



First Parish Voices

Worship Services

Sunday, March 18, at 10:30 AM

Neither Here Nor There – 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

INSIGHT DIALOGUE MEDITATION PRACTICE

SATURDAY, MARCH 17, 9:30-11:30am in the Parlor, FPUU

"Do your little bit of good where you are; it's those little bits of good put together that overwhelms the world". ~ Desmond Tutu

Please join us for this fully embodied interpersonal, relational meditation practice. We begin with a lightly guided meditation followed by sharing and Insight Dialogue Meditation Practice.

No prior experience is necessary. All are Welcome!

Please join us. FMI please contact Jaylene Summers. Thank you.

"We're All just walking each other home". ~ Ram Dass

Embracing Aging: Moment to Moment is meeting Wednesday March 21, 4-5:30pm in the Parlor. Jaylene & Rev Lara will be leading a discussion on "The Art of Companionship Another".

Please bring paper or notebook to write on and pen or pencil.

All who are aging are Welcome! Please join us. FMI please contact Jaylene Summers or Rev Lara. Thank you.

Memorial For Dean Meggison

Please join us for the celebration of Dean Meggison's life. A Memorial Service will be held on March 24th, at 2pm, at First Parish. In lieu of flowers, memorial donations may be made to the Kennebunk High School Scholarship Fund, 89 Fletcher Street, Kennebunk, ME 04043. *If you are interested in being an Usher for the Service, please let Rev. Lara or Jeanne Meggison know.

Would you like to join us?

The Sunday Morning Discussion Group is planning to discuss a book on March 25th. The book, *The Righteous Mind – Why Good People Are Divided by Politics and Religion*, is by Jonathan Haidt. Anyone interested is welcome to join us. But, of course, you need advance notice to find and read the book. Haidt has 4 Ted Talks that you can view to get an idea if his thinking might be of interest to you.

Questions? Contact Ruth at paws8@roadrunner.com

“Waking Up White” by Debby Irving - Book Group

“Waking Up White” by Debby Irving - Book Group with the Rev. Lara Campbell and Sally Keene
From Irving’s website: “Waking Up White is the book I wish someone had handed me decades ago. My hope is that by sharing my sometimes cringe-worthy struggle to understand racism and racial tensions, I offer a fresh perspective on bias, stereotypes, manners, and tolerance. As I unpack my own long-held beliefs about colorblindness, being a good person, and wanting to help people of color, I reveal how each of these well-intentioned mindsets actually perpetuated my ill-conceived ideas about race.”

Join us for a time of investigation, reflection and conversation. The group will meet for 5 Wednesdays 1:00-2:30 Beginning on Wednesday April 4th and ending on May 2nd in the Library.

The book is available on Amazon, Barnes and Noble and in libraries – check Minerva on the Kennebunk Library website. Please let Sally know if you plan to attend and read the introduction and first section, chapters 1-5. Contact Sally Keene sjpk@roadrunner.com 207-590-0035.

♪♪♪ 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, April 13th, from 7 - 8pm. 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

Parking Options

As our congregation gets bigger and bigger, our parking lot seems smaller and smaller. Because we don’t want new members and first-time visitors to drive away Sunday mornings when faced with a full lot, let’s all do our best to make parking easier for newcomers. If you are willing and able, please park in the adjacent lot, at the bank lot across the street, or – if you live close enough – walk to church. Thank you for helping us to make FPUU welcoming and accessible to all. We appreciate your flexibility.

Leadership Positions Available

The nominating committee announces that the following positions will be available for members of First Parish UU Church: two board of directors’ positions (3 year positions), treasurer 1 year position, church historian, (1 year position) and delegate position for the Northern New England District delegate, (NNED) also a 1 year position. If members of FPUU are interested in one of these leadership positions, they should look at the job descriptions on the church website and if they wish to be considered, they should contact a member of the nominating committee to let them know. The members of the nominating committee are Eva Downs, chair, Molly Hoadley, Ted Trainer, and Beth Andersen. Please let one of us know.

Crystal's Vacation!!

I will be out of the office March 28th thru April 3rd. I will be in sunny Florida with family! There will be office volunteers in the office to cover the office hours. For the week of March 25th, if you could please send any eblast announcements to me by Monday the 26th, that would be great! I am hoping to have the eblast done by the time I leave the office on Tuesday, March 27th, at noon.

Hannaford Cards: The week of April 1st, the Hannaford Cards will be processed on Wednesday, April 4th, instead of Tuesday, April 3rd. Thank you for your understanding.

Helping Our Neighbors

Community Outreach Services (COS) is our locally based organization serving the Kennebunks, providing our neighbors food and heating fuel, and helping in many other ways when folks hit a rough spot in the road. Thank you for continuing to bring to the blue bins in the Parish Hall at church. This time of winter after the holidays is the lean time for donations. Thank you, *Susan and Robert Jack*, who cart these food donations to the COS Food Pantry at St. Martha's Church. This food is then delivered from St. Martha's to a town hall so that it can be picked up by the person requesting it. Thank you *Megan Pollino, Ted Trainer, Bob Thurm, Karen Tolstrup and Kathe Wright* who take a few hours every month to pack and deliver the boxes to town halls. And also thank all of you who help at the Friday morning Food Pantry at St. Martha's!

First Parish is doing its part to step up and help on the local level through COS. Kudos for that! Check out the website - coskennebunks.org. Donations are always welcome through the website, or checks can be mailed to P.O. Box 1175, Kennebunk, ME 04043. You can give me, Kathe Wright, a call 985-6194 with any questions or if you would like to volunteer for COS.

Did you know?????

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 that meets **twice a month, 4 to 5:30 p.m.**, 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 Wright 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 Library 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.**
- **Tuesday Small Group Ministry:** On the first and third Tuesday of each month, Sept. thru June, Small 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 985-7238.
- **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. and 2nd and 4th Saturday morning 9:30-11:00 a.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.
- **SATURDAY MEDITATION: INSIGHT DIALOGUE; A RELATIONAL PRACTICE**
We will meet March 17th, from 9:30 – 11:30am, in the PARLOR. We will begin with a lightly guided meditation, share our practices & follow with Insight Dialogue Meditation - No prior experience is necessary. You are all welcome. Please join us. FMI: please contact Jaylene Summers @985-7412

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: Molly Petrik.....uukennebunkmusic@gmail.com
ADMINISTRATOR: Crystal Jones.....uukennebunkoffice@gmail.com
BOOKKEEPER: Barbara Boscia.....uukennebunkbookkeeper@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
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