

## **Midcoast Unitarian Universalist Fellowship**

### **Mini-Newsletter September 18, 2021**



#### **Upcoming Services**

**September 19: Join us under the tent at the YMCA in Damariscotta at 10:30 am.** This month's worship theme is "Listening". During this week's service we'll learn about and use active and reflective listening, getting to know one another through a practice in small groups.

Rashi Nessen and Susan Borg serve as Worship Associates at MUUF. They are retired educators who have used this practice for many years with their students of all ages and are eager to share it with the MUUF congregation.

**If you are unable to attend our live service, please join us at 10:30 am using the zoom link below:**

#### **Join Zoom Meeting**

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

Meeting ID: 966 8622 0659

Telephone: Dial by your location  
+1 929 205 6099 US (New York)

**September 26:** -Bettina Lehovec- Listening to Hear: *"Being heard is so close to being loved that for the average person they are indistinguishable."* Listening to others opens our hearts in the same way. But how do we listen across our differences? How do we listen so that we really hear?

Bettina Lehovec is a candidate for the UU ministry with active experience in four Maine congregations. A journalist in her previous career, she is passionate about accompanying others on their meaning-making journeys through preaching, teaching, justice, and pastoral care.

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### **Diaper Drive**



Instead of the community suppers, we're collecting diapers for the diaper bank. They are also collecting menstrual supplies now! MUUF collected 350 diapers in 2 weeks last time. We have 5 weeks total this month – let's show how we care for our neighbors by dropping diapers and menstrual supplies in the tote at Damariscotta Dental! (Pro-tip: size 5 and 6 diapers are especially needed.)

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### **Pastoral Care**

A reminder that during this time without a minister, members of the fellowship in need of pastoral care can contact the co-chairs of the Care Committee, Sandy Barth (207-563-5565) or Joan Whitmire (207-350-6954). Either of them can establish contact with Rev. Charles Stephens.

## Social Justice

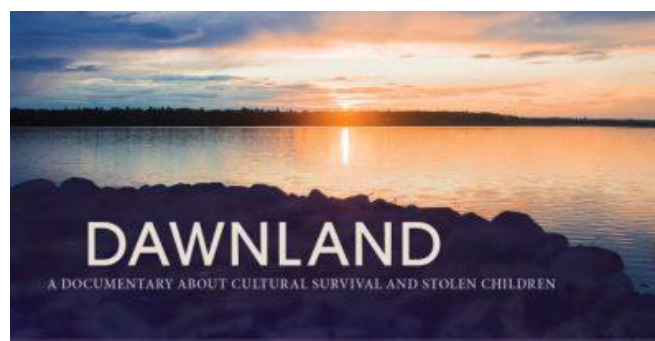
### Antiracism Organizing in Maine

Community Change Inc. and Atlantic Black Box are sponsoring an **all-day, virtual conference on Saturday, October 16<sup>th</sup>** on steps we can take together to achieve racial justice. It looks like they have a great lineup of speakers and the cost is sliding-scaled. If you might be interested, here is the [link](https://communitychangeinc.org/arom2021/) to read more about it and register.

(<https://communitychangeinc.org/arom2021/> )

### Working for Wabanaki Rights

Wabanaki REACH is a Native-led non-profit organization working toward truth, healing, and change. REACH provides educational programming about our shared history, trauma and its continued impacts on us today. Our most visible piece of work to date has been the establishment of the Maine Wabanaki-State Child Welfare Truth & Reconciliation Commission whose work is documented in the Emmy award winning documentary, *Dawnland: A Documentary About Cultural Survival and Stolen Children* (2018) [[www.dawnland.org](http://www.dawnland.org)] “Wabanaki” in the language of the indigenous people refers to both people and place – the Tribes (Penobscot, Passamaquoddy, Micmac, and Maliseet) located in their ancestral homelands of present-day Maine, and the land itself.



REACH work is carried out in neighborhoods, prisons, schools, faith communities, workplaces, universities; and in civic, political, conservation, environmental, and peace and justice groups. Each year, our workshops reach hundreds, and sometimes

thousands, of people. Our wellness work in Maine tribal communities focuses on restorative practices, healing strategies, and decolonization. It includes Peace and Healing Circles with Native men and women incarcerated in Maine prisons; food security, gardening and decolonizing our diets; and trainings in tribal communities, such as Indigenous Peacemaking, whose ripple effects are immeasurable. Last year in response to the global pandemic, Wabanaki REACH created a giving program and raised funds to directly support 95 tribal households located in Maine with emergency relief. Our giving program is called “Grandmother’s Love” and highlights Wabanaki cultural values of caring, sharing, and helping one another in times of need.

Wabanaki REACH envisions a future when Maine and Wabanaki people join together to acknowledge truth and work collectively toward equity, healing, and positive change. We aspire to restore right relations, responsibility, compassion, love, reciprocity, abundance, and joy.

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**Anti-racism Vigil:** Every Monday 5:00-5:30 pm at the Newcastle Veterans Memorial Park. Check [PUAR's](#) Facebook page for updates.



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**\*\* Please email all mini-newsletter articles and website information to:**

[news@uumidcoast.org](mailto:news@uumidcoast.org)