



First Parish Voices

Worship Services

Sunday, September 8, at 9:30 AM
Under Pressure – Rev. Lara Campbell

Church Summer office hours: The church office is open Monday thru Friday from 9 am to 12
Rev. Lara Campbell office hours: Tuesday thru Thursday 9am to 12pm or by appointment. Lara is always
available via email or cell phone.

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Weekly Update

Don't Forget Your Water



On Sunday, September 8, we will celebrate the gathering of our community and we invite you to bring your contribution of water. Whether your water comes from far-away lands, from a place of spiritual retreat and renewal, or from somewhere closer to home. From the kitchen tap that fills pots and cleans dishes, from the hose spigot that waters your garden, or if you use some water that we have set out just for you. We welcome you to pour your water into our common bowl, to come into our community of love and inspiration, to share your joys and your sorrows, your passions and your fears, your moments of grace and your deepest questions, and to celebrate our connections to one another.

BUDDHIST BOOK GROUP

"The Relational Qualities of Kindness, Compassion, Joy and Equanimity are the foundation of all ethical thought, speech and action." ~ Christina Feldman

The Buddhist Book Group is meeting on Tuesday, September 10, from 3- 4:30pm in the library at FPUU. We will continue reading and practicing together from page 31, Chapter 1, "Immeasurable Kindness" in Christina Feldman's beautiful book, "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity."

We will also meet on Tuesdays October 15, November 12, December 10.

You are invited to bring a Metta phrase that you might like to offer for our practice. It might sound like this "May all beings.....experience ease". "May all beings.....(your choice).

ALL are Welcome. Please join us as we continue co-creating this sacred space together. There is a book and a seat for you. FMI please contact Jaylene Summers 207-985-7412. Thank you.

Women for All Seasons

Women for All Seasons will resume regular meetings on Tuesday, September 10, at 6:30 in the church library, led by Linda and Nikki. For this ritual, women are asked to bring an object representing this past summer to place on the table during our gathering. For those who did the group kything over the summer, you may also want to bring your beads and/or something that represents your kything vision. All women are welcome.

♪♪♪ 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 Friday, September 13, from 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 at bruce@bcpipes.com or Rich Gaito at captgainto@gmail.com

INSIGHT DIALOGUE MEDITATION

"...we do our best to stay with what is wholesome and keep away from what is unwholesome. ...it is a way of walking in the footsteps of the Buddha."~ Analayo

We will be contemplating the beautiful qualities of Kindness, Compassion, Joy and Equanimity called the 'BrahmaViharas' over the next few months. Insight Dialogue is a fully engaged interpersonal meditation practice, grounded in the Vipassana Insight tradition of the Buddha. It was founded by Greg Kramer.

It is open to Everyone and All are Welcome. If you are new to this practice, please contact me so that I may offer some guidance before you come. Thank you, Jaylene Summers

We are meeting Saturday September 14, 10 - 11:30am (New Time). If you are planning to attend, please RSVP at 207-985-7412 for location information. We will also meet Saturdays October 12, November 2, & December 7.

New Bulletin Boards

We have been very busy trying to recreate the bulletin boards at FPUU. As you walk in you will notice we now have fresh boards for you all to enjoy! Rev. Lara and I have put new fabric up and have labeled them, now it is up to each committee to fill them and update us all with new and exciting things happening here at First Parish.

The sections have all remained the same and are labeled as such. If you have any questions or concerns please let us know, as we want to make sure everyone is happy! Thank you, Crystal Jones and Rev Lara Campbell.

DON'T BE ALARMED!
CHANGES ARE COMING!
To Your Coffee Hour Team



This year, Coffee Hour Teams have been shuffled! You: yes, you! Will have a completely different Coffee Hour Team this year! This is an exciting opportunity to work with & get to know a different group of people as your team provides coffee and nibbles for our after-worship fellowship. More information to follow as we get closer to the opening of the church year. If you just can't wait, you may contact Kim Lord, Coffee Hour Coordinator for more information at kimlord1@aol.com or at 646-7925.

NEW!!!! to FPUU: SACRED CIRCLE DANCING
COMING SOON To FPUU. ~ Stay Tuned ~ More will be revealed



Alexandra McCabe and Jaylene Summers attended the UU Ferry Beach Sacred Circle Dance Camp this summer. We were inspired doing Sacred Circle Dancing by the caring instruction and support of wonderful teachers, beautiful music and a community of compassionate people.

FMI call Alexandra 207-216-8551 or Jaylene 207-985-7412. Please and Thank You!!

From the Archives

Every time I cross Durrell's Bridge from the River Road to Summer Street these days, I think about Rev. Daniel Little.

One day walking back from the port to his home on Summer Street (which is still there) he heard a sound. Not a bird, not a fife. Not a natural sound at all. It sounded like a signal. This was a relatively peaceful time for the settlers due to the Abenaki and the British spending more time attacking the French up north than in Maine. But there were warriors occasionally and Little feared that he might be in danger. Concerned for his safety and that of his family, he determined the only way to avoid being seen was to abandon the bridge route and crawl down the bank into the tall grasses and mud. It probably seemed like an endless journey, and he must have been caked in mud and grass bits, but he got home eventually. To his relief his family was unharmed and the Abenakis had passed peacefully through the village. Perhaps he over-reacted. Maybe there was no harm intended. But it stayed with him throughout the remainder of his days. He made many attempts, some successful and many not, to try to bring his version of the Gospel to tribes up and down Maine.

So next time you cross that bridge, take a look at the low tide mud and consider what that journey must have been like. This story is from Apostle of the East by Russell M. Lawson's fine book.

The Power of Our Shared Ministry

Sexuality

Sex (got your attention). Sexuality. Having sex. Not having sex. Being sexy. Identifying sex. Changing sex. Learning to talk about sex. Approving or condemning various activities or relationships involving sex or sexual behavior and consequences. Wow! Our human lives are filled with, if not occasionally preoccupied with, issues involving human sexuality. Yet, many of us even in this “enlightened” era of human and church history are still frightened or naive or socially pressured into ignorance or shame or unwilling behavior or discussion regarding this important aspect of our lives. How do kids learn about this? What has this to do with Shared Ministry, you ask? As a loving, caring, sharing, nurturing “religious” community, we are fortunate to have a ministry which provides to one another ways to be more responsive and responsible about these issues.

First, we have OWL, which is a wonderful program developed by UUA, standing for “Our Whole Lives”. This is a curriculum in which Rev. Lara is well trained and experienced, and recently joined with Molly H. and Rich G. and others to teach and engaged with youth from the church and community for enlightened, frank, values-based sexuality education. A similar program is also in the works for adults.

Secondly, on an ongoing basis within our worship services, committee attention, leadership and wide participation of our members in community activities such as Pride marches, gay marriage, trans rights, abuse and other related issues, we continuously support and minister to each other and to the community on these important matters.

Sermons Can Be Found On-Line

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 open to any senior who is interested in sharing the aging journey with others. This group will meet on Wednesdays, every other week from 4:00-5:30pm in the Parlor., January thru April. The contact person is Helen Rousseau at hrousseau@roadrunner.com of 207-332-0046. If you are Aging, you are Welcome! Please Join us!
- **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**
- **Women's Group Ministry** Women's Group Ministry will meet on the first and third Tuesday of each month, Sept. thru June, the 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 at 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!
- **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.

FPUU STAFF/LEADERSHIP

MINISTER: The Reverend Lara K-J Campbell.....207-985-3700 (church) uukennebunkminister@gmail.com
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ADMINISTRATOR: Crystal Jones.....uukennebunkoffice@gmail.com
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BOARD OF DIRECTORS: 2019 – 2020 program year

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