

Parish Messenger

Unitarian Universalist Church of Brunswick



April, 2018

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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 10AM

Apr 01 "Just Kidding"

Rev. Sylvia Stocker

Easter Sunday will be a festive, celebratory occasion, with beautiful choir music and a sanctuary adorned with colorful spring flowers. But what about the coincidence that this year Easter arrives on April Fools Day? What shall we say about that? Music by Derek Herzer and the Choir under the direction of Heidi Neufeld.

Apr 08 "Solidarity"

Claire Curole, Student Intern

What can we accomplish together that we are unable to do alone? Music by Derek Herzer

Apr 15 "Life on the Fulcrum"

Rev. Sylvia Stocker

Americans typically regard April 15 with dread, because that's when our income taxes need to be filed. Let's turn things around today and think of April 15 as a day of opportunity instead. As the finale to our annual pledge drive, we'll celebrate our congregation, beginning with a parade of the various committees that make our organization tick. "Many hands make light work," the saying goes. Today we view the embodiment of that great truth, and we embrace the spirit of generosity. Music by Larry Lemmel (piano), Kate Gray (violin), Hugh Maynard (oboe).

Apr 22 "The Interdependent Web"

Rev. Sylvia Stocker

During the month of April, our Sunday school kids are studying our Unitarian Universalist 7th Principle, which says we affirm and promote "the interdependent web of all existence of which we are a part." What better day to explore that principle than Earth Day? Music by Derek Herzer, the UUCB Choir and Annegret Baier (drummer)

Apr 29 "Why Bother?"

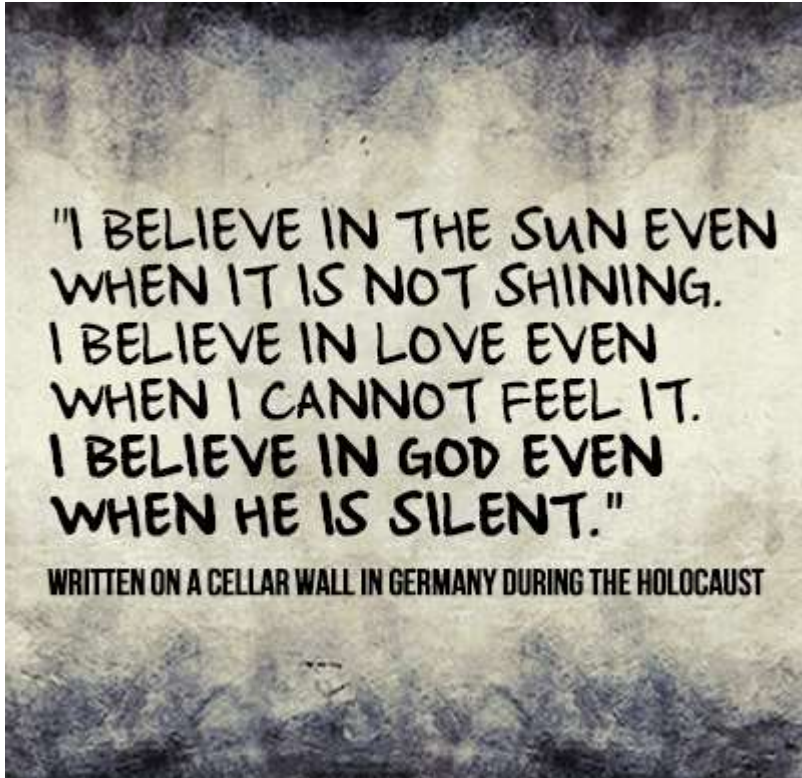
Working for Justice Committee

To what end do people work for justice in a world shaken by violence, injustice and despair? What does social justice work have to do with personal growth and self transformation? Glenn Williams, Ed McCartan, Sue Kennedy and Cathey Cyrus will talk about why they choose to be active in efforts for social change. Derek Herzer and Glenn Williams will offer the music.

The Unitarian Universalist Church of Brunswick

Rev. Sylvia Stocker, Minister
Rev. J. Bradbury Mitchell,
Minister Emeritus
Nicole Boutilier,
Director of Religious Education
Stephanie Bernier, Music Coordinator
Heidi Neufeld, Choir Director
Derek Herzer, Choir Accompanist
Shirley Bernier, Office Administrator
Tony Sulkoski, Sexton
Claire Curole, Ministerial Intern
Dan Ellis, Webmaster

MESSAGE OF HOPE



The Easter sermon was about hope and transformation. The choir sang a beautiful anthem called "*Whisper from the Walls*" by Betsy Pusey. The lyrics were taken from an inscription which was found on the walls of a cellar in Cologne, German, where Jews were hiding from the Nazis.

A very inspirational service!

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 Boutillier, is available by appointment. You can call her at the church office or email her at uubrunswickdre@gmail.com.

Monday is the Sabbath for church staff.

Telephone/Fax: 207 729-8515

E-mail: uubruns@gwi

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

2018-19 PLEDGE DRIVE

"LET'S JUST DO IT"

As of March 23, we have received 30 pledges! THANK YOU to everyone who has heard our plea to pledge early. As great as this news is, we mailed out 130 letters for this pledge drive, so have many more we are counting on. We hope to hear from everyone. Every pledge matters, no matter the size. Although some people prefer to just put money in the offering plate during services, it makes budgeting very difficult. Your pledges support our staff, our building and our programming.

There are easy ways to pledge: deliver your form by mail or in person at church; pledge online at www.uubrunswick.org/online-pledging; or contact the church Administrator at 729-8515 and pledge over the phone or via email at uubruns@gwi.net.

We have had requests for pledging guidelines which we have printed from the UUA website and copied for you. These are available in the Fellowship Hall.

Please help us make **SUPER SUNDAY** really SUPER by letting us announce that our pledge drive has been a total success, and we can meet our budget for next year! One more question for you:

Where would U B without UUCB?



MINISTER'S MUSINGS

I don't know about you, but some days my search for hope can feel a little bleak. So much seems broken in our world – and most of it is way beyond my ability to influence or fix. Know the feeling?

That's why when I find something hopeful, I grab onto it and hold tight.

Over the last 15 years or so, I have had several different opportunities to study with Ysaye Barnwell. Her workshop, *Building a Vocal Community®: Singing in the African American Tradition*, has given me hope that people can actually learn to part the veils of prejudice and racism and see one another in new lights. All through listening and blending voices. That gives me great hope.

Ysaye has a varied background, ranging from working as a speech therapist, college professor, composer, actress, author, and singer. For over 30 years, she sang with the internationally famous women's vocal ensemble, *Sweet Honey in the Rock*, bringing music from the African American tradition to audiences all across this continent and to countries all over the world.

We have been so fortunate to have Ysaye bring her workshop to Brunswick twice in the past, each time selling out the spaces and turning people away from our full house. Now we have another opportunity to study with her. She will be presenting her workshop at our church on Saturday, June 16, from 10 to 4. In addition, on Sunday, June 17, she will be teaching us songs during our worship service. (Details about registering for the Saturday workshop appear elsewhere in this newsletter. **Register early to be guaranteed a space!**)

So what does this have to do with hope? I have heard Ysaye herself say, "I do what I can do; *this* is what I can do." That reminds me to do what I can do to build a better world. None of us can do everything, but all of us can do something.

Each time I have studied with Ysaye, I have been awestruck by the power and spirit she nurtures in the assembled group. She welcomes everyone in her workshop. She uses the oral tradition to teach, so you don't have to know how to read music. And, you know what? You don't even have to know how to sing. She is encouraging, affirming, and positive in her approach. I admire her courage, depth of knowledge, candor, and good humor. I consider her to be a powerful ambassador of hope and healing.

Ysaye says her life is guided by four maxims: "To whom much is given, much is required. As one door closes, another door opens. Everything matters. Say Yes!" (You can learn more about her at <https://www.ymbarnwell.com/>)

Ysaye's June 16 workshop is a fundraiser for UUCB, so you might choose to come just to ensure a successful outcome. But I encourage you to attend if you need a good dose of hope. Hearing Ysaye teach all the parts, from bass to soprano, is inspiring enough. But then there is her perspective on the music itself and the stories she tells, all of which help to add depth and understanding about the African American tradition. After a day of blending voices with others, one cannot help but leave feeling as though people really can build bridges toward one another and walk across them. What could be more hopeful than that?

Love, *Sylvia*



Ysaye during a break at the UUCB workshop 2 years ago.

RELIGIOUS EDUCATION

UU PRINCIPLE #7 AND PETE SEEGER

During the month of April, the Religious Education program will explore the 7th Unitarian Universalist Principle: “We affirm and promote respect for the interdependent web of all existence of which we are all a part.” Yes, this principle is about caring for the earth, but it goes beyond that. It’s also about community. I’ve seen the 7 Principles depicted as a wheel graphic created by Rev. Ian Ridell. I’ve found this depiction of the Principles particularly useful in developing my understanding of them. Perhaps you might find it useful as well (it can be found here: <https://www.uua.org/worship/words/image/seven-principles-wheel>)

The first Principle starts out with the individual—respect for the inherent worth of every person and is at the center of everything we do. Principles 2-6 bring us through individual actions we can take—kindness, compassion, searching for meaning and truth, using our voices to speak up for what is right and just. And the 7th Principle wraps this all together and reminds us that we are part of something much bigger than ourselves. We are part of a church community—people of many different beliefs coming together to worship, learn, and grow. We are part of towns, a state, a nation, and a world. The 7th Principle reminds us that everything is connected, to take into consideration the importance of nonhuman life, and to recognize the importance of the non-living elements in our world. The individual path of growth and action is important, but there is a special power in community.

Our famous UU for April is Pete Seeger. Pete Seeger was an activist and folk singer who I feel is a great example of someone who lived out the 7th Principle. He is known for his protest music in support of environmental causes, civil rights, antiwar, and international disarmament. Pete Seeger often sang in UU churches

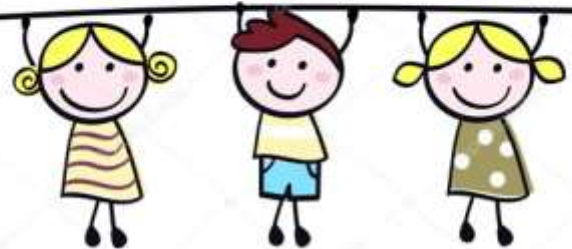
and later in life, he became a member of the UU Community Church of New York. After his death in 2014, UU World magazine re-published an article about Seeger from 1996 which I would encourage you to read at this link: <https://www.uuworld.org/articles/pete-seeger-saga>.



nicole

You want to support UUCB because it is a place where children can come without being saddled with guilt or terrified of some celestial Peeping Tom, where they can learn that religion is joy, comfort, gratitude and love.

PLEDGE NOW



SABBATICAL NOTES

During my Sabbatical I had the opportunity to read several books about stress and mindfulness and to attend a meditation workshop at the Mindfulness Retreat Center in Saco. My interest in this topic was spawned by an increasing realization of the amount of stress that we, at least in this culture, tend to carry on a daily basis. In *Why Zebras Don't Get Ulcers*, Dr. Robert Sapolsky writes that we are a nation of stressed out people and that unlike say, zebras, our stress is mostly self-created and not the result of actual life and death situations. A zebra sees a

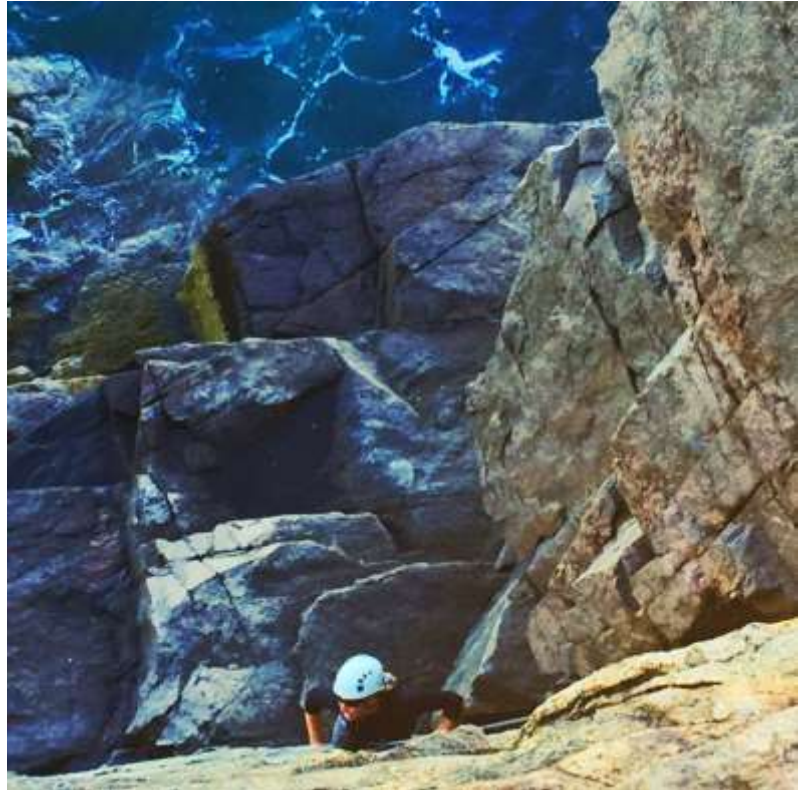
Important RE Announcements & Dates

- Apr 01:** RE Groups for PreK-Grade 6
- Apr 08:** RE Groups for PreK-Grade 6, Youth Group, Coming of Age
- Apr 15:** RE Multi-Age Activity for PreK-Grade 6
- Apr 22:** Children are encouraged to attend the Earth Day worship service with their families. There will be childcare offered in the RE area partway through the worship service.
- Apr 29:** RE Groups for PreK-Grade 6, Youth Group, Coming of Age

RELIGIOUS EDUCATION

SABBATICAL NOTES (CONTINUED)

lion, experiences a short-lived stress response, runs, and either escapes or is eaten. We, on the other hand, tend to experience chronic stress that is psychological in nature. Chronic stress takes a toll on our bodies. The hormones that result from the constant stimulation of our sympathetic nervous system have negative effects long-term which affects our health. It's no coincidence that high levels of reported stress are associated chronic health issues such as cardiovascular disease, depression, and type 2 diabetes. If you're like me, you may be thinking that you can just exit society and turn off all of the psychological stressors that are constantly activating your stress response. However, you can learn strategies to deal with those stressors so that they don't take such a negative toll on your physical and psychological health. One way is through mindfulness and breathing. Breathing exercises can be used to balance the effects of the sympathetic (aka fight or flight) response by promoting the activation of the other response in your autonomic nervous system- the parasympathetic response (aka rest and digest). Try this the next time you start to feel stressed, focus on your breathing and make your exhale just a few seconds longer than your inhale. This stimulates your vagus nerve which turns up the volume of your parasympathetic response and turns down the volume of your sympathetic response. It's a really simple way to begin addressing stress. Below are two of the books that I read on



Nicole on sabbatical: Rock Climbing at Otter Cliffs, Acadia National Park

this topic over sabbatical that I would recommend for anyone interested in learning more:

Why Zebras Don't Get Ulcers by Robert Sapolsky

Mindful Games by Susan Greenland (great for families to use with children and teens)

NEW CHALICE CIRCLE BEGINS IN APRIL!

Do you like to listen to the stories of others? Do you like to share your own story in a safe setting? Our Chalice Circles are designed to help us listen well and tell our stories comfortably. If you've been missing the chance to connect with other parishioners on a deeper level, consider joining our fair weather Chalice Circle. Designed to offer all the benefits of Chalice Circles without threat of ice or snowstorms, this Chalice Circle starts in April. It meets on the **third Tuesday of each month at 7 p.m.**, disbanding in the fall when the weather turns cold again.

What is a Chalice Circle? A Chalice

Circle is an adult religious education program – a facilitated group that explores topics created to draw out our stories and experiences. Nourishing hearts, minds, and spirits, Chalice Circles emphasize listening to others and speaking straight from both heart and lived experience. Chalice Circles *typically meet monthly*.

Chalice Circles help us to embrace our Mission Statement. Each meeting has a *spiritual* component. The groups *welcome all* who are interested. Group members *nurture one another* by creating an environment where deep listening can occur. And groups provide service to both church and

wider community to help us engage in our commitment to *work for justice* and *to care for the earth*.

What is required of you? First, we ask you to commit to attending the meetings. Second, we ask that you be willing to listen deeply to the people in your group and to share from your own experience according to your comfort level.

Questions? Please feel free to ask me. Interested in joining the new Chalice Circle in April? Just let me know, and I will sign you up.

Sylvia Stocker

WORKING FOR JUSTICE

APRIL CHARITY WITH SOUL NATURAL RESOURCES COUNCIL OF MAINE

The Natural Resources Council of Maine is a nonprofit membership organization protecting, restoring, and conserving Maine's environment, now and for future generations. For more than 50 years, the Natural Resources Council of Maine has been protecting the places and way of life that make Maine so special. They work to:



- Protect the health of Maine's rivers, lakes, and wetlands
- Reduce the amount and toxicity of waste to conserve natural resources and stop toxic pollution
- Set Maine on a path to a prosperous sustainable energy future, without climate-changing pollution
- Conserve Maine's woods, wilderness, and wildlife.

NRCM harnesses the power of the law, science and the voices of more than 16,000 supporters statewide and beyond.



MUUSAN's LEGISLATIVE AGENDA for 128th Legislature, Second Session

At the March 10 MUUSAN Network meeting, we rolled out MUUSAN's Legislative Agenda for the current session.. We have endorsed or opposed bills in all four MUUSAN mission areas: Democracy in Action, Health Care for All, Climate Change, and Racial Justice.

UUs from twelve congregations have identified concrete actions that we and our congregations can take in the coming weeks to promote our UU values in legislation! Stand by for a list of those practical actions which all UUs can take to advance this legislative agenda — coming soon!

SOLAR ENERGY **EXPANDING MEDICAID** **GUN VIOLENCE PREVENTION AND SAFE SCHOOLS**
PRESERVING RANKED CHOICE VOTING **IN-PERSON VISITATION IN COUNTY JAILS**
WELCOMING, SUPPORTING AND PROTECTING IMMIGRANTS
ADDRESSING THE OPIOID CRISIS **BANNING GAY "CONVERSION THERAPY"**

**MUUSAN's LEGISLATIVE AGENDA IS ALWAYS AVAILABLE AT OUR WEBSITE
(<https://www.muusan.org/>).**

Thank you for all you do to advance our UU Principles in the world!

WORKING FOR JUSTICE

MIDCOAST NEW MAINERS SUPPORT GROUP (MNMSG)

LOOKING FOR FURNITURE

(lightly used) - beds and bureaus in particular.

MNMSG is anticipating the settling in Bath of a family of 9 from the Democratic Republic of Congo – sometime in the next month or so. Many of the details of this move are uncertain, but if you have furniture in good condition that you would consider contributing, please speak with Cathey Cyrus, Sue Kennedy or Anne Spencer. We will make arrangements to have it picked up as soon as the situation is better understood.

BUILDING BRIDGES, BREAKING BREAD – A MULTICULTURAL POT LUCK DINNER

Sunday, April 8, 4-6:30 pm
Bath Senior Center, 45 Floral Street, Bath

UUCB is invited to help welcome and celebrate new Mainers and friends recently settled in Bath, Brunswick and Topsham. Bring your favorite dish to share, and join in the warmth and community of sharing food and conversation with some amazing people.

Flyers coming soon. If you cannot attend but would like to contribute financially to the up front cost of the event (about \$300), please see Cathey Cyrus.



OTHER WAYS TO OFFER SUPPORT TO ODETTE AND HER FAMILY IN BATH

Many of you are aware that MNMSG helped a Burkina-Faso family move into an apartment in Bath in December and continues to provide support and friendship on many levels. We are learning as we go just what it takes to offer support to newly settling new Mainers. Odette (mother and head of household) is now working steadily as a CNA at Winship Green while also taking courses at SMCC towards a nursing degree. She still needs General Assistance to help with her rent and food budgets but has begun to be able to assume responsibility for some family expenses.

Odette's middle school-aged daughter, Orlane, has received a Y scholarship to help support her participation on the Bath Y's Freedom Tour (a 7 day trip to major east coast cities and tied into the Bath Middle School Social Studies curriculum) – a wonderful educational and social experience for any teen but perhaps especially meaningful for Orlane as she makes friends and learns more about her new country. MNMSG understands that the scholarship will cover approximately half of the \$1,000 cost of the trip and is looking for people who would like to contribute to the remaining \$500.

MNMSG is also exploring summer camp possibilities for Orlane and her 9 year old brother, Ashken. Camp tuition will be another expense for this family.

If you would be interested to contribute financially to any of these expenses, please speak with Cathey Cyrus.

COMMUNITY CONVERSATION with Brunswick School Department:

Considering Race, Class and Privilege in our Community and our Schools

Monday, April 9, 6-7:30pm,
Unitarian Universalist Church of Brunswick
1 Middle Street, Brunswick

Join others in the Brunswick community for **an informal discussion with Pender Makin, Assistant Superintendent of Brunswick Schools.**

WORKING FOR JUSTICE

Communication Where Everyone Matters

The Art of Nonviolent Communication

with Leah Boyd, certified NVC trainer

In this time of conflict, misunderstanding and fear, it is crucial that we find a way to talk with each other across our disagreement.

Working for Justice urges you to consider participating in this nonviolent communication workshop.



May 4 & 5, 2018

Friday May 4th 6:30 – 8:30 pm

Saturday May 5th 9:00 am – 4:00 pm

An hour for lunch on Saturday, bring your own or enjoy a variety of local eateries

Location: 1 Middle St, Brunswick, ME 04011

Many of us struggle with how to listen to and talk with people with whom we disagree – perhaps now more than ever. Learn and strengthen skills in Nonviolent Communication that encourage connection across disagreement. Begin to change the dynamics within yourself, with your family, with your neighbors, with everyone. If not now, when?

Fee Request - \$150 Advance registration is required

For details and registration: www.peacefulpurpose.us

Sliding scale available in the case of financial hardship, please contact Leah at: leah@peacefulpurpose.us or 1-877-833-1372

WORKING FOR JUSTICE

MIDCOAST INDIGENOUS AWARENESS GROUP (MIAG)

MIAG continues to raise awareness of Indigenous issues by sponsoring events and by making information about local events available to the community. The most recent calendar of events is included here although it is already out of date as new events keep coming to MIAG's attention. MIAG is currently working to organize a Hawk Henries family friendly musical event in Brunswick on Saturday, June 23 as well as several October events that will acknowledge Indigenous Peoples' Day. More detailed information coming soon.

INDIGENOUS AWARENESS EVENTS MIDCOAST MAINE AND VICINITY

April 19, 2018 5:00-7:00PM *Multiple Dates*

Book Discussion Group, hosted by MIAG

Our Beloved Kin: Remapping a New History of King Philip's War, by Lisa Brooks

April 19, 26, May 3, 10, 17, 24, June 7, 21

WHERE: Curtis Memorial Library, Seminar Room 2nd floor, Brunswick ME

April 22, 2018 11:30AM

Book Discussion, *Braiding Sweetgrass* by Robin Wall Kimmerer

With Karyn Marden

WHERE: First Parish Church, 116 Main St, Yarmouth ME

May 29, 2018 6:30PM-8:00PM

Wabanaki Traditional Foods and the Three Sisters Garden on Sandy River

Presented by Gedakina, as part of *Sustainable ME*, "a book group for readers and doers"

WHERE: Curtis Memorial Library, Morrell Meeting Room, Brunswick, ME

MARCH FOR OUR LIVES AND BRUNSWICK AREA INDIVISIBLE

The Working for Justice and **Brunswick Area Indivisible** steering committees supported the students from area high schools who organized a *March for Our Lives* in Brunswick on March 24. The event featured speeches by students, memorials to victims of gun violence in schools, singing, opportunities to take action to make schools safer, as well as a march.

Brunswick Area Indivisible puts out a weekly *Call to Action* to alert members of steps they can take to impact current state and federal legislation, as well as listing local events of interest. To be added to the mailing list contact donnachale@live.com, or join the Facebook page where the calls are also posted:

<https://www.facebook.com/groups/159767107846908/?ref=bookmarks>



BLACK LIVES MATTER: CHALLENGING OUR WHITE SUPREMACY

UUCB/BOWDOIN COLLEGE COLABORATION

On March 23rd, UUCB members and friends met at The Center for Multicultural Life at Bowdoin College to engage in conversation about race—an Intergroup Dialogue. Two groups of 14 were facilitated by Bowdoin College faculty. Each group had two facilitators, one a person of color and one who is white. Participants actively engaged in activities designed to stimulate new awareness of racism, where it comes from, how it makes us feel, and what we might do to decrease its impact. The leaders extended an invitation to reconvene during the summer to continue working with us.



BOOK DISCUSSION

We had a lively discussion of *Tears We Cannot Stop* by Michael Eric Dyson on March 11. Participants were divided into groups focused on four different issues raised in the book: 1) *Whiteness is Made Up*; 2) *Black Lives Matter*; 3) *White Fragility*; and 4) *Reparations*. The task force is looking to organize additional discussions in the future, possibly in a series allowing for more time to engage deeply with the material.

ANNOUNCEMENT BOARD

We have a new way to keep people informed about upcoming events and ideas related to Black Lives Matter: Challenging Our White Supremacy. Located on an easel near the coat closet, this is also a place to get envelopes for contributing to “THE PROMISE AND THE PRACTICE OF OUR FAITH” campaign, and cards with suggested “action steps” for understanding and confronting racism.

COMMUNITY SHARE

Each week in the Order of Service we are printing brief reflections written by members of the congregation describing their experience in exploring issues of racial injustice. If you would like to share, send your comments to Betsy Williams (bwilliams120@gmail.com).

BLACK LIVES MATTER: CHALLENGING OUR WHITE SUPREMACY

SAVE THE DATES

I'm a Good Person! Isn't That Enough?

Mon, May 14: 7:00 - 9:00 pm

We are excited to announce that **Debby Irving, author of *Waking Up White***, will be coming to UUCB for a presentation and discussion entitled *I'm a Good Person! Isn't That Enough?* Using historical and media images, Debby examines how she used her white-skewed belief system to interpret the world around her. Socialized on a narrow worldview, Debby explores how she spent decades silently reaffirming harmful, archaic racial patterns instead of questioning the racial disparities and tensions she could see and feel.

Several copies of *Waking Up White* have been added to the Black Lives Matter lending library and are available to borrow in preparation for the event.

Ysaye Barnwell returns to UUCB

Sat, June 16: 10am-4pm

Ysaye Barnwell will be with us for a workshop entitled *Building a Vocal Community®: Singing in the African American Tradition*. She will also provide music for the worship service on the following day. Be sure to join us!

ADULT EDUCATION

The Adult Education Committee invites you to

Grief, Loss, and Healing

What are the Stages of Grief?

What helps Us?

What Do We Say to Others?

An interactive workshop on how we can respond to death, life-threatening illness, and despair.

SUNDAY, APRIL 15
11:30-1:00 pm

Andrew Sokoloff,
Bereavement Counselor
CHANS Home Health and Hospice

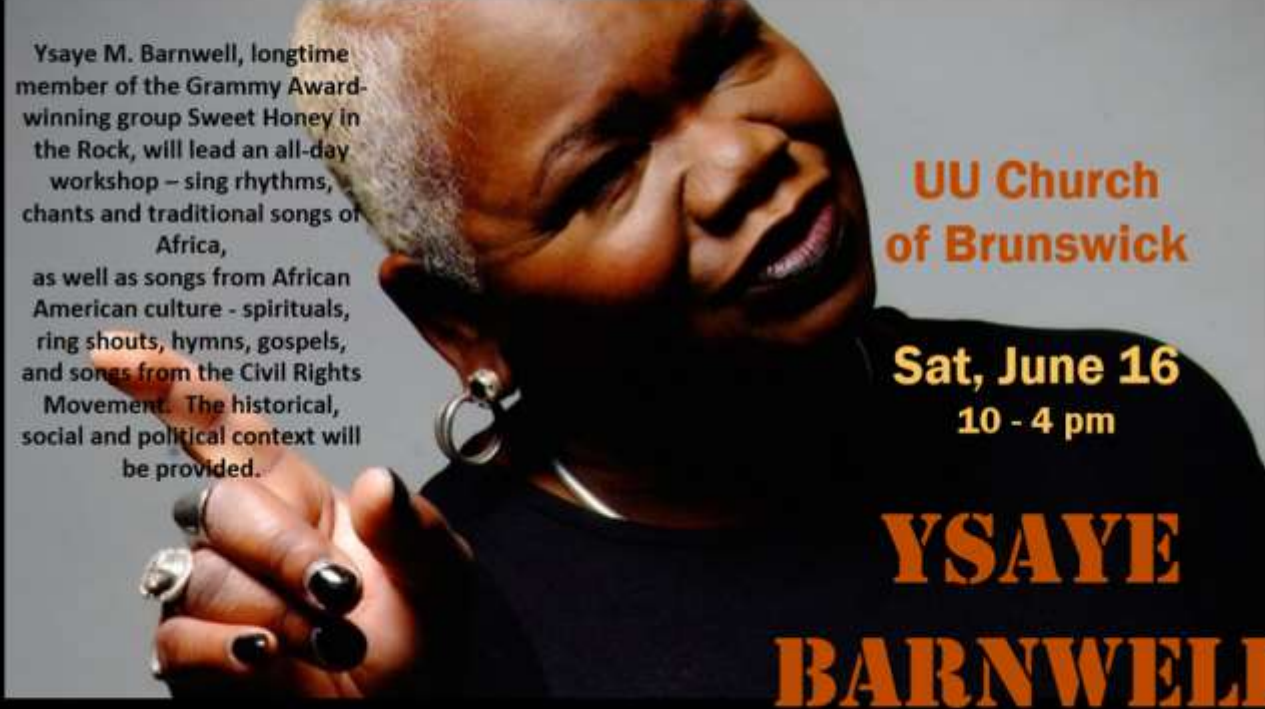


FUNDRAISING: YSAYE BARNWELL WORKSHOP

BUILDING A VOCAL COMMUNITY® WORKSHOP

SINGING IN THE AFRICAN AMERICAN TRADITION

Ysaye M. Barnwell, longtime member of the Grammy Award-winning group Sweet Honey in the Rock, will lead an all-day workshop – sing rhythms, chants and traditional songs of Africa, as well as songs from African American culture - spirituals, ring shouts, hymns, gospels, and songs from the Civil Rights Movement. The historical, social and political context will be provided.



**UU Church
of Brunswick**

**Sat, June 16
10 - 4 pm**

YSAYE BARNWELL

Registration Form

Name(s) _____

Address _____

Phone _____ E-mail _____

Registration Fee

- Single rate—\$50
- Couple rate—\$75 (2 family members living in same household)
- Family rate—\$100 (3 or more family members living in same household)

Return Registration Form and Money to:
 UU Church of Brunswick, P.O. Box 129, Brunswick, ME 04011.
 Phone: (207) 729-8515 e-mail: uubruns@gwi.net

Checks made payable to UUCB

REGISTRATION DEADLINE: FRIDAY, JUNE 8

Online registration can be done at <https://ysayeworkshop.brownpapertickets.com/>

WORKING FOR JUSTICE

SUPPORT FOR THE BRUNSWICK AREA TEEN CENTER

“It is not impossibilities which fill us with the deepest despair, but possibilities which we have failed to realize.”— R. Mallet



Operating under the umbrella of the Working for Justice Steering Group a new Task Force at UUCB is directing its energy toward implementing a process by which much needed support for the **Brunswick Area Teen Center** might be provided.

The mission of the Teen Center, a program of People Plus, is *“To provide a safe after school and summer vacation environment for young people to socialize, explore creative outlets, share their talents and gain exposure to diverse people and ideas, thus creating a well-rounded generation of youth in grades 6-12”*. In addition to the above, the Teen Center addresses various significant “needs” of many of its members including **food insecurity, which is by far the biggest challenge it faces**. This program is free to area youth as well as a daily free meal program so that any area youth can have

access to safe opportunities for socialization, recreation and nourishment, regardless of financial means. Thus the Center is able to serve a very *underserved* demographic within our community.

Our Task Force proposes a three-fold approach:

1. We urge you to support the Brunswick Area Teen Center as one of the Charities with Soul at UUCB for the 2018-2019 fiscal year
2. We plan to initiate a 6 week pilot program to collect food, Hannaford food cards and cash at UUCB in order to provide the Center with additional food items from Tuesday through Thursday. These items will be delivered to the Center by someone from our Task Force. We anticipate running this program from the middle of April through to the end of May.
3. We encourage members of our congregation to drop off non-perishable food items anytime at the Teen Center when possible. Items may be left by the elevator on the left in the lobby of People Plus.

More information will be available in the weekly Order of Worship.

*For questions please contact: Joanne Allen, Carol Briggs, Cuffy Chase, Sue Ellen Damour, Susan Snow, Susan Thorner, or Betty Wurtz and/or check the Teen Center tab at peopleplusmaine.org and check out the **Brunswick Area Teen Center Facebook page***



HABITAT FOR HUMANITY

This year the Habitat for Humanity Spring Walk will be held on Sunday, April 29th and will be aiming to gain community awareness by using a more in-town route than we have in the past.

The 3-mile route will begin and end at the Midcoast Presbyterian Church in Topsham. At the halfway point you can pause at the First Parish Church in Brunswick where water, snacks and restrooms will be available. The walk route is in-town along sidewalks and safety volunteers will be present at major crossings. Parking is available at Midcoast Presbyterian. Shuttle vans will be available should anyone want transportation back to Topsham.

In addition to registering individual walkers we are once again setting up a "Team UUCB". This allows

for individuals to pledge to the UUCB team rather than an individual walker. A new Habitat website and online event management tool for the Spring Walk will be available by the beginning of April.

Last year our seven walkers and Team UUCB raised \$6,563. This year our goal is \$6,700. Every penny raised goes toward building, repairing, weatherizing, and rehabilitating homes in the area.

Want to help? Registration packets for walkers will be available every Sunday in April, except for Easter Sunday, in the Fellowship Hall and information about online registration and donation will also be available at that time. Please see Cuffy Chase or Gretchen Kamilewicz who can provide all the details. Thank you.

Gretchen



Front: Gretchen Kamilewicz, Carol Briggs, Anne Spencer
Back: Caroline Evans, Ed McCartan, Betsy Williams, Cuffy Chase



Let's Just Do It!

You want to support UUCB because it stands against superstition and fear. Help us continue to point to what is noblest and best in human life with your financial contributions.

GREEN SANCTUARY

CITIZENS' CLIMATE LOBBY FILM AND DISCUSSION

April 2
6:30–7:45 pm




Citizens' Climate Lobby will present National Geographic's *Years of Living Dangerously: Safe Passage* that demonstrates the imperatives and difficulties of getting national movement on climate change. We will then present a solution and offer actions that citizens can take to begin to slow climate change and move to a cleaner economy. The presentation will be followed by questions and answers.

Are you Ready to Solve Climate Change?

Citizens' Climate Lobby- Bath-Brunswick
Presents
Years of Living Dangerously:
Safe Passage
a National Geographic documentary

IT'S REAL! IT'S US! IT'S BAD! WE CAN FIX IT!

Monday, April 2 6:30-7:45 p.m.
Curtis Memorial Library, Morrell Room



Citizens' Climate Lobby

Following the film CCL volunteers will lead a discussion and suggest actions people can take to express their commitment to climate solutions

SOLAR PANELS UPDATE



The Solar Power system on the roof of the UUCB building has now been in operation for 4 years. In that time, it has produced more than 64000 kwh (kilowatt hours) electric power to the church, avoiding 38 tons of CO2 emissions. It has saved UUCB about \$9600 in electrical bills, minus a monthly CMP charge of roughly \$21 for connection to the electrical grid.

To explain the last, we feed excess power from our solar power array into the grid when the sun shines and take an equivalent amount (ormore) from the grid when the sun doesn't shine. The \$21 pays for this access to the grid.

The system has produced about 16,000 kwh each year, slightly better than the projected 15,000 kwh per annum.

Erik Hansen

MEMBERSHIP

MEET SOME OF OUR NEWEST MEMBERS:



STEVE BLACK

I am extremely fortunate to share my life with Sally Horne and to enjoy living in both pastoral Woolwich and on rocky Orr's Island, my childhood community to which I retired in 2010 after a 34-year-career as a German teacher.

My attendance at UU worship services in recent years has been motivated by my daughter Annika's involvement with congregations in Baltimore, MD and Augusta and Auburn, ME.

A focus on things artistic - acrylic painting, metal and found-object assemblages, collage and mixed-media pieces as well as fine art photography - have been the focus of much of my creativity during the past 20 years. Additionally I am involved with the educational work of the Holocaust and Human Rights Center of Maine and several civic groups in Harpswell.



DIANA EMBLER

I live on Westport Island. I moved back to Maine in 2016 from Virginia. I grew up in Bath and my family is still in Bath. I attended a UU Church in Charlottesville, Williamsburg and Richmond Virginia when I lived in those towns while in Virginia. I am interested in art, and I enjoy outdoor activities such as camping, hiking and kayaking. I am a Licensed Clinical Social Worker currently working as a school-based clinician.



SUE AND JACK KENNEDY

We have lived in Brunswick for 18 years. We moved here from East Haddam CT. Before that we lived in Kalamazoo, MI, Stevens Point, WI, Brunswick, ME (three years mid-60's), then way back in Ann Arbor, MI where we met.

We have been active in church for years but only recently joined. We are both retired and enjoy anything outdoors (nature), gardening, reading, Senior College, our volunteer work, music, plays, the "arts".

CIRCLE SUPPER SUCCESS

On March 17th 22 members and friends gathered for delicious food and conversation at the home of Leigh and Paul Paranteau or Debbie Zorach. This time three children joined the circle! Thanks to the hosts and participants for providing this unique opportunity to strengthen our community.



MEMBERSHIP

UPCOMING EVENTS

YOU AND UU CLASS

SATURDAY, APRIL 14
9:00AM-12 NOON

If you would like to learn more about Unitarian Universalism, and UUCB in particular, this is your chance! Twice yearly the Membership Committee, along with Rev. Sylvia, offers this three-hour class designed to help newcomers learn more about us and explore the “fit” between their own spiritual path and UUCB. We encourage everyone who is considering joining UUCB to attend this class. Please contact Shirley at the church office if you are interested (uubruns@gwi.net or 207-729-8515). Child care will be provided if requested.



Let's Just Do It!

FOOD AND FELLOWSHIP IN APRIL

PLANT-POWERED POTLUCK GROUP

Sunday, April 15



You don't need to be vegan to join us for the Plant-Powered Potluck on Sunday, April 15, at 12 noon in the Fellowship Hall. Come and enjoy a delicious plant-based meal, the camaraderie of friends, and to explore a plant-based diet as a pathway to better health for our bodies and our planet. Everyone is welcome, whether you are an omnivore or vegetarian. The only requirement is to bring a whole-food plant-based dish free of meat, fish, dairy and eggs. Sorry, no drop-ins, but if you plan to come, RSVP to coordinator Valerie Heath at vheath@gwi.net or 207-729-9254 by Thursday, April 12. If you are new to plant-based eating and would like to know more about its benefits and suggestions for recipes, go to www.forksoverknives.com or ask the coordinator for ideas.

LUNCHEON FOR THE WOMEN OF THE CHURCH

Wed, April 18

Experts say that socializing is good for one's well-being, so to that end, please join your fellow UUCB ladies for a noon lunch on Wednesday, April 18th, at the Coast Bar and Bistro (The Daniel Inn), 10 Water Street in Brunswick. It is a great way to catch up with your friends and meet new ones. FMI: Gretchen Kamilewicz at 833-5125 or gkamilewicz@gmail.com. Please let Gretchen know by Monday, April 16th, if you plan to attend. Hope to see you then.



MEN'S LUNCHEON

Wed, April 25

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

And don't forget the **MULTI-CULTURAL POTLUCK on April 8** (see Working for Justice: page 7)

BUILDING AND GROUNDS

On March 3rd Linda Mallard's Chalice Circle Group helped out the Building and Grounds committee with a much-needed organization project. As their service project, they completely emptied the storage area, cleaned, organized, and moved the items which are used most frequently to the now larger space. They were aces!

They were able to move some boxes to a new storage area, over our washer/dryer, thanks to Mike Heath and Cuffy Chase, who configured and installed new shelving.

Applause to all of them for working with Building and Grounds in choosing this project to benefit the church.

Maryli Tiemann



**PAY IT FORWARD FOR
THOSE WHO WISH THEY
COULD PLEDGE MORE!
INCREASE YOUR PLEDGE
TODAY! THANK YOU!**
Let's Just Do It!

FUNDRAISING: CONCERTS FOR A CAUSE

COMING RIGHT UP



Heather Masse and Jed Wilson

Sat, March 31
7:30 pm

The UUCB Concerts for a Cause series presents Heather Masse and jazz pianist Jed Wilson. Heather has appeared regularly on NPR's *A Prairie Home Companion*, both as a solo performer & with acclaimed trio *The Wailin' Jennys*. She has performed at the biggest venues around the world with the Jennys. She has also performed solo in many venues such as NPR's *World Cafe*, and with the *Boston Pops*. Heather's background in Jazz informs her distinct approach to singing folk, pop & bluegrass. A rich, soulful voice!

Tickets: \$15 in advance, \$18 at the door. Students: \$10



Bill Staines

Sat, April 7
7:30 pm

Bill Staines has spent 5 decades on the road entertaining audiences. With his heartfelt songs, his warm, smooth baritone, his prowess on guitar, his charm and gentle humor, he is one of the most popular singers on the folk music circuit today. On stage, Staines is an intimate, compelling performer, mixing in traditional tunes with his own contemporary folk ballads. His humorous tales of life on the road and observations of everyday people provide an entertaining blend of story and song.

Tickets: \$15 in advance, \$18 at the door. Students: \$8

SAVE THESE JUNE DATES



John Gorka

Sat, Jun 2, 2018 @ 7:30 pm

The "lead voice of the New Folk movement." John Gorka is perhaps the quintessential iconic singer-songwriter of the 80's folk scene. Audiences are enthralled by his stunningly soulful baritone voice and original songwriting. His live performances exhibit the hand of the master craftsman he has become, both moving and hilarious, with audience requesting countless of John's original songs: songs that have become part of their lives, and standards in the folk cannon.

Tickets \$22 in advance, \$25 at the door. Students: \$10

Barbershop Bash!

Sat, Jun 23, 2018 @ 7:30 pm

The Royal River Chorus, Falmouth's award-winning women's barbershop chorus will share the stage with their male counterparts, the Nor'easters from Brunswick. Barbershop harmony is one of the few uniquely American-born musical styles. It is sung a cappella in four-parts and includes popular music from yesterday and today. Ballads, uptunes, gospel, patriotic tunes, and novelty numbers are presented with superb showmanship that will entertain all ages.

Tickets \$12 in advance, \$15 at the door. Students: \$6





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

Windy Ridge Band



Jim Chard, Mama Beth Revels, Steve Davis & Frank "Woody" Woodard

The Windy Ridge Band has been playing bluegrass music at festivals, coffee houses, restaurants, parades, private parties and even a rodeo since the band was established in 1989. They play a variety of their favorite traditional bluegrass, folk and Americana songs and feature many songs written by Jim Chard. As a band comprised of U.S. Veterans, Windy Ridge has recently participated in the National Veterans Creative Arts Festival. They were honored to win first place for categories entered in both 2014, 2015 and 2016 which resulted in showcasing their talents in Milwaukee, Wisconsin, Durham, North Carolina, and Jackson, Mississippi at the NVCAF annual show. Another of the band's highlights include their 2011 CD "Invitation" comprised entirely of Jim's original tunes.

Founding member and award winning songwriter Jim Chard sings lead and plays guitar and mandolin. Mama Beth Revels sings lead & harmony and plays mandolin and guitar. Frank "Woody" Woodard, an original member, sings and keeps a steady beat on the bass. Windy Ridge's newest member, Steve Davis, adds a great sound with his skillful touch on the banjo.

Friday Evening, April 20, 2018

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.

BOARD REPORT

Well, at last a Nor'easter that didn't have our name on it. It has been a busy time on the board over the last month.

We have kicked off this year's pledge drive, the concept of which we borrowed from Maine Public Radio, proclaiming a one day pledge drive. That day is April 15th, as if your mind wasn't already on financial matters. You, of course, can pledge at any time up to that point and hopefully there will be no need to concern ourselves after that date but we do have a budget figure of \$240,000 to reach. This figure was primarily arrived at in order to give our wonderful staff a 2% pay raise. The plan is on April 15th to have a gala parade of committees, boards and working groups to honor our church's outreach, educational and environmental efforts.

After 2 months of gathering input from the congregation on our present alcoholic beverage policy it is clear from the feedback we have received that there is no need to make a change at this time. The feedback was overwhelming in favor of leaving the policy as it is. We may consider some small effort to clarify the policy in the future but the basic intent of the policy will remain the same.

We have posted the latest UUCB archiving policy which will be posted on the bulletin board across from the kitchen for the next month. If you want some stimulating reading give it a glance.



Great concert by Derek Herzer on March 4th after church. Thanks to Derek for sharing his amazing talent with us. Thanks also to page turner extraordinaire, Glenn Williams.

The board decided last year to recreate the Committee on Ministry. We have appointed the 5 members, with their permission of course, and they are Cindy Parker, Tom Rumpf, Larry Lemmel, Mike Heath and Pat Moore. The charge to the committee is to:

- To understand UUCB's Mission as our congregation's reason for being and ministry (both lay and professional) as the means for meeting our Mission.
- To identify areas of the congregation's ministry that need additional support or revision, and to devise means for addressing such areas.
- To create a periodic (every three to five years) mechanism for the congregation to review its own ministry.

They met this week with Sylvia and me to discuss their role and we look forward to their guidance and assistance in the future.

Last but by far not the least we have asked Ysaye Barnwell to return to hold an all day musical celebration and training on June 16th, so save that date. Her last visit to UUCB was an amazing event and as was done the last time she will help to lead our Sunday service the following day.

Charlie Evans, president



April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>10 Intergen Easter Church Service</p> <p>11:30 Newcomers Chat: WBR</p> <p>Office Closed</p>	<p>2</p> <p>1 Chalice Circle: WBR</p> <p>Citizens Climate Lobby Movie: CL</p> <p>Office Closed</p>	<p>3</p> <p>10 New Mainer's: MSR</p> <p>5 Staff: WBR</p> <p>7 Worship: MSR</p>	<p>4</p> <p>10:30 Rental SRF Meditation: WBR</p> <p>4 Membership: MSR</p>	<p>5</p> <p>9:30 Memoir Writing: WBR</p> <p>10 Rental Com: MSR</p> <p>12 Noon Deadline: "This Week" & OOW</p> <p>5 WFJ: MBR</p> <p>6:45 RE Comm: MBR</p> <p>7 Choir: SAN</p>	<p>6</p> <p>Teford Shelter Meal</p> <p>10 Chalice Circle: MSR (Topic: Writing)</p>	<p>7</p> <p>10 AA Rental: MBR</p> <p>7:30 Concerts for a Cause: Bill Staines</p> <p>Office Closed</p>
<p>8</p> <p>10 Church Service</p> <p>10 Youth Group & COA</p> <p>10:15 RE Classes</p> <p>11:30 Build Your Theology: MSR</p> <p>Intern Committee: WBR</p> <p>12 Plant Powered Potluck: FEL</p> <p>4 Multi-cultural Potluck: Bath Sr. Ctr.</p> <p>Office Closed</p>	<p>9</p> <p>6:00 School Dept. Discussion about Community: SAN</p> <p>Office Closed</p>	<p>10</p> <p>2 Chalice Circle: WBR</p> <p>4:30 Finance: MSR</p> <p>6:30 Stories: WBR</p> <p>7:30 Pastoral Care: MSR</p>	<p>11</p>	<p>12</p> <p>12 Noon Deadline: "This Week" & OOW</p> <p>7 Choir: SAN</p>	<p>13</p>	<p>14</p> <p>9-12 You and UU Class</p> <p>10 AA Rental: MBR</p> <p>Rental: MBR (Brunswick Area Indivisible)</p> <p>Office Closed</p>
<p>15</p> <p>Pledge Sunday</p> <p>10 Church Service</p> <p>10:15 RE Classes</p> <p>11:30 Adult Education: SAN</p> <p>2 Amethyst Chamber Ensemble Concert</p> <p>Office Closed</p>	<p>16</p>	<p>17</p> <p>2 Savvy Caretakers Rental: WBR</p> <p>6:30 Board: MSR</p> <p>7 New Chalice Group: TBA</p>	<p>18</p> <p>12 Women's Lunch: Coast Bar & Bistro</p> <p>2 Chalice Circle: WBR</p> <p>3 Poetry with Barclay & Maryll: MSR</p> <p>4 Black Lives Matter: MBR</p>	<p>19</p> <p>12 Noon Deadline: "This Week" & OOW</p> <p>1 Wabanaki REACH: WBR</p> <p>6:30 New Mainer's Support Group: MBR</p> <p>7 Choir: SAN</p>	<p>20</p> <p>6:30 Side Door Coffeehouse: SAN (Windy Ridge Band)</p> <p>5 Parish Messenger Deadline</p>	<p>21</p> <p>10 AA Rental: MBR</p> <p>Office Closed</p>
<p>22</p> <p>10 Intergenerational Earth Day Church Service</p> <p>Office Closed</p>	<p>23</p>	<p>24</p> <p>6:30 Stories: WBR</p>	<p>25</p> <p>12 Men's Luncheon: TBA</p>	<p>26</p> <p>12 Noon Deadline: "This Week" & OOW</p> <p>9 Gallery at UUCB: MSR</p> <p>10:30 Building & Grounds: MSR</p> <p>7 Choir: SAN</p>	<p>27</p>	<p>28</p> <p>10 AA Rental: MBR</p> <p>Office Closed</p>
<p>29</p> <p>10 Church Service</p> <p>10 Youth Group & COA</p> <p>10:15 RE Classes</p> <p>Office Closed</p>	<p>30</p>	<p>May 1</p> <p>10 New Mainer's: MSR</p> <p>5 Staff: WBR</p> <p>7 Worship: MSR</p>	<p>2</p> <p>10:30 Rental SRF Meditation: WBR</p> <p>4 Membership: MSR</p>	<p>SAN = Sanctuary FEL = Fellowship Hall WBR = Wendall Berry Room MSR = May Sarton Room MBR = Merrymeeting Bay Room</p> <p>PEN = All RE Space HIL = Hildebrant Room CAR = Carson Room MAN = Mandela Room CL = Curtis Library</p> <p>Let's Just Do It!</p>		

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 Bernier by Thursday at noon.

If you want an announcement or article to appear in the monthly Parish Messenger, send it to the newsletter editor, Sue Michaud (michaud_susan@comcast.net) on or before the **3rd Friday of each month (usually)**. The deadline for the May Parish Messenger is **Friday, April 20th**.