



First Parish Voices

Online Worship Services

Sunday, September 19th, at 10:30 AM

The Art of Mending

Rev. Lara Campbell

Church office hours: Tuesday thru Thursday from 9am to 1:30pm

Rev. Lara Campbell office hours: Tuesday thru Thursday 9:30am to 12:30pm or by appointment.

Lara is always available via email or cell phone.

Contents

Weekly Updates.....	2
Water Offering	2
Welcome Katherine Rhoda, Guest Musician for September 19th	2
Women For All Seasons	3
Wednesday Evening Discussion Group	3
Church Directory	3
Eblast Article Submission Rules and Regulations	3
Clynk Bags	4
Music Director & Choir Update	4
Coming this Fall: UU Wellspring, Year Three	4
Zoom Buddhist Book Group	4
Big Clothing Drive, Sat. Sept. 18, 9 am - 2 pm	5
.....	5
Monthly Updates from Our Committees	6
News From the Archives	6
Share the Offering for the Month of September	7
Share the Offering Collection for July and August 2021	7
References	7
Online Worship Service	7
Share The Offering	8
Making a “Share the Offering” Contribution Can Be Made at Anytime!!	8
Curious About an Event That is Happening at FPUU??	8
Outreach Services	9
Community Outreach Services – COS	9
No Place Like Home	9
Funding Opportunity	10
Spiritual Growth Opportunities!	10
FPUU Staff/Leadership and Committee Contacts	11

Weekly Updates

The greatest of all warriors that went to the siege of Troy had not the pre-eminence because Nature had given him strength and he carried the largest bow, but because self-discipline had taught him how to bend it.

Daniel Webster

Water Offering

On Sunday, September 12, we celebrated the gathering of our community, and we invite you to contribute water. Your water may come 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, or from the hose spigot that waters your garden.



Please drop off this water at First Parish. We will have a basket on the porch for you to leave it. Please put your name on the container. Every water offering will be honored and commingled with the water from others. This water will be used in rituals and rites of passage in the coming year. In the gathering of our water, will refresh and renew our community. If you are not able to drop off water this week or don't live in the area, send an email to uukennebunkminister@gmail.com and Rev. Lara will add "representational water" to the bowl.

Please drop your water off by Friday 9/17. We will display our full water communion bowl at the service on 9/19.

Welcome Katherine Rhoda, Guest Musician for September 19th



Steeped in community and church music, I grew up in small town Milo, Maine, where I recall earnestly trying to play my Great-Aunt-Lydia's piano as a very young girl, until my family got me my own (\$1 at a Lion's Club auction – no other bids!). I took piano lessons from first grade onward, taught myself to play the guitar my mother got me with S&H Green Stamps, and sang at every opportunity.

Katherine studied at Oberlin College, and a few of her musical adventures have included busking in the Parish Subway, Boston's Lithuania Ethnographic Ensemble Sodauto, and joining the People's Music Network.

My true love [David Wallace-Lawrence](#) and I live in Hiram, Maine, and spend part of each year in the north of England. With voice, [Marxophone](#) and [violin-guitar](#) (play-by-number American [fretless zithers](#) sold door to door in the early 1900s), [harpeleik](#), [accordion](#), Lithuanian [kanklės](#) (from the land of my mother's people), and more, I do a blend of originals, traditional music, and off-the-beaten-path covers.

Women For All Seasons

Join Women for All Seasons via Zoom on Tuesday, September 21st at 6:30pm. Nikki Starcat Shields will lead our celebration of Mabon, also known as the Fall Equinox, with an additional focus on the element of Water.

Mabon is a harvest festival, and we'll share gratitude for the blessings of this year's harvest. Please bring a glass of drinking water, a Tarot or oracle deck, and pen and paper. If you need the Zoom link, please contact the current coordinator, Mary Gelfand, at marygelf@gmail.com.

Wednesday Evening Discussion Group

The Wednesday Evening Discussion group will be starting up on September 22nd at 7:00 pm. The topic will *be Apollo Speaks at Klaros*. This is the 16th lecture in the series about the roots of religion. After this meeting we will meet on the first and third Wednesdays of each month.

All interested are welcome. We will meet on ZOOM so if you would like to join us, contact Ruth Stackpole at paws8@roadrunner.com for the details of how to participate.

Church Directory

In the next month we will be preparing a new church directory to include new members, as well as update any information that may have changed.

If you would like to add your name to the directory or have information that needs updating, please email Crystal at uukennebunkoffice@gmail.com by October 8th. Thank you!!

Eblast Article Submission Rules and Regulations

As a new church year begins, we would like to start with a few changes to our weekly eblast. The Eblast is created so that we can provide information about what is happening here at FPUU, updates from our committees, and our weekly functions.

Changes to be made: Please keep your articles and announcements to no more than 125 words. If your submission is more than this, it will be edited to meet our new requirements. In doing this we are in hopes that we can keep things fresh and more attractive to read.

Please have your submissions in to Crystal, at uukennebunkoffice@gmail.com no later than 10am Wednesday morning. If received later than this time, your submission will not go in until the following week.

Clynk Bags

As with so many things in our world today, Clynk Bags are hard to find. They are out of them at this time but will except trash bags with our tags on them. I have placed a few bags in our “milk box” on the front porch with our tags on them. Please feel free to come by and take a few to fill.

Music Director & Choir Update

The Search Committee of Rev Lara, Margaret, Jaylene Summers and Ginny Lawrence are actively looking for a Music Director. If you have any suggestions, please contact one of us. Thank you, Jaylene Summers.

Coming this Fall: UU Wellspring, Year Three

What is UU Wellspring?

UU Wellspring is a 10-month Unitarian Universalist program of spiritual deepening and connection. It offers participants an opportunity for more joyful living, increased congregational leadership, and faithful justice making in their lives and in their communities. UU Wellspring is for congregations interested in fostering spiritual growth in a uniquely UU context through an intentional, curriculum-based program of daily spiritual practice, spiritual direction, study and reflection, and small group meetings. Since its development in 2005, UU Wellspring programs have been implemented in more than 26 congregations nationwide. This year, depending on group size, we might be partnering with another UU congregation.

What do I need to know if I'm thinking about participating in UU Wellspring year two?

Our third cohort will start in the fall, beginning with a weekend retreat. Two-hour group sessions will be held every other week throughout the church year. You can find out more about UU Wellspring at <https://uuwellspring.org/> or you can talk to Rev. Lara at uukennebunkminister@gmail.com. We hope you'll join us!

Zoom Buddhist Book Group

“The brahma viharas or ‘heavenly abodes’ ... of Kindness, Compassion, Joy and Equanimity, cultivated skillfully, are both pathways to profound liberation and the embodiment of awakening. ~ Christina Feldman

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.”

We are meeting on ZOOM on Tuesday, September 21st.

It is not too late to join this reflective, gentle contemplative group. All are welcome. If you would like to attend, please contact Jaylene Summers: jaylenesummers@gmail.com or 207-985-7412.

Big Clothing Drive, Sat. Sept. 18, 9 am - 2 pm

Since FPUU will not be selling used clothing this fall, please take part in this effort by our local Planeteers of Southern Maine and HELPSY. Deliver clean, dry, and bagged clothing (stained, worn or torn is fine) even accessories wallets, purses, backpacks, shoes, towels, bedding, curtains, placements, tablecloths, stuffed animals and throw rugs will be re-used or recycled.



Fall Into Autumn Clothing Drive September 18, 2021 9 am—2 pm



Did You Know?



EPA estimates 5% of landfills are textiles



Only 15% of what could be recycled currently is, leaving 85% still in landfills



Nearly 100 lbs. of clothing is discarded by avg. person annually.

Donate Your Gently Used, Worn, Torn or Stained Textiles including Clothing, Accessories, Bedding or Bath Linens.

Drop Off Donations to:

**Kennebunk's Transfer Station
Next to Treasure Chest Location
36 Sea Road, Kennebunk, ME**



Monthly Updates from Our Committees

News From the Archives

Rev. Little's Tour of the White Mountains!

Mr. Little's tour to the White Mountains. 89

July 23, 1784. At Col^o. Mullins in Conway (the first town in New Hampshire State upon Saco river) the company met together, Mess^{rs}. Little, Belknap, Cutler, D.^m. Fisher, &c. to the number of ten, with Pilots and Ax-men — Set off for the great Mountain $9\frac{1}{2}$ o'clock in the morning, rode up Saco river to the head of Conway, then took the Shelburn road on the Eastern branch of said river, arrived at the foot of the Mountain and the head of said branch about 4 o'clock, in season to make a good camp near a meadow which is the source of two rivers, the Eastern branch of Saco afores^d. and the Western branch of Androscoggin. The remarkable river called the New river, about a third of a mile from our camp, which burst from the mountain at a great height, and affords water enough now to carry a sawmill at the foot of the mountain.

24. Mr. Belknap being very corpulent, & D.^m. Fisher in poor health, carried with a servant in the camp. Left our horses in the meadow, and the rest of the party left the camp $\frac{1}{2}$ past 6 to ascend the mountain, and in 6 hours & 51 minutes we arrived at the top of the Sugar Loaf. Our stops for resting were short & frequent, 3, 4, & 5 minutes at a time; in the whole 1 hour & 30 minutes.

The first two thirds of the mountain covered with thick growth of wood, chiefly spruce & fir; the last mile of which they shorten gradually till they terminate in a short moss and grass for a few rods, where vegetation is almost at an end; and the grand ascent up, ~~the~~

Share the Offering for the Month of September

For the month of September our church Share the Offering will go to No Place Like Home

No Place Like Home is a volunteer organization operating for about 5 years in the Kennebunk, Kennebunkport and Arundel community. They help older adults stay in their home by doing small tasks around the house. They also run errands, and drive to appointments. They also operate the Medical Equipment Loan Closet, which is a very valued and utilized program.

There is no cost for any these services. In July of this year, they had 63 calls for assistance, volunteers generously gave 95 hours of their time and drove 263 miles. Funds collected will be used to supplement missing equipment and to pay for an insurance rider for our new storage site. Volunteers are always welcome. Talk to Molly Hoadley for more information.

Share the Offering Collection for July and August 2021

WIONN

We would like to thank the congregation for their contributions for Share the Offering for the month of July and August. As a congregation we raised \$406.50 for Welcoming Immigrants Our New Neighbors.

References

Online Worship Service

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) the phone number is [929 205 6099](#), meeting ID **734 887 010**. Password: **024481**.

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](#)

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

Share The Offering

Share the Offering enables us to actively express our Unitarian Universalist values, while reaching out to a larger community. Each month an approved non-profit agency will receive one half of our cash, non-pledged collection.

During the time we are under pandemic restrictions and not meeting in person there are two ways to contribute:

1. Mail your check payable to FPUU Kennebunk noting in the memo line Share the Offering
2. Log into our website www.UUKennebunk.org and select "Plate Offering, which allows you to contribute using your credit care.

Congregants wishing to recommend a non-profit as a recipient please contact Crystal for an application. Return your completed application to Crystal. If you have questions or need assistance, please contact Eva Downs who is happy to work with you. (Please note: Priority for inclusion in the STO program is given to local, NNE agencies in which the applicant has a personal relationship)

Making a "Share the Offering" Contribution Can Be Made at Anytime!!

Contributions can be made anytime online at www.uukennebunk.org/plate, or send or drop off a check to the church. Please put "offering" in the memo. Our mailing address is 114 Main Street, Kenneunk, ME 04043. Crystal will be in the office Wednesday through Friday from 9am until 12pm if you feel better leaving a check with her.

Curious About an Event That is Happening at FPUU??

Please feel free to check out the church calendar if you are searching for a certain event, or just curious as to what may be going on here at FPUU. You can find the calendar here: <https://calendar.google.com>.

Outreach Services

Community Outreach Services – COS

COS offers assistance: healthy food, help with utilities and fuel, and many other special needs.

Help is available in 3 ways: Contact the General Assistance Officer at your Town Hall or Call COS at 207-985-3844 or Go online to: <https://calendly.com/cosfoodpantryvisit>.

The food pantry provides fresh produce, meats and dairy items, nonperishable food, pet food, and some household and personal items.

To donate items to COS: Nonperishable food items can be placed in the bin at Hannaford, Kennebunk, or in the bin at the COS location, 19 Park Street, Kennebunk (behind the playing fields and playground). Thank you!

To donate funds to COS: Through the website coskennebunks.org or by check to COS, P.O. Box 1175, Kennebunk, ME 04043. Again, thank you! FMI contact Kathe Wright, church representative to COS.

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.

Funding Opportunity

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>

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 for zoom link and info.
- **Buddhist Book Group** on Zoom the second Tuesday of the month, from 3:00-4:30pm. 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." All are welcome. FMI: Jaylene Summers: jaylenesummers@gmail.com or 207-985-7412.
- **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. We will be meeting by Zoom on the first and third Wednesdays, March through May, from 4:00 to 5:30 PM. Contact Helen Rousseau 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**
- **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.
- **Early Morning Yoga: Thursday from 7-8:15 am:** 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. Bring a Yoga mat and props if you have them – mats available to borrow. **All adults and teens are welcome. Donations accepted.**
- **Adult Choir:** Singing is a wonderful way to connect with the body and breath, mind and spirit, self and community. All levels of ability and experience are welcome! The choir meets on Thursday evenings from 7:00-8:30 from September-June, currently on Zoom.

FPUU Staff/Leadership and Committee Contacts

FPUU STAFF/LEADERSHIP

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

BOARD OF DIRECTORS: 2021 – 2022 program year

CHAIR: Marylyn Wentworth.....marylyn.wentworth@tnsk.org
DIRECTOR: Kim Lord.....kimlord1@aol.com
CLERK: Molly Hoadley.....mollyhoadley@gmail.com
TREASURER: Herve Lavoie.....hervae@roadrunner.com
DIRECTOR: Alicia Soloman.....asoliman@yccc.edu
DIRECTOR: James Thompson.....jethompson33@aol.com
DIRECTOR: Susie Desantis.....naturalsuki@yahoo.com

FPUU CHURCH COMMITTEES

PROPERTIES.....Barbara Conner, bsconner@roadrunner.com
HISTORIAN.....Karen Tolstrup, kdtolstrup@gmail.com
FINANCE COMMITTEE.....Herve` Lavoie-Chair, hervae@roadrunner.com
STEWARDSHIP COMMITTEE.....Vacant
COMMITTEE ON MINISTRY.....Alexandra McCabe-Chair, alexandramccabe@mac.com
MEMBERSHIP COMMITTEE.....James and Linda Thompson, jethompson33@aol.com
MUSIC COMMITTEE.....Margaret Jones Co-Chair, margaretj@maine.rr.com
NOMINATING COMMITTEE.....Eva Downs Chair, evadowns18@gmail.com
CARING CONNECTIONS.....Andrea Rohde, andrea.rohde49@gmail.com
PERSONNEL COMMITTEE.....Kevin Flynn, kevinf@ventilationcontrol.com, Jim Thompson, jethompson33@aol.com
BELL COMMITTEE.....Stacy Wentworth, Kirkwood Smallman
CLOCK COMMITTEE.....Stacy Wentworth, Paul Cochran
RELIGIOUS EDUCATION COMMITTEE.....Rachel Wells, rachel.biron@gmail.com, Bridget Babcock, bridget.a.babcock@gmail.com
SOCIAL JUSTICE COMMITTEE.....Molly Hoadley Chair, mollyhoadley@gmail.com
WORSHIP COMMITTEE.....Merideth Norris, witchdr910@aol.com
BLUEBERRY FAIR.....Herve` Lavoie, hervae@roadrunner.com and Jacky Peters, jpkrf@roadrunner.com
COMMUNITY OUTREACH.....Kathe Wright, kawright4@hotmail.com
SPACE RENTALS.....Crystal Jones, uukennebunkoffice@gmail.com
WEDDING COORDINATOR.....Crystal Jones, uukennebunkoffice@gmail.com
WED. EVENING DISCUSSION GROUP.....Ruth Stackpole, paws8@roadrunner.com
EMBRACING AGING.....Helen Rousseau, hrousseau@roadrunner.com
CHOIR.....Margaret Jones, margaretj@maine.rr.com
PHYSICS/CHEMISTRY WORKSHOP.....Dan MacDonald, daniel@doornorth.com and James Vesenska, jvesenka@gmail.com
RUMMAGE SALE.....Jacky Peters, jpkrf@roadrunner.com
WOMEN FOR ALL SEASONS.....Barbara Conner, bsconner@roadrunner.com and Kathe Wright, kawright4@hotmail.com
RIPPLES OF PEACE SANGHA.....Sally Keene, sjpk@roadrunner.com, Herve` Lavoie, hervae@roadrunner.com
MEDITATION GROUP.....Vicki Adams, vickigatesadams@gmail.com