



First Parish Voices

Online Worship Services
Sunday, June 7th, at 10:30 AM
A Lament for Our Times
Rev Lara Campbell and Molly Petrik

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Weekly Update

Worship Wrap Up - Links to Elements in the Service from Sunday

We had a wonderful Wonder service last Sunday!

My [Handy Guide to the 7 Principles](#) made its FPUU debut! Do you want an easy and fun new way to remember the 7 principles of Unitarian Universalism? Look no further!

Our Coming of Age (grades 7-9) participants, participated in and contributed personal videos to this worship service.

Xander led the Vision of the congregation and the offering.

Ella shared a video of her drawing process, taking 2 hours and 27 minutes of drawing and speeding it up to six minutes.

Crow shared their musical process and created a cover of the Mechanisms Lost in the Cosmos.

Lia shared her refreshed space in a bedroom makeover video.

Evyn recorded a reflected on finding our place in the world.

All of the personal videos can be found at [this link](#)!

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!

Flower Festival

Sunday June 14th will be a multigenerational online worship service celebrating the UU tradition of the Flower Festival. The idea for this service came from Rev. Norbert Capek (1870-1942) to remind us of the unity that binds us within our diversity. **Please bring a flower to the service. Your flower may be cut from a garden, colored on paper, created from items you have around the house, captured in a photo - get creative! we will "share" our flowers with each other during the service.**

Bridging

On Sunday June 14th we will also celebrate our graduating High School seniors in an adapted Bridging ceremony. We encourage everyone to attend as we help mark their transition from youth to young adulthood.

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 your Social Justice Committee to complete the comprehensive application. They will be happy to work with you and answer any questions.

Share the Offering for the month of June

COS (Community Outreach Services) will receive our church's Share the Offering for the month of June. COS is celebrating its 30th year anniversary as a 501C3 organization with a mission of coming alongside those in Kennebunk, Kennebunkport and Arundel who are faced with food, fuel and other specific needs emergencies. Now in the face of the Coronavirus pandemic, needs of all kinds for so many are unprecedented. COS has been asked to lead emergency assistance in the 3 towns of the Kennebunks. It is a massive effort. Donations are more important than ever. For more information on COS and how to volunteer, consult the COS website coskennebunks.org. We can all help COS in its mission to provide hope with the help it gives.

Kathe Wright, FPUU representative to the COS Board and sponsor of COS for Share the Offering for the month of June

Coming this Fall: UU Wellspring, Year Two

What is UU Wellspring?

UU Wellspring is a 10-month Unitarian Universalist program of spiritual deepening and connection. It offers participants an opportunity for more joyful living, increased congregational leadership, and faithful justice making in their lives and in their communities. UU Wellspring is for congregations interested in fostering spiritual growth in a uniquely UU context through an intentional, curriculum-based program of daily spiritual practice, spiritual direction, study and reflection, and small group meetings. Since its development in 2005, UU Wellspring programs have been implemented in more than 26 congregations nationwide.

How did UU Wellspring year one go?

This first year, our pilot year, is almost over. Rev. Lara and Amy Wood have been co-facilitating a group of seven members, all of whom had expressed an initial commitment to their ongoing spiritual growth.

What do I need to know if I'm thinking about participating in UU Wellspring year two?

Our second year will start in September, beginning with a weekend retreat. Two-hour group sessions will be held every other week throughout the church year. You can find out more about UU Wellspring at <https://uuwellspring.org/> or you can talk with Rev. Lara (uukennebunkminister@gmail.com), Linda Thompson (LindaBear33@aol.com) or Margaret Jones (margaretj@maine.rr.com). We hope you'll join us!

A Note From the Social Justice Committee and Your Minister

On Tuesday, May 26, 2020, we watched as a white policeman choked George Floyd, a black man, to the point of unconsciousness. The white policeman knelt on Mr. Floyd's neck, while Mr. Floyd rasped out that he couldn't breathe. Three other police stood by and did nothing. The fact that he was being filmed by onlookers who also pleaded with him to stop choking Mr. Floyd did not make him reconsider or stop what he was doing. George Floyd died shortly afterward. When will there be consequences? Yes, the four police were fired from their jobs. That is not enough. There must be charges; there must be serious consequences, or we are allowing this senseless killing.

On the night of May 26th, hundreds of people protesting George Floyd's murder were pelted with rubber bullets and tear gas. This is in conflict to a few weeks ago, when mostly white protesters carrying assault rifles entered the State House in Michigan to protest covid-19 restrictions. Police calmly watched them, respecting their right to protest.

The Reverend Lara Campbell and Social Justice Committee of First Parish UU Church, join with every person with a conscience in denouncing the abuse of power by police, especially against people of color. This must stop.

Want a Chance to Make A Difference?

Something on your mind? Got a bee in your bonnet or just a desire to make a joyful noise? Ever suffered from ZOOM Pulpit Envy during worship? Well this is your chance to make a difference! During online summer services, we have the opportunity to welcome worship leaders from many backgrounds and educational levels and all kinds of great ideas. If you or someone you know is interested in leading a summer service, we would love to hear more about it. A member of the worship committee will assist you in creating a virtual Sunday summer service. Contact any member of the worship committee so we can start planning!

Merideth Norris witchdr910@aol.com 207-664-3569

Susie Desantis (Landgrebe) Naturalsuki@yahoo.com 207-423-2772

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WIONN (Welcoming Immigrants Our New Neighbors)

Right now everything is on hold for so many of these people. We have 3 families facing asylum hearings with no lawyer, and no money to hire one. Whether they will have their hearing postponed, or online is still unclear. All the legal aid groups in Maine are on way overload so can't take new people. If you know a retired lawyer who would like to volunteer some help, or would like to help fund some legal aid get in touch with Marylyn at marylyn.wentworth@tnsk.org.

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.

Now is the time to help our Neighbors! And we can, by helping COS now.

COS of the Kennebunks is coordinating efforts to help our neighbors in need in these difficult times. If you need food assistance the COS food pantry is located at Vinegar Hill Theater located at 53 Old Post Road, at the corner of River Road and Old Post Road.

Hours for picking up food are 2 pm - 4 pm M-F, as well as Tuesday 4pm to 6pm and Friday 9am to 10am. Anyone who needs food assistance is welcome, and other types of assistance are also available. Food can also be delivered to you if you cannot come to a food pantry. This service is available to anyone living in the 3 towns of the Kennebunks. Simply contact the General Assistance office of your town. You do not need to qualify for General Assistance for this service.

The best way you can help COS help our neighbors now is by donating funds, either through their website: coskennebunks.org or by check sent to: COS, P.O. Box 1175, Kennebunk, ME 04043. You can be sure all donations can be put to good use!

We are strong! With everyone's kindness and help we will get through this together!

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

Porch “Drop Box”

We have installed a small black mail “drop box” by the outside porch door. This will allow you to drop off pledges, Hannaford, and the like. Please do not leave any cash or valuables in the box. You should use the “milk box” on the porch for larger communications. Clynk bags will be left in the “milk-box”

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?pwd=WWhwSzJzbi84c3YxRU1vZkZlJ5RG5GQT09>, Description: Join Zoom Meeting

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

Reaching the staff and minister – We are here for you

Minister: Rev. Lara Campbell is always available at uukennebunkminister@gmail.com or her cell phone. Lara is always here to meet with you via Zoom or phone appointments.

Administrator: Crystal Jones will be working from home Monday thru Friday from 9 am to 12 pm. The best way to reach her is at uukennebunkoffice@gmail.com. She will check the office voicemail daily and respond to your questions.

Director of Religious Education: Emily C. Jones will be working from home, she can be reached at uukennebunkdre@gmail.com.

Music Director: Moly Petrik will be working from home, she can be reached at uukennebunkmusic@gmail.com

Bookkeeper: Barbara Boscia will come into the office. You can reach her at uukennebunkbookkeeper@gmail.com

NEW: BUDDHIST INSIGHT DIALOGUE MEDITATION

A DAYLONG RETREAT

Saturday, June 13, 9:30am – 4:30pm Zoom

A Day of Relational Practice

“Walking the path *Together*: An Insight Dialogue Retreat
in Challenging and Uncertain times.”

with Jan Surrey and Jaylene Summers

We will take refuge in the Triple Gem of Buddha, Dharma and Sangha as a source of wise relationship and compassionate action in these challenging and uncertain times. Through Insight Dialogue, we will explore the power of spiritual friendship to enhance our practice of refuge.

Insight Dialogue is a fully engaged relational meditation, practiced in dyads, small and large groups. Six guidelines are offered to support this practice: Pause, Relax, Open, Attune to Emergence, Listen Deeply and Speak the Truth.

Our lives are lived in relationship. With Insight Dialogue we can experience greater ease, freedom from suffering, and support for shared awakening. We create these conditions in ID practice and then, through direct application to our lives, we can be of greater benefit to ourselves and others.

The retreat is suitable for those new to Insight Dialogue practice with some meditation experience as well as those more experienced with Insight Dialogue. For More Information or to register please contact Jaylene Summers; jaylenesummers@gmail.com or 207-985-7412 Thanks

Buddhist RiverRun Insight Dialogue Sangha on ZOOM

“That there’s a place that we can be inside of ourselves, inside of the universe, in which and from which we can appreciate the delight in life. Where we can still have equanimity, and quality of presence, and the quietness of peace.” - Ram Dass

Insight Dialogue Meditation is now offered on ZOOM, Saturday, June 6th, 10am-noon. FMI please contact Jaylene at jaylenesummers@gmail.com or 207-985-7412.

Insight Dialogue is a fully engaged interpersonal meditation practice. It is grounded in Insight Meditation and was developed by Gregory Kramer. We are cultivating the Beautiful qualities of Benevolence, Compassion, Joy & Equanimity with other teachings. These enable us to bring courage and compassion and to develop resilience in this unprecedented time of upheaval and uncertainty.

ALL are Welcome. If you are new to this practice, please contact me beforehand so that I may offer some guidance. 207-985-7412. If you will be attending kindly RSVP and I will send an invite to zoom. Thank you, may all shelter safely, healthy and protected. With Metta, Jaylene

🎵 Choir Notes 🎵

“Strange days, indeed! Most peculiar, Momma!” – John Lennon

As we long for each other’s presence, we find the means to do the best we can to hear each other sing and to see each other’s smile. And, we check in and comfort those who have fewer reasons to smile. A digitally constructed electronic facsimile is not enough, sadly. It’s a hard reality, among many, that we have recently run headlong into.

I don’t know much about the history of the FPUU choir, being a relative newcomer, myself. Also, I have only been a choir member for about a year. Being a musical rogue, an outlier, I contemplated for a long time whether it would be a good fit for me. Yes. It is! If, for anything, it’s nice to just open the throat and belt it out. And, it’s the sense of community that is probably most important in anything we do. (Or, MORE community, if you love being with people, as I do.)

We have overcome some of the barriers. I enjoy the time that the choir has online, during our regular practice sessions, of trading stories and song. That goes for Song Swop, as well, which is now a virtual event. The best that we can do is more satisfying than not.

Those halting broadband and compression schemes, that were designed for teams developing backpacks for retail chains, can’t hold us back! I am, as many of you know, a stickler for clean audio. But I can hear your beautiful music through the garble, tiny mics and speakers, noise and delays. Lest we forget, music existed long before recording and broadcast. Despite what you can learn from it, listening to music on an Edison cylinder can be a challenge, even though it was once a marvel of technology. Count your blessings.

So, to many having a tough time and even those who are not: Sing! Sing a lot!

Have a great summer! -Bruce Childress

From the Archives

June 2020

A few bits from E.E. Bourne's "History of Kennebunk:

Anyone have a relative in their past with some of the more unusual ones?

"We find on the early records of the town, on old deeds and other ancient documents, the following Christian names of persons who were residents in Wells and Kennebunk: Bazelial, Hezekiah, Jedediah, Lazarus, Sarathiel, Zachariah, Zebulon, Bathsheba, Comfort, Consider, Dorcas, Dorothy, Diadema, Hepsea, Hepsibah, Iset, Jemima, Jerusha, Johannah, Katherine, Keziah, Lowhannah, Mercy, Merriam, Merribah, Panoply, Patience, Patty, Pethular, Philadelphia, Philomela, Prudence, Shuah, Susannah, Tabitha, Temperance, Terza."

"Cape Porpus was totally destroyed by the Indians the tenth of August, 1703. Bradbury says it probably never had contained more than two hundred inhabitants up to that date. Some of the former residents returned and a few new settlers came in; in 1714 the population continued to increase and in 1719, on petition of the inhabitants, the town was re-incorporated by the Massachusetts General Assembly and its name was changed to Arundel.

"The greatest fall of snow ever known in New England was in 1717; the storm continued six days and the depth of snow was eight feet upon a level. Many buildings in the country were buried up in the drifts."

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!

- **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
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ADMINISTRATOR: Crystal Jones.....uuKennebunkOffice@gmail.com
BOOKKEEPER: Barbara Boscia.....uuKennebunkBookkeeper@gmail.com

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