems of the 21st Century.

6:30 - coffee/tea & brownies

7:00 - film followed by discussion

Co-sponsors: FPUU Social Justice Committee and  
Sierra Club Maine

ALL WELCOME

## INSIGHT DIALOGUE MEDITATION

“...The cultivation of Compassion...finds its expression in the wish for the other to be free from suffering.” ~  
Analayo

### "INSIGHT DIALOGUE SATURDAY MEDITATION PRACTICE"

Insight Dialogue Meditation Practice will be meeting Saturday, November 2 (& December 7, January 4 and February 1)

ID is a fully engaged interpersonal meditation developed by Gregory Kramer. It is grounded in Insight (Vipassana) Meditation. We will be contemplating & cultivating the beautiful qualities of Kindness, Compassion, Joy and Equanimity called the Brahma Viharas these next few months.

All are Welcome so Please Join Us. If you are new to this type of relational meditation practice, please contact me beforehand so that I might offer some guidance. Location is TBD. If you plan to Attend, please RSVP to [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or 207-984-7412. Thank you, with Metta for All.

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## BUDDHIST BOOK GROUP

"The Relational Qualities of Kindness, Compassion, Joy and Equanimity are the foundation of all ethical thought, speech and action." ~ Christina Feldman

The Buddhist Book Group is meeting on Tuesday, **November 12th**, from 3- 4:30pm in the library at FPUU. We will continue reading and practicing together from page 40, Chapter 1, "Immeasurable Kindness" in Christina Feldman's beautiful book, "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity."

We will also meet on Tuesday, December 10, January 7, and February 18.

ALL are Welcome. Please join us as we continue co-creating this sacred space together. There is a book and a seat for you. FMI please contact Jaylene Summers 207-985-7412. Thank you.

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## In Search of People Who Live in Adopted Families

As part of a worship project, we are in search of a person who has been adopted who would like to share their story with us. If you are such a person, or are aware of such a person, please contact Merideth at [witchdr910@aol.com](mailto:witchdr910@aol.com) or Susie at [naturalsuki@yahoo.com](mailto:naturalsuki@yahoo.com)

## Item Needed for the Refugees

The supply of diapers is almost exhausted for the refugees. We need a lot of diapers in every size **except** 1. Please get Honest, 7th Generation, Earth's Best, or Nature Baby Care as they are biodegradable. Most are available at Hannaford or any grocery store.

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## Help FPUU participate in the Kennebunks Chamber of Commerce Trick or Treating



Rev. Lara will be handing out candy on Thursday, October 31<sup>st</sup> from 4-6 pm in front of FPUU as part of the Halloween in the Kennebunks event. Donations of fun size chocolate candy bars are greatly appreciated. If you would like to assist in handing out candy let Rev. Lara know – [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com)

## Choir Notes



### TOMORROW IS THURSDAY ~ Paul Beach

It is Wednesday. Thoughts of the week gone by are filled with duties, tasks and wasted time, angst and fun, a package filled with the joy of life and boring mundanely. Still, the necessity of routine makes the matrix of existence move us past the merely making it into the quiet realm of satisfaction. Anticipation of another week of more, makes it subtly exciting.

Tomorrow is Thursday. When and where and why and who makes it a special day out of seven out of fifty-two out of the span between birth and death? It is none of these. It is the what. The what of Thursday. The catalyst that turns time into meaning. The day of five before the end of another two, then to start again. But – Tomorrow is Thursday. Again, and more, this day brings together those who show, those who believe, those who feel, those who live and therefore those who KNOW that singing in the choir is magic. Not miracle magic, but soul soothing magic. The kind of warms your heart magic. The sort of these people are my people magic. The let's do this together and better, and again, and wasn't that great magic.

Then, to share this corporate and personal joy with others on another day defines the act of giving that returns more bounty to the giver than the recipient. How can a whole-body smile? When voices yield the diligent result of Thursday's group-out, blend in harmonies not just heard but felt, loft into the air balloons of song and love and meaning and message and satisfaction and sharing, and ... The whole body cannot resist a smile from tapping toes to facial tug from lip to ear. The choir sings together one more time. Smile.

When it all comes together, the voices, separate but as one, are on fire! Or so it has been said. The match, the source of ignition, of heated inspiration, dribbles – no gushes – forth from the mind, voice, movements and motions of magnificent Molly. She is the directorial Master of Musical magic, molding a motley montage of mostly moderate musicians into the machine of – yes – magic modulations, ministerial musings, meditative moods, meaningful worshipping modes and marvelous moments of memorable. The choir is the grateful benefactor of that gentle and powerful wand. Tomorrow is Thursday. Can't wait. Thanks, Molly Thanks fellow magicians.

## UU Wellspring

### **What is UU Wellspring?**

UU Wellspring is a 10-month Unitarian Universalist program of spiritual deepening and connection. It offers participants an opportunity for spiritual deepening that leads to more joyful living, increased congregational leadership, and faithful justice making in their lives and in their communities. UU Wellspring is for congregations interested in fostering spiritual growth in a uniquely UU context through an intentional, curriculum-based program of daily spiritual practice, spiritual direction, study and reflection, and small group meetings. Since its development in 2005, UU Wellspring programs have been implemented in more than 26 congregations nationwide.

### **How did UU Wellspring get started at FPUU?**

Over the past 5 years a number of folks have expressed to Rev. Lara a desire to do some deeper spiritual work. When discussing this issue with our sabbatical minister, Rev. Kimberley Debus, offered to lead a few workshops on spiritual practices to introduce the topic to the congregation. After the completion of those workshops, Rev. Kimberley shared information about UU Wellspring as a way that First Parish could offer spiritual deepening opportunities. Rev. Kimberley has been involved with UU Wellspring for many years, as a participant, a curriculum developer, a mentor/leader, and a board member. After careful investigation and deliberation, the First Parish Board of Directors voted unanimously to bring UU Wellspring to our congregation.

### **How is UU Wellspring going to work?**

This first year is a pilot year. Ten individuals, including Rev. Lara, were recruited to participate in the initial preliminary program. Invitations to the trial program were sent to folks who, at some point, had expressed a desire and commitment to their ongoing spiritual growth. This pilot group consists of 5 newer (under 5 years) members/friends and 4 longer time (over 5 years) members/friends.

### **What will happen going forward?**

Our goal is to formally launch UU Wellspring to the congregation next year. Some of the pilot participants will go on to co-facilitate groups next year and some will choose not to. We are hoping to offer multiple sessions of UU Wellspring in the fall 2020 for all members/friends who wish to participate.

You can find out more about UU Wellspring at <https://uuwellspring.org/> or you can talk to Amy Wood or Rev. Lara. We are excited to see what unfolds for First Parish through this exciting program!

## Helping our Neighbors

COS (Community Outreach Services) is in need of some "drivers" to pack boxes of food and deliver them to town offices in the 3 towns in the Kennebunks.

The food boxes can be heavy but being a "driver" can involve as little as 1 day a month for several hours starting at noon. We already have 5 people in our congregation who do this: Jim Thompson, Ted Trainor, Bob Thurm, Karen Tolstrup and myself. Thank you! This "job" does not take much time, and it is of great value to some folks who just need a little help.

If you are interested in this opportunity: contact Carol Ingraham, who organizes the drivers for COS, at [cingraham58@gmail.com](mailto:cingraham58@gmail.com). .... Or you can contact me, Kathe Wright, at [kawright4@hotmail.com](mailto:kawright4@hotmail.com) or 985-6194 if you have questions.

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## From the Archives

More from Reverend Little's Diary Chiefly concerning the Indians

"This evening came into Capt. Pembleton's, three men from Bagaduce, who report that the Indians have been drawn from the head of the tide, great part of them some time ago, that two men from the upper settlement had been up to the Indian old town and found it picked in, that the inhabitants were alarmed."

"Took passage in Mr. Hankins boat for Bagaduce- ended up at Dr. Man's - Enquired into the rumor about the Indians. Mr. Treet's account was handed to me in a paper, signed by him the 27th July - was in substance, the following- that two Indians by name Ausory Neptune and Pictsauk say that 'Agreeable to promise to Gen Washington, they come to give information of approaching danger to the inhabitants, viz That a large body of southern Indians had met at Montreal and there held a Council, and had sent a belt of Wampum and a Hatchet to a certain Tribe which was also sent to them 5 days ago at Passadumkee under this restriction, that if they did not join them to destroy the Inhabitants, they would destroy all their women and children by Indians throughout; and that they had assurance from the Governour of Canada to assist them with warlike stores, and if occasion called, they would assist them with 9,000 men from St. Johns and 7,000 from Canada.' ...

The people at Bagaduce upon the above information sent two men up to the Indian town to enquire further, from whom they have not as yet received any certain intelligence. The general absence of Indians gives ground of suspicion that something not friendly is in contemplation."

Clearly the forces of both France and England were using Natives to do their work and endangering both the tribes on both sides and the settlers. Rev. Little was very much engaged throughout his many years on horseback through the wilderness to try to contact and bring the Gospel to them. While we in the 21st Century may have different ideas about the appropriateness of his attempts, this is a fascinating glimpse into a different time in the Province of Maine.

## **Sermons Can Be Found On-Line**

You can listen to past sermons online! Go to [uukennebunk.org](http://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!

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## **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!

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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 open to any senior who is interested in sharing the aging journey with others. This group will meet on Wednesdays, every other week from 4:00-5:30pm in the Parlor., January thru April. The contact person is Helen Rousseau at [hrousseau@roadrunner.com](mailto: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**
- **Small Group Ministry** Small Group meets on the first and third Tuesday of 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 985-723.
- **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](mailto: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!
- **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](mailto:sjpk@roadrunner.com) for info.

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com)  
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**BOOKKEEPER:** Barbara Boscia.....[uukennebunkbookkeeper@gmail.com](mailto:uukennebunkbookkeeper@gmail.com)

## **BOARD OF DIRECTORS: 2019 – 2020 program year**

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