Parish Messenger

Unitarian Universalist Church of Brunswick



January

Building & Grounds	6
Calendar	12
Charity with Soul	5
Deadlines	12
Fundraising Events	8-9
Habitat for Humanity	5
How to Reach Us	2
Inequality for All Movie	
Kitchen Thoughts	3
Larry Lemmel Concert	
Long Range Planning	
Merry Meeting Singers Concet	
Membership	
Minister's Musings	3
Next Steps Workshop	
Rainbow Pins for Sale	
Religious Education	2
Side Door Coffeehouse	
Sylvia's Vacation	1
soUUp's On	
Vegan Sunday	
Women's Alliance	

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 Unitarian Universalist Church of Brunswick

Rev. Sylvia Stocker, Minister Rev. J. Bradbury Mitchell,

> Minister Emeritus Rev. Karen Foley

Affiliate Minister Nicole Shanks,

Director of Religious Education Stephanie Bernier, Music Coordinator

Heidi Neufeld, Choir Director

Nell Britton, Choir Accompanist

Shirley Bernier, Office Administrator

Tony Sulkoski , Sexton



SUNDAI SERVICES AT TO A...IVI.

January 4. "<u>Active Hope</u>." Rev. Stocker continues her reflections on the work of Joanna Macy, exploring how to live in the world without going crazy. Music by Jud Caswell.

January 11. "Compassion II." This is the second of a four-part sermon series on compassion. (The first one was on November 9; the next two are scattered throughout the remainder of the year.) Rev. Stocker preaching. (Music by Ambrosia with Nell Britton playing the hymns.

January 18. "The Prayers of Martin Luther King, Jr." Rev. Stocker will take a look at some of MLK's actual prayers and imagine what his prayers might sound like now, if he were alive today. Music by the choir, directed by Heidi Neufeld and accompanied by Nell Britton.

January 25. "Praying Twice - Music to Move our Spirits" -

St.Augustine said "He who sings prays twice." We will use music and sharing our personal experiences with music to explore how music helps us connect with the spiritual as we individually define it. The service, led by Louise Gephart, Stephanie Bernier and friends, will include the sharing of songs that move us, and congregational singing. Jean Lay will play the hymns.

SYLVIA'S VACATION AND STUDY TIME DATES

I will be away for a period of vacation and study from January 19 to February 19. I plan to spend some time visiting friends, walking (in a few snowstorms, hopefully), and practicing the mountain dulcimer. In addition, I will be planning upcoming services and doing some associated research. In the event of emergency, Church Office Administrator Shirley Bernier and members of the Board will know how to reach me.

Love, Sylvia



How to Reach Us

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

Office Hours at 1 Middle Street are Tues through Friday from 10-4 The office administrator is Shirley Bernier.

The Minister, Rev. Sylvia Stocker works from home and her church office. Her regular office hours are on <u>Tuesdays and Thursdays from 1-4 pm</u>. She is also available by appointment. To guarantee an appointment, it's always best to call and schedule a meeting. In an emergency, do not hesitate to call her anywhere or any time. (Consult the church directory for her home number.) For routine church business, please call her at the church.

The Director of Religious Education, Nicole Shanks, is available by appointment. You can call her at the church office or email her at uubrunswickdre@gmail.com.

Monday is the Sabbath for the Minister, the DRE, and the office.

Telephone/Fax: 207 729-8515 E-mail: uubruns@gwi Website: http://www.uubrunswick.org

FROM OUR DRE

have to say, I've never been really into New Year's celebrations. January 1st has always seemed so arbitrary to me. There are other times of the year that seem to make so much more sense to me as an appropriate date for a new year. Take the vernal equinox for example. It's the beginning of spring and symbolizes rebirth. Perfect time for new beginnings and a new year, right? So, I decided to find out why January 1st is the start of the New Year.

Come to find out, when Julius Caesar decided to consult the most famous astronomers and mathematicians of his time to adjust the early Roman to stay more in sync with the sun, he decided that January 1st would be the beginning of the New Year in honor of Janus- the god of beginnings whose two faces allowed him to simultaneously look back to the past and into the future. This is new information to me, apparently I wasn't paying attention during any of the Roman and Greek mythology units in grade school.

I like the idea of taking time to look both back to the past and into the future. It's important to take stock of past events; to look back and discover our history and heritage and to carry on the traditions and rituals that have been important to us and to our familial and religious forebears, to celebrate our accomplishments, and learn from our mistakes. And at the same time, it's also important to keep the future in mind: to be open to new possibilities, to embrace (or at least accept) change, to find reason for hope, and to continue to learn and grow. In a sense, this is what we are doing in RE this year. In learning about Unitarian Universalist identity and history, we are taking stock of our religious past and discovering how it fits in to our present and future. We have the opportunity to explore both the amazing accomplishments and the mistakes in our UU religious history and to see how traditions, principles, and sources fit into our lives both today and in the future. This New Year, let the two faces of Janus remind us of the importance of both the past and the future. Here's to remembering, learning, and growing together in our UUCB communi-

Wishing you and yours a very happy new year.

Cheers. Nicole



RE Announcements & Dates

Sun, Jan 04— RE Classes, Youth Group, Coming of Age

Sun, Jan 11— RE Classes, YMCA Party (12 –2 pm)

Sun, Jan 18— RE Classes

Sun, Jan 25— RE Classes, All Youth

Parish Messenger January 2015

... MINISTER'S MUSINGS ...

or nearly three years our congregation had a definite and obvious focus: recovering from the fire that destroyed our church building, figuring out what to do next, and moving forward. If you step inside our remarkable new building, you can see what happens when we focus on making something happen. Our building is a tangible representation of our commitment, creativity, and passion. When we work together, we are a mighty force!

Now we are home. We have marveled, given thanks for the stunning generosity of so many who helped to make it all happened, congratulated ourselves, and celebrated our great feat. Now the time has come to focus on something else. But what?

That's where the Board comes in. In their wisdom, they have created a special, facilitated workshop on Saturday, January 17, from 9 to 2, during which we will explore what feels right to be our primary focus now. At the end of the workshop, we will have chosen something for the whole congregation to vote on that we imagine will drive our work together for the next two or three years. We imagine a theme broad enough to touch all sectors of our mission statement ("to be a spiritual community, to welcome all, to nurture one another, to work for justice, and to care for the earth"). In addition, we hope the focus will provide a lens through which we can plan worship, education for all ages, and outreach. And, the focus will help us to prioritize the actions we take on the long range plan we have created together.

This will be important work in the life our our congregation. You might say the work we take up at the workshop will represent our

shared ministry. I encourage all of you — whether you've been part of the congregation for decades or recently started attending — to take part so that we will have a broad representation of ages, interests, and thoughts present. (Details about how to sign up for childcare are elsewhere in this newsletter.)

3

The workshop will be led by Rev. Sue Gabrielson, minister of the Sanford congregation and one of our district consultants. I have known Sue ever since we attended seminary together. She is one remarkable, accomplished, and inspiring person. We will be in good hands with her at the helm So, please mark your calendars and plan to attend. I look forward to seeing you there!

Love, Sylvia

RAINBOW PINS FOR SALE

When Sharon Brown gave her stirring, standing-ovation sermon recently, I told the congregation I would be getting in some rainbow pins to decorate your name tags – or jacket collars, or whatever part of your attire you feel needs a festive, colorful reminder of our commitment to being a Welcoming Congregation. Shown here are the pins I now have available. Prices are as follows:



Rainbow Chalice Pin: \$6.40 Rainbow Flag Pin: \$2.69

I have a limited supply of each right now, but I can get more if demand is high. Make checks out to UUCB. In the memo line, write: "Minister's Professional Expenses." (I used my professional expenses to purchase the pins; you would simply be reimbursing the church.)

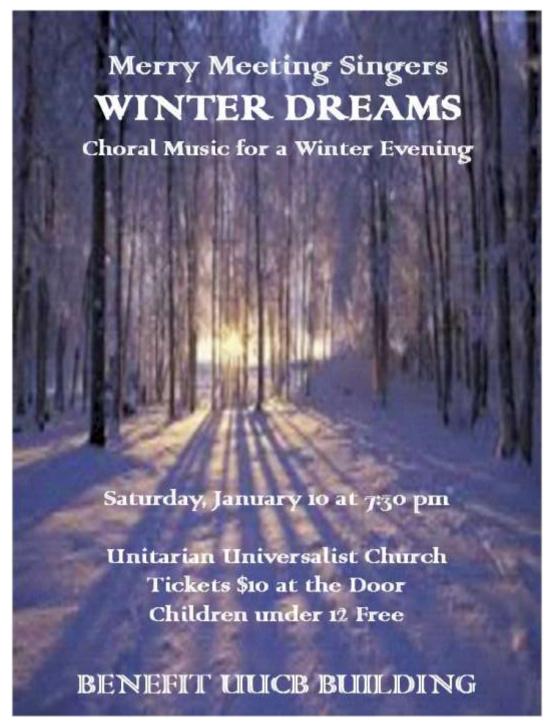
Love, Sylvia

KITCHEN THOUGHTS

This is just a gentle reminder that when you leave your dirty dishes in the kitchen, the person who comes along behind you (that would be me) ends up washing them. It's important we keep things neat and clean so that potential renters are impressed with our space. Please do clean up after yourselves.

Thanks, *Sylvia Stocker* (who actually enjoys washing dishes, but feels that is not the best use of her time at church)





SAVE THE DATE!

Sunday, February 1
After Coffee Hour

Music by Mozart, Hindemith



Parish Messenger January 2015 5

JANUARY'S CHARITY WITH SOUL





Tedford Housing sponsors an important community service called WARM THY NEIGHBOR (WTN), an emergency fuel assistance program in the Mid-Coast for individuals and families who do not qualify for federal heating assistance.

The program is designed to be flexible to meet the needs of people who fall between the cracks and may have special circumstances. The population is comprised of single parents, seniors living on fixed incomes, and people with disabilities. Last year, 290 households were served.

Program History

The program began through the efforts of area churches who received several requests from people in need of emergency fuel. A coordinated effort was put forth and funds were raised from public donations. Founding Director, Sallie Smith spearheaded the program by personally assisting each client and organizing fund raising to support the mission. October 1, 2010 Tedford Housing assumed the program as one of their homeless prevention programs.

Communities Served

WTN serves people from Brunswick, Topsham, Harpswell, Orrs and Bailey Islands, Durham, Bowdoin, Bowdoinham, Lisbon and Lisbon Falls.

How is the Program Funded?

The program is funded 100% by community donations. Your donations make a direct impact to a family or individual in need. A warm home may be just the beginning to solving much more serious and life threatening



HABITAT FOR HULMANITY



The Habitat House for a veteran is going up and there was a nice article in the Times Record on December 15th about Ben Leeman and his familv. UUCB is next scheduled to work on the house on February 7. Again, only ten volunteers are needed to make sure everyone is busy with a job and so far five slots have been taken. If you are interested in working, please contact Gretchen at 833-5125 or gkamilewicz @gmail.com. Thank you.

Women's Alliance

HAPPY NEW YEAR!

The Women's Alliance will meet at the Church on **Tuesday, January 13, at 10:30 PM.** Welcome the New Year with a time just to relax, to be comfortable, to present or to share, exchanging thoughts, stories, poems, memoirs and/or favorite books or films. Remember to bring a sandwich...coffee, tea, hot cider and dessert provided! Questions. Adair: 389-4488 Penny: 373-0730



MEMBERSHIP

SOUUP'S ON! - IT'S ALMOST HERE! SUNDAY, JANUARY 11 AT 1 PM

Please join Membership Committee in the Merrymeeting Room at 1 PM on Sunday, January 11 for our annual SoUUp's On! event. Enjoy hot homemade soups, bread, and cookies, and of course, good fellowship with members and friends.



We will need your help with soup-making. The more soup we have, the more folks we can feed. We hope to be able to feed everyone who comes, so please consider bringing a soup offering! And please let us know so we can be prepared.

Reserve your space for this popular event: sign up at the Visitor Table or contact Linda Mallard, 729-2608, or call the church office, 729-8515.

PHOTO DIRECTORY

Also, plan to have your photo taken for the church directory if you haven't done so. There are many empty spaces where photos should be in the directory. Our photographer, Linda Mallard, will be available during SoUUp's On! to take photos.

Membership Committee wishes members and friends continued fellowship as we worship, work, and play together in 2015.

BUILDING AND GROUNDS

CALLING ALL ANGELS!

The Buildings and Grounds Committee (B&G) is in the process of forming a group of "Church Angels." There are many light housekeeping tasks around the church that require more hours than Tony, our sextant, has allotted to him; tasks like dusting, organizing, cleaning up sills and fingerprints – all small jobs needed to keep our beautiful new building clean and neat. If 5 or 6 people spent one or two hours one morning a



month, we could easily stay on top of our housekeeping chores. As a B&G member willing to spearhead this, I would like to designate the last Friday morning of each month for the Church Angels to gather and do their magic to keep our spiritual home neat and beautiful. Please contact Pat Harris (725-7772 or pjbharris@aol.com) if you are interested or would like more information. Here's your chance to polish your halos as well as the furniture!

Parish Messenger January 2015

Congregational Focus and the Long Range Plan

e've been up and running in our new quarters now for about three-quarters of a year, enjoying the fruits of a whole lot of labor and learning to feel comfortable in a new, capacious, and wonderfully welcoming setting. (Plenty of RE room! Handsome sanctuary with wonderful lighting and excellent acoustics! Meeting rooms! Modern kitchen! FOUR bathrooms!)

No resting on laurels allowed, though. It's already time to look ahead and think about where we want to go next and how we get there. First step, assessing dreams and goals in order to find a focus that the whole congregation can center its energies on, a broad focus to give our talents to. We have the brainstorms from last year: how will they mesh with the focus we find for ourselves? Come to the Focus

Workshop on January 17th and help the Board and the Long Range Planning Committee start the process.

Every opinion is valuable. Long-time members know how remarkably capable we are and how much we can do when we put our minds to it. Recent members and interested friends have fresh ideas and new energies to offer.

Join in, think creatively! Help us explore which avenues will let us do what we care about most as a con-

gregation. Put the Workshop on your calendar for January 17.

Nancy Dorian for the Long Range Planning Committee



7

"NEXT STEPS" WORKSHOP

SATURDAY, JANUARY 17

9:00am-2:00pm (with lunch)

What is this?

An opportunity to work together to find an area of focus--or "next steps"-- that will guide and inspire our congregation over the next several years. Some of us were not part of this congregation three years ago in the old building. Some of us have been members for many years. Who do we want to be now? Is there a particular focus, relationship, or new energy that calls us?

When and where?

Saturday, January 17, 9:00am-2:00pm, in the sanctuary. Lunch will be provided. <u>Please let us know if you will need childcare.</u>

Who should attend?

As many of us as possible! We need new folks and old-timers, parents of kids, youth, singles, couples, gay and straight. For the product of this workshop to inspire the entire congregation, we need as broad a representation as we can put together.

Who's in charge?

The workshop, sponsored by your Board of Trustees, will be facilitated by Rev. Sue Gabrielson, the most experienced consultant on the UUA Northern New England District's team and minister of the Sanford congregation. She is excited about helping us explore the possibilities and develop a compelling focus.

How do I sign up?

Any of these ways:

- Say yes to a Board member with a clipboard on Sunday morning
- Say yes if you get a phone call inviting you
- Call the office (729-8515)
- Email Cindy Parker (cindyparker48@gmail.com)

Why attend?

As one of our favorite hymns states, "Our church is more than a building." Come join us as we leave the "building" focus and take important next steps that will inspire us for years to come.

Cindy Parker, Board Chair

FUNDRAISING EVENTS

The Fundraising Events Committee is having a fruitful season!

We are happy to report that we did more than gain funds when the **DaPonte String Quartet** performed; they are considering renting our church for their regularly scheduled performances. This will bring even more concerts into our new space.

We are also very happy to report that the new program of **Inquiring Minds and Square Meals** has been so wonderfully received that we expect this full first session to add \$1500 toward our budget goal. The next session will begin in mid-January. You can look forward to a songwriting class, a drumming class, on-going vegan adventures, and a dinner for 6. Barclay may "profess," too. Do you know someone with something interesting to share? Ask them to join in by letting us know before January 11th.

We were thrilled to host our first **Holiday Fair** in our new space. We had live music, unique and beautiful crafts from the local artists and our talented members, and the best lunch in town that day! We raised \$2661.05...every penny counts when \$10,000 is your goal!

Of course, all of this would not be possible without the efforts of volunteers who cheerfully bake goodies, set up, tidy up, secure posters, sell tickets, organize receptions and so much more. Our THANKS to each of you for all you do to make each plan a successful reality.

Find all this exciting? Come join us! We are looking for folks to share in the fun and planning. We have **two more concerts** and a **Rummage/Book Sale** on the schedule for this fiscal year. Let one of us know if you want to join us, to help with one event or all the rest of the year's activities.

THANKS too for all of you who support these events by coming to enjoy them. Our church attendance at fundraising events is overwhelmingly joyful AND MAKES US SOME WICKED HAPPY.

Your Fundraising Events Committee: Sue Ellen Damour, Susan Michaud, David Roundy, aka CLYDE, and Maryli Tiemann.



WHAT THEY'RE SAYING ABOUT INQUIRING MINDS AND SQUARE MEALS

"It's been fun to learn how to cook these new recipes. The classes are interesting, conversation wide-ranging and food delicious! Come join us!" *Esther Mechler*

"Enjoy exploring vegan meals with others who are trying this cooking for the first time. The group is lead by accomplished vegan cooks."

Bob Kauffunger

"Chair yoga with Janet Alexander was a wonderful new find for me because floors are unforgiving! Looking forward to the next session."

Sue Ellen Damour

"As a very new visitor to the UU Brunswick church, the opportunity to spend an evening getting better acquainted with "old-timers" while enjoying the warmth of Anne's hospitality and Ann's delicious cooking was memorable. I arrived at the dinner knowing few of the other guests and left feeling more connected to my new spiritual community! Thank you to all those involved in this fundraising project that emphasizes bringing people together in such a satisfying way."

Steve Black

On a cold and icy December Friday, my husband Doug and I spent a wonderful evening at the Millers' fireplace-warmed home along with three other couples from UUCB. Anne and Ross prepared a Volga German-themed meal for those of us lucky enough to win the bidding for this fundraiser. We enjoyed pastry-wrapped meat and cheese appetizers (what they were they called??), a chicken dinner from recipes Anne has known since growing up in a Midwest community populated with many Volga Germans, and homemade butterscotch brownies with ice cream for dessert.

Anne had emailed us in advance some information on the history of Volga Germans in America, but the conversation throughout the evening moved from one interesting topic to the next so seamlessly that we only realized when it was time to pry ourselves away that we hadn't gotten around to discussing it! We could have talked on for hours. I myself enjoyed the opportunity to get to know fellow church members in a small setting, and my husband, who is in general not terribly fond of being in groups of people he doesn't know, also had a great time. Thank you, Anne and Ross!

Julie Dahmer

Parish Messenger January 2015

FUNDRAISING EVENTS

CUL de Sax PRESENTS They're Coming To America

A Musical Tribute to the Immigrants who brought Great Music to our Country

Sun, February 8 3:00 p.m. Tickets: \$10



Irving Berlin, Neil Diamond, Anton Dvorak. Herbert & Rambert. Bela Bartok. Paul Hindemith, Darius Milhaud, Piazzola, Vernon Duke, Jule Styne, Kurt Weill, Beatles, George & Ira Gershwin (and more...)

Opening Act: Paul Schaffner, hammered dulcimer!



Our thanks to you for participating in our Holiday Fair. We hope you had a good day and will join us again next year. **UUCB**

> **Fundraising** Committee





THIRD FRIDAY OF THE MONTH UNITARIAN UNIVERSALIST CHURCH of BRUNSWICK 1 MIDDLE STREET

OPEN MIKE SIGNUP - 7 PM FEATURED PERFORMER - 9 PM SUGGESTED DONATION: \$8

Hollowbody Electric Band

Hollowbody Electric Band is one of the region's most accomplished and creative musical groups. The band features Tom Masucci on drums, Peter Alexander on guitars, Johannah Harkness on keyboards and ukelele, and Sheldon Bird on bass.

All four members sing, giving rise to a lot of three and four-part harmonies. Most of the lead vocals are provided by Peter and Johannah, with some provided by Sheldon, giving a rich mix of sounds in a classic rock mode.

This is one band that is not afraid to take on social and political causes. "We're living in challenging times," says Peter, "and we can't turn our backs on all the troubles this world is facing. We would like our music to be a part of the soundtrack for a better world."

Hollowbody Electric Band will be doing a pared-down "unplugged" set using minimal amplification and percussion instruments for this Side Door appearance.



Friday Evening, January 16

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. Parish Messenger January 2015 11

TIPS FOR A HEALTHY LIFESTYLE

UU's Vegan Sunday Group encourages a healthy lifestyle by focusing on a plant-based diet to promote:

Environmental Change: Over half of greenhouse gasses leading to climate change are a direct result of animal agriculture, according to the Worldwatch Institute (www.worldwatch.org/files/pdf/Livestock%20and%20Climate%20Change.pdf)

Improved Health: Many chronic diseases can be avoided or even reversed by eating a plant-based diet and eliminating animal products.

Animal Rights: Animals suffer greatly in the process of "production" as well as slaughter. See Peter Singer's <u>Animal Liberation</u> for details. Dr. Singer is Professor of Bioethics at Princeton University.

Sustainability: Consuming billions of animals annually for food is unsustainable. If we all ate a plant-based diet, we could grow enough food for everyone on the planet while vastly improving the environment.

If you are interested in learning more about the impact of your choices on your health and the planet, go to www.AWFW.org.

Consider joining UUCB's Vegan Sunday pot-luck lunch on the third Sunday of each month. Call 729-7294 for lunch details.

Esther R. Mechler

VEGAN SUNDAY- January 18

The Vegan Sunday potluck will be held after church on Sunday, **Jan 18 at 12 noon in Fellowship Hall**. Come share delicious plant-based food and camaraderie with other vegans and those who want to explore a vegan 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 coordinator Stephen Black at stephenblack1948@yahoo.com by **Thursday.**, **January 15**



January 2015							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 HAPPY NEW YEAR	2 11 am Fellowship Gallery: MSR Office Closed	3 7 pm Hiking Lecture: SAN Office Closed	
4 10 Church Service 10:15 RE Classes De-decorating Sanctuary Office Closed	5 4:30 Working for Justice: MSR 7 Pagans: WBR 7 Merry Meeting Singers: SAN	6 1:30 Chalice Circle: WBR 4 Membership: MSR 6 RE Committee: MER 6:30 Worship: MSR	7 10-4 Art Display Down 7 Inequality for All Film/Discussion: SAN	8 10-4 Art Display Up 10 Chalice Circle: WBR 12 Noon Deadline: "This Week" email & Order of Worship 7-9 Choir: SAN	9 10:30 Building & Grounds: MSR 6 Michaud Pizza/Game Night 7 Merry Meeting Singers: SAN	10 1 Jane Lindholm Memorial Service 7 Merry Meeting Singers CONCERT: SAN Office Closed	
11 10 Church Service 10:15 RE Classes Green Sanctuary: MSR 11:30-2 YMCA Party 12-3 SoUUps On 6 Chalice Circle: WBR	12 7 Pagans: WBR 7 Merry Meeting Singers: SAN Office Closed	13 10:30 – 1 Women's Alliance 3:30 Restorative Justice: MER 6:30 Stories w Soul: 7:30 Pastoral Care: MSR	14	15 12 Clergy Group MSR 12 Noon Deadline: "This Week" email & Order of Worship 7-9 Choir: SAN	7-10 Side Door Coffehouse (Hollowbody Electric Band): SAN	17 9-1 Next Step Workshop: SAN	
18 10 Church Service 10:15 RE Classes 12:15 Vegan Sunday (RSVP): FH Office Closed	19 7 Merry Meeting Singers: SAN 7 Pagans: WBR Office Closed	20 3 Chalice Circle: WBR 6:30–9 Board: MSR	21 7 RE Committee	22 12 Noon Deadline: "This Week" email & Order of Worship 7-9 Choir: SAN	23 5 Parish Messenger Deadline	24 6 pm Foley Dinner Office Closed	
25 10 Church Service 10:15 RE Classes Office Closed	26 7 Merry Meeting Singers: SAN 7 Pagans: WBR	27 6:30 Stories with Soul: WBR	28 12 Noon Deadline: "This Week" email & Order of Worship Men's Luncheon Off Site	29 7-9 Choir: SAN	30	31	
	Office Closed					Office Closed	

Feb 1

10 Church Service 10:15 RE Classes

Larry Lemmell Concert after service

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 **Thursday 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). This deadline for the February Parish Messenger is **Friday, January 23rd.** (michaud susan@comcast.net)