

Midcoast Unitarian Universalist Fellowship
"Stop Fixing, Start Listening"
February 7, 2021



Melanie Davis: "Stop Fixing; Start Listening"

When crisis strikes, our most important ministry is to help those in distress find inner reserves of strength. Learn about the UU Trauma Response Ministry and gain compassionate response techniques you can use with others in your life.

Melanie Davis, PhD, CSC, CSE, CSES

Transforming Lives through Sexuality Education

Join Zoom Meeting

<https://zoom.us/j/96686220659>

Meeting ID: 966 8622 0659

Telephone: 929 205 6099

Upcoming Worship

February 14: Siding with Love Sunday—UU Leaders and Musicians

What if to "side with love" meant making bold, faith-full choices? What if it were even a little bit scary? This worship service brings together worship leaders and musicians from across the country to offer hopeful, moving,

challenging reminders about what we, as Unitarian Universalists, are called to do, and BE, in the world. This service was created by the UUA's Worship Web.

Link to attend was unavailable at this writing, and will be sent out in next week's Worship Invitation.

Stewardship

[Pledge 2021 Link](#)

[Anytime Donation Link](#)

Social Justice

Anti-racism Vigil: Every Monday noon to 12:30 pm at the Newcastle Veterans Memorial Park until further notice. Check [PUAR's Facebook page](#) for updates.

Religious Exploration

UUA Week 4 of 30 Days of Love celebration

This is a time to gather and learn from each other and movement leaders, and listen for the ways that love is calling us to show up in the world and for each other.

This year, 30 Days of Love will focus on four themes from the Commission on Institutional Change's report [Widening the Circle of Concern](#), reminding us that liberation in the wider world is indelibly connected to liberation within ourselves.

Each week of 30 Days of Love, there will be a weekly theme with a menu of do-it-yourself activities for all ages in the following categories:

- Read: Articles, book excerpts, poems,
- Watch: Videos, concerts and roundtables discussion

- Participate: Artist workshops, writings and actions
- Listen: Music, meditation, lectures, poetry
- Worship: Worship moments - alone or together - to refuel

Click here for this final week of activities:

[February 7 – 13: Restoration and Repair](#)