



# Parish Messenger

Unitarian Universalist Church of Brunswick

## August 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  
 Toben Cooney-Callnan,  
 Acting Dir of Religious Education  
 Stephanie Bernier,  
 Music Coordinator  
 Heidi Neufeld, Choir Director  
 Derek Herzer, Choir Accompanist  
 Shirley Bernier, Office Administrator  
 Tony Sulkoski, Sexton

#### August 4 Oh my god - a journey

Bill Kunitz

Bill Kunitz came to Maine in 1972 and has worked as a counselor, a small business owner, a TV and video photographer and producer, and for 25 years in IT at Bowdoin College. Since his retirement, he has made two films: "Goranson Farm: An Uncertain Harvest" and "I Dream the Colors: the Artists of Spindleworks." He has also made two short films for church members. Music by Sylvia Schwartz and Jon Ott (Guts Baroque).

#### August 11 The value of unconditional acceptance and unconditional positive regard as a transformative experience

Dick Brown

Richard Brown retired from a career spanning forty years in the field of social services and healthcare, working alongside people with differing abilities and facing life challenges such as intellectual and developmental delays, traumatic and acquired brain injuries, and surviving domestic violence. He will share some firsthand and life changing experiences and the impact they have had on his own life. Music by Janice Thompson, piano, and Nancy Stein, violin.

#### August 18 The Great Mystery, part 1

Rev. Sylvia Stocker

Rev. Stocker is mulling her sermon topic over, so her subject matter is a great mystery. Music by Grace Lewis McLaren.

#### August 25 The Great Mystery, part 2

Rev. Sylvia Stocker

Music by Kat Logan.

#### Sept. 1 Backdraft - the flames of difficult emotion and the oxygen of self-compassion

Karl Fattig

How do we deal with difficult emotions? How do we recognize that we are at the crux of our own difficulties so often? It's not about self-blaming, but self-acceptance, even of our dark side (Jung's shadow). Music by Eric Peppe.

## FROM THE BOARD CHAIR

### Asylum Seekers and UUCB

In case you were unable to access the all-church email I sent on July 17th, here is the message:

Dear Members and Friends,

At last night's meeting of the Board of Trustees, we discussed the Asylum seeker situation, and agreed that our church community should be seeking ways to help. Although she is still on vacation, Sylvia has expressed support for this effort, and wrote the following message to all:

*Dear Ones,*

*Ever since roughly 300 Congolese and Angolan asylum seekers arrived in Portland about a month ago, I have been hoping our congregation would be part of the supportive response. But, being on vacation, I haven't felt I could organize a response. Upon returning from a spell off the grid in the Maine woods, I learned of interest brewing among members of the congregation. I heartily endorse those efforts. I feel grateful for the resources and initiative on the part of the congregation. Although I won't be present at the initial meetings to make plans, I look forward to hopping on board when I return. I encourage those of you who are available now to step forward. If you, like me, are on vacation, please look for opportunities to help when you return.*

*Thank you!*

*Sylvia Stocker*

Nearly 50 people attended a meeting after the church service on July 21st to discuss support options, and 38 people indicated a desire to help in specific ways! The Asylum Seeker situation is very complex and ever-changing. Our next step at UUCB is to form a core Steering Group of 3-5 individuals who will guide the effort. As Sylvia noted above, there will be opportunities to “hop on board” for people who have been away on vacation.

— Glenn Williams

### Goals Update

Due to summer scheduling challenges, our joint meeting of the Increasing Our Capacity to Serve task force and the Committee on Ministry will take place in the fall.

The task force, charged with defining the mission of the Church Council, has done some great work in developing a proposed Church Program Council Description. The Board enthusiastically supported the proposal in concept. However, formation of a newly reconstituted Council will require significant volunteer effort, and we have found it difficult to meet existing needs for volunteers at UUCB.

The subject of volunteers will be on the Board's agenda for our retreat next month, and we will consider options for implementation of the Church Program Council plan in the fall.

### Policy Review

At our July meeting, the Board approved two policy revisions: 1. Use of UUCB Facilities by Community Groups; and 2. Rites of Passage—Weddings, Funerals, Memorial Services etc. We also updated procedures for Co-Sponsoring Programs.

The revised policies are posted in the church to allow for congregational review and input prior to becoming official. Next month we will be looking at two other policies: 1. Principal Financial Assets: Contribution, Management and Distribution; and 2. Gifts Acceptance.

## 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)**

Summer Office Hours at 1 Middle Street are

Tues. through Thursday from 10-4

**Shirley Bernier, Office Administrator**

**Rev. Sylvia Stocker, Minister** — will be away until August 12.

The Board can reach her if there is an emergency, contact the office. For routine church business, please call Shirley at the church.

## 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:

Debbie Zorach celebrated receiving a beautiful necklace from the family of a dear friend, Marty Meacham, who recently passed.

Sienna Dode spread good vibes after having bought a 2011 Honda Fit which is awaiting her personal touches of color and design. She thanks all who provided transportation and an empathic ear during the transition.

Cathey Cyrus and Bill Clark are thrilled to welcome their son, Sam, and his family who have moved to Wells, ME from Massachusetts.

Many have celebrated our beautiful summer weather this month.

Sue and Steve Loeb celebrated their 56th anniversary on July 13. Steve writes that he is a lucky man. We're sure that Sue is equally fortunate!

A group of five UUCB guys and another friend recently negotiated the rapids, portages and insects of the East Branch, Penobscot River through the Katahdin Woods and Waters National Monument, with aplomb (for a bunch of geezers)!

Lynn Ellis has moved into a new apartment at Creekside Village in Brunswick. It looks over the creek and lovely woods. Yay!!

#### 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: While Rev. Stocker is away, the Pastoral Care Associates will continue the practice of sharing Joys and Sorrows of the congregation in this space. If you would like your news reported (and you haven't left a message in the book on Sunday), please contact the church office.*

#### Member help needed

This is a request from Jane Danielson about a newcomer's wish for some temporary housing.

"I am reaching out for your thoughts and assistance in finding a rental, sublet, house share, or a house sitting situation that would begin August 1 and extend at least through October or November. Brunswick and surrounding towns.

Please call at 617-233-6532 with any leads you are able to pass along.

*With gratitude!  
Janet Macy"*

#### Gallery Note:

The Art Gallery Committee decided to install one exhibit during the summer months rather than the regular alternating exhibits due to the limited times the church is open. We will resume regular shows toward the end of summer, and in the meantime we hope you enjoy the work that is on display.

— Ed McCartan



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

## GREEN SANCTUARY & RELIGIOUS EDUCATION

### Green Footprint: Then and Now in South Harpswell

The house I live in in South Harpswell was lived in by my parents and grandparents as well, though it was a summer cottage in their times (and in my childhood likewise). During my childhood, a major part of our summer routine involved making regular trips to an icepond on Basin Point to collect blocks of ice for the icebox (as it truly was) and to Tom Scolfield's farm in North Harpswell to collect loads of firewood that he harvested from his abundant woodlot. The chemical toilet had holes of two different sizes to accommodate both children and adults, and there was a service that could be hired to clear away the residue at the end of the summer season.

For drinking water, we walked across the dirt-road entrance to the Auburn Colony tennis court and filled buckets with water from the Colony well. The buckets were good and heavy, and the water was poured into the biggest receptacles we had (buckets too heavy to carry to the tennis court tap) and set under wooden covers to keep insects out.

For rinse water, water for showers, and water for plants, we had a huge rain barrel that rose beside the north side of the house and fed into a faucet in the kitchen sink. The Fuller Brush shower we depended on consisted of a bucket that could be filled with water that had been heated on the stove and placed into a fixture high up on the wall of

the metal shower stall. As you might guess, the shower lasted as long as the bucket of hot water did.

Garbage disposal was an issue that had to be reckoned with. Much of our refuse was burnable and could be disposed of in the fireplace. The town dump was a hospitable place in those times and acted as something of an informal yard-sale site. Potentially useful items were lugged there by individual householders and were free for the taking. There was a lot of cheerful lugging and taking.

It's when it comes to garbage disposal that the real mischief of what otherwise seems like a relatively light footprint on the land comes to light. If you walked across the road in front of our house and down a bit toward Mericoneag Sound, there was a fairly steep cliff below which the tide rose and fell quite a lot. The unburnable residue of our kitchen waste went, I'm sorry to say, over the cliff, and not ours only. This was the usual practice on our stretch of Route 123. Sometimes it can be difficult to believe that times change for the better, but I'm happy to report that in at least this one respect something actually has – even though I'm not certain the local seagulls would agree!

— Nancy Dorian



### Attention Families!

The Religious Education Committee will host an old-fashioned ice cream social on Friday, August 30th from 6:00 pm to 8:00 pm in the Merrymeeting Bay Room.

Come meet our Acting Director of Religious Education, Toben Cooney-Callnan, and help us celebrate summer and the start of a new church year.

**Everyone welcome!**



## CHARITY WITH SOUL

### August Charity with Soul



Creating pathways from homelessness to home by partnering with people and their communities in Midcoast Maine.

Tedford Housing works to create pathways from homelessness to home by partnering with people and their communities in Midcoast Maine. We provide emergency homeless shelter, supportive permanent housing for previously homeless families and individuals as well as homeless prevention services.

At the core of all of Tedford Housing's programs and services is case management, ensuring every client we serve has access to all of the health, human and community services needed to address the challenges that created their housing emergency.

We are thankful for our partners who support us every day through giving, volunteering and working with us directly to help our most vulnerable neighbors in need.

### Our Charity with Soul Tradition

Since 2004, the UUCB has shared 50% of the weekly collection plate with organizations within our community and beyond, our Charities with Soul.

The charities selected serve the most vulnerable members of our society. This weekly practice embraces the offertory statement of "weaving a tapestry of love and action."

In addition to financial support, strong relationships are created between our congregation and these organizations. In 2018-19 UUCB gave about \$11,000 to the twelve charities selected for the year. Seven of the twelve charities are Covenant Charities with whom we have a longstanding relationship. They are automatically recipients of Charities with Soul donations for one month annually. These legacy charities are:

- Tedford Housing
- Oasis Free Clinic
- The Gathering Place
- Four Directions Development Corporation
- Habitat for Humanity
- Midcoast Hunger Prevention Program
- Unitarian Universalist Service Committee.

The other five charities are nominated and selected by a vote at each Annual Meeting. In addition to our legacy charities this year, we will be giving to:

- Maine AllCare
- Immigration Legal Assistance Program
- Good Shephard Food Bank
- Brunswick Area Teen Center
- Catholic Charities of Maine Refugee & Immigration Services



## 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

# KATHLEEN McGEE & RONDA DALE



**Kathleen McGee** started singing at 5, and professionally since 14. Along with originals, Kathleen loves finding nuggets of music by new artists and putting new spins on older songs. She plays an eclectic blend of blues, indie, alternative, folk and even a bit of pop and rock. Kathleen now performs mostly around Midcoast Maine both as a solo artist and singing backup harmonies for some great local musicians.

**Ronda Dale** is an enthusiastic, accomplished performer and loves singing and connecting with audience. Her heartfelt songs are filled with warmth, depth and humor. Originally from Virginia, she has lived in beautiful southern Maine for nigh on 16 years, with plenty of wandering in between. Ronda loves sharing music and is grateful to be at The Side Door.



## Friday Evening, August 16

*Feature set preceded by the Open Mike*

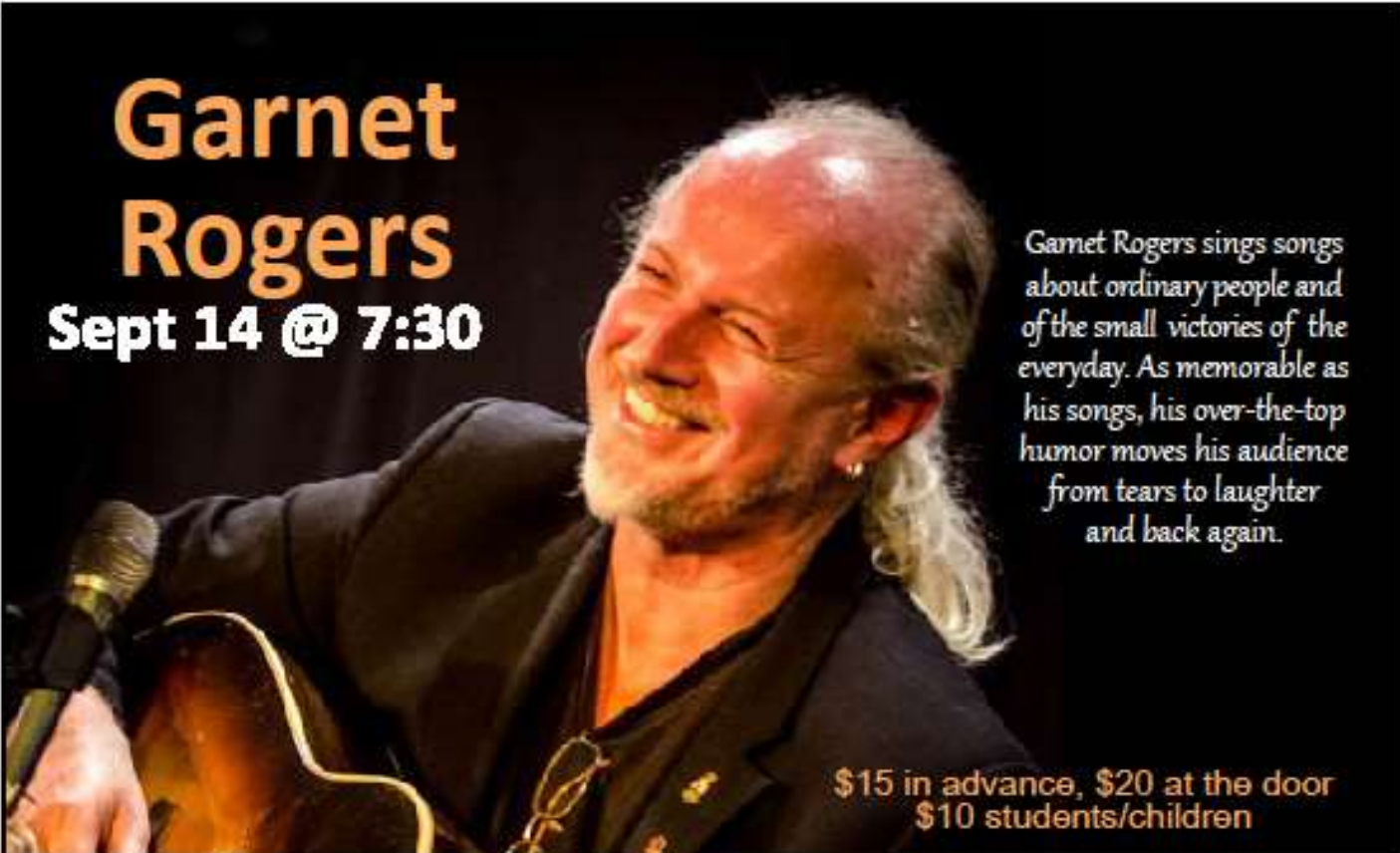
The Side Door Coffeehouse has been a fundraiser for the Unitarian Universalist Church of Brunswick since 1993. It is entirely volunteer run.

## CONCERTS FOR A CAUSE

Save the dates & help us raise money for Tedford Housing and Oasis Free Clinics.

# Garnet Rogers

Sept 14 @ 7:30




Garnet Rogers sings songs about ordinary people and of the small victories of the everyday. As memorable as his songs, his over-the-top humor moves his audience from tears to laughter and back again.

\$15 in advance, \$20 at the door  
\$10 students/children

# Slaid Cleaves

Oct 5 @ 7:30



Cleaves combines his passion for folk songs, blues, and traditional country music into an amalgamation of styles known as Americana.

\$25 in advance, \$28 at the door, \$10 students/children

# UUCB—AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			31 12:00 Men's Luncheon, Little Tokyo	1	2 Office Closed Tedford Shelter Meal	3 9:30 AA
4 10 Church Service	5 Office Closed	6 Office Closed 4 Membership Com	7	8	9 Office Closed	10 9:30 AA Circle Suppers
11 10 Church Service	12 Office Closed	13 10:30 Church Angels 3 Finance Com 6:30 Stories with Soul 7 Pastoral Care	14 7 Worship Com	15	16 Office Closed 7 Side Door Coffeehouse	17 9:30 AA
18 10 Church Service	19 Office Closed	20 6:30 Board of Trustees	21 6:30 RE Committee	22 10:30 Building & Grounds 5:15 Maine All-Care	23 Office Closed 5 Parish Messenger Deadline	24 9:30 AA
25 10 Church Service	26 Office Closed	27 6:30 Stories with Soul	28 12 Men's Luncheon, location TBA	29 9 Gallery Com 6:45 Veterans for Peace	30 Office Closed 6 Ice Cream Social with RE, everyone invited	31 9:30 AA

## DEADLINE

**FOR THE MAY PARISH MESSENGER - Aug. 23**

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, August 23. The September Issue will be distributed on Aug. 28.

## SUMMER OFFICE HOURS

**Tuesday — Thursday 10:00 — 4:00**  
**Closed Friday-Monday**