



# First Parish Voices

**Worship Services**

**Sunday, October 8, at 10:30 AM**

**Discovering Our Past – 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, Wednesday and Thursday 9 to 12 and by appointment

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# *Weekly Update*

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## **SATURDAY MEDITATION: INSIGHT DIALOGUE**

OCTOBER 7, 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

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## **Women For All Seasons**

Women for all seasons will be meeting in the parlor of the church on Tuesday, October 10, at 6:30 pm. Susie Landgrebe will be leading us in a ritual together. All women are welcome to take part in this circle of energy.

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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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## **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

## Our UU Ideas

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

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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## Calendar! Calendar! Calendar!

Committee Chairs and Event Coordinators

Please check the church calendar to make sure your event is listed. To do this

1. go to [uukennebunk.org](http://uukennebunk.org)
2. scroll down to the "Featured Links!" box on the left side of the webpage.
3. click on the Full Calendar View

Then you can look on the calendar to see if your event is on the calendar. If you don't see your event, email Crystal, our office administrator, and ask her to put the event on the calendar.

Thanks!

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## ♪♪♪ Song Swop ♪♪♪

The purpose of the SONG SWOP is to have fun sharing music together. We meet on the second Friday of every month from 7 - 9pm in the Parlor. The next one is October 13th, 7 - 9pm. Both performers and listeners of all ages are welcome. Acoustic instruments only please. Light refreshments available. Suggested Donation \$3. FMI contact Bruce Childress or Rich Gaito.

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## Gospel Singing

GOSPEL SINGING — Vicki Adams is testing the waters to see if there is interest in forming a gospel singing group. If you can catch onto a tune easily, sing on key, and sing with spirit, this could be for you. We will begin with a workshop led by the Rev. Mary Edes Kull. Date etc. TBA. Let Vicki know if you are interested. [vickigatesadams@gmail.com](mailto:vickigatesadams@gmail.com).

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## Ushers and Greeters Needed

It is fun, and much appreciated, to be an Usher and a Greeter for our Sunday services. Please sign up on the sheets on the bulletin board in the Parish Hall.

Thanks, Ted Trainer

## UUA Disaster Relief Fund

If you are planning to donate money to hurricane relief please consider doing so through the Unitarian Universalist Service Committee and the Unitarian Universalist Association.

They will be helping UU congregations affected by the storm. You can donate by mail or by phone.

**Donate by Mail:** Unitarian Universalist Assn. Attn: Gift Processing 24 Farnsworth Street, Boston, MA 02210-1409. **Donate by Phone:** (888)792-5885

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## Hannaford Program Updates

Changes to the Hannaford program...

Starting in October, checks for the Hannaford gift card will be due by MONDAY evening. Our office administrator, Crystal Jones, will be taking over the administration of the program. In order to balance her workflow for the week she will be submitting the order first thing Tuesday morning.

If you are not participating in the program or have taken a break, this is a great time for you get involved. The program as easy as 1-2-3...

1. Leave a check with the amount you want on your gift card (up to \$450) in the mail slot in the office door made out to FPUU with Hannaford.
2. Wait to use the card until you have notification that your card has been refilled.
3. Use your card at Hannaford to purchase your groceries.

Your card is reusable so don't turn it in if you run out of money on it. The church gets 5% back every time you reload your card.

Thanks to everyone who is participating in this easy fundraiser for the church. To date we have raised almost \$3000.

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## **The Shared Pulpit – Fall 2017**

Do you have something inside you that you yearn to share with others? Are you, or have you ever thought about becoming a Worship Associate? Do you want to support your congregation in their spiritual development? 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. Please contact Sally Keene, [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com) if you are interested and tell her what days/times work best for you. We will attempt to schedule the workshop at a time that fits the majority interested.

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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!

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### **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!

# CARING CONNECTIONS

## WHAT IS CARING CONNECTIONS?

The Caring Connections' mission is to provide short-term assistance and support to people in our church community by connecting those in need with those who can provide what is needed. The Caring Connection helps individuals and families experiencing a temporary challenge such as a birth, illness, death, or other crisis, by coordinating meals and transportation, and by sending cards to acknowledge those major life events.

## HOW IT WORKS:

Caring Connections(CC) maintains a list of church members and friends who are willing to offer assistance as needed.

## MEALS:

The CC volunteers prepare meals, with consideration given to dietary restrictions and preferences, and delivers them to parishioners in need.

## TRANSPORTATION:

The CC volunteers provide rides to church and other emergency transportation as needed.

## ASKING FOR ASSISTANCE:

To inquire about Caring Connections assistance for yourself or another parishioner, contact the CC Coordinators- Andrea Rohde at 207-985-3517 or [andrea.rohde49@gmail.com](mailto:andrea.rohde49@gmail.com) or Rev. Lara Campbell at the church office 207-985-3700 or 207-337-5643 or [revlaracampbell@gmail.com](mailto:revlaracampbell@gmail.com)

## HOW TO VOLUNTEER:

**Caring Connections** puts parishioners who can offer help in touch with those who need it. If you would like to help please contact one of the team leaders to volunteer.

### Team Leaders:

**Meals** - Vicki Adams at 207-216-3890 or [vickigatesadams@gmail.com](mailto:vickigatesadams@gmail.com)  
Joan Wuerthner at 207-985-684 or [joanwuerthner5@gmail.com](mailto:joanwuerthner5@gmail.com)

**Transportation** - Beth Andersen at 207-985-7218 [bmandersen48@gmail.com](mailto:bmandersen48@gmail.com)  
Kathe Wright at 207-985-6194 [kawright@hotmail.com](mailto:kawright@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