

MUUFLETTER for March 2019

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

March's Theme:

The Unknown & Unknowable

March 3: "Acceptance Is a Small, Quiet Room"

Rev. Erika Hewitt

All of us have struggles. Whether it's small irritations or unbearable grief, life gets hard. When that's true, the advice to practice "acceptance" might make you want to scream with frustration — but acceptance isn't the same thing as liking our pain. What does it mean to practice acceptance? Join us to find out how Erika interprets Cheryl Strayed's assertion that "acceptance is a small, quiet room."

After the service, all are invited to join Rev. Erika for a "New to UU" orientation session.

March 10th: Join Chloë Briedé as she will preach on the "power of music and creativity" to ease suffering. She will tell the story of Viktor Ullman, a Jewish Austrian composer killed in the Holocaust and weave in ideas from art therapy and her own hobby as a social dancer. The story explores how creativity, artistry, and music can help us as humans even in the worst circumstances.

March 17: "Looking Beyond Fear" with MUUF Secretary Michael Mason. Michael and his husband, Peter, moved to Maine 3-1/2 years ago, looking forward to retirement. He has worked as a civil trial attorney in Massachusetts and Maine, and for 30 years served as Massachusetts Public Administrator for Plymouth Colony. He was an early member of the Massachusetts Gay and Lesbian Bar Association in the mid '80s, serving as an officer and then Chair during the movements for expanded gay rights and marriage equality. He has identified as a Unitarian Universalist and been a member of Unitarian churches for many years. Michael's hobbies include gardening, piano, swimming, and alpine skiing. He and Peter and their two dogs, Rita and Betty, live in Bath.

Our SHARE THE PLATE offering will be announced in the Sunday bulletin on March 3rd.



Rev. Erika Hewitt

Minister's Column

I love the wisdom story about a hiker in the woods who spots two people trying to saw a felled tree into wood. The hiker pauses and notices that the two people — each at the end of a large saw — are straining, getting nowhere because their saw is dull.

Finally the hiker interrupts: "Wouldn't your work go more quickly if you sharpened your saw?"

"We're in a hurry," replies one of the workers. "We don't have time to stop and sharpen it!"

One of my colleagues uses this story to remind us how important it is to sharpen our saws. For me, saw-sharpening takes daily forms (like meditation and other forms of self-care); weekly forms (like taking Tuesdays and Wednesdays away from the Fellowship); and yearly forms (traveling to my ancestral/family home in Oregon).

This winter, I'm spending more leave time than usual on the west coast. In addition to visiting family, attending to my reading list, and taking long (LONG) walks by the Pacific Ocean, I'm also returning to my seminary in Berkeley to teach two intensive weekend courses. In mentoring this cohort of UU theological students, I'm serving our Unitarian Universalist ministry, and helping to shape the future of our faith.

When I return to Maine in late March (with my saw sharpened!) I'm back for good. I've received many requests to travel and teach this summer, and have said no to all of them. Together, you and I will spend the coming spring and summer creating new chapters in our shared ministry.

Thank you for allowing me to take this time to "sharpen my saw" and to give back to our UU faith. Thank you for your part in our shared ministry, where we give and receive in turns. Thank you for the joy of being your minister.

In faith, Rev. Erika Hewitt

March 24: "The Journey of Awakening"

Guest Minister Rev. Sara Hayman. UU Minister Debra Haffner writes, "we are on a journey... a journey to our better selves, a journey to a better world." Our third UU Principles calls us to the practice of "acceptance of one another and encouragement to spiritual growth in our congregations," How do we call and encourage each other to this transformative growth and self-understanding?

Rev. Sara Hayman serves our UU Church of Ellsworth and lives in Bucksport. While she was on sabbatical this past year, Rev. Erika preached in her church and her people loved having her! Rev. Sara looks forward to being with you!

March 31: "Choose Your Own Spiritual Adventure"

Rev. Erika Hewitt + Worship Associates
 What if you could come to worship and choose a means of engaging That Which Is Larger Than Us? Today you can! We'll begin and end this service together —but for the middle 30 minutes, you'll get to choose one of four different spiritual practices (each one led by a worship associate).

April 7:

Join Rev. Erika Hewitt and guest clergy Angela Lutzemberger, a Buddhist/Hospice chaplain

Following worship (noon to 1:00 p.m.): What does it mean to know that all of us will die? What decisions do we make now to make our dying a more gentle process — and easier for our loved ones? On Sunday, April 7th, join Rev. Erika and Angela for a special workshop. Childcare will be provided.

Ministerial Leave

Rev. Erika will be away from all email and phone reach from Sunday, March 10th through Tuesday, March 26th. She will respond to all emails when she returns on March 27th. If you have a **pastoral emergency** between March 10 and March 26, you may call Rev. Mark Glovin, the minister of our Rockland UU congregation, at 207-701-7485. **When in doubt**, please call Fellowship President Rosie Davis at 207-380-3011.

President's Corner



Rosie Davis

Greetings friends,

I hope you are all having a good winter so far. This time of year can be challenge for some if us. If you are in need of assistance, for rides to appointments, or Fellowship, need a meal or two to help you through the cold days or just want some company, then please reach out to, Robin Hall our Care Team Chair, who will contact one of the care team members to help assist you. Robin's email is: robin.hall518@gmail.com

For those who are new or those who are unsure of who your Board Members are, here are our names and positions.

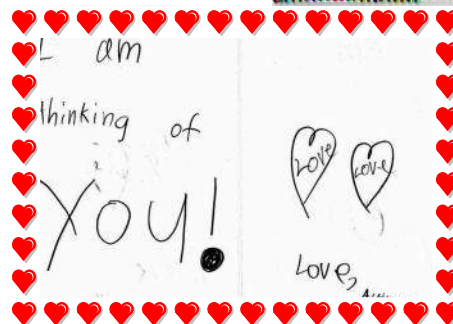
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|-----------------|---------------|
| President. | Rosie Davis |
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Please remember we are always available for any ideas, comments or concerns.

Stay warm!

In faith, Rosie

Beautiful Valentine's Day cards received by Jennifer Ober, made with love by our very own wonderful RE children.



Delivered with love by Caring Committee Chair Robin Hall



Carney Doucette

Religious Education

March RE Sunday Mornings

Theme: The Unknown &
Unknowable

March 3 – Who’s That Knocking at my Door &
OWL Sunday

March 10- The Gift

March 17- An Infinity of Questions & Pre-Teen
Conference at UU Bangor

March 24- House for God & OWL Sunday with
final celebration

March 31- Mountains of Tibet

Mystery Friends Begins April 7 Adults needed!

“Mystery Friends” is a program to match children with adults to help make meaningful intergenerational relationships. We did this a couple of years ago, and everyone had a good time. Children and youth who wish to participate will be matched with a mystery adult. Starting on Sunday, April 7, we will have 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, May 19, 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 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 6 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 or let a member of the RE Committee know (Lindy Gifford, Deb Lomas and Kate Pennington). If your child wants to participate, also let us know. Let’s have some fun getting to know one another.

Pre-Teen Conference in Bangor

Some of our youth, ages 9-12, will be meeting other UU youth during our pre-teen conference, March 16 -17 at the UU Church in Bangor. This conference is planned by the Directors of Religious Exploration in the Mid-Maine group (Damariscotta, Rockland, Augusta, Bangor, Belfast, Ellsworth & Castine). This year’s theme is on “Journey.” Cost is \$20. Chaperones go free. If you did not get a registration form directly from Carney, and your child would like to attend, please contact her. Deadline for registrations is March 3.

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(Religious Education-continued from page 3)

OWL – lots happening!

Our Whole Lives Sexuality Education (OWL) has been quite active this year. Our 4th & 5th graders will have their final session on Sunday, March 24 with a double session, potluck and celebration with their caregivers. Thanks to our OWL facilitator team – Broo Temple, Rev. Elizabeth Barnum from the United Christian Church in Lincolnville, and Carney McRae Doucette.

OWL Facilitator training for grades K-1 and 4-6 is happening right here in Augusta, Maine. This training is brought to you by the Mid-Maine DRE group. If you are interested in becoming a trained facilitator for this beloved program, please speak to Carney as soon as possible. We pay for 2 people to attend this training with the understanding that they become part of our training team. The training will be Friday, April 12 through Sunday, April 14 at the Unitarian Universalist Community Church in Augusta.



Imbolc celebration - Holly as Brigit



Imbolc celebration - Rob as Maddog



Kate Pennington tells the story of Julia Butterfly Hill



Toby & Autumn promote equal rights



MUUF Immigration Justice Initiative

A group of eight met after the service on Feb. 24th to discuss feasible ways we might

Sandy Barth proceed with the initiative. All agreed that we needed to be careful not to take on more than we could handle, at least in the beginning. Sandy mentioned that she had had a phone conversation with Cathey Cyrus from UU Brunswick. Their church is involved with an interfaith group from the Brunswick / Topsham area. They, as a group, have settled two immigrant families in the Bath area where rents are cheaper than in Portland or Brunswick. They have also been of assistance to five other immigrant families in Bath. We agreed that working with this already established group might be the best way for us to start. The needs vary widely from human power to financial donations - also a couple of very specific needs (a used car and a keyboard). The large interfaith group meets next from 6:30 - 8 pm on Thursday, March 18th at the Brunswick UU Church. A few of us will plan to carpool to that meeting and report back to our group.

Sandy also mentioned that Jill Linzee has established a relationship with the Somali farmers that come to the Damariscotta Farmers Market on Fridays in the warm season. Jill will keep us informed if there are specific needs other than visiting the Farmers Market and purchasing their produce.

Let Sandy know if you are interested in joining the immigration initiative and have not already spoken to her or attended the meeting on Feb. 24th. Our next meeting will follow the morning service on March 24th.

Sandy Barth
sbarth1942@gmail.com

Hospitality / Membership Corner

I'm always a little surprised when we have mid-winter visitors, but it's a nice surprise as is seeing those who we usually see more of in the warmer months. For those who are here part-time, a mid-winter break in coastal Maine can be a refreshing one. No matter the season, we are always happy to see you.

We seem to be having better luck with our Circle Suppers this season. David and Sylvia had a full roster for their supper on February 15th. Kevin Kiley and his mom, Pat Kiley, are going to try again this season for March 5th at 6 pm. Pat's home is at 33 Water Street, Damariscotta. There is room for 3 more participants. Sign up on March 3rd, or let Sandy know you are interested, and she will add you to the list now. Last year Kevin and Pat had to cancel at least twice, so we're hoping for better luck this year. If anyone else wants to host a Circle Supper in March, let Sandy know and she will post a sign-up sheet. The host provides the entree and everyone else brings something to fill out the menu.

Please continue to greet and speak with the unfamiliar faces on Sunday morning. We want to continue to be known as a warm, welcoming community.

Sandy Barth sbarth1942@gmail.com
563-5565



Early Days of the Midcoast UU Fellowship by our first president, Roger Duncan

Part 3 of a 4 part article

During the months before we were incorporated, the quality of services varied widely. Several were second-hand, good sermons written for other occasions and read by one of our people. Others were preached by ministers who knew us and adapted old sermons to the occasion. Some were written by amateurs among us with ideas to share. Eleanor Richardson spoke on *Women in the Bible* with reference to the mother of Moses, Abigail and Jezebel, and some were very special ones. One of these was not really a sermon but a skillfully guided discussion on the meaning of the letters "G-O-D."

In March 1983 committee of Bruce O'Brien, Jack Wilson, Art and Blanche Davison and Roger Duncan put together from the January conference, further discussion and the help of the UUA a set of by-laws they submitted to Dennis Jumper, Esq. for review. On May 9 the by-law committee reviewed Mr. Jumper's suggestions and on May 15, the Fellowship took two hours to approve them, at the same time refusing the gift of a heavy oak pulpit and accepting the gift of 50 blue hymnals from the Augusta church. The by-laws were accepted.

On June 2, I posted the Warrant on the Edgecomb Post Office and on the church door. On June 11, we were incorporated under the laws of the State of Maine. Officers were elected: Roger F. Duncan, President; Dan Schick, Vice President; Eleanor Richardson, Clerk-Secretary; Bruce O'Brien, Treasurer. Trustees: Jean Pillimer, Blanche Davison, Arletta Rice. During its first year the Fellowship grew to about 41 members. Attendance fluctuated from about 25 in the winter to up to 60 in the summer.

The Program Committee provided the same kind of programs as before with more emphasis on speakers from our own group and from UU ministers. We have sometimes met at other than the usual place: once at the Old Alna Meeting House, once at the Wilson Chapel on Ocean Point, twice at the Richardson's for clambakes and twice at Les Smith's for picnics. We met once at Joseph Barth's home to celebrate his lilies.

*Submitted by Sandra Barth
Original MUUF member*

****Part 4 will appear in April's newsletter****

Snowy Sunday? Use Zoom!

If worship is canceled on **March 3rd or March 31st**, Rev. Erika will open her online Zoom room at 10:30 a.m. for a brief online gathering.

To join by computer:

Go to www.Zoom.us
Click the blue heading "Join a meeting"
Enter Erika's designated number:
749-979-5863

To join by telephone only:

Dial 646 558 8656 or 408 638 0968
Enter meeting ID: 749 979 5863

Hospitality Schedule

- Mar. 3 - (Indigo Pod) - Lindy, Stephanie & Isaac, Rob & Molly**
- Mar. 10 - (Green Pod) - Kate, Phyllis, Deb Arter, Tim & Karen**
- Mar. 17 - (Red Pod) - Rosie, Bob, Deb Lomas**
- Mar. 24 - (Blue Pod) - Tiffany, Joelle and Kay**
- Mar. 31 - (Purple Pod) - Jennifer & Dick, Robin, Bob & Joan**

Our community anti-racism vigils

continue every Monday at noon. Please join us for 30 minutes at Memorial Park in Newcastle. Convenient parking at the Second Congregational Church. Make your own signs or choose among the many that are available; bring a chair if that is more comfortable for you. All are welcome!

PLEASE HELP MUUF UPDATE THE DIRECTORY

MUUF's Directory of Members and Friends was last published two years ago, and it's time for an update. This publication will be shared within the Fellowship only and will not be published online or in our newsletter. Being listed in the Directory is optional, of course, but we hope you will want to help our community stay connected.

There will be Directory signup forms at the Fellowship on Sundays through March 24th, and we will also have opportunities for you to have a photo taken after the services in March. Please help us by filling out a directory signup form and giving it to David Bilski or Kate Pennington no later than Sunday, March 24.

If you are away from Maine for the winter and wish to be in the Directory, please e-mail Kate Pennington (katep@maineantiquedigest.com) with your name, mailing address(es), phone number(s), and e-mail. Regarding a photo option, (a) let us know if you want to use the photo (if you had one) in the previous directory; (b) send us a good close-up photo as an email attachment; or (c) state that you don't want a photo included. Again, please send this information so that we receive it by March 24.

Thank you!

David Bilski and Kate Pennington



Submit all newsletter / order of service information to news@uumidcoast.org