

Midcoast Unitarian Universalist Fellowship
“Choose Your Own Adventure”
January 31, 2021



Because it's the last Sunday of the month, your Worship Team is offering a choice of two area churches you may visit via Zoom. This week's featured services are at Belfast and Rockland. Pertinent information about the services, and links with which to attend, are included below.

IMPORTANT: Both Services Begin at 10 a.m.

—Rockland Service has a passcode. See below.

Rockland: “To Be Entrusted”

Rev. Susan Milnor

Carney McRae, Director of Religion Exploration

Claire Helene Bevan, Music Director

Early in my first ministry, I had to confront the question of where my authority as a minister came from: on what grounds did I dare to do it? I found inspiration in the story of a Universalist woman of the past. As you move toward a new settled ministry, we'll reflect on the three sources of a minister's authority. Is a minister an employee? Something else? What does that mean for you as a congregation, and are there parallels in your life and our larger life?

Join us at 10 am at this link:

<https://zoom.us/j/83569202743?pwd=L0dncmlrMEYrdmhTNURqSkkwOTFFZz09>

Phone only: (646) 558 8656 Meeting ID: 835 6920 2743 Passcode: 846947

Belfast: “Waiting for Grace and ...Tattoos?”

Rev. Amy Fiorilli

Margi Pulkingham, Worship Associate

This service will hold the opportunity for healthy giggles and guffaws. I want us to explore the way that waiting can be a spiritual practice opening us to the reality of grace. I want to delve into this concept of crisis, and the paradox of active, non-action. As we move into the long haul journey of healing our nation. Come and know you are welcome.

Join Zoom Meeting

<https://us02web.zoom.us/j/4695376814>

Meeting ID: 469 537 6814

Phone: +1 646 558 8656

Upcoming Worship

February 7: Melanie Davis: “Stop Fixing; Start Listening”

When crisis strikes, our most important ministry is to help those in distress find inner reserves of strength. Learn about the UU Trauma Response Ministry and gain compassionate response techniques you can use with others in your life.

Melanie Davis, PhD, CSC, CSE, CSES

Transforming Lives through Sexuality Education

Stewardship

If you haven't pledged yet, please do so as soon as possible. The Pledge link is below. If you just want to make a donation to MUUF, please use the Anytime Donation Link. The Board of Trustees asks each of us to stop for a moment and consider how much this Fellowship means to us personally, and to give accordingly. We are extremely grateful for your support.

[Pledge 2021 Link](#)

[Anytime Donation Link](#)

Healing Circle Registration

Thanks again to the many members and friends who showed up in every sense of the word at the January 8th healing circle. The second circle was also positive and challenging at the same time. These circles have certainly confirmed what we knew from the start: that they will not be able to answer all questions, or meet all our needs. Nonetheless, underlying themes continue to emerge in a way that we feel can help inform the Fellowship's next steps.

The final all-Fellowship circle is scheduled for **Friday, February 5th, from 6:30 to 8 p.m.**, when we hope prior and new participants will give voice to their distinct perspectives on the crossroads at which we find ourselves. The healing team will then gather what we feel we have learned through this process and share it with the interim board and the full Fellowship.

Please pre register here for planning purposes.

<https://uua.zoom.us/meeting/register/tJElduutpzMqGdPiFjqheDbJWcRPkoMI--A1>

(Note: This link has been triple tested and found to be sound.)

Please email any questions or concerns to uumidcoasthealing@gmail.com

The Healing Team

Lindy Gifford, Carol Robins, Nancy Slobodnik

Social Justice

Anti-racism Vigil: Every Monday noon to 12:30 pm at the Newcastle Veterans Memorial Park until further notice. Check [PUAR's Facebook page](#) for updates.

Common Read

The 2020-2021 UUA Common Read is *Breathe: A Letter to My Sons*, by Imani Perry. This book explores the terror and grace of coming of age as a Black Person in contemporary America and what it means to parent our children in a persistently unjust world. If you are interested in joining a Book Group to read and discuss within our Fellowship, please send an email to **Mary Finn** at maryefinn4@gmail.com. She would be happy to facilitate and hold the group on Zoom, based on the level of interest.

Religious Exploration

UUA Week 3 of 30 Days of Love celebration

This is a time to gather and learn from each other and movement leaders, and listen for the ways that love is calling us to show up in the world and for each other.

This year, 30 Days of Love will focus on four themes from the Commission on Institutional Change's report [*Widening the Circle of Concern*](#), reminding us that liberation in the wider world is indelibly connected to liberation within ourselves.

Each week of 30 Days of Love, there will be a weekly theme with a menu of do-it-yourself activities for all ages in the following categories:

- Read: Articles, book excerpts, poems,
- Watch: Videos, concerts and roundtables discussion
- Participate: Artist workshops, writings and actions
- Listen: Music, meditation, lectures, poetry
- Worship: Worship moments—alone or together—to refuel

Click here for this week's activities:

[January 31 – February 6: Educating for Liberation](#)

What's Happening in RE for our Children

One of the offerings this year in Religious Exploration for our children is *Books & Cooks Cultural Cooking for UU Kids*. This is a family-friendly, non-zoom, do-on-your-own-time monthly activity. The curriculum uses stories about food and cooking to give children a “taste” of different cultures around the world. This fits in with our UU principles that encourage us to learn, grow, and to value and respect each other to build a more peaceful world. Additionally, the stories in this curriculum introduce children to lessons about helping each other, being part of a community, being adventurous, being independent, sharing and the importance of family. Carney videos a story, then creates a packet that contains a link to the video, a blessing, a recipe and an activity. Curious? Intrigued? If you would like to view the packets, email Carney at re@uumidcoast.org and she will share a link to access the monthly packets.

February is National African American Read. The Widen Your World Youth group will be helping to facilitate 2 discussion sessions for adults in February based on your exploration of this African American Read In calendar. More details to come. Start exploring ~ go to the calendar at the link below. You can download to your computer for easy access. If you need help, contact Carney at re@uumidcoast.org

[African American Read In calendar](#)