



Oct. 10, 2024

LIGHTING THE WAY FORWARD

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And you know, you absolutely do become wiser—if you're watching and listening.

Steve Martin

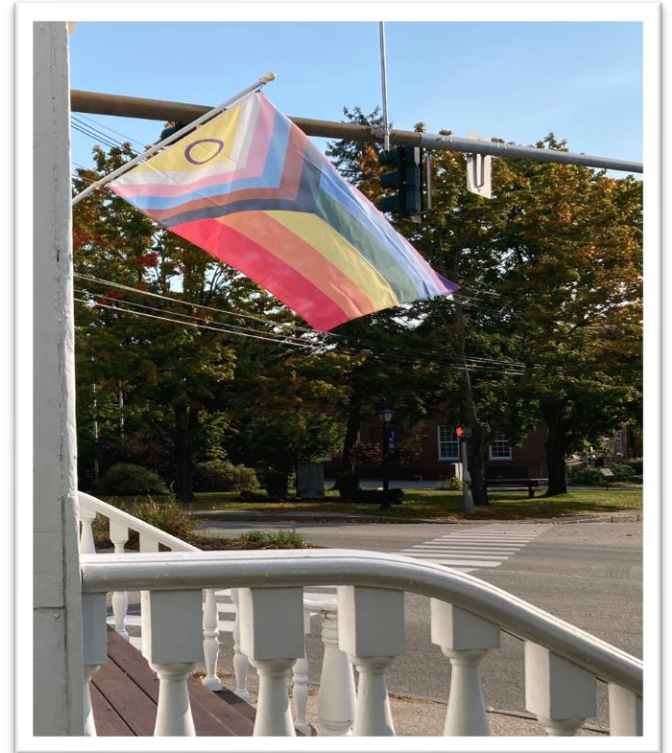


Photo by Bob Wuerthner

“Listening as an Act of Love”

Worship Service, Oct. 13, 2024, 10 a.m.

Worship Leader: Tory Leuteman

Religious Exploration welcomes children ages 4-13.

Come in person or click below to join the service!

<https://uukennebunk.org/Sunday-Service-Access>

Or by cell phone (audio only) 929-205-6099, meeting ID 734 887 010,

Password:02448



- Fri. Oct. 11, 5:30 p.m. No Particular Reason Women's Potluck
- Fri. Oct. 11, 6:30 p.m. Song Swop
- Wed. Oct. 16, 5:30 p.m. Board of Directors
- Sun. Oct. 20, 11:30 a.m. Reflection Circle, Parlor
- Wed. Oct. 23, 7 p.m. "Why Don't We Live Forever" Discussion Group
- Sun. Oct. 27, 11:30 a.m. New to UU: Exploring Membership and Belonging at First Parish
- Sun. Nov. 3, 11:30 a.m. June Barrier Remembrance Circle

Planning ahead for events at First Parish

First Parish UU Church Kennebunk

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:15 p.m. Sangha 10:30 a.m. R.E. 7 p.m. Properties	2 3 p.m. Choir 5:30 p.m. B.O.D./ Transition Team re- treat 7 p.m. Discussion Grp.	3 3 p.m. Choir	4	5 10 a.m. Paula Moulton Memorial Service
6 10 a.m. Worship Service led by Rev. Toni	7	8 10 a.m. Member- ship Comm. 5:15 p.m. Sangha 6:30 p.m. WFAS 6:30 p.m. Men's "Open" Group	9 5 p.m. Soul Matters Creative Team 7 p.m. Discussion Grp.	10 3 p.m. Choir	11 6:30 p.m. Song Swop	12
13 10 a.m. Worship Service led by Tory Leuteman	14 7 p.m. Finance	15 5:15 p.m. Sangha	16 5:30 p.m. B.O.D	17 3 p.m. Choir	18	19
20 10 a.m. Worship Service led by Rev. Toni 11:30 Reflection Circle	21	22 10:00 a.m. Sm. Group Ministry 5:15 p.m. Sangha 6:30 p.m. WFAS 6:30 p.m. Men's "Open" Group	23 5:30 p.m. Sm. Group Ministry 7 p.m. Discussion Grp.	24 3 p.m. Choir	25	26
27 10 a.m. Worship Service led by Mary Gelfand & Mark Gallup 11:30 a.m. New to UU Membership & Belonging at First Parish	28	29 5:15 p.m. Sangha	30 6 p.m. Vespers	31 3 p.m. Choir		

Check out the new monthly calendar. It will be displayed at the church, and we will have a few copies available. Very soon we will have a direct link on our website to the monthly calendar, stay tuned!

Circle of Remembrance

Join us for a Circle of Remembering after the service on November 3rd to honor our beloved June Barrier who died on September 2nd. This will be a space for quiet, reflection and sharing as we remember together with gratitude the light she brought to us all.



Children are learning along with us

During Religious Exploration, our children are following the *Soul Matters* program with the larger congregation.

For October the theme is "Listening":

- Sun. Oct. 6: Listening to others, Listening to our bodies
- Sun. Oct. 13: Listening to the community, Creating a group story
- Sun. Oct. 20: Listening to people we disagree with
- Sun. Oct. 27: Multigenerational service: Listening to our ancestors. Please bring a memento for the altar. It's OK to wear costumes.

Special Collection for Those Impacted by Hurricane Helene

In addition to our regular Share the Offering plate, last Sunday we took up a special collection for the Unitarian Universalist Disaster Relief Fund to support our fellow UU congregations impacted by Hurricane Helene. If you were unable to give during the service, you can also donate directly to the Fund by following this [LINK](#). Together, let us offer care and compassion to our fellow UUs in this challenging time, especially with another devastating hurricane this weekend.

Meet Margaret Jones

Margaret Jones has been a member of First Parish for over 20 years and a choir member for the same amount of time. She is a member of the Music Committee as well as the Nominating Committee and has served as co-chair of the Board. Margaret has been trained in the OWL curriculum and taught several classes for RE. She has also participated in Wellspring and Sacred Arts. We have enjoyed her wonderful storytelling at many services and events. Margaret will serve for a year on the Nominating Committee.



We'd love to have a brief article about you in FPNews! Please send us a picture and list of a few items to include in the text.

Practices of Deep Listening

Excerpts from the sermon given by Rev. Tori Rosati Oct. 6

"The questions persist," Howard Thurman says, "what are we doing with our lives, what are the motives that order our days? What is the end of our doings? Where are we trying to go? Over and over the questions beat upon the waiting moment."

I, like maybe others here too, came to UUism with a lot of these questions. ... I was looking for answers ... and thought I might find them in a little white church on a corner. I remember spending lots of time with the minister. ... I remember this one time he slowed me down and said, "but really what might be the most helpful to you is not to pursue the answer, but rather sit and back and listen."

Now, I'm going to confess, at the time, I wasn't too keen on that answer ... sitting quietly, passively, not engaging – it's hard, right? ... So, today ... as we move into our monthly theme of "deep listening," let's explore how a listening practice might help us in a world full of difference, full of noise. ... *Learning to listen deeply becomes more than a personal practice; it's a spiritual and societal necessity*—finding that deeper place where the unknown, the unspoken, the unheard, may emerge.

How do we listen?

Religious traditions from around the world hold practices of listening as sacred and foundational acts of faith. As Jaylene shared in her reflection, Buddhism and meditation more broadly invite us to sit, and listen or as she put it, “attune to emergence.” Listening brings our awareness to the present moment ... the only true reality there is.

In the Christian contemplative tradition, a form of prayer known as Centering prayer is a similar practice of listening. Here, the practitioner chooses a sacred word, image, or text and sits quietly allowing empty space to open up within. When the mind begins to wander, the word or image is recalled as a way to bring one back to this posture of quiet listening – of being in relationship with the Divine that is all around, within, and beyond us.

As our Jewish neighbors observe the High Holy Days this week—the Days of Awe between Rosh Hashanah, the Jewish New Year, and Yom Kippur, the Day of Atonement—listening is a central practice. ... The blowing of the shofar ... heralds the New Year and calls people to listen. Yom Kippur invites deep reflection. ... [and] the central Jewish prayer recited at the beginning and end of the day, begins with the command: Listen! ...

What these traditions share is the recognition that listening is not just passive, it is a way of being present, of opening to the sacred and to the wisdom of life around us.

... I would argue – listening for us, is also a central part of our tradition. ... in this space we are invited to listen in all of these ways, amidst all of these traditions, and most importantly to each other. ...

Just as our individual spiritual growth depends on listening, so too does the health of our relationships and communities. Listening, after all, is not just a personal act—it shapes how we engage with the world around us. ...

Thurman himself, as a civil rights leader and activist, and mystic urged these deep practices of contemplation, silence, and prayer as essential parts of social action and justice making in the world. Thurman's contemplative life rooted his experience as a Black man during segregation and the Civil Rights movement in an ethic of Love – an ethic of Love that centers the voices of the vulnerable – those society has pushed to the margins.

We can take wisdom from this invitation – that without deep wells of connection to something greater, without practices that compel us to listen to voices of the people – to go where the people are, our work for change in the world ... loses site of the very thing that called us. ...

So, let's get concrete here for a moment. ... This time on Sunday is a chance for us to center down, to quiet the noise and incessant rumblings of the world and rest with one another. To practice how to sit back and listen. We [also] do this in small groups with others. ... paying attention and responding to the issues impacting the wider world. ... knowing that even still, the questions

will persist. ... But that is why it's called a practice. It is something we must return to again and again. And as we do this, each time we do this, something within us widens ... Because at its most basic level, it is a practice of love.

And I hope that this place, this community, can be part of that practice for you ... centering down to that deeper place, the core of your being where the noise quiets, the heart opens, the world speaks, and your deepest questions find answers.

No Particular Reason Women's Potluck

Join us Friday, October 11 at 5:30 p.m. at the home of Molly Hoadley. For directions/questions, please email Molly at mollyhoadley@gmail.com



SONGSWOP is scheduled for Friday, October 11 from 6:30-8:30 p.m. It will be held in the Sanctuary at FPUU. All are welcome, singers, poets, story tellers etc. Acoustic instruments only please. Microphones are provided. You may perform or be a part of the audience. Y'all come. You'll be glad you did!

For more information contact, Bruce Childress, Rich Gaito 207-251-4432 or Jaylene Summers 207-251-3317

Soul Matters Sharing Circles

Thanks to everyone who signed up to be part of our first Soul Matters Sharing Circle series: a monthly space for connection, reflection, and spiritual growth. Following our monthly themes, groups will support a journey of reconnection to life, others, and our deepest selves by listening, sharing spiritual practices, and building relationships with fellow participants in a supportive, inclusive environment.



We will have two groups running that will meet on the 4th Tuesdays (10 a.m. - noon) and 4th Wednesdays (5:30-7:30) of each month beginning **October 22nd and October 23rd**. If you have already signed up, you will receive an email soon with a resource packet and information about what to expect.

Thank you to Mary Gelfand and Mark Gallup who have volunteered to help with group facilitation.

If you haven't signed up yet and are interested, please fill out the form [HERE](#) or reach out to Rev. Tori (uukennebunkminister@gmail.com) with any questions.

New to UU: Exploring Membership and Belonging at First Parish

Interested in Learning More About Unitarian Universalism, First Parish, and Membership?

Join us on **October 27th from 11:30-1:30** for a gathering for those who want to explore Unitarian Universalism, the history and values of First Parish, and how you might make a deeper commitment to this community. While membership may be one path, this gathering is a chance to reflect on what belonging means here—whether that's through active participation, shared ministry, or simply learning more about how to live our values together. Whether you're new to UUism and First Parish, or have been attending for a while, we invite you to come with your questions, explore your own spiritual journey, and consider how you might be called to engage more fully in the life of our congregation. Childcare will be provided upon request.

Please contact Rev. Tori (uukennebunkminister@gmail.com) or Jim Thompson (jethompson33@aol.com) to RSVP.



Start cleaning out your closets for our Fall Rummage Sale. We will set up the sale Friday, Nov. 8, and open our doors Saturday, Nov. 9, and finish on Sunday.

NOW IS THE TIME FOR TO COME TO THE AID OF CARING CONNECTIONS



GOOD DRIVERS

First Parish currently has five congregants who have volunteered to provide rides for parishioners who do not drive. Some need rides to attend FPUU services and functions. Some may need rides to other nearby secular destinations when **Kennector** and **KITT** [see below] are unavailable. On occasion, these drivers have also been called upon to transport parishioners in need of medical attention both to and from offices, clinics or hospital facilities for scheduled evaluations and treatments. The destinations have extended from Portland to Kittery.

We anticipate that the need for this service may grow, and so **we very much hope that three or four of you will step forward** to enhance the efforts of those already engaged in this effort. This service is often enjoyable, and those receiving rides are very grateful. But our volunteers are not always available, and we'd love to have a few more generous individuals who can help.

As coordinators of Caring Connections communications, we'd be happy to address any questions you might have.

Looking forward to hearing from you,
Nick & Maggie Bartenhagen, 207-204-0878



Rides for Neighbors, by Neighbors

Need a ride? Exciting news, a new ride service is available from the Town of Kennebunk. It's called **Kennector**. Rides are available in the Kennebunks and Arundel for any daily need Monday-Friday 8 a.m. -2 p.m. \$2.00 base fee + \$.50/mile with \$5.00 minimum. For more information, call ride coordinator, Tabetha Barden at 207-604-1366 or visit www.kennebunkmaine.us/kennector to complete the application as a rider or a driver.

Another option, through **Kennebunk In-Town Transit (KITT)**, you can be picked up at your residence on Tuesdays for shopping and other local appointments. Call 207-459-9283 for information. Reserve your spot by Monday noon.

Home Care worker available

Theresa Andrews dropped by the church last week to say she is new to the area and will be available to do home care for those who need it. Theresa's business is *North Star Home Care*, 207-699-9106.

Letters



Dear Congregation,

Since being a Friend of the church for the last six years, I have thought about the possible expansion of the social justice we do in regard to those who are low income in the community and surrounding areas. As someone who is low income, I personally have taken into account that we need more assistance. I understand that the church helps COS [Community Outreach Services], and then there's the Little Pantry in town.

I looked online at the UU church in Sanford and saw they have a place where anyone is welcome to get non-food items and gently used clothing. And I came across a UU program on the UUA website that provides funding along with donations from the community. I never knew this existed and really liked seeing it. Is this something we can look into? Let's talk about it.

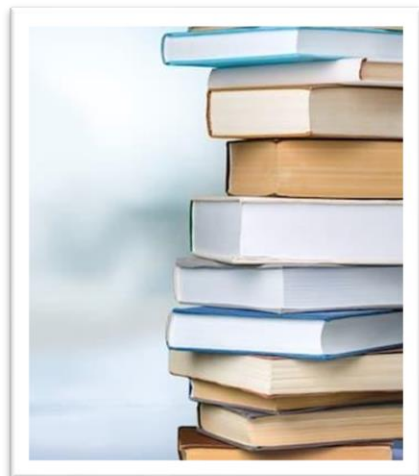
Thank you for listening, Tiffany

The Fund for Unitarian Universalist Social Responsibility makes grants to UU organizations in the U.S., Canada, and Mexico that: increase the direct involvement of UU's in service, advocacy and/or community organizing to create justice in the larger community; link Unitarian Universalists with the larger community; foster a generosity of spirit and action in all aspects of our UU communities.

For more information contact uufp@uua.org.

Send your letter to First Parish News, at uukennebunkoffice@gmail.com.

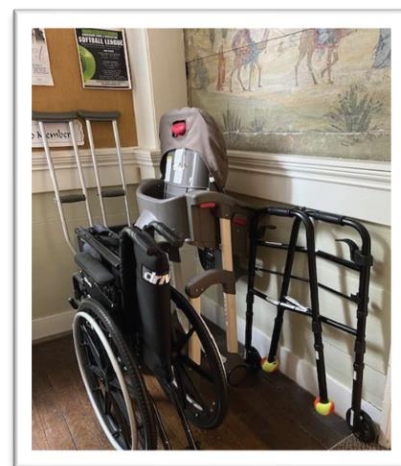
Sunday Morning Bookcase



- *Jesus and the Disinherited*, by Howard Thurman
- *Meditations of the Heart*, by Howard Thurman
- UUA Actions of Immediate Witness: click [HERE](#).
- *See No Stranger, A Memoir and Manifesto of Revolutionary Love*, by Valerie Kaur
- *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*, by Brené Brown

Need Assistance while at the church?

First Parish has crutches, a wheelchair and a walker available for use in the building. Please feel free to utilize these items if you need assistance for worship service or any time you are in the building. They are located just inside the Parish Hall. We ask that you kindly return them back to their original place on your way out. Thank you to Ted Trainer for securing the walker on loan from *No Place Like Home*.



OFFICE hours

Rev. Tori's office hours are mostly Tuesdays from 9 a.m. to 5 p.m. and Wednesdays from 11 a.m. to 7 p.m. at the church.

Due to other obligations her schedule may change. Please email the office to

set a time if you wish to speak with her.

One of the important duties of a minister is pastoral care for those in need. Our minister, Tori Rosati, is available to any congregant in need. Tori can best be reached at uukennebunkminister@gmail.com. For pastoral emergencies, please use Tori's cell: (978) 238-8210.

FPUU Staff/Leadership and Committee Contacts

FPUU STAFF/LEADERSHIP

MINISTER: Tori Rosati.....uukennebunkminister@gmail.com
OFFICE ADMINISTRATOR: Allison Lazos.....uukennebunkoffice@gmail.com
BOOKKEEPER: Barbara Boscia.....uukennebunkbookkeeper@gmail.com
MUSIC DIRECTOR: Christopher Staknys.....uukennebunkmusic@gmail.com

BOARD OF DIRECTORS: 2022 – 2024 program year

CHAIR: Ted Trainer (2023-2025).....tedtrainer40@gmail.com
VICE-CHAIR: Tom Veronesi (2024-2027)tomveronesi@gmail.com
TREASURER: Chris Wells (2023-2024)christopher.j.wells@gmail.com
CLERK: Molly Hoadley (2024-2025)mollyhoadley@gmail.com
DIRECTOR: Linda Thompson (2024-2025).....lindabear33@aol.com
DIRECTOR: Gray Hirshfield (2024-2025)grayhirshfield@gmail.com

FPUU Church Committees

BELL COMMITTEE & CLOCK COMMITTEE..... Paul Coghlin, ptc@gwi.net
Paul Beach, plbeach52@gmail.com
BLUEBERRY CRAFT FAIR COMMITTEE.....Marylyn Wentworth, Marylyn.wentworth@tnsk.org
CARING CONNECTIONS..... Nick & Maggie Bartenhagen, mnpelbar@gmail.com
CHOIR.....Margaret Jones, margaretj@maine.rr.com
CHURCH SPACE RENTALS.....Allison Lazos, uukennebunkoffice@gmail.com
COMMUNITY OUTREACH SERVICES.....Virginia Healey, vmhealey@gmail.com
FINANCE COMMITTEE..... Chris Wells, christopher.j.wells@gmail.com
HISTORIAN.....Ruth Stackpole, paw8@roadrunner.com
MEMBERSHIP COMMITTEE.....Jim Thompson, jethompson33@aol.com
MEN'S OPEN GROUP.....Mark Gallup, grouchomg@gmail.com
MUSIC COMMITTEE.....Eva Downs, evadowns18@gmail.com
NOMINATING COMMITTEE.....Andrea Rohde, andrea.rohde49@gmail.com
PERSONNEL COMMITTEE.....Joan Wuerthner & Jim Thompson
PHYSICS/CHEMISTRY WORKSHOP.....James Vesenka, jvesenka@gmail.com
PROPERTIES.....Barbara Conner, bsconner@roadrunner.com
RELIGIOUS EDUCATION COMMITTEE..... Susie Desantis, Gray Hirshfield, Jacky Peters, Marylyn Wentworth
RUMMAGE SALE.....Jacky Peters, jpkrf@roadrunner.com
SOCIAL JUSTICE NETWORK.....Vicki Adams, vickigatesadams@gmail.com
STEWARDSHIP COMMITTEE.....**Vacant**
WEDDING COORDINATOR..... Allison Lazos, uukennebunkoffice@gmail.com
WED. EVENING DISCUSSION GROUP.....Ruth Stackpole, paws8@roadrunner.com
WOMEN FOR ALL SEASONS.....Kathe Wright, kawright@hotmail.com
WORSHIP COMMITTEE.....Tory Leuteman, toryleuteman@yahoo.com