



# First Parish Voices

*Online Worship Services*  
*Sunday, September 13th, at 10:30 AM*  
*The Greater Good*

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# Weekly Update

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## “On”-gathering Water Communion (online ingathering) September 13<sup>th</sup>, 2020

On Sunday, September 13, we will celebrate the gathering of our community and we invite you to contribute your water. Whether your water comes from far-away lands, from a place of spiritual renewal, or from somewhere closer to home. From the kitchen tap that fills pots and cleans dishes, from the hose spigot that waters your garden, or if you use some water that we have set out just for you.



**Ways to Participate** – We will be collecting your water in advance in order to make a video for the service. **Please wear your mask and practice physical distancing.**

**Option 1:** Come by First Parish during one of four Water Communion Drop off times. Rev. Lara will have the bowl set up to receive your water and will take a short video of you putting your water in the bowl.

- Tuesday, September 8, 10am-12pm
- Wednesday, September 9, 2pm-4pm
- Thursday, September 10, 5pm-7pm
- Saturday, September 12, 9am-10am

**Option 2:** If none of the above times work for you to drop off, please contact Rev. Lara at [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com) and she will schedule a time to meet you.

**Option 3:** Put a small amount of your water in a secure container (think pill container or recyclable bottle) and leave it in the basket on the First Parish porch by 10 am Saturday, September 12. It will be added to the bowl during the service. You can send a photo of you and your water to Rev. Lara at [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com) by 10 am Saturday, September 12 for it to be included in the video.

**Option 4:** If you are unable to leave your home, please contact Rev. Lara at [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com) and she will arrange for your water to be picked up.

## **FPUU CHOIR IS BACK! VIRTUAL STYLE!**

Come for the joy of song,  
the centering,  
the vibrancy,  
the connection,  
the learning  
the community

ALL ARE WELCOME!!

The choir's first virtual meeting will be on Thursday, Sep. 17th at 7:00pm. Email [uukennebunkmusic@gmail.com](mailto:uukennebunkmusic@gmail.com) for the Zoom link.

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### **Office Hours for Staff**

As we head back into the church year the staff would like to update you on when we are available!

Rev. Lara will hold office hours Tuesday and Wednesday from 9am until 12pm, or by appointment. Lara is available meet with you outside in person or by Zoom, and as always Rev. Lara can be reached by phone anytime.

Crystal will be in the office Wednesday through Friday from 9am until 12pm and welcomes you to stop by if you need help with anything. She will be working from home Monday and Tuesday, so will receive emails and phone messages.

Molly will hold online office hours: Tuesday 10:30-12:00, Wednesday 1:00-3:00 and Thursday 5:00-7:00, or by appointment - Monday, Thursday, Friday.

We hope you all had a wonderful summer even in these uncertain times! Even amongst the pandemic we can't complain about the beautiful weather we had!!

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### **MUUSAN Network Meeting**

MUUSAN Network Meeting on Zoom  
UUtheVote with great speakers and discussions  
Saturday, Sept. 12, 10-11:30

Register at [www.MUUSAN.org](http://www.MUUSAN.org)

This election REALLY matters and this is where UU's across the state will get revved up to get out the vote. Come join the crowd and have a rousing hour and a half.

## **News Flash! Community Food Pantries have moved!**

The COS (Community Outreach Service) Food Pantries are now located at Parsons Field, 19 Park Street in Kennebunk. The building is behind the playing fields, tennis courts and playground (the former Teen Center).

If you need food assistance, the pantry is open to our neighbors in Arundel, Kennebunk and Kennebunkport. Changes have been made in how COS distributes fresh and non-perishable food items, household supplies and personal items. This is both to support the increased demand for the food pantry, and to offer our neighbors more and better choices. COS is so grateful to the Town of Kennebunk for making this beautiful building and location available as the new headquarters for COS.

The first day of operation at this new location, 19 Park St. in Kennebunk, is for the Produce Pantry, Friday, 9:00-10:00 am. Entry is by appointment, with tickets for appointments available there starting at 7:30 am Friday.

(As I write this article, I (Kathe Wright) do not have the food pantry schedule for next week, but be assured the Food Pantry will be open and available on many weekdays! Stay tuned. My best suggestion is to contact the General Assistance Office of your town for current information.)

- Submitted by Kathe Wright, church representative to COS

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## **Volunteers Needed to Make our Deficit Reduction Plan Work**

### **Online Auction for Fall**

- 5 organizers
- Donation of services, goods, and gift certificates

**To volunteer for any of the above request, e-mail [marylyn.wentworth@tnsk.org](mailto:marylyn.wentworth@tnsk.org) and join your friends in making our deficit reduction efforts a real success.**

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## SHARE THE OFFERING

Share the Offering, formerly referred to as Share the Plate, has been enhanced by your Social Justice Committee and approved by your Board of Directors. This new and more consistent approach will enable us to actively express our Unitarian Universalist values, while reaching out to a larger community.

**-HOW WILL THIS WORK?** Each month a different and approved non-profit organization will receive one half of our regular Sunday cash collection.

**-WILL WE SHARE EVERY SUNDAY FOR THE FULL MONTH?** Yes, except that July & August will be combined to allow for summer time's lower attendance.

**-WHY COLLECT EVERY SUNDAY?** We recognize that not everyone can be in church each and every Sunday or may not have their extra funds on hand. **NOTE: Due to the Pandemic's effect on gatherings/social distances, we "currently" cannot rely on personal Sunday collections, although we hope & trust to return to this approach sometime soon.**

**-WHAT IS CURRENTLY THE BEST WAY TO CONTRIBUTE?** You may mail your check payable to FPUU indicating in the check's memo section "Share the Offering". Another option is to log into website [www.UUKennebunk.org](http://www.UUKennebunk.org) and select "Plate Offering", which allow you to contribute using your credit card. Either way, please try to regularly contribute to these approved non-profits, which is now all the more important.

**-WHERE DOES MY PERSONAL FPUU PLEDGE FIT IN?**

Your Pledge will continue to be allocated only toward those budgeted programs and expenses which FPUU membership previously approved.

**HOW DO I RECOMMEND A NON-PROFIT AS A RECIPIENT?** Please contact Crystal ([uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)) to receive an application. All Completed applications should be sent to back to Crystal. FMI please contact Eva Downs; she will be happy to work with you and answer any questions.

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### Share the Offering for the month of September

Share the Offering for the month of September will be for MUUSAN. MUUSAN (Maine UU Social Advocacy Network) is a statewide advocacy and public policy network anchored in our Unitarian Universalist faith and animated by its principles. MUUSAN links our 25 Maine congregations and many friends in an active legislative ministry.

MUUSAN's mission is to educate and to organize for a more just society.

MUUSAN is supported by Maine UU congregations and by generous individual donors. September is the time for us to show our support for MUUSAN through our share the offering. It represents us for social justice in Maine with many likeminded partners. Marylyn Wentworth is a member of MUUSAN Steering committee and can answer any questions.

## No Place Like Home

No Place Like Home, a volunteer group started by Molly Hoadley, is offering to run errands for older adults at no cost. Call 558-2270 and leave a message. Someone will get back to you. We have a small cadre of volunteers willing to help. Stay safe.

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### **Special Request for Pledge Payments or Generous Offerings**

We are pleased to offer anyone who is willing and able to take advantage of our new online method of paying committed pledges and/or generously donating to help us achieve our goals and mission. Go to our website, [www.uukennebunk.org](http://www.uukennebunk.org) and select either “pay your pledge” or “plate offering” to make a payment at the top of the page. We thank you for your continued generosity! The Board of Directors

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### **Online Worship Service**

The Order of Service and the Announcements are being emailed out on Sunday morning. If you are not getting the email, please contact Crystal Jones at [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)

To participate in the online worship service, we are using a technology called [Zoom\(link is external\)](#), which is online ("cloud-based") videoconferencing software.

There are three ways to join the service:

- From your phone or tablet, by downloading the zoom app. [[Apple iOS\(link is external\)](#)] [[Android\(link is external\)](#)]
- From a laptop or desktop computer [[download\(link is external\)](#)]
- By telephone (audio only)

You should have the software downloaded and installed on your device before the service starts. Our services will be available at this URL, just click to join the service! [https://zoom.us/j/734887010?](https://zoom.us/j/734887010?pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09) Description: Join Zoom Meeting [pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09](https://zoom.us/j/734887010?pwd=WWhwSzJzbi84c3YxRU1vZkJ5RG5GQT09)

If you need or would like to call in, the phone number is [929 205 6099](tel:9292056099) and you will be asked to enter the "meeting ID" when you call in. That ID number is **734 887 010**. Password: **024481**. If you need help with Zoom, we have designated "Zoom Ushers" who can help you get set up so you can get into our virtual Sunday Services.

You can also connect using the link of the church calendar! The following people are our designated Zoom Ushers: Chris Wells and Hervé Lavoie

## **Buddhist Sangha: RiverRun Insight Dialogue**

**NEW TIME:** Insight Dialogue Meditation is offered on Zoom on Saturday. It is a "PopUP" gathering on Saturday, October 3rd, 10:30 – 12:00pm. Please note NEW TIME.

Upcoming dates are Saturdays, November 7 & December 5.

In these Challenging Uncertain times we can contemplate and cultivate taking True Refuge in the Triple Gem of Buddha, Dhamma and Sangha.

ALL are Welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance, [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or 207-985-7412. If you will be attending kindly RSVP and I will send you an Invite to zoom. Thank you, May all shelter safely with ease. With Metta, Jaylene

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## **Zoom Buddhist Book Group**

“Compassion asks us to turn toward the human reality of distress and pain, opening the door to immeasurable compassion that is possible for each of us and to take our seat in the family of all beings.” ~ Christina Feldman

We are meeting on ZOOM on Tuesdays, Oct 6th and Nov 10th from 3 to 4:30. Currently we are reading and practicing together Chapter 2, ‘Compassion’ from the beautiful book by Christina Feldman “Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy and Equanimity.”

It is not too late to join this reflective, gentle contemplative group. All are welcome. If you would like to attend, please let me know and I will send you an invite.

Please shelter safely, be healthy and protected in the midst of this unprecedented time.

Jaylene Summers: [jaylenesummers@gmail.com](mailto:jaylenesummers@gmail.com) or 207-985-7412.

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## **🎵 Choir Notes 🎵**

PLEASE Stay Tuned and in Harmony for Upcoming  
New CHOIR NOTES soon!  
~ Jaylene Summers co-chair Music Committee.

## From the Archives

September 2020

By: Stacy Wentworth

A Step Back In Time...

Part One

I think that it was sometime in late October or early November that I first saw our own restored clock sitting in the Parlor. I must say that it was love at first sight. I could not believe that for all of my years that the clock hands in the steeple had been telling me the time of day, I did not know that such a simply elegant mechanism was the driving force. Wow! If the truth be told, I was somewhat embarrassed to have not known.

Later, I attended the first public meeting of the First Parish Preservation Foundation. It was at that meeting I knew I had to be part of the effort to reinstall our clock, to once again announce the time of day to an expectant community. For too long now, people had been wondering why our clock was on time but twice a day. So, in late November I went with Peter (Ashley) up the tower to the fourth level and the clock room adjacent to the attic.

Then, as only Peter can do, he proceeded to fill my head with more information than it could hold. The laundry list of deficiencies was long and what needed to be done to correct them was precise. I listened patiently, knowing there would be plenty of chances to play catch up later. I was also served up, that day, a rather complete history of our first clock, the so-called "Crane Clock". Then, onto our E.Howard clock from its installation in 1885 or so, to its eventual failure. Peter was just getting wound up, I was getting exhausted.

Soon after starting the job, I met with Peter and David Graf, our clock expert. That began a wonderful working relationship and later friendship. David's passion for tower clocks and obviously, *our* clock, quickly rubbed off on me and I just had to create a sound protected space for it. It became clear to me that if that were done, the community would have a greater chance at enjoying this timepiece for another century.

I asked David at that time if I were to get the carpentry far enough along, did he think we could get the clock installed in time to have a celebration and ring in the new year. He was slow to answer, thinking of all that was left to do. He finally said that he thought it was doable, but that he would need a week for a trial run before the New Year. I was excited and floated the idea to some church members. It didn't take me but a few more days to realize that although it was doable it would mean just too many loose ends to tie together at a later date. This would add unnecessary stress to what was becoming such joyful work! Plus, I had recently vowed to not let stress enter my life if I could help it.

When I first started the work, I had no idea that over the next couple of months, I would climb those well-worn stairs as many as 350 to 400 times. For starters, the day my grandson, Zander helped move the first pieces of lumber up to the clock room, I counted 20 trips! I also had no idea what a step back in time would transpire for me.

END of Part 1



## **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 in the "Milk Box" on the porch of FPUU. They are also available by mail. Please contact Crystal Jones, Office Administrator, to be put on the list.

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## **Worship Wrap Up - Links to Elements in the Service from Sunday**

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!

# 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** bags in the "milk box" on the porch for you to pick up and fill. The box is right by the side door on the porch, by the entrance door.

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: Tuesday evenings by 5 pm.

Email [uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com) if you have questions. Thanks! Crystal Jones

# *Spiritual Growth Opportunities!*

- **Buddhist Sangha - Ripples of Peace** “In the tradition of Thich Nhat Hanh” Online Zoom - Tuesdays, 5:15- 6:45 p.m., 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 by a Buddhist teacher and discussion. 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 zoom link and info.
- **Embracing Aging:** 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. Unfortunately, due to the present pandemic, any further meetings will be postponed until further notice. The contact person is Helen Rousseau at [hrousseau@roadrunner.com](mailto:hrousseau@roadrunner.com) or 207-332-0046.
- **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 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 985-7238
- **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!

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [uuKennebunkMinister@gmail.com](mailto:uuKennebunkMinister@gmail.com)  
**MUSIC DIRECTOR:** Molly Petrik.....[uuKennebunkMusic@gmail.com](mailto:uuKennebunkMusic@gmail.com)  
**ADMINISTRATOR:** Crystal Jones.....[uuKennebunkOffice@gmail.com](mailto:uuKennebunkOffice@gmail.com)  
**BOOKKEEPER:** Barbara Boscia.....[uuKennebunkBookkeeper@gmail.com](mailto:uuKennebunkBookkeeper@gmail.com)

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

**CO-CHAIR:** Joan O’Hara.....[jfohara@maine.rr.com](mailto:jfohara@maine.rr.com)  
**CO-CHAIR:** Wayne White.....[wwhite911@aol.com](mailto:wwhite911@aol.com)  
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