



## **Midcoast Unitarian Universalist Fellowship**

### **Worship Invitation August 20, 2023**



*Departure of the Israelites (David Roberts, 1829)*

#### **August 20: How to Get to the Land of Milk & Honey**, Rev. Ariel Aaronson-Eves

Tiffany Vencile, Worship Associate

Numbers chapters 13 & 14, in the Torah, help explain why it took the Israelites 40 years to get to Canaan after escaping Egypt, a journey that, under ordinary circumstances, would not take all that long. It is a story of the power of faith and the power of fear, and how our own fears are often the biggest obstacles in our way. Rev. Ariel will reflect on one place where this came up in their own life, and encourage all to lean into courage and faith as we work towards our respective dreams.

*Following the service we will have our third Vision Conversation.*

### **LIVE AT SKIDOMPHA LIBRARY AT 10:30AM**

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



**Summer 2023**

Midcoast Unitarian Universalist Fellowship

**MISSION** toward **VISION**

*Let's go there together.*

**Third Vision Conversation  
Following this Sunday's  
service, August 20th**

**Third zoom: August 22 at 7:00**

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### **Weekly Poem**

#### **Breaking the Chains of Fear**

There's a shadow that follows me,  
A voice that whispers in my ear,  
Telling me I'm not enough,  
That I'll never conquer my fears.

But I won't listen to those lies,  
I'll rise above the doubts and cries,  
For I am strong and I am brave,  
And I won't be a slave to fear's wave.

I'll take a step forward, then two,  
I'll face my fears, see them through,  
For I know that I am capable,  
And with every step, I'll become unstoppable.

I'll break the chains that bind me tight,  
And bask in the freedom of the light,  
For I am the master of my fate,  
And fear won't dictate.

I'll embrace the unknown, head high,  
And watch as my fears slowly die,  
For I am not defined by what I fear,  
But by the courage that I hold dear.

So I'll keep moving forward, with grace,  
With a smile on my face,  
For I am not afraid to fall,  
For I know I'll stand tall.

And as I leave fear behind,  
I'll find a peace of mind,  
For I am strong, I am brave,  
And I have overcome fear's wave.

So let us all break the chains,  
And break free from fear's pains,  
For we are all capable and strong,  
And together, we can do no wrong.

*-Author unknown*

*\*\*\*Do you have a favorite poem? If so,  
and you would like it included in the  
weekly newsletter, submit to:*

[news@uumidcoast.org](mailto:news@uumidcoast.org)



**Janet Elwin Quilt Exhibit  
Skidompha Library Atrium  
Now through the end of August**



**716 CANDLES (An International Overdose Awareness Day Project)**

No place in America is unaffected by the impact of substance use and the opioid epidemic. That includes Lincoln County, Maine. Each year our close-knit rural community sees loved ones dying from overdose, hundreds receiving treatment for substance use disorder, and thousands experiencing the negative impact of addiction, either themselves or through someone they love. **THAT'S ALMOST EVERYONE.**

Join us in doing something about it!

**Free Public Programs**

**LIGHTS OF LINCOLN COUNTY**

A family-friendly program of music, visual art, speakers, and ceremony to celebrate "lights" of Lincoln County: those who are surviving substance use disorder and finding recovery, and those we've loved and lost.

**August 26, 1:30-4:00pm  
Coastal Rivers Conservation Trust  
3 Round Top Lane, Damariscotta**

**INTERNATIONAL OVERDOSE  
AWARENESS DAY**

A program of music, art, remembrances, resource information, and speakers including local and statewide leaders, advocates, and individuals affected by substance use, the opioid epidemic, and loss.

**August 31, 1:30-3:30pm  
Boothbay Commons, Boothbay**

**WHY YOU MATTER**

A youth-centered event, featuring the student-led #WhyYouMatter Campaign from Medomak Valley High School. There will also be an open mic for story sharing and songs on the question: "Where do you find hope, health & strength, and why do you matter?"

**August 27, 2:00-4:00pm (Open Mic 2:45)  
Cider Hill Farm  
72 Medomak Terrace, Waldoboro**

**Love & Remembrance**

9 individuals who have died from substance use or related causes are memorialized through music, poetry, and words. One by one, family members introduce loved ones before each is honored with a performance.

**August 31, 5:00-6:00pm  
Congregational Church of Boothbay Harbor  
125 Townsend Ave., Boothbay Harbor**

**WISCASSET ART WALK & PARADE OF CANDLES**

A summertime celebration of art, music and performance, and an evening of stories and sharing about the human side of substance use. The event concludes with a Parade of Candles, a communal experience of love and hope dedicated to all whom we've lost and those still with us affected by substance use.

**August 31, 5:00-8:00pm (parade of candles assembles at 7:10pm, and begins at 7:30pm  
Wiscasset Village & Sunken Garden, Main St. (Route 1), Wiscasset**

## People United Against Racism Update:

The regular Monday Vigils in Veterans Memorial Park in Newcastle have been paused. We are transitioning to Vigils on an “as needed” basis, in response to unfolding events.

Community members can suggest a vigil by emailing [peopleuar@gmail.com](mailto:peopleuar@gmail.com), and we'll send out the call via the PUAR email list and our Facebook page. Any vigils called through PUAR will be at 5 pm and on Mondays, unless otherwise indicated.

People United has partnered with Leigh Anne Keichline, who has been running the anti-racism book groups through Skidompha and created a monthly PUAR calendar to help publicize local antiracism events. Folks should sign up for emails, and to receive the calendar every month, if you haven't already. [peopleuar@gmail.com](mailto:peopleuar@gmail.com)



## It's Diaper Drive time again!!!

During the month of August, we will again be supporting local families by donating diapers and menstrual supplies to the diaper bank!

Diapers and menstrual supplies are expensive, and not every family can afford these necessities. Let's show our support for our neighbors by helping to ease this worry. The tote is on the porch at Damariscotta Dental to put your donations in. Thank you!



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

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