



First Parish Voices

Worship Services

Sunday, September 16, at 10:30 AM

Safety Dance – 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

Ushers and Greeters Needed

We still NEED Ushers and Greeters to sign up for the Fall. If you want information about what is involved, please contact Ted Trainer (Ushers) or Nancy Dorn (Greeters). Otherwise, please check the signup sheets in the Parish Hall and add your name. Thank you very much. Ted Trainer

New Directory

We are currently in the process of updating our church directory for the new church year. Please take the time to check your information and let Crystal know if your information needs to be updated at this time. We are planning on rolling out the new directory very soon, all new information should be received by September 28th, 2018.

Sunday Morning Discussion Group

The Sunday Morning Discussion Group will resume meeting on September 30th at 9:00 am, in the library. Last spring, we started to listen to a series of lectures about “Comparative Religions” by Professor Charles Kimball of the University of Oklahoma. These are sponsored by The Teaching Company.

This first meeting of the fall will be “Sacred Signs, Analogues, and Sacraments” (lecture 7). Anyone interested in joining the conversation is welcome to attend. You do not need to commit to coming to every discussion. Generally speaking, we meet on the Sundays when the choir does not sing.

Questions: contact Ruth at paws8@roadrunner.com

Calling all Singers (That's YOU)!

The FPUU choir is looking for new members! Currently, we are especially in need of sopranos and altos. Bass and tenor recruits are more than welcome as well. No one will be turned away! *It is **not necessary** to be able to read music* - practice recordings are provided for everyone and are especially useful to singers who learn by ear.

Rehearsals are every Thursday evening from 7:00-8:30. The choir sings at Sunday morning services about twice per month. Come check it out!

It's FREE and It's Fun! Group-singing is transformative.

Research shows it can enhance the quality of your life and well-being.

Please consider joining us and Raising Your Voice in Song!

Email Music Director, Molly Petrik, at uukennebunkmusic@gmail.com for more information.

C-O-F-F DOUBLE E THIS IS HOW WE DO COFFEE!

We are entering the third year of our Coffee Hour Teams—Woot Woot!

As a refresher, all our members and regular friends are assigned to a Coffee Hour Team.

Yes! This is how YOU got on a Coffee Hour Team!

Each Team of 5-8 does Coffee Hour twice during the church year. It's a simple way to make a BIG contribution to our church community. Each Team sets up, makes coffee, provides nibbles, and cleans up. Your Coffee Hour Team Leader will be in touch within the early weeks of the church year. Kim Lord will be coordinating the Coffee Hour Teams this year. She may be reached at kimlord1@aol.com or 646-7925.

THANK YOU!

TEAM WORK MAKES THE DREAM WORK!

From the Archives

September 2018

Being the first of a once a month series of items of interest in the FPUU archives.

Did you know - That sometime during the years 1846-1848 the women of our church wrote a letter to the Senate of the United States asking that they stop the war with Mexico?

Here is the text:

“Memorial

To the Honorable, the Senate of the United States:

We, the undersigned, women of Kennebunk, in the County of York, and State of Maine,

In the name of our country whose resources are diminished, whose internal harmony is disturbed and whose sons are perishing; in the name of bereaved mothers, wives, sisters and daughters; in the name of the national honor, which is promoted, not by martial victories and conquests, but by righteousness, peace and good will towards all nations; in the name of our sex, exposed to insult and outrage; in the name of our common humanity which is degraded and brutalized by war ; and in the name of the religion of Jesus Christ, which inculcates a spirit of universal love,

Earnestly pray Congress and the Executive to take the necessary steps to put an immediate end to the aggressive war now waged by this country against the Republic of Mexico, by withdrawing the troops of this nation from her territory and appointing commissioners to adjust questions in dispute. “

Unfortunately, there is no list of signers in this copy of the letter.

K. Tolstrup

Please Join us for this Pop Up Fundraiser

**Party Margaritas
Sounds of Mariachi
Mexican Tapas
for 20 Guests - \$15**



**At home of Helen Rivas-Rose
Saturday – Rain or Shine
September 15th 6:30pm**

First Parish Unitarian Universalist Church of Kennebunk

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

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!

- **Embracing Aging: Moment to Moment** is a thoughtful, provocative discussion group that meets twice a month, 4-5:30pm from January - April. In 2019, Helen Rousseau is the contact person at 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**
- **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.
- **Tuesday Small Group Ministry:** On the first and third Tuesday of each month, Sept. thru June, Small 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 985-7238.
- **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! 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; A RELATIONAL PRACTICE** This meditation group will resume meeting after the summer on Saturday, SEPTEMBER 8 from 9:30-11:30am in the Parlor. Insight Dialogue Meditation is a fully embodied relational practice. We meet (usually) the first Saturday of the month. We begin with a lightly guided meditation followed by group sharing and Insight Dialogue Meditation Practice. No prior experience is necessary. This is a 'drop-in' group, and ALL are welcome. Please Join Us. For more information please contact Jaylene Summers; jsummers@roadrunner.com or 207-251-3317. Thank you.

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.....bplovn@roadrunner.com
CLERK: Kerry Hoag.....kerryhoag1@gmail.com
TREASURER: Herve Lavoie.....hervae@roadrunner.com
DIRECTOR: Christine Thurm.....ccthurm@yahoo.com