

# MUUFLETTER for February 2017

## Newsletter from Midcoast Unitarian Universalist Fellowship

### SUNDAY SERVICES SCHEDULE

*Always at 10:30 a.m.*

**Porter Meeting Hall, Skidompha Library**  
*Entrance on Elm St., Damariscotta*

**Feb. 5 — “Longing to Be”.** Personal reflections on growing up as a Third Culture Kid (TCK) and what that means for DACA (Deferred Action on Childhood Arrivals) immigrants today by **Carol Robins**.

**Feb. 12 — Congregational “Love Languages” by Rev. Erika Hewitt.** What makes you feel loved? Is it the same thing that makes others feel cared about? In this sermon, Rev. Erika will visit the “Five Love Languages” (developed by marriage therapist Gary Chapman), asking how those Love Languages translate to congregational life.

*Following this service, please join Rev. Erika and other congregational leaders at Second Congregational Church, Newcastle, for a potluck lunch and a “check in” meeting about our anti-racism efforts in the community.*

**Feb. 19 — Seeking Asylum: Displaced, replaced, and getting comfortable with the uncomfortable by Rev. Lori Whittemore.** She is the founder and director of Abbey of HOPE, interfaith cooperation circle, that gathers people of diverse faiths, beliefs, and spiritualities to promote dialogue, encourage cooperation, and facilitate compassionate action. Lori is currently working on a compassionate housing initiative that is developing interfaith community cooperatives that gather and consider how to be of service and welcome newcomers in their communities.

**Feb. 26 — “The Fittest By Survival”** led by worship associate John Adams featuring members of the Fellowship. Turning the idea of “survival of the fittest” on its head, this service highlights the many ways we can be survivors, and how being a survivor of any adversity — big or small — can actually reveal our strengths as well as the power of shared human experience. *(please see more on page 2)*

Rev. Erika Hewitt will be on leave from Monday, February 13th through Monday, March 7th. During that time, she will not be able to respond to your emails or phone calls. Please contact Carol Robins, Board President, if you have an urgent need; she will decide whether to contact our minister. Erika looks forward to returning to the pulpit on Sunday, March 12th.



### Minister’s Message

E.B. White — whom we Mainers are lucky to claim — famously said, “I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.”

Never have I related to this sentiment more than now. In these early yet appalling days of a new Administration — one that many of us actively fought against — the values that we cherish (diversity, compassion, respect, and interdependence come to mind) are being attacked with a sickening combination of savagery and shamelessness. I arise in the morning wondering whose dignity and rights — whose very lives — will be put at risk, vowing to take an active role in the resistance, even as I realize that the resistance is a long-term effort, and that I will be of no use if I burned through my energy and the resilience of my own heart.

And so, while White might never have imagined this scenario from his bucolic writer’s perch in Brooklin, I find it difficult to plan each new day. Do I make phone calls to our Congresspeople, or get my yoga/meditation practice in? (Both, if I’m lucky.)

As Unitarian Universalists, we’ve inherited a religious tradition shaped by abolitionists and suffragists; Civil Rights and anti-war activists. Our theology insists that we draw the circle wider, wider, and wider still; that we never stop addressing the unfolding horror and tyrannies of hatred. We are a people of resistance.

We’re also a tradition of spiritual depth; of gentleness; of attention to inward springs. As people of faith whose spiritual development is never complete, we’re called to nourish our spirits so that we can meet the world whole-heartedly. We’re a people of resilience.

If you feel bounced between these poles — resistance and resilience — you’re not alone. We’re all finding our way; we’re all uncertain and scared. But we’re also waking up. We’re exerting a new voice, and connecting with companions and comrades.

When you arise with fear clutching at your heart, in the winter days ahead of us, may you be gentle with yourself and with one another... but when you arise with a clear desire to improve the world, may you seize the moment and be astonished by your own power.

*In faith,  
Rev. Erika*

## Hospitality Schedule

### Greeters

**Feb. 5** - David & Sylvia Bailey

**Feb. 12** - Janet & Bud Elwin

**Feb. 19** - Rosie Davis

**Feb. 26** - Sally Sapienza

**March 5** - John Adams

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### Refreshments

**Feb. 5** - Rosie Davis /Tiffany Vencile (Blue Pod)

**Feb. 12** - Dick & Jennifer Ober (Purple Pod)

**Feb. 19** - Sandra Barth (Indigo Pod)

**Feb. 26** - Kate Pennington (Green Pod)

**March 5** - Bob Lightfoot (Red Pod)

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## Share the Plate. February 19

Community Housing Improvement Project, Inc. (CHIP, Inc.) is a Maine 501(c)(3) organization that began in 1984 as an ecumenical effort to help area residents who do not have sufficient resources or the ability to make basic repairs to their homes. The mission of CHIP, Inc. is simply, "Neighbors helping neighbors keep their homes safe, warm, and dry."

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## Tell Your Survivor Story on February 26

John Adams will lead a worship service on Sunday, February 26 on the subject of being a survivor. We are all survivors, in big ways and small ways, and as survivors we learn about our own strengths and weaknesses. John is looking for a few others to share a brief story of survival, and the insight gained from the experience, and how sometimes we find comfort to discover it is a shared experience. We often think of survival in terms of life-threatening illnesses or circumstances, but the act of survival can apply to many areas of our lives. Remember, no story of survival is too small. If you would like to participate, please contact John at [johnadamsbass@gmail.com](mailto:johnadamsbass@gmail.com) by Feb. 17.

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## From the Treasurer

In order to be sure to post your checks to the proper account, please put 'pledge' in the memo line if it is toward your annual pledge. If there is nothing in the memo line when there is a share the plate collection, the Board has directed me to count it, along with the cash, for the charity of the month.

Thank you for your help as I ease myself into this new position.

- Dick Ober, treasurer

## President's Message



Hello Everyone,

Sunday after Sunday, our chairs have been filled; our hymnals shared and coffee hour conversations inviting, animated and extensive. I feel the energy in the room!

Why? Well, there are a number of explanations in my mind. Inspiring sermons, word-of-mouth invitations and more visibility in our community. But recently, I think there is another reason why we are seeing old faces returning and new faces joining us for the first time.

People in our midcoast communities are looking for a place with folks in like-mindedness. Where one finds: comfort, solidarity, love, joy, encouragement, and thoughtful, honest conversations; especially during these uncertain days in our own country and around the world.

As our website states, "We are a religious community of adults and children freely gathered to nurture the life of the spirit. Our mission is to stand as a beacon on a liberal religious path, to challenge one another in the search for truth and beauty, to embrace diversity, to advance peace with justice, and to celebrate life with joy."

Now, more than ever, we need to embrace these beliefs and work together to be that beacon leading friends and neighbors to a safe harbor where, together, we attempt to make sense of what we don't understand and stand up strong for what we do.

Finally, a couple of business notes.

I have a new cell phone number: 207-458-1327 and am happy to hear from you via phone call, text or email.

A reminder of the snow policy. We will do everything we can to offer a service every Sunday. Information regarding a closing will be posted on our website, Facebook page and Fellowship phone (315-1628) by 8:30 AM Sunday morning. Do not feel obligated to come if you are concerned with road conditions. We will miss you but would rather know that you are safe at home rather than taking on hazardous roads.

*In faith, Carol*

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## Calling back all cranes!

If you've been working on a frame of cranes for the worship area display, please return them to Caity Bogdan ([caitlin.c.bogdan@gmail.com](mailto:caitlin.c.bogdan@gmail.com)) by February 11. Also, if anyone has a tall ladder for hanging the lower level cranes, please contact Caity.

## Religious Exploration by *Carney Doucette, DRE*



### Invitation to be a Mystery Friend

"Mystery Friends" is a program to match children with adults to help make meaningful intergenerational relationships. Children and youth who wish to participate will be matched with a mystery adult. Starting on Sunday, March 5, we will have white paper bags out in the atrium for each child participating. This will act as the mailbox for the Mystery Friend pair. The adult puts in a note with a small "gift," and in turn, the child puts a note and/or a small item in for the adult. Children put a note or item in the bag first thing when they come on Sunday morning, and at the end of RE, the children can see what is in the bag for them. On Sunday, April 9, we will have a "reveal" luncheon after worship.

So we are looking for adults willing to be Mystery Friends, and children who would like to participate. If adults can't make a Sunday, they can send their item/note in with someone else or call someone to put a note in the bag saying that something will be coming in the mail. Adults can have fun giving hints about who they are in their weekly notes. Gifts should not be valued at more than a couple of dollars – it could be something you made or a simple item like a cool looking pencil....as you get to know each other through your notes, you might think of something that connects to an interest. You have 5 Sundays to get to know each other before the "reveal" luncheon.

If you are willing to be an adult Mystery Friend, email Carney at [midcoastuure@gmail.com](mailto:midcoastuure@gmail.com) or let a member of the RE Committee know (Lindy Gifford, Courtney Belolan and Kate Pennington). If your child wants to participate, also let us know. Let's have some fun getting to know one another.

### This month in RE on Sunday mornings

We will continue to look at Ways to Pray through our Spirit Play stories during February. Learn about prayer flags, the labyrinth, meditation and more. Each week we have our story circle followed by an activity that relates to the story presented.

### Safe Practices – Posting on Facebook

This is just a reminder that not all parents want to have their children's photos on social media. We ask new families who are getting involved to complete a RE registration form, which includes permission for their children to be in photos and posted in social media. It is best to check in with Carney Doucette, Director of Religious Exploration, or a RE Committee

member before posting. We know who is registered and who has given permission. Also, a best practice is to not identify a child by name in a photo without parental permission. If a photo is going to the media, we send a copy of the photo to the parents to check and ask specific permission to have their child's name attached to the photo. Please help us uphold these safe practices, and support family wishes in regard to social media.



*The Nativity scene at the December 18, 2016 multigenerational service.*

### Conference for children ages 9-13

Each year the Mid-Maine DRE group has organized a multi-church gathering of pre-teen children. This group consists of UU Directors of Religious Education from Bangor, Belfast, Ellsworth, Castine, Rockland and MUUF. Last year, the conference was held in Rockland with the theme of bullying. This year, the conference will be held in Ellsworth on Saturday & Sunday, April 1-2 with the theme of leadership. More information will be coming, but do reserve these days. We also will need at least one adult chaperone. Many youth who grew up in UU churches say that their best memories were at conferences where they met and made friends with other UU youth while developing some valuable life skills.





## Maine UUs - What's next?

by Julia Fitz-Randolph, Chair, MUUF Social Justice Committee

The national election results have progressive people of faith reeling. Our Fellowship's commitment to Social Justice is needed now more than ever, but our effectiveness depends on being stronger together.

The Maine UU State Advocacy Network is our statewide legislative ministry where we bring our UU values into the public square. MUUSAN is seeking a member from our Midcoast UU Fellowship to be a designated congregational liaison to play an important role in linking our Fellowship to the Network of 25 UU congregations statewide for mobilization and action.

I will remain Co-Chair of MUUSAN but need another member of our Fellowship to lean in as our Fellowship's dedicated liaison. Will you join me in adding our Fellowship's voice to the resistance movement? Please contact Julia Fitz-Randolph at [jfitzra@aol.com](mailto:jfitzra@aol.com) to discuss your possible leadership. MUUSAN has a toolbox of administrative support to leverage your success.

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## Meet your Committee on Ministry



COM members (L-R): Kevin Himes, Kate Pennington, John Adams have been collecting your ideas, thoughts, requests regarding our spiritual life for the past month. A discussion open to all was held with Rev. Erika after the service on Jan. 29.

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*Please make an effort  
to say hello and make welcome  
folks you don't know  
during our social time  
following  
Sunday worship services.*



*The Women's March in Augusta on January 21 included a number of MUUF members and friends. We were also represented in Washington and by relatives of our members in other states.*

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## Interested in Singing with the MUUFles?

If you are interested in singing with the MUUFles, please contact Caitly Bogdan at [caitlin.c.bogdan@gmail.com](mailto:caitlin.c.bogdan@gmail.com). We sing once a month and there is one rehearsal the week before as well as a run-through before service. All singers are welcome - enthusiasm, not experience, required!

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## COMMUNITY SUPPERS

*Cooks and Helpers are always needed - our next opportunity to serve the community on a fifth Wednesday is March 29*

Please plan to join us at the Second Congregational Church in Newcastle from 4:30-6:30. We will need donations of food items, as well as volunteers to serve the dinner. Set up begins at 4:30 pm, we serve promptly at 5, and finish around 6:30.

Please speak to Tiffany Vencile to let her know you can help with food, serving, or both. She can also be reached at [willeywonka@hotmail.com](mailto:willeywonka@hotmail.com).

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## Dine-Around, a Fun Fundraiser

Have you signed up to attend, or host - or do both? The Halls began this program as a way for members and friends to "break bread" with others, enjoy a home cooked dinner and conversation, and add to the Fellowship's coffers. A great way to enjoy a winter evening - and only have to provide one part of a dinner! Speak to Robin Hall if you need more information about organizing a fun evening.