

Parish Messenger

Unitarian Universalist Church
of Brunswick



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*Our Mission is
To be a spiritual community
To welcome all
To nurture one another
To work for justice*

SUNDAY SERVICES AT 10 A.M.

March 1 at 10 a.m. "Tree of Life"

Rev. Stocker preaching. Music by Lynn Deeves.

March 1 at 7 p.m. Bowdoin Vespers

Rev. Stocker will be leading the vespers service at the Bowdoin chapel. She would love you to join her! All of the preachers who are leading services at Bowdoin this semester have been asked to answer the question, "What is a life worth living?" Music will be provided by an area organist to be named at a later date.

March 8. "Compassion III."

This is the third in a sermon series Rev. Stocker is giving this year. Music provided by the choir, directed by Heidi Neufeld and accompanied by Nell Britton. **(Don't forget to set your clock an hour Saturday night!)**



March 15. "Reproductive Justice Redux."

Rev. Stocker preaching. Music by Brio, an improvisational vocal group ((Matt Loosigian, Martin Swinger, Deb Hensley).

March 22. "Prayer"

Rev. Sylvia Stocker preaching. Music by Larry Lemmel.

March 29. "The Walls Come A-tumblin' Down!"

Rev. Brad Mitchell preaching. Music by Ann Hartzler.

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

RELIGIOUS EDUCATION

With all the snow on the ground it's hard to believe that it's March and that spring is on the way. And while we're cooped up inside waiting for all the snow to melt, The RE Committee and I invite everyone to join us the evening of **March 13th** for games and desserts. Bring your favorite board/card game and if so inspired, a desert to share. This is great opportunity to get to know folks in church you might not otherwise have the chance to interact with. With no school breaks or holidays during this month we'll be offering RE classes and youth programming every Sunday.



Friday, March 13
6:30-8pm
ALL UUCBers Welcome!

From March 1-22 our church is conducting the Unitarian Universalist Service Committee (UUSC) Guest At Your Table (GAYT) program. The UUSC is an organization that works to promote human rights all over the world through grassroots action. The UUSC works specifically with people and communities who are denied human rights because of who they are- women, people of color, religious minorities, etc. The GAYT program is a fundraising and education program that our church participates in annually. Throughout the month of March we'll all be learning about some of the work of the UUSC and collecting money at home to bring to church on March 22. The children in the RE program have decorated boxes for collecting money that folks are invited to bring home. The box serves as a reminder of the work of the UUSC and becomes "the guest" at our tables. All RE offering collected during the month of March will be donated to the UUSC GAYT fundraising effort.



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 Tuesdays and Thursdays from 1-4 pm. 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@zwi

Website: <http://www.uubrunswick.org>

RE Announcements & Dates

- 3/01: RE Classes, Youth Group, COA
- 3/05: Youth Group/COA Tedford Meal Preparation
- 3/08: RE Classes, All Youth
- 3/13: All Church Game Night, 6:30-8pm
- 3/15: RE Classes, Youth Group, COA
- 3/22: RE Classes, All Youth
(Return Guest at Your Table Boxes)
- 3/29: RE Classes, Youth Group, COA



Blessings,
Nicole

... MINISTER'S MUSINGS ...

I am aware that rumors are circulating throughout the congregation about my sabbatical.. Although my plans are not fully formed yet, I want to take this opportunity to let you know what I know so far.

A minister's sabbatical is a time for thought, renewal, exploration, and spiritual deepening. The UUA asks congregations to allow ministers to accrue one month of sabbatical time for every year worked, not to be taken before four months have accrued, and not to include more than six months of sabbatical time in any given year.

That may seem like a lot of time (it certainly seems that way to me, at least), but it is for a good reason. I can remember the days before sabbaticals were normally offered as part of a minister's package. When I was a child, ministers usually left my church after rather short tenures, because they burned out and were not able to recharge their batteries in any way other than leaving. That changed when the congregation started offering sabbaticals to their ministers. It turns out to be very important to step away from the steady requirements of ministry and turn one's sights to new vistas, occupy one's mind with new ideas and experiences, and – quite simply – rest for a while.

When our church burned, the UUA Trauma Ministry advised me not to take a sabbatical until at least a year after we were in our new building. For the most part, I heeded their advice, although, with the Board's recommendation and encouragement, I took a month of sabbatical time last February.

By June I will have accumulated seven months of sabbatical time. It's time to take a real sabbatical to recharge my batteries and explore

some new things. The Board has approved my time away as follows: In total I will take six months of sabbatical time in two chunks, starting this coming fall. Combining that sabbatical time with my normal vacation/study time will make for two four-month breaks.

From October 2015 through the end of December 2015, I will be on sabbatical, followed by one month (January 2016) of vacation/study time. I return to work for February, March, and half of April 2016.

From April 15, 2016, to July 15, 2016, I will be on sabbatical, followed again by one month of study and vacation time. I will return to work on August 15, 2016.

What will I be doing while I am away? I know for certain I will be attending the World Parliament of Religions in Salt Lake City in October. The focus of their meeting will be compassion. Keynote speakers will include the Dalai Lama and Karen Armstrong (whose work has inspired my current sermon series on compassion). Other plans are still underway. I am mulling over several ideas and will share my plans with you as they develop.

What will happen at the church while I am gone? The Board is in the process of creating a Sabbatical Task Force to make plans for the congregation. More on that as information develops.

The Worship Committee has already created a task force to start planning worship services. Some of those services will be covered by area UU ministers. We cover for each other during sabbatical times. When I take a Sunday in a colleague's pulpit during his or her sabbatical, that is, that colleague will come preach at our church for one of my sabbatical Sundays.

Some of the worship services will be conducted by special speakers the Worship Committee invites. And some of the services will be covered by lay preachers. (That could mean you. Think about it: Do you have something you would like to suggest to the Worship Committee?) The Worship Committee is already starting to fill the Sundays. Worship leaders and topics will be announced in the monthly newsletter as usual.

The Pastoral Care Associates will continue to offer their ministry of deep listening. Ministerial backup will be provided as needed, especially for funeral or memorial services or acute pastoral emergencies.

Once the congregational plans are made, we will publish a short booklet to let you know whom to contact for various needs and duties.

I know from experience as a parishioner that some can find it a little unsettling to have their minister gone for a long period of time. But I also have seen how sabbaticals help both ministers and congregations to grow and deepen in their spirituality and commitments to each other and the larger work we undertake together. I am happy to answer any of your questions. As plans become firmer, I will let you know details.

Love, *Sylvia*



UPDATE ON END INEQUALITY

Q: What's happening with our new congregational focus on END INEQUALITY?

A: The Nominating Committee is hard at work putting together a leadership team to get us started. We hope to have about five people, representing both long-time and new members, young and old, parents and singles, men and women. Names will be announced as soon as the team is complete.

Q: What will the leadership team be responsible for?

A: The Board has developed a tentative charge, understanding that it may be fine-tuned as the group comes together and begins to dig in. As it stands, the charge reads:

- Create a clear statement of purpose for the congregational focus to End Inequality
- Capitalize on the UUA Congregational Study/Action Issue resources
- Listen carefully to and sort through ideas raised by the congregation
- Work with the Church Council and various committees to coordinate study and action activities within the UUCB community
- Facilitate and/or explore for new opportunities for collaboration with groups outside of UUCB
- Communicate effectively and regularly with the congregation as a whole about opportunities and progress of ongoing activities

Q: If I have an idea for this group, who should I give it to?

A: It is anticipated that the team will set up an email account to solicit ideas and comments, as the Building Team did. Until then, suggestions may be sent to Board Chair Cindy Parker (cindyparker48@gmail.com)

Q: Anything else while we're waiting?

A: The Long-Range Planning Committee has encouraged each standing committee, as well as the Board, to look at the ideas brainstormed a year ago with this new focus in mind. Some committees have already found ideas on this list for programs and initiatives that fit our new focus and have started planning!

FLOWERS



Please consider sharing flowers or any other appropriate focal point. There will be a three month sign-up sheet at the back of the sanctuary or contact Shirley in the church office via e-mail at uubrunws@gwi.net or call 729-8515.

(No Lilies Please)

Don't forget to indicate a dedication if you wish.

NEARBY PARKING OPTIONS

(FOR ATTENDING SERVICES AT UUCB)

For Those Needing Handicap Spaces:

The handicap and 5-minute parking spaces in the small lot in front of the Curtis Memorial Library, right across the street from our entrance.

General Parking Spaces:

- Along Middle Street in front of the library.
- The Curtis Memorial Library parking lot, which is behind the library. The entrance is off Union Street, past St. Paul's Episcopal Church.
- The commercial lot on Abby Road (the continuation of Middle Street, across Pleasant Street.), and the public parking lot behind the commercial lot.
- Behind the Post Office on Pleasant Street (possibly blocked by construction at the moment--spring 2014)

MARCH'S CHARITY WITH SOUL

MAINE FAMILY PLANNING

Mission:

To ensure that all Maine people have access to high-quality, affordable reproductive health care, comprehensive sexual health education, and the right to control their reproductive lives.

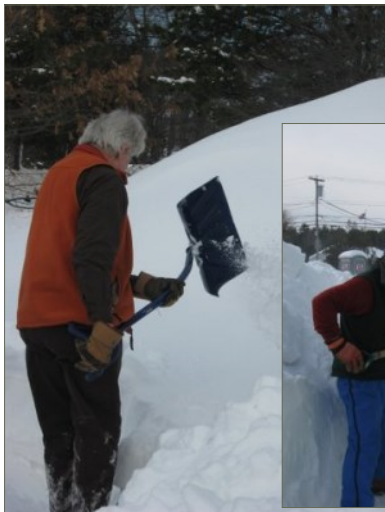
**Services:**

- Affordable, quality reproductive health care services statewide. They see patients of any age, gender, and income level
- Abortion care services at the Augusta site.
- Primary care in Belfast.
- Transgender health services. Hormonal transition therapy is offered in the Lewiston office.
- Reproductive rights advocacy at the state and national level
- Training and Professional Development
- Support for parents and families, including in-home parenting and nutritional information and sexual health resources.

HABITAT FOR HUMANITY

On a beautiful February Saturday, eight volunteers from UUCB worked from 8:30 until 1:30 shoveling a six-foot wide path around the Habitat home, moving snow three to four feet deep. The youngest member of the group, David, climbed up on the roof with Steve, the site manager, and shoveled off the roof. That was a bit too scary for the rest of us! By shoveling this path, Habitat was able to start the siding on the house. Many thanks to Dexter and Gretchen Kamilewicz, Bill Clark, Catharine Chase, David and Maryli Tiemann, Ted Berrett, and Carol Briggs.

We will schedule the next workday sometime in spring and hopefully we won't be shoveling then. If you are interested in working, please contact Gretchen at 833-5125 or gkamilewicz@gmail.com.



More pics on the UUCB Facebook page.

MUUSAN



MUUSAN

Maine Unitarian Universalist State Advocacy Network

Members representing 8 different congregations attended the Maine UU State Advocacy Network meeting on Saturday, Feb 7th. Jim Spicer attended for UUCB. Lynn Ellis is submitting the notes to the Parish Messenger.

After a brief business meeting, including discussion of a grant David Wilcox and Mary Ann Larson are writing and a vote to elect Cush Anthony to the steering committee, we broke into three issue groups.

HEALTH CARE:

MUUSAN continues to partner with [Cover Maine Now](#) and [Maine AllCare](#) as the impact of not accepting federal funds to expand Medicaid is starting to hurt people and institutions. MUUSAN will participate in the Cover Maine Now conference calls and we are learning more about the Health Care is a Human Right campaign. The Ellsworth UU Church is hosting a weekend program Saturday, April 25th and Sunday, April 26th presented by Maine AllCare to raise public awareness for the need for universal health care. The Allen Avenue UU Church developed a worship service focused on healthcare, which they are taking on the road to Ellsworth and other places. If you are interested in having them present a service at your church, contact Carol Larson at MUUSAN@augustauu.org. If your church is willing to host an information session on the benefits of expanding Medicaid or Health Care is a Human Right, contact MUUSAN@augustauu.org. We will be watching for bills to be submitted to the legislature and will send an alert when there is action to take.

STRENGTHENING DEMOCRACY:

Members of MUUSAN collected signatures in a number of regions for ballot initiatives with our partners: [Maine Citizens for Clean Elections](#) (MCCE) and [Ranked Choice Voting Maine](#) (RCV Maine). The MCCE question will be on the ballot in 2015 while RCV is waiting until 2016. We can support both campaigns by organizing workshops, forums, and house parties to ensure grassroots understanding of the importance of these two initiatives. The democracy group also discussed how the Trans Pacific Partnership spans both the democracy group and the climate group in its impact of big money control over our political system. We plan to invite a speaker on Ranked Choice Voting for our next meeting.

CLIMATE CHANGE:

Chair Melanie Lanctot was unable to attend but sent this information:

The Natural Resources Council of Maine is gearing up for the new legislative session. Their priorities include solar energy promotion and lakes protection. Bookmark NRCM's [Bill Tracking website](#) to learn the status of bills affecting the environment. Their Citizen's Action Day is April 7th, a great opportunity to speak directly to your legislators about matters of greatest concern to you.

UPCOMING EVENTS:

- Next MUUSAN meeting **10:00 March 21st** at the UU Community Church in Augusta. All are welcome!

THE WOMEN'S ALLIANCE

will meet on **Tuesday, March 10, 6:00 to 8:00 PM** at the Church.
 "Beyond Cat's Cradle-All About Inuit String Figures" will be the program
 presented by Robin Hansen, PhD, Folklore and Folklife.
 Beverages and dessert will follow the presentation.

WORKING FOR JUSTICE



In case you've missed the news....
GUEST AT YOUR TABLE
is coming to UUCB
on Sunday March 1.



What is Guest at Your Table (GAYT)?

GAYT is an annual, denomination-wide fundraising and education program that supports UUSC's human rights work.

What is UUSC (Unitarian Universalist Service Committee)?

UUSC is a 501(c)(3) nonprofit, associate member organization of the Unitarian Universalist Association that advances human rights in more than a dozen countries around the world through grassroots collaboration. Grounded in UU values, UUSC is nonsectarian and open to all.

What is this year's Guest at Your Table theme?

This year's GAYT theme is food sustainability: ensuring that people have sufficient, affordable, healthy, and culturally appropriate food to eat and that it's produced in a way that doesn't damage the environment. This year's *Stories of Hope* (booklets passed out with collection boxes on March 1) highlight projects in Haiti, Kenya and Honduras – efforts for economic justice, educational opportunities for children, community responses to climate change and other advancements for human rights.

Why is it called Guest at Your Table?

This program introduces you to grassroots leaders around the world who are advancing human rights and who are supported by UUSC. You are encouraged to "invite"

those leaders to your table - into your community or your home - as "guests", by sharing their stories and contributing to their work through the UUSC. We are providing you with a box, decorated by our own RE children, into which you can put your contributions as you "share" each meal with your guests. We encourage you to talk together about the meaning of contributing to work that furthers human rights and sustainability.

How does the UUCB congregation contribute to Guest at Your Table?

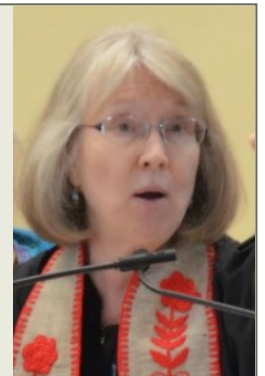
On March 1, the Story for All during the service will focus on the work of UUSC, and you will receive a collection box, decorated by our RE children along with a *Stories of Hope* booklet. Over the next 3 weeks, read and discuss these stories as well as other stories you know about people coming together to work for a more just and sustainable world. At each meal put your contributions to UUSC into the box. At the end of 3 weeks, count the money in your box and write a check to UUSC with GAYT in the memo line. We will collect the checks on Sunday, March 22 during the church service. (If you cannot be there on the 22nd, you can bring or mail your contribution to the church office to be turned in as part of the UUCB GAYT contribution to UUSC.)

For more information about UUSC, go to: <http://www.uusc.org>.

JOURNEYING THE BEWILDERNESS – CONVERSATIONS ABOUT AGING

As of this writing, there are just a few spaces left in conversations about aging, facilitated by Karen Foley on four Thursdays, March 5, 12, 19, and 26 from 2:00-3:30 p.m. in the May Sarton Room. For people 65 and older who will commit to attend all sessions and follow the Chalice Circle conversation process (to be explained for those who aren't familiar with it). Limit 15 people.

Contact Karen, revKLFoley@comcast.net, or 725-1379.



WORKING FOR JUSTICE

On **Saturday, February 28, 7pm**, lyric-dramatic soprano, Goldee Greene will premiere her solo opera theatre

Saturday, February 28, 2015
7:00 p.m.

A Night at the Abyssinian

An evening of music and oratory in celebration of Black History Month.

Featuring:

Goldee Greene World premiere of soprano
Goldee Greene's solo opera theatre work, *Even Before Marian: Black Opera Divas Of The 19th Century*.

Historical Readings from 19th Century
Abolitionists: including Harriet Beecher Stowe,
Frederick Douglass, and William Lloyd Garrison.
Performed by members of the community.

Free!

All are welcome!

Contributions to the Abyssinian Meeting House restoration are welcomed.
See www.abyme.org for more information on the Abyssinian Meeting House.

PRESENTED BY

- The Abyssinian Meeting House, the 3rd Oldest-standing African American Meeting House the U.S.
- St. Paul's Episcopal Church
- Unitarian Universalist Church of Brunswick

LOCATION:

Unitarian Universalist
Church of Brunswick

corner of Pleasant and
Middle Streets
Brunswick, Maine

Phone: 207.729.8515
www.uubrunswick.org

work, *Even Before Marian: Black Opera Divas of the 19th Century*. In addition she will perform an aria from *The Summer King*, an opera about Josh Gibson, the "Black Babe Ruth" by local composer, Daniel Sonenberg. Ms. Greene will be accompanied on the piano by Chiharu Naruse. Words of 19th century abolitionists, read by community members will be included in the evening.

We are pleased and honored to host this unique event in partnership with the Abyssinian Meeting House of Portland and St. Paul's Episcopal Church. Two years ago, many of us visited the Abyssinian Meeting House in Portland, the 3rd oldest standing African American meeting house in the United States. The building most likely hosted speakers and artists similar to those presented in *A Night at the Abyssinian*. The event is free and open to the public. Contributions to the restoration of the Abyssinian Meeting House are welcome.

LOOKING FOR DESSERTS... (always!)

UUCB is partnering with St. Paul's Episcopal Church to offer coffee and desserts following the performance of *A Night at the Abyssinian*. If you are able to contribute a dessert finger food, please be in touch with Cathey Cyrus. Thank you!

Making Your Market Low-Income Friendly

a workshop, March 4, 9am-4:30pm
Curtis Memorial Library, Brunswick
mainefarmersmarkets.org



\$10
includes
lunch

GREEN SANCTUARY

IS YOUR MARKET LOW-INCOME FRIENDLY?

The MFFM has been active in both providing access to fresh local food for low income people, bringing in the SNAP program, and encouraging food stamp recipients to use the farmers markets in Maine.

The SNAP program has been especially successful in Bangor, because it's run entirely by volunteers on behalf of MFFM. The workshops on March 4 are an opportunity for members of our church to be part of a group of volunteers to help with the SNAP program in the Bath and or Brunswick farmers markets AND to find out more about ways we can help end food inequality. (This is Green Sanctuary's emphasis for ending inequality)

WORKING FOR JUSTICE

REPRODUCTIVE JUSTICE, THE UUA, AND WHY YOU SHOULD BE INTERESTED

MARCH 15TH

As you may know, every two years a new study/action issue is chosen by the vote of people attending the denomination's annual meeting, the Unitarian Universalist Association's General Assembly. The study/action issue selected at the 2012 General Assembly was Reproductive Justice.

The four year process for final approval for adopting an issue passes through several phases having to do with education, advocacy, review, consensus, and finally, implementation. An essential component is study, often with the help of a curriculum provided by the UUA to member churches. The final stage for approval, or not, of the Reproductive Justice issue, will be determined by a vote at this spring's General Assembly in Portland, OR.

Our church has not participated in the study, review and consensus stages of the approval process because of the immense challenges of building our new church and settling in. In spite of this missed opportunity we will benefit from resources developed by the UUA and made available to congregations for education, advocacy and support for taking action where possible to address injustice and protect reproductive choice against threats, especially those having to do with attempts to restrict access to family planning and abortion.

We are very fortunate here in Maine to have generally progressive legislators and organizations that are passionate about reproductive justice. One such group is **Grandmother's for Reproductive Rights, GRRJ**. GRR was founded two years ago by **Judy Kahl of Arrowsic**. Judy and her family have lifetime involvement with Pathfinders International, a family planning organization founded by Judy's father, operating today in twenty five developing countries, delivering reproductive services. Judy was inspired to form GRR during a Pathfinder trip to Mozambique where she was impressed that grandmothers were teaching and promoting reproductive rights to younger women, most directly to their own daughters or grand daughters and thought – "Why not in Maine?".

Please join Working for Justice in the May Sarton room, **March 15th** after the worship service for an opportunity to be inspired by Judy, to hear the rest of Judy's story about GRR and learn more about Reproductive Justice and what we can do to help stop the erosion of reproductive rights.

Sue Kennedy for the Working for Justice committee



"American Winter" follows the stories of eight families struggling to meet their basic needs and turning to social services for assistance after facing grave, unexpected financial setbacks. Seen through the eyes of families caught in a daily struggle to survive, "American Winter" reveals the personal stories behind the impact of rising poverty and economic insecurity and the trends towards a disappearing middle class and the erosion of the American Dream.

FUNDRAISING EVENTS

RUMMAGE/BOOK SALE WITH MORNING MUFFINS AND LUNCH

MARCH 28 FROM 9-2

RUMMAGE EVENT

Rent a Table/Sell Your Stuff: (organized by Monica Hamkins)

Tables will be rented (on a first come first serve basis) for your personal items: \$15 full table, \$8 half table.

Monica will be collecting money for tables on Sundays. You can also send a check to UUCB to the office marked Rummage Sale. Tables will be offered to UUCB members first; then starting next week the remaining tables will also be offered to the general public.

People who buy tables will sell their own goods and keep their income.

UUCBers will be able to bring their goods Friday to set up their tables.

Table of Donated Items: (Organized by Adair Delamater)

UUCB will also have 2-3 tables of donated items. If you have 1-3 items only and wish to donate them to the church, you **must** contact **Adair Delamater** at adairdelamater@gmail.com. Adair will need **sales people** at these tables.

MORNING MUFFINS AND LUNCH (organized by Lynn Ellis)

Muffins, sandwiches, cookies will be needed along with **servers**. Contact Lynn at Lynnsellis@yahoo.com

BOOK SALE (organized by Sue Ellen Damour)

Start weeding! We will use some space in the storage room for your donations of books or music until it's full. The Mitchells have space that will require you to protect them from humidity.

Help Needed:

- Storage of books until the sale
- Table setup on Wednesday
- Organize books on Wed, Thurs & Fri
- Sellers/cashiers on Saturday.

OTHER HELP NEEDED

Sanctuary and Café setup on Thursday afternoon, sales people, table removal and cleanup on Saturday afternoon, people to hang posters.

WHAT THEY'RE SAYING ABOUT INQUIRING MINDS AND SQUARE MEALS

"A study group called led by Barclay Palmer met to discuss **"The Four Quartets"** of T.S. Eliot. About a dozen people attended, and while the poetry was somewhat difficult, discussion was vigorous."

Anonymous

"Shirsten Lundblad of Inanna, on Feb 7, led a group of us in discovering the spiritual connections made when we **drum together**. Drumming synchronizes all of our internal rhythms: our breathing, the beating of our hearts, our walking, and dancing. It unites us in community for celebration, healing, and ecstasy. We learned the techniques of holding a frame drum with jingles and playing the four strokes representing earth, air, fire, and water, along with the tic of the jingles. Then we walked around our sanctuary six times, playing our rhythms in unison and joy in the acoustics of our wonderful place of worship."

Barbara Jabaut

"It was great fun to learn the basics of frame drums and enough to get right into playing together- as a form of group ceremony. Would love to do it again!" *Tom Rumpf*



FUNDRAISING EVENTS

INQUIRING MINDS

GET THE GRANT - A WORKSHOP ON WRITING THE BEST FUNDING PROPOSAL



Saturday, March 14th from 9-12 at UUCB - \$15

In the competitive funding world, sharpening your proposal strategy and content can give you a decisive edge. Bring your draft proposal from your nonprofit with you. UUCB members who attend the workshop will be entitled to an individual proposal consultation with Marty later on, at no charge.

Marty Teitel ran foundations for 37 years and is the author of "Thank You for Submitting your Proposal" and "Winning Foundation Grants."

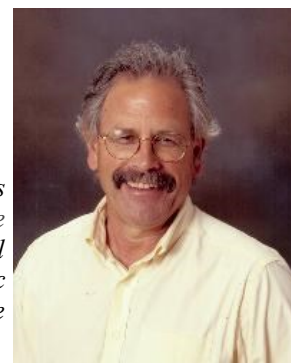
CANINE WELLNESS WITH CHARLES EVANS, PT, MPT, CCRP

Tues & Wed, March 24 and 25 at 7-8:45 pm at UUCB for 12 people - \$24

Topics to be covered:

- Orthopedics and what to look for
- Wellness, Geriatrics, Exercise, and Weight control/body mass index scores
- Some hands on techniques for massage and myofascial release

Charlie has been involved in the evolving field of Animal Physical Therapy since 1999. After receiving his masters in physical therapy, he went to the University of Tennessee to become a Certified Canine Rehabilitation Practitioner. Charlie has been a guest speaker at several national and international symposiums on Animal PT and he has published a study of Canine Gait in the "Journal of Orthopaedic and Sports Physical Therapy." Prior to joining the IVG network of hospitals in June 2007, Charlie was the Director of Rehabilitation at the Dover Veterinary Hospital in Dover, NH.



SQUARE MEALS

PIZZA AND GOOD CONVERSATION WITH LOUISE GEPHART AND BILL KUNITZ

April 18th at 6:30 at their home in Dresden for 6-7 guests **(highest 7 bids win)**

Apps, homemade pizza, salad, chocolate dessert (She hasn't even asked for you to sing for your supper!)

LEAP INTO SPRING! DINNER WITH CINDY PARKER AND STEVE EAGLES

March 28 at 6 pm at their home in Dresden for 6 guests **(highest 6 bids win)**

Come join us in rural Dresden for a leap into Spring one week after the Equinox. We'll try our best to bring Spring (or memories of summer) to the table, even if it's still snow or mud outside. We'll start with a homegrown beet hummus and local cheese, then comb the farmer's market for fresh veggies for Pasta Primavera, a salad of baby greens, and crusty bread from Black Crow. Homemade blueberry pie from local berries picked last summer will finish the meal. Add a glass of wine or beer and maybe Spring will come sooner than we think!

DINNER WITH DAVID AND SUE ELLEN DAMOUR

March 7 at 6 pm at their home in Brunswick **(highest 6 bids win)**

Join Sue Ellen and David for wine, beer, appetizers, slaw, veggie gratin, millet loaf, roasted veggies, coq au reisling; fruit salad and cookies.

FUNDRAISING EVENTS



Rex Fowler and Neil Shulman, of acoustic folk-rock duo Aztec Two-Step, will bring their "Classic Duos" concert to Brunswick, Maine on Friday, April 24th at the Unitarian Universalist Church of Brunswick.

During the concert, Aztec Two-Step will pay tribute to the songs of Simon and Garfunkel and The Everly Brothers, and will include a few Chad & Jeremy and Peter & Gordon hits. They will, of course, also perform their own songs drawn from the duo's own extensive catalog dating back to their 1972 debut.

One of acoustic music's most popular and enduring acts, Aztec Two-Step continues to impress audiences with intelligent songwriting, dazzling acoustic lead guitar, and inspiring harmonies. The group's 1972 self-titled debut on Elektra Records and three subsequent albums for RCA Records were staples of progressive FM & college radio, ushering the music of the '60s into the '70s and beyond. Their notoriety has slotted them an appearance on Late Night With David Letterman, and pegged them the subject of the PBS documentary, No-Hit Wonder.

Aztec Two-Step has earned much more than fan love. Critically, the band is a success, too. Through the years, Aztec Two-Step has garnered acclaim from music critics at Billboard, Variety and the New York Times. Headliners in their own right, the duo also appeared in concert with such notable artists as The Beach Boys, The Band, Bruce Springsteen, Talking Heads, Carly Simon, Bonnie Raitt, Harry Chapin, Jim Croce, and many more.

Few groups are more qualified to interpret and perform the timeless songs & harmonies of Simon & Garfunkel and The Everly Brothers. Come enjoy some musical memories and the great musicianship of Aztec Two-Step, still wowing audiences after all these years.

This is a UUCB Fundraiser, and we need to have a FULL House in order to make money on this concert. Please help out by spreading the word to everyone you know who enjoyed the folk rock scene of the 60's & 70's.

Tickets: \$25. Available at the Fundraising Table after church, at the church office, at Gulf of Maine Books or online at <http://uucbClassicDuos.brownpapertickets.com>

YOU ARE INVITED TO JOIN THE CONCERT COMMITTEE!!

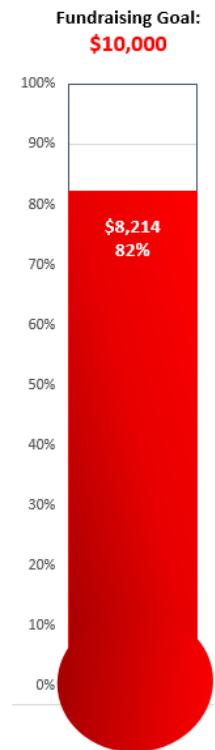
The Fundraising Events Committee is setting up a subcommittee (headed by Sue Michaud) which will be in charge of all future concerts. If you want to bring excellent music of all genres into the greater Brunswick community while making money for the church and/or outreach, please consider joining this committee. The committee will research potential performers, make hiring decisions, negotiate fees, and organize and publicize the concerts. Please contact Sue Michaud at 720-4857 or michaud_susan@comcast.net if you are interested.

FUNDRAISING EVENTS

GETTING CLOSER TO OUR GOAL!



On another snowy afternoon on Sunday, February 8th, we took a chance and decided to hold the Cul de Sax Concert. Although the turnout would have been better on a nice sunny day, we had a good crowd, and were able to add \$283 to our fundraising budget. The concert was wonderful, and we now have only **\$1,786 more** to raise to reach our fundraising goal.



SPECIAL SOCIAL JUSTICE OPPORTUNITIES FOR YOUTH

In summer 2015, the UU College of Social Justice (UUCSJ) will offer three *Activate* trainings for high school youth. Each *Activate* program is an immersive, spiritually grounded training about social justice, grounded in UU values and practices. Participants learn in community, participate in self-reflection and worship, and join in hands-on experiences.

Activate Boston, July 18 to August 1. This two-week training for high school youth offers interactive social justice education and meaningful work with local organizations engaged in an array of local and national justice issues. Participants will learn about systems of privilege and oppression, participate in hands-on internships, and visit community partners to learn about justice issues affecting Boston today. The program will be grounded in trainings with Boston Mobilization, a UUCSJ partner, focusing on giving a foundational understanding of systems of oppression and resources for resistance and change. Youth who attended high school (grades 9–12) during the 2014–2015 school year are invited to attend.

Activate New Orleans, July 18 to July 26. This one-week training for high school youth offers interactive social justice education and meaningful hands-on work with local organizations building a thriving New Orleans.

Participants will develop skills for producing social change through community engagement, reflection on issues of race and class, and creating the beloved community. From the wetlands to the Mardi Gras Indian bands, from jazz to bounce, from gumbo to beignets, from Plessy vs. Ferguson to the Black Panthers, New Orleans offers so much to discover — including yourself and your call to justice. Youth who attended high school during the 2014–2015 school year are invited to attend.

Activate Southwest Border, August 1 to 9 in Tucson, Arizona, is the kind of hands-on experience that will help bring the seven principles to life — and build community and connection with youth from around the country. In this intensive one-week program, participants will hear powerful testimonies from migrants, from undocumented youth who were raised in the U.S., and from the allies working to change current laws. They will walk the desert paths followed by thousands of migrants each year, and help distribute life-saving water and medicine along these routes.

To learn more about those and other UUCSJ programs and to register, please visit this website: <http://uucsj.org/youth/>

HANNAFORD CARDS & CLYNK: HOW DO THEY WORK?

FUNDING UUCB WITH GROCERIES, CANS & BOTTLES

by Caroline Evans

Can you imagine buying groceries and helping the church at the same time? How about getting rid of some returnables and helping out UUCB at the same time? Both opportunities exist at your favorite local UU church.

CLYNK is the program that gains UUCB some cash for your returnables.

Green, plastic, CLYNK bags are barcoded to show who should be credited for the returnables inside. When you pick up a CLYNK bag at UUCB, your returns are credited to a cash account that ends up in UUCB's treasury. Just fill up the bag with empties and drop it off at the CLYNK chute at Hannaford supermarkets or any other CLYNK location. You are rid of some trash and UUCB gets some cash. The CLYNK bags are located on the table opposite the window where coffee is served.

Hannaford Cards are gift cards that have cash value and can be spent at the checkout on any product Hannaford sells (including the pharmacy).

UUCB sells them in denominations of \$100, \$75, \$50 and \$25. The amount you pay is the amount you get to spend at Hannaford Supermarket. It costs you nothing, zero, zip, nada, to help the church. The church makes money when we buy the cards in bulk from Hannaford. They pay a 5% bonus for bulk purchases.

If we buy \$1,000 worth of cards, they throw in a free card worth \$50, which equals 5% of the bulk purchase. When we sell the card we put \$50 in the bank.

We are looking into selling Shaws gift cards, too. They advertise a similar bulk purchase program with the same 5% bonus. If you are a regular Shaws shopper and would like to see their gift cards for sale at UUCB, please let us know so we can gauge the interest.

Grocery card sales and the CLYNK returnables program provide some easy income for UUCB. If you eat and drink you can help.



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

METEORA

Kat Logan, Jim Loney, Will Brown



Friday Evening, March 20

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.

Meteora was formed in 2011 and plays an eclectic array of original songs and folk ballads, as well as traditional songs and original arrangements. "Meteora" translates from the Greek as "suspended in air."

Kat Logan and Jim Loney are a singer-songwriter couple from Friendship. Kat, who plays piano, accordion, banjo and guitar, has performed folk, country, and blues music throughout New England for the past 20 years. Jim, who plays guitar, banjo and hand percussion instruments, has performed Delta Blues and R&B for many years and also played with the band Primo Cubano. Both Kat and Jim recorded songs on the 2009 Grammy-nominated folk album "Singing Through Hard Times—A Tribute to Utah Phillips."

Will Brown from Lincolnville plays guitar, laud, banjo, and frame drum percussion, and does handy sprints on the cornet. He has been playing and singing folk music around campfires and in concert since 1963, and has been recording with Gordon Bok, Cindy Kallet, Grey Larsen and Anne Dodson the past 30 years.

MEMBERSHIP

JOIN US AT "YOU AND UU ORIENTATION"

Do you have questions about Unitarian Universalism? Would you like to learn about or refresh your knowledge of our history and theology? We promise an interesting morning to fulfill these needs at our class affectionately named, "You and UU." Read on!

Please join us at the church on Saturday, March 21, from 9-1 when Membership Committee will host this orientation class, led by Rev. Sylvia Stocker. It is open to newcomers as well as seasoned friends and members of our congregation.

Possibly you are considering membership at UUCB, although membership is optional after taking the class. The orientation class will prepare you to make this commitment if you desire. During the class you will feel more connected to our congregation and its committees and leaders. Also, this is a wonderful opportunity to get to know our minister, Sylvia, beyond the pulpit.

The session promises to be filled with interesting facts and anecdotes from Sylvia's vast knowledge of Unitarian Universalism. It will be a time of learning, fun, contemplation, and sharing of your many life experiences. We'll enjoy breakfast snacks and a light lunch as well.

Please let us know at the Visitor Table if you'd like to take part in this class, or call the church office, 729-8515.

CIRCLE SUPPERS

Dates will be set shortly for the next round of Circle Suppers. Actually, Coordinator, Debbie Zorach, is considering circle meals other than supper. Perhaps a brunch or lunch is more appealing to you.



If you've taken part in a Circle Supper, you'll be eager to do so again! If you're new to these events, here's what happens: sign up at the Visitor Table to participate in one of two ways. You may sign up to be a guest who brings part of the meal, or you can host one of the meals at your home. Hosting a group will be the easiest dinner party you ever gave! Hosts coordinate the menu with their guests, set the table, and, voila, – instant party!

Watch for sign-up opportunities in the Sunday Announcements or all-church emails. Treat yourself to a memorable meal and fine fellowship!

Sally Horne, for the Membership Committee







Fundraising Events Committee is exploring if there are enough folks to produce a Soup and Bread Cookbook to bring out for the '15 holidays. Let Sue Ellen Damour (sedadamour@msn.com) know if you are interested.

VEGAN SUNDAY

March 15

The Vegan Sunday potluck will be held after church on Sunday, March 15, at 12:30 p.m. 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 Faith Woodman at fewoodman@gmail.com by Thursday, March 12, and let her know what vegan dish you wish to bring.

MARCH 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|---|--|--|
| 1 10 Church Service 10:15 RE Classes 7 Sylvia Leading Bowdoin Vestpers at Bowdoin Chapel <i>Office Closed</i> | 2 7 Pagans: WBR 7 Merry Meeting Singers : SAN <i>Office Closed</i> | 3 1:30 Chalice Circle: WBR 4 Membership: MSR 6 RE Comm: MER 6:30 Worship: MSR | 4 9-4:30 MFFM Work- shops: Curtis Library 7 American Winter Film & Discussion: SAN | 5 2 Aging Class with Karen Foley: MSR 7-9 Choir: SAN | 6 11 am Fellowship Gallery: MSR <i>Office Closed</i> | 7 6 Square Meal at Damours |
| 8 10 Church Service 10:15 RE Classes 6 Chalice Circle: WBR  | 9 7 Pagans: WBR 7 Merry Meeting Singers : SAN <i>Office Closed</i> | 10 4 Restorative Justice: MER 5 Finance: MSR 6-8 Women's Alliance: FEL 6:30 Stories : WBR 7:30 Pastoral Care: MSR | 11 Art Display Down 1-3 Writers: MSR | 12 Art Display Up 10 Chalice Circle: WBR 2 Aging Class: MSR 12 Noon Deadline: "This Week" email & Order of Worship 7-9 Choir: SAN | 13 10:30 Building & Grounds: MSR 6:30-8 RE Game Night: RE Space <i>Office Closed</i> | 14 9 Grant Writing Workshop: MSR <i>Office Closed</i> |
| 15 10 Church Service 10:15 RE Classes 11 Reproductive Justice: MSR 12:30 Vegan Sunday <i>Office Closed</i> | 16 7 Pagans: WBR 7 Merry Meeting Singers : SAN <i>Office Closed</i> | 17 3 Chalice Circle: WBR 6:30-9 Board: MSR  | 18 1-3 Writers: MSR | 19 12 Noon Deadline: "This Week" email & Order of Worship 2 Aging Class: MSR 7-9 Choir: SAN | 20 5 Parish Messenger Deadline 7-10 Side Door Coffhouse: SAN  | 21 9 UU Orientation Class: SAN 10 MUUSAN Mtg: UU Church, Augusta <i>Office Closed</i> |
| 22 10 Church Service 10:15 RE Classes (Turn in Guest at Your Table money) | 23 7 Merry Meeting Singers : SAN 7 Pagans: WBR <i>Office Closed</i> | 24 6:30 Stories with Soul: WBR 7 Canine Wellness Class: SAN | 25 Men's Luncheon: Off Site 1-3 Writers: MSR 7 Canine Wellness Class: SAN | 26 12 Noon Deadline: "This Week" email & Order of Worship 2 Aging Class: MSR 7-9 Choir: SAN | 27 Angel Cleaning | 28 9-2 Book and Rummage Sale 6 Square Meal at Cindy & Steve's <i>Office Closed</i> |
| 29 10 Church Service 10:15 RE Classes 6 Chalice Circle: WBR  | 30 7 Pagans: WBR 7 Merry Meeting Singers : SAN | 31 | Apr 1 1-3 Writers: MSR | 2 12 Noon Deadline: "This Week" email & Order of Worship 7-9 Choir: SAN | 3 | 4 <i>Office Closed</i> |

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 April Parish Messenger is **Friday, March 20th**. (michaud_susan@comcast.net)