



## Midcoast Unitarian Universalist Fellowship

### Worship Invitation January 29, 2023



#### **Jan. 29: Finding Our Center**

Finding one's center is a fundamental part of many religions and spiritual practices in the world. In our secular, commercial world, centering is becoming more acceptable as a practice for executives and sales people. Still, our culture continues to emphasize speed and superficiality rather than slowing down and becoming acquainted with our own selves, with our bodies, with our core values. Let's explore our centers together.

*\*\*\*Our Share the Plate recipient will be **Restorative Justice Project Maine (RJP)***

#### **LIVE AT SKIDOMPHA LIBRARY AT 10:30 am**

**While we continue to recommend vaccination and the wearing of masks during Sunday services, we are no longer requiring them.**

We will continue to operate our high capacity Blueair air purifiers in Porter Hall during services. You may also join us via Zoom.

10:30 am using the zoom link below:

<https://us06web.zoom.us/j/93286813206>

Meeting ID: 932 8681 3206

One tap mobile

+13017158592,,93286813206# US (Washington DC)

+13126266799,,93286813206# US (Chicago)

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 932 8681 3206

Religious Exploration

# Finding our center: Yoga practice with Sarah Plummer



*St. Bridget's Cross*

**Join us to celebrate  
Imbolc**

**Wed. Feb. 1, 6-7:30 PM  
Friends Meeting House**

**Snow date: Feb. 15**

**RSVP to  
[re@uumidcoast.org](mailto:re@uumidcoast.org)**

## **“Getting Onboard”**

**Saturday, February 4, 4-6 pm**

***Join us at the Waldo  
Theatre in Waldoboro  
for this very special event!***

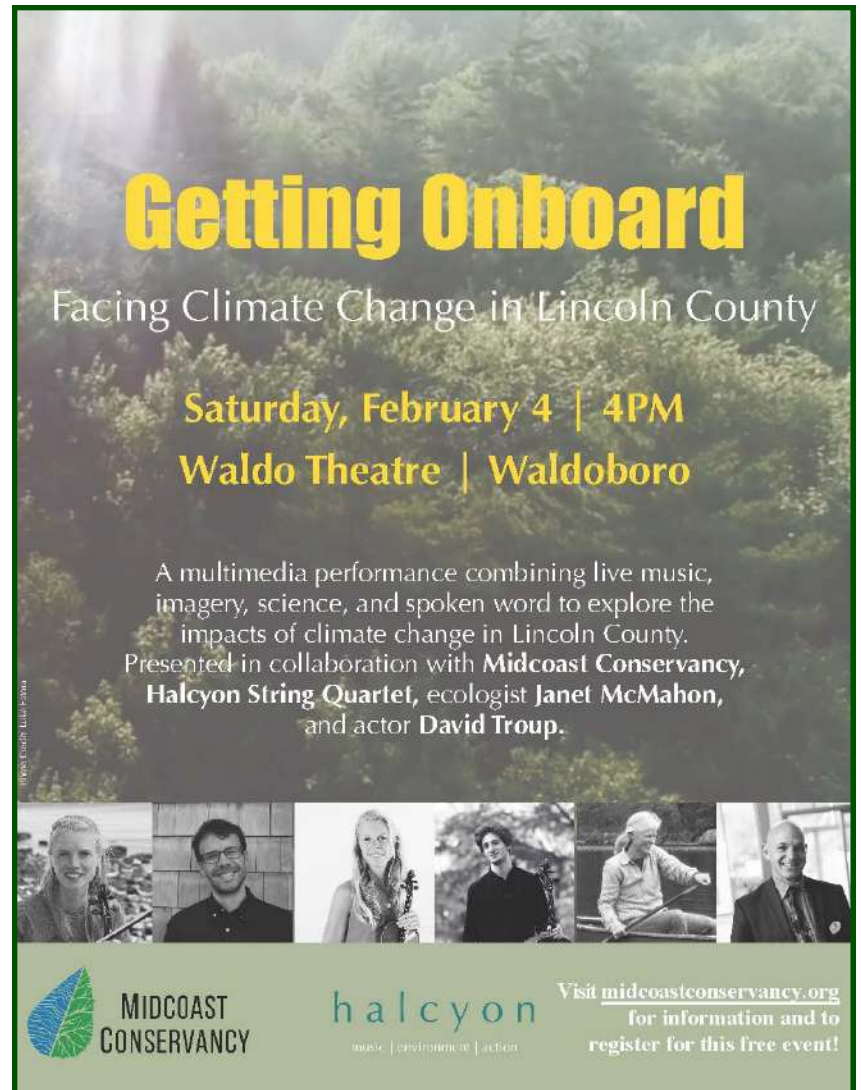
In collaboration with Midcoast Conservancy and ecologist Janet McMahon, "Getting Onboard" is a multimedia performance combining live music, imagery, science, and spoken word to explore the impacts of climate change in Lincoln county.

The hour-long show examines landscape diversity, present and future climate projections, and ideas around increasing ecological and community resilience. Halcyon's performance will feature a variety of music including excerpts from a newly commissioned work for string quartet and narrator by composer Nathan Davis and featuring narrator David Troup.

The work incorporates the perspectives and reflections from members of our community as we collectively respond to the challenges and opportunities that climate change inspires.

General Admission seating, doors open at 3:00 pm, and refreshments will be available.

The event is free but registration is required, as seating is limited.



**[Register here!](#)**



## Social Justice

### **Maine Unitarian Universalist State Advocacy Network (MUUSAN) News**

MUUSAN is a statewide advocacy and public policy network anchored in our Unitarian Universalist faith and animated by its principles.

The 131st legislative session has already produced 212 bills for consideration, each with sponsors and a committee,

so we have our work cut out for us! Here is a summary of the bills we worked on last session. ([Link: http://www.muusan.org/legislativeagenda13th2nd.html](http://www.muusan.org/legislativeagenda13th2nd.html))

The issue groups have started meeting and there is a process going on to determine what bills we would like to focus on.

Mary Finn will continue to be our Congregational Legislative Liason. Let her know if you would like more information 781 866 3317.



**Anti-racism Vigil:** The weekly Monday vigil's are from **12- 12:30pm** at the Newcastle Veterans Memorial Park. Check [PUAR's](#) Facebook page for updates. The Facebook page now also includes a calendar with listings of ways to explore Antiracism and Colonialism here in Lincoln County and beyond. See the Facebook page for details. Several of our members are participating in the White Awake online program and the book read of Caste by Isabel Wilkerson. Lots going on!

\*\*\*\* Please email all newsletter articles and website information to:  
[news@uumidcoast.org](mailto:news@uumidcoast.org)

Worship Invitation Plus Weekly Newsletter Editor: Jennifer Ober