



# *First Parish Voices*

***Worship Services***

***Sunday, October 7, at 10:30 AM***

***Beyond Binary – Rev Lara Campbell and PJ Lowry***

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**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

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## New Office Door Key

We have recently changed the lock on the office door here at the church, we had some issues with the lock. We are only handing out a limited number of keys, if you have needs to get into the office we have put a spare key in the same location that we have always had one. The new key has been placed in this location. We have been made aware that some are nervous that the key may be taken home by accident, to prevent this Rev Lara has made it impossible to mistakenly walk out with it! 😊

Please feel free to contact Crystal Jones at [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com) with any questions. Thank you!

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## INSIGHT DIALOGUE MEDITATION PRACTICE

"Wherever Attention gets established, than that's where the Energy goes". Ajahn Sucitto

Insight Dialogue Meditation will meet Saturday, October 6, 9:30-11:30am in the parlor at FPUU. We will also gather on Saturdays November 3 & December 1.

Insight Dialogue practice is a fully engaged interpersonal meditation practice that brings together meditative awareness, the wisdom teachings of the Buddha and the power of relationship to support insight into the nature, cause and release of human suffering. We begin with a guided sitting meditation followed by group sharing and Insight Dialogue Practice. If you are new to this Insight Dialogue Practice, please contact me before you attend so that I might offer some guidance. ID practice is open to ALL. Please join us. For more information you may reach me at 207-985-7412 or [jsummers@roadrunner.com](mailto:jsummers@roadrunner.com).

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## Women For All Seasons

"*Mandalas!* All women are welcome to join us on Tuesday Oct. 9<sup>th</sup>, from 6:30-8:30 p.m. in the Church Library to learn about mandalas, and to color their own. Plain paper as well as 'coloring sheets' will be provided, along with markers, crayons and colored pencils. The *Encyclopedia Britannica* defines a mandala as "a diagram representing the universe, used in sacred rites and as an instrument of meditation." In Sanskrit 'mandala' means circle or sacred circle; they have been used for thousands of years by different cultures.

To ensure we have enough supplies for everyone, if you plan to attend *please RSVP* to Coordinator Mary Gelfand at [marygelf@gmail.com](mailto:marygelf@gmail.com). The evening's facilitator is Linda Thompson, with refreshments provided by Kathe Wright."

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

### **What will FPUU be doing during OUR Sabbatical?**

As we wish Rev. Lara well on her spiritual quest, let us remember that this sabbatical is an opportunity for all of us, as well. We have a chance to teach and learn, reflect and renew, experiment and explore our shared ministry together. Perhaps we will explore new ways to connect with one another, learn from each other, and share our ministry with those beyond our sanctuary walls. The shared ministry of this congregation will continue as robustly as ever— creating meaningful worship services, caring for each other in need and in celebration, challenging each other to think and act in ever more expansive, loving ways.

### **What can you do?**

Take this time to seek your own renewal. Find a way to “recharge” your relationship with FPUU. What spiritual practices have you wanted to try? How might you express your creative energies and expand or deepen our shared ministry? Join a small group ministry group, teach a class, sing with the choir, serve on a committee or a team. Try something new or rediscover something you left behind. Renew your relationship with this community.

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## **Did you know????**

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

## 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](mailto: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 10<sup>th</sup> thru Dec 19<sup>th</sup>, 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 Kathe Wright 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 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.
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- **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, [sjk@roadrunner.com](mailto:sjk@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](mailto:jsummers@roadrunner.com). Please Join Us.

## FPUU STAFF/LEADERSHIP

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## BOARD OF DIRECTORS: 2017 – 2018 program year

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