



First Parish Voices

Worship Services

Sunday, September 24 at 10:30 AM

Rebel With A Cause – 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

Reception help for Gwen's service

If you are willing to help with the refreshments for Gwen Vesenka's Memorial service on 9/24 please see Ann Livermore.

Evaluating Our Minister

The Committee on Ministry is charged with evaluating the effectiveness of our minister, Rev Lara K-J Campbell. We would appreciate if you could follow the link below to Survey Monkey and complete the evaluation no later than September 30th, 2017. We anticipate the survey should not take more than 15 minutes to complete.

Link to the Survey Monkey:

<https://www.surveymonkey.com/r/FPUUMinisterEvaluation>

If you require a hard copy please see Crystal in the church office.

Thank you in advance for your thoughtful responses.

Committee on Ministry: Joan O'Hara, Chair, Ann Boyce, Cathy Fellenz, Rich Gaito, and Bob Wuerthner.

“CHASING CORAL”

OPENING NIGHT - Friday Night Movie Series - SEPTEMBER 22

“CHASING CORAL” A documentary reviewers describe as “. . . simply staggering visually”.

Our neighbors, veteran divers Monica and Bill Grabin, will share their stories and lead the discussion.

6:30 - coffee/tea and Brownies

7:00 - show starts

FREE AND ALL WELCOME

No Particular Reason Pot Luck

The next No Particular Reason pot luck will be at Beth Andersen's house. All women are invited! Beth's address is [12 Parsons Street, Kennebunk](#) and the potluck will be held on Friday, September 22nd @ 5:30. Call 985-7218 for directions.

♪♪♪ 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.

Leadership Forum Meeting

Tuesday, September 26th from 7:00 – 9:00 pm in the basement.

Please come or send a representative to begin our year of leadership planning together. We will re-connect as a team, review your goals for your committee, and be trained on some techniques for budgeting this year.

AUTUMN POTLUCK

What better time to get together with others than the Fall? The Membership Committee is planning an all-church potluck supper on Saturday September 30th. beginning at 6 PM. Beverages will be provided. (No alcoholic beverages can be served on church property) Folks may bring whatever favorite sharing food they wish. Let's get together and do two of our favorite things, eat and talk! You don't have to be a member to come. Hope to see you all.

Our UU Ideas

Wednesday 9/27, 10/10, 10/24

1-2:30 pm in the FPUU Library

Ideas are the "rocks" of our religion. They are our U.U. bedrock and also the bedcover. They are what we have. Some of our ideas come from thoughts, some from the senses, some from emotions and some from intuitions. It is important we groom them and what better way than in the company of one another in the sanctuary of our library? Join us on the 2nd and 4th Wednesday of the month at 1pm in the Library. Light rules of discussion will guide an even flow of ideas. for more information speak with Helen Rivas-Rose.

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

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.

Blessing of Animals

We enjoyed meeting and all of your pets this past Sunday! You can find more pictures on this link,

<https://photos.app.goo.gl/vHdp5d1MOPfNZGvN2>



Hurricane Harvey Relief

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

Together these organizations focus on helping the most marginalized people such as undocumented workers and the LGBTQ community.

In addition, they will be helping UU congregations affected by the storm.

<https://www.ucfnc.org/uuscuua-hurricane-harvey-relief-fund/>

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 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.

Women For All Seasons

Women for all seasons will be meeting in the parlor of the church on Tuesday, September 26, at 6:30 pm to honor the Autumn Equinox. Many decades have passed as we honored the Equinox with games, and stories, along with the fruits and the rituals of the harvest season, including the balancing rituals. This year, our Autumn ritual will focus on the personal, and how we individually can use the energies and power of this time to improve our own lives. All women are welcome to take part in this circle of energy. There is nothing to bring except yourself

Non-Violent Communication

Evening Intro to Non-Violent Communication
Friday, September 29th 6-9pm
Allen Avenue UU Church, Portland

Learn and practice the basic skills of Non-Violent Communication (NVC). Part 1 of a 2 day workshop. Plenty of seats available for Friday introductory session, Part 2 workshop is fully enrolled. Presenter: Leah Boyd, a certified NVC trainer. Cost: \$25. Register online at www.peacefulpurpose.us or pay cash/check at door. FMI: [207-370-0381](tel:207-370-0381)

Social Justice: New Meeting Time

The Social Justice Committee already is planning action for the coming church year. We have added a new meeting time, so that we can include people who are interested but who are not available during the day. In Sept. we will meet on Thursday, Sept. 7, at 11 a.m. in the church library (our usual meeting time) and on Wednesday, Sept. 20, we will have our first evening meeting at 7 p.m. in the parlor. Our meetings will continue on Thursday mornings and Wed. evenings, but not necessarily first and third weeks of the month. We have grappled with several issues: prison injustice, racial injustice, the gap between the rich and poor, health care, and climate change. Come help us decide on our focus or actions for this year.

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!

A Day of Relational Mindfulness (Insight Dialogue)

Please Save the Date! Saturday, September 23, 9am-3pm, A day of Relational Mindfulness (Insight Dialogue) with Jan Surrey (psychologist and Buddhist teacher) and Jaylene Summers. More information will be coming. FMI contact Jaylene Summers; jsummers@roadrunner.com or 985-7412. All are welcome, and some meditation experience is helpful.



TRUE REFUGE and INSIGHT DIALOGUE MEDITATION A Day of Relational Meditation Practice

Saturday September 23, 9am-3pm
First Parish Unitarian Universalist Church
114 Main Street, Kennebunk Maine

With Jan Surrey (Buddhist teacher & psychologist) and
Jaylene Summers (Insight Dialogue facilitator & psychologist).

At this Insight Dialogue daylong retreat, we will take refuge in awareness, wisdom and spiritual friendship (Buddha, Dharma and Sangha) as sources of wise relationship and compassionate action in these turbulent, challenging times.

INSIGHT DIALOGUE MEDITATION is fully engaged meditation, practiced in dyads and small groups. Six guidelines are followed that support this process; pause, relax, open, trust emergence, listen deeply, and speak the truth. Our lives are lived in relationship and we can bring greater ease, freedom and benefit to others and ourselves through this relational meditation practice.

For more information on Insight Dialogue Meditation please visit metta.org.

The retreat is suitable for beginners as well as experienced practitioners.

Please bring a lunch. Teas, water and fruit are provided.
\$20 suggested donation.

To register by September 16th, or FMI please contact Jaylene;
jsummers@roadrunner.com or 207-985-7412.

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 or Rev. Lara Campbell at the church office 207-985-3700 or 207-337-5643 or 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
Joan Wuerthner at 207-985-684 or joanwuerthner5@gmail.com

Transportation - Beth Andersen at 207-985-7218 or orbmandersen48@gmail.com
Kathe Wright at 207-985-6194 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 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 Morning Mindfulness Meditation – Lightly guided with brief dharma reflection-** The Saturday Morning Meditation group will meet from 10 -11:30am. This is a lightly guided mindfulness meditation, with sharing and a brief dharma reflection. **ALL are Welcome.** No previous meditation is necessary. FMI please contact Jaylene Summers at jsummers@roadrunner.com, 207-985-7412 or 251-3317.

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