



# Parish Messenger

Unitarian Universalist Church of Brunswick

## June 2019

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## Sunday Worship Services at 10:00

### *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

Stephanie Bernier,  
Music Coordinator

Heidi Neufeld, Choir Director

Derek Herzer, Choir Accompanist

Shirley Bernier, Office Administrator

Tony Sulkoski, Sexton

#### June 2 Loving Kindness

Rev. Sylvia Stocker

Loving Kindness. What are the implications of "loving kindness" – a popular expression in our times. Music by Derek Herzer.

#### June 9 Beauty

Rev. Stocker

Today's service celebrates this past year in our church's history. Rev. Stocker will use the frame of "beauty" to anchor her thoughts. Music by the choir, conducted by Heidi Neufeld and accompanied by Derek Herzer.

#### June 16 Go to the Ant

Green Sanctuary Committee

"Go to the ant...consider her ways and be wise." (Proverbs). The 7th UU Principle is "respect for the interdependent web of all existence of which we are a part." But where does the ant come in? Music by Derek Herzer.

#### June 23 "Listen! Can You Hear It?"

Jud Caswell

Jud will lead us on a musical exploration of the Spirit that calls us to connection, compassion, beauty and hope. We will visit our UU beliefs and traditions and look to find the divine in the little details of the everyday. . Music by Jud Caswell.

#### June 30 Alive with Death

Diane Kew

Even if we don't want to admit it, death surrounds us, from the dropping and decaying leaves of autumn to the death of loved ones and strangers alike. But what if we could reframe these losses as growth opportunities? Music by Jean Lay and Zachary Lay.

# RELIGIOUS EDUCATION

## Celebrate Joy!

Our monthly theme of joy was capped off with our RE celebration on Sunday May 18th. Lots of music—including original verses by our children—framed artwork throughout the Fellowship Hall—including a fabulous photo project by our youth group—and a world premiere of the movie *A Tale About Trust!* Special thanks to Jud Caswell (music), Alex, Katherine and Aymeric Dauge-Roth (movie), and Nathan & Erin Haynes (Youth Group advisors) for making our end of year celebration so wonderful.



## Thank-yous and Good-byes

The celebration began with heartfelt thanks to all the volunteers who made the program possible this year. It takes a village to raise a child and it takes a whole congregation to run a successful religious education program! Our Sunday morning workshop model allows anyone with a particular interest, skill or passion to share it with our children. You don't have to make a movie....but you could!

Finally, we recognized our out-going Sunday School Coordinator, Taryn Walker, who provided a seamless transition when Nicole Boutilier left us in February. We are grateful to Taryn for the renewed energy and enthusiasm she brought to our program in the few short months she was with us. We wish her well and hope she will come visit sometime next year.

— *Betsy Williams*  
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. For routine church business, please call Rev. Stocker at the church.

## MINISTER'S LETTER TO THE CONGREGATION

Dear Ones,

First, I love you. I say that first, because it is the easiest part. You are a fine congregation, and I feel honored and privileged to serve you.

The rest of my message is harder: I have decided to leave full-time parish ministry. Thus, I have tendered my resignation to the Board of Trustees. I will work until the end of the 2019-2020 church year, with my tenure ending on June 30, 2020, roughly a year from now. With Board approval, I will take some of my accumulated sabbatical time throughout the year, with one week per month devoted to sabbatical, starting in September. (As of July 1, 2019, I will have accumulated six months of sabbatical time.) Because of my reduced schedule during the coming year, the Board will help me set priorities on my time.

My reasons for leaving have everything to do with family circumstances and nothing to do with you. As you may know, my dear spouse, Steve, has been living with Parkinson's Disease for over a decade. I have watched, and so have many of you, as his difficulties have mounted and his world has become increasingly circumscribed. Witnessing (and, for Steve, experiencing) the inexorable progression of the disease has been heartbreaking for my family. At this point, it feels right for me to spend as much time with Steve as possible, making the most of the good days we have left to do things we love together while we still can. For me, full-time parish ministry is so consuming and – with only one day off per week – constraining that I need to stop now to make more time and space for Steve.

This decision is hard for Steve too. Like me, he loves this church, and he loves helping me serve as your minister. He wishes that we could all continue to work together as the church lives out its mission statement. The effects of Parkinson's disease have progressed from "annoying" to "debilitating," however, and there is no way to pretend otherwise.

I have loved my time with you. In May of 2007, when you voted to call me as your minister, who could have guessed we would now be occupying a brand new, beautiful building, after having weathered the trauma and loss of the 2011 church fire? Who would have imagined our church would be the "happening place" in Brunswick?

But, through the years, as we navigated challenges and difficulties together, we have built something really special.

Not that UUCB wasn't special to begin with. The vitality, emotional health, determination, passion, and love at the heart of this congregation were evident to me from the very beginning. Throughout, those qualities have remained at the core of our work and play. This congregation is the envy of countless of my colleagues. I have no doubt that you will continue to thrive.

Although Steve and I will continue to live in Brunswick, after I leave my post I must withdraw from church activities until – at a minimum – a new ministry is firmly established. The ongoing health of the church requires that of me so that you can move forward wherever you need to go and your new minister(s) can create a firm and healthy bond with you. Please know I will be cheering you on quietly and privately, holding you always in the greatest of love and esteem.

For the coming church year, until my departure, we will have time to share memories and to begin to process what this new development means to you. Much of that processing work will continue in my absence, too, as you enter an interim period of reflection, dreaming, and setting out in new directions.

My sadness about saying goodbye is deep. The decision to resign has been unspeakably difficult and one I have spent many months carefully discerning. I leave with the knowledge that I have not been perfect, and neither have you. But I have done my best, and so have you. Our strengths have complemented each other beautifully. Our congregation and the ministry we share together have flourished as a result. What a blessing you have been in my life. I cannot thank you enough for being who you are. I will always love you.

*Love,  
Sylvia*



## FROM THE BOARD CHAIR

### Sylvia's Resignation—First Steps

Although we knew the day would come eventually, we didn't anticipate that it would be this soon. Sylvia announced her resignation, effective June 30, 2020 at the May meeting of the Board. Please read her beautiful letter on page 3 describing that family circumstances have made it necessary for her to leave full-time parish ministry. The Board approved a plan for Sylvia to take some of her accumulated sabbatical time throughout the coming church year, with at least one week per month devoted to sabbatical, the total number of sabbatical weeks not to exceed 15.

The fact that Sylvia will be with us on a part-time basis means that the congregation must develop resources to make up for her absence. In addition to making arrangements for Sunday services, the various other responsibilities of the minister will continue, and we will need to be creative in finding ways to meet the need. I'd like to emphasize the importance of "getting to YES" when asked to step up and volunteer. It has been difficult filling open positions on the Board this spring, and we will need a real can-do spirit next year.

In the spring of 2020, we will hire an Interim Minister for the following two years. We are fortunate in having such a long time to prepare for that process. The UUA offers a wealth of information and guidance to help congregations make the most of the interim period.

### Religious Education Leadership

Taryn Walker filled the temporary position we created when we learned of Nicole Boutillier's resignation. She generated enthusiasm for new ideas, and successfully recruited new members to serve on the Religious Education Committee. Taryn declined an offer to fill the Acting Director position for next year and as of this writing, the position is open. It is well-known that finding qualified people to fill this role is often difficult, and we may need to consider alternatives to the traditional RE leadership model. The RE committee will explore options at their retreat in June.

### Hooray for the Pledge Drive Team!

Paul Peranteau, Jon Allen, Cindy Parker, Cuffy Chase, Mary Larson, Sally Horne, and Janice Thompson served on this year's pledge drive team. We have come very close to meeting our goal of \$250,000 (96%), and we should be in good shape for next year. Thanks to everyone for making this happen. Pledges for 2019-2020 can still be made online and at the church office.

— Glenn Williams

Pledge online:

<http://www.uubrunswick.org/online-pledging/>

## ANNUAL MEETING Sunday June 9 at 11:30

Among the agenda items will be reports on our current financial status and discussion of the Board's proposed budget for the coming year. We will also hear a report from the Nominating Committee and vote on the candidates they present to fill open positions.

Please plan to attend!

### Sylvia's Summer Plans

I will be away from June 12 to August 12 this coming summer. I will be on hand to introduce my friends Cindy Kallet and Grey Larson at our Concert for a Cause on June 15. (Please come hear them; they are amazing musicians and lovely, gentle people!) Otherwise, you won't see me around church much until I return on August 13. (I will return very briefly to lead a memorial service for a friend of mine.) On June 16, I am flying to Indiana to join my son, David, in his efforts to move to Maine. I will be helping him pack, load the truck, and drive north and east. (Huzzah!) During my time away, I have several other plans as well. The Board will always know how to reach me in the event of an emergency.

— Sylvia

## 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:

Rebecca, Bob, and Sam Waddle are happy to have Rebecca's dad, Rob Stuart, living back in Maine after a dozen years or so of trying out life in Florida and Colorado. We welcome Rob to our congregation, and we join the Waddles in their happiness that he is back in Maine.

Linda Mallard has accomplished one more item on her bucket list – a great safari vacation in South Africa. The Zulu people are now dear to her for their heartfelt generosity and kindness. But, most important, she feels privileged to have experienced the majestic wild animals in their serene natural habitat. She is eternally grateful.

Monica Hamkins is recovering from knee replacement surgery.

Barbara Jabault is delighted her son, Peter Jabault, was awarded his MBA with honors from the Smeal business school of Pennsylvania State on April 28.

Our Habitat for Humanity liaisons thank UUCB's 13 walkers and everyone who supported them. Our team raised \$9500, enough to weatherize 6-1/3 older homes!

Gar Roper shares the great fortune that doctors have found a chemo treatment he can tolerate, and he is feeling quite well.

Bowdoin student Olivia Groell wishes a happy Mothers Day to her amazing mom who has spent the last 19 years supporting Olivia's endeavors and also imparting her wisdom to Olivia.

We welcome Skip Brimlow and Andrea Sinclair home again!

The McMahon family expresses gratitude for the congregation's religious education program. "Thank you for making UUCB a special place for our children!" It wouldn't be possible without the Religious Education Committee's commitment and the help of many members of the congregation.

#### Sorrows and Concerns:

Please note that for web publication, personal or sensitive information in this section is not included. A complete list of the Sorrows and Concerns is available at the church office.

*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.*

## CONGREGATION NOTES & NEEDS

### Immediate Need for Wheels

The Hippie Mobile...did not pass inspection and is not worth repairing, nor is it safe to drive. I can afford \$5,500 cash. If you have a car that you're not driving or know of someone, please call me right away. Must be automatic.

Thanks,  
Sienna Dode



### Green Sanctuary Policy

The Board of Trustees has passed a Green Sanctuary Policy to replace the current Green Kitchen policy. Following Board approval of this policy, the procedures for implementing the policy will be written and be posted. The reasoning for this is that as we strive to make our church building and grounds as environmentally "green" as possible to fulfil our goals, procedures might change through time. Procedures can be more easily changed than a policy. The Board will notify the congregation about the procedures when they are approved.

The policy itself is short. The congregation has thirty days to review and comment on this new policy. It will be posted on the bulletin board in the hallway across from the kitchen window.

The new policy is:

*Consistent with the UUCB's support of sustainable living practices, our mission of caring for the earth, and respect for the interdependent web of all existence of which we are a part, it is the UUCB's policy to promote environmentally sustainable practices throughout our church facility and congregation.*

Please contact any board member with questions or comments regarding this.

— Mary Larson, Clerk

### In Search of Cultural Exchange Host Families

I'm looking for some recommendations on people or families who are interested in the mission of peace through cultural exchange.



I live in Brunswick and am the Regional Director for CIEE, a non-profit agency that coordinates foreign exchange students. I am looking for a couple people/families to host a student in Brunswick for the upcoming school year. My family will be hosting a girl from Italy, and I would love to add two more students from different countries to the community this year!

Students arrive with insurance, spending money, and a desire to experience American culture and enhance their English. If you or someone you can recommend are able to open your heart & home this year, please contact me.

Direct message me or email at [jdoherty@cieee.org](mailto:jdoherty@cieee.org) for more information: <https://www.cieee.org/>. Check out our video on Host Family Life <https://www.youtube.com/watch?v=hK8qFxxNDw&t=28s>

— Jordan Doherty

### Do You Have a Walker to Loan?



Our Minister Emeritus, Brad Mitchell, is looking to borrow a Rollator walker for outdoor use. This walker has 4 wheels and handbrakes with a seat. If you know of one that is not being used, please let him know at 729-4062.

## FUNDRAISING AUCTION & EVENTS

### Thank You and Thank You!

Our Springtime Celebration Dance/ Potluck/ Auction was a great success! With a goal of raising about \$5000, we raised \$8,350! I want to thank everyone who participated - and there were many.

- Sally Steele and her husband Rich steered the Auction.
- Leigh Peranteau stepped in and helped find a team of people to call folks and drum up donations.
- Betsy Williams stepped up when Sally needed a surrogate.
- Thank you to all who donated!
- Thank you to Dick Brown and Maryli Tiemann for being our auctioneers! (A first for Maryli)
- Thank you to Maggie Robinson and the band, Swinging Bridge, for playing and leading the dance.
- Thank you to Mary Larson for her flower arrangement and centerpieces.
- Thank you to all who set up, manned the kitchen, sold tickets, moved furniture, cleaned up, etc. Many hands....
- Thank you to Tony who volunteered his time to clean and set the sanctuary back up for Sunday morning.
- Thanks to my family who all helped to keep the bids straight and create (mostly) accurate invoices.

Most of all, thank you to all who attended, brought food, danced (my favorite part), and bid on our auction items.

I hope you had as much fun as I did.

— Heidi Newfeld



### Visitors' & Newcomers' Potluck

Visitors and Newcomers to UUCB are invited to a potluck lunch on Sunday, June 2 after church at 11:30 am. Bring a dish and join us for an informal meal.

This is a great opportunity to meet and talk with others. There will be an opportunity to ask questions and learn more about the

very active UUCB community. Please join us! RSVP to the church office: 207-729-8515 or email at [uubruns@gwi.net](mailto:uubruns@gwi.net). Even if you don't RSVP, you are welcome!



### New Member Recognition

On Sunday June 9 UUCB will recognize new members during the church service. After the service there will be a special coffee hour. Be sure to greet these folks and make them feel welcome.



from the  
UUCB Mission:

To Welcome All

## CONGREGATION NOTES

### Flower Ceremony Is Moving to September!

For many years we have held our flower ceremony in June. This year, however, we are moving it to September, when we actually have flowers blooming in our gardens!

By using our own local flowers, we will reduce people's expenses. We will also reduce our carbon footprint, because we won't have to purchase flowers flown in from all over the world. So, look for an announcement for our flower ceremony to take place on at our Ingathering Sunday in September. Meanwhile, plant some zinnias and sunflowers ...



### Maine Community Foundation Grant

In mid-May The Working for Justice Steering Group learned that we were awarded the full amount of our Community Building grant proposal--\$3,800 for 2019-2020! With this money we plan to offer three events: a Wabanaki REACH workshop, an interactive concert with Reggie Harris and Greg Greenway called *Deeper Than the Skin*, and an evening presentation/discussion with Shay Stewart-Bouley, author of the blog *White Girl in Maine*.

Stay tuned for more information as these programs are scheduled. A big thank you to Donna Chale, Cathey Cyrus and Betsy Williams for writing this successful grant.



### From the Treasurer:

Some notes on where we get the money for the operating budget to run our church.

First, there's pledging, the most basic way that church members support our church. It accounts for more than 80% of our necessary income.

Filling in after the pledges are the large -- should we say spectacular -- fund-raising activities like the Holiday Fair, Concerts for a Cause, and this spring's Dance/Auction.

Then we have a number of less dramatic activities which bring in steady income week after week: Clynk Returnables, Hannaford Cards, Coffee Hour, the Side Door Coffeehouse, Stories with Soul, RE Registration and an RE Plate Collection.

Rentals of our modern, acoustically superb building also bring in some nice income.

A bequest from Sophia Snow generates income from interest for our operating budget.

Lastly, we have a socially and environmentally responsible investment fund administered by the Unitarian Universalist Association which is currently valued at over \$400,000. We are permitted by the bylaws to take up to 5% for any budget shortfall. Last year we took out \$16,800. to balance last year's budget. This year with the success of the non-pledge activities, we are likely to need to take less.

— Paul M. Peranteau

This is a reminder NOT to wear fragrances to church. Many people have trouble breathing when in the presence of fragrances. – Sylvia





## CHARITY WITH SOUL

### Charity with Soul for June



A FREE downtown after-school drop-in program where 6-12th graders can socialize, do activities, eat nutritious food and unwind in a SUPERVISED youth-oriented, stress-free and FUN environment.

- Healthy snack/food program
- Free Wi-Fi, computers, PS3 & PS4, Wii, X-Box 360, Netflix and DVD's
- Card games, board games and art supplies
- Pool table and outdoor basketball hoop
- Homework assistance, job application assistance, community service & more...

721-0754  
teens@peopleplusmaine.org

### Teen Center First Sunday Update

On June 2 we will reach the end of our 12-month First Sunday plan to provide snacks for the kids at the Brunswick Area Teen Center. We are discussing strategies to continue to support the teens next fall and in the meantime are continuing with our Meal-a-Month program for the teens throughout the summer and into the fall.

The Teen Center continues to host 25-30 kids a day and will likely have a similar number of kids during the summer. Recently the staff had to ask that the kids not bring

### 2019-20 Charity with Soul Selections

Voting for the five open slots on the 2019-2020 Charities with Soul has been completed and the votes have now been counted. The top five vote getters are: the Brunswick Area Teen Center, Catholic Charities Refugee Immigration Services, the Good Shepherd Food Bank, Immigration and Legal Assistance Program, and Maine All Care. These Charities will be included with the seven legacy charities\* in the 2019-2020 roster. The monthly schedule below was determined by a random selection:

#### 2019

July \*The Gathering Place  
 August \*Tedford Housing  
 September \*Habitat for Humanity  
 October \*Four Directions Development Corp.  
 November Maine All Care  
 December Immigration Legal Assistance Program

#### 2020

January Good Shepherd Food Bank  
 February Brunswick Area Teen Center  
 March \*Oasis Free Clinic  
 April \*Unitarian Universalist Service Committee  
 May Catholic Charities (Maine) Refugee Immigration Services  
 June \*MidCoast Hunger Prevention

too many friends...the space is at a premium and the number of staff is limited.

So we are asking you for help in providing a grand finale of Cheezits, Goldfish, apple juice, powdered lemonade, potato chips, Taco chips, salsa, apples, oranges and packaged nuts. We are also gratefully accepting donations to help fund the Meal-a-Month program.

A table will be set up in Fellowship Hall on Sunday, June 2 with a place for donations of snacks. Someone from the TC Support Group will be there to answer any questions. Thank you!

# WORKING FOR JUSTICE EVENTS & UPDATES

The 3rd Annual

## wear orange!

National Gun Violence Awareness Day

**SATURDAY, JUNE 8, 2019**  
**10 am - 12:30 pm on the Brunswick Mall**  
RAIN location: UU Church, 1 Middle Street, Brunswick

**A FREE Family Event**  
 live music featuring the LEOPARD GIRLS • refreshments  
 kids' activities/crafts • bring a picnic

**MEET: 10:00 am** Brunswick Mall grass, near Tontine Mall  
**WALK: 10:15 am** to the Green Bridge and back  
**RETURN: 11:00 am** to the Mall & Gazebo, for live MUSIC, REFRESHMENTS & SPEAKERS

**WHAT TO DO:** Come for the walk, or come for the festivities, but Wear Orange for Gun Safety! Honor those whose lives have been affected by gun violence and remember those we have lost. Look to a better future!

**Exhibit: "IF THE SHOE FITS"**  
 Representing the 150 lives lost each year to gun violence in Maine.

National Gun Violence Awareness Day is always the first weekend in June, started after the tragic 2012 shooting death of 15-year-old Hadiya Pendleton in Chicago, just days after performing at President Obama's second inaugural parade.

Thank you to STUDENTS DEMAND ACTION, SPINOLEWORKS, and GELATO FIASCO for creating a special WEAR ORANGE flavor!  
 For more info: midcoastmoms@gmail.com



## March with MUUSAN in PRIDE PORTLAND

Saturday, June 15th, 2019

10:00 am Pride Interfaith Service, First Parish Portland

The church will be open for out-of-town UUs to use the bathrooms and rest, even if you can't get there in time for the Interfaith Service.

The front steps of the church will be a temporary staging area for UU congregations and their banners until we move to our assigned line-up spot near Monument Square.

11:30 Marchers begin lining up with banners at an assigned location near Monument Square

1:00 Parade starts in Monument Square. Ends about 45 minutes later in Deering Oaks, where the

PRIDE Festival runs 2:00-6:00.

Wear a YELLOW SHIRT if possible. Loving signs and rainbow flags are welcome!



### Habitat for Humanity ReStore:

### Looking for volunteers

Our local ReStore branch is very short of volunteers at this time. Please consider joining forces with the four UUCB members (Carol Briggs, Cuffy Chase, Mike Heath and Dexter Kamilewicz) who are already volunteering at the ReStore.

Volunteer spots include working the cash register and helping customers, repairing, organizing and cleaning donations and riding shotgun on the truck to pick up donations. Hours are very flexible.

Please contact Cuffy Chase if you're interested in being part of the UUCB ReStore Team.

## Habitat Spring Walk 2019

The May 5, 2019 Spring Walk was a success for Habitat for Humanity/7RM. A total of over \$41,000 was raised by the 111 people who registered for the Walk and the 17 businesses that provided sponsorship.

This was also a banner year for UUCB. Fifteen people registered to walk and together with our phantom walker "Team UUCB" and our mascot "Clarissa" our church raised just over \$9500.

Our thanks to everyone who supported UUCB in its role as an Interfaith Partner of Habitat for Humanity 7 Rivers Maine!



# WORKING FOR JUSTICE STEERING GROUP

## Brunswick Celebrates Juneteenth!

3 days of family friendly events in support of the Abyssinian Meeting House Restoration Project

### Friday, June 14, 7pm UUCB—Concert

- Spirituals and Gospel Music with the Amethyst Juneteenth Celebration Singers
- adults and high school students from Brunswick and Portland area including featured artists, Mary Sullivan, soprano and others
- Sean Fleming, piano
- Readings from Zora Neale Hurston and beyond

### Saturday, June 15, 12 – 3pm St. Paul’s Episcopal Church

- Traditional foods, story telling with Linda Ashe-Ford,
- Music, workshops and activities for children

### Sunday, June 15th, 2pm Curtis

#### Memorial Library – Morrell Room

- Reading and discussion of young adult book
- Freedom Over Me by Ashley Bryan
- Conversation facilitated by James Ford and Sarah Brown

Children and families especially invited.  
Free and open to the public

Contributions welcomed to support the Abyssinian Meeting House Restoration Project





**JOIN US FOR A FREE SCREENING OF  
"PARIS TO PITTSBURGH" TO LEARN  
ABOUT REAL SOLUTIONS IN THE FACE OF  
CLIMATE CHANGE!**

Wednesday, June 12th from 6 to 8 pm  
The Unitarian Universalist Church of Brunswick  
Hosted by the Working for Justice Steering Group and the  
Green Sanctuary Committee  
1 Middle Street, Brunswick

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*"Paris to Pittsburgh" is a National Geographic documentary narrated by Emmy® and Golden Globe® Award- winning actress and activist Rachel Brosnahan ("The Marvelous Mrs. Maisel"). It is being offered through Interfaith Power and Light to draw communities together to inspire local action to heal the climate for the benefit of all.*

*As the weather grows more deadly and destructive, the people in this film aren't waiting on Washington to act. Learn about their incredible stories, and be inspired to create change in your own community!*



## GREEN SANCTUARY—THE GREEN FOOTPRINT

### Cleaning as a Spiritual Practice

*By Jeri Kemple. Jeri is a new member of the Green Sanctuary Committee*

Have you ever thought of cleaning as a way to be sustainable, eco-friendly — even spiritual? In my life, cleaning has been a constant process of elimination, maintenance, and even a part of my spiritual life. In challenging times, I've heard an internal voice saying, "Cleanliness is next to Godliness" and "Since I'm doing the work, I might as well enjoy it."

For me, cleaning is a mindful meditation practice and a spiritual task. It is also eco-friendly.

I first started cleaning with my mother and my older sister in a single parent household. Chores were doled out and we each had our jobs. Mom procured sturdy stepstools so her daughters could wash supper dishes every night; we took turns washing and rinsing. We bickered, negotiated, or sent a plate or a fork back to be rewashed because it wasn't perfectly clean. Even today, the lesson remains: "Do it right the first time!"

Mom had all the "best" cleaning products — name-brand scouring agents and polishes and toxic substances for every job. I loathed cleaning then. I had better things to do — play with the neighbor kids, get dirty. I didn't care if I was well pressed or my hair was "just so." The lessons I take from my experience of cleaning with my Mom and older sister are obligation, duty, and responsibility.

Since then, I have re-valued this entire concept.

When I was a pre-schooler, I began spending lengthy summer visits with my Grandmother. And I began to learn the art of living with purpose, guided direction, and reverence for life and the work it contained.

My Grandmother's mother was from Germany and arrived in America as a little girl. She raised her daughter, my grandmother, Mennonite. Although she converted to Catholicism to marry Grandfather, Grandmother retained her Mennonite way of living simply and in harmony with the planet.

My Grandmother had a completely different approach to cleaning from my mom. I understood that her Mennonite heritage was as important to her as her duty to the church. Every day had tasks.

She awoke with the sun each morning and duly prepared breakfast for Grandfather, who then went to off to work.

She did laundry every day, by hand and hung it to dry on a clothesline. She had long, rectangular stretchers for jeans and slacks to simplify their ironing. Everything was washed in a solution of baking soda, peroxide, and borax. Every item of clothing

was treated with reverence and gratitude for its protection and its service. The clothes smelled simply clean, not perfumed. She scrubbed and washed and rinsed, then ran the clothes through a wringer unlike anything I had ever seen. I can still see the water falling back into the tub on one side and nearly dry and completely squished clothing coming out the other side as she cranked the two rollers and pulled the clothing gently through.

After laundry came the mending. Holes in jeans were patched and reseeded, nearly rewoven by her needle and thread and her sewing machine. She was wonderful to watch. Every task was done with grace and ease, unhurried and unbothered. There was plenty of time to get her work done.

After mending came gardening; we'd go and pick warm strawberries, bunches of beans, lettuce, cantaloupe, tomatoes, all my favorites. I'd idle behind her and she'd offer a strawberry right there, because there were no pesticides in her garden.

After gardening came cooking and kitchen duties. She rinsed and cut and diced and canned and froze, and I nibbled on her work as she moved through it. We smiled, and I chattered or silently watched, absorbing the bliss she felt in work. She was a wonderful example.

As I grew and became a mother, then a single mother, I became an alloy of my mom and my grandmother. When my sons were three and eight I was a real estate agent in corporate America, with a house of my own in the nicest part of town. It was 2007-2008. The market collapsed and I was suddenly struggling. One morning — I remember it clearly — I was in the shower, and it hit me: "I'm not above scrubbing toilets to provide for my sons."



## GREEN FOOTPRINT

And my Grandmother's gentle and serene approach to life came back to me. As a Mennonite, she had known the art of green cleaning. It was not considered progressive at the time. It was simply tried and true methods handed down over generations, methods that work brilliantly at little cost. It was a daily practice.

So here I was, struggling in a dog-eat-dog real estate market and needing to supplement my income somehow. I sat down and drafted an e-mail to start a green cleaning company.

I called the business Eco-Maids. I started with one house and made a checklist from top to bottom; the furthest corners towards the door. I got baking soda, peroxide, vinegar, and a good hepa-filter, low amperage vacuum, scrubbing tools, dusting wands, re-usable cleaning cloths — initially, cut up, worn-out or outgrown T-shirts, sheets, and clothing — and I started cleaning houses for a living. When the business grew, I hired a few people.

I did due diligence to make sure that I wasn't using a name someone else had already trademarked. I found a company based in New York (I was in Iowa then) that was also doing green cleaning and calling themselves Eco-Maids. They had an impressive website and wanted to franchise. I reached out and became their first franchise. We got to work combining our talents and my Grandmother's efficacy. And my entrepreneurial life was manifested.

Cleaning for me has become a ritual that grounds me, it centers me when I'm frustrated. It guides me to enhance my life. Cleaning is a meditation, a spiritual task. Cleaning has helped me heal, it is a place where I process life and its intricacies.

Cleaning done sustainably and with eco-friendly products provides reverence for Mother Earth, and harkens back to all grandmothers and mothers who have dutifully kept a home clean for their loved ones. Cleaning is a joy, if you allow it to be. If not, then hire a green cleaning company, but be sure your cleaning products are those that help to protect, not harm, our planet. As I'm writing this, I look up and notice that the stove top needs scrubbing. I'll squirt some vinegar and sprinkle some baking soda and scrub the glass top stove with a little plastic bread tab.

## COMMITTEE ON MINISTRY

### Shared Ministry Survey Executive Summary

In April 2019 the Committee on Ministry used a Survey Monkey email to ask approximately 273 individual members and friends their opinions about the church's broader ministry. We sent paper copies to those requesting them. In addition, we made a specific effort to contact members of the youth group. Thirty-seven percent of the congregation completed the survey (102 out of 273).

Demographically the results are striking, with 86% of respondents over 55 years old and none under 35. Most are from Brunswick/Topsham, and a majority have been attending regularly for over five years and serve on at least one committee. In addition, more respondents reported increasing involvement in the congregation over the last two years.

The vast majority of respondents agree or strongly agree with statements regarding the church as a welcoming congregation, our outward focus on the community, our worship services and music. Morale appears high, and respondents believe we are making progress towards becoming an anti-racist and multicultural congregation. The building is very well maintained, and lack of parking isn't preventing attendance. Responses are a little less strong (more "neither agree nor disagree") but still very positive when asked if expectations of staff and volunteer leaders are clear and if leaders are well-supported, and regarding both short and long-term financing and outreach.

Two areas stand out as different: there was a very high level of "neither agree nor disagree" on statements asking about young adults and teens, perhaps because no one under 35 and only four respondents under 45 took the survey. It's clear that this survey wasn't able to provide that information. Separately, while the welcoming of visitors and new members produced very positive responses to specific statements, there was only one completed survey from someone attending less than one year, and quite a few comments reflecting the difficulty of feeling at home in the church or wanting more follow-up as a new attendee. This is an area that deserves attention.

We have shared the results of the survey with the Board of Trustees for follow-up actions.

#### Further Information

The full report is available from the church office and will be published in the 2018-19 Annual Report. The Committee on Ministry members are: Jane Danielson, Mike Heath, Pat Moore, Cindy Parker, Tom Rumpf, and Sylvia Stocker.

# UUCB CONCERTS FOR A CAUSE

A Benefit for the Brunswick Area Teen Center and the Gathering Place

## Cindy Kallet *and* Grey Larsen



**June 15 @ 7:30**

**UU Church of Brunswick**

1 Middle Street

**Tickets**  
**\$12, \$15 at Door,**  
**\$5 Students/Children**  
Available at the Church Office,  
 Gulf of Maine Books or online at  
<http://kallet.brownpapertickets.com>

"Cindy has a voice dreams are made of, and her guitar playing is deft and lovely."  
 "Gray's flute playing is positively spellbinding."

ORIGINAL SONGS    TRADITIONAL IRISH TUNES    OLD-TIME FIDDLE    SCANDINAVIAN FIDDLE DUETS

Beautiful vocals, guitar, Irish flute, tin whistle, concertina, fiddles, piano and harmonium

## The Cause

This is the LAST concert of the 2018-19 season. Two-thirds of the net proceeds from this year's concerts will be donated to The Gathering Place and The Brunswick Area Teen Center.

So far, we have earned **\$1,626** for each of the charities.

Help us get closer to \$2,000 each by (1) coming to the concert, (2) telling all your friends about the concert, and/or (3) offering to bring goodies for the refreshment table.



See Sue Michaud or David Roundy  
 at the Concert Table after church services  
 or contact Sue at [michaud\\_susan@comast.net](mailto:michaud_susan@comast.net)

## 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

# Jud Caswell



Jud Caswell is a pillar of the Maine music scene and well known to the Side Door audience. He has been supporting the Side Door as a performer for most of its history. In 2006 he burst onto the national scene, winning the legendary Kerrville New Folk competition. His songs have been taught at Berklee, recorded by Judy Collins, and named "#4 Song of the Decade" by New York's WFUV. With a voice fresh as water over granite and soft as a pine needle bed, he wields his many instruments with the easy deftness of an old woodsman with an axe.

## Friday Evening, June 21

***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.

The use of the UU Church of Brunswick does not imply endorsement of the charter or opinions of contracted groups or individuals by the Church or its members.

# UUCB—JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>May 30</b> 9 Gallery Com 2-9 Lifetouch Photos 5:15 Maine AllCare 7 Choir	<b>May 31</b> 2-9 Lifetouch Photos	<b>1</b> 2-9 Lifetouch Photos
<b>2</b> 10 Church Service 10:15 RE PreK-6 11:30 Visitors & Newcomers Potluck 11:15 Charity with Soul Presentation	<b>3</b> Office Closed 6:30 Financial Sustainability Com	<b>4</b> 9 New Mainer Steering Group 1 RE Com 4 Membership 7 Worship Com	<b>5</b> 6 Church Council Task Force	<b>6</b> 9 Rental Com 1 Chalice Circle 4 Working for Justice 6:30 RE Com 7 Choir	<b>7</b> Tedford Shelter Meal	<b>8</b> 9:30 AA 10-12:30 Wear Orange Events on the Brunswick Mall
<b>9</b> 10 Multi Generational Church Service and Welcome New Members 11:30 Annual Congregational Meeting	<b>10</b> Office Closed	<b>11</b> 10:30 Church Angels 12:30 Com Ministry 3 Finance Com 6:30 Stories with Soul 7 Pastoral Care 7 Growing Needs Task Force	<b>12</b> 4 UU Christian Group 6 Film: Paris to Pittsburgh	<b>13</b>	<b>14</b> 7 Juneteenth Concert event at UUCB	<b>15</b> 9:30 AA 11:30 Pride Parade in Portland 12-3 Juneteenth events at St. Paul's <b>7:30 Concert for a Cause: Cindy Kallet &amp; Grey Larson</b>
<b>16</b> <b>Father's Day</b> 10 Multi-Generational Church Service 2 Juneteenth events at Curtis Library	<b>17</b> Office Closed	<b>18</b> 2 Chalice Circle 6:30 Board of Trustees	<b>19</b> 2 Chalice Circle	<b>20</b> 6:30 New Mainers	<b>21</b> 5 Parish Messenger Deadline <b>Side Door Coffeehouse</b> 7 Open Mike 8:30 Featured Performer: Jud Caswell	<b>22</b> 9:30 AA <b>Church Work Day!</b>
<b>23</b> 10 Church Service  <b>30</b> 10 Church Service	<b>24</b> Office Closed	<b>25</b> 6:30 Stories with Soul	<b>26</b> 12 Men's Luncheon, location TBA	<b>27</b> 9 Gallery Com 10 Chalice Circle Facilitators 10:30 Building & Grounds	<b>28</b>	<b>29</b> 9:30 AA  Church Work Day rain date

**DEADLINE FOR THE MAY PARISH MESSENGER - June 21**

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, June 21. The July Issue will be distributed on June 26.