

MUUFLETTER for February 2018

Newsletter from Midcoast Unitarian Universalist Fellowship

SUNDAY SERVICES SCHEDULE

Always at 10:30 a.m.

Porter Meeting Hall, Skidompha Library

Entrance on Elm St., Damariscotta

February's theme: LOVE

Feb. 4: Tell us, "What Is It You Plan To Do With Your One Wild And Precious Life?"

Our theme for February is Love. Today, worship Associate Bob Whitmire will lead a discussion about Mary Oliver's famous poem "The Summer Day", which appears to be a simple musing on a visit from a grasshopper on a summer day, but invites us to look deeper for greater and more nuanced meanings, not the least of which is love in all sizes and flavors. To close the service, our own John Adams will gift us a solo performance of "The Impossible Dream" from Man of La Mancha. This is the first of four of John's Sunday performances "bought" by members of the congregation at our fundraising auction last year. You can read "The Summer Day" here: <https://wordsoftheyear.com/2015/06/21/the-summer-day-by-mary-oliver/> or listen to her read it here: <https://www.youtube.com/watch?v=16CL6bKVbJQ>

Feb. 11: "Making Our Relationships More Loving"

by Rev. Erika Hewitt. Whether the "love" you seek and sustain is part of a romantic union, a friendship, or a larger community, we could all use more of it. After presenting her favorite definition of love, Rev. Erika will

explore the reality that people are not always loving and loyal. What do we do with that truth?

Feb. 18: Worship Associate Sally Sapienza will lead a service where the congregation together remembers powerful ways in which people express love to each other, the worlds they live in, and to the Spirit of Love. From ritual and poetry, the "silly" love songs that fill the world, and our covenant with each other. Please join in the festival of love. Our **SHARE THE PLATE** offering will be given to New Hope for Women.

Feb. 25: Rev. Kim Hoare, guest minister, is the Executive Director at the Carpenter's Boat Shop. She is an ordained minister in the United Church of Christ (UCC) and served two churches prior to becoming the director upon the retirement of its founder, Bob

continued on page 2

Minister's Column



Last month, one night after dark, I was in the final stages of preparing to fly to the other end of the country for a clergy conference. One task remained: I hadn't packed anything yet — but I decided to put that off until after I'd gone for a walk. As I approached my house at the end of that walk, I spotted my elderly neighbor standing on his porch. He looked dazed, so I asked if he was okay. When he said he felt a little dizzy, my heart sank: I've learned that when an older man in Maine tells you he feels "a little dizzy," it's regular person speak for "I am either going to die in an hour or tomorrow morning."

Even before I could change out of my ugliest yoga pants, I hustled my neighbor into my car. A few minutes later, we were en route to the crowded emergency room. Miserable patients were overflowing into beds lining the hallways, signaling a long wait. The only redemptions of the hour-long wait were a gorgeous, smiling toddler in the waiting room, and the tenderness of the overrun ER staff, who I wanted to adorn with gold stars, superhero capes, and tiaras.

After a couple of hours, my neighbor's brother drove into town so that I could return home to pack — and finally get some sleep. (A couple of days later, my neighbor made a full recovery.)

Love is an action, and love is a choice. I sat in the ER with my neighbor, whose first name I didn't know before that night, because he needed me to, and because I could. It was less important for me to get those extra hours of sleep than it was to know that he was being cared for, and didn't feel alone.

Love is a paying it forward; sometimes, love is a paying *back*. I sat with my neighbor because others have done that for me: they have driven me to the ER and waited with me; they've held my hand during fearful medical procedures: they've rubbed my back while I cried in pain and when I cried in grief.

Love is something we discover and rediscover, every day. As we explore the theme of "love" this month, where can broaden your definition of love? Where might you strengthen your choice to show love to others? And — when you need to feel loved — how might you risk naming that, so that others can share their love with you, and remind you that you're not alone?

Yours on the journey,

Rev. Erika

SUNDAY SERVICES, continued

Ives, in 2012. The Carpenter's Boat Shop is a small non-profit and intentional community that is committed to "Building Boats, Nurturing Lives, and Helping Others." Community life at the Boat Shop is based upon the 7 elements of a balanced life found within the Rule of St. Benedict: work, worship, prayer, study, hospitality, re-creation, and service. Kim will explore these elements of balance, not just through the lens of the Boat Shop, but also in our own daily lives. In a world filled with anxiety, stress and fear that often feels so out of balance, how might we each personally seek to find our balance in order to live a life of care, compassion and courage.

"Love" questions to ponder:

- What do you love? Tell someone (or remember for yourself) the story of when you first encountered one of your loves.
- How does it feel to be with the person or thing you love? How do you feel when you are apart from it or unable to do it?
- Think of a time when you've practiced love, or witnessed someone else practicing love. What was the situation? The action taken? The response of the person receiving the action of love?
- Are there changes you could make in the way you live, today, that would ground you more firmly in love?
- Mary Oliver writes: "You only have to let the soft animal of your body love what it loves." What would you have to do to "let" yourself love what you love? How could we help each other achieve that?
- Where does your "cup runneth over" when it comes to love? Where do you feel a longing for more love?
- Are there ways that our congregation can live more firmly grounded in love?
- Our congregation's mission includes the promise to "love joyfully, without limits." How could we love more joyfully?

SAVE THE DATE: Sunday, March 11th

Our worship theme in March is **Aging**. Following Rev. Erika Hewitt's worship service on March 11th, please stay for a workshop from noon to 1:00 p.m. led by Dr. Rob Hunold. Dr. Hunold is a primacy care physician who's experienced in Hospice and palliative care. He's witnessed many "lonely deaths in big hospitals," and is committed to helping people understand advanced health care directives, living wills, and dying well.

Message from the President



Dearest Fellowship & Friends,

Hopefully January has turned out to be a restful and rejuvenating month after the holidays. The Fellowship has been busy putting on and hosting a variety of MLK events that I hope many of you were able to attend. And thanks to Carney and the other RE volunteers, our RE programs have been expanding to including OWL and an Imbolc service.

The new 2018 Board has met for the first time, and I am excited to work with this excellent group of people. We as a Board are also looking for ways to be accessible to the Fellowship. If you have questions or comments or concerns, we hope you will reach out to us. And in case you're not sure who "us" is:

President: Caity Bogdan
Vice President: Rosie Davis
Secretary: Sandy Barth
Treasurer: Dick Ober
Trustees: Michael Mason
Carol Robins
Bob Whitmire

Feel free to say hello at Fellowship, or look us up in the directory to get in contact. Next month we will have our retreat and begin to dig into our work for the Fellowship this year, hoping to fulfill our mission: *Nurture Spiritual Growth, Engage in Justice, and Love Joyfully without Limits.*

Looking forward to the month ahead!

Hospitality Schedule

Feb. 4 - Dick & Jennifer Ober (Purple Pod)
Feb. 11 - David Bailey (Indigo Pod)
Feb. 18 - Kate Pennington (Green Pod)
Feb. 25 - Rosie Davis (Red Pod)
Mar. 4 - Tiffany Vencile (Blue Pod)

Greeters

Feb. 4 - Rosie Davis
Feb. 11 - John Adams
Feb. 18 - Bill Child
Feb. 25 - *Your name here*
Mar. 4 - Rosie Davis

Greeting each week is one of the most important volunteer roles in making our guests feel welcomed by our congregation. If you would like to become part of this already awesome team please email Sandy Barth [at sbarth1942@gmail.com](mailto:sbarth1942@gmail.com)

Hospitality/Membership Corner

We continue to see new faces on a weekly basis and are delighted that new people are seeking us out for a religious / spiritual experience. And there are new families joining us so that the rug used for a Time for All Ages is getting crowded. The kids seem quite happy to crowd in with each other.

Rev. Erika is planning to have an After-Service get-together with those who are relatively new to the Fellowship on Sunday, February 11th. Anyone will be welcome to stay for this (after a brief Refreshment Time) but it will be especially geared to newcomers who may have questions. If you are new to us since the Fall months, you will get a specific email invitation the week of February 5th. Child care will be available.

This season's Circle Suppers got off to a great start on Friday, January 19th at the Baileys with a table of 8. A couple of other people have indicated they might be interested in hosting a dinner (or it could be a lunch) but definite plans have not been made. When we have more definite dates, we will announce them in the Newsletter and/or the Order of Service. They're fun and not a huge amount of work for the host/hostess since everyone brings a contribution for the meal. Let Sandy know if you might be interested in hosting and we'll get sign-up sheets posted.

The weather has been so unpredictable and changeable that any plans for outdoor activities (such as walks, snowshoe treks, etc) are on hold til the weather improves. In the meantime, it's been suggested that we might start a Book Discussion Group. Sandy is looking for someone to take this on - come up with a suggested read and set a time and place for a discussion. Hopefully, this will appeal to some of our avid readers.

Stay warm and be sure to spread that warm, welcoming hospitality on Sunday morning.

Sandy Barth sbarth1942@gmail.com

"Contact the Minister" reminders:

- Rev. Erika Hewitt is available by email, text, and phone every day except Tuesdays & Wednesdays (although you should contact her anytime if you have a pastoral emergency): erika@UUminister.com and 207/650.5757

- While Erika monitors our congregation's Facebook page and its messages, she strives for personal privacy on her personal Facebook page by not accepting friend requests from Fellowship members & friends.

- Please do not use Rev. Erika's email address to send large group messages, articles, petitions, and the like.

Thank you for understanding!



Religious Exploration

Carney Doucette, Director

**Spirit Play Stories
for February
are focused on Love**

February 4 - I Love you Sun, I Love You Moon

February 11 - Somebody Loves You, Mr. Hatch

February 18 - Big Al – a story about Friendship

February 25 - RE Special: Spread the Love Faith
in Action

Spread the Love Faith in Action

On Sunday, February 25, children will participate in a Faith in Action project with Deb Lomas. They will be making cards for those in MUUF who need some extra love. If you know of someone who might enjoy a card, please contact Carney at mid-coastuure@gmail.com or let Deb Lomas know.

Snowy Sunday? Use Zoom!

During the winter, your Fellowship leaders may decide to cancel worship in the interest of safety. If that happens on **February 11th**, Rev. Erika will open her "Zoom room" at 10:30 a.m. on that Sunday for a brief online gathering.

Zoom is a videoconferencing platform. You have the option of using your computer to see Rev. Erika on video, or just use your phone to call in and listen/talk. Erika will lead a chalice lighting, joys and sorrows, a meditation, and group discussion. It'll be shorter and less formal than a worship service, but Zoom will allow us to connect before we go back to our shoveling/jigsaw puzzling/hot chocolate guzzling.

To join by computer:

1. Go to www.Zoom.us
2. Click the blue heading "Join a meeting"
3. Enter Erika's designated number:
749-979-5863

To join by telephone only:

1. Dial 646 -558 -8656 or 408- 638- 0968
 2. Enter meeting ID: 749 979 5863
-

MUUF CREW AT THE COMMUNITY SUPPER ON THE LAST DAY OF JANUARY



Photos by David Gay

