

MUUFLETTER for JANUARY 2020!

Newsletter from Midcoast Unitarian Universalist Fellowship

Happy New Year!

SUNDAY SERVICES SCHEDULE

Always at 10:30 a.m.

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

January's theme: The Unexpected

January 5: "The Stars Will Still Shine"

Worship Associates Patti Anderson and Sally Sapienza will lead a service of looking back and looking forward, as we welcome 2020. We will perform our traditional New Year's ritual of letting go of attitudes and actions from 2019 that no longer serve us, and calling up those which will bring us joyfully forward in the new year.

January 12: "Everyone Wakes Up a Day Older"

Rev. Erika Hewitt

We're all aging, all the time—which dismays some of us. However, in the words of Ashton Applewhite, "Not dealing with aging is a way of not dealing with living." Today we'll explore ageism, and the spirituality of aging.

Please stay after worship (noon-1:30 p.m.) for an all-congregation Welcoming Refresher, led by Rev. Erika, about how the diversity of gender shows up as gender identity and gender expression. We'll 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.

(Services-continued on page 2)



Rev. Erika Hewitt

Minister's Column

When my life feels like it's too full or moving too fast, I try to remember that it's a primary spiritual task to pay attention: to observe and be present, as if awaiting further instructions.

Waiting and watching doesn't always come naturally to me. If you've known me for more than five days, you know that I'm a do-er. It's my nature to take action; to make things happen; to turn the theoretical into the concrete. The problem with "doing" mode is that it can leave little room for Spirit to join us. Sometimes our constant planning and acting and thinking and charging ahead, or even coasting on autopilot, can keep us too occupied to notice Life's subtle nudge.

In any given day... or in any given week... or in any given 7-year ministry, it's not only a good idea but also necessary to move away from the doing, and into the stillness of paying attention. When I'm able to pause in this way, it's as though I'm fiddling with a radio dial, scanning through the static to hear the voice of The Great Mystery. Waiting and listening is a way of allowing the All That Is And Ever Shall Be to find me, reconnect with me, and be my chosen copilot (as opposed to me running on autopilot).

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(Services-continued from page 1)

January 19: "In Honor of Martin Luther King"



In honor of Martin Luther King's birthday, white members of our congregation will read reflections on the different ways in which

they are coming to grips with their own and our culture's deeply entrenched systemic racism. Readers are Patti Anderson, Jayne Gordon, Leigh Anne Keichline and Bob Whitmire.

Our SHARE THE PLATE offering will be given to the Restorative Justice Project.

January 26: "Let Us Be"

MUUF member Jayne Gordon shares her experience of loss, love, and learning in this sermon based on a life-changing family tragedy five years ago.

Jayne Gordon is a lifelong UU, a former member of the First Parish Churches in Lexington and Concord, MA. Her love of local history, landscape and literature was the foundation for her work in Massachusetts, and it nourishes her new life in Damariscotta.

February 2: Rev. Erika Hewitt, preaching (If this service is cancelled due to weather, join Rev. Erika on the Zoom videoconferencing platform at 10:30 a.m. for a brief and informal service. Go to www.Zoom.us, click the blue link that says "Join a meeting," and enter 749-979-5863.)

(Minister's Column-continued from page 1)

I've loved the past six-and-a-half years of serving as your minister... and that continuous service has allowed little time for pausing, for resting, for paying attention to how Spirit is moving in and through my ministry. One way to think about my three-month sabbatical: it's a window for me to shift from doing to being; to replenish my well with rest and creativity and God.

My sabbatical begins on February 22nd and lasts through May 22nd. To ensure that I'm fully "away" during my sabbatical, I will not be in contact with anyone in the Fellowship. (In keeping with UU practice, any voicemails or emails that I receive between February 22nd and May 22nd will be deleted without listening to or reading them.)

Your leadership—and especially your Sabbatical Team of Bob, Tiffany, Sandy, and Carney—have readied themselves to activate your shared ministry, so that we can each experience these three months on our own—without one another. (A UU minister will be available for situations that your leaders deem an emergency.)

NOW—this month—is the time for us to be present to one another: to have the conversations that you need to have before I leave. Let us pay attention to each other in the coming weeks, relishing each other's company before I move away from the Fellowship and toward Spirit.

In faith,
Rev. Erika



Religious Education

Carney D. McRae

RE Sunday Mornings

Sunday, January 5 Mindful Sunday –
Nia Dancing

Sunday, January 12 Toolbox of Faith:
Expression- Paintbrush

Sunday, January 19 Toolbox of Faith:
Democratic Process - Chalk

Sunday, January 26 Toolbox of Faith:
Power - Hammer

Mindful Sunday – Nia Dance with Jillian Bedell

Our next Mindful Sunday will be on **January 5**. Children will experience Nia Dance as a mindful practice during Sunday morning RE. Adults are invited to experience this practice following worship, 11:45ish in the News Room. Jillian is a member of First Universalist Church in Rockland, and is excited to share this mindful practice with you.

Nia is a dance class for everyone. The practice emphasizes the joy of movement. You will sweat. You will laugh. You will breathe deeply. Expect easy-to-follow choreography as well as free dance, with elements of martial arts and wellness techniques. Each class ends with mindfulness and meditation, leaving you lighter and prepared to step back into your life.

Experience Ferry Beach

A UU Retreat & Conference Center in Saco
by O'Doshie Davis, youth member of
Midcoast Unitarian Universalist Fellowship

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.



Children exploring reflection as a tool we can use to affirm the fourth Unitarian Universalist Principle that encourages a free and responsible search for truth and meaning. This is part of the *Toolbox of Faith* curriculum.



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Our Whole Lives (OWL) Sexuality Education for K-1 starting at end of January

Anyone who has or knows of children in Kindergarten up to grade 2, please consider participating in our OWL sexuality program at First Universalist Church in Rockland. Our Whole Lives for Grades K-1 is an 8-session curriculum for five- to seven-year old children in kindergarten and first grade. Second graders also are welcome to participate. See flyer on page 8 of this newsletter for more details.



PRE-TEEN U.U. Overnight Retreat

Join us as we celebrate the Spring Equinox with food, fun and wonderment!

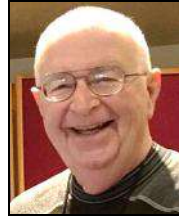
When: Sat. March 21-22, 2020

Where: First Universalist Church in Rockland

What: A sleepover retreat for children ages 9-12

Cost: \$25.00 (Cost includes dinner, dessert, breakfast and any guest speaker fees)

RSVP: Registration forms due to your DRE by March 9



Bob Whitmire

President's Corner

Greetings and felicitations all! Yep, new year, new face in this space. And metaphorically speaking, big shoes to fill. I can't thank Rosie Davis enough for her actions and guidance as president during the past year. Hers was a calm hand on the tiller, even in rough waters. It is a blessing that she will remain on the 2020 board as a trustee.

I'd also like to welcome Courtney Belolan as the board's new vice president. Courtney's skill set and calming influence will be much appreciated. I've served with her for several years on the worship committee, where she has been a constant source of inspiration. The board also welcomes back Treasurer David Bilski, Secretary Michael Mason, and Trustee Jayne Gordon. All in all, a solid, experienced board, albeit a board one member short.

That's because sadly, we're losing Dick Ober this year (from the board, not the congregation!). Dick was an outstanding treasurer, and for the past year has been our technology guru, webmaster, and go-to IT guy. We value his contributions and (fervently) hope he will remain willing to save us from ourselves on the hidden shoals of cyberspace.

I wonder if you noticed I didn't start this inaugural column by wishing everyone a Happy New Year. Truth is, I'm just not feeling it, at least in the happy-slappy way we usually approach this holiday. That said, there is some hope for happy, depending on the news of Wednesday, Nov. 4, but that's a long way off. Frankly, I think the best we can hope for in the wider world this year is to retain some semblance of sanity. A good mantra might be the words of Edgar Allan Poe in an 1845 short story: "Believe nothing you hear and only one half of what you see."



MUUF Immigrant Justice Support

The Lincoln County Immigrant Support group (LCIS) is

Sandy Barth continuing to focus support for the New Mainers in the Midcoast area. Our next meeting will be on January 16, 2020, at 2 pm in the upper classroom at the Second Congregational Church Parish House (follow posted signs). We hope several of our members will continue to attend.

An urgent need right now is for new volunteer literacy tutors through Midcoast Literacy. They are holding two training sessions for new volunteers in January, one for volunteers who want to work with kids and one for volunteer English language tutors for adults. Two 3-day tutor trainings will be held at the offices at 34 Wing Farm Parkway in Bath. For those who want to work with children, the trainings will be Jan. 6, 8, and 10, noon - 4 pm. FMI or to sign up, contact Katie Clark at k.clark@midcoastliteracy.org. The adult training will be held Jan. 21, 22, and 23, 9 am - 2 pm. FMI or to sign up, contact Don Lader at admin@midcoastlit.org. This is a great opportunity for those who have the interest and a few extra hours to be of significant help.

I am also including the information from last month for on-going donations. Thank you to those who contributed to the Holiday Baskets.

1) The Midcoast New Mainers Group is 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 and write "legal fees" on the memo line of your check.

BAIC (Brunswick Area Interfaith Council)
c/o Midcoast New Mainers Group
PO Box 514
Brunswick , ME 04011

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 used for new Mainers, but may not necessarily be used for Bath / Brunswick families, Asylum seekers who file their immigration papers and appear in court with the support of a lawyer have a much greater chance of a successful outcome than those who do not have legal assistance.

ILAP
P.O. Box 17917, Portland, ME 04112

Thank you all for your efforts to help our new immigrant families so far this year. I am proud of how our congregation and other Damariscotta area congregations have come together to form the Lincoln County Immigrant Support group and all that it has accomplished since June.



Martin Luther King Day events in the Twin Villages

Once again, our partner organization, People United Against Racism, will be facilitating several Martin Luther King Day weekend events, January 19 and 20.

The events start with a special showing of the movie *Backs Against the Wall: The Howard Thurman Story*, Sunday, January 19, at 2 pm at the Lincoln Theater. There will be a post film discussion led by Andrew Fenniman, director of the theater.

The highlight of the weekend will be a community interfaith service at the Second Congregational Church in Newcastle at 6 pm the same day. Music provided by community choirs.

As always, on Monday, Martin Luther King Day itself, there will be a Day of Service event with Lincoln Academy. Gather at the Second Congregational Church's basement at 9 am to participate.

Finally, there will be a special MLK Day anti-racism vigil at 12 noon, immediately following the Day of Service, in Veterans Memorial Park, next to the Second Congregational Church. Bring your own signs, or pick one up inside the back door of the church. (Note: We have gone to special, as-needed vigils—of which this is one—to replace the regular Monday vigils, which suffered from lack of participation. This is your only chance for a while to come and stand with your neighbors against all forms of racism!)

MLK Day events:

Sunday, January 19

2 pm—*Backs Against the Wall: The Howard Thurman Story*

Movie at Lincoln Theater, Damariscotta
Post film discussion led by Andrew Fenniman.

6 pm—Martin Luther King Day community interfaith service

Second Congregational Church, Newcastle

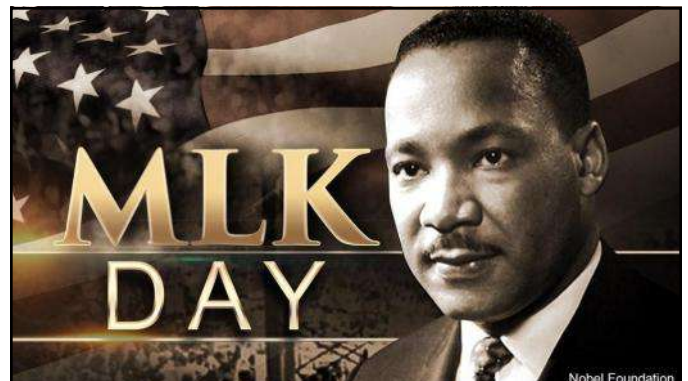
Monday, January 20

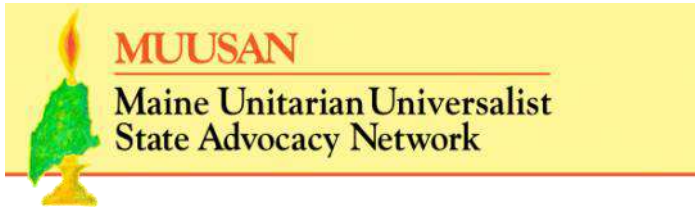
9 am to 12 noon—Day of Service with Lincoln Academy

Basement of the Second Congregational Church, Newcastle

12 noon to 1 pm—Special MLK Day anti-racism vigil

Veterans Memorial Park, Newcastle





MUUSAN Network Meeting January 11th to kick-off the 2020 Maine Legislative Session

Guest speaker is Rep. Seth Berry, D-Bowdoinham who will discuss bill LD 1646 to establish a consumer-owned utility to replace Emera Maine and Central Maine Power. Dubbed the Maine Power Delivery Authority, it would function like Maine's eight existing consumer-owned utilities and fill the gaps between the existing companies.

"Looking forward, Maine faces some massive new challenges to its electrical grid, and that has a lot to do with climate change," said Berry. "We're already seeing an increase in severe weather, which causes power outages. There needs to be an investment in the power grid to make it more reliable".

Please join the conversation on Saturday, January 11, 2020 from 10:00 am to Noon, at the UU Community Church, 69 Winthrop Street, Augusta.

MUUF Choir



The MUUF Choir is looking for new members - you! We meet weekly on Thursdays, 7:00 to 8:30 PM in Bristol. Carpools are available. We sing at the fourth Sunday service of each month. All voices are welcome! Singing technique and musicianship are taught as we go along, in a friendly atmosphere. For more information, contact Susan Borg at 563-2535 or susangborg@gmail.com. Join the fun!

Community Suppers

Have you ever wondered what the Community Supper is actually all about? As we all know, food insecurity affects individuals and families on a local, regional, and global level. In an attempt to address food insecurity on a community level, our congregation has teamed up with four other neighboring congregations to provide meals for those folks in our community who could benefit from a hot meal with some good company and conversation. The Community Supper also provides an opportunity for our UU Fellowship to work together as team in serving our neighbors in need. All in all, it's a great way volunteer in our community while engaging in some localized social justice!

The Community Supper is provided every Wednesday at the Congregational church from 4-6pm. Our UU Fellowship is responsible for organizing and serving the meal each time there is a 5th Wednesday in a month-

like this month! Join us on Wednesday, January 29th from 4-6 pm. You can help by bringing side dishes and salads, arriving early to set up, and helping to serve the delicious foods prepared by members of our congregation. We would love to have you come help out, have a meal, and get to know more about your neighbors. Please contact Tiffany at willewonka@hotmail.com or Molly at organicearthstar@gmail.com to sign up, or to just ask a question. We look forward to seeing you!

PS- Can't make January's Community Supper? Our next three Community Suppers are on Wednesday April 29th, July 29th, and September 30th. Save the dates!



(President's Corner-continued from page 4)

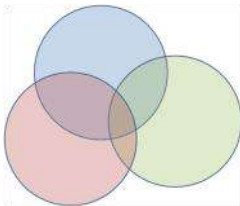
In the Fellowship we have a lot to look forward to in 2020, starting with Rev. Erika's sabbatical, which begins in mid-February and ends in mid-May. No pressure, folks—the worship team already has filled every Sunday but one. Lisa Kynvi, who has been with us several times, will take the pulpit twice a month. (And she's coming back in September as our half-time intern.) We also have a lineup of guest speakers, including graduates of Rev. Erika's sermon-writing classes, as well as fun and thought-provoking services which will involve the whole congregation. There will be a Sabbatical Team in place throughout. More on that as the time draws near.

And, of course, we'll remain guided by our mission: To Nurture Spiritual Growth, Engage in Justice, and Love Joyfully, Without Limits. If you ever think we're deviating from our mission, please let me know.

Namaste,
—Bob

Covenant Circle

The next Covenant Circle gathering will be on **Tuesday, January 7 from 4-5:30** in Porter Hall. Come with an open mind and open heart, and we will welcome you with open arms! If the weather is iffy, just e-mail jaynegor@gmail.com or text Jayne Gordon at 508-577-4599 for updates.



Snow Tree Pageant



RE Gingerbread Houses



Hospitality Schedule

- Jan. 5 - (Purple Pod) - Jennifer & Dick, Bob & Joan**
- Jan. 12 - (Indigo Pod) - Lindy, Rob & Molly**
- Jan. 19 - (Green Pod) - Kate, Phyllis, Deb Arter, Tim & Karen**
- Jan. 26 - (Red Pod) - Rosie, Bob, Deb Lomas**
- Feb. 2 - (Blue Pod) - Tiffany, Joelle and Kay**

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



Our Whole Lives Sexuality Education for Grades K-2 at First Universalist Church in Rockland

What is OWL K-1? *Our Whole Lives for Grades K-1* is an 8-session curriculum for five to seven year old children in kindergarten and first grade. Second graders also are welcome to participate. This program is based on the philosophy that parents and educating institutions including religious communities can form a meaningful partnership for positive and responsible sexuality education. The title, *Our Whole Lives (OWL)* was chosen to convey the belief that sexuality is a lifelong process of acquiring information and forming attitudes and values about identity and relationships, intimacy and health. This is one of six programs in the *Our Whole Lives Lifespan Sexuality Education series*.

What is covered in OWL K-1?

- * Our Wonderful Bodies, including accurate names for body parts
- * Healthy Bodies, Safe Bodies
- * Families
- * Families and Feelings
- * Babies and Families
- * Birth of a Baby



When is OWL happening?

Mandatory orientation for parents and children is **Sunday, January 26** from 12 - 2:30 p.m. Then we will have sessions on Sunday mornings from 10:15 a.m. to 11:15 a.m. (2/2, 2/16, 3/1, 3/8, 3/15, 3/29), and finish on **April 5** with the final session, a luncheon and family celebration.

What is the cost?

\$25 for members of First Universalist Church in Rockland

\$50 for non-members

~ No one is turned away because of finances

How do I sign up?

Email or call Carney McRae, dre@uurockland.org, (207) 594-8750