

# Parish Messenger

Unitarian Universalist Church  
of Brunswick



## October, 2015

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*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.*

**SUNDAY SERVICES AT 10 A.M.**

### 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

### Oct 4 **"Ending Inequality: Fantasy or Necessity?"**

The End Inequality task force will highlight our UUCB vision of ending inequality, share facts and stories about the troubling level of inequality in our world (income, shelter, race, medical, education etc), outline the obstacles to be overcome, reasons for hope and to inspire folks to get involved in guided focus groups through next April as we pursue our process of study and dialogue. Music by award-winning singer-songwriter Lisa Redfern.

### Oct 11 **"It Really Is Your Choice"**

Guest preacher, Al Boyce. Al has come to the conclusion that so much of life experience is all about perspective. How we see ourselves in this world of possibility and fear has much to do with our individual perspective on life. Al's sermon will expand on this thought. Music by Derek Herzer.

### Oct 18 **"After silence, that which comes nearest to expressing the inexpressible is music."** - Aldous Huxley

Heidi Neufeld, worship leader. Music speaks directly to the emotions, often bypassing the brain. In this service the choir will explore a variety of emotions and sing pieces that speak directly to the soul. Music by Derek Herzer.

### Oct 25 **"Mindful Change"**

Changing seasons, changing circumstances, changing lives: annoying if not disabling! How do we cope? Grace Lewis-McLaren will share her thoughts with us. Music by Derek Herzer.

## RELIGIOUS EDUCATION

During this first portion of the program year our RE class groups will be exploring the concept of community. Merriam-Webster online defines **community** as:

1. *a unified body of individuals: as*
  - a: *state, commonwealth*
  - b: *the people with common interests living in a particular area; broadly : the area itself (the problems of a large community)*
  - c: *an interacting population of various kinds of individuals (as species) in a common location*
  - d: *a group of people with a common characteristic or interest living together within a larger society (a community of retired persons)*
  - e: *a group linked by a common policy*
  - f: *a body of persons or nations having a common history or common social, economic, and political interests (the international community)*
  - g: *a body of persons of common and especially professional interests scattered through a larger society (the academic community)*
2. *society at large*
  - a: *joint ownership or participation (community of goods)*
  - b: *common character : likeness (community of interests)*
  - c: *social activity : fellowship*
  - d: *a social state or condition*

You can see that within our church we actually cover many of the various subtypes of community found within the definition.

At its best, a community is loving, accepting, and supporting. This type of community experience can provide an important way to meet our social, self-esteem, and self-actualization needs. Our church consists of nesting levels of community- from larger gatherings such as worship services and all-church potlucks to more intimate experiences gained through smaller groups and regular meetings such as those found in an RE class group, a Chalice Circle, or a church committee. Community is all about connections with others.

I'd like you to take a minute to think about what you gain from being part of our church community. Why have you chosen to be a part of it? Now take a moment to think about what you have to give. I challenge each of you reading this article, to make a new connection in our church this month. It can be as simple as engaging in a conversation with someone you've seen at church before but have never taken the time to meet or something more involved such as joining a committee, serving as an assistant in an RE class to meet some of our wonderful children, or attending an intergenerational event. Getting to know each other better deepens our communal experience and offering ourselves to others is the best gift that can be given in a community.

nicole

### HOW TO REACH US

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

**Office Hours** at 1 Middle Street are  
Tuesday through Friday from 10-4.

The office administrator is Shirley Bernier.

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

For information on how to reach  
a **Pastoral Care Associate**, call 207-729-8515

**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](mailto:uubrunswickdre@gmail.com).

Monday is the Sabbath for church staff.

**Telephone/Fax: 207 729-8515**

**E-mail:** [uubruns@zwi.net](mailto:uubruns@zwi.net)

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

### IMPORTANT RE ANNOUNCEMENTS AND DATES

**Volunteers Needed:** We are still seeking members of the congregation willing to serve as classroom assistants once or twice during the program year. No preparation is required to assist! If you are interested and/or willing to serve as a classroom assistant, please contact Nicole at [uubrunswickdre@gmail.com](mailto:uubrunswickdre@gmail.com).

**Oct 3-4:** Youth Group Camping Trip

**Oct 04:** RE Classes

**Oct 11:** Multi-Age Activity, grades K-6

**Oct 18:** RE Classes, Youth Group

**Oct 25:** RE Classes, OWL

**Oct 30:** Inter-gen Halloween Party 6:30-8pm. Details TBA



## MINISTER'S MUSINGS

**T**his will be my last “Minister’s Musings” for a while, as I leave for the first part of my sabbatical on October 1. (Actually, many people have already welcomed me back from sabbatical. I’m not sure what that means, considering the fact I haven’t actually left yet!) There are a few things I want you to know before I go.

First, I want you to know I will miss you. I love this congregation, and, yes, I do think about you when I am not with you. In fact, the whole idea of sabbatical is to allow the minister to rest so that she can return to work with her energy tanks full *and* to allow the minister to explore and study areas of interest to her in her ministry. So, my sabbatical is for you as well as for me. You will be in my thoughts.

Second, plans are in place for ministry to carry on in my absence. Many congregants have stepped up responsibilities, which they have undertaken with grace and a spirit of generosity. We have published a sabbatical brochure that gives you contact information for the different aspects of my position that others are carrying while I am away. (If you were not in church on September 13, when we distributed the brochures, look for a copy in Fellowship Hall.)

Please remember to thank church leaders for their time and effort. Remember to thank the church staff, too, because they will be working harder than normal. Offer to lend a hand if you see someone who is working too hard or some job that no one has had a chance to tackle yet.

Third, ours is the Unitarian Universalist Church of Brunswick. It isn’t the Unitarian Universalist Church of Sylvia. In other words, this is your church, whether I am here or away.

One of the greatest tributes any minister could ever receive is the knowledge that her congregation carried on with energy and love, even when the minister was absent – *especially* when the minister was absent. I hope to return to find the congregation a-buzz with activities, ideas, and passion!

I am aware that often attendance drops when I am out of the pulpit. And that makes me sad. I know the minister is an important aspect of any congregation, but, truthfully, the minister is not the congregation – *you are!* So be there for yourselves and for each other. Support your church and Sunday School. Show up for services, classes, and activities. Your commitment and steadiness will help the congregation to maintain its momentum, to feel as sense of continuity, and to enjoy the rewards of congregational health UUCB typically demonstrates.

Perhaps even more important, your commitment and steadiness will help you to feel connected to the congregation, to increase the depth of your relationships here, and to give you a solid sense of community in the chaotic world all of us inhabit. That’s important, whether you are a kid, a parent, or an elder. Your church is here for you. I hope you will be here for your church in return.

Fourth, occasionally I will post photos or snippets of my journey on the church Facebook page. Considering the fact that one of the Facebook page administrators is

also the newsletter editor, those photos and tidbits will undoubtedly fill some blank spots in the Parish Messenger occasionally. (Hint: “like” the UU Church of Brunswick Maine Facebook page *and* read the Parish Messenger!) In addition – although I make no promises – part of my sabbatical will be spent studying music. As I have occasionally done in recent months, I *may* (or may not, depending on my courage or lack thereof!) sign up for the Open Mic at the Side Door Coffee House. So, let me put a plug in for the Side Door, too.

Last, I love you. I look forward to hearing about your adventures and telling you about mine when I return.

With love and gratitude,  
*Sylvia*



### Sylvia's Sabbatical, Vacation, and Study Schedule

October 1 through December 31 sabbatical  
The month of January, combined vacation and study time  
April 15 to July 15 sabbatical  
July 15 to August 15 combined vacation and study time.



## VISIT TO SOUTHDOLD, NY, CONGREGATION



**D**uring the last weekend in August, my spouse Steve and I visited the congregation at Southold, NY. You may recall their church burned last March. I contacted their minister on the day of the fire, and our church has been in touch with them several times since then. Most notably, Mike Heath (former Board Chair and member of both Recovery and Building Teams) and I joined their Board Chair and Minister for a conference call during the summer. Out of that phone conversation, my visit to Southold was born.

When our church burned, many of us would have loved to have had contact with another congregation that had gone through something similar. Both the commiseration and the wisdom would have helped a great deal. Instead, we had to invent the process of recovering from a church fire and building a new church. When I arrived in Southold, I found a congregation just as overwhelmed as we had been in our early stages of recovery. I also found a group of people eager to hear the voice of hope offered from a congregation who had successfully navigated the choppy waters of recovery and rebuilding.

Southold lost everything in their fire. Their sanctuary, Sunday school, and office space all burned to the ground, rendering the congregation homeless in every way. In addition, their minister had given his notice sometime before the fire, and he left the congregation a few weeks after the building

burned. (They have a wonderful new minister now.) So, when I met them, they were bewildered, scared, and casting about for the way forward.

I met with their Board on Saturday morning. After church on Sunday I led a two-hour workshop (which I opened by playing a song for them on the guitar Carter Ruff crafted from one of our church pews). In between I spent hours talking to individual congregants and to their new minister. The heart of the visit was the workshop, which was designed to give them an opportunity to tell their story, to assist them in identifying the core strengths at the heart of their congregation, to help them understand the stages of recovery, to offer wisdom based on our experience, and to answer questions. They were thirsty for information and for the understanding and compassion I brought on behalf of all of us.

Going through our fire and recovery was not a journey for the faint of heart. But we made it. In doing so, we built not only a church building, but we continued to build on the work of generations by keeping our congregation strong, healthy, and exuberant. When I visited Southold, I felt honored to have gone on that journey with you, and I was heartened by the sense that our experience could light the way for others stumbling through the shadows, just as we had been not so long ago.

— Sylvia Stocker

### "LIKE" OUR CHURCH ON FACEBOOK!

We are always looking for ways to garner the public's attention, and Facebook is one way we can do so for free. Will you help us?

If you have a Facebook page, please consider "liking" the UU Church of Brunswick Maine page.

But don't stop there! When you "like" us, your Facebook page will automatically receive information about upcoming UUCB events and other items of interest. If you "like" those announcements on your own Facebook page, they will appear in your news feed, and all your friends will see them, too. If you are planning to attend an event we publicize on Facebook, consider clicking the icons "Join" and "Going." Doing that will also post the event to your news feed, and your friends will see that, too.

(If you don't have a Facebook page, and the last couple of paragraphs are just gobbledy-gook, never fear! You can promote our church for free, too. Just talk us up among your friends. Better yet, invite someone to a service or event at UUCB!)

— Sylvia Stocker



## HABITAT FOR HUMANITY

On a beautiful September Saturday, seven volunteers from UUCB worked from 8:30 until 3:30 putting up vinyl siding and doing soffit work around the roofline. Many thanks to Dexter & Gretchen Kamilewicz, Bill Clark, Catharine Chase, David Tiemann, Tom Rumpf, and Sienna Dode. We had a great time and feel like we accomplished quite a bit. Another work date has not been scheduled, but we might do some painting in October if volunteers are needed. If you think you might like to be included if a workday is scheduled, please contact Gretchen at 833-5125 or email her at [gkamilewicz@gmail.com](mailto:gkamilewicz@gmail.com).



John (Habitat volunteer), Dexter, Catherine, David, Chris (site supervisor), Sienna, Bill and Tom



Sienna Dode with supervisor, Chris



Bill Clark



Gretchen Kamilewicz



Dexter & Catherine

On **Wednesday morning, October 14, at 7:30am** at our church, Habitat will hold a **potluck breakfast** for lay leaders, faith leaders, church reps and anyone who would like to learn more about Habitat. After the breakfast, around 9:30, Habitat invites all to a Build, location to be determined. If you would like more information or are interested in coming, again, please contact me.

*Gretchen Kamilewicz*



## MUUSAN

Lynn Ellis and Pat Moore attended MUUSAN's September 12th meeting in Augusta with approximately 25 people from 10 UU congregations in attendance. Maine has 27 UU churches with 2,455 members. One of the priorities for this current year is to increase the number of UU members receiving emails from MUUSAN and following the Facebook page. To sign up for the newsletter go to [www.muusan.org](http://www.muusan.org) and click on the newsletter link and subscribe. For the facebook page go to Maine Unitarian Universalist State Advocacy Network - Muusan and like it.

Guest speakers Andrew Bossie and Nicole Brown of Mainers for Accountable Elections shared information on the upcoming Vote Yes on One! campaign to be voted on November 3rd. (Third Sunday Forum on October 18 will have Anna Kellar speaking about this) MUUSAN endorses this referendum.

The Climate Action Issue Group is focusing on THE "CLEAN POWER PLAN"

Power plants account for nearly 40% of US CO2 emissions. That's more than all cars, trucks and planes in the US combined. Until now, power plants have been allowed to dump unlimited amounts of carbon pollution into the atmosphere.

Now the Environmental Protection Agency (EPA) has finalized new standards that will reduce carbon emissions from power plants. This Clean Power Plan has been developed under the Clean Air Act.

The Clean Power Plan establishes state-by-state targets for carbon emissions and offers states a flexible frame-

work to meet those targets, taking into account each state's ability to take advantage of the options available. These options can include investing in renewables, energy efficiencies, natural gas etc.

The final version of the rule would reduce national electricity sector emissions by an estimated 32% below 2005 levels by 2030. An in-depth analysis of the final rule by the EPA found that the combined climate and health benefits of the Clean Power Plan will deliver billions of dollars in net benefits each year.

An editorial in the Washington Post refers to the plan as ".....the single largest action the country has taken to combat global warming. It sets an important example for other nations; draft rules already on the table had helped galvanize climate commitments from other polluting nations."

The good news: Many states, including Maine, are already on track to achieve these goals. Through Maine's participation in REGGI (Regional Greenhouse Gas Initiative, a consortium of New England and Mid-Atlantic states) we are well-positioned to meet these requirements.

And Maine has much to gain as the emissions from polluting plants in the Midwest and elsewhere travel to Maine on air currents and are at least partially responsible for air quality alert days here.

The bad news: In spite of the fact that most states are on track to achieve these new standards, opposition from industry and from some politicians is vocal and fierce. Please urge Maine's Senators to support the

The next MUUSAN meeting, focusing on Restoring Democracy, will be held on November 14<sup>th</sup>.

## THIRD SUNDAY FORUMS

Each third Sunday from September through June, the public policy focus group within Working for Justice will organize a speaker and/or educate on current legislative issues which may include petition or letter signing. These forums will be held in the May Sarton room following the service.

On September 19th, **Matthea Daughtry** of Brunswick, House District 49 and a member of UUCB spoke to us on current issues for the new legislative year. The May Sarton room was full of interested parishioners with lots of questions. The session was informative for all the attendees and for Matthea herself.



## WORKING FOR JUSTICE

### THIRD SUNDAY FORUM—OCTOBER 18

The Working For Justice public policy focus group presents:



**Anna Kellar** from Mainers for Accountable Elections who will speak about the referendum on the November ballot. Maine is leading a fight against big money in politics, with the first state-wide effort to reform election spending since the Citizens United decision. Question one will improve transparency and disclosure laws, strengthen Maine's Clean Election's system, and create stronger fines and penalties for violations of election law. Over 80,000 Mainers signed petitions to place this referendum on the ballot.



en Maine's Clean Election's system, and create stronger fines and penalties for violations of election law. Over 80,000 Mainers signed petitions to place this referendum on the ballot.

Also joining in the conversation will be **Fred Horch**, a UUCB member, who has run for election using Clean Election funds.

The forum will be a chance to learn about this important effort. If you are interested in getting involved in the *Yes on 1* campaign - including joining the Wednesday evening Brunswick phone banks - you can contact Anna at 207-252-9248 or [anna@accountableelections.org](mailto:anna@accountableelections.org).

Join this informative gathering that begins directly after service. Grab your coffee and come on in to the May Sarton Room.



If you have questions or want to collaborate on an upcoming third Sunday forum please contact Lynn Ellis at [lynnsellis@yahoo.com](mailto:lynnsellis@yahoo.com) or 207-479-5208

**ARE YOU INTERESTED IN LEARNING MORE ABOUT RESTORATIVE JUSTICE PRACTICES?**

*Consider participating in a 3 session Exploratory Circle series*

**Tuesdays, 10/13, 10/20, 10/27, 5-7pm**

**UU Church of Brunswick**

Exploratory Circles were designed by the *Restorative Justice Institute of Maine (RJIM)* to bring people together to explore restorative philosophy, values and practices as they relate to building and repairing relationships and community. *RJIM* believes that when individuals within a community develop a thorough understanding of restorative values and practices, the culture of that community begins to shift, making attempts at community wide action more effective.

Exploratory Circles are *not* intended to promote the creation of a direct services action plan but *do* provide valuable preparation for individuals who may wish to become directly involved in future training and service roles that will become available through ongoing community organizing by *RJIM*.

Those who wish to join the October Exploratory Circles 3 session series to deepen their understanding of restorative practices should register their interest by contacting Cathey Cyrus through the UUCB church office (729-8515) or Andree Appel through the St. Paul's Church office (725-5342). All Circle participants are asked to read Howard Zehr's short but very informative book, *The Little Book of Restorative Justice*, in advance of the first session. Copies of Zehr's book are available for \$5.00 at the UUCB and St. Paul's church offices.



## FUNDRAISING EVENTS

### UUCB CONCERTS FOR A CAUSE: JESSE FEINBERG

Saturday, October 24, 2015 @ 3:00pm



Pianist Jesse Feinberg will present a benefit concert at the UU Church of Brunswick on Saturday, October 24th at 3:00 p.m. A virtuoso performer of a broad range of styles and a gifted improviser and composer, Feinberg will perform popular and jazz standards, some modern French pieces, as well as his original compositions and improvisations that he will create on the spot during the concert. If you've seen Jesse play at any of our worship services, you know that every note he plays on the piano displays his inner passion for the music.

A resident of Maine since 2008, Feinberg trained in New York City, at the University of Massachusetts

Amherst, and at the University of Maine Augusta, where he is now on the piano faculty. His work with theater and dance groups and his appearances solo and with jazz and blues groups have made him a familiar and welcome performer on tours and in more local settings. The verve of his musical style guarantees captivated audiences wherever he plays.

**Tickets are \$10 in advance** or \$12 at the door.

Available at the church office, at Gulf of Maine Books, or ONLINE at

<http://www.uucbfeinberg.brownpapertickets.com>.

ALSO available after church from David Roundy or Sue Michaud.

### VEGAN SUNDAY-OCTOBER 18

Come join the Vegan Sunday group for a delicious plant-based meal on Sunday, October 18, at 12 noon in Fellowship Hall. All are welcome. We enjoy eating good, nutritious food and the camaraderie of 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](mailto:fewoodman@gmail.com) or 443-8463 by **Thursday, October 15**, and let her know what vegan dish you wish to bring.

### GET 2 FREE TICKETS!!

We need a **refreshment organizer** for the Feinberg Concert. The organizer recruits people to donate food, setup refreshment table, and to cleanup the kitchen area.

Contact Sue Michaud  
(729-4857 or [michaud\\_susan@comcast.net](mailto:michaud_susan@comcast.net))



## FUNDRAISING EVENTS

### What's It Worth?

Do you need to sell or bequeath or insure some of your valued treasures? Or are you just curious if something you own is worth millions? If so, start searching your house now and bring them to the Appraisal Fair on November 7th!

### WE NEED YOU

We will need people for logistics, setup/cleanup, lugging items in and out of people's cars, and refreshments..

Please contact Caroline Evans at 607-0962 if you would like to help with this event.

(or sign up at the Fundraising Table after church.)

### Correction!!

In last month's Parish Messenger, it was mistakenly reported that the Appraisal Fair would be held at Highland Estates. The actual location will be at **HIGHLAND GREEN Community Center**.

# Freeman's Auction House Arts & Antiques Appraisal Fair

A benefit for the UU Church of Brunswick

**SATURDAY  
NOVEMBER**

**7<sup>th</sup>**

**1-4 pm**



### Freeman's Appraisers

Kelly Wright, an "Antiques Roadshow" regular

Virginia Salem, jewelry expert and "Antiques Roadshow" regular

Matthew Wilcox, a Bowdoin grad with 20 years of experience

Bring in your antiques, fine art, decorative arts, books, historical documents, or jewelry. (Or photos if your items are too bulky or delicate.)

All items are welcome for a verbal appraisal EXCEPT coins, stamps, guns, or carpets.

Reserve your spot by contacting Sue Michaud at 729-4857 or [michaud\\_susan@comcast.net](mailto:michaud_susan@comcast.net).

### Highland Green Community Center

Turn in the entrance off Rte 196/Topsham Connector and drive past the golf club. The Community Center is just beyond on the right.

**\$10** cash/check only

per appraisal item  
3 items for \$25

**Spread the word about this fun event to all your friends!**



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

# Pejepscot Station



Pejepscot Station is a high-energy bluegrass band comprised of veteran musicians hailing from the mid-coast Maine area. It features Jim McLaughlin on mandolin and fiddle, Stephen "Satch" Hatch on guitar, Cherie "Peachblossom" Howard on bass, and Ren Bernier on banjo. Vocals are shared by all. Based in the village of Pejepscot (in Topsham, ME), the band has been performing throughout southern Maine since forming in 2011. Their repertoire is a mix of traditional and contemporary bluegrass with a few little surprises thrown in. Tight vocal harmonies and some good Maine style humor between songs make for an enjoyable and fast-paced show.

## Friday Evening, October 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.

**OUR VERY OWN RENE BERNIER !!!**



## WELCOME DEREK HERZER

The Choir Accompanist Search Committee brings you the exciting news that we have hired Derek Herzer to be our new accompanist. We are absolutely thrilled Derek has joined our staff! Derek will be working 1/4-time for us, supplying the music every time the choir sings, plus two extra Sundays per month from September to June.

Derek came highly recommended by members of the congregation who are familiar with his work as rehearsal pianist for the Oratorio Chorale. Derek began teaching himself piano at the age of 17 with virtually no prior music training. After years of intensive study, he was accepted into the piano performance program at Western Michigan University, where he received his Bachelor's Degree in music. Subsequently, he received his Masters in Music from the University of Southern Maine.

In both his training and career, Derek has won numerous scholarships and awards. As well, he has played in a wide variety of musical settings, including symphony orchestras, choral groups, and more. He is skilled at working with both vocalists and other instrumentalists. In addition to his ongoing work with the Oratorio Chorale, Derek teaches piano privately and at both the Breakwater School in Portland and the Bay Chamber Music School in Rockport.

The Search Committee loved Derek from the moment we met him, and we know you will, too. Please welcome him warmly!

From the Choir Accompanist Search Committee:

*Stephanie Bernier*  
*Heidi Neufeld*  
*Grace Lewis-McLaren*  
*Brad Mitchell*  
*Cindy Parker*  
*Sylvia Stocker*



### FIRST TUESDAY CONCERT SERIES

#### KATE GRAY FEATURED AT OCTOBER 6 CONCERT

UUCB's informal First Tuesday Concerts continue on Tuesday, October 6th at 12:15 pm in the church Sanctuary. Come just to listen, or bring along your brown bag lunch.

**Kate Gray** will present thirty minutes of restful, relaxing violin music.



## ADULT EDUCATION

The Adult Education Task Force invites you to a church-wide discussion

### Practical Approaches To End-Of-Life Conversations

**Sunday, October 4, 2015**

11:30 am – 12:30 pm in the Sanctuary

Facilitators from CHANS Hospice, Brunswick

In a follow-up to our August 16 discussion of BEING MORTAL, we will consider practical end-of-life questions such as:

- How would you define “a good death” for yourself?
  - Who should we include our conversations about the end-of-life?
  - How can we initiate these conversations with
- ~ ALSO ~
- Learn about and sign up for ongoing discussion groups
  - Pick up printed information on end-of-life resources in Mid Coast Maine.

ADMISSION IS FREE – PLEASE INVITE FRIENDS

### Adult RELIGIOUS Education Opportunity at UUCB

## Shared Pulpit: A Sermon Seminar for Lay People

Do you have something to say? Would you like the opportunity to say it? The UUCB Adult Religious Education program, in conjunction with the Worship Committee, is planning to sponsor an eight (8) session, five (5) month sermon seminar created and written by Rev. Erika Hewitt (**Skinner House Books, Boston, 2014**), a local UU minister who has led and shared worship in our congregation many times.

**What is it?** Rev. Hewitt says of her seminar that it “is a complete workshop to help lay people gain experience writing and preaching a full-length sermon for their congregation.” Its “easy to use guide...for participants provides a step-by-step...plan for eight sessions. Workshop members learn about the theory and theology of preaching, then practice writing and speaking with authenticity, gradually building toward composing quality 20-minute sermons.” Participants can expect a safe, supportive, non-critical environment in which they learn to “offer one another helpful feedback,” while they make this creative, introspective and spiritual journey together.

**How does it work?** “In our Unitarian Universalist tradition, we speak of shared ministry – the embodied belief that everyone, not just the ordained minister, takes part in the ministry of the congregation. In other words, anyone can minister. Sometimes those who minister most tenderly are those from whom we least expect it and those who hardly expect it of themselves.” “Ministry is less about what we do, and more

about who we are. We minister by who we are as people, not by our titles. So it is with laypeople: Ministry comes from being authentically you.” Rev. Hewitt says of her own experience facilitating this program: “No other program so intensely transformed the congregation’s life. Spiritual growth is at once the medium and the message of the program.” “At the heart of this program is the steadfast belief that strong is what we make each other.”

**When and where will it meet?** The program will meet from 6pm to 9pm on the following dates. We will have a space at church. The program is spaced out so that participants have sufficient time to write their longer pieces toward the end of the workshop. We meet more often in the beginning to build trust and gain understanding of the program.

(All dates are Thursdays) Oct 22, Nov 5 & 19, Dec 10, Jan 7 & 28, Feb 25, Mar 3

**Make-up for snow events:** March 10 & March 17

**Who will facilitate this program?** Pat Harris and Dave Damour, both long time UU’s with experience in leadership and lay ministry. You can sign up for this seminar by calling the office at UUCB: 729-8515. There is a limit of 5 participants, not including the facilitators, but the program will be offered more than this one time. If you wish to learn more, please contact Pat (725-7772) or Dave (406-2410).

## FROM THE BOARD CHAIR

Even with this beautiful summer weather, the lazy, hazy, days are gone as September activities have started up fast! We had a great turn out at our Homecoming Potluck, thanks to Debbie Zorach and Heidi Neufeld. The entertaining skit, written and directed by Paul Schaffner and acted by his muses, set the perfect stage for our mini-committee fair on Sunday where a good number of people signed up to help with many of our church activities and initiatives. Thank you all!

You will also notice a cleaner church and more cared-for grounds as a team of Bowdoin students participating in Common Good Day have volunteered to help us. Thanks to Building and Grounds for arranging their efforts.

At the September board meeting, we accepted the Nominating Committees recommendation and appointed Mary Ann Gesner to complete the term vacated by Steve Donahue.

The Board also has approved the request from Brunswick Topsham Land Trust (BTLT) to extend their intent to purchase the Gurnet Road property for six months. In our November, 2014 congregational meeting we had approved their offer to purchase the property for the assessed value of \$125,000 by December, 2015. This purchase has been delayed by political issues releasing bond money to the state land trust organizations. BTLT has assured us that even if the bond money isn't released in their extended time, they will be able to purchase the property by other means.

In another decision, the Board was happy to receive the recommended choice from the Building and Grounds committee to repaint the sign displaying the name of the church on the Middle Street side of the building. The now gold letters will be painted black so

they will stand out more from the gray background, making it much more visible. (Funds for this had been previously approved.) Hopefully this will be happening soon.

In the August Board Retreat, the Board adopted goals for this coming church year.

- 1) Implement and integrated church information system to make all of our computerized systems more efficient for bookkeeping, emailing, etc.
- 2) Create and clearly articulate a charge for each committee/task force to help our great volunteers set focus and reduce duplication of activities. Committee members' input will be essential to achieve this, so please expect it on your agendas!
- 3) Ensure policy compliance by reviewing all pertinent policies, establishing standard procedures, and documenting progress. One of the first tasks is to study the approved Safety Policy (available for viewing on our web site). Other policies will also be reviewed.
- 4) Raise the profile of the Board. We want the congregation to know who the board members are, and feel free to approach them for issues which arise, especially during this year of Sylvia's sabbatical. This, in part, is a goal for everyone in the congregation.

The fourth goal, especially has been set to assure all of our members that during Sylvia's sabbatical times, leadership is active and working to maintain our wonderful church. The exact same sentiment was expressed in our recent Church Council meeting. All of the board, committee and task force chairs and members, as well as many others will be doing our very best to keep all services and activities as vibrant as possible. We also invite you to join us in any of our activities that interest you. A listing of most committees, their main interests and a contact person for each are available at the membership table. It is a sure way to feel a welcome part of the congregation.

Please contact any of the board members at services, by phone or email with your concerns. Board members are: Mary Larson, Tom Rumpf, Keary Lay, David Damour, Linda Mallard, Pat Harris, Penny Ellis, Mary Ann Gesner, and very soon, Charlie Evans.

*Mary Larson, Chair*

## WOMEN'S ALLIANCE

### TUESDAY, OCTOBER 13

The Women's Alliance will meet at NOON on Tuesday, October 13, at the home of Gretchen Kamilewicz. It will be a time of sharing memoirs, books and poetry. Please bring a sandwich; drinks and dessert provided.

## MEMBERSHIP

The Membership Committee is committed to making UUCB the warmest, friendliest congregation in Mid Coast Maine. Our mission extends beyond welcoming newcomers, to engaging and connecting *all* members and friends of UUCB with each other and with the life of the church. Throughout the year we host purely social events such as *SoUUp's On* and *Tea and Tarts*, and co-ordinate the popular **Circle Suppers** hosted by members and friends in their homes. Twice a year we offer the **You and UU Class** for both newcomers to Unitarian Universalism and established members and friends who want to explore their connection to UUism in a small group setting. During Sylvia's sabbatical all these events will happen. Watch for details and dates as the year unfolds.

Meanwhile, please know that *you* are the key to our success. It really works when you make the extra effort to greet someone you don't know at the end of the service, or direct someone who looks a little lost to the Visitor's Table to get a name tag, or just smile and say "hi" to a stranger. That's how we become the warmest, friendliest congregation in Mid-Coast Maine!

If you'd like an even more active role, consider joining us as "a friend of MemCom." We are always looking for folks to help at our events, or join us at the Visitor's Table each week. If interested, please contact one of the

Membership Committee Co-chairs: Vicki Simpson, (vwesimpson@gmail.com or 443-2248) or Andrea Sinclair (asinclair@ghi.net or 373-8706).

### Visitor's Table

It's not just for name tags!

Want to learn more about upcoming events? Want to know how to sign up for a You and UU class or a circle supper? Want to talk about how you can get more connected to the life of the church? Stop by the Visitor's Table—we'll tell you all we know, and help you find out what we don't!

### You and UU: November 7

If you're new to UUCB, new to Unitarian Universalism, or if you'd like a refresher course on our denomination, please join the Membership Committee for this fall's *You and UU* class. If you are considering joining UUCB we strongly recommend you take this class, even if you already identify as a Unitarian Universalist. The date is Saturday, November 7 from 9 a.m. until 1 p.m. Snacks and a light lunch will be served; childcare is available. We ask that you sign up for the class by October 25 so we can send a packet of information to familiarize you with the wealth of material to be discussed. Call the church office, 729-8515 or Vicki Simpson, 443-2488 to enroll.

## COWSPIRACY: THE SUSTAINABILITY SECRET



Save the date, **Sunday October 25 at 7 p.m.** for a film to be shown at the Curtis Library about climate change and habitat loss that rivals *An Inconvenient Truth* and *Blackfish*.

***Cowspiracy: The Sustainability Secret*** is a groundbreaking feature-length environmental documentary following filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today – and investigates why the world's leading environmental organizations are too afraid to talk about it.

Cowspiracy explores the leading cause of deforestation, water consumption and pollution, responsible for more greenhouse gases than the transportation industry, and a primary driver of rainforest destruction, species extinction, habitat loss, topsoil erosion, ocean "dead zones," and virtually every other environmental ill. Yet it goes on, almost entirely unchallenged.

As Andersen approaches leaders in the environmental movement, he increasingly uncovers what appears to be an intentional refusal to discuss the issue, while industry whistleblowers and watchdogs warn him of the risks to his freedom and even his life if he dares to persist.



## OCTOBER CHAIRITY WITH SOUL

### BOYS TO MEN

The Mission of Boys to Men is to reduce interpersonal violence, specifically male violence against women and girls, and to support the development of emotionally fluent, civically engaged boys.

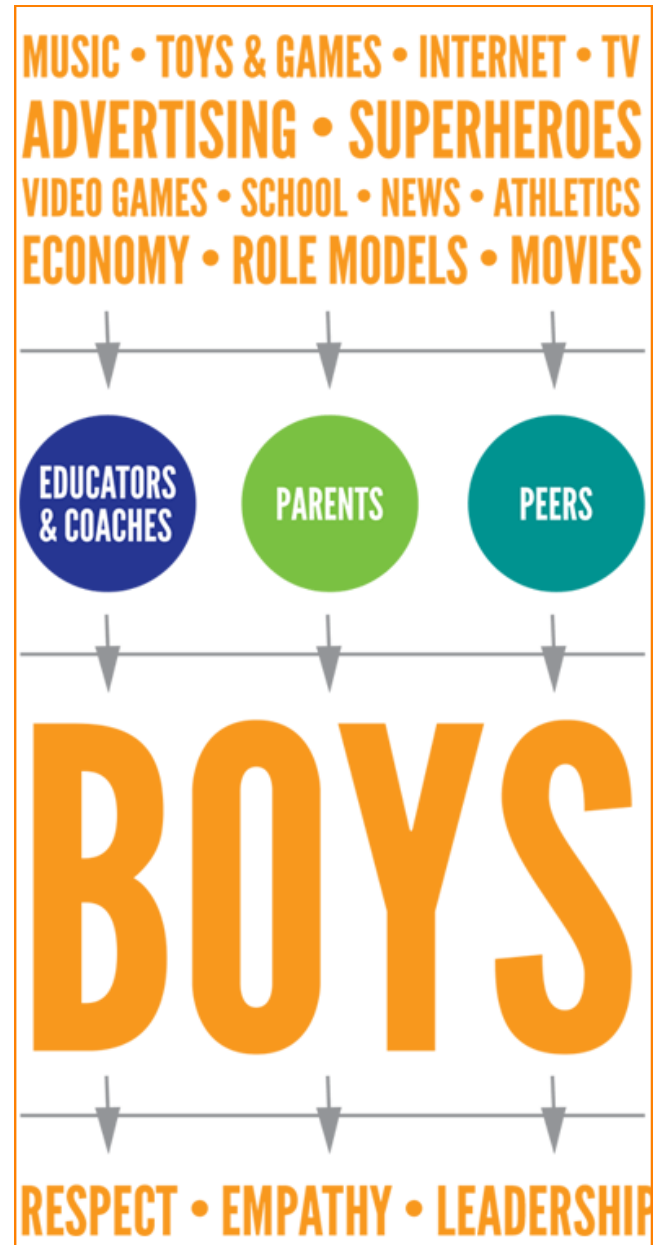
#### Boys to Men

- Provides assistance and educational resources to boys and those who help raise them.
- Provides programming to students which challenge traditional gender stereotypes and sexism.
- Increases community awareness about the challenges facing boys and the corresponding bias and violence against girls and women.

Since its founding, Boys to Men has dramatically expanded our programs to include: BOLD (Boys Outdoor Leadership Development), a week-long program offered to boys ages 7-10 years old; the Maine Boys Network, a statewide coalition to support boys' academic achievement through education and research; a monthly e-newsletter that features resources and articles on male development and violence prevention; Boot Camp for New Dads, a collaboration with Maine hospitals and the STRONG Fathers Network to connect with and support fathers at the onset of parenting; parent workshops, author talks and reading groups that explore male development; and our Reducing Sexism and Violence Program (RSVP), a school-based violence prevention program for young men and women.

Boys to Men is one of the few organizations that addresses the development of boys in the context of their relationships, socialization process, and cultural environments. They believe that boys begin being bombarded by narrow and often destructive messages about masculinity at a very early age. They believe it is not the boys, but rather the culture in which they live and grow that is in need of repair. Focusing on the concepts of "health" and "nonviolence" shifts attention from the individual onto the environment—families, schools, peers, community organizations and peer culture—as the key agents of change in boys' lives.

If you would like information regarding our programs and services, making a donation, or joining our team, please contact Matt Theodores, Executive Director or Katherine Doughty, Associate Director at 774-9994.



# OCTOBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SAN = Sanctuary FEL = Fellowship Hall WBR = Wendall Berry Rm MSR = May Sarton Room RE = All RE Space MBR = Merrymeeting Bay Room				<b>1</b> <b>12 Noon Deadline:</b> "This Week" email <b>7 Choir:</b> SAN	<b>2</b> <b>11:00 Fellowship Gallery Committee:</b> MSR Tedford Shelter Meal	<b>3</b> <b>RE Youth Group</b> <b>Camping Trip</b>
<b>4</b> <b>10 Church Service</b> <b>10:15 RE Classes</b>  <b>11:30 Adult RE Discussion</b>	<b>5</b>  <b>4 Working for Justice</b>	<b>6</b> <b>12:15 First Tuesday Concert:</b> SAN (Kate Gray) <b>4-6 Membership :</b> MSR <b>5 Staff Mtg :</b> MBR <b>6 RE Committee :</b> RE <b>6:30 Worship:</b> MSR	<b>7</b>	<b>8</b> <b>12 Noon Deadline:</b> "This Week" email  <b>7 Choir:</b> SAN	<b>9</b> <b>10:30 Buildings &amp; Grounds:</b> MSR  <b>3:30 End Inequality:</b> MSR	<b>10</b>  5:00 Rental Daniel Williams One Man Show
<b>11</b> <b>10 Church Service</b> <b>10:15 RE Classes</b>	<b>12</b> 	<b>13</b> <b>12 Women's Alliance:</b> Gretchen's House <b>5 Exploratory Circles:</b> MBR <b>5:30 Finance:</b> MSR <b>6:30 Stories :</b> WBR <b>7:30 Pastoral Care:</b> MSR	<b>14</b> <b>7am Habitat for Humanity Potluck Breakfast</b>	<b>15</b> <b>12 Noon Deadline:</b> "This Week" email  <b>7 Choir:</b> SAN	<b>16</b> <b>7 Side Door Coffeehouse</b> (Rene Bernier & Pejepscot Station)	<b>17</b>
<b>18</b> <b>10 Church Service</b> <b>10:15 RE Classes</b>  <b>11:30 3rd Sunday Public Forum</b>  <b>12:30 Vegan Lunch:</b> FEL	<b>19</b>	<b>20</b> <b>3 Tuesday Afternoon Chalice Circle</b>  <b>5 Exploratory Circles:</b> MBR  <b>6:30 Board:</b> MSR	<b>21</b>	<b>22</b> <b>12 Noon Deadline:</b> "This Week" email  <b>6-9 Shared Pulpit Seminar</b>  <b>7 Choir:</b> SAN	<b>23</b> Angel Cleaning  <b>5 Parish Messenger Deadline</b>	<b>24</b>  <b>3:00 Jesse Feinberg Concert:</b> SAN
<b>25</b> <b>10 Church Service</b> <b>10:15 RE Classes</b>  <b>7 Cowspiracy Film:</b> Curtis Library	<b>26</b>	<b>27</b> <b>5 Exploratory Circles:</b> MBR  <b>6:30 Stories :</b> WBR	<b>28</b> <b>Men's Luncheon:</b> Off Site	<b>29</b> <b>12 Noon Deadline:</b> "This Week" email  <b>7 Choir:</b> SAN	<b>30</b> <b>5 RE Intergen Halloween Potluck</b>	<b>31</b> 

## 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). Since there are 5 Fridays this month the deadline it is the 4th Friday. SO... the deadline for the November Parish Messenger is **Friday, October 23rd**. (michaud\_susan@comcast.net)