



First Parish Voices

Worship Services

Sunday, October 21, at 10:30 AM

Who Lives, Who Dies, Who Tells OUR Story? – 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 thru Thursday from 9 am to 12 pm, or by appointment. Lara is always available via email or cell phone.

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Weekly Update

Women For All Seasons

Ancestors of Body & Spirit! All women are invited to join us at our next gathering on **Tuesday, Oct. 23**, as we honor both our personal ancestors who have passed over, and our spiritual ancestors within the UU tradition. You are invited to bring a small item representing your personal ancestors to place on the altar. You are invited to wear seasonally appropriate clothing if you wish.

We will gather in the Library from 6:30-8:30 pm. Refreshments will be served. Please contact Mary Gelfand, marygelf@gmail.com, if you have any questions.

SIERRA CLUB/SOCIAL JUSTICE FILM SERIES

REINVENTING POWER:
America's Renewable Energy Boom

Hear directly from the people making our
clean energy future achievable

Meet & Greet Sierra Club Maine's new
Chapter Director - Alice Elliott

FRIDAY NIGHT - October 26, 2018

6:30 - coffee/tea & brownies
7:00 - film & discussion

ALL WELCOME

Sunday Morning Discussion Group

For all interested persons; no commitment is necessary. Come when you can, or when the topic interests you. The Sunday Morning Discussion Group will meet in the library at 9:00am on the following date:

October 28th Topic: From Sacred Stories and Letters to Doctrine
More to follow in November.

Questions: Paws8@roadrunner.com Ruth

Rummage Sale Time !!!

Rummage sales are one of the biggest fundraisers we have. The community enjoys shopping almost as much as we enjoy setting it up! (and also shopping)

You can start bringing items Sunday, Oct 28th... Please put them in the parlor, starting in the back corner.

We do not take:

clothes with rips, stains or broken zippers

mattresses

shoes

VHS tapes

appliances that don't work, please check them before you bring them in. (It helps if you put a label on saying they have been recently checked)

computers

out of date sports equipment (especially golf clubs and downhill skis)

magazines

moldy books

encyclopedias

televisions

it is helpful, but not necessary, if lamps have bulbs in them

The Rummage Sale will be held on November 3rd and 4th, from 8 am to 11 am.

NEW: A New Book Group at FPUU

There has been some interest expressed in having an ongoing Buddhist Book Discussion Group. This would be a daytime event, 1 or 2 times/month. It would be limited in size, with no homework. The book under consideration is "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity" by Christina Feldman. It does not require attendance at the Insight Dialogue Meditation Saturday group or at any meditation group. Time & Date TBD. We would like to start the last week of October maybe Tuesday, October 30, 3-4:30pm.

If you would like to join or have further questions, please contact me at jsummers@roadrunner.com or 207-985-7412. Thank you.

Embracing Aging

NEW! Embracing Aging: Moment to Moment is a thoughtful, provocative discussion group. A new group will meet on Wednesday, October 10th thru Dec 19th, 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!

Neighbors Helping Neighbors

This is the mission of Community Outreach Services, or simply COS . Will you join us?

COS partners with the three General Assistance Offices of the Kennebunks to help our neighbors who are faced with food, fuel and other specific needs challenges.

Our church is an active member of COS. I, Kathe Wright, am our church's representative on the COS board. Bob Thurm, Ted Trainer, Karen Tolstrup, Megan Pollino, and Kathe Wright pack and deliver boxes of food monthly; Joan Wuerthner, Priscilla Coffin and others help at the Friday Food Pantry; and you too can help. Check out the COS website: coskennebunks.org for ways you can volunteer, or ask me, Kathe Wright, or the other church volunteers listed above.

Or simply, bring some non-perishable food to church when you come. The blue buckets are there waiting.

Or, buy an item or two extra at Hannaford when you shop and drop them in the bin as you leave.

Thank you, wasn't that easy? Kathe Wright

Did you know?????

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

Sabbatical Announcement! Rev. Lara will be taking a Sabbatical in 2019.

Sabbatical Announcement! Week 4

Sunday Services

We have an exciting worship schedule planned for our sabbatical time. The Rev. Kimberley Debus, our sabbatical minister, will be leading half of the worship services during the sabbatical time. The remaining Sundays, we will have five professional Unitarian Universalist ministers, Music Sunday and Social Justice.

Pastoral Care

One of our strengths as a congregation is how we care for one another. When one of our fellow FPUU members or friends has a need, we quickly organize and provide the needed support. That practice of caring for each other will continue during Rev. Lara's sabbatical. As always, our caring for one another starts with a request for help. Simple requests for rides and meals can be made through the Caring Connections Committee. More personal requests for assistance or care should be directed to Rachael Wells or Rev. Kimberley Debus who will be coordinating pastoral care during this time. In the case of an emergency or serious need, arrangements have been made for Rev. Kimberley Debus to be on-call for the congregation

Rites of Passage

Those seeking an officiant for a wedding should contact Susan Jack at 985-7057. If the date of the wedding is during Rev. Lara's sabbatical, she can provide names of other local ministers who may be of assistance. If the date falls after Rev. Lara's return, she will pass the information on to her so arrangements can be made. Members and friends of the congregation who require a memorial service should contact the church office. Depending on the required timing of the service, Rev. Lara or Rev. Kimberley Debus will be available to conduct the service.

Church Operations

The Sabbatical Committee, Rev. Lara, and the staff have been working together to assure that church operations will continue to function smoothly during Rev. Lara's absence. Bob Wuerthner will function as staff leader and will work closely with our Board Co-Chairs, Amy Wood and Dan MacDonald, and our Sabbatical Minister, Rev. Kimberley Debus, to facilitate staff communication, cooperation, and support. The whole FPUU staff team is committed to assisting with our shared ministry.

The FPUU Sabbatical Committee:

Amy Wood, Chairperson & Board Liaison

Rachael Wells, Pastoral Care

Susie Landgrebe, Worship

Bob Wuerthner, Staff Leader

From the Archives

October 2018

How many of you remember Hartley Lord? Here's an article that was passed on to me by a member about him and his connections with the town and our church.

Titled "The One True Breakfast of Champions" The YCCS included it in a three-month feature project to tell stories about area people.

"Perhaps you're new enough in town not to have met Hartley Lord, keeper of the official clock, Secretary of the Arundel Yacht Club, Bulletin Editor for the Dane Street Church ...

Since 1976, Hartley Lord – whose family dates back to 1760 in Kennebunk and has some connection or another with most of the elegant homes on Summer Street- has been Kennebunk's official time-keeper. It was common practice to have a time-keeper in the post-Colonial era, according to Mr. Lord. 'Back then, only a rich man would have his own watch. Most of the town folk either read the sun or looked to the tower of the Unitarian Church, where suspended between the prayers of earthly congregations and the bright gates of heaven, resides Kennebunk's official clock and its companion Paul Revere bell,(actually cast by the revolutionary folk-hero himself.)

Generations of timekeepers have preceded Mr. Lord; and like most everything else in Kennebunk, his family has played a role here, as well. In fact, he assumed the post from his brother who had performed this function for the 20 years preceding his death in 1976. And what does a time-keeper do? In Hartley's case, it's a matter of listening to the WBZ radio signal out of Boston each day and checking the hourly tone against the position of the hands on the great clock. "Usually, we're within a minute or so." he says. Not bad on an ages-old machine which, except for some electrical winding gear, still runs on all of its original parts.

Speaking of which, Hartley Lord keeps himself as well as he keeps the clock. And he does this with a daily walk (two miles) and a breakfast concoction which he describes with delight as a 'natural gruel.' The exact measurements are a little uncertain, but if you have some home-made yogurt, wheat germ, brewer's yeast, Barbados Molasses, powdered skim milk, lecithin, bran flakes, oat bran cereal, a few ounces of mineral supplement – and the nerve to put them altogether, you, too can enjoy the "Breakfast of Champions."

Our current keeper of the clock is Stacy Wentworth, whose family has deep roots in Kennebunk and environs as well. It is a lovely thing that even in our digitized and non-analog era, some things haven't changed.

K. Tolstrup

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 Wednesday, October 10th thru Dec 19th, 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 Kathie 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.
- **INSIGHT DIALOGUE-SATURDAY MEDITATION:** This Insight Dialogue Meditation Practice group meets monthly on Saturdays, October 6, November 3 & December 1, from 9:30-11:30am in the Parlor at FPUU. Insight Dialogue Meditation is a fully engaged Relational practice. We begin with a sitting meditation followed by group sharing and ID interpersonal practice. No experience is necessary, and ALL are welcome. However, if you are new to this practice please contact me for guidance before attending. Thank you. Jaylene Summers 207-985-7412, jsummers@roadrunner.com. Please Join Us.

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: Molly Petrik.....uukennebunkmusic@gmail.com
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
DIRECTOR: Wayne White.....wwhite911@aol.com
DIRECTOR: Robert Lown.....bplown@roadrunner.com
CLERK: Kerry Hoag.....kerryhoag1@gmail.com
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