

# **Midcoast Unitarian Universalist Fellowship**

## **Worship Invitation March 17, 2024**



### **Mar. 17: Letting Go with Rev. Christina Sillari**

What does it mean to let go? How can letting go help us transform? Through a wisdom story, reflection and ritual we will practice letting go.

#### **Quote:**

“Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.” — Ann Landers

### **Mar. 31: “Renewal of Life in a Dark Time” sermon by the Rev. Charles J. Stephens**

Like many in our country and in our world, I am ready for a renewal of spirit. I am looking for the hope that not only spring will bring new life and growth, but that we can rediscover hope and trust in life and in one another. Join me in celebrating the spirit of Easter.

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

We will continue to operate our high capacity Blueair air purifiers in Porter Hall during services. You may also join us via Zoom.

10:30am 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

## President's Corner

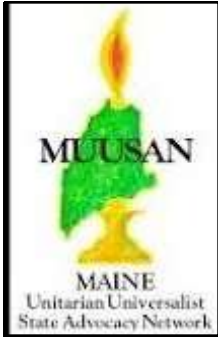


Our Board continues to lay out its priorities for the current year. We began by establishing a Minister Search Committee and posting the half-time position on the UUA Jobs Board. Next came our intention to reactivate our Welcoming Congregation status and pursue next steps to try to make this happen. Last month, we formed a Finance Team to examine our long-term financial options, and asked our “Find a Home” team to continue their work looking for a more satisfactory home.

This month, we're looking at ways to expand communication across the Fellowship, involving the Board, the various committees and teams, the RE program, and the congregation as a whole. Reestablishing this column is one such effort. Another one would be to detail a clear and timely procedure for notifying everyone that a worship service is being cancelled due to a storm or power outage. (I personally apologize for last week's late and otherwise less-than-awesome effort at doing so – my fault.) The intensification of storms due to climate change will likely add further impetus to improving our response to emergencies. In any case, there are many possibilities for improving and expanding communication in general. Back in May of 2021, Zig Ziarnik and Phyllis Loney produced a substantial list of recommendations, some of which have already been implemented such as updating our directory and expanding our Worship Invitation to include the Weekly Newsletter (thank you, Jennifer!), but plenty of others worth consideration. If you have thoughts on this matter, I would appreciate hearing from you! Please email me at [president@uumidcoast.org](mailto:president@uumidcoast.org) or catch me on a Sunday morning. Thanks!

David Bilski

# **MUUSAN**



## **GUN SAFETY LEGISLATION PENDING IN MAINE**

**LD2086** "An Act to Amend the Law Governing the Disposition of Forfeited Firearms"  
Sponsored by Senator Anne Carney - Priority for MUUSAN - Status: Judiciary Committee  
Second Work Session to be scheduled

**LD 2238** An Act to Address Gun Violence in Maine by Requiring a Waiting Period for  
Certain Firearm Purchases Sponsored by Senator Peggy Rotundo - Priority for MUUSAN -  
Status: Judiciary Committee Second Work Session to be scheduled

### **What you can do:**

1. Highest Priority: Contact Judiciary Committee members and encourage them to support gun safety bills going for second work session.
  2. Contact your lawmakers and ask them to support gun safety bills that are waiting to go for house/senate votes.
  3. Write the Governor and ask her to support all gun safety bills.
- **House:** <https://legislature.maine.gov/house/house/MemberProfiles>
  - **Senate:** <https://legislature.maine.gov/senate/district-listing/9526>
  - **Governor Janet Mills:** <https://www.maine.gov/governor/mills/contact/share-your-opinion>

### **The MUUSAN Wabanaki Sovereignty Ally Team is asking your help to get the Wabanaki Studies bill funded.**

Please contact chairs of the Education & Cultural Affairs Committee and ask them to make LD 2001 a funding priority and fund the combined African American Studies and Wabanaki Advisory Council. The chairs are Sen. Joe Rafferty, York (SD 34) [Joseph.Rafferty@Legislature.Maine.gov](mailto:Joseph.Rafferty@Legislature.Maine.gov) and Rep. Mike Brennan, Portland (HD 115) [Michael.Brennan@Legislature.Maine.gov](mailto:Michael.Brennan@Legislature.Maine.gov). (Mike's wife Joan Martay is a UU and member of A2U2).

Then contact the AFA committee chairs and ask them to fund the bill. The chairs are: Senator Peggy (Margaret) Rotundo of Androscoggin (SD 31, a Friend / Quaker): [Margaret.Rotundo@legislature.maine.gov](mailto:Margaret.Rotundo@legislature.maine.gov) and Representative Melanie Sachs of Freeport (HD 102): [Melanie.Sachs@Legislature.Maine.gov](mailto:Melanie.Sachs@Legislature.Maine.gov). You do not have to be a constituent to contact them in their role as committee chairs.

**LD 2007 update:** The sweeping sovereignty bill was narrowed significantly as an amended bill covering expanded criminal jurisdiction by tribal courts. This was negotiated with the governor and is supported by her. No action needed, but you may ask your legislators to vote for it on the floor, thank them if they do so, and also thank the governor for her continued willingness to expand tribal self-determination.

The Unitarian Universalist Church of Brunswick invites you on Saturday March 23, from 6:30 to 8 PM (snow date March 30) for a Poetry reading and conversation:



## Entering the Narrows

Poetry for Strength and Solace

Poetry deepens understanding and lends both strength and solace in this time of increasing pressure and challenge. Wolastoqey poet and activist **Mihku Paul** and poet and scholar **Claire Millikin** gather to read poetry and invite discussion of what it means to *enter the narrows*.

Through the lens of poetry, we return to a place of hope.

**Saturday, March 23, 6:30-8 pm**

SNOW DATE: MARCH 30

**Unitarian Universalist Church of Brunswick**  
1 Middle Street, Brunswick, Maine



The evening will also offer a **special screening** of the four-minute film *Putep Qotatokot-te Elewestaq* (The Whale Was Speaking), produced by Mihku Paul and Professor Dawn Nye of University of Maine Farmington.

Event is **FREE** and open to the public.

## Adult Religious Education

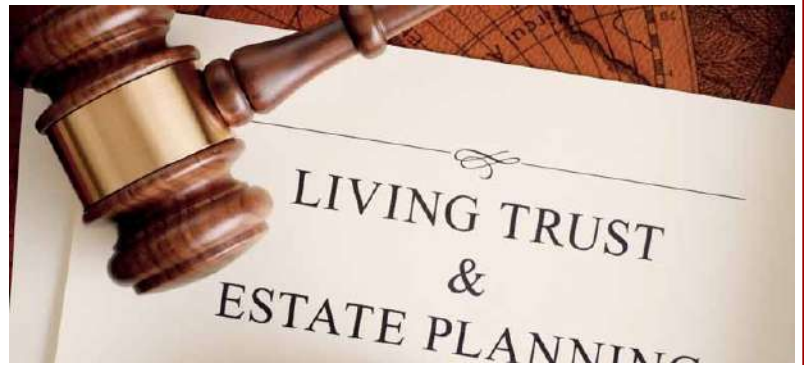
### **ESTATE PLANNING**

– wills, health directives, personal representatives – OH MY!

**Friday, March 29, 6-7 PM**

*In person at UURockland*

*AND virtually on Zoom*



Do you ever think about how you want your own life and responsibilities to be managed if you become incapacitated or once you die? Do you have an up-to-date Estate Plan that communicates these intentions? Are you wondering if you even need one?

Through her “Estate Planning Fundamentals” talk, Jennifer Atkinson, UUR Member and local attorney, will improve your understanding of the three basic pillars of Estate Planning so that you can build or update your own plan with confidence and clarity. Come learn the ins and outs of how a complete and up-to-date Estate Plan can more easily and effectively direct:

- Who raises your children or cares for your pets,
- Your medical care,
- Who manages your finances,
- The gifts you leave to an organization,
- Payment of your debts and taxes,
- The distribution of your belongings (big and small), and
- Who inherits anything else that you own and how?

\*\* Childcare provided

\*\* Friends are invited

\*\* Come between 5:30 -5:45 PM for a bowl of soup before the presentation begins.

\*\* Copies of Advanced Care Health Directives (ACHD) and Five Wishes will be available to in-person participants – links to fillable pdf’s will be provided to those attending virtually. If interest, we will have a follow up workshop to complete our ACHDs.

\*\* Please [REGISTER](#) for planning purpose and to receive a link to zoom.

REGISTER electronically [HERE](#) or email [dre@uurockland.org](mailto:dre@uurockland.org).



## Share the Plate

Our March recipient for our “Share the Plate” collection is FARMS at the Y. FARMS is an acronym for **F**ocus on **A**griculture in **R**ural **M**aine **S**chools and is a part of the Lincoln County YMCA.

Perhaps you have been in the Y and seen the bustle of activity happening at the kitchen, located at the end of the front lounge area. A class from a nearby school busy at work, chopping, cooking, or seated around the tables having their meal together that they all helped prepare. The atmosphere is lively and fun. Not only do the kids learn kitchen skills, they also learn about locally grown vegetables and about the local farms growing them. They may even get a lesson in fractions that day, or be introduced to an ethnic food they never experienced before and learn about another culture. They learn how to work together in a fun and challenging atmosphere. This is done under the organizational skills of Karen Kleinkopf and Leslie Wicks along with their dedicated volunteers who love to work with preschool to 8th grade children and teens. This is one way that FARMS at the Y fulfills its mission.

They are committed to:

**EDUCATE**, to provide educators about good nutrition and the role of local farms in promoting healthy, sustainable communities. To excite and educate people of all ages about the value and joy of growing, preparing and eating healthy local foods.

**CONNECT**, to promote and facilitate farm to institution purchasing and provide guidance and support to families that will increase the household consumption of locally-grown produce.

**EXPERIENCE**, to offer hands-on experiences for people of all ages to develop expertise in cooking and gardening and a passion for healthier living, as well as provide a place where local farmers, chefs, medical practitioners, and other community members can share their own knowledge and expertise.



*(continued on next page)*

FARMS is over 20 years old; prior to 2017 it was an independent nonprofit that partnered with local schools, farmers and food banks to create excitement among community members of all ages for locally grown foods and healthy eating. It was a big step for building a stronger program, when FARMS became a part of the Central Lincoln County YMCA (CLCY) and hence the name FARMS at the Y. Fundraising by grants and donations helps to keep the program alive and growing.

As an additional note, if we can raise \$350 dollars for this Share the Plate, we could donate the monies specifically to the FARMS at the Y Adopt a Class program.. Not only will we be teaching kids healthy cooking, we can meet the children in our adopted class. Great way to experience the joy of giving to such a worthwhile community organization.

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

Worship Invitation Plus Weekly Newsletter Editor: Jennifer Ober