

Midcoast Unitarian Universalist Fellowship

March 2020 Newsletter

SUNDAY SERVICES SCHEDULE

Always at 10:30 a.m.

Porter Meeting Hall, Skidompha Library

Entrance on Elm St., Damariscotta

March's theme: SABBATH

March 1: "Expanding the Sacred Circle"

Bob Whitmire, Worship Associate

In these times, we live within an extremely diverse theological landscape. The term "sacred" may or may not have meaning for us as a society, at least within a spiritual context. MUUF Board member David Bilski explores his personal journey on the road to the sacred, particularly as it applies to the natural world and our engagement with it. His sermon draws on the work of poets Wendell Berry and Gary Snyder, as well as his upbringing in the Catholic Church. Prior to his retirement in 2016 from University of Washington Libraries in Seattle, moving to Maine, and becoming a member of the Midcoast UU Fellowship in June of 2017, David and his wife Jill were members of the University Unitarian Church in Seattle.

March 8: "However You Do It, You're Doing It Right"

Courtney Belolan, Worship Associate

There are hundreds of different ways to meditate, and all of them provide benefits for the mind, body, and soul. Come join Courtney, Kevin Kiely, and other MUUF members in experiencing different forms of meditation.

March 15: "Sabbath in Rest Steps, Tea, and Pockets of Stillness"

Lisa Kynvi, Guest Minister

A whole day for rest and worship each week sounds perfect, and for many of us it's aspirational. How can we enrich and infuse our lives with the wisdom of sabbath, even when the time we can offer it doesn't fall all on one day?

March 22: "When Duty Becomes Pleasure"

Virginia Rickeman, guest minister

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Bob Whitmire

President's Corner

If a month could be a horror movie, or a suspense thriller, that month would be March. In my humble opinion, it's the least trustworthy month of the year. I'm pretty sure Julius Caesar would agree.

Climatically, March is a nightmare. I'm told that's because the Vernal Equinox occurs in March (this year, Thursday, March 19, at 11:50 p.m.). Earth begins to present its northern hemisphere to the sun. The atmosphere starts to warm up, followed by wind, rain, snow, tornadoes—they love March the best, or at least it seems that way.

Maybe because long ago and far away, March was the first month of the Roman calendar. The Romans called it Martius, named after Mars, the god of war. Thursday is Old English for Thor's Day, Thor being the Norse god of thunder. In Latin, Thursday is Iovis Dies, Jupiter's Day. Thus in Romance languages, Italian for example, Thursday is giovedì; in French, jeudi, and so on.

Equinox in March, named for the Roman war god, on Thursday, named in English for the Norse god of thunder and in Romance languages for Jupiter, known to heave lightning bolts from atop Mt. Olympus. I'm feeling a need for a Plan B.

Officially, the equinox marks the first day of Spring, and indeed, if you lived in East Texas, that would be spot on. Here in Maine, we growl and mutter at our radios when people put March and Spring in the same sentence. But worldwide, in southern climes above the equator, March marks renewal, rebirth, resurrection (especially when Easter falls in March).

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Using Jesus' observation that "The Sabbath was made to serve people and not people to serve the Sabbath" the sermon will draw heavily on the writings of Wendell Berry to consider how "resting" serves us individually, communally, and globally. Believing that rest is essential for the health of the whole planet, let's explore the idea that rest is a pleasurable, spiritual discipline.

Virginia Rickeman grew up in Massachusetts spending summers in Boothbay Harbor. Before entering the ministry she studied both biology and horticulture. Ordained in the United Church of Christ, she served for 11 years as an Associate Minister in Minneapolis. Later she accepted a call to West Parish Congregational Church in Bethel, Maine, ministering there for 9 years before retiring to Boothbay, where she shares a home with her best friend, Vicki. She enjoys giving tours at the Coastal Maine Botanical Gardens, and ringing in her church bell choir.

March 29: "Choose Your Own Adventure"

Our first ever "Choose Your Own Adventure" was so popular we decided to try it again! During this Sunday we will begin and end the service together, but the for middle - you'll get to choose one of four different spiritual practices each one led by a worship associate. Join us for this engaging and creative service.



Carney D. McRae

Religious Exploration

RE Sunday Mornings

Sunday, March 1 – Toolbox of Faith: Spirit of Life

Sunday, March 8 – Toolbox of Faith: Courage

Sunday, March 15 – Toolbox of Faith: Listening

Sunday, March 22 – Spirit Play story:

The Peace Book by Todd Parr

Note: Many of our children will be at UU Rockland for the regional pre-teen conference over the weekend.

U.U. Overnight Retreat

Sunday, March 29 – Whole Church worship everyone enjoys worship together!

Pre-teen Conference at UU Rockland March

20-21 – Reminder to families with children, ages 9-12, registrations are due by March 9th.

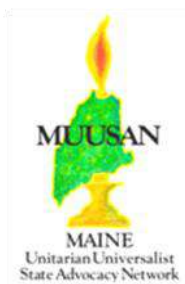
Questions: contact Carney McRae at

re@uumidcoast.org. Thanks to Rob Brown who will be our chaperone.



Immigrant Justice Update

The Lincoln County Immigrant Support Group (LCIS) will next have a general meeting on March 12th at 2 pm at Second Congregational Church, Newcastle. Anyone interested is welcome to attend. There will be some fund-raising events this Spring as well as a book discussion group. The fund-raising will begin in April with collections outside of The Maine Coast Book store in Damariscott on Sat. April 18th and Sat. April 25th for ILAP (The Immigrant Legal Advocacy Project). This will be followed by a talk and fund-raiser for ILAP by one of their attorneys on April 26th or 27th at Second Congregational Church. Patti Anderson and Sandy Barth attended a book discussion at Curtis Library, Brunswick, on Mary Pipher's book "The Middle of Everywhere: Helping Refugees Enter the American Community" which took place in Lincoln, Nebraska. Although it's been twenty years since its printing, the group felt the contents are very relevant to what's going on today. This book will lead off the local book discussion in May. Dates for Spring events will be definite in March and published in upcoming weekly church bulletins and monthly newsletters.



MUUSAN Needs Your Help to Fight Climate Change!

Two very important climate change-related bills will be voted on in MARCH 2020 by the Maine state legislature:

1. L.D. 1646 - (HP 1181)- "An Act To Restore Local Ownership and Control of Maine's Power Delivery Systems" (REPLACE CMP & EMERA WITH A CONSUMER-OWNED UTILITY). Sponsored by Rep. Seth Berry
2. L.D. 2104 – "An Act to Support and Increase the Recycling of Packaging"

You can help fight climate change by calling or emailing your state senator, representative, and the governor, to ask them to vote for these very important bills. **Need information about the bills?**

* For LD 1646 go to: <https://bit.ly/MainePower>

* For LD 2104 go to: <https://www.nrcm.org/wp-content/uploads/2020/02/EPR-recycling-bill-fact-sheet-LD2104.pdf>

Need to find your state legislators?

* <https://legislature.maine.gov/senate/find-your-state-senator/9392>

* <http://legislature.maine.gov/house/house/MemberProfiles>

* Governor: <https://maine.gov/governor/mills/contact/share-your-opinion>

Please feel free to share this information with fellow UUs, family, friends, any Mainers concerned about combating climate change.

ALSO – All M.U.U.F. members are invited to attend the **Saturday, March 15th network meeting of MUUSAN** in Augusta. The meeting takes place at the Augusta UU Church (69 Winthrop St.) from 10:00am – 12:30pm. To carpool with other MUUSAN members who are going, you can email Jill Linzee at jlinzee@comcast.net

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And, there is a silly side of March. In addition to being National Celery Month, it's also National Frozen Food Month. March also contains an abundance of silly days, such as Old Stuff Day (2nd); If Pets Had Thumbs Day (3rd); Be Nasty Day (8th); International Find a Pay Phone Booth Day and Middle Name Pride Day (10th); Blame Someone Else Day (13th-first Friday the 13th of the year); Extraterrestrial Abduction Day (20th); Something on a Stick Day (28th); and, finally, Bunsen Burner Day (31st).

By now you may have noticed an absence of information about the Fellowship. That is by design. Maybe it's just me, but I feel like we have been bombarded for the past months (starting about pledge season and extending through the run up to Rev. Erika's sabbatical) with an abundance of names, dates, activities, contacts, and other information. I hope you have enjoyed the digression. We will resume normal programming in April.

Meanwhile, if you do have comments, questions, or concerns about the Fellowship, contact me at president@uumidcoast.org. If you have a need for some form of care, careteam@uumidcoast.org will alert the team and one or more of its members will get back to you.

In Faith,

—Bob Whitmire
He/Him/His



Mid-winter Circle Suppers

For many years the Fellowship has had a tradition of having mid-winter Circle Suppers. This has been a great way to get to know other members and friends of the Fellowship in a more informal way. They're fun and not a huge amount of work for the host/hostess since everyone brings a contribution for the meal. The host/hostess provides the main dish. Kevin Kiley has offered to do one this year at his home in Damariscotta (33 Water St.) on March 3rd. There is room for two more that evening. But others could be scheduled for March or early April. The host determines how many diners they can accommodate. Contact Sandy Barth (563-5565 or sbarth1942@gmail.com) if you would be interested in hosting and she will post a sign-up sheet at the Sunday services.



Ecumenical Food Pantry

*Reaching out to feed the hungry
in Mid-coast Maine*

For those of you who are new to the Fellowship, we are privileged to be one of the eight sponsoring churches that comprise the Ecumenical Food Pantry. Based out of the Second Congregational Church in Newcastle, the pantry was visited by 292 families who made 3,718 visits last year. Also every year approximately 200 Thanksgiving baskets are packed for those in need in 10 surrounding towns. This is only a small part of what the pantry accomplishes.

Member Jennifer Ober is currently serving as President of the Ecumenical Food Pantry, representing the Fellowship, and is looking for any other MUUF members who would also like to be a part of this very important effort. If interested, please email Jennifer at jennifer@baystatehost.com.

Family Pizza Night: Friday March 20 What Gifts Do We Have To Celebrate And Share?



Courtney Belolan and Jayne Gordon will be hosting the family pizza night on March 20. We will explore together what gifts are, what gifts we all have, and how we can share them. In addition to a short learning activity, and pizza of course, each person will create a small wrapped gift symbolizing their personal gifts. These wrapped gifts will be on display at worship for the few weeks following the pizza party. We ask that people RSVP to vp@uumidcoast.org and plan to donate \$5 per person towards the cost of the pizza.

Hospitality Schedule

- Mar. 1 - **(Red Pod) - Rosie, Bob Lightfoot, Deb Lomas**
- Mar. 8 - **(Blue Pod) - Tiffany, Joelle and Kay**
- Mar. 15 - **(Purple Pod) - Dick Ober, Bob & Joan**
- Mar. 22 - **(Indigo Pod) - Lindy, Rob & Molly**
- Mar. 29 - **(Green Pod) - Kate, Phyllis, Deb Arter, Tim & Karen**
- Apr. 5 - **(Red Pod) - Rosie, Bob Lightfoot, Deb Lomas**
- Apr. 12 - **(Blue Pod) - Tiffany, Joelle and Kay**