

MUUFLETTER for October 2019

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

October's theme: Covenant

October 6: "Listening as a Tool of Covenant"

guest preacher Dr. Mary Gelfand; worship associate Patti Anderson

The world is full of voices screaming for our attention. How can we refine our listening skills and tune into the voices that really matter? Join us for an exploration of the sacred act of Listening. Dr. Mary Gelfand is a devoted UU and an interfaith minister ordained by the Chaplaincy Institute of Maine.

October 13: Join your worship associates Courtney Belolan and Tiffany Vencile on Pumpkinfest weekend as they lead a shorter version of fellowship with a hymn sing and guided meditation.

October 20: "A Promise-Making People"

Rev. Erika Hewitt

Unitarian theologian James Luther Adams posited that human beings become human by making individual and collective promises. As UUs, our promises extend to the vulnerable and the fragile—and live at the heart of our justice work. **This service will include special music by Jud Caswell** and a salt ritual to help us recommit to being people of justice. Our SHARE THE PLATE offering will be given to Wabanaki REACH.

October 27: "You Wake Up With Yourself"

guest preacher Lisa Kynvi; worship associate Rev. Erika Hewitt

There are covenants we enter into with others, and there are those we make with ourselves when we come to terms with our essential human condition: I am the only person I will be with every day of my life. Join us as we explore how covenanting to care for ourselves always offers something tremendous that we can do during these times of ongoing social and political turmoil throughout the world.

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Minister's Message



"Building community is an on-going spiritual practice of our Fellowship." —Midcoast Unitarian Universalist Fellowship Covenant

"All of us love poorly at some point, and infusing our community with ownership and repentance is contagious. Say you're sorry. Ask forgiveness. This leads not only to stronger relationships but to better humans, and this world needs better humans." —Jen Hatmaker

"All of us love poorly at some point." This is as obvious a statement as "all of us breathe air" and "all of us would rather hold a puppy than unclog a drain." Some things are just true about being human—just as it's true that the world needs better humans.

In our congregation, we're up to the task of loving one another better, and being better humans. We say so explicitly in our Covenant: the values and promises that guide our relationships within the congregation. One of the reasons I love this Fellowship so much — one reason I love you so much — is that we're not afraid to be vulnerable and humble in strengthening our relationships with one another.

As your worship team and I were preparing for this month's theme of **covenant**, a UU minister in another state reached out to me for advice. Rev. "Sam" has read my anecdotes about how boldly we live our covenant, and wants to inspire the congregation they serve to develop more intimacy and trust in each other. Rev. "Sam" named the Midcoast UU Fellowship as a teaching example of how to do that.

Of course, the reason we live out our covenant is for us, and for each other. We do it for the wholeness of this Fellowship and our shared ministry. But Rev. "Sam" and I want you to know that our Fellowship's work of strengthening relationships has ripple effects: we inspire other UUs. That doesn't mean

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SUNDAY SERVICES, continued

Friday, November 1: All Ages Pizza Night, 5:15 to 6:45 p.m. Join Rev. Erika Hewitt for pizza, get-to-know-you games, and an all-ages program about Samhain (pronounced SOU-en), the pagan holy day—it falls halfway between the autumn equinox and winter solstice—that gave rise to Halloween and All Souls Day.

November 3: guest minister Rev. Alix Klingenberg worship associate Courtney Belolan
daylight savings — clocks go BACK one hour

Minister's column ... *continued*

we're perfect; it does mean that we're doing good work.

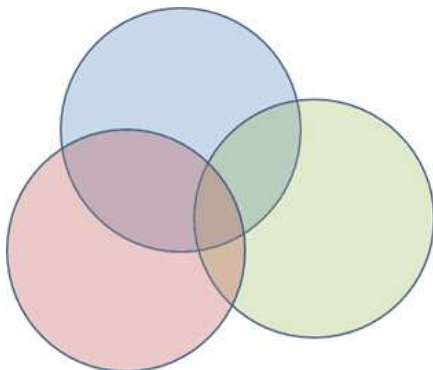
I breathe air. I would rather hold a puppy than unclog a drain. I love poorly, sometimes. But I also try to say I'm sorry; to strengthen trust; to live out our covenant. And I love serving you as you do that, too.

In faith,
Rev. Erika Hewitt
minister@uumidcoast.org

New Email Address:

Rev. Erika is changing her email contact for the Fellowship. Please change your email for our minister to minister@uumidcoast.org.

As a reminder, our half-time minister prioritizes personal interaction and communication, but Rev. Erika asks you to **please not use email to send her links, petitions, or other articles**. Erika would be more than happy to talk by phone or meet in person to discuss issues that are important to you.



Covenant Circles

Are you seeking greater connection and deeper friendships with your fellow congregation members? Join Rev. Erika and Jayne Gordon (Membership Chair) for the fall's first Covenant Circle: a small-group, deep-listening, spiritual-discussion experience. (There will be more in November!)

We'll gather in our worship space on **Monday, October 21st from 3:30 to 5:00 p.m.** Rev. Erika and Jayne will present several topics to choose from, establish a few group guidelines, and invite the conversation to unfold. If we have 7 or fewer participants, we'll meet in one group. If we have 8 or more, we'll divide into two groups. **Questions? Interested in future Covenant Circles?** Please call Jayne: 508-577-4599.

Message from the President



Greetings friends,

Autumn is here although the summer weather is hanging around!

This is the busiest time in our Fellowship as we attend to our annual business, fulfill our pledges for 2019 while determining our pledges for 2020.

Please review your 2019 pledges and pay in full as soon as you are able. If you have questions regarding your remaining pledge, please email our treasurer, David Bilski at treasurer@uumidcoast.org.

2020 pledge forms have been mailed out and we are requesting we receive your pledge promise for 2020 by September 29th or the first week of October as this is when your board are meeting to plan the budget for 2020. You do not have to be a member to pledge but you do if you wish to vote in our 2019 Annual meeting on Sunday, November 17th after worship. To become a member, please see Jayne Gordon, myself or Reverend Erika.

Thank you in advance for your generosity and your vision for our Fellowship.

In faith,
Rosie

Hospitality Schedule

Oct. 6 - Green Pod - Kate, Phyllis,
Deb Arter, Tim & Karen

Oct. 13 - Red Pod - Rosie, Bob & Deb Lomas

Oct. 20 - Blue Pod - Tiffany, Joelle & Kay

Oct. 27 - Purple Pod: Jennifer & Dick,
Bob & Joan

Nov. 3 - Indigo Pod - Lindy, Rob & Molly



RE Sunday Mornings

Carney McRae Doucette,
Director of
Religious Exploration

We began exploring tools of faith. This past month, we learned about covenants and how we can co-operate to create these "rules," and agree to them. The RE group made their covenant for this year. We also had our first *Mindful Sunday* with Lindy Gifford sharing the art of doodling as a practice to focus and calm oneself. She also offered this to adults after worship.

Sunday, October 6 – Toolbox of Faith –
Compass/ Integrity Part I

Sunday, October 13 – Toolbox of Faith –
Compass/Integrity Part II

Sunday, October 20 – Mindful Sunday – Nature walk

Sunday, October 27 – Toolbox of Faith –
Duct Tape/Flexibility

On Sunday, October 20th, we will take a walk in nature to explore how this practice can re-energize and refresh one's soul. We will experiment with walking and sitting in silence, and seeing what objects in nature bring a feeling of calmness or joy to ourselves. We will need a few drivers to take us over to Great Salt Bay Farm for our walk through the woods and fields following a Time for All Ages. If you can help, contact Carney McRae at re@uumidcoast.org. We will have permission forms available that Sunday.

Thanks to the Presenters of "From You I Receive"

Those of you that were not at the September 22nd Service missed a wonderful presentation of being on the receiving end of generosity.. Each of the seven spoke from the heart and very eloquently on a wide variety of experiences that ranged from being saved as a young man in a blizzard on Mt. Washington, receiving a life-saving medical treatment from another person, and learning to accept support during tough times to the joy of anticipating the birth of a new baby from a surrogate mother and a wonderful family trip due to a relative stranger's home hospitality. So thanks to O'Doshie, Molly, Dick, David, Jill, Anna and Sasha. While many of these experiences were truly acts of significant generosity, David also reminded us of all the small acts of generosity that many of us

either give or receive on a daily basis, and for which we are most grateful.

After many years of chairing the Sunday Program Committee for the Fellowship and coordinating many services, I have often said that many of the most memorable services are those that are presented by our own members and friends. We are grateful to have Rev. Erika as our half-time minister and her thoughtful and carefully constructed services and sermons, don't make the mistake of passing up a Sunday morning service because Erika or another minister is not preaching.

Sandy Barth



M.U.U.F. Members Join Students and Other Maine UUs for the Brunswick Climate Strike Event

Several members of our Midcoast Unitarian Universalist Fellowship drove to Brunswick on Friday, September 20th to participate in the global youth-led Climate Strike. In the photo from L to R are: Robin Hansen (U.U. Church of Brunswick), Phyllis Loney (MUUF), Bowdoin student, Jill Linzee (MUUF), Bowdoin student, Lindy Gifford (MUUF), Melanie Lanctot (U.U. Community Church of Augusta). MUUF member David Bilski took the photo. [Students had to leave too quickly after photo to get their names - sorry] It was a big crowd, so there may have been other Maine UUs there that we didn't see.

Community Supper is October 30th from 4:30-6 at the Congregational Church in Newcastle. Come volunteer to help make a meal for the greater community and to get to know your fellow UU members! Tiffany provides the main dish and we are always looking for folks to make the side dishes. Bring a friend and invite others. We provide a delicious meal and great company! Hope to see you there. Contact Tiffany Vencile at willeywonka@hotmail.com or Molly Davis at organicearthstar@gmail.com.



Join Us for An Evening of the Rich and Beautiful Music of Gordon Bok
Tuesday, October 15th at 7:00pm
Lincoln Theater in Damariscotta

Would you like to hear this music, but don't have the extra cash to buy a ticket? A very generous member of our Fellowship is offering to cover the cost of tickets for members and friends of MUUF who otherwise wouldn't be able to attend. If you'd like to take advantage of this offer, simply email Jill Linzee at jlizee@comcast.net or call 207-677-3703.

Who is Gordon Bok?

Some of Bok's earliest recordings were on Folk Legacy Records, based in Connecticut. This year (2019), the Folk Legacy collection was acquired by Smithsonian Folkways, a testament to the high regard for the quality and significance of these recordings. Gordon's legacy includes thirty-four recordings featuring his own compositions and traditional and contemporary folk songs from around the world.

Bok has always been an innovator. As a young man in Maine he was the first to bring the contradance tunes of Maine and New Brunswick into the folk guitar repertoire; when all the folk guitar players were picking out "Freight Train", Gordon was playing both guitar and fiddle parts on "Grieve's Handy", and "Hawkins' Handy." Long before the bossa nova craze, he helped bring forward South American music as a living presence into the American folk stream.

His contributions to folk music also include innovations to the instruments he uses. Gordon worked with friends Samuel Tibbetts and Nick Apollonio to develop the acoustic twelve string guitar to a power and diversity of sound unequalled in the field, partly as a result of the "balanced bridge" which he invented in the 1960s. Gordon also helped to promote the 'cellamba* (combined cello/gamba) and viola da gamba as instruments for accompanying folk music. In the 1970s, he developed and marketed the multi-keyed "Bok Whistle", an idea that has taken root in commercial whistle companies, who now build deeper instruments in different keys.

Gordon's extensive repertoire provides a rich well to draw upon for his concerts, guaranteeing a unique experience everywhere he performs. He has never sung the same solo concert twice. Gordon has toured throughout the United States, Canada, the United Kingdom, New Zealand and Australia and has gathered many friends and fans throughout the world. A reviewer for the Village Voice has written, "One of the most moving performers I have ever seen, Bok expresses the core of his experience with his full deep voice and masterful guitar playing."

The concert is a benefit for the Midcoast Unitarian Universalist Fellowship and is expected to sell out, so purchasing tickets in advance is recommended. Tickets are \$20. For information about how to purchase tickets, go to: www.uumidcoast.org. They can also be purchased before and after Sunday services, and at Sherman's Maine Coast Book Shop in Damariscotta. For more information call: 207-677-3703.

Please join Andrew Twaddle and Sarah Wolcott as they carry our Fellowship's banner during the Poor People's Campaign March on Thursday, October 10th. MUUSAN is leading the Unitarian Universalist contingent and UUs will gather at 5:45 pm in Lincoln Park to march in solidarity for a moral revival.

Poor People's Campaign

A NATIONAL CALL for MORAL REVIVAL

MAINE

We Must Do MORE
***Mobilizing, Organizing,
 Registering, Educating***

NATIONAL TOUR

The Rev. Dr. William J. Barber, II
National Co-Chair,
 Poor People's Campaign:
 A National Call for Moral Revival
President, Repairers
 of the Breach



Rev. Dr. Liz Theoharis
National Co-Chair,
 Poor People's Campaign:
 A National Call for Moral Revival
Co-Director, Kairos Center



Leading
towards the
Mass Poor People's
Assembly & Moral March
on Washington
June 20, 2020

*Registering people for
a movement that
votes!*

THURS., OCTOBER 10 – PORTLAND

5:45 pm

MEET-UP & MARCH

Lincoln Park
350 Congress Street

7:00 pm

MASS MEETING*

First Parish Unitarian Universalist
425 Congress Street



For more information, visit bit.ly/MaineMORE







MUUF Immigration Justice Initiative

The Lincoln County ecumenical group for support of asylum seekers met on September 5th to do some further organizing and to box up the school supplies and household items that the various churches, groups and individuals had been collecting during September. Thanks to all in the Fellowship who contributed towards quite a large collection. Andrew Twaddle agreed to help drive a good portion of the boxes to Lewiston for distribution.

The group has decided on a more formal name. From now on we will be known as the Lincoln County Immigration Support Group (LCIS). We will be meeting every other month at the Second Congregational Church with the Steering Committee meeting on alternate months. I have agreed to be on the Steering Committee, especially representing our Fellowship. The next regular meeting of the entire group will be Thursday, November 14th at 2 pm.

The special event in October will be the Director of the Trinity Jubilee Center in Lewiston speaking at the Second Congregational Church on October 28th at 7pm. She will be especially addressing "Refugee Integration"

Unfortunately, at the last MUUSAN meeting on September 14th, there was little time allotted for the small issue groups to meet. The only new news to report from the Racial, Native & Immigration Issue Group. is that the two legislative issues that the group had designated as a #1 priority: 1) LD 777 "An Act to Establish the Permanent Commission on the Status of Racial and Ethnic Populations" was signed into law and 2) LD 1317 "An Act to Restore Services to Help Certain Noncitizens Meet Their Basic Needs" was carried over to the Second Session which will begin in January 2020..

Sandy Barth

Save the Date: Toni Morrison Film - October 22

On Tuesday, October 22, the acclaimed new film about novelist and storyteller Toni Morrison (1931-2019) will be shown at the Lincoln Theater in Damariscotta at 2 p.m. and 7 p.m. This presentation is being sponsored by MUUF's Social Justice Committee in conjunction with People United Against Racism.



"Toni Morrison: The Pieces I Am" offers an artful and intimate meditation on Morrison's life and works. From her childhood in the steel town of Lorain, Ohio, to 1970s-era book tours with Muhammad Ali, from the front lines with Angela Davis to her own riverfront writing room, Toni Morrison leads an assembly of her peers, critics and colleagues on an exploration of race, America, history, and the human condition as seen through the prism of her own literature. Woven together with a rich collection of art, history, literature, and personality, the film includes discussions about her many critically acclaimed works, including novels "Beloved," "The Bluest Eye," "Sula," and "Song of Solomon," her role as an editor of iconic African-American literature, and her time teaching at Princeton University.

Admission will be only \$6, and high school students will be admitted free of charge. Please save the date and plan to attend this special event.

Directory of Members and Friends

Copies of the 2019 Directory of Members and Friends can be picked up at Sunday services.

If you would like a PDF copy sent to you via email, please contact Kate Pennington:

katep@maineantiquedigest.com to request one.

At the end of October we will publish an addendum with anything we missed or got wrong. Please let Kate or David Bilski know if you spot any errors or omissions.

And a reminder: information in the Directory is not to be shared outside of the MUUF community.

Additional Greeters Needed

Greeting each week is one of the most important volunteer roles in making our guests feel welcomed by our congregation.

It's a great way to meet newcomers to the Fellowship and to put names with faces. It's also a vital role in our Fellowship's mission to be a Welcoming Congregation. We have a lot of visitors and we need to live up to our reputation of being hospitable.

If you would like to become part of this already awesome team please contact Sandy Barth at 563-5565 or by email at sbarth1942@gmail.com.

The expectation is to greet about once every six weeks from 10 - 10:30 am. A sign-up sheet is circulated in advance.

Pumpkinfest Parking Problems

On Sunday, Oct. 14, the Pumpkinfest Derby will be at the Weatherbird & Elm St. Plaza from 9 to 11, possible taking up all the parking spaces.

Theater Street will be closed for the Buskers stage with music beginning at 11.

The best way to get to the library parking area is by going down Main St. to Church St. (just past the traffic light), turning left onto Church and then left onto Elm. Expect traffic on Main St. to be slow with folks crossing to view the pumpkins.

There will be a SHUTTLE from Lincoln Academy parking lot. Also from Great Salt Bay School and Homeport on Route 1. Suggested donation is \$1.

(If you are planning to come to the parade on Saturday, Main St. will be completely closed from 1 to 6 p.m.)

