



# Parish Messenger

Unitarian Universalist Church of Brunswick

## April, 2019

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## Sunday Worship Services at 10:00

**April 7                      Mean Cars                                      Rev. Sylvia Stocker**  
*Music by Jud Caswell*

**April 14                      Passing Over                                      Rev. Sylvia Stocker**  
*Music by Janice Thompson.*

**Thursday, April 18 at 6:30      Maundy Thursday Communion Service**  
 Every year, we remember the Last Supper at which Jesus gave the Great Commandments: to love God with heart, soul, and mind; and to love our neighbors as ourselves. Tonight **ministers in our congregation collaborate** to bring you this mystical celebration of community and connection, with particular emphasis on loving and serving. All are welcome, Christian and non-Christian alike. In our increasingly polarized world, let's stand together in loving our neighbors and ourselves. Service led by Sylvia Stocker and Ed McCartan (member of our church and minister of the Popham Beach Chapel), with *music by Louise Gephart.*

**April 21                      Wholeness                                      Rev. Sylvia Stocker & Taryn Walker**  
 Easter and Earth Day coincide this year. At this multi-generational service, we will explore the religious education theme for April: Wholeness. *Music by the choir, conducted by Heidi Neufeld and accompanied by Derek Herzer.*

**April 28                      It's Unconditional!                                      Rev. Deane Perkins**  
 Rev. Perkins speaks about what really matters (i.e. as the theologian Paul Tillich would ask: "What is the Ground of Being?"), and what, at the deepest level of our being human, are we? Unconditional love and compassion are at the core of both questions. Music by Derek Herzer.

### 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 Sulkoski, Sexton

## RELIGIOUS EDUCATION

### Making Our Church Whole

As we turn the calendar to the month of April, the religious education program also transitions into a new theme. This month, we will be exploring the topic of “wholeness”. This theme gives us an opportunity to examine what wholeness means to each of us and how it is important for us all to be whole in mind, body and spirit.

We have exciting activities planned for this month relating to this theme. On April 7th Cathey Cyrus will be leading a workshop based on social justice and on April 14th Sienna Dode will be leading an activity filled with meditation, always a kid favorite! April also brings Easter Sunday on the 21st which is a multigenerational service, and who can forget that Monday the 22nd is Earth Day? The final Sunday of the month will have the kids preparing the monthly Tedford Shelter meal. I think we are cultivating some budding chefs in the RE program!

The Youth Group continues down its path in the exploration of “family” and what that means to them. We will examine how the theme of wholeness relates to family and build a deeper sense of this relationship. The Youth

Group will be meeting on the 7th and 28th to also work on our “family portraits” project which will be on display at the end of the year. Thanks to all the families who have participated in this exciting project.



This past month, the RE Committee, guides, workshop leaders and kids have been busy planning, performing and socializing. The kids filmed the last installment to their much anticipated movie which is sure to be a blockbuster success. We had our annual swim party at the Bath YMCA filled with plenty of splashing, food and fellowship. It was a great turnout with both familiar and new faces. And the RE committee has been busy planning and preparing for the year to come.

This brings me back to the theme of “wholeness” and what it means to us all. Each of us has a unique idea of what makes us whole as individuals. We all value different things that help make us a complete person. As a church, we must also examine what makes this congregation whole. Our church is made up of many individuals with different thoughts, values, insights and experiences. This is what helps make our church so vibrant, active and healthy.

As a member of the RE committee, I invite and encourage members of this church to take this wonderful opportunity to become involved with the kids and youths of this congregation. There are many opportunities to be a mentor, advisor and role model for our kids. As we prepare for the coming year and start developing the RE curriculum, we will be looking for guides, workshop leaders and committee members who have a passion for the children of our church. After all, they are a big part of what makes this church whole.

If there are questions about how you can become involved with the religious education program, please ask one of the committee members (we have dark green ribbons on our name tags). We would welcome the opportunity to discuss the wonderful work that our kids are doing and how we can all be a part of their spiritual growth and learning.

— Nathan Hanes for the RE Committee

## HOW TO REACH US

**The Unitarian Universalist Church of Brunswick**

**PO Box 129, Brunswick ME 04011**

**(207) 729-8515**

**[UUBruns@gwi.net](mailto: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

I grew up in an active Unitarian Universalist family in a town where my church was subject to ridicule and prejudice. Some of my friends, devout Christians from other churches, continually tried to convert me. Their moms worked on me, too. I heard derogatory comments on the school bus and school cafeteria.

Perhaps it is no wonder that I am not in touch with many people from my childhood. I have never returned for a high school reunion, even though one of my best friends from that period of my life was class president, and, as such, the organizer of such events. The memories are too painful.

Even with that history, I cannot begin to imagine what it must be like to be a Muslim in America now. The national hatred borne on the airwaves, through social media, and from person-to-person threats and insults must be horrible. My heart goes out to the children especially and also to refugees, immigrants and asylum seekers who may have thought America was a land of diversity, openness, and tolerance.

What can we do? Speak out when we see or hear an outburst of hatred or misunderstanding. Learn more about Islam. Befriend the Muslim community.

To that last point, befriending the Muslim community, Steve Black solicited donations of flowers to bring to various Muslim communities to show our solidarity with them



and support for them. Many people in the congregation contributed flowers. Steve and Sue Kennedy took them around, along with a card and message of support from us. It was a small gesture, but one that meant a great deal to the recipients. Thank you to everyone who participated.

Sometimes small gestures are all we have at a given moment. But we make those small gestures, hoping they will add up to something. We make those small gestures, too, because they help to prepare us to speak and act when the chance to make a larger impact comes along. So, don't underestimate the impact your small act of caring might have. What you do and say matters – and even small gestures mean and say a great deal.

*Yours in love and solidarity,  
Sylvia*

## SPRING FLOWERS FOR EASTER

Help the Worship Committee festoon the chancel with lovely spring flowers on Easter Sunday, and have a lovely plant to take with you after the service.

Order forms are available after church or at the church office. Complete the form and return it to the office along with payment made out to UUCB.

**The church office must receive Orders and payment by Wednesday April 3.**



## CREATIVITY NEEDED

The Worship Committee is seeking people who may be interested in creating banners to grace the sanctuary from time to time. These banners may be for special seasons, or to depict our church mission or UU principles. If you have ideas or interest, please let us know.

Thank you for your support for our efforts,

*— Cindy Parker, Chair  
Carol Briggs, Stephanie Bernier, Dan Ellis,  
Karl Fattig, Louise Gephart, Val Heath, Pat  
Moore, Wendy Roundy*

## WHAT? DOUBLE SERVICES OH, OH

Well, look. We must be doing something right because many Sundays the sanctuary is full. Problem is, the sanctuary is full to the point of appearing unwelcoming to visitors and newcomers. So we need to do something.

Can we forestall double services? Well, I think so. But it means both learning the dynamics of making newcomers and visitors feel welcome and changing some of our habits.

Research shows that a sanctuary that is 80 to 85% full feels unwelcoming to visitors and newcomers. I know that seems counter-intuitive to those of us who feel at home at UUCB. We've worked hard to make our church the kind of exciting place where people want to be. When the room is full, it feels cozy, friendly, and warm to many of us, myself included.

But visitors and newcomers who don't know us may feel shy about asking us to move in so that they can seat their whole family together. They are often overwhelmed at the sight of a crowd of people, all of whom seem to know each other. What feels comfortable to us old-timers is exactly what feels unnerving to new folks.

While many people waltz in at the last minute, often newcomers arrive last of all. They are unaware of parking issues, so they show up on the late side. Besides, they often don't want to arrive too early because then they will stick out like sore thumbs. Typically newcomers like to sit near the rear of the sanctuary. (It's that sore thumb issue again.)

**Here are some things we can do to we make our sanctuary as welcoming as possible to visitors.**

With the exception of choir Sundays, when the choir takes up the first couple of rows, often the first two or three rows are empty (As in: Empty.) How odd it is, at the start of the service, to gaze out at 30 or so empty seats in front while ushers frantically set up overflow chairs in Fellowship Hall! Now that you understand newcomers feel uncomfortable sitting down front, I'm inviting you (yes, *you*) to sit there instead. You can pat yourself on the back because you are leaving a chair farther back for a newcomer.

Sit beside each other. Oftentimes I see one empty seat separating couples or single folks. Fill in those empty seats so that families who come late can sit together. (You can

talk to each other and deepen friendships that way, too!)

Leave the harvest table to the side of the room. Having the harvest table in the center of Fellowship Hall serves as a roadblock after church. It's hard for everyone to navigate and well nigh impossible for anyone in a wheel chair to get through.

I understand that sometimes people sit in back because of the role they are playing that morning ... usher, backup for the AV booth, etc. Also, some folks have medical reasons for staying closer to the rest rooms and the Wendell Berry room. But if neither of those conditions is true for you, please follow the above suggestions.

Meanwhile, the Board, ushers, Worship Committee, and I are all trying out different ideas for making people welcome on Sundays. If you have some ideas you think might be worth trying, talk to one of us.

The words "double services" elicit groans from nearly everyone, including me. So let's change a few habits. Let's work together to make Sunday mornings the best they can be.

*Thank you,  
Sylvia Stocker*

### In (a few) Other Words...

We'd like to hear some other constructive ideas from the congregation. How do we make our church as welcoming as possible to first time people? How might we get feedback about seating from newcomers? Feel free to email helpful suggestions to [gwilliams024@gmail.com](mailto:gwilliams024@gmail.com)

— Glenn Williams, Board Chair

Over the next few months, the Worship Committee will be experimenting with seating arrangements in the sanctuary, and with table configuration in the community area. So, you may notice some differences from time to time. We welcome your patience and feedback as we try some new things.

— Cindy Parker for the Worship Committee

## 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:

Joanne and Jon Allen are delighted to welcome Graham Jonathan to the family. He is the first grandson!

Barclay Palmer celebrated his 87th birthday at a party with eight of his poetry friends. Barclay's lovely wife, Esther, baked a yummy lemon cake for all to enjoy.

Referencing the most recent UU World magazine, which discusses gender issues, Caroline Evans offers to discuss her personal journey of intersexuality and the transgender experience with anyone who would like to hear a first-hand account.

Ann Spencer attended a wonderful celebration of life in San Diego for her 97-year-old uncle who died just before Christmas. He and Ann had many good trips to Nova Scotia over the years, the last, this past September.

#### Sorrows and Concerns:

Healing wishes to Adair Delamater, who is recuperating following a fall that smashed her right ankle.

Lynn Ellis asks for healing thoughts for her and Dan's son, Dave Ellis, who is under medical care to determine the best way to correct a mitral valve prolapse. He lives in California – a long way from his parents!

Charlie and Carol Evans grieve the death of Charlie's oldest brother, Sam, who succumbed to complications from a major stroke. Charlie's sister Liza was in church with Charlie and Carol when this sorrow was shared. Charlie and Carol say, "Sam will live on in our hearts."

Ron Swanson could no longer be cared for at Sunnybrook, so his family moved him to Edgewood Center in New

Hampshire where he can be nearer to his daughter, April. The family is hoping Ron can return with them to his former Mere Point Road home come summer. Meanwhile, his address is:

Ron Swanson  
Edgewood Center, room 73  
928 Southerner's Street  
Portsmouth, NH 03801

Minister Emeritus Brad Mitchell has moved from Mid-coast Hospital to Maine Medical Center to (now) Marshwood Center, 33 Roger Street, Lewiston 04240. His daughter and grandson have returned to California. Brad would love to have his beloved UUCB friends visit him at Marshwood. (Call first to make sure he is still there. And, remember to ask for James Mitchell when you visit, as Brad is his middle name.)

Carol and Ken Drake returned early from sunny Florida so that Ken could have surgery up here in Maine. (Surgery is now behind him and all went well.)

Ann Spencer recently had three 90+-year-olds in her extended family all in the hospital with heart issues. They are now all home on a "wait and see" basis.

We send our prayers for healing and peace to the people in New Zealand whose lives were shattered by the recent shootings. Steve Black took up a collection of flowers from the congregation, which he and Sue Kennedy delivered to area Muslim communities as a gesture of solidarity and support. Thank you to Steve and Sue as well as to all the people who contributed flowers!

*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.*

### Notes from Members

Ellen Domingos has taken a new job as a real estate agent. She would be happy to chat with anyone who has real estate questions.

Lynn Ellis is now offering cat sitting in your home in greater Brunswick area. She offers reasonable rates. Look for her card on the bulletin board.

## IMPORTANT UUCB OPPORTUNITIES

### Would You Like to Lead a Summer Worship Service?

The Worship Committee is beginning its planning process and invites you (members and friends) to think about leading a service this summer while Sylvia takes her well-deserved vacation. Those of you who have done this before are, of course, invited to return. Members and/or friends who have had some related experience speaking to groups or leading worship in other churches may also be considered. Volunteer worship leaders will be mentored through the entire process by a Worship Associate who will help with the planning and implementation of your service. Summer services this year officially begin on June 16th and run through September 1st--a total of twelve services.

If you have an idea for a service (or a question), please jot it down and send it to Cindy Parker (cindyparker48@gmail.com). Any member of the Worship Committee will be happy to talk with you about the details of leading worship. **Please submit your ideas, questions or requests to the committee by noon on Tuesday, May 7** at the latest so that the committee can finalize their summer schedule at their May meeting. The Worship Committee members — Stephanie Bernier, Carol Briggs, Dan Ellis, Karl Fattig, Louise Gephart, Val Heath, Pat Moore, Cindy Parker, Wendy Roundy — thank you in advance for your participation.

P.S. We're also looking for more people to join us on the Worship Committee. Interested? Talk with any of us.

— *Worship Committee* .

### We Need Your Input

The UUCB Board of Trustees has author-



ized the Committee on Ministry (COM) to distribute a survey to all members and friends of the congregation during the first week in April. The purpose of the survey is to gather feedback from you, the Church Community, on our shared ministry, meaning all that we do as a congregation in support of our mission.

The survey will be sent out via the UUCB email list, containing a link to Survey Monkey, an easy-to-use web-based survey application. For those who do not use email, hard copies of the survey will be distributed. The survey is designed to take only 10-15 minutes of your time. We encourage all members of the UUCB community to respond to the survey, to help the COM and the Board, as we work to improve our collective ministry. Thank You for taking the time to share your thoughts. It will help us in our work to magnify the impact of our shared ministry.

— *Tom Rumpf*

*Note: The Committee on Ministry was created by the Board of Trustees to assess and support the shared ministry of the church, within the context of our mission.*

## UUCB POLICY CHANGE PROPOSED

The Board of Trustees has approved a policy change to our current Wedding Policy at the meeting on March 19, 2019. Copies of the new policy will be available in an envelope posted on the bulletin board in the hallway across from the window used for coffee hour. **Members of the congregation have thirty days to review it and contact any board member with suggestions or objections to change it.** If we have not heard from anyone in 30 days, it will be officially changed.

The current policy states that all weddings held in the church be officiated by the minister of the church or by an

official approved by the minister. The new policy expands the ceremonies that will be covered by this policy and will now read that “all ceremonies held in the church honoring the rites of passage such as weddings and memorial services will be officiated by the minister or by an officiant approved by the minister.”

If you have any concerns or questions about this change in policy, please contact any member of the Board of Trustees. Thank you.

— *Mary Larson, Clerk*

## 2019 –2020 PLEDGE DRIVE

### Celebrate, Support, Give!

We launched the 2019 pledge drive in early March, and so far many people in our congregation have stepped up to make their commitments. Many thanks to all who have pledged! As the Pledge Committee wrote to everyone last month, our goal is to raise \$250,000 from 100% of our members.

I am a new member of the church, along with my husband Jeremy and seventeen year old daughter Bee. From the first time we stepped into UUCB, we have been welcomed with open arms and smiling faces, and we felt we were home.

Only a few weeks after we started coming to the church last year my very beloved nineteen year old nephew Caleb was killed in a car accident out in Cleveland, and even though we hardly knew anyone here (we had just moved to Harpswell from Boston) we reached out to Sylvia, and she immediately put us in touch with a member of the Pastoral Care Committee. I felt strange asking for such emotional help from almost-strangers, but everyone was so understanding. On the day we were about to drive to Massachusetts for Caleb's funeral we were asked to stand during the church service so that everyone could send their thoughts and prayers along with us.

This kind of community is, unfortunately, sometimes a rare thing in today's polarized society. And we count ourselves enormously lucky to have found it.

For over thirty years I have been a professional fundraiser, and I have been on the other side of pledge drives for just as long. I have written appeal letters, proposals and marketing materials, all emphasizing the need for people to give to whatever organi-



zation I was working for at the time. But now I am part of the UUCB community, and as such I am a donor myself. I am delighted to be not only a member of the Pledge Drive Committee, but also one of those who can really make a difference in the life of the church through my family's financial contribution.

Over the past few weeks you have heard various testimonies about giving from the pulpit on Sunday mornings, and the committee has also submitted paragraphs to the bulletin green sheets about the need for us to be generous in our pledges. We have talked about how much it costs to run a single Sunday service, or to run our beautiful church building, and how we make an impact in our greater community. In our letter to everyone we provided pie charts that show that 82% of our entire annual budget is made up of the congregations' pledges. When I first saw that figure I was amazed. As a professional fundraiser I have never seen an organization supported so significantly by philanthropic gifts from its own constituency.

But it makes sense for UUCB. You might have seen the label we put on that part of the pie chart: "THIS IS US!" And indeed that's true. We ARE the church, and WE are responsible for its continued support. We are the donors -- but we are also the recipients of so much caring, service, learning and growing in our spiritual lives.

When Jeremy and I filled out our pledge card, we remembered the concerned faces and the condolences given to us by people we had never met before -- and we were grateful. As a member of the Pledge Committee and of this amazing place, I hope you will make your pledge today.

— Janice Thompson

## FACTS FROM THE TREASURER

Two small ways to support the Church

**1. Use UUCB Clynk bags.** Clynk bags are available in a basket across from the coffee window. You fill the bag with returnables and drop the bag off at Hannaford. The bag is already coded and the church will get the credit for the returnables. Do it as a regular habit and the amount adds up. Imagine if we all did it!

**2. Use Hannaford cards.** Buy your Hannaford cards after the service in various denominations. When you use them, the church gets an approximate 5% rebate on your purchase. Done regularly, this also adds up.

Thanks,  
Paul Peranteau

## FROM THE BOARD CHAIR

### ALICE Training

On Friday, March 1st, a group of UUCB members attended a presentation in church by officer Tom Stanton of the Brunswick Police Department. The A.L.I.C.E. program is “designed to give a person, or group of people, who may find themselves in a violent, life threatening situation, some mental and physical tools that could play a vital role in their survival.” The session included two parts: first a PowerPoint presentation, and then a series of structured role play situations.

I had seen the PowerPoint presentation before, so that was a review. The role play was different, though. Temporarily sidelined by a bout of sciatica, I had to be an observer rather than a participant. It was memorable. In the first scenario, I watched my wife and two of my friends get shot (with small plastic pellets), while cowering in a corner of the kitchen. They had been instructed to follow the “lock down” procedure, standard practice in schools for many years prior to the ALICE approach. This was in stark contrast to subsequent scenarios, where participants were given a variety of active options to disrupt the plans of the shooter and to prevent loss of life. While there are no guarantees, this training increases our safety.

ALICE training is not intended to be a total defense plan against an active shooter; rather, ALICE training provides response options for lay persons who want to take some kind of action on their own in the hopes of mitigating the impact of a violent situation. We plan to offer the training again. The more people in our congregation who have the benefit of this education, the safer we all will be.

— Glenn Williams, Board Chair



### Here's what some of the participants had to say about their experience:

*Lisa Durrell* My greatest take-away from Friday was how doing a few simple things could VASTLY reduce the number of casualties in a situation.

*Julie Dahmer* The ALICE training gives the average person like me tools for survival and minimizing carnage in the unlikely event that one finds oneself in the middle of an active shooter situation. I, a chicken in real life, found it empowering. Role-playing, although scary (and a tiny bit painful—thank goodness only pellets were fired!) showed me what it would feel like to sort through the options and figure out what sort of action to take—hide, counter, escape. Thank you to the Brunswick Police Department for offering this training to us and the community.

*Tom Rumpf* My takeaway from the training was a sense of empowerment, of not being “the victim.” I also felt that I learned some important realities about active shooter encounters.

*Ben Barker* I found many of the concepts discussed to be very much in line with training I received in my career with the US Secret Service and the Federal Air Marshal Service. Tom, our Brunswick Police Department instructor, emphasized the importance of managing/impacting mental processes, both our own as church-goers and, to the extent possible, those of an assailant. These basic concepts involving neural processing pop up frequently in many aspects of law enforcement training.

We had fun in training throwing tennis balls at the “bad guy” (me in the final scenario!) and the exercise did a good job demonstrating the importance of disrupting the thought processes of an attacker. While a thrown tennis ball (or a hymnal, purse or set of car keys in a real-life situation) isn't likely to compete with a firearm, such an item thrown at the face is likely to produce a flinch reaction, which can affect the shooter's accuracy and rate of fire, and (along with lots of yelling and movement on the part of church-goers) can disrupt, and perhaps make less lethal, the shooter's overall destructive plan.



## MEMBERSHIP



### You and UU Class - Sat. April 27

On Saturday, April 27, the Membership Committee will host another "You and UU" class from 9:00 until noon at the church.

New members of UUCB are welcome as well as anyone who is interested in learning more about the Unitarian Universal denomination. Leigh Parenteau and Steve Loeb will co-lead the class and members of the Membership Committee will be present as well.

With Sylvia's help, attendees explore their own interests in UUCB and learn about the history and beliefs of Unitarians and Universalists of the past and today. We strongly encourage attendance by anyone who is interested in joining UUCB. Please contact Shirley at the church office to sign up (729-8515) or stop by the visitor's table on Sunday to learn more.

Here is the agenda:

- |       |   |
|-------|---|
| 9:00  | Welcome and introductions   |
| 9:45  | UU History  |
| 10:15 | Coffee Break  |
| 10:30 | UU Theology & History of UUCB   |
| 11:00 | UUCB Today:   |
|       | <ul style="list-style-type: none"> <li>• Words from the UUCB</li> <li>• Budget and Finances</li> <li>• "Friends" and "Members"</li> <li>• Becoming connected and involved</li> <li>• Committees, Activities, Chalice Circles etc.</li> <li>• Religious Education</li> </ul> |
| 11:45 | Final Thoughts, questions, reflections  |

*Ed. Note: After being a member for 20 years, a while back I attended one of these sessions. I can't tell you how much new information I learned, both about UUCB and the denomination as a whole. It is a great experience. I highly recommend it, for everyone! —MH*

### UUCB Church Photo Directory

It's time to update the UUCB church directory. Yes, you are all busy now, but for now you just need to save the date.

Lifetouch will be photographing all church families on May 30, 31 and June 1, 2019 right here at UUCB. Our directory won't be complete without you. Everybody will have a chance to schedule appointments throughout each day. Watch our weekly church bulletins, Parish Messenger, website and Facebook page for more information in the coming weeks .

## ADULT EDUCATION

### What Do You Know About Your Genes?

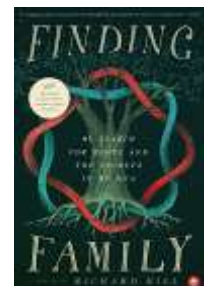
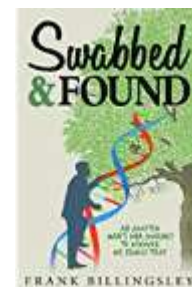
Talk about DNA and Genealogy will continue after the service on Sunday, April 28 at 11:30 am. Nancy Meikle and Martha Lentz will lead the discussion. We will continue to share our stories and learn more about how DNA helps to find unknown cousins, descendants and ancestors.

There will be talk about the kinds of DNA tests can be taken and the testing companies doing the testing and matching. Please join us.

Recommended reading (but not required):

*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



## JOIN IN FOR GOOD FOOD & COMMUNITY



### Ladies of the Church April 23

On Tuesday, April 23rd, all ladies of the church are invited to a potluck lunch at noon at the Dipper Cove Clubhouse on Orr's Island. (Gretchen Kamilewicz lives at Dipper Cove.) This will be a good chance to catch up with old friends and meet new ones after a long winter.

Please email or call Gretchen by April 21st with your potluck dish and she will give you directions at that time. Email address: [gkamilewicz@gmail.com](mailto:gkamilewicz@gmail.com). Phone: 833-5125. Hope to see you on the 23rd!

### PLANT-POWERED POTLUCK April 21

You are invited to the UUCB Plant-Powered Potluck after church on Sunday, April 21, at 12 noon in Fellowship Hall. Yes, it is Easter Sunday, but do 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](mailto:rmanomaitis@hotmail.com) by Thursday, April 18.

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](http://www.forksoverknives.com).

### Men's Luncheon April 24

Last Wednesdays at noon:

March. 27 (Great Impasta) & April 24 (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](mailto:michaudjim33@gmail.com).

## UUCB LIBRARY HAS A NEW LOOK

Jim Michaud & Lynn Ellis have recently organized the UUCB Library! All books are now placed in alphabetical order by title. The card catalog (boxes) are up-to-date and ready for your use. There are many wonderful books available - from histories of Unitarian Universalism to current day authors such as Joanna Macy and Thich Naht Hahn. A full list will be available soon and also be posted on the website. This is a wonderful resource which, to date, is very underutilized.

Here are reviews on two books in the library:

*Beyond Outrage: What Has Gone Wrong With Our Economy and Our Democracy, and How to Fix It* by Robert B. Reich. Mr. Reich says "Your outrage is understandable. Moral outrage is a prerequisite of social change. But you

also need to move beyond outrage and take action." I found this book to offer concise explanations of the inequity of income and wealth in the U.S. and some sound solutions – a plan of action for everyone who cares about the future of America.

*Lila W. Thompson, A Woman For All Seasons* by Donald C. Thompson. Mr. Thompson writes of his grandmother who he never knew. The book accounts for her life in rural New Jersey as she championed social and political standards for women. She became the first woman to be elected to the NJ legislature. This book highlights one woman who took her voice into the fray of social change and lent her voice to the many others who leave their legacy of the suffrage movement.

— Lynn Ellis

## GREEN SANCTUARY

### No “Green Thing” back then, but a whole lot less waste (Part I)

Contrary to the opinion of today’s youth, it wasn’t the oldest generation alive today who messed up the world waste-wise, plastic-wise, disposable-wise, who brought in the automobile for every errand. It was the generation between today’s youth and today’s nonagenarians — the generation that grew up in the 50s, 60s, and 70s, when plastic bags, plastic jars, disposable bottles, and outsized servings in restaurants came in strong. My generation.

Not that I personally had anything to do with disposable soda bottles arriving, or any of the rest of it. It just happened, for the convenience of manufacturers, bottlers, and stores. For the devastation of the oceans.

If we look at what once was, maybe we can unhappen a little here and there and help fight climate change and environmental degradation.

Here are a few things that were better thought out before the mid-1950s. I’ll come up with some more next month.



In response to my challenge in last month’s Parish Messenger to frame a photo anywhere in your house, unstaged, *with no plastic in it*, Martha Lentz sent me this photo:

With the subject line: “No

plastic!” she wrote: “I don’t think there is any plastic in this particular spot. However, like everyone else, there is plastic all over my house.”

She noted that the flowers are made of wood. But I spied some plastic, can you find it?

Martha and I laughed afterwards.

— Robin Hansen

**You could walk** — Elementary schools were within two miles of every home. In my area, there were once at least four small elementary schools in Bath, two in West Bath, many in Phippsburg. Neighborhood grocers were likewise smaller but in walking distance. This changed fairly recently in Bath and Brunswick. Could it change back?



**Or get there on public trans** — Most small cities (even Bath and Brunswick) had electric trolleys for local travel and train service connecting them to the greater world. Brunswick now has train and bus service but not to Bath. Bath has bus service and a gasoline-driven, trackless trolley, but no stops in Woolwich or West Bath. Can we make this change?

**For ultra-perishable goods, there was delivery** — The milkman, the iceman, the breadman, and the vegetable trucker knew who wanted what and delivered it to your home. The Good Humor truck jangled bells to draw kids to buy ice cream popsicles. Today the only deliveries are the US Mail, ads, newspapers, and fuels—oil, propane, firewood, and pellets.

We don’t need pond ice delivered today, and small grocers deliver to housebound customers, but regular deliveries of milk, butter, and bread— maybe even OJ — might reduce trips to town (once schools and markets are moved closer to home). Could it happen?

**Human energy was used** — for lawn mowing, carpet sweeping (remember the Bissell?), leaf raking, home snow removal, dishwashing, and garden spading. Not fossil fuel or electricity. Wet laundry was hung to dry in the sun and the wind. Cans were opened with clever hand-operated devices.

Not so hard to bring this back.... and not so hard to hire a kid for the heavier tasks. Wonder if they’d be willing to use a push mower?

— Robin Hansen

## WORKING FOR JUSTICE STEERING GROUP

### Habitat Spring Walk

This year the Habitat for Humanity Spring Walk will be held on Sunday, May 5th, at 2:00pm. This annual event is a major fundraiser for our local affiliate, Habitat for Humanity 7 Rivers Maine.

The 3-mile route will begin and end at St. John's Community Center in Brunswick, right up the street from our church, with plenty of parking available.

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 manage-



The 2018 team

### Teen Center First Sunday

The Teen Center continues to host 25-30 kids a day! A huge undertaking for the staff there. The First Sunday collections for April 7 will emphasize snacks and drinks for these hungry and thirsty teenagers! The following is a general list of requested snack items:

*Cheezits, Goldfish, apple juice, powdered lemonade, potato chips, Taco chips, salsa, apples, oranges and packaged nuts.*

A table will be set up in Fellowship Hall on Sunday, April 7 with a place for donations of snacks. Someone from the TC Support Group will be there to answer any questions. Thank you!

In addition, The Brunswick Area Teen Center is having their major fundraiser in April and once again, is hosting a SCOOP-A-THON at Gelato Fiasco coupled with special savings on that day at Portland Pie Co. See announcement below. Our own Reverend Sylvia Stocker will be scooping ice cream for one hour on the 24th! Come and enjoy the fun and support the Teen Center.

ment tool for the Spring Walk is available now. Please check the Sunday green sheets for up-to-date information.

Last year our eight walkers and Team UUCB raised over \$6,000. 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.



### WALK TO BUILD

Saturday, May 5,  
2:00 PM

Start & Finish at  
St. John's Community Ctr.  
37 Pleasant St. Brunswick

for more information:

[www.habitat7rivers.org](http://www.habitat7rivers.org)

### Teen Center Fundraiser

The Brunswick Area Teen Center is having their major fundraiser in April and once again, is hosting a SCOOP-A-THON at Gelato Fiasco coupled with special savings on that day at Portland Pie Co.

Our own Reverend Sylvia Stocker will be scooping ice cream for one hour on the 24th! Come and enjoy the fun and support the Teen Center.

**BRUNSWICK AREA TEEN CENTER**  
**SCOOP-A-THON**  
WEDNESDAY, APRIL 24, 11 am to 11 pm

**HELP FEED A TEEN!**  
Purchase any item and Gelato Fiasco will donate all sales beyond the seasonal average.  
Purchases qualify all day!  
Visit [gelatofiasco.com](http://gelatofiasco.com) for celebrity scooper schedules.

**AND PIZZA, TOO!**  
On the same day, Portland Pie Co. will donate 10% of sales to the Brunswick Area Teen Center.

# WORKING FOR JUSTICE STEERING GROUP

## Films for Justice

Hosted by the Working for Justice Steering Group



A 12 year-old boy searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world.

Nominated for this film series by the Religious Education Committee.

**Saturday, April 20, 2019**

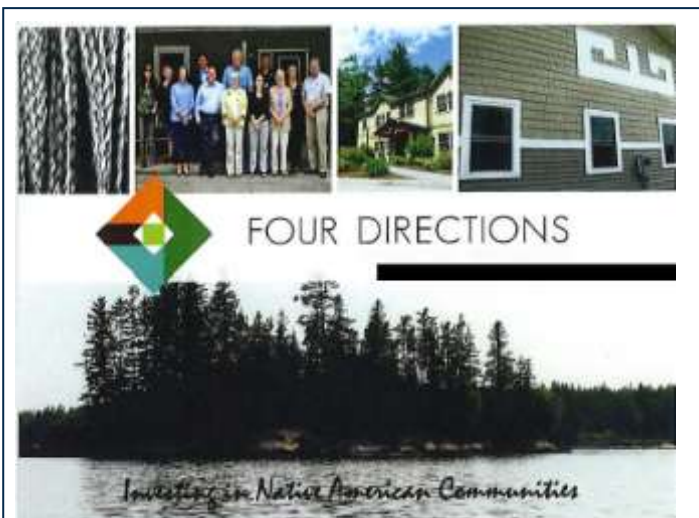
**3:00 pm**

**UUCB Sanctuary**

*Celebrate  
Earth  
Day!*

*Free  
popcorn!*

## Charity with Soul



Four Directions is a Native American nonprofit Community Development Financial Institution (CDFI) based in Orono, ME. We provide the following loan products and services for Native Americans and direct descendants living in Maine:

- Home mortgage and improvement loans for on & off reservation properties
- Free tax preparation services for low-income, elderly, and disabled taxpayers
- Free financial counseling
- Artisan/small business support
- Tribal working capital loans for predevelopment work and operational funding gaps
- Construction Financing & participation lending for affordable housing development projects and community facilities.

CONTACT US FOR MORE INFORMATION:

WWW.FOURDIRECTIONSMAINE.ORG  
207.886.6545 20 Godfrey Drive. Orono ME 04473  
NMLS# 452727

### Charity With Soul Talk April 7

The Charity with Soul for the month of April is Four Directions Development Corporation.

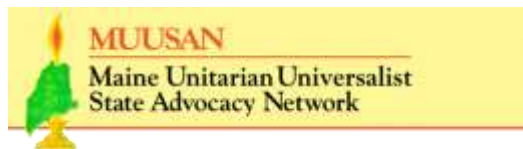
Susan Hammond, Development Director of Four Directions will be available to meet with anyone interested in learning more about Four Directions on Sunday April 7th immediately after the church service in the May Sarton Room.

### Charities with Soul Nominations

It is now time to begin the annual process of nominating Charities with Soul for the upcoming fiscal year (July 2019 to June 2020).

Anyone can nominate a charity. Nomination forms will be inserted in the Order of Service on April 7th, 14th, and 21st. Completed nomination forms must be returned to the church office by Wednesday April 24th.

In May, ballots listing all nominated charities will be inserted in the Order of Service on Sundays May 5th and 12th (deadline for receiving completed ballots will be Wednesday May 15th.) Anyone interested can vote. Voters will be asked to choose five additional charities from the list of nominated charities to be added to the seven legacy charities which are automatically included as a Charity with Soul each year. After determining the additional top five vote recipients, these twelve charities will become the Charities with Soul for 2019-2020. The final list will be announced in the June Parish Messenger and voted on at the annual meeting in June.



### MUUSAN Admin Coordinator

The Maine Unitarian Universalist State Advocacy Network is looking for an Administrative Coordinator. This is a part-time position supporting the MUUSAN office in Augusta. See the job description at [MUUSAN.org](http://MUUSAN.org) or contact [admin@muusan.org](mailto:admin@muusan.org).



## WORKING FOR JUSTICE STEERING GROUP

### Reflections on our White Privilege

The Reflections group has launched a 5-week series of scenarios that invite us to imagine ourselves in unfamiliar and quite likely uncomfortable situations. We ask you to imagine yourself in that situation throughout the week and observe your reactions. After church on April 14, members of the Reflections group will offer a facilitated discussion about our responses to the situations.

Here are the scenarios in the series:

1)-IMAGINE: You are standing in a long line at the grocery store and the man in front of you turns to you and makes a joke about the black person at the cashier slowing down the line. What might you do or say? (How do you respond to him? Do you remain silent or do you let him know you do not agree?)

2)-IMAGINE: You have recently moved to Brunswick and are searching for a spiritual community. You walk into the UUCB on a Sunday morning and notice that you are the only black person in the room. What might you be thinking and feeling? (How do you feel?)

3)-IMAGINE: You and your husband are black. He called more than an hour ago to say he was on his way home from work and would be there in 20 minutes. What might go through your mind, and what are the realities you must consider? (How long do you wait until you notify the police? Will they believe you that something is wrong or assume he has simply gone somewhere other than home?)

4)-IMAGINE: You are black and have gone into a small upscale store to browse for a birthday gift for your child. You are being watched by the store owner and followed at a distance. When you pay with your credit card you are asked to show an ID and your home address. How might you understand what is happening?

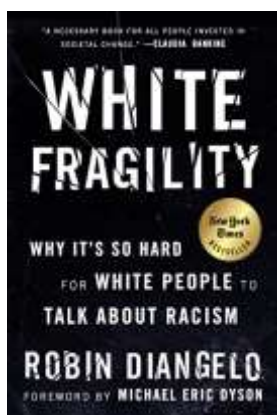
5)-IMAGINE: You are visiting a large city and become ill. When you go to the emergency room for treatment, most of the medical staff are black. What might go through your mind if you are white? If you are black?

***We hope you will join us for a thought-filled discussion after church on April 14.***

*White Fragility: Why It's so Hard for White People to Talk about Racism* by Robin DiAngelo.

Here is the selection of Reflections on our White Privilege for a discussion in May at Curtis Library.

The discussion, co-sponsored with Curtis, will be co-facilitated by Sylvia and a library staff member.



*Sue Kennedy delivers flowers to the Muslim Community Center in Portland after the assault on mosques in New Zealand*

# CONCERTS FOR A CAUSE



## Cheryl Wheeler



On Saturday, March 16th, Cheryl Wheeler drew in a full house of adoring fans. How fun it was to share her music with around 250 people who laughed and laughed at her comedic patter.

Thank you to all the people who helped with setup and cleanup. These huge concerts take a lot more work, but they are worth it!

Thanks also to the food donors. Again, the audience was amazed and grateful for the choices. And again, we earned over \$100 in the donation baskets.

The concert raised just under \$2,000 for our church and charities (The Teen Center and the Gathering Place).

## Denny Breau Trio

**Saturday, May 11, 2019 @ 7:30 pm**

Maine Country Music Hall of Famer, Denny Breau and his trio offer a wide variety of music styles, mixing genres with ease - folk, country, Delta blues, & jazz – in a way that captivates and entertains the audience. Denny is a triple threat: a consummate picker, evocative songwriter, and a singer with “a voice that is warm and inviting but completely unpretentious.” Breau’s rhythmically flawless and dazzlingly clear style allows him to do amazing and stunning things with a six-string guitar. The lightning fast guitar lines that seem almost impossible to accomplish are balanced with those that have a quiet intimacy and wrap tenderly around his carefully crafted songs.



\$12 in advance, \$15 at the door, Students/Children: \$5.

Available in fellowship hall after Sunday services, in the church office, at Gulf of Maine Books, and online at

<https://breau.brownpapertickets.com>

Save these Dates	
05/11/19: Denny Breau Trio	10/26/19: Suede
06/15/19: Cindy Kallet and Grey Larsen	01/11/20: Tricky Britches
09/14/19: Garnet Rogers	03/14/20: Heather Masse and Jed Wilson
10/14/19: Slaid Cleaves	04/04/20: Dirty Cello



## SIDE DOOR COFFEEHOUSE



THIRD FRIDAY OF THE MONTH  
 UNITARIAN UNIVERSALIST CHURCH of BRUNSWICK  
 ONE MIDDLE STREET  
 OPEN MIC SIGNUP - 6:45 PM  
 OPEN MIC STARTUP - 7:00 PM  
 FEATURED PERFORMER - 8:30 PM  
 SUGGESTED DONATION: \$8

### *Tribute to Jim Chard*



The Windy Ridge Band, along with many friends are honored to present a musical tribute to our band member, Jim Chard. Jim passed away in January due to complications from ALS. Jim and the Windy Ridge band have loved playing at the Sidedoor Coffee House, and have been honored to play as the feature artist for twenty years. Jim was a phenomenal musician, singer and songwriter who generously shared his music and talents with all who knew him. He won several awards for his songwriting over the years from organizations including the Downeast Country Music Association, the 2006 New England Songwriter of the Year and multiple gold medals from the National Veterans Creative Arts Festival.

**Friday Evening, April 19**  
***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—APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed	2 9 New Mainer Steering Group 4 Membership 7 Worship Com 7 Chalice Circle	3	4 9 Rental Com 1 Chalice Circle 4 Working for Justice 6:30 RE Com 7 Choir	5 Tedford Shelter Meal	6 9:30 AA
7 10 Church Service 10 RE Youth Gp 10:15 RE PreK-6 11:15 Newcomers 11:15 Charity with Soul: 4 Directions 11:30 Council Discussion	8 Office Closed	9 10:30 Church Angels 3 Finance Com 6:30 Stories with Soul 7 Pastoral Care Com	10 4 UU Christian Group 7 Growing Needs Task Force	11 7 Choir	12	13 9:30 AA
14 10 Church Service 10:15 RE PreK-6 11:30 Green Sanctuary Com	15 Office Closed	16 9 New Mainers Retreat 2 Chalice Circle 6:30 Board of Trustees	17 2 Chalice Circle Topic Writing	18 1 Wabanaki REACH Ally Meeting 6 Maundy Thursday Communion Service 7 Choir	19 5 Parish Messenger Deadline <b>Side Door Coffeehouse</b> 7 Open Mike 8:30 Featured Performer: Windy Ridge Band	20 9:30 AA <b>3 Films for Justice (WFJ): "The Lorax"</b>
21 <b>EASTER</b> 10 Multi-Generational Church Service 12 Plant Powered Potluck	22 Office Closed <b>5 Earth Day Community Discussion</b>	23 12 noon Ladies of the Church Potluck at Dipper Cove  6:30 Stories with Soul	24 12 Men's Luncheon, location TBA 2 Chalice Circle	25 9 Gallery Com 10 Chalice Circle Facilitators 10:30 Building & Grounds 5:15 Maine AllCare 6:30 New Mainers 7 Choir	26	27 <b>9 You and UU Class</b> 9:30 AA
28 10 Church Service 10 RE Youth 10:15 RE PreK-6 11:30 Adult Ed: Exploring Our DNA	29 Office Closed	30				

**DEADLINE FOR THE MAY PARISH MESSENGER - April 19**

If you want an announcement or article to appear in the monthly Parish Messenger send it to [mheath@gwi.net](mailto:mheath@gwi.net) on or before Friday, April 19. The May Issue will be distributed on April 24.