



First Parish Voices

Worship Services

Sunday, September 10 at 10:30 AM

Down To The River – 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

Please make sure the following dates are on your calendar.

Sunday, September 10, 10:30 AM - Water Communion Worship (see announcement for details).

Saturday, September 16 - Blues an BBQ

Sunday, September 24, 2 pm - Memorial service for Gwen Vesenka

Monday, September 25, 6 pm - Leadership Forum

As always - please check the calendar on the website for up to date events

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. We urgently need two ushers and greeters for this Sunday, our opening service of the new church year.

Thanks, Ted Trainer

🎵🎵🎵 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 September 8th, 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.

Women for All Seasons

The group will resume regular meetings on Tuesday, September 12 at 6:30 in the church library. The program for this evening will be "*Casting the Circle*", in which we will explore what it means to meet in sacred space. All women who would like to be a part of this group are welcome to attend (see announcements section for schedule and contact information). The leadership for this group is shared by all of the women who participate – this session will be led by Sheila. If you have questions, especially if you have not been to this group before, please contact her at 985-3988.

Our UU Ideas

Wednesday 9/13 and 9/27

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 Wednesday 9/13 at 1pm in the Library. Light rules of discussion will guide an even flow of ideas. for more information speak with Helen Rivas-Rose.



2nd Annual Blues & BBQ

Dream Daddy Blues Band

Pulled Pork Dinner (Veggie Option)

Saturday, September 16

1:30 – 3:30

(Rain date Sunday Sept 17th)

First Parish Unitarian Universalist

Church of Kennebunk

114 Main Street

Andrea Rohde for reservations

Phone: 985-3517

andrea.rohde49@gmail.com

or, Al Adams at 216-3891

Adults \$18, Teens \$10, Kids Free.

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.

NEW 8 Stripe Rainbow Flag at FPUU!



We have a new flag out front at FPUU. The rainbow flag is an iconic symbol of the LGBTQ community. In the spirit of Gilbert Baker's original design, it has been redesigned to add black and brown stripes in hopes of continuing the dialogue about diversity in a community that celebrates inclusion, and help to acknowledge the contributions people of color make every day. This new flag was debuted at the Philadelphia LGBTQ Pride Parade in June 2017. The intent is to celebrate those who are too often left out of narratives about the LGBTQ experience, particularly highlighting people of transgender/gender nonconforming experience, youth, and people of color for their countless contributions to the LGBTQ liberation movement from its origins to present day.

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.

Thank you! Thank you! Thank you!

You may notice that there has (and in some cases continues to be) some rearranging happening at First Parish. Rev. Lara's office is now in the NE office by the Kitchen. Our new Administrator, Crystal Jones is in the same place but has a new desk (NW corner office as you come in the door) and we now have a "work room" in the office adjacent to her with the copier and a shelf for mailboxes and a place to pick things up. Our DRE, Emily C. Jones has the office off the Parish Hall, in the SW corner of the building, and the Music Director's office is in the SE corner off of the Parlor awaiting the appointment of a new Music Director. And the Parlor has been rearranged to allow for conversation areas and open space for group meetings.

So many people helped with all of these changes including: Beth Anderson, Dennis Anderson, Al Adams, Vicki Adams, Herve Lavoie, Christopher Wells, Stacy Wentworth, Jay Pacitti, Crystal Jones, Emily Jones, Ian Durham, Bruce Childress, Daniel MacDonald, Issak MacDonald, Barbara Boscia and Maddy J. Beagle.

Make sure to check out our new spaces!!!

Animal Blessing Service



Sunday September 17th at 10:30 a.m.
Outdoors on The Parish Lawn Under the Big Tent
This is a multi-generational service where your pets are
Welcome! All animals welcome, including stuffed animals and photos!

Saturday Morning Mindfulness Meditation

Saturday Morning Meditation August 26 at 10 - 11:30am in the Basement.

We will begin with a lightly guided meditation, share our practice and have a brief Dharma reflection. No prior experience is necessary. All are welcome.

FMI please contact Jaylene Summers at jsommers.roadrunner.com or [207-985-7412](tel:207-985-7412)

Wednesday Meditation

Meditation sessions will resume on Wed. Sept. 6, from 5:05 to 6:30 p.m. in the Sanctuary and will continue on Wednesdays throughout the church year.

We will not meet in case of very bad weather, other emergencies, or on holidays. We follow a simple practice of sharing a Buddhist reading followed by silent sitting and walking meditation at our own pace. You are welcome.

For more information call Tim Ericson: 207-985-4211 or Vicki Adams: 207-216-3890

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.

Chair, Vicki Adams

2nd Annual Blues & BBQ

Important Notice

Make Your Blues & BBQ Reservations Now!

A final headcount is required for this fundraiser by this Sunday evening, Sept 10th for food purchase purposes. Call or e-mail Andrea Rhode 985-3517 (andrea.rhode49@gmail.com) for reservations prior to noon on Sunday Sept 10th. You can also call Al Adams at 216-3891 between noon and 8 PM on that Sunday. You can also purchase tickets prior or following this Sunday's service in the parish hall.

Volunteers Needed

We can use your help for Blues & BBQ. Call or e-mail Al Adams 216 3891 (al-adams@roadrunner.com) to help set up chairs, tables and canopies for the event. Call or e-mail Barbara Conner 229-0799 (bsconner@roadrunner.com) to help with food prep and serving.

Caring for our neighbors

Our collection of toiletries for the needy will continue this summer.

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.

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: Wednesdays 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 5:10-6:30 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