



## **Midcoast Unitarian Universalist Fellowship**

### **Worship Invitation August 27, 2023**



#### **August 27: Threads Through Time**

Rev. Donna Dolham

With joys, challenges, and hopes, what are the threads through time that anchor this community in love? Join us on Sunday, August 27<sup>th</sup> as we take a moment to pause and appreciate the strengths of community.

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

**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

**MUUF Annual Picnic**  
**at Carol and Chris Robin's House**  
**228 Heath Road, Whitefield**  
**Sunday, September 10th (12:30-ish)**

Please prepare/purchase a dish (examples: casserole, salad, snacks or dessert) to share and utensils with which to serve it. Chris and I will have drinks and ice available.

**Some thoughts and suggestions:**

**For the environment:**

Bring one table setting per person (plate, silverware, cup)

Carpool

**For comfort:**

Bring chair or blanket

Hat and sunblock (hoping for a sunny day)

**For activities:**

Bring bathing suit and towel for dip in the pond

Walking shoes for hike in neighboring Maguire Preserve

Lawn games



It might be best to caravan as our house is not always recognized by GPS.

Our address is: 228 Heath Road in Whitefield and my cell phone is 207-458-1327.

Looking forward to seeing you and celebrating our amazing fellowship!

In faith, Carol Robins



## Please Help!

We have a total of five "pod" teams. Each pod takes ownership for one Sunday per month where they set up for the service, provide refreshments for social time after the service, and put things away before closing up the building.



Each of our pods currently has enough people to do the job when they are all there (although a few of them could still use another member or two). A number of the pod members are couples, which means that when one or more of the couples are away on vacation or for some other reason, the pod can come up rather short handed. That is why we would like to compile a list of names that a short-handed pod can reach out to when they need a hand for an upcoming Sunday.

Please consider signing up to be one of these occasional helping hands. We would love to have a long list!

### Pod 1 (first Sunday of the month)

- Pat Kay
- Kate Pennington
- Philomena Ostapchuk

### Pod 2 (second Sunday of the month)

- David Bilski
- Jill Linzee
- Ann Miller
- Sarah Wolcott

### Pod 3 (third Sunday of the month)

- Sandy Barth
- Key Miller
- Ken Thompson
- Diane Morrison

### Pod 4 (fourth Sunday of the month)

- Phyllis Loney
- Audrey McGlashan
- Penny Ziarnik
- Zig Ziarnik

### Pod 5 (fifth Sunday of the month)

- Susan Borg
- Michael Mason
- Rashi Nessen

## Weekly Poem

*(submitted by Diane Morrison)*

### HOPE

Hope has holes

In its pockets.

It leaves little

Crumb trails

So that we,

When anxious

Can follow it.

Hope's secret:

It doesn't know

The destination -

It knows only

That all roads

Begin with one

Foot in front

Of the other.

*~ by Rosemerry Wahtola Trommer*

## **Membership Committee**

The **MUUF Online Directory of Members and Friends** is fully active. The Directory is located in a secure password-protected area of our website. Currently all MUUF Members, as well as many Friends, are listed in the Directory. In order to provide the maximum usefulness to all, we would like to include as many of our MUUF Friends as possible. When you have a few minutes please visit our main website <https://uumidcoast.org>. Use the Menu item "[MUUF Directory Updates](#)". Your contact information will be included in the Directory.

### **Notes:**

- If you have recently updated your information, we have included it in the Online Directory.
- If you would like to include (or update) your photo please send it to the address listed on the Update Form.
- Only those MUUF Members & Friends who are listed in the Directory will be able to use the online version.
- At the bottom of the Form there is a place to request access if desired.

### **Members and Friends:**

If *any* of your contact information changes (address, phone, email, etc.) please use the online "[MUUF Directory Updates](#)" Form to keep your information up-to-date. For the convenience of those of you who would prefer, there will be paper forms available on Sunday mornings to use for updates, too.

Thank you for your help in keeping our Directory up-to-date and useful for all!

Your MUUF Membership Committee





**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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