



## **Midcoast Unitarian Universalist Fellowship**

### **Worship Invitation March 5, 2023**



#### **Mar. 5: Inciting Joy**

Join Rev Ariel Aaronson-Eves and worship associate Tiffany Vencile

We are in the midst of the Jewish month of Adar, a time when the Talmud invites us to "increase in joy." In the midst of the ongoing horrors and griefs of the world, how is this even possible? Might making space for pain help pave the way?

### **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

## Membership Committee

**Dear MUUF Friends,**

We will soon be mounting our online Directory on our website to provide you with contact information for (and photos of) the members and friends of our Fellowship.

Voting members (you know who you are!), we already have your information, and will let you know how to submit a photo. Ditto for those of you non-voting members who have given me the necessary details. You will all have a chance to check that everything is correct for your entries. No need to do anything else right now - we'll let you know what, how, where, and when.

For everyone else, we would be delighted to include you in our Directory. It will help us all to connect to one another, and because it is electronic, it can be continually updated. You will be able to print yourselves copies directly from the website. (We can make arrangements for folks who have no access to a printer.)

The Directory will be part of a larger Handbook for members and friends of the Fellowship. It will be on the MUUF website in a password-protected section. **This part of the website will be available only to people who are in the Directory themselves.** In other words, if you want to know about others you meet through MUUF, you must be willing to be known by them. Sound fair?

If you are interested in being listed in the Directory, please send your name(s), street and mailing address, phone numbers, and email. Photos will be added just a bit later because I am sure that we all need help identifying that person whose name we should know. (Now we can figure out the mystery at home and no one will be the wiser!)

I look forward to hearing from you.

Jayne Gordon, Membership Chair

Email: [jaynegor@gmail.com](mailto:jaynegor@gmail.com)

Text: 508-577-4599

Post: Box 104, Damariscotta 04543



***For those of us who fell in love with the Victoria Sandwich Audrey McGlashan brought for last Sunday's coffee hour, here's the story and recipe!***

**VICTORIA SANDWICH - thanks to Grandma McGlashan. February 26th 2023**

I lost my mum when I was 10 to breast cancer and my fathers mother - Gran McGlashan came down from Glasgow to live with us.

She was Victorian, funny, stern and a good cook. We went for coffee and pastries every Wednesday in our towns best tea room, both of us savoring the whole experience.

After much instruction at age 10, I was allowed to make the Sunday cake on my own, Victoria Sandwich.  
Named for Queen Victoria who loved this cake.

I brought a version of it to coffee time today and there was interest in the recipe so here it is in American not British measure (which is based around the weight of an egg).



**For one Victoria Sandwich .....**

- 10" x 8" pan greased and lined (just the bottom) with parchment.
- Heat oven to 350 degrees.
- 8 tsp butter (one stick) softened. If unsalted butter use a pinch or two of salt.
- Half cup granulated sugar
- 2 eggs lightly beaten
- 1 cup self raising flour
- Vanilla - half teaspoon or to taste
- Fillings - coffee and butter cream (two tsps. butter, approx. 2 dessert spoons strong coffee (I just brew in a cup and pass through a sieve) and enough powdered sugar to mix.

**Or**

Strawberry jam/jelly and whipped cream with maple syrup and vanilla (cup of heavy cream, dash of maple syrup and vanilla and whisk till stiff)

**Or**

Lemon curd

**Method**

1. Cream butter and sugar till light and fluffy  
Add a little egg with vanilla added then some sifted flour and keep going in that order until all egg and flour are used up.  
Into pan with the mix and bake for about 25 minutes or until the cake has risen and slightly browned and is firm to the touch.
2. Let cool in pan 5 minutes then turn out onto cooling rack. When completely cool slice in two horizontally and separate (I use the thin bottom of a flan tin to lift off the top half).
3. Add filling. If coffee, add to center and top. Sprinkle with toasted pecans or walnuts.  
If strawberry jam - apply thickly - I like Bon Maman. On top of it apply thick layer of whipped cream. Place top on cake and dust with sifted powdered sugar.

Audrey McGlashan.

## Social Justice



**Register Today!** Saturday, March 11th is the next Zoom MUUSAN Network Meeting from 10am - noon:

### **Amplifying our Voices: UU Principles, Community Partners, Legislative Advocacy**

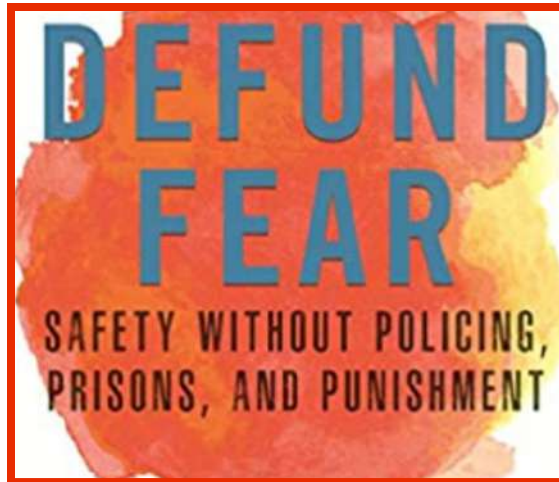
Featuring Maine Climate Action NOW!, Wabanaki Alliance, Maine Equal Justice, and League of Women Voters of Maine

Thu, March 16, morning (10 or 11 am), **State of the Tribes Address to the People of Maine**, in the House chamber with Senate as guests, on invitation by Speaker Talbot Ross, broadcast by Maine Public. Wabanaki Alliance is making this a Rally Day and asks allies to come to the State House in Augusta to show a presence. Please coordinate carpools. For now please spread the word to your Social Justice Committees /FIA groups.

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**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!





***Defund Fear: Safety Without Policing, Prisons, and Punishment*** by Zach Norris

Zach Norris is a community organizer in Oakland, California. Writing from his experience as the executive director of the Ella Baker Center for Human Rights, Norris describes a system of creating stronger communities with less crime through a variety of actions including training to address mental illness, designing education programs, and assuring that every individual has essential needs met (see Maslow).

Morgan Dunton is an English teacher with three decades experience designing and delivering professional learning experiences. This text-based study will take place virtually and include a variety of interactive activities to better understand Norris's ideas and how we can take action in our own community.

**Session 1:** Tuesday, March 21 @ 7 p.m. Introduction and chapters 1 & 2. What is fear? How is fear developed? How can we counteract fear?

**Session 2:** Tuesday, March 28 @ 7 p.m. Chapters 3 & 4. What do we need? What do we have? Addressing and preventing harm.

**Session 3:** Tuesday, April 4 @ 7 p.m. Chapters 5-7 and conclusion.

Norris makes recommendations at the end of each of these chapters. We will consider application in our own community.

To participate in any of the sessions, register here:

<https://forms.gle/9fxkM7Na5mPKL3md9> and purchase the book.

**Registration extended to March 12th.**