

MUUFLETTER for September 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

September's theme: Generosity

Sept 1: "Happy People"

Reverend Michael F. Hall, guest minister
Our world is full of women and men, young and old, who are suffering, who feel out of balance within themselves and in the world. Today we will think about the connection between hardship and happiness and explore some pathways to wholeness that are part of congregational life and shared ministry.

The Reverend Michael F. Hall smiles whenever he thinks about returning to MUUF to lead a service. On July 1st, Michael began his eighth year as the settled minister at our church in beautiful Keene, N.H., where he lives with his wife Jill and their three children. Prior to ministry, he spent many happy years at a "living history" museum portraying the "Pilgrims" of Mayflower fame and he worked as a Case Manager on the Dual Diagnosis Unit of a detox in Plymouth, MA.

Sept. 8: "The Good Samaritan"

John Arbuckle, preacher
Bob Whitmire, worship associate
Fellowship member John Arbuckle will talk about one of the most abiding parables arising from the Christian tradition, a teaching that transcends the boundaries of any one religion and drives to the heart of what it means to be human. John and Holly run Singing Pasture Farms in Newcastle, and with their children Noah and Zea, have been attending Fellowship with us for more than a year.

September 15: "Generous Self-Love: Part 1 of 2"

Rev. Erika Hewitt
One of the most important relationships of our lives is the one we have with ourselves. What happens when trusting our own self—our intuition, experience, or
(continued on page 2)



Rev. Erika Hewitt

Minister's Message

It took a long time for me to give away forty-seven \$1 bills to strangers this summer, but it was remarkably easy to engage those strangers in conversation about money and the choice to be generous. (If you're having a "Wait: WHAT?" moment, the video my August 25th sermon is on our Fellowship's Facebook page.)

One of the phrases I heard over and over from these strangers (unprompted) was their plan to "pay it forward" — as in, use their dollar to ease someone else's trip through the toll booth, the Dunkin' Donuts line, or the grocery store check-out. I find it delightful that "pay it forward" has entered our vernacular as both code and imperative. It's clear that this phrase has meaning for a lot of people; we're familiar with its mechanics even if we haven't participated in them.

On the other hand, most people who said they'd "pay it forward" with their dollar couldn't come up with a concrete plan for delivery. When I pressed them, a few mentioned "the homeless" as an obvious category of people in need. But almost none of these curious, engaged, forthcoming strangers were able to articulate a specific cause or person who might receive their generosity.

I believe that people are genuinely stumped by this question because very few people are part of communities they believe in, and invested in, and asked to support. You are. WE are. We have those relationships, here—along with vision and commitment and deep-hearted joy in what we do at the Midcoast UU Fellowship.

This month, your Trustees and I are asking you to center relationship and connection in your decisions about money, in the form of your 2020 pledge. We've created an ambitious vision for our congregation, and we're

(continued on page 2)

(minister-continued from page 1)

Inviting you to make choices about what kind of generosity you can practice in and for our Fellowship. Where generosity is already alive in your life, and where does generosity want to keep moving through your life?

Thank you for considering the relationships you have with us, in the Fellowship, as part of your stewardship decision. We sustain this congregation together, in a web of interdependence.

In faith,
Rev. Erika Hewitt

(services-continued from page 1)

truth—puts us at odds with the people we care about? Our SHARE THE PLATE offering will be given to Healthy Kids. Our service will be followed by a sermon discussion led by Rev. Erika.

Sept. 22: From You I Receive

Tiffany Vencile, worship associate. During this service our own members will reflect on the experience of being on the receiving end of generosity. Celebrate and witness those stories, which will invite you to reflect on generosity in your own life.

Sept. 29: “Generous Self-Love: Part 2 of 2”

Rev. Erika Hewitt

We’ve all been hurt. When we replay and revisit the hurts we’ve suffered, sometimes we’re able to come to terms with that hurtful past. As Mark Nepo points out, that coming to terms can be called both healing and *forgiveness*. Join us as we explore these possibilities in our lives.

This service will be followed by a **Newcomer Orientation** from noon to 1:00 p.m. Come learn more about UU’ism and this congregation.

Oct 6th: “Listening as a Tool of Covenant”

guest preacher Dr. Mary Gelfand;
worship associate Patti Anderson

The world is full of voices screaming for our attention. How can we refine our listening skills and tune in to the voices that really matter? Join us for an exploration of the sacred act of Listening. Dr. Mary Gelfand is a devoted UU and an interfaith minister ordained by the Chaplaincy Institute of Maine. A Southerner for most of her life, Mary now resides in Wells, where she revels in the seasonal changes she shares with husband, Mark Gallup, and 4 cats.



Rosie Davis

President’s Corner

Greeting friends,

What a lovely time we had at our annual Fellowship Picnic and what a great way to start off Stewardship Time. Your Board and Minister made their pledges for 2020 and said a little about what the fellowship means to them. Thank you to Carol & Chris Robins for opening their home to us.

Your Board is working hard for our Fellowship as we attend to our annual business, fulfill our pledges for 2019 and start considering and pledging for 2020.

As we head towards the end of 2019, we ask that you review your remaining pledge amounts and pay in full as soon as you’re able or as you have previously committed to. If you’d like to know your outstanding balance please email our treasurer, David Bilski at treasurer@uumidcoast.org.

Your 2020 pledge forms will be mailed out to you and we ask that you return your pledge form to us no later than Sunday, September 29th to enable your board to finalize the budget for 2020. I ask you all; please think about our mission and what the fellowship means to you and how you’d like to see our fellowship grow as you consider the level that you’re able to pledge. Please remember you do not need to be members to pledge but you do need to be members if you wish to vote at our annual meeting on Sunday, November 17th.

On a last note, I’d like to thank Caity Bogdan for her service to the Fellowship by serving on the Board as Secretary, President and Trustee. Caity has resigned from the Board due to work commitment and moving out of state for work. Caity and John still have their home in Maine and will visit as often as they are able. We wish you well, Caity and you will be missed.

In faith,
Rosie



Name Change for Carney

On August 21, I officially changed my name. I am reclaiming my maiden name as my last name, and remembering my husband by making it my middle name:

Carney Doucette McRae. My church email is: re@uumidcoast.org. My personal email is changed to: carneymcrae@gmail.com.

New Religious Exploration (RE) Year: Here is What's Happening

On Sunday mornings, we will continue to offer opportunities to explore our faith. This year we are using the curriculum: Toolbox of Faith, reflecting on the qualities of being Unitarian Universalist. These qualities include integrity, courage, and love. Our children will explore how these tools can be used in living their lives and building their own faith.

Once a month, we will have a Mindful Sunday, where we will experience a tool for practicing mindfulness. On Mindful Sundays, we might have an extended learning experience that goes into the hour after worship and RE. Depending on the practice, we will invite adults to join in during Coffee Hour.

During the month of January, Holly Arbuckle will guide our children through the art of storytelling. There will be a culminating event at the end with children retelling their selected stories to the Fellowship, following the worship service.

This year's Pre-Teen Conference (ages 9-11) will be March 21-22 hosted by First Universalist in Rockland. First Universalist in Rockland is hoping to also host a youth conference for grades 7-12 over the December school break.

Our Whole Lives Sexuality Education for grades K-1 will be offered starting in March 2020 at First Universalist Church in Rockland. Families with children in this age group are invited to participate. Our Whole Lives (OWL) for this age helps you educate your child about birth, babies, bodies, and families. Parents and caregivers are actively involved as your children learn through songs, stories, activities and at-home projects that promote family dialogue.

If you would like to support Religious Exploration for our children and youth, and are willing to give some time on Sunday mornings, please let Carney know (re@uumidcoast.org).

RE in September

September 8: Introduction to Toolbox of Faith; creating covenant – Toolbox & ruler (Faith)

September 15: *Mindful Sunday* – The practice of doodling with Lindy Gifford

September 22: Toolbox of Faith – Cooperation: the basis for making promises together

September 29: Toolbox of Faith – Questioning (Magnifying Glass)

Mindful Sunday – Adults invited to explore

On Sunday, September 15, Lindy Gifford will explore the mindful practice of doodling with our children. She will offer an extended learning following worship for adults who might wish to explore this practice. Get a cup of coffee or tea and a snack and come back to Porter Hall to participate (around 11:45 a.m.).

Do you have a mindful practice to offer? Contact Carney or a member of the REC (Religious Exploration Committee) – Kate Pennington, Deb Lomas and Lindy Gifford. We will have a Mindful Sunday once a month.



MUUF Immigrant Justice Initiative

The Lincoln County ecumenical group for support of asylum seekers will meet again on Thursday, September 5th at 2 pm at Second Congregational Church for anyone that is interested in joining this effort. No immediate needs have been identified in the past month since our large clothing and hygiene items collection on August 1st. Thanks to those of you who contributed items and who worked to pack them up on August 1st. At the September 5th meeting, we will be coming up with a plan for the Fall for additional ways we can help the new Mainers, many of whom are now being settled in Brunswick as well as Lewiston and other areas outside of Portland.

Sandy Barth Needs of new immigrants will also be addressed by MUUSAN (Maine UU State Advocacy Network) during the coming year, primarily through

legislative activity. I will be attending the next MUUSAN meeting in Augusta on September 14th and will keep the Fellowship updated.

In the meantime you can:

1) donate funds to support the legal needs of asylum seekers by giving to ILAP (Immigrant Legal Advocacy Project). Find them online at ilapmaine.org and follow them on Facebook and Twitter at @ILAPMaine.

2) support the Somali Bantu Immigrant Community that has a booth at the Damariscotta Farmers Market on Fridays from July through October.

Sandy Barth sbarth1942@gmail.com

MUUSAN Network Meeting

SATURDAY, SEPTEMBER 14th, 10 AM-NOON

Unitarian Universalist Community Church, 69 Winthrop Street, Augusta

Join the Maine Unitarian Universalist State Advocacy Network (MUUSAN) and our guest speaker, Rep. Charlotte Warren (D-Hallowell) who will highlight the expectations and engagement process for the second session of the 129th Legislative Session beginning in January.

Contact Julia Fitz-Randolph at jfitzra@aol.com for more information or muusan.org



Annual Picnic, August 25, 2019



On August 25, 1619, the ship the White Lion arrived at Point Comfort, now known as Fort Monroe National Monument in Hampton, Virginia. The ship contained enslaved Africans. This is the first recorded arrival of Africans in America. This year, this anniversary was commemorated at Fort Monroe as a day of healing and reconciliation.



The park and its partners invited all 419 national parks, National Parks Service programs, community partners, and the public to come together in solidarity to ring bells simultaneously across the nation for four minutes--one for each century--to honor the first Africans who landed in 1619 at Point Comfort and to commemorate 400 years of American history.



Save the Date: Toni Morrison Film - October 22

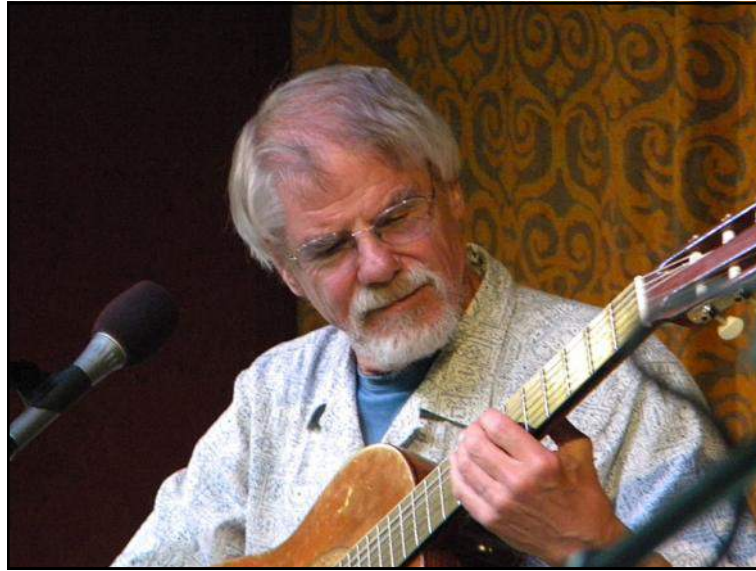
On Tuesday, October 22, the acclaimed new film about novelist and storyteller Toni Morrison (1931-2019) will be shown at the Lincoln Theater in Damariscotta at 2 p.m. and 7 p.m. This presentation is being sponsored by MUUF's Social Justice Committee in conjunction with People United Against Racism.



"Toni Morrison: The Pieces I Am" offers an artful and intimate meditation on Morrison's life and works. From her childhood in the steel town of Lorain, Ohio, to 1970s-era book tours with Muhammad Ali, from the front lines with Angela Davis to her own riverfront writing room, Toni Morrison leads an assembly of her peers, critics and colleagues on an exploration of race, America, history, and the human condition as seen through the prism of her own literature. Woven together with a rich collection of art, history, literature, and personality, the film includes discussions about her many critically acclaimed works, including novels "Beloved", "The Bluest Eye", "Sula", and "Song of Solomon", her role as an editor of iconic African-American literature, and her time teaching at Princeton University.

Admission will be only \$6, and high school students will be admitted free of charge. Please save the date and plan to attend this special event.

**The Midcoast Unitarian Universalist Fellowship presents
Maine's widely acclaimed folk musician, Gordon Bok**



(Photo courtesy of Chris Koldewy)

**Tuesday, October 15th at 7:00pm
Lincoln Theater, Damariscotta**

Gordon Bok grew up around the boatyards of Camden, Maine. In his early years, he worked on a variety of vessels, from passenger schooners to yachts. He learned many tunes, sea songs, stories, legends and ballads from the people he worked with. Where he couldn't find songs that matched his experiences or needs, he began to write his own, and has kept up a lively flow of poems, songs, stories, choral and instrumental works. He has performed extensively in the United States, and in the United Kingdom, Australia, and New Zealand. He has appeared on the radio show "A Prairie Home Companion" with Garrison Keillor. Gordon's music has been sung by many other performers and has been used for films, most notably the documentary *"Coaster: The Adventure of the John F. Leavitt"* for which he won an award. Gordon received an honorary Doctorate of Science from the Maine Maritime Academy for his reflection of Maine's maritime heritage in his compositions and performances. His legacy includes over thirty recordings featuring his own compositions and folk tunes from around the world. His extensive repertoire provides a rich well to draw upon for his concerts; he has never sung the same solo concert twice. Bok says: *"I'm drawn to songs that show me how others have lived their lives and sorted through their problems – that's the great wisdom in traditional music, and in the songs that will become the tradition in other generations. They've shown me how to live, and if others learn something from my passing them on, that's another pleasure."*

The concert is a benefit for the fellowship. For information about how to purchase tickets, go to: www.uumidcoast.org. They can also be purchased at Sherman's Maine Coast Book Shop in Damariscotta, or at the door the evening of the concert. For more information call: 207-677-3703.

For more information about Gordon Bok and his music, go to: <http://www.gordonbok.com/>

Save the Date

On Friday, November 1st from 5:15 to 6:45 p.m., Rev. Erika will lead an All-Ages Pizza Night in our worship space. What would you like to do as our program? Would you like to wear costumes, remember our ancestors, or celebrate our "saints"? If you have ideas, please let Erika know: 650-5757.

Come and Join an Adventure in Singing - the new MUUF Choir!

All interested folks are welcome. Singers will meet once a week, beginning in September, at Susan Borg and Dick Nessen's house in Bristol. We'll sing together and learn a piece to include in the worship service for one Sunday of each month. Susan will teach singing technique and musicianship as we go along, in a relaxed and easy-going manner. It's not so much about getting the notes right, but rather about listening to each other and putting one's heart into the music. We'll laugh and have fun, and we'll also explore the depth of beauty and spirit in the music.

All adults are welcome and kids 12 to 16 years old are welcome with a parent.

Contact Susan Borg with questions at susangborg@gmail.com or 563-2535.

Come to the new MUUF Choir for fun, come to sing and come to contribute to our worship services!

Our community anti-racism vigils

continue every Monday from 4:30 pm to 5:00 pm. 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!



Hospitality Schedule

- Sept. 1 - (Green Pod) - Kate, Phyllis, Deb Arter, Tim & Karen
- Sept. 8 - (Red Pod) - Rosie, Bob, Deb Lomas
- Sept. 15 - (Blue Pod) - Tiffany, Joelle and Kay
- Sept. 22 - (Purple Pod) - Jennifer & Dick, Bob & Joan
- Sept. 29 - (Indigo Pod) - Lindy, Rob & Molly
- Oct. 6 - (Green Pod) - Kate, Phyllis, Deb Arter, Tim & Karen

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