



## **Midcoast Unitarian Universalist Fellowship**

### **Worship Invitation March 19, 2023**



#### **March 19: *The Soul's Capacity...*** Rev. Donna Dolham

Our March theme, vulnerability, invites us to engage fully together. May we embrace the wholeness of being individuals and community as we gather this Sunday.

#### **March 26: *Vulnerability in Our Lives***

Depression is the leading cause of disability worldwide, affecting approximately 280 million people. When recurrent and with moderate or severe intensity, depression can become a serious health condition. Join Jennifer Ober and Penny Ziarnik for this lay-led service exploring their, and their loved ones vulnerability with depression.

### **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

## Religious Exploration

Come join the YoUUth Explorers as we celebrate the Spring Equinox on Wednesday, March 22, from 5:30 PM to 8:00 PM at the Midcoast Friends Meeting House, 77 Belvedere Rd., Damariscotta. Pancakes (gluten-free) with maple syrup will be served from 5:30 – 6:00 PM. Following a meal, we will gather to welcome spring in ritual. Activities will follow: Pin-the-tail on the bunny; decorating eggs; and ikebana spring arrangements. Also, people can gather to talk and catch up in a relaxed setting. No reservations needed. Bring your own place setting (we will have some paper plates & utensils). Pancakes will be cooked until we run out. Suggested donation of \$5 per person to help offset costs.

Help needed: Cook pancakes, monitor an activity table – perhaps you have a favorite way to decorate eggs to share. Do you know the art of ikebana? We would love to have you facilitate that table. Can you cut some forsythias to force (need to do now) and bring in some other items for ikebana arrangements? Email Carney at [re@uumidcoast.org](mailto:re@uumidcoast.org).



## **Seeking Childcare Provider - we need your help!**

Our congregation is seeking a responsible adult (minimum age is 18 years) to provide care and manage a structured play program for toddlers and children each Sunday from 10 AM to 12 noon at the Skidompha Library in Damariscotta. \$40/Sunday. Please pass this information on to anyone you know that might be looking for this type of job. A detailed job description is available by emailing [re@uumidcoast.org](mailto:re@uumidcoast.org), or at [bit.ly/3yBKPE9](https://bit.ly/3yBKPE9). Position is open until a suitable candidate is found.

## **Message From Allen Ave UU Church in Portland**

### **Green Home & Energy Show – April 1, 2023 10am – 4pm**

The Point Community Center, 345 Clark's Pond Pkwy, South Portland

<https://greenmainehomes.com/show-2023>

The Green Home + Energy Show is a one-day event that brings together the leaders in Maine's sustainable home and energy industries. From solar power to heat pumps, air quality to air sealing, and electric vehicles to green home goods, you'll find endless inspiration for creating your high-performing, green & healthy home—whether you are looking to build, buy or enhance an existing property. Test drive an electric vehicle at the EV Expo, enjoy coffee & lunch, shop sustainable goods at the Maine Makers Fair, and learn directly from experts at free workshops included with admission!

- Electric Vehicle Expo 12 – 3pm
- Workshops 11am – 3pm
- Exhibitors all day
- Food Trucks
- Maine Makers Fair

**\*Tickets:** General: \$10 advance / \$15 day of event

Kids under 18 are free at the door with an adult ticket holder.

Students with a valid student ID are free at the door.

\*Ticket sales to benefit **Maine Foodscapes**, a nonprofit organization with a mission to improve community food security and well-being throughout Southern Maine. Proceeds from ticket sales will directly support the installation of new raised bed vegetable gardens at the homes of low-income families throughout Southern Maine.

Come with a specific question about your home or energy project or browse the booths and find inspiration in this thriving industry. Chat with experts, find new products, learn about incentive programs and get your questions answered.

As home to many nationally recognized building science and design professionals, Maine is leading the way in the high-performing home industry. Don't miss your chance to learn directly from these highly sought out professionals.

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## Social Justice



**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 in Lincoln County and beyond. See the Facebook page for details.

\*\*\*\* Please email all newsletter articles and website information to:  
[news@uumidcoast.org](mailto:news@uumidcoast.org)

Worship Invitation Plus Weekly Newsletter Editor: Jennifer Ober