

Parish Messenger

Unitarian Universalist Church of Brunswick



August, 2018

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SUNDAY SERVICES AT 10AM

Aug 05 "Ring Joy and Peace to the World"

Jud Caswell

Singer/songwriter and UUCB member Jud Caswell leads this musical service. Drawing from music written for and inspired by our very own church and congregation, we will visit our beliefs and traditions in song, exploring what it means to live with loss and renewal and to simply be human in an ever-changing world.

Aug 12 "Blessing the Pizza Delivery Dude"

Rev. Sylvia Stocker

Music by Cul de Sax.

Cul de Sax features the major members of the saxophone family - soprano, alto, tenor, and baritone - played with style by professional musicians who have been together for 25 years. The Quartet performs two theme concerts annually. The Fall Concert theme: Two American Treasures: George Gershwin and Duke Ellington.

Aug 19 "Shelter in the Storm"

Rev. Sylvia Stocker

Music by Grace Lewis-McLaren.

UUCB member Grace Lewis-McLaren is a professional organist and composer. She is the author of several hymns in our "Singing the Living Tradition" hymn book and has published her own book of service music, "Songs of Grace."

Aug 26 "... as you love yourself"

Karl Fattig

What if we treated ourselves with the same kindness we readily share with others? Sometimes it's hard to give yourself the love you need. Join in some intentional practices of mindful self-compassion with Karl Fattig. Learn why self-compassion is the hottest topic in mindfulness these days. Worship leader, Karl Fattig, is a member of UUCB and is a System & Digital Initiatives Librarian at Bowdoin College.

Music by Martin Swinger.

Martin is a singer/songwriter, arts educator teaching singing for folks who think they can't, songwriting for any age, and songwriting coaching for serious songwriters. He started performing in first grade and intends to keep at it, right up to the last.

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

Dan Ellis, Webmaster

RELIGIOUS EDUCATION

Child Dedications

We always hope to foster a healthy multigenerational church community. With that in mind, we would like to be proactive in offering child dedications. A child dedication provides a way for the congregation as a whole to show support for children and their parents. Children of any age can be dedicated in our church community.

If you would like more information on the meaning and purpose of child dedication ceremonies, click on this link:

<https://www.uuabookstore.org/Assets/PDFs/3559.pdfbrochure>.

We have set aside time during two Sundays this coming program year for a Ceremony of Dedication if that might be of interest to you: September 16, 2018 and May 12, 2019. If you are interested in participating or have any questions, please let us know.

Sincerely,

Rev. Sylvia Stocker and Nicole Boutilier, DRE

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 Boutilier, 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>

Important RE Announcements & Dates

Sep 09: RE Programs begin; RE Open House immediately following the worship service

Sep 16: RE Programs

Sep 23: Multigen Worship Service (worship for young, old, and everyone in between!)

Sep 30: RE Programs

Oct 28: Save the Date. There will be a brown bag lunch discussion for parents and other care-givers following the worship service and RE programs on the topic of spiritual practice for families at home; 45-60 minutes; facilitated by Rev. Sylvia Stocker and Nicole Boutilier; childcare will be available with RSVP; more information will follow as the date approaches.

AUGUST MUSICIANS



Jud Caswell
August 5



Cul de Sax,
August 12

You can also see them August 16 at the Harpswell Band Stand.



Grace Lewis-McLaren,
August 19



Martin Swinger,
August 24

MINISTER'S MUSINGS

I will be on vacation when the newsletter deadline comes, so I offer a (slightly shortened) reflection I wrote in 2005:

When she hears footsteps on the porch, my cat Molly hops onto the bookcase by the kitchen door. When you step inside, she greets you, her head cocked at a jaunty angle. She's happy to see anyone who comes through the door. Just to let you know how happy, she will rub her soft cheek against your hand. Even her little mouth seems to turn up in a smile. My cat Molly's consistently happy and inquisitive manner never fails to soften my heart, even on my grumpiest days. I'm so glad I picked her out of the hundred or more cats at the Pat Brody Cat Shelter a year and a half ago.

But to be honest, there were moments in those early days and weeks after I adopted Molly when I wondered about my choice. First there was the squinty eye with the cast over its enlarged pupil. "What's wrong with her eye?" I asked the cat shelter lady. The cat shelter lady said Molly had had an abscess, but she was fine now. The cat shelter lady failed to mention Molly's pathetic depth perception, the result of severely impaired vision. So Molly is clumsy. At first, she bumped into things, and she miscalculated when she leapt from floor to windowsill. With time, though, she learned how to navigate in her new house. And, squinty eye or no, we think Molly is very pretty.

But then there was the squirminess. When I brought Molly home, she had intestinal illnesses that we had to treat with big white pills and sticky, yellow, minty smelling liquid. Well. We wore gloves. We wrapped her in a little towel. We wrapped her in a big towel. No matter what we did, she wriggled from our grasp and spewed bits of white pills and sticky, minty liquid all over us.

Somehow we stuffed enough medicine into Molly to cure her intestinal ills. But we've never cured her of her squirminess. Now, I've had a long parade of cats, and I know how they are supposed to behave. When I sit down to read, a cat is supposed to jump onto my lap, curl into a ball, and purr. My other cat Frodo has always known that snuggling and purring are big parts of his job. He seldom disappoints. Molly, on the other hand, will follow me all over the house, chase the tops off milk bottles in silly and engaging ways, charge up the stairs ahead of me singing, "prrrrt," and settle down nearby when it's time to read. But she will not, will not, sit on my lap.

I tried to make Molly over into the cat I thought she should be. But cajoling only exacerbated her squirminess. Maybe it's because she lived the first two years of her life on the streets and then in an animal shelter. Maybe she's just Molly. Who knows?

What I do know is that Molly reminds me that expectations often trip me up. No matter what I do, life will never turn out exactly the way I expect it will or should. When I expected Molly to conform to my notion of a cat, I wound up disappointed. But, when I cast aside my expectations and made the effort to know and accept Molly on her terms, the gift of her happy, friendly personality was my rich reward. She's not the perfect cat. She's something even better: Molly is Molly, and that's blessing enough

2018: After 15 years with us, Steve and I had to put Molly down May 21. She had developed incurable cancer of the jaw. Until the end, she continued to be consistently happy. How I miss that happy little spirit greeting me at the end of a long day!

Molly eventually got less clumsy with time. In our old Massachusetts house, she even learned how to climb up onto exposed beams in the living room and leap from beam to beam (a nearly heart stopping performance)!

But Molly's biggest lesson? Love. Our family offered her love, patience, and acceptance. Then more love. Over the years, Molly developed into the friendliest cat I've ever known. I frequently preach about love. Molly was one of my greatest teachers, embodying the truth that love, patience, and acceptance can heal. Thank you, Molly, for teaching me.

Love, Sylvia



COMING SOON! CHALICE CIRCLES!



Connection | Caring | Community

Advance notice: The September newsletter will contain particulars for signing up for this coming year's Chalice Circles. Please look for that article and be ready to sign up! Chalice Circles will start in October.

What's a Chalice Circle? I'm glad you asked, because if you are looking for a way to get to know church members

on a deeper level, Chalice Circles might be just right for you. They are monthly, facilitated adult groups that follow a curriculum designed to help people to draw closer to one another, to nourish hearts and spirits, and to engage minds in stimulating conversation. We have several Chalice Circles that meet from October to June and one for warm weather friends, which meets April to September.

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* during the year by creating an environment where deep listening can occur. And groups *work for justice and care for the earth* by performing two service projects during the year.

What is required of you? First, we ask you to commit to attending the meetings. Second, we ask you to listen deeply to the people in your group and to share from your own experience. That's it. So, look for the September newsletter! We hope to welcome you into a Chalice Circle.

Sylvia Stocker



Larry Lemmel

At June's annual meeting, the Board of Trustees chose to award Larry for his extraordinary service to the congregation over the years. The text of Larry's award read as follows:

The Unitarian Universalist Church of Brunswick recognizes and thanks Larry for many years of stellar service to the congregation. Whether working on strategic plans, leading congregational conversations, serving on the Board, providing pastoral care, playing piano for us in numerous settings and occasions, creating and planning educational opportunities, leading Stories with Soul, conducting the Merrymeeting Singers, leading worship services, cooking for the homebound, (*and more!*), Larry has served with distinction, bringing a thoughtful, committed voice to our congregation. We appreciate him not only for his hard work – his steady hand on the tiller – but also for his vision, insight, and wisdom. For his dedication and leadership, we say thank you.



We will miss you, Larry!

WORKING FOR JUSTICE

AUGUST'S CHARITY WITH SOUL

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.

BRUNSWICK AREA TEEN CENTER UPDATE



Thanks to the fantastic coordinator, Jordan Cardone, the TC is flourishing this summer, has adjusted to a new summer schedule and a wide variation in the number of kids attending. The efforts of the UUCB Teen Center support group are ongoing. Funds that were collected on the first Sunday in July will provide at least one meal this month and the remaining money will provide some of the snacks needed to keep these kids going!

We will continue our First Sunday of the Month collection on August 5 and plan to pursue this process throughout the year, perhaps gearing our collection efforts in the fall to funds for school supplies, etc.

Our thanks to all who have contributed and helped to make this a successful effort to provide support to the teens in Brunswick.

Joanne Allen, Carol Briggs, Cuffy Chase, Sue Ellen Damour, Pat Moore, Susan Snow, Susan Thorner, Betty Wurtz

Sunday, August 5th

We will be collecting:

SNACKS

such as apple juice, lemonade, Goldfish, Cheez Its and other crackers, chips and salsa, and cake and brownie mixes (in sets of 2 to feed 20 kids)

and

CASH

pocket change, paper money or Hannaford cards



WORKING FOR JUSTICE



14th Annual Peace Fair

Imagine A World Without Nuclear Weapons

Saturday, August 4, 2018
10am - 3pm • Brunswick Mall

Free and Open to Everyone

10:00am • Opening Ceremony

10:30am - 2:30pm • Activities

- Conversations
- Arts & Crafts
- Displays

See what groups are doing

- Petition & Letter Writing

1:00-3:00pm • Music

- Local Musicians
- Community Sing Along

2:45pm •

Closing Ceremony



Illustration by Charlotte Agell

www.peaceworksbrunswickme.org

UUCB GARDEN UPDATE

This summer we are reaping the benefits of volunteer interest and labor! Our thanks to those individuals who donated plants and stones from their own gardens last year and thanks to the many volunteers who have helped with weeding, planting, placement of stones, pruning and more weeding.

At the rear of the church we have not only lilac and bridal wreath bushes, daylilies, a Montauk daisy and a Weeping Cherry tree but also, thanks to seeds sown by some of the RE kids, we have a prolific pumpkin patch with pumpkins already beginning to form.



The west side of the church is a colorful mixture of perennials, annuals and rosa rugosa and yew bushes as well as 2 purple cherry trees and 1 purple beech. Here again, the RE kids have left their mark with the multi-colored marigolds that they planted in the late spring.



On the north side the spent leaves from the beautiful stand of spring daffodils are drying out before they are removed, but the astilbe, Japanese mint and holly bushes are providing texture and color.



And at the corner the juniper are spreading out and are bordered with a combination of annuals and perennials.

UUCB GARDEN UPDATE

And the east side of the church, though not flowering at the moment, is beautiful too. Check it out sometime.



Once again we owe many thanks to all who have contributed in the effort to make the UUCB gardens as attractive and interesting as they are! If you are interested in being on the "volunteer gardener" list and/or have ideas as to what plants we might include in another year, please contact me. *Cuffy Chase <cmc1322@gmail.com>*

GARDENING AT BRAD'S

Dear friends,

If you know of anyone who might like to garden in the Brunswick area but do not have acreage of their own, I am offering my three acres free of rental charges for their use. I have perennial beds, raspberries, high bush blueberries, blackberries, an overgrown strawberry bed, fenced-in vegetable garden, kiwi vines, hazelnut trees, an herb garden, shade garden, Concord grape vines, elderberry bushes and a big compost pile along with gardening tools for their use. I would love to see them cared for and the products used by those who love plants as I am not able to care for them. I invite any interested parties to call Brad Mitchell at 729-4062 for an in-person introduction.

Brad



FOOD AND FELLOWSHIP IN AUGUST



RESERVATIONS FOR 8 Wed, August 15 @ 6pm

Reservations will be made for you at **Henry and Marty's** for **6pm**. The Signup sheet will available at coffee hour or contact Carol Drake: taffydrake@gmail.com.

If you wish to suggest a restaurant, please email taffydrake@gmail.com or sedadamour@msn.com with subject "Reservations for 8".

MEN'S LUNCHEON Wed, August 29

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. The July luncheon was held at Little Tokyo. The August 29th luncheon will be announced in the upcoming Orders of Service. For details, contact Jim Michaud at michaudjim33@gmail.com.

CONCERTS FOR A CAUSE



ELLIS PAUL

SEPTEMBER 29

7:30 PM

Back by popular demand, Ellis Paul, one of Maine's most lauded singer-songwriters, will perform again for the Concerts for a Cause series on September 29th at 7:30 pm.

Born and raised in Aroostook County, Paul has a literate, provocative and urbanly romantic folk-pop style that helped ignite the folk revival of the 1990's. Not only has Paul won 14 Boston Music Awards, but

he is an artist/cartoonist, has published 3 books, played thousands of shows and released 19 albums and a documentary film. His pop music songs have appeared in movies and on television, bridging the gap between the modern folk sound and the populist traditions of Woody Guthrie and Pete Seeger. In 2015 Paul was invited to give the commencement address at the University of Maine and was given an honorary doctorate.

As **Roberta B. Schwartz** states in her review in the Folk and Acoustic Music Exchange, "Ellis Paul is one of the best singer/songwriters of his generation. And for many of us he is the face of contemporary folk music—few are as smart, as literate and as poetic as Paul."

Indeed, he is all that, and in a very real sense, even more. He's an observer, a philosopher, and an astute storyteller who shares with his listeners the life lessons he's learned, and in turn, life lessons they ought to heed as well. By affirming and defining who he is, Ellis Paul affirms and uncovers the essence of us all.



Ellis Paul performing at the UUCB Concerts for a Cause in March, 2016



Fun Fact
Church member Bree Candland says in her music blog that Ellis Paul is her favorite singer-songwriter. She has seen him 49 times. He **MUST** be good!

CONCERTS FOR A CAUSE

ELLIS PAUL (CONTINUED)

TICKETS

\$20 in advance, \$22 at the door.

Tickets will be available in the middle of August after church services, or at the church office or Gulf of Maine Books. They have already started selling online at <http://uucbellis.brownpapertickets.com>.

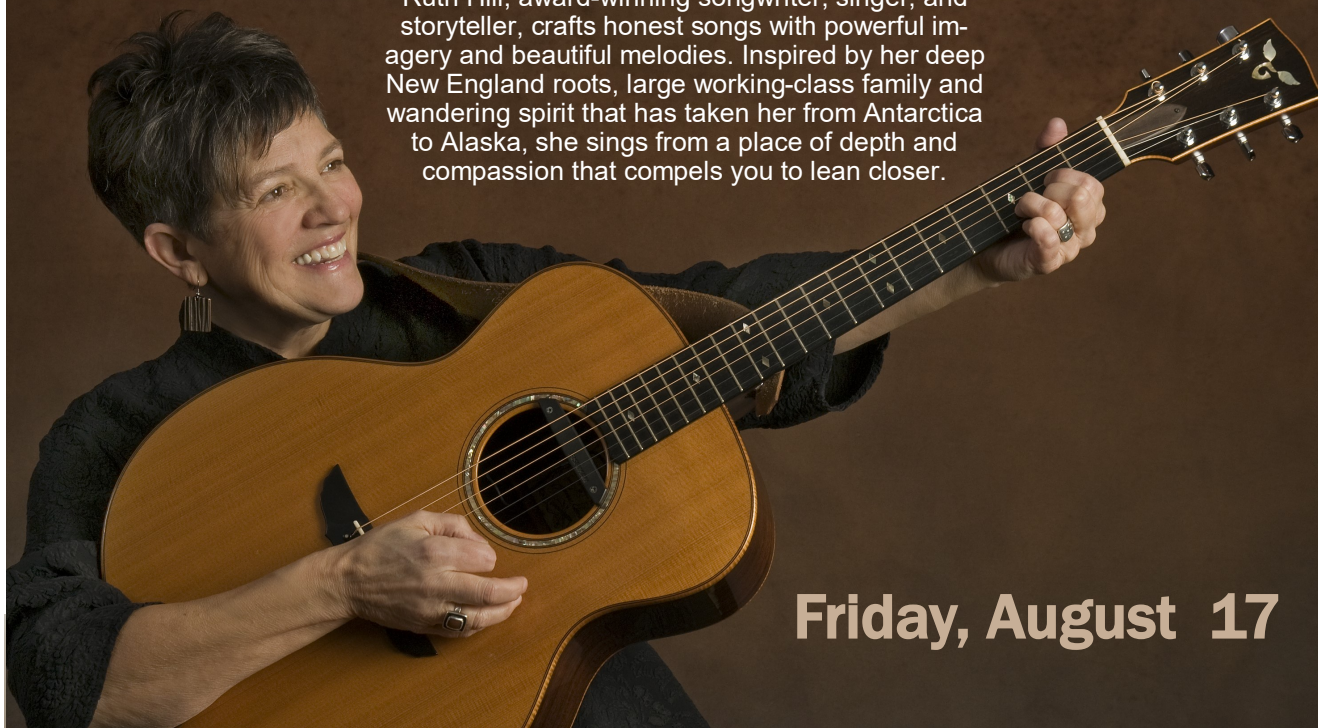
REFRESHMENTS NEEDED

This concert will have a big audience, so we need lots of goodies. Please sign up after church or contact Sue Michaud (michaud_susan@comcast.net).



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

Ruth Hill, award-winning songwriter, singer, and storyteller, crafts honest songs with powerful imagery and beautiful melodies. Inspired by her deep New England roots, large working-class family and wandering spirit that has taken her from Antarctica to Alaska, she sings from a place of depth and compassion that compels you to lean closer.



Friday, August 17

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.

AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>SAN = Sanctuary FEL = Fellowship Hall WBR = Wendall Berry MSR = May Sarton Rm MBR = Merrymeeting Bay Room</p> <p>PEN = All RE Space HIL = Hildebrant Rm CAR = Carson Room MAN= Mandela Rm CL= Curtis Library</p>		<p>31 9:30 Rental-Daponte: MBR</p>	<p>1 9:30 Rental-Daponte: MBR</p> <p>Sue Michaud's Birthday</p>	<p>2 9:30 Rental-Daponte: MBR 9:30 Memoir Writing: WBR 10 Rental Comm.: MSR 12 Noon Deadline: "This Week" & OOW</p>	<p>3 Teford Shelter Meal</p>	<p>4 10 AA Rental: MBR</p> <p>Office Closed</p>
<p>5 10 Church Service NO RE Classes 2 Larry Lemmel Memorial Service (tentative)</p> <p>Office Closed</p>	<p>6 9:30 Rental-Daponte: MBR 6:30 12-Step Food group: MBR</p>	<p>7 9:30 Rental-Daponte: MBR 10 New Mainers Steering Group: MSR</p>	<p>8 9:30 Rental-Daponte: MBR 4 UU Christian Group: MSR</p>	<p>9 9:30 Rental-Daponte: MBR 12 Noon Deadline: "This Week" & OOW 7:30 Daponte String Quartet Concert</p>	<p>10 4-7 Brunswick Art Walk</p>	<p>11 10 AA Rental: MBR 2 Hope Russell Memorial Service</p> <p>Office Closed</p>
<p>12 10 Church Service NO RE Classes 4 Maine Moms Demand Action: MBR</p> <p>Office Closed</p>	<p>13 9:30 Rental-Daponte: MBR 6:30 12-Step Food group: MBR</p>	<p>14 9:30 Rental-Daponte: MBR 4:30 Finance: MSR 6:30 Stories with Soul: WBR 7:30 Pastoral Care: MSR</p>	<p>15 9:30 Rental-Daponte: MBR 6 Reservations for 8: Henry & Marty's</p>	<p>16 9:30 Rental-Daponte: MBR 12 Noon Deadline: "This Week" & OOW</p>	<p>17 7 Side Door Coffeehouse Ruth Hill</p>	<p>18 10 AA Rental: MBR 7 Venti Cordi Concert</p> <p>Office Closed</p>
<p>19 10 Church Service NO RE Classes</p> <p>Office Closed</p>	<p>20 9:30 Rental-Daponte: MBR 6:30 12-Step Food group: MBR</p>	<p>21 9:30 Rental-Daponte: MBR 2 Savvy Caretakers: WBR 7 Chalice Circle: WBR</p>	<p>22 9:30 Rental-Daponte: MBR</p>	<p>23 9:30 Rental-Daponte: MBR 10:30 Bldg & Grounds: MSR 12 Noon Deadline: "This Week" & OOW</p>	<p>24 5 Parish Messenger Deadline</p>	<p>25 10 AA Rental: MBR</p> <p>Office Closed</p>
<p>26 10 Church Service NO RE Classes</p> <p>Office Closed</p>	<p>27 9:30 Rental-Daponte: MBR 6:30 12-Step Food group: MBR</p>	<p>28 9:30 Rental-Daponte: MBR 6 Rental-Essential Oils: MBR 6:30 Stories: WBR</p>	<p>29 9:30 Rental-Daponte: MBR 12 Men's Luncheon: TBA</p>	<p>30 9:30 Rental-Daponte: MBR 12 Noon Deadline: "This Week" & OOW 7 Veterans for Peace: MBR</p>	<p>31</p>	<p>1 10 AA Rental: MBR</p> <p>Office Closed</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 September Parish Messenger is **Friday, August 24th**.