



# *First Parish Voices*

## ***Worship Services***

***Sunday, February 24, at 10:30 AM***  
**Habits of the Heart – Rev Kimberley Debus**

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**Church office hours:** The church office is open Monday thru Friday from 9 am to 12  
**Rev. Kimberley Debus's office hours:** Tuesday thru Thursday from 9 am to 12 pm, or by appointment.  
Kimberley is always available via email or cell phone.

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# Weekly Update

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## Rev Kimberley Debus Schedule

While Rev. Kimberley will not be staying in Kennebunk full-time, she will be present for worship services, meetings, and appointments in February (2/15 -26), March (3/15 - 3/27), April (4/12 - 4/23) and May (5/10 - 5/14). Rev. Kimberley can be reached at (518) 423-1964 and by email at [uukennebunkRevDebus@gmail.com](mailto:uukennebunkRevDebus@gmail.com).

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## Women for All Seasons

Women for All Seasons will meet in the church library on TUESDAY, February 26 at 6:30 PM. All women are welcome to join this circle to celebrate, connect, create and share ritual (and food). For more information about this group, please check out the brochure in the rack near the back entrance of the church.

This is another attempt at doing the program that was cancelled last time due to bad weather. We cherish our time together, but sometimes safety takes priority! Sarah will be showing us how to use the Soulflower Plant Spirit Oracle Deck to connect to our inner wisdom with loving support from the plant spirits. We will set some intentions for the season ahead, and end with a fun coloring activity using the art from the Soulflower deck. All supplies will be provided, but to make sure that we have enough supplies for all, please send an email to Sheila at [shlittlefield@gmail.com](mailto:shlittlefield@gmail.com), or leave a message at 985-3988 to let us know that you are coming.

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## The Sunday Morning Discussion Group

**The Sunday Morning Discussion Group** will continue its study of comparative religions at 9:00 am in the library on the following dates:

March 3	The Problems of Sin and Forgetfulness
March 10	Breaking through the Illusion of Reality
March 24	The Goals of Religious Life
April 14	The Way of Faith and Way of Devotion
April 28	Book Discussion: <i>21 Lessons for the 21<sup>st</sup> Century</i> by Yuval Noah Harari

The Comparative Religion lectures are by Professor Charles Kimball of the University of Oklahoma and sponsored as one of "The Great Courses" by The Teaching Company. A lecture is presented at 9:00 am, followed by discussion from 9:30 am until about 10:15 am. Please note that April 28<sup>th</sup> is devoted to discussion of a book. You are welcome to attend any or all sessions. For more information contact

Ruth [paws8@roadrunner.com](mailto:paws8@roadrunner.com)

## **Buddhist Book Discussion Group**

"Immeasurable Kindness (Metta) is only meaningful if it is embodied;  
the ground of our speech, acts and choices". ~ Christina Feldman

This monthly group meets Tuesdays 3-4:30pm in the Library at FPUU. The Upcoming meeting is; Tuesday MARCH 12. (April 9, May 14, June 11). Currently we are reading, discussing and practicing together "Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity" by Christina Feldman. You may join us at Any time. Complimentary Books are available.

At our last meeting we finished the Introduction and will begin Chapter ONE. We are an evolving group, co-creating this sacred space together. Please join us as ALL are Welcome! FMI please contact Jaylene Summers; [jsummers@roadrunner.com](mailto:jsummers@roadrunner.com) or 207-985-7412

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## **INSIGHT DIALOGUE SATURDAY MEDITATION**

“Six instructions provide the scaffolding for Insight Dialogue. They are Pause, Relax, Open, Attune to Emergence, Listen Deeply and Speak the Truth. Taken together...they offer essential support for awakening and the rich challenges of interpersonal encounter. “~ Gregory Kramer

We will meet Saturday March 16 from 9:30-11:30am in the parlor to practice Insight Dialogue meditation together. (And April 6, May 4, and June 1). Insight Dialogue is a fully engaged interpersonal co-meditation in the Insight meditation tradition. ALL are welcome including both those new to the practice and experienced folk. If you Are NEW, please contact me for some guidance before attending. Thank you. Please join us. Jaylene Summers 207-985-7412.



**SAVE THE DATE Please!**



A Spring Piano Recital will be happening on Saturday March 23 at 7pm. There will be an hour of beautiful Debussy music (think Clair de Lune), followed by a reception.

We are delighted to have Dr. Hsiang Tu, Lecturer in Music (Piano), at the University of New Hampshire. He holds a Doctorate in Piano Performance from Julliard, has won many awards and was praised by the New York Times for his 'eloquent sensitivity' at the piano.

Tickets are available at the door. The suggested donation is \$10 for adults and free for children.

## Silent Auction



Fun -raising! Time for the silent auction: March 24<sup>th</sup>



In preparation for this annual event we are seeking donations. This is your chance to share time, talents or ideas.

A donation form is attached to this eblast. Many ideas for possible donations are listed on the form. Donation forms are also available on the bulletin board in the back hall. You may return forms by email to the office ([uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)) or put them in the collection envelop hanging on the hall wall.

Thanks, from the Auction Team: Andrea, Beth, Ruth and Sally.



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## It's Suppertime!!!

One of the main supports that the Caring Committee provides for our members and friends is the provision of meals during a time of need. After a surgery, during convalescence from an illness, after the death of a family member, or after the joyful addition of a new child it is so appreciated.

We usually set up a schedule to offer three main meals a week for a couple of weeks or so. Folks who have received this kindness can attest to how grateful they were to receive this help. Joan Wuerthner organizes the sign up using an online program. She sends the schedule out to everyone and you just put in your name beside the date you'd like to help and what you'll be making. The program will automatically send you a confirmation that you signed up and a reminder the day before. If you prefer you can contact Joan or I, and we will add your name to the schedule for you. We are looking for more folks to add to the list of people willing to make a meal on occasion. We are not looking for soup to nuts, just a soup or casserole to lighten the responsibilities of the day. The longer the list the more we can spread around this opportunity to help each other without it resting on the shoulders, or stove as it were, of a few participants.

Please let Joan or I know if we can add you to this important team.

In gratitude,

Andrea Rohde [andrea.rohde49@gmail.com](mailto:andrea.rohde49@gmail.com) 985-3517

Joan Wuerthner [joanwuerthner5@gmail.com](mailto:joanwuerthner5@gmail.com) 985-6846

## Habits of the Heart

**CLASS FOR YOUTH AND ADULTS  
LED BY REV. KIMBERLEY DEBUS,  
SABBATICAL MINISTER**

# Habits of the Heart

We don't have to be Zen masters or devout monks to be good at personal spiritual practice. In this five-hour course, we will try out a variety of spiritual practices that we can use to achieve a sense of wholeness and satisfaction, deepen our faith, and make meaning in these uncertain times.

**SUNDAYS AFTER CHURCH, IN THE PARLOR**

**FEBRUARY 24 –ONE HOUR INTRO  
MARCH 17 –TWO HOUR SESSION  
APRIL 14 –TWO HOUR SESSION**

We encourage you to attend all three sessions, as they will build upon each other.  
A light lunch will be provided.

Questions? Please contact Amy Wood at  
207-232-0390 or [amywoode@amywoodpsyd.com](mailto:amywoode@amywoodpsyd.com)

## From the Archives

February 2019

In early January of 1984 a curiously addressed Christmas card was received at FPUU. It was addressed to “Lote Downing, The Evening Alliance, Kennebunk, Maine, USA “and bore a Czechoslovakian postage stamp. The note inside was written in Czech but happily there was a Kennebunk resident who not only knew people in the alliance but was able to read and translate it. It read, “Holy Night-Prosperous New Year- Remembrance of Kindness to All! Signed Ivan and Hana”.

Leta Downing was able to explain to those who had not been in the congregation in 1947 just what this was about. After the war the UU Service Committee gave the name of Marie Dvorak to our church alliance. She was a war widow with two small children and an ailing father to support. Like many families in Eastern Europe their lives were devastated. The Alliance undertook the task of sending clothing and food for four year- old Ivan and two-year-old Hana and the adults during the years 1947-1950. Over that period not only packages but much correspondence passed between Marie and the Alliance. When times got better for them, a quantity of popular and classical records made in Czechoslovakia were mailed to the church as well as some hand crocheted items. The correspondence continued into the nineteen eighties.

Some of the women who were involved in the project were: Susan Shields, Rosalie Dresser, Patricia Fessenden, Evelyn Wentworth, Mabel Wentworth, Bertha Bailey, Louise Pelletier, Lucinda Lord, Betty Vail, Nan Kingsbury, Anne Stinson and Leta Downing.

FPUU has been doing the work of loving kindness for a very long time and it continues today.

Please stop and look at the new *From the Archives Gallery* in the main hall under What's Happening at FPUU There is a display in a gold frame of some of the photos of the children and gifts sent to us by the mother as a thank you.

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## Helping our Neighbors

We can be proud of our participation in COS (Community Outreach Services)! This month volunteers from our church are working for the Food Pantry 8 out of the 21 days in March, and several of them are taking 2 days. Packing and delivering boxes of food for COS to folks requesting them takes a couple hours, usually only once a month and is not difficult. If anyone would like to join the crew give me, Kathe Wright a call, 985-6194, and I will be glad to tell you about it.

Another great opportunity would be to work at the Friday Food Pantry, Friday mornings at St. Martha's Church. This is a fun social occasion as well as a great help to our community. Again, give me a call, 985-6194, and I will fill you in.

Finally, donations of non-perishable food, either in the blue bucket at church or at Hannaford, are always needed, especially at this time of year when donations tend to be slim. If you wish to make a contribution to COS, the website is [coskennebunks.org](http://coskennebunks.org), and the postal address P.O. Box 1175, Kennebunk, ME 04043.

Thank you all!



## **Caring Committee**

The Caring Committee of the church has set up a program for church members and friends. The program provides transportation to medical appointments and to church services. Beth Andersen and Kathe Wright are co-coordinating these rides. We need more drivers for this service. If you can volunteer to provide these rides, contact Beth Andersen at 985-7218.

People requesting rides to medical appointments or to Sunday services should call Reverend Lara at 337-5643 or Andrea Rohde at 985-3517 during Reverend Lara's Sabbatical. Reverend Lara or Andrea will contact either Kathe or Beth to make arrangements with volunteers for rides.

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## **Sermons Can Be Found On-Line**

You can listen to past sermons online! Go to [uukennebunk.org](http://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!

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## **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!

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## **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](mailto: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, beginning January 9<sup>th</sup>. The group will meet for 8 sessions through 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.
- **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. Please contact Vicki Adams 207-216-3890 or Tim Ericson 207-985-4211, for more information. 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!
- **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, [sjk@roadrunner.com](mailto:sjk@roadrunner.com) for info.

## **FPUU STAFF/LEADERSHIP**

**MINISTER:** The Reverend Lara K-J Campbell.....207-985-3700 (church) [uukennebunkminister@gmail.com](mailto:uukennebunkminister@gmail.com)  
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**ADMINISTRATOR:** Crystal Jones.....[uukennebunkoffice@gmail.com](mailto:uukennebunkoffice@gmail.com)  
**BOOKKEEPER:** Barbara Boscia.....[uukennebunkbookkeeper@gmail.com](mailto:uukennebunkbookkeeper@gmail.com)

## **BOARD OF DIRECTORS: 2017 – 2018 program year**

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