



First Parish Voices

Online Worship Services
Sunday, September 27th, at 10:30 AM
It Takes Practice
Matt Meyer

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Weekly Update

Worship Wrap Up Links

Resilient by Rising Appalachia

<https://www.youtube.com/watch?v=tx17RvPMaQ8>

Yard Sale Opportunity

Got stuff you want to get rid of while helping UU First Parish? Take a table at the UU Yard Sale on Oct. 10 and have some outdoor fun. Let marylyn.wentworth@tnsk.org know if you want a table. You bring your stuff, sell it (or not) and take home what you don't sell, contributing the proceeds to First Parish. We also need 3 strong people to bring the tables out of the church and back in. People will wear masks, gloves and only so many can shop at once, so you and the buyers will be safe.

If you have things to sell, but not enough for a table, please contact Vicki Adams,

vickigatesadams@gmail.com

The Auction – Postponed

Due the timing of things we are going to hold off on having our Annual Auction until the Spring, we do not want to interfere with the Stewardship Campaign.

Hannaford Gift Card Fundraiser

It is with disappointment that I must share with you that Hannaford will no longer offer their Gift Card fundraising program. In these uncertain times even the larger companies need to cut things back.

I know this will impact us where it did have very profitable weeks. I hope that we can find other ways to make up for this loss.

Thank you all for taking part in this fundraiser over the years.

Zoom Leadership Forum Meeting

There will be a Zoom Leadership Forum meeting on Monday October 5th, from 6 - 7:20 PM.
A formal Zoom meeting invitation will be sent to the appropriate persons closer to the date of the meeting. We hope you can all attend.

Church Directory Updates

It is that time of year again!!! We are getting ready to update the church directory. If you have any changes in your address, email or phone number please send them to Crystal at uukennebunkoffice@gmail.com no later than October 1st!!

Matt Meyer, Sunday September 27th!!

**Don't miss Sunday September 27th All Ages Worship
featuring Matt Meyer!**



Matt Meyer

Matt is a sought-after speaker wherever Unitarian Universalists gather to deepen their worship and explore their faith. He has lead worship for convocations at several seminaries and has been a worship leader and workshop presenter for national gatherings of LREDA, UUMN, UUMA and the last twelve general assemblies of the UUA.

Matt also serves as the Director of Operations for Sanctuary Boston, a community of vibrant worship and real connection.

Matt has been blessed to have performed with Ysaye Barnwell (of Sweet Honey in the Rock), Pete Seeger, Emma's Revolution, Peter Mayer, Jim Scott, Nick Page, The Halalisa Singers, Samba Tremeterra, and Bloco de Afrobrasil. He has a degree in hand drumming from Berklee College of Music and has studied abroad in Cuba, Ghana, and Central America.

Matt has a long background of activism and organizing for social and economic justice.

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 Wednesday and Thursday 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!!

The Latest on Community Outreach Services

COS, Neighbors helping Neighbors, is now operating in its new home at 19 Park Street, Kennebunk (the old Teen Center, behind the playing fields and playground)!

We offer assistance of many sorts: food, fuel and special needs to our neighbors in the Kennebunks (Kennebunk, Kennebunkport and Arundel). The Food Pantries are open Monday 12:00-3:00, Tuesday and Thursday 3:00-6:00 and Friday 9:00-10:00 and 10:00-1:00, by appointment! A wide variety of food is available, delivered in a safe manner.

How do you access the services COS offers? The best way is to contact the General Assistance Officer of your town. We want to help everyone in need of assistance in these unusual times. We are especially mindful that many neighbors are finding themselves needing assistance for the first time ever and we are glad to help!

If you wish to donate food, the easiest way is to place non-perishable food (for people or pets) in the bins at Hannaford in Kennebunk. Or you choose to make a monetary donation or volunteer, you can go to the COS website: coskennebunks.org. Or mail a check to COS, P.O. Box 1175, Kennebunk, ME 04043.

When we all work together, we will get through these times together!

- Submitted by Kathe Wright, church representative to COS

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 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) 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.

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.

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 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

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

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 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

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, October 6, November 3, and December 1 from 3:00-4:30pm. 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 or 207-985-7412.

🎵 Choir Notes 🎵

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 for the Zoom link.

From the Archives

October 2020

A Step Back in Time

Part II

By Stacy Wentworth

The tower was built in 1803, and the steeple was added a short time later. Major changes were made to the church at that time. Kennebunk was beginning to prosper. In my own family history, it was also the year that my great-great grandfather came to Kennebunk Beach from Rollingsford, New Hampshire. He and his brother, both in their mid-twenties, purchased an existing farmhouse and barn with a large tract of land, some of which was beach and river frontage.

I do not know of my family's first connection with this church, but I do know that my grandfather's sister, Great Aunt Elvira owned a pew in the 1920's. She died in 1925 just a few years after my mother and father were married. My mother had a long, informal relationship with this church, and formally joined the church in 1950. You might say I was born into the church and I too have had a long history here with some of you. I also joined the membership late, becoming a member just 3 years ago. (2005)

There is no doubt that we are participants in a most trying time in the history of our community, our nation, and perhaps the world. As my work proceeded, I began to think of all the most trying times that this church has borne witness to. It has served well many who have gone before, and the fact that it is still here to serve, speaks well of previous congregations.

Certainly, as a child growing up at the tail end of the Great Depression and then WWII, I have this building in part to thank for my feelings of security during that time. I really had no idea of the magnitude of the crisis that the adults around me faced on a daily basis. It was the feeling of community during the time that I cherish to this day.

One day, not long ago, I sat near the clock, listening to that measured heartbeat. Suddenly I was almost overcome with despair as my mind raced, thinking of the many seemingly insurmountable problems we face as a species. The worldwide environmental degradation that we have caused, in many respects is almost beyond comprehension. I remember asking myself the question- "Have we just restarted this clock only to keep track of the time that is running out for us?"

As I descended those worn steps that day, I chose to think that at noon on February 14, we marked the time that we began to reinvent ourselves as a community and went on to join other communities worldwide, mobilizing the healing of our wounded planet. As my mother was fond of quoting, "Time Heals All Wounds."

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.

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.
- **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 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:** 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

MUSIC DIRECTOR: Molly Petrik.....uuKennebunkMusic@gmail.com

ADMINISTRATOR: Crystal Jones.....uuKennebunkOffice@gmail.com

BOOKKEEPER: Barbara Boscia.....uuKennebunkBookkeeper@gmail.com

BOARD OF DIRECTORS: 2019 – 2020 program year

CO-CHAIR: Marylyn Wentworth.....marylyn.wentworth@tnsk.org

CO-CHAIR: Wayne White.....wwhite911@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: Bob Lown.....bpdown@roadrunner.com