

MUUFLETTER for December 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

December's theme: Awe

December 8: Rev. Erika Hewitt, preaching.

December 15: "The Snow Tree Solstice"



Rev. Erika Hewitt and Carney Doucette
Our annual pageant-from-the-pews focuses on Winter Solstice! We'll sing, celebrate, and tell a story about the glory of nature, the promise of the return of the warmth of the Sun, and the beauty of peace and friendship in this

darkest time of the year.

Our SHARE THE PLATE offering will be given to UU religious professionals of color, to support their ongoing work and wellbeing within and for our UU movement.

December 22: Rabbi Lisa Vinikoor returns for a second visit to the Fellowship. She serves as the spiritual leader of Beth Israel Congregation in Bath and Hillel rabbi at Bowdoin College. Rabbi Vinikoor came to the rabbinate after a fourteen career as a teacher and social justice organizer in Boston and Lawrence, MA.

Tuesday, Dec. 24, 4:00 p.m. — "Love Born Again"
Join Rev. Erika Hewitt, Kevin Kiley, and our Midcoast UU Choir for this **all-ages** interactive celebration of the Nativity story, and all that it offers our modern ears. We'll worship in Skidompha's Atrium, surrounded by "candle"light, and ending with our singing of "Silent Night." All are welcome.



December 29: "Godless Heathens and the Search for Meaning." Rob Brown, speaker; Courtney Belolan, worship associate. Meaning can

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Minister's Message

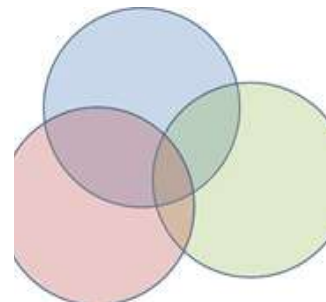


In lieu of a written message, please enjoy the Advent Calendar that appears in this newsletter!

*In faith,
Rev. Erika*

Covenant Circles

Are you seeking greater connection and deeper friendships with your fellow congregation members? Join Rev. Erika on **Monday, December 16th from 4:00 to 5:30 p.m.** for a time of deep listening and sharing around a topic that the group will choose! We will meet in Porter Hall. All are welcome to join these spirited discussions, rooted in truth and trust; we focus on a different topic each time. Questions? Contact Jayne Gordon: jaynegor@gmail.com.



Save the Date!

Sunday, January 12th, 12 to 1:30 p.m.

Gender Diversity Is Always Present

In our ongoing work of being a Welcoming Congregation, Rev. Erika Hewitt will lead a congregation-wide learning experience about how the diversity of gender shows up as gender identity and gender expression. All Fellowship members are urged to attend this deep dive, so that we can learn about Preemptive Radical Inclusion (in the words of sexuality educator C.B. Beal, to "teach, lead, and hold space as if everyone is always in the room.") Childcare will be provided so that parents may attend. Questions? Please contact Erika:

minister@uumidcoast.org.

SUNDAY SERVICES, continued

be a difficult concept to wrestle with when a person has no divine or eternal source of validation. MUUF member and lifelong atheist Rob Brown explores meaning, why it matters, and some ways to connect to that sense of purpose and power in our lives that don't require a faith tradition of any kind.

Snow Cancellation Policy

Fellowship cancellations will be posted on our Facebook page and website, uumidcoast.org

We will notify the Portland television news channels if there is no 'church' service.

MUUF Immigrant Justice Support

The Lincoln County Immigrant Support group is proposing a few ways to support new Maine immigrants during this holiday season. Many choose to make donations at this time of year to worthy causes either instead of other gift giving or in addition to other gifting. We are suggesting giving locally this year to new Mainers either for Holiday gift baskets or for support of legal fees that these families will incur for their court appearances in Boston.

1) Cynthia Finnemore Simonds, a Newcastle resident, is working with the Brunswick New Mainers group to create holiday gift baskets for the asylum seeker families currently living in Bath. The expected expense is about \$50 each and will focus on awareness of the cultural differences and food differences that these families have. She has researched how to obtain the culturally different ingredients that might be needed for food preparation and has been working with Renys and Hannaford, both of whom have been very supportive. The baskets will be distributed between December 13th and 16th. You may send contributions (any amount will help) directly to:

**BAIC (Brunswick Area Interfaith Council)
c/o Midcoast New Mainers
PO Box 514**

Brunswick, ME 04011 Write "holiday baskets" on the memo line of checks or give your contribution (cash or check) to Sandy Barth and she will see that it gets to them.

2) For legal support the most direct way to support these families is through **ILAP (Immigrant Legal Advocacy Project)**. Donations to them will be

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Message from the President



Greetings friends,

I hope you all enjoyed Thanksgiving with friends and family. We had a nice quiet time at home and I had some reflection time to think about those who were not able to enjoy this time of the year and for those who have not experienced Thanksgiving before.

This is my final newsletter article to you all as your President. The past three years on the Board has been a joyful, spiritual and learning time for me. I have grown so much, especially from taking on the role as President. I have been very fortunate to work alongside the kindest, smartest, loving and honest people. I am happy to say that I am staying on the Board as a Trustee and am here to offer my support to our incoming President, Bob Whitmire. I know he is going to be wonderful in this role. As Vice-President, he has been a wealth of knowledge, ideas and support to me. Bob has also been extremely involved in all the Presidential tasks.

I hope the Holiday Season is good to you all and please remember that if this is a difficult time of the year for you that we, your church family is here for you. Please reach out if you need someone to talk to or find yourself alone this Christmas and want company. Your Care Committee - Sandy Barth, Joan Whitmire, David Bilski, Kay Miller, Kate Pennington and I are here for you.

Thank you for allowing me to serve as your President.

*In faith,
Rosie*

Hospitality Schedule

Dec. 1 - Purple Pod: Jennifer & Dick, Bob & Joan

Dec. 8 - Indigo Pod - Lindy, Rob & Molly

Dec. 15 - Green Pod - Kate, Phyllis, Deb Arter, Tim & Karen

Dec. 22 - Red Pod - Rosie, Bob & Deb Lomas

Dec. 29 - Blue Pod - Tiffany, Joelle & Kay

Jan. 5 - Purple Pod: Jennifer & Dick, Bob & Joan



RE Sunday Mornings

Carney McRae Doucette,
Director of
Religious Exploration

- Sunday, December 1 Story of Advent
 Sunday, December 8 Faith in Action
 Gingerbread Houses - see last year's below
 Sunday, December 15 All Church Worship
 Sunday, December 22 Movie with popcorn & hot
 chocolate – come in your pajamas!
 Sunday, December 29 Mindful Sunday –
 Walking the Labyrinth

Experience Ferry Beach - A UU Retreat & Conference Center in Saco

by O'Doshie Davis

My experience at Ferry Beach was amazing. It's a good starter for summer camp because Ferry Beach has a safe, welcoming environment. Ferry Beach is a fairly small camp, maybe about a total of one hundred kids. The dorms are so comfortable, and two or three people are in one room. Just enough to have a pretty good amount of space. There were a lot of outdoor activities like volleyball, playground time, and beach time. My favorite things were drawing and sewing in the art room, and making lots of friends. I highly recommend Ferry Beach! (This is not a sponsored ad).

Check out all the activities at Ferry Beach UU Conference Center - schedule includes a *Hogwart's Family Camp* over winter break, and youth camps during the summer. O'Doshie would love to have some other kids from the mid-coast join her.



Immigrant Justice Support continued from page 2

used for new Mainers, but may not necessarily be used for Bath / Brunswick families.

ILAP

P.O. Box 17917

Portland, ME 04112

The Midcoast New Mainers Group is also collecting money for the other costs of trips to support court appearances (such as bus fares, food costs for the trip, overnights, etc.) which could mount up to as much as \$300. **To support those ancillary legal costs, send contributions to the New Mainers address above and write "legal fees" on the memo line of your check.**

There is also still a need for tutors of English. If you are willing to make the trip to the Bath/Brunswick area once or twice a week, contact Midcoast Literacy in Bath and register into the process to become an official literacy tutor.

Thank you all for your efforts to help our new immigrant families so far this year.

Sandy Barth

At right: O'Doshie walks the labyrinth at pre-teen con 2018

Below: Mindful Sunday yoga with Kim Smith



At left: All ages Samhain program

Rev. Erika's 2019 Advent Calendar

1: Whether you come to worship or not, pause around 11:00 a.m. — when we usually observe our devotional time — and send prayers or energy to those you love.

2: Put on some holiday music — any song you love — and sing along. Better yet, invite someone else to sing with you.

3: All day long, find ways to spread kindness to both strangers and friends.

4: Choose a cause — like the food bank or a charity — and save up your loose change for them for the rest of the month.

5: Take a few moments to recall a happy Christmas memory.

6: Email or call someone to say “thank you” — whether they’re expecting it or not.

7: Snuggle up with your favorite holiday movie or book. (Popcorn optional.)

8: Bundle up and head out into the world: what beauty can you find in nature today?

9: Call someone you haven’t talked to for a while, and tell them how much they matter.

10: Choose a household chore and approach it with mindfulness, instead of rushing. Be as present as you can.

11: Box up something you’re ready to let go of and pass it on to someone for whom it might bring joy.

12: When was the last time you danced? Put on some music and start moving.

13: Look up into the night sky and find a “star of wonder” to gaze at.

14: Unplug, power down, and head to bed early for a nourishing night of sleep.

15: Come to our Solstice pageant at 10:30! We’ll be expecting you.

16: Choose to prepare and eat food that will make you feel energetic, strong, and healthy.

17: If your heart has opened to the holiday spirit, ask who you might forgive for a past hurt.

18: Every time you hear a phone ring, pause and give thanks for something.

19: If you have the means, “pay it forward” for the next customer at a coffee shop or toll booth.

20: Do you have a favorite holiday poem or story? Read it to yourself or to someone you love.

21: Mark the winter solstice by going out into the darkness and seeking out lights that make you feel merry.

22: Set time aside to care for your body. Breathe. Stretch. Move.

23: If you find yourself in a crowd of harried shoppers, pause and send them peaceful energy. Imagine waves of calm settling around them.

24: Enjoy the beauty of music, story, song, and the radiant candlelight at our 4:00 p.m. service.

25: Have yourself a merry little Christmas!