



Parish Messenger

Unitarian Universalist Church of Brunswick

March, 2019

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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

Unitarian Universalist Church of Brunswick

STAFF

Rev. Sylvia Stocker, Minister
 Rev. J. Bradbury Mitchell,
 Minister Emeritus
 Taryn Walker,
 Consulting Sunday School Coord.
 Stephanie Bernier,
 Music Coordinator
 Heidi Neufeld, Choir Director
 Derek Herzer, Choir Accompanist
 Shirley Bernier, Office Administrator
 Tony Sukoski, Sexton

Sunday Worship Services at 10:00

March 3 Mercy, Me Rev. Sylvia Stocker
 "Mercy" is a word I don't hear much. But maybe it would behoove everyone to consider it more. Music by the choir conducted by Heidi Neufeld and our accompanist, Derek Herzer, will be playing 4-hands piano with one of his colleagues!

March 10 The Whole Point of Giving Up Rev. Sylvia Stocker
 On the Christian calendar, Lent starts today. Many of our Christian friends have a spiritual practice of giving something up for Lent. Why? What might we gain when we give something up? Music by Derek Herzer.

March 17 Journey Rev. Sylvia Stocker & Taryn Walker
 A multi-generational service to explore the Sunday School's theme of the month: Journey. Led by Rev. Stocker and Taryn Walker. Music by Shirsten Lundblad & Annegret Baier (2 members of Inanna & Sisters in Rhythm).

**March 24 My Journey, My Choices, My Life Odette Zouri
 & Working for Justice**
 We welcome Odette and her children Orlane and Ashken who came to the United States seeking asylum 2 ½ years ago. They have had a long journey from their home in Burkina Faso to New York City to Portland to their present home in Bath. Music by Derek Herzer.

March 31 Small Change Rev. Sylvia Stocker
 The lion's share of our church budget relies on the congregation's generosity in annual pledges. Every year we take a look at the spiritual benefits of giving. Music by the choir, conducted by Heidi Neufeld and accompanied by Derek Herzer.

RELIGIOUS EDUCATION

Starting Our Journey with Taryn

Our religious education theme for March is “journey”. We are extremely excited to have begun our new journey with Taryn Walker at the helm as Consulting Religious Education Coordinator. She brings with her a strong skill set and passion for motivating people to work together.

Taryn recently moved to Brunswick with her new rescue dog Tucker. She has been hired to work 10-15 hours a week including 3 Sundays a month through the end of May. She will work with the Religious Education Committee to sustain, revitalize and grow the religious education program. Taryn will oversee communication and orientation of our young families, and work to involve them more directly in the implementation and development of our program.

Taryn received her M.S. in Educational Philosophy from Leslie University in Cambridge, Massachusetts. She has worked for several Educational and Travel organizations in training and supervisory capacities, and facilitated team-building and mentor programs. She also served as a coach/facilitator for the Restorative Justice Institute of Maine. Most directly applicable to her work with us, Taryn was the Director of Education at Allen Avenue Unitarian Universalist church, where she supervised over 80 adults, maintained the records and budget, and developed policies and procedures. Currently she is involved in creating/leading travel experiences around the world to promote personal and cultural empowerment.

Transitions

Life is a wondrous journey, with ebb and flow, coming and going. In comes a snowstorm, out goes Nicole, out goes Sylvia on winter break, in comes Taryn. Feel like you missed a chance to personally say goodbye to Nicole after her 10 wonderful years of service? Not to worry. Through the month of March, you can give any cards or scrapbook entries to our Office Administrator Shirley Bernier, and she will mail them to her.

I'd also like to thank Cathey Cyrus and Betsy Williams who jumped into action in literally a matter of hours, to pursue our lead with Taryn. They interviewed her twice, and within a matter of days made a proposal to the Board.

We're Looking for Guides

Religious Education at UUCB needs YOU! A great way to start your journey is as a Guide. A Guide is an adult volunteer whose major responsibility is to gather the children for opening circle, a 10-15 minute ritual involving no lesson plans or preparation. It's fun and easy! Come sit in on a meeting, talk to Taryn or a committee member: Cathey Cyrus, Sienna Dode, Diana Embler, Nathan Haynes, Jean Lay, and Betsy Williams.

— Sienna Dode for the RE Committee

March RE Activities

March 3	Annual Pool 'n Pizza Party Bath YMCA
March 10	Youth Group
March 17	Intergenerational Worship Service
March 24	Youth Group
March 31	Tedford Shelter Make-the-Meal

HOW TO REACH US

The Unitarian Universalist Church of Brunswick

PO Box 129, Brunswick ME 04011

(207) 729-8515

UUBruns@gwi.net

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

Shirley Bernier, Office Administrator

Rev. Sylvia Stocker, Minister — 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. Please call ahead to schedule a meeting. In an emergency, call her anywhere or any time. (Consult the church directory for her home number.) For routine church business, please call Rev. Stocker at the church.

MINISTER'S MUSINGS

This month the Sunday School is taking up the topic of "journey."

Long ago, when I was five, my family took a three-week trip out west: my parents, my two older brothers, the family dog, and me traveling in the Ford Edsel station wagon. We saw all kinds of wonders: Yellowstone National Park, the Rocky Mountains, and the Grand Canyon. We rented a cabin on a lake in Montana, where my dad and brothers went fly fishing and I played on the dock. (Mom, I am sure, read a book. The dog joined the fishermen in the boat, because that is a dog's job.)

A few days after leaving the lake, we picked up a newspaper and discovered an enormous earthquake had struck Yellowstone Park, sending huge shock waves through many western states. The lake where we had stayed was affected; the cabin we had occupied just a couple of days earlier was now underwater. The woman who owned the cabins had walked for miles and miles with her dog to get help.

Well, I was little, don't forget. When we returned home from all that excitement, one of the neighbors asked me, "Where did you go, Sylvia?" In full honesty and sincerity, I answered, "I went in the back seat."

You never know what will happen when you set out on a journey. You don't know what you will encounter or what you narrowly miss. Sometimes you don't even have a full understanding or appreciation of where you have been. All you know is that you are going.

Even the best laid plans can go awry. You think you're headed one way, and an earthquake can strike your life, sending you off in a completely different direction. Sometimes you have to walk for miles, figuratively (sometimes even literally!), before you tread on firm ground again.

That's true whether you are journeying to a physical destination or setting out to explore the inner regions of heart and soul. All kinds of surprises may await. Some may be joyous and serendipitous. Others may be tragic and painful. Chances are your journeys through life will contain a mixture of welcome and awful surprises. You just never know. Isn't that life in a nutshell?

Regardless of our journeys, I think one thing our church can offer is a community of people who will, in a figurative sense, "walk with" us as we go through life. Arms to hold us when we're bereft. Ears to listen when we're confused. Truth-telling to let us know when we are about to walk into a wall. Laughter and smiles to offer us when fortune favors us. We can offer that to one another.



One of my favorite poems of comfort is by Rami Shapiro:

Unending Love

We are loved by an unending love.

We are embraced by arms that find us
even when we are hidden from ourselves.
We are touched by fingers that soothe us
even when we are too proud for soothing.
We are counseled by voices that guide us
even when we are too embittered to hear.
We are loved by an unending love.

We are supported by hands that uplift us
even in the midst of a fall.
We are urged on by eyes that meet us
even when we are too weak for meeting.
We are loved by an unending love.

Embraced, touched, soothed, and counseled,
Ours are the arms, the fingers, the voices;
Ours are the hands, the eyes, the smiles;
We are loved by an unending love.

As we carry out our individual journeys, may
all of us feel the comfort of unending love.
May we be there for one another when we
most need love's embrace.

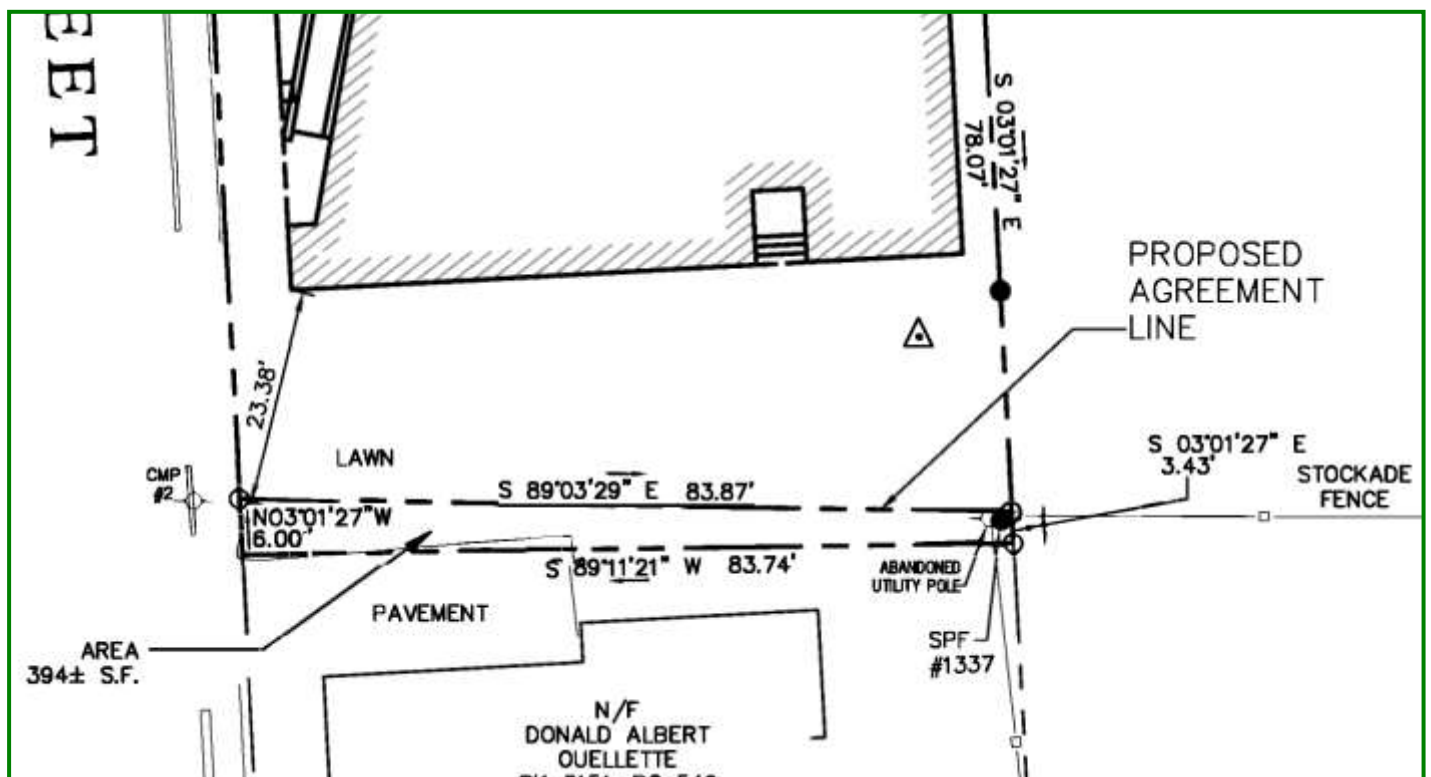
Love, Sylvia

FROM THE BOARD CHAIR

Property Update

It started last July—the saga of #9 Middle Street. After exploring the property, we decided not to negotiate to purchase the building, but instead to see whether it might be possible to buy part of the land between our two buildings. Much to our surprise, in that process we discovered that we actually owned the land already. In fact, we owned part of the land being used by the owners of 9 Middle Street. Thus began a complicated series of steps culminating in a final Boundary Agreement approved by the congregation and signed by all parties on February 19, 2019. Here's the updated survey section between the RE end of the building and the neighbor's house:

According to the realtor representing the sellers, a young couple will be purchasing the property and begin working on rehabilitation. I look forward to meeting our new neighbors!



Increasing Our Capacity to Serve

At our March meeting the Capacity to Serve task force will begin a process called SWOT Analysis. “SWOT” stands for Strengths, Weaknesses, Opportunities, Threats. We will be looking at the UUCB Mission Statement through this lens. After an initial period of study within the task force group, we will organize ways for the entire congregation to participate. We can all be thinking about it in the meantime. Take a minute to look at the mission statement printed in the Order of Service and page 1 of this Parish Messenger. What do you see as our SWOT?

Church Council Mission

The Board's other goal for this year is to Clarify the Mission of the Church Council. A “summit meeting” of church leaders is scheduled for April 7 at 11:30 to work on this goal.

— Glenn Williams, Board Chair

CONGREGATIONAL HEART BEAT

Joys, Sorrows and Concerns

The following joys, sorrows, and concerns were recorded in our congregational notebook, which is available to write in every Sunday before the church service.

Joys:

On January 27, an anonymous person celebrated the end of the government shutdown; Bowdoin's women's basketball team, which is first in the nation; and the clear blue sky of the morning, especially after we had to cancel church the previous week because of a snow storm.

Gratitude to Steve Black and Shenna Bellows who, in leading the service on February 10, brought awareness of the Holocaust Human Rights Center's efforts to end hatred and violence in our area and beyond. Gratitude as well to the DaPonte String Quartet who played for that service.

Steve Black reaffirmed his deepest love and devotion to his partner, Sally Horne, as well as his appreciation for her encouraging him to continue to honor his deceased wife.

Meg Barker wrote that the sun and light is her joy.

ED. NOTE: Rev. Sylvia Stocker compiles this list of joys, sorrows, and concerns monthly for the Parish Messenger. If you would like your news reported (and you haven't left a message in the book on Sunday), please contact Sylvia.

Affordable Housing Action Meetings:

Curtis Memorial Library in Brunswick will be hosting public meetings for those interested in taking action on affordable housing in our region on Monday **March 11 and Tuesday March 12. Both meetings will be 6:00– 7:30 pm in the Morrell Meeting Room.** The meetings will be similar each night, so come to one or the other to learn more, discuss specific actions, or pitch an idea and find teammates.

Correction

The February edition of the Parish Messenger included a promo for a Derek Herzer concert. As much as we love to hear him play, that event took place last year. Oops.

Church Ministry Survey

The Committee on Ministry has designed a comprehensive survey for the congregation which will help us assess the congregation's understandings and feelings about the effectiveness of the greater ministry of the church. Think of the "ministry of the church" as the work done by any and all of those involved with the church in support of the church's mission.

Expect to see an email invitation to take the Survey Monkey survey in early April. Paper copies will be mailed to those without email or internet access. We hope to get responses from everyone!

Please invest a little time to help guide UUCB leaders into the future. We need to hear from YOU!

YOUTH GROUP

Youth Group Update and Request

Over the past six months, Youth Group has been participating in a program called *Families*, a curriculum that is offered through the Unitarian Universalist Association's Tapestry of Faith. Our small yet mighty group has been looking at families through the lens of our UU Principles, aiming to broaden and deepen respect, appreciation, and care for different kinds of families.

As part of the program, our youth are planning to create a collaborative visual representation of families from our congregation. Their plan is to photograph families, who will then have the option of participating in a brief interview about their family life. At the end of the program year in the spring, the congregation will be invited to a gallery-like opening that will present the display. We would be grateful for your participation in this project!

We're asking families from our congregation to join us for a **photo shoot. Your family can choose either date: March 10th or March 24th.** The photos shoots will take place in the RE classroom area, following the service on both of those dates. If all of your family members aren't present for the photo shoot, you are welcome to bring in a photo of whomever is missing or an object that reminds you of the missing family member. Your family may also choose to bring in an object that has great meaning to you so that we may include it in the photographs. There will be signup sheets in the Fellowship Hall following the services on February 24th, March 3rd, and March 10th. We look forward to working with you on this fun and worthwhile project! —Erin and Nathan Haynes



This vintage photo of the Haynes family is a great example of the possibilities in the Youth Group project and UUCB Directory as well!

MEMBERSHIP

UUCB Church Photo Directory Coming in the Spring!

The Membership Committee has made arrangements for Lifetouch to create a church directory for UUCB. The directory will contain photos of each family unit and printed contact information. There is no cost to the church.

Each family that is photographed will receive one free 8x10 portrait along with a spiral-bound directory and an option to purchase additional photos. Every family in the church, even those who do not choose to be photographed, will be listed in the directory and receive a mobile directory.

There will be three dates set aside for photo appointments: Thursday, May 30, Friday, May 31 and Saturday, June 1 during daytime and evening hours. Mark your calendars and plan to be in town. More details will follow.

Upcoming Circle Suppers



Save the date for the next **Circle Suppers on Saturday, March 9.** These suppers provide a great opportunity for both long-time and new members to get better acquainted in a comfortable

small group setting. Suppers are informal, "pot-luck" style with the host providing the main course and others bringing appetizers, sides and desserts. Beverages may be provided by both the hosts and guests. We are hoping that there will be interest in hosting a supper that includes families with children. Family friendly suppers are a wonderful way for all ages to become better acquainted.

There will also be a Circle Vegan/Vegetarian Supper. This is a great opportunity to taste and learn about plant based options.

We'll be looking for both hosts and participants. Sign-up sheets will be available in Fellowship Hall.

The contact person for questions is: Leigh Peranteau, 207-725-4874 or leigh763@yahoo.com.

WORKING FOR JUSTICE STEERING GROUP

IMAGINE THAT...

If you are white, it is difficult to imagine what it is like to live as a person of color in our white culture. What would your life be like each day if your skin were not white?

The newly-named group "Reflections on our White Privilege" (formerly Black Lives Matter/Challenging our White Supremacy) is inviting you to imagine yourself in potentially uncomfortable situations.

Starting March 10, we will present a weekly scenario in the Order of Service insert. We ask you to imagine yourself in that situation during the following week and observe your reactions. On April 14 after church there will be a facilitated discussion to share our personal observations.

These are learning opportunities for all of us.

Charities With Soul

The Charity with Soul for March is Oasis Free Clinics. UUCB Member Anita Ruff, Executive Director of Oasis Free Clinics, will be available in the May Sarton Room immediately after the service on **Sunday March 3rd to provide information about Oasis Free Clinics**, to answer questions, and to provide information about volunteer opportunities. See more information about Oasis Free Clinics on page 10.

Midcoast New Mainers Support Group

MNMSG is seeking the contribution of a portable musical key-



board in good working condition for a Congolese family of 9 living in Bath. The whole family is musical, and they love to share music together. Contact Cathey Cyrus for more information.

On Saturday, March 23, from 6-9pm, MNMSG is collaborating with Maine Veterans for Peace to offer a Multicultural Potluck Supper - an evening of great food, music and conversation here at UUCB. Bring a favorite dish to share and join in welcoming new Mainers into our community.

If you would like to help in the planning of this potluck meal, please talk with Cathey Cyrus.

Maine Community Foundation Grant

In Mid-February we submitted a Community Building grant proposal to the Maine Community Foundation. We requested \$3800 to bring speakers and musicians to UUCB and our mid-coast community who will provide opportunities for us to see the depth and impact of our participation in a culture burdened by systemic racism, white supremacy and white privilege. We will hear the outcome of our proposal by June.

Teen Center Update

- First Sunday donations are still in full swing. We are collecting snacks as well as unsolicited cash and checks. Many of the donations are from repeat individuals.
- We are still providing one lunch a month. Thus far we have brought sandwich material, chips, fruit and cookies. Recently, we thought we would like to vary our lunches for them and created a checklist of a variety of food items that we thought the kids might like. We have the completed sheets back and are collating the results and will brainstorm with each other as to how to proceed.
- Last month the TC put out an appeal for a couch since one of theirs was past the repair stage. Since we have a connection at the Habitat Restore and receive a 25% discount, we found a suitable couch, paid for it from our "treasury" and organized with Jordan to come to pick it up.
- Since Jordan cannot always get to the Concerts for a Cause to host a table, we offered to host the table for her and did so at the concert on February 2.



**Teen Center
First Sunday Collection
March 3**

PLEDGE DRIVE 2019-2020

It's pledge time! Our UUCB Pledge Committee 2019 has chosen "Celebrate, Support, Give" as our catch phrase to describe the virtual "trip" we'll take to reach this year's financial goal. We'll "Celebrate, Support, and Give" until we arrive at our destination, \$250,000 with 100% participation by members and friends. Here are some reasons why we are confident that this trip will be successful.

Celebrate

Celebrate? Yes, we have much to cheer about. We have risen from the embers of the 2011 fire, we raised \$1.4 million to build our functional and energy-efficient church building with no mortgage, we have maintained our exceptional staff and are proud to ensure that their salaries and benefits fit into the range recommended by the Unitarian Universalist Association. For many years we have met our annual obligations to the UUA. Our committees of volunteers have achieved Green Sanctuary status in our building and operations. We have established an Open and Affirming status regarding race, as well as sexual and gender preferences, and a "Black Lives Matter" initiative with a sign to announce this concern to the greater community.



Our educational, literary and artistic programs are enriching. We carry these accomplishments with pride as we strive to raise the necessary funds to continue such work.

Support

Support? UUCB Membership Committee supports and demonstrates care and concern from folks' first visits to Sunday worship services until they are integrated into our church life. The Sunday they are received as new members marks the beginning of their support to the church in all areas. Our membership has grown significantly in the past 10 years. Our various committees are involved in outreach programs in the greater Brunswick area and beyond, including our sharing of the weekly collection through Charities with Soul, the earnings of Concerts with a Cause, and projects administered by the Working for Justice Steering Group. Again, we want to maintain these support services, which are so important in our church life. Please visit our website to learn of our many further efforts of support and consider their value in the services we provide as you make your pledge decision.

Give

Give? There are many ways to give including volunteer work for the church, and all are crucial. However, the annual pledge drive is our focus today as we prepare to maintain and grow our funds that are the means of maintaining our church building, staff, and all that happens within.

Ask yourself: How much should I pledge? What are the church services and functions that make me proud to be involved at UUCB? Examine your personal finances. Try out various amounts in your budget. Your final decision should not detract from your lifestyle, but undoubtedly there are small deductions you could make such as fewer Starbucks coffee stops and

Continued on the next page

PLEDGE DRIVE

fewer meals out, which could add up to a more significant pledge. Your financial gift to the church should “feel good.” You want to contribute enough that you feel you’ve made a difference within your means. Be informed, ask questions, study the pledge materials, especially the charts that show the danger in making cuts to the budget. The only possible cuts would impact staff salaries and related programs that make us the church we are today.

That’s the Why, This is the How

The 2019-’20 Annual Pledge Drive begins in early March with a packet mailed to each member and friend. The packet includes our introductory Pledge letter, a brochure containing financial details in the form of charts and descriptions to help you understand the funds needed to finance our church’s operations, and the necessary forms and instructions to submit your pledge.

You can also use the online form:

www.uubrunswick.org/2019-2020-pledge-drive/

Each Sunday Bulletin during the pledge drive will contain a brief article on a specific budget item. Testimonials will be given by individuals and committees from the pulpit. They are influential stories to promote pride in belonging to UUCB. Study all pledging materials! We hope to inspire commitment to our church and financial generosity to ensure a smooth transition to the new fiscal year. The pledging process will end in mid-April and be completed on June 9 at our Annual Meeting when a vote on the proposed budget will precede a gala celebration.

Celebrate, Support, Give!

UUCB 2019-2020 Pledge Committee

Mary Larson, marniel@windstream.net
 “Cuffy” Chase, cmc1322@gmail.com
 Cindy Parker, cindyparker48@gmail.com
 Paul Peranteau, paul@benjamins.com
 Jon Allen, jonathanallen1@outlook.com
 Janice Thompson, jt@janicethompson.net
 Sally Horne, sally.xwindfarm@gmail.com

FACTS FROM THE TREASURER

Required Minimum Distribution and UUCB

If you are 70 ½ or older and have an IRA (not a Roth IRA), you know about the required minimum distribution, but did you know you can make a donation to UUCB from your IRA and it will be tax-free? The money counts toward your required minimum distribution but isn’t included in your adjusted gross income. (And you make UUCB very happy.)

You can get further information by Googling:

[Required Minimum Distribution and Charitable Contributions](#)

ADULT EDUCATION

DNA Stories

The Adult Education committee has taken a mini hiatus to regroup after the loss and guidance of our chairman Larry Lemmell last summer. We have a plan for March and April and will be back in full force in the fall.

On Sunday March 31 at 11:30 there will be a discussion called Exploring DNA: Our DNA Stories. This is currently a hot topic. We expect there are parishioners who have had experience exploring their ancestry and DNA. We hope they will be willing to share. Our member, Nancy Meikle has done considerable research in this area and will guide our discussion.

We have also reserved the sanctuary after church on Sunday April 28 for further exploration of this subject and the basics of DNA testing.

— Martha Lentz

Suggested reading:

Finding Family: My Search for Roots and Secrets in My DNA by Richard Hill - 2017

Swabbed and Found: An Adopted Man’s DNA Journey to Discover His Family Tree by Frank Billingsley - 2017

The Stranger In My Genes: A Memoir by Bill Griffeth - 2016



March Charity with Soul



You may be eligible for our free medical, dental and prescription assistance services.

Call us at 721-9277 if you are:

- An adult between 18 – 64
- Have no health insurance
- Make less than \$24,120 each year, if single

For more information:

Call: 721-9277

Email: oasis@oasisfreeclinics.org

Web: www.OasisFreeClinics.org

We serve the towns of:

Arrowsic
Bailey's Island
Bath
Bowdoin
Bowdoinham
Brunswick
Durham
Freeport

Georgetown
Harpwell
Orr's Island
Phippsburg
Richmond
Topsham
West Bath
Woolwich

The mission of the Oasis Free Clinics is to provide free medical and dental services to low income, uninsured adults living in Freeport, Brunswick, Harpswell, the Islands, Durham, and all of Sagadahoc County. We also assist low-income adults who may have insurance but are unable to afford their medication, to access free and low-cost medications. We are in one location, which has increased efficiency and care coordination. Services are provided by our small staff, as well as our network of 65 volunteer medical, dental, and mental health providers and administrative volunteers.

Through our medical clinic, we provide comprehensive primary care five days each week, and treat a wide range of medical issues for our 600 patients. Through the Community Prescription Assistance Program, Oasis helped patients obtain almost \$1.3 million in free medicine from pharmaceutical companies in 2018.

In 2018, Oasis provided 123 dental and 33 hygiene clinics, helping 250 people. The value of these services was \$435,447.

Our Free Services

Medical Services

- Adult primary care
- Health screenings
- Women's health
- Help with heart disease, diabetes, etc.
- Referrals to specialists

Dental Services (open to our medical patients)

- Cleanings
- X-rays
- Fillings
- Extractions

Community Prescription Assistance Program

- Help getting free medications

Sunday, March 3: After-Service Talk in May Sarton Room

Meet with Anita Ruff, Executive director of Oasis Free Clinics.

Drop in and learn more about this critical service to the community!

WORKING FOR JUSTICE STEERING GROUP

Films for Justice

Hosted by the Working for Justice Steering Group



When young kids in Nazi Germany play American swing music as a form of rebellion against conformity, they find themselves facing tough choices about right and wrong.

Nominated for this film series by Concerts for a Cause.

Saturday, March 23, 2019

3:00 pm

UUCB Sanctuary

*Swing into
Spring!*

*Free
popcorn!*

GREEN SANCTUARY: THE GREEN FOOTPRINT

We are the Plastic People

I recently joined a UUCB task force whose primary goal, just now, is to eliminate plastic from the waste stream, starting with our own plastic waste.

Plastic, if you haven't heard, is anathema to the natural world. It doesn't biodegrade, so it never becomes something you will conceivably want to have in your coffee, your lungs or your bloodstream. It does, however, degrade in sunlight into itsy bitsy microplastics that you likewise don't want in your coffee, lungs, or bloodstream. Unfortunately, it is apparently already there. We are becoming plastic people and are not healthier for the shift.

I decided to get a handle on my own plastic by listing all the plastic in one room of my house and think about why I chose the plastic items rather than a natural material — partly thinking that there couldn't possibly be that much plastic in my green home.

The Inventory

The kitchen has the most stuff in it, so I chose that.

The inventory took a little over an hour and was mind-blowing. I counted 550 (half a thousand, that is) articles of plastic in my kitchen! That didn't count nylon fibers in my jeans or whatever my sweater is made out of, but it did count the vinyl flooring (as one) and the 133 plastic lids on mostly glass jars and bottles, including 44 plastic lids on little, wee spice jars. It turned out I had four knife and scissors sharpeners, mostly plastic, Formica (which is plastic of course) counter tops on all but two work surfaces (wood on the other two), and 68 pens and markers of many colors in my kitchen. I missed a couple of Tupperware-like boxes, but counting buckets, plastic storage boxes, watering pails, storage buckets, and trash cans I had 56 plastic storage containers.

I missed things that first go-round: plastic funnels (5 items), the knobs on my Revereware pans (6), the SodaStream machine which was right in front of me on the

counter(1), the popcorn maker (1), 1 liter measuring pitchers (2), metric measuring cups (2), the slicing machine (1), the plastic parts of the fridge (1 fridge), a set of plastic cookie cutters (6), 2 sets of pumpkin carving tools (8), a small world globe (1), parts of overhead lights and electrical outlets (?), and eight soda straws that arrived in iced drinks (that I didn't dare throw away for fear of one getting rammed up the nose of a sea turtle). (On the good side, none of the 78 chopsticks in the kitchen are made of plastic.) So altogether 591 observed plastic objects in my little ecologically aware kitchen.... If I look again today, I'll probably find even more.

What Can You Do?

One thing I discovered was that there is often not a choice. Quality pots came with plastic handles. Measuring cups are plastic. None are made of bamboo or glass. The electrical outlet in your wall, the wall switch, and the light socket are plastic. No choice.

If I were to replace everything plastic in my house (with what?), I would probably add at least a half ton of plastic to the waste stream, not to mention everything else inex-

tricably attached to the plastic — the steel can opener with its plastic coated handles, the rubber on the bottom of my plastic mixing bowls, the pans & lids with their plastic handles. What about the plastic in the entire electrical system of any building?

Have you noticed that the shell of your car/SUV/truck is plastic? Since it wasn't in my kitchen, it didn't count in this inventory.

On the other hand, if I keep every piece of plastic I own, don't buy any more and don't throw any away, I get off guilt-free and my kids and grandkids can collect the baddy points cleaning up after my death.

Maybe by then, plastic will be regarded as lead paint is today — something you have to get licensed removers to bury in special pits lined with ... uh ... plastic?

— Robin Hansen



THE GREEN FOOTPRINT

Take a photo with no plastic in it in your house

When I finished writing The Green Footprint piece, I thought: This is a lot to read without a visual. I decided to include a photo with no plastic.

Here's an example: A antique wooden chest, an early 20th century Navajo rug, a middle-aged piano, a paper advent calendar, a Shaker box, a home-made footstool, a down pillow. No plastic, right? How about the little corner of the plastic coated piano keys? The plastic outlet cover and its paraphernalia? Oh, right: The white wire is plastic coated, as is the wire of the two spiral-bound books on the shaker box. Hmmm.



See if you can shoot a plastic-less photo in your house—*without staging it*. When you have, email it to me at robinoh@comcast.net, and I'll post it on the UUCB website. Or somewhere.

— Robin Hansen

EVENTS COMING TO UUCB

PLANT-POWERED POTLUCK

Want to improve your carbon footprint? Change to a plant-based diet. There is no better way to reduce your carbon footprint than to eliminate meat and dairy products.

Please join us at the UUCB **Plant-Powered Potluck after church on Sunday, March 16, at 12 noon** in



Fellowship

Hall. Come share delicious plant-based food and camaraderie with us, and explore a plant-based diet as a pathway to better health for our bodies and our planet.

Sorry, no drop-ins, but if you plan to come, please RSVP to Renee Manomaitis at rmanomaitis@hotmail.com by Thursday, March 14.

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.

Women's event

Save the Date!! **On Tuesday, April 23rd, all women of the church are invited** to partake in lunch and good conversation. Details to follow but mark your calendars. Questions? See Penny, Gretchen, or Leigh.

Men's Luncheon

Last Wednesdays at noon:

Feb. 27 (Joshua's) & March 27 (location TBA)

These monthly fellowship luncheons, are held on the last Wednesday of each month with the exception of holidays. All men of the church are welcome. For details, look in the "green sheet" in the Order of Service on Sunday or contact Jim Michaud at michaudjim33@gmail.com.

CONCERTS FOR A CAUSE

SENSATIONAL! PAT COLWELL AND THE SOUL SENSATIONS



As promised, Pat Colwell and the Soul Sensations “rocked the house” on Groundhogs Day. A very appreciative audience was clapping along, dancing in the back, and doing snake dances around the sanctuary. In addition to another fun concert, the event raised around \$1,000 for our church and charities (The Teen Center and the Gathering Place).

CHERYL WHEELER

SATURDAY, MARCH 16, 2019 @ 7:30 PM

Cheryl Wheeler is a renowned and gifted songwriter with a beautiful voice. If you are not familiar with her, you have probably heard her music. She is very respected as a songwriter by her peers, which can be seen by how many of them record her songs. Cheryl's songs have been covered by artists as diverse as Dan Seals, Peter Paul and Mary, Kenny Loggins, Garth Brooks, Melanie, Bette Midler, Kathy Mattea, and Holly Near.

It has always seemed as if there were two Cheryl Wheelers. There is poet-Cheryl, writer of some of the prettiest, most alluring and intelligent ballads on the modern folk scene. And there is her evil twin, comic-Cheryl, a savagely funny social critic. The result is a delightful contrast between poet and comic. She will tell a story that has you rolling in the aisles, and then sing a song that leaves you wiping tears from your eyes. She will talk about some serious current event, and then sing a song that will have you howling with laughter. Her entire concert is an emotional roller coaster.



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

*Get your tickets right away. They're going fast!
And don't forget to sign up for refreshments. We'll need lots!*

SIDE DOOR COFFEEHOUSE



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

MAGIC 8 BALL

No strangers to the Side door, Magic 8 Ball, Ted DeMille, Chris Dombrowski, Ben Hunsberger, and Chris Moore, are a four-piece rootsy folk ensemble — three singer-songwriters and the best bass player in Maine. They bring their unique blend of original songs and deep catalogue covers of the songwriters and artists who have influenced them. Bob Dylan, Van Morrison, Tom Waits, and Richard Thompson might be interpreted, and songs by Chris M, Ben, and Ted will be offered as well. Tight three-part harmonies, great musicianship, and thoughtful arrangements are pillars of a Magic 8 Ball show, as well as the good natured humor they are famous for.



Friday Evening, March 15

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.

UUCB—MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			February 27 12 Men's Luncheon, Joshua's Tavern 7 Longfellow Days "A Literary Legacy" with Pam Burr Smith and Open Mic	February 28 9 Gallery Com 10 Chalice Circle Facilitators 10:30 Building & Grounds 7 Choir	1 Tedford Shelter Meal 9 ALICE Training	2 9:30 AA
3 10 Church Service 10:15 RE PreK-6 11:30 Charity with Soul: Oasis Clinics 11:30 Newcomers Potluck 12:30 Pizza & Pool Party, Bath YMCA	4 Office Closed	5 9 New Mainer Steering Group 4 Membership 7 Worship Com	6	7 4 Working for Justice 6:30 RE Com 7 Choir	8	9 9:30 AA Circle Suppers
10 10 Church Service 10 RE Youth 10:15 RE PreK-6 11:30 Green Sanctuary Com 11:30 Family Photos	11 Office Closed 6 Affordable Housing Action at Curtis Library	12 3 Finance Com 6 Affordable Housing Action at Curtis Library 6:30 Stories with Soul 7 Pastoral Care Com	13 4 UU Christian Group	14 10 Working for Justice planning 1 Chalice Circle 7 Choir	15 Side Door Coffeehouse 7 Open Mike 8:30 Featured Performer: Magic 8 Ball	16 9:30 AA 7:30 Concerts for a Cause: Cheryl Wheeler
17 10 Multi-Generational Church Service K 12 Plant Powered Potluck	18 Office Closed	19 2 Chalice Circle 6:30 Board of Trustees	20 2 Chalice Circle	21 1 Wabanaki REACH 6:30 Midcoast New Mainers Support Group 7 Choir	22 5 Parish Messenger content deadline	23 9:30 AA 3 Working for Justice Film: "Swing Kids" 6 New Mainers Multicultural Potluck
24 10 Church Service 10 RE Youth 11:30 Fam Photos 31 10 Church & RE 11:30 Adult Ed: Exploring Our DNA	25 Office Closed	26 6:30 Stories with Soul	27 12 Men's Luncheon, location TBA 7 Increasing Our Capacity to Serve Task Force	28 9 Gallery Com 10 Chalice Circle Facilitators 10:30 Building & Grounds 5:15 Maine All-Care 7 Choir	29	30 9:30 AA

DEADLINE FOR THE April PARISH MESSENGER - March 22

If you want an announcement or article to appear in the monthly Parish Messenger, send it to , mheath@gwi.net on or before Friday, March 22. The April Issue will be distributed on March 27.