

# Parish Messenger

Unitarian Universalist Church  
of Brunswick



## August, 2016

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## SUNDAY SERVICES AT 10 A.M.

### August 7 “Perception”

Curt Neufeld

How limited our senses are when it comes to really 'seeing' people. The reflection will touch on our perceptions of others in our community and world at large, and what would be different if we could see beneath the surface and sense how we all have similar wants, desires, and wounds that have shaped our lives. Hymn accompaniment by Jean Lay. Also Women Singers accompanied by Jim McLaughlin on guitar.

### August 14 “Life—Living, Dying, Reverence”

Lynn Ellis

Let's explore how we are living life. Are we living life to the fullest? What mysteries come as we face the end of our lives? Are we practicing reverence for all living things? Lynn Ellis, a member of UUCB and co-chair of Working for Justice, will lead us through these questions from her experience as a person who mindfully embraces life and as a former hospice social worker. Lynn is also an advocate for peace and respect for all living beings. Music by Louise Gephart.

### August 21 “Ticks and Brown Tail Moths”

Rev. Sylvia Stocker

In her first service after returning from sabbatical, Sylvia considers how to face life's challenges. Music by Grace Lewis-McLaren.

### August 28 “Comfort”

Rev. Sylvia Stocker

In our world, we have instant access to horrible news – news that we can watch unfold over and over again. Where do we find comfort in an age of trauma? Music by Matt Lasoogian.

### The Unitarian Universalist Church of Brunswick

Rev. Sylvia Stocker, Minister

Rev. J. Bradbury Mitchell,  
Minister Emeritus

Nicole Shanks,  
Director of Religious Education

Stephanie Bernier, Music Coordinator

Heidi Neufeld, Choir Director

Derek Herzer, Choir Accompanist

Shirley Bernier, Office Administrator

Tony Sulkoski, Sexton

*Our Mission is  
To be a spiritual community  
To welcome all  
To nurture one another  
To work for justice  
And to care for the earth.*

## THE PEACE OF WILD THINGS

BY WENDELL BERRY



When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great  
heron feeds.

I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

### HOW TO REACH US

**The Unitarian Universalist Church  
of Brunswick  
PO Box 129, Brunswick ME 04011**

**Summer Office Hours**  
at 1 Middle Street are  
Tuesday through Thursday from 10-4.  
The office administrator is Shirley Bernier.

**The Minister**, Rev. Sylvia Stocker is on sabbatical  
and will resume office hours in mid August.

Her regular office hours are on  
Tuesdays and Thursdays from 1-4 pm.

Until she returns, you can speak to  
a Pastoral Care Associate. For information on how to  
reach a **Pastoral Care Associate**, call 207-729-8515

**The Director of Religious Education**,  
is currently on vacation. If you need to reach her,  
you can call leave a message  
at the church office or email her  
at [uubrunswickdre@gmail.com](mailto:uubrunswickdre@gmail.com).

**Telephone/Fax: 207 729-8515**  
**E-mail:** [uubruns@gwi.net](mailto:uubruns@gwi.net)  
**Website:** <http://www.uubrunswick.org>

### SUMMER OFFICE HOURS:

**Tuesday –Thursdays 10:00am—4:00pm**  
**Closed on Friday (July and August)**

#### Deadlines

Please submit items for the This Week Email,  
Order of Worship materials, or Sunday Green  
Sheet Announcements, by **Wednesday at  
12pm**. Please submit article via email  
so materials can be cut and pasted into  
the appropriate location and reduce errors  
when retyping. Email to [uubruns@gwi.net](mailto:uubruns@gwi.net)

Thank You, *Shirley Bernier*

## MINISTER'S MUSINGS

**M**y sabbatical now winds down to a close. On the one hand, it seems to me I have been gone a long time (nearly four months, as I write these words). On the other hand, the time has seemed oh so brief, for it is passing quickly. Whether the time has been long or short, you have never been far from my thoughts and my heart, especially given the troubled times in which we live.

Perhaps like you, I have felt traumatized over and over again by world and national events. Terrorist attacks, black men shot, police officers shot, ongoing unspeakable suffering in places like Syria, increasing hateful rhetoric: One wonders where this all leads.

In recent months, I have found myself limiting my access to the news. To protect my heart, so as not to become completely numb, I have found it best to avoid the constant rehashing of horrific events. On September 11, 2001, when television stations relentlessly repeated the footage of planes crashing into towers, I remember learning that little children thought a new plane was crashing and another building was being attacked each time they saw the footage. I believe that even though adults understand about news that is re-broadcast, they, too, can be traumatized by constant rehearsing of terrible events.

I don't avoid the news. Staying informed is important to me, and burying my head in the sand has little appeal. I read the *New York Times* each morning. But I have ceased to watch television news for the most part, because I have learned that seeing moving pictures of some of the stories is too disturbing for me. I almost never look at my Facebook page, where people post their anguish, fear, and anger in an ongoing way. And I refuse to set up my cell phone to alert me every time something awful happens.

At the beginning of August, Steve and I are retreating to a secluded cabin on a Maine lake, where there is no electricity and no cell phone reception. For an entire week, the news won't reach me. I look forward to being unplugged for seven days. The truth is, the news will await me when I return. And, the truth also is that even though my heart is strong, I know I need to observe certain limits if I am to keep compassion and hope vital and vibrant. I have come to think of the ways I honor my limits as being little micro-sabbaticals that I can carry with me always.

I am deeply grateful to the congregation for the time of rest and renewal my sabbatical has provided. I am fully aware that many, if not most, professions do not allow for such time. Yet I think all of us can take

small sabbaticals – not just vacations (although I am all in favor of those!), but also ways of setting limits on the world when “the world is too much with us.”

In our increasingly smaller world, electronic communications make it possible for us to live steeped in a deluge of news and to live in a state of constant terror and anguish. But if human beings are called to act out of compassion and hope, as I believe we are, then it's important to find the ways that will preserve compassion and hope in our hearts, limiting the ever-constant opportunities for us to become drained and numb. It's important to find our own ways of briefly stepping away from the things that break our hearts so that we can heal our hearts, too.

Of course, for me, being in church is also one way to refresh and renew during troubled times. When we wrap our woes and fears in a cloak of love, nurture, and compassion, as we do in church, we allow our hearts to heal. I have missed being engaged with you in that way. I have missed church. I look forward to seeing you all very soon!

Love,  
*Sylvia*



## WORKING FOR JUSTICE

### AUGUST CHARITY WITH SOUL MID COAST HOSPITAL'S ADDICTION RESOURCE CENTER



ARC is honored to be your recipient of offering funds for August. Please share our thanks with the congregation. We remain committed to serving our community with high quality, affordable and accessible addiction treatment. Your support bolsters our resolve and will allow ARC to purchase Naloxone kits that will be available to individuals and families in need of reversing a life threatening overdose, as well as to provide treatment services following such events.

The Addiction Resource Center (ARC) is nationally recognized for our high quality, **confidential treatment** for drug and alcohol addiction. We have a proven track record of helping individuals overcome challenges of alcohol and drug use. With **two convenient locations in Brunswick** and Damariscotta, our caring and compassionate staff is here to help individuals return to a healthy lifestyle. The highly trained ARC staff is friendly, approachable, and available whenever assistance is needed – every call is answered, and no one is ever turned away.

For more information contact:

207.373-6950

<http://www.midcoasthealth.com/addiction/>

*We know that one approach doesn't work for everyone. So we conduct a complete assessment with every client and tailor treatment recommendations to the needs of each person. This customized approach improves outcomes while focusing on the health of each individual.*

## WORKING FOR JUSTICE

### MUUSAN



MUUSAN will be at Common Ground Fair this year! We've secured a table in the Social/Political Action tents. A great opportunity to let 1000s of people know of the great work of the Maine Unitarian Universalist State Advocacy Network. Lynn Ellis, of UUCB, is organizing the table and the volunteers. If you'd like to spend time on either September 23, 24 or 25<sup>th</sup> volunteering let Lynn know. 479-5208

### WFJ PUBLIC POLICY OVERSEEING REFERENDUM CAMPAIGN



#### Phone Banking Opportunities at UUCB



Sunday, August 21 2-5pm



Wednesday, August 24 6-9pm

If you would like to volunteer to make calls,  
contact Lynn Ellis at [lynnscellis@yahoo.com](mailto:lynnscellis@yahoo.com) or call 479-5208.

**peace**works  
BRUNSWICK • MAINE

# 12<sup>th</sup> Annual Peace Fair

*Building a World in which ALL Children Can Thrive*



**Saturday, August 6 • 10am-3pm • Brunswick Mall**  
**Free and Open to Everyone**

*If children ask the world of us, then...*

<i>How shall we feed them?</i>	<i>How shall we protect the planet for them?</i>
<i>How shall we teach them?</i>	<i>How shall we keep them safe from war and violence?</i>
<i>How shall we keep them healthy?</i>	<i>How can we ensure a compassionate society?</i>

**Six big questions with fun activities for all under six tents**

## **Lots More Going On. Come Join the Fun!**

**Music by the Bald Hill Band**

**Impromptu Performances:**  
a place for YOUR kids to share their talents, c'mon by



**Poetry Writing Workshop**

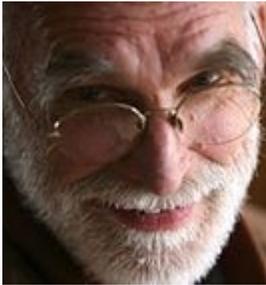
**Pihcintu, International Children's Chorus**

Try the **Giant Box Puzzle: Cooperate, Communicate, Connect**

**Celebrate the "NEW STORIES" that are unfolding in our communities**

## WOMEN'S ALLIANCE

### SAVE THE DATE!



On **Tuesday, September 13th**, the Women's Alliance will sponsor an evening program at 7 pm in the sanctuary. This program is open to all members and friends of UUCB. Bring your friends and neighbors, too.

The speaker will be **Mr. Chuck Lakin**, of Lastthings.net. He has years of experience helping people to understand their options for after death care.

Over the past year, the congregation studied the book Being Mortal, and other programs explored hospice

care, advance directives, Do Not Resuscitate orders, and Powers of Attorney.

Now, we will learn about types of funerals: home, traditional, green burial, cremation, or "alkaline hydrolysis" a green alternative to cremation. Also, there are options for scattering your ashes, or being buried at sea.

Mr. Lakin's goal is to provide information; what you decide to do is totally up to you. He welcomes questions. Detailed information will be available.

For further information, contact Adair DeLamater at 389-4488

### MOBILE HOME FOR SALE

#### HELP GET OUT THE WORD

UUCB member **Kathy Fritz** has a mobile home for sale for \$37,500 (negotiable).

Excellent condition,  
3 bedrooms, 2 bathrooms  
in lovely, wooded nearby  
mobile home park  
that allows cats and dogs.

FMI: (207) 841-0424.

### MEN'S LUNCHEON

**Wed, August 31**

These monthly fellowship luncheons, which are held on the last Wednesday of each month with the exception of holidays. All men of the church are welcome. For details, contact Brad Mitchell, [bmitch10@gmail.com](mailto:bmitch10@gmail.com), or Jim Michaud at [michaudjim33@gmail.com](mailto:michaudjim33@gmail.com).

### PLANT-POWERED POTLUCK



The UUCB Plant-Powered Potluck (formerly Vegan Sunday) will be held after church on **Sunday, August 21**, at 12 noon in Fellowship Hall.

Come share delicious plant-based food and camaraderie with us and explore a plant-based diet as a pathway to better health for our bodies and our planet.

Sorry, no drop-ins, but if you are planning to come, please RSVP to Larry Lemmel at [lemmel@myfairpoint.net](mailto:lemmel@myfairpoint.net) or 207-720-0387 by **Thursday, August 18**.

If you are new to plant-based eating and would like to know more about its benefits and suggestions for recipes, a good site to check out is [www.forksoverknives.com](http://www.forksoverknives.com).

## SECURITY SYSTEM OVERVIEW

The Security Task Force began meeting in the winter to address security concerns for UUCB. After much research and discussions with other churches and security professionals, the Task Force developed a plan that we believe will help address weaknesses in the current system and ultimately make access to the building more convenient for our congregation. The system will be in place soon. Please read the following details:



### Why do we need a new system?

1. This past year we have experienced more than one occasion when our current security system has failed us. The front door has been left unlocked, or the back door not latched properly. Nothing has gone missing, no damage has been done, but we have had an intruder. This potential lapse needs to be addressed.
2. Our staff sits at the end of a hallway with no egress should an aggressive person enter the building unbeknownst to them. This situation is unsafe for our minister, administrator and religious educator and needs to be addressed.
3. Other area churches have been broken into and robbed. It is evident that the threat in our area is a real one.

### How will the new system address these concerns?

The new system will make it more difficult to make errors in locking up and it will notify us when such an error does occur. The new system will allow staff to see who is entering the building before they enter, giving them control over who enters.

### What will the new system be?

1. An audio-visual buzzer system will be installed at the front door. When the church is open for business, visitors will be buzzed in by staff. A limited number of people will have a key card to enter the building without being buzzed in, and to enter the building off-hours.
2. Inside the foyer an alarm system will be installed. Whoever enters the building after it has been closed will need to disarm the alarm by entering a code, or the alarm will sound which will trigger a

response. Conversely, the alarm system will need to be re-activated by the last person to leave the building. If this is not done properly, we will be notified that the building is not secure.

3. Exterior door sensors and motion detectors will be placed in key positions throughout the building in case of an intrusion. If motion is detected when the alarm system is activated, the alarm will sound and trigger a response.

### What else will be different?

Most inside doors will now be unlocked. Once inside the building, all visitors will have access to all areas of the church, except the office and the small RE classrooms.

### How are we paying for this?

The Board voted to use funds from a recent bequest to support this project.

### How will keycard holders be trained?

When any person who needs access to the building after hours will be given a key card and issued a personal access code. They will go through a training session and will be given a short how-to sheet with instructions. We have to emphasize that our building is a valuable resource and having access afterhours is a serious responsibility requiring careful attention.

### Do I need to do anything?

If you currently have a key or an FOB, please return them to the office. If you think you need access to the building after hours and you have not been contacted, please contact Mike Heath at [mheath@gwi.net](mailto:mheath@gwi.net).

**The new system will be installed Monday, August 8, 2016!**

## FUNDRAISING EVENTS

### WHAT TO DO WITH THE MONEY?

The church raised over \$15,000 through fundraising events this past year. \$5,000 of that money went towards the church budget, and the rest will be going to charity, as is the charge of the Fundraising Events Committee.

Some members of the Fundraising Events Committee met in July to discuss which charities they would recommend to the board to be recipients of the \$10,000. After the Board meets in August and discusses the recommendation, we will let you know the outcome. Stay tuned!

### YSAYE BARNWELL

Just in case you missed it, there is an article about Ysaye Barnwell in the Summer UU World – page 28. Ysaye's workshop "Building a Vocal Community" was one of our very successful fundraisers this year.

### CONCERTS FOR A CAUSE

We are adding 2 more concerts to our 2016-2017 season. In addition to the ones already advertised (State Street Traditional Jazz Band, Emma's Revolution, Libana, and Women in Harmony), we will be having our own Jud Caswell in June and a big surprise in the works for a winter concert.

### VOLUNTEERS NEEDED

We still could use a **leader** for the Fundraising Events Committee (which is really just a coordination job). Contact Mary Larson if interested.

The **Concert Task Force** would also love some new members to help make our 6 concerts a success and to plan for the following season. Contact Sue Michaud at 729-4857 or michaud\_susan@comcast.net.



### HANNAFORD CARDS REMINDER

Every dollar you spend at Hannaford, using one of our cards, nets a 5% return to the church -- easy money indeed! Cards are available for \$25, \$50 or \$100, and do not "expire" so you may spend as little or as much as you want each time. Please see Caroline Evans or Ann Spencer during Sunday coffee hours (we stand at the sanctuary side of Fellowship Hall), or you may see Shirley Bernier during church office hours. We appreciate your support with this ongoing fundraiser!



## SAVE THE DATE!!!

NOVEMBER 5 @ 6 PM

### SERVICE AND ITEM AUCTION AT UUCB

1. Put the date on your calendar
2. Start pondering what service you might provide a fellow UU
3. Consider working with the committee and learn how to organize the next auction. There are 4 jobs: food, silent and live auction items, and general organization
4. Volunteer your time setting up from Wed-Sat in November

Contact Sue Ellen Damour, Gretchen Kamilewicz, or Maryli Tiemann to volunteer or to ask questions.



THIRD FRIDAY OF THE MONTH  
UNITARIAN UNIVERSALIST CHURCH of BRUNSWICK  
1 MIDDLE STREET  
OPEN MIKE SIGNUP - 6:45 PM  
OPEN MIKE START - 7:00 PM  
FEATURED PERFORMER - 8:30 PM  
SUGGESTED DONATION: \$8



# Abby Litman

Abby Litman is a folk singer songwriter based in Los Angeles, CA. Inspired by artists like Joni Mitchell and landscapes like the northern

coast of Maine, her songs weave introspective poetry, intricate guitar melodies and authentic vocals to invite the listener into her world. Also a visual artist, Abby draws from the aesthetics of American wildflowers and the whimsy of Shel Silverstein to illustrate her original music with ink and watercolor. On April 21st, she released her debut album, "Seasons", as well as an illustrated lyric book exploring themes of nature, childhood and heartbreak.

## Friday Evening, August 19, 2016

*Feature set preceded by the Open Mike*

The Side Door Coffeehouse has been a fundraiser for the Unitarian Universalist Church of Brunswick since 1993. It is entirely volunteer run.

## COMING SOON: CHALICE CIRCLE REGISTRATION!

Chalice Circles are small groups that meet monthly for respectful listening and sharing on deep and meaningful topics—a wonderful way to get to know others in a deeper way than most social occasions allow. People often find that once they've been in such a group, when they come to church events they see people they now know and feel connected with them.

To quote Sylvia: "The groups help us to embrace our Mission Statement. Each meeting has a *spiritual* component. The groups *welcome all* who are interested; at the end of a year, the groups re-form to open the door for more newcomers to join them. Group members *nurture one another* during the year by creating an environment where deep listening can occur. And groups provide service to both church and wider community to help us engage in our commitment to *work for justice* and to *care for the earth*." each group performs two service projects, one for UUCB and one for the greater community.

In Chalice Circles participants covenant to listen in silence and wait until one speaker is done speaking before another begins speaking (some form of announcing the intention to speak is used, perhaps a gesture or a "talking stick"). Silence, when it occurs, is enriching and beneficial, allowing circle members to fully take in what the others say.

Members covenant not to engage in cross-talk (direct response by one person to another), but to simply hold in respect and care what the other has said. When a

person speaks remarks are not addressed to individuals but "spoken into the circle." Participants may agree or disagree with the speaker, but should speak from their own perspective and experience rather than critique or argue a point of view. Advice is not offered unless it is asked for.

As you may be picking up here, Chalice Circles are not "discussions" or times to share knowledge, not even a "conversation" in the usual way of conversation in our culture. They are opportunities for intentional, deep sharing from personal perspectives and experiences, an opportunity to hear others in a way that is not the norm—and to *be heard* in a way that doesn't usually occur! It can be transformative to be heard with genuine respect and care.

More detailed information about Chalice Circles is available in the UUCB Chalice Circle Handbook. If you are interested or want more information ask for a copy at the church office. All participants receive one but they are available in advance.

The 2016-17 Chalice Circle season will be starting with sign-ups until September 18. Circles will meet October through June. Chalice Circles will be offered at specific days and times when facilitators are available to lead them. To participate in one for the coming year, fill out a registration form which will appear in the weekly calendar (soon) and which will also appear in next month's Parish Messenger.

**Forms must be returned to the church office no later than Sunday, September 18.**

## FELLOWSHIP ART GALLERY

Our exhibit for this month is "Reflections.....Old and New Work" by Natasha Kempers-Cullen. Natasha works with her hand painted fabrics to create art quilts and two and three dimensional collage constructions. She teaches workshops and private lessons in her home studio in Topsham. She will be in our church after the service on July 31 to talk about her work and answer questions. This show will be up during the August 12 Art Walk.



# AUGUST 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>July 31</b> <b>10 Church Service</b> <b>Nursery Unstaffed</b>	1	10-4 Rental- Equality Maine Youth Leadership: PEN <b>4:30 Membership:</b> MSR <b>6:30 Worship :</b> MSR	<b>12 Noon Deadline:</b> "This Week" email & Order of Worship <b>7 RE Committee</b>	<b>10 Rental Com:</b> MSR	<b>5</b> <b>Tedford Shelter</b> <b>Meal</b>	<b>6</b> 10 AA Rental: MBR
Office Closed					Office Closed	
<b>7</b> <b>10 Church Service</b> <b>Nursery Unstaffed</b> <b>12 Chalice Circle:</b> WBR	8	10-4 Rental- Equality Maine Youth Leadership: PEN <b>6:30 Stories:</b> WBR <b>7:30 Pastoral Care:</b> MSR	<b>10</b> <b>12 Noon Deadline:</b> "This Week" email & Order of Worship <b>3 Writers Group:</b> MSR	<b>11</b> <b>11 Wabanaki:</b> WBR <b>12:30 Chalice Circle:</b> WBR	<b>12</b> <b>10 Friday Chalice</b> <b>Circle:</b> WBR <b>10:30 Building and</b> <b>Grounds :</b> MSR <b>5-8 Art Walk: SAN</b>	<b>13</b> 10 AA Rental: MBR
Office Closed					Office Closed	
<b>14</b> <b>10 Church Service</b> <b>Nursery Unstaffed</b>	15	<b>3 Chalice Circle:</b> WBR <b>6:30 Board:</b> MSR	<b>17</b> <b>12 Noon Deadline:</b> "This Week" email & Order of Worship 7 VentiCordi Concert: SAN	<b>18</b> 3 Education Study Group: MSR	<b>19</b> <b>5 Parish Messenger</b> <b>Deadline</b> <b>Side Door</b> <b>Coffeehouse: Abby</b> <b>Litman</b>	<b>20</b> 10 AA Rental: MBR
Office Closed					Office Closed	
<b>21</b> <b>10 Church Service</b> <b>Nursery Unstaffed</b> 12 Plant-Powered Potluck: FEL 1:30 WFJ Phone Bank: PEN	<b>22</b> 5:30 All Care Mtg: WBR	<b>23</b> <b>5 Staff Mtg</b> <b>6:30 Stories:</b> WBR <b>7 Concert Task</b> <b>Force:</b> MSR	<b>24</b> <b>12 Noon Deadline:</b> "This Week" email & Order of Worship <b>3 Writers Group:</b> MSR 5 WFJ Ranked Choice Phone Bank: PEN	<b>25</b> <b>9:30 Memoir Writing</b> <b>Group:</b> WBR <b>12:30 Chalice Circle</b> <b>Facilitators:</b> WBR	<b>26</b>	<b>27</b> 10 AA Rental: MBR
Office Closed					Office Closed	
<b>28</b> <b>10 Church Service</b> <b>Nursery Unstaffed</b>	<b>29</b> <b>4 Working for</b> <b>Justice :</b> MSR	<b>30</b> <b>4 Membership:</b> MSR	<b>31</b> <b>12 Noon Deadline:</b> "This Week" email & Order of Worship <b>12 Men's Luncheon</b>	SAN = Sanctuary FEL = Fellowship Hall WBR = Wendall Berry Rm MSR = May Sarton Room MBR = Merrymeeting Bay Room	RE = All RE Space HIL = Hildebrant Room CAR = Carson Room MAN= Mandela Room CL= Curtis Library Seminar Room	
Office Closed						

## ANNOUNCEMENT SUBMISSIONS/DEADLINES

If you have items to be placed in the "This Week" email, Announcement Insert (The green sheet) or the Order of Worship, please submit it to Shirley, the office administrator, by **Wednesday at 12:00 pm**

If you want an announcement or article to appear in the monthly Parish Messenger, send it to the newsletter editor, Sue Michaud, on or before the **3rd Friday of each month (usually)**. The deadline for the September Parish Messenger is **Friday, July 19th**. (michaud\_susan@comcast.net)