



# First Parish Voices

**Worship Services**

**Sunday, October 22, at 10:30 AM**

**Give And You Shall Receive – Daniel MacDonald and Amy Wood**

**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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## **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

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## **Calling All Musicians**

New! CALLING ALL MUSICIANS...who would like to share their talents at a Sunday service at FPUU. If you would like to play music during a service and haven't yet let us know this, please send your name, email address and instrument(s) of choice to Jaylene Summers, music committee member; [jsummers@roadrunner.com](mailto:jsummers@roadrunner.com) and Rev Lara. Thank you.

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## **Sunday Morning Discussion Group**

The Sunday Morning Discussion Group will be starting another season on October 22, at 8:30 am. If Rev. Lara's message about Native Americans, last Sunday, sparked your interest you may want to join us. Last year we started a lecture series produced by Great Courses and the Smithsonian titled Native People of North America. The speaker was Prof. Daniel Cobb of the University of North Carolina. On Sunday we will be picking up where we left off with lecture 9, "Indian Resistance in the Ohio Country". However, it is not necessary to see all the lectures in order to participate. Come when you can. The lecture lasts about 25 – 30 minutes and are the spring board for the day's discussion.

If you need to plan ahead, put these dates on your calendar for future discussions:

October 22, November 5, 12, and possibly November 26<sup>th</sup>, December 3, 10 and 17<sup>th</sup>. All of the meetings may not be focused on Native Americans; the group decides what topics are of interest.

Any question, contact Ruth Stackpole [paws8@roadrunner.com](mailto:paws8@roadrunner.com)

## **No Particular Reason Potluck**

October No Particular Reason Women's Potluck Dinner, at the home of Ann Boyce.

When: Friday, October 20 @ 6 PM

Where: [616 Old Post Road, Arundel](#)

Questions or for directions: please call 967-3778

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## **Samhain**

Samhain, pronounced sow win, (with “sow” rhyming with “cow”) is an ancient Irish celebration of summer ending, and the acknowledging of the dark of the winter beginning. Like our Halloween, it was celebrated with bonfires, games, honoring the ancestors, masks, lights, music, dance, spirit stories, spirit communications, and of course, the peering into the future. It’s a time of paying off all debt: financial, karmically, emotionally and personally. It timed the last harvesting of the fields, gardens and orchards for putting up food for the long winter, and filling the wood shed to warm one’s home. It’s a time of claiming protection for oneself, one’s home and one’s community from the earthly elements, and those of human relationships, as well as asking for protection and help from other- worldly dimensions. There is a wide range of rituals, customs and superstitions that are played out and attended to during this Samhain or Halloween season. All women are invited to participate and experience our Samhain circle of energy, and how we, the Women For All Seasons, will be celebrating the end of summer this year. We will be meeting in the Parlor of the Church, at 6:30 p.m., on October 24, 2017.

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## **Our UU Ideas**

Our UU Ideas - 1-2:30 pm (2nd and 4th Wednesday) 10/25, 11/8, 11/22 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.

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## **Friday Night Movie**

Friday night, October 27<sup>th</sup>. “THE SACRED COD” The collapse of the historic cod population in New England . . . and the prospect of a region rebuilt on cod (Premiered at the Camden International Film Festival)

Discussion Leader - Dr. Jason Goldstein, new research director of the Wells Reserve.

6:30 - coffee/tea & brownies

7:00 - film followed by discussion

**ALL WELCOME**

Sponsored by Sierra Club Maine and FPUU’s Social Justice Committee

## **The Shared Pulpit Workshop – Fall 2017**

November 2 & 16, 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.

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## **Art & Nature For Veterans**

Art & Nature for Veterans is a creative wellness program for military veterans and active-duty service members and their families. It is coordinated by Art HOPE and the Wells Reserve at Laudholm.

One Studio Each Season:

FALL Saturday, October 28, 2017 10am-noon

WINTER Tuesday, February 20, 2018 10am-noon

SPRING Tuesday, April 17, 2018 10am-noon

SUMMER Tuesday, June 26, 2018 time TBA

Program Details:

- ◇ Participants choose painting, sketching, origami, sculpting, writing, or music (guitar)
- ◇ Studios are free and registration is not required to attend
- ◇ Open studio environment in the Wells Reserve's Mather Auditorium with immediate access to hundreds of acres of coastal landscapes
- ◇ Participants receive a 1-year family membership at the Wells Reserve at Laudholm
- ◇ Full details at [wellsreserve.org/vets](http://wellsreserve.org/vets)

For More Information contact Laura Jaquay's of Art Hope, at 207-337-2900 or [laura@arthope.org](mailto:laura@arthope.org)

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## **Vote Yes on Question 2**

Vote Yes on Question 2, on November 7. The Social Justice Committee urges you to vote YES on Question 2. It provides for the expansion of Medicaid in Maine. 70,000 of your neighbors, family members and friends will have access to health insurance with expansion. Five times our Maine Legislature has voted to expand Maine Care and the Governor has vetoed it every time, leaving a total of more than \$1 billion "on the table" with the additional impact of not creating 3,000 good paying healthcare jobs. The health and economic security of thousands of Mainers depends upon all of us taking a bit of time on Tuesday, Nov 7 to exercise our civic responsibility and vote. Absentee ballots are also now available at the Town office.

[toryleuteman@yahoo.com](mailto:toryleuteman@yahoo.com)

## **Check Out How Fancy We Are!**

Did you know that the following individuals and committees have mailboxes in the work room (formerly the minister's office):

*Minister-Rev. Lara*  
*Office Administrator-Crystal*  
*Bookkeeper-Barbara*  
*DRE-Emily*  
*Music Director-TBD*  
*Board Chair*  
*Treasurer*  
*Worship Committee*  
*Religious Education Committee*  
*Social Justice Committee*  
*Music Committee*  
*Blueberry Fair Committee*  
*Science Workshops Committee*  
*First Parish Preservation Foundation*  
*Properties*  
*Committee on Ministry*  
*Historian*

All mailboxes are located on a shelf in the workroom. If you need a mailbox and do not have one please make a request to Crystal. There are also a few trays for you to leave things for others to pick up. If what you are leaving is larger than the box available: please put the person's name on it, put the date on it, and put it on the shelf. If they have a box leave them a note indicating that it is on the shelf. If items are left on the shelf for more than 1 month, they will be discarded.

Please do not leave items on the office desk – it is far too easy for them to get lost or moved. HELP us keep the office tidy and welcoming!

Thank you – The Office Elves

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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!

## Helping our neighbors - Community Outreach Services

Community Outreach Services (COS) is our locally based organization serving Kennebunk, Kennebunkport and Arundel, providing our neighbors needed food and heating fuel, and helping in many other ways when folks hit a rough spot in the road.

It has been a real pleasure for me to work with so many local folks who are sincerely working for the common good and to represent First Parish on the Board of COS.

YOU can help in many EASY ways:

- placing non-perishable food in the blue bucket in the Parish Hall at Church (you can often find real bargains at Dollar Stores)
- dropping a non-perishable food donation in the bin at Hannaford's in Kennebunk
- checking out the COS website: [coskennebunks.org](http://coskennebunks.org) to learn more about us at COS
- sending a tax-deductible donation to COS, P.O. Box 1175, Kennebunk, ME 04043
- delivering boxes to town halls for folks who have requested food through town General Assistance offices. We have a number of "drivers" from our church. Ask me about it or go to the website if you think you can help.
- helping at the Friday morning Produce Pantry at St. Martha's Church in Kennebunk
- coming to a COS Board meeting as a guest to see what we are up to. (3rd Tuesdays at 9:00 at St. Martha's Church - just let me know ahead of time if you can so I can introduce you).

See how EASY at least one little step can be! Or a BIG step if you so wish!

Please contact Kathe Wright with any questions at [kawright4@hotmail.com](mailto:kawright4@hotmail.com)

# 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 Sanctuary 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