

Parish Messenger Unitarian Universalist Church of Brunswick





Our Mission To be a spiritual community, To welcome all, To nurture one another, To work for justice,

STAFF

Rev. Dr. Kharma Amos , Minister

Rev. Sylvia Stocker, Minister Emerita

Toben Cooney-Callnan, Director of Religious Exploration

> Nell Britton Director of Music

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Tony & Mary Sulkoski, Sextons

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Rev. Kharma Amos Minister

Office Hours: Tues-Fri, 10-4

Services in September

The theme for September is Belonging

Sept 4 — In Recognition of Labor Day—Led by Worship Committee, music by Nell Britton and Ross Crolius.

Our worship service will prompt us to think about Labor Day with some readings, poetry, music, and a reflection by Rev Lucy Ijams.

Sept 11 – "Home-Coming" Sunday—Led by Rev. Kharma, music by Nell Britton and the UUCB Choir.

As the Summer winds down, we invite the members and friends of UUCB to "Come Home" and make an intentional and joyful start to the new church year. As we do so, we'll be reflecting together on what it means to "come home" in a general sense, as well as what it means to create and be "Home" for one another as a spiritual community. And, In a world in which many people wonder, "Is church still relevant?" ... we'll remind ourselves of who we are and why we do what we do.

This "home-coming" service is also a time to invite our larger Brunswick area community to consider joining us if they are looking for a spiritual home. So, this is the perfect week to bring a friend! It's the first Sunday of the church year. It's the first Sunday that our new Minister will be leading worship. It's the first Sunday of Religious Exploration for children of all ages. And, we're having a picnic on the Brunswick Town Mall (the green) immediately following worship, along with some activities for children.

Sept 18 — Be-Longing: What Are We Longing For? — Led by Rev. Kharma, music by Nell Britton and the UUCB Choir

Belonging, our theme for this month, is something that all of us yearn for. But what are we really seeking? Join us as we reflect on the "longing" part of belonging. What are we looking for? How do we make it more likely that we'll find it? How do we help one another?

Sept 25 — Rituals That Unite— Led by Rev. Kharma, music by Nell Britton

This evening the Jewish celebration of Rosh Hashanah begins, and around the world people of Jewish heritage and others are going to be starting the "New Year" with intention, hoping and praying for a *Sweet* year. We UUs are on a similar schedule of starting the year over as our church year begins this month. This Sunday, we'll take the opportunity Rosh Hashanah provides to consider the ways that religious rituals and traditions can unite us and provide an avenue for belonging. We'll also ponder how we might creatively and intentionally use rituals that unify people and create communities of belonging for a wide array of diverse people.

REV. KHARMA'S MESSAGE

Dear Ones,

What a pleasure it has been to begin meeting so many of you! I am grateful to you for opening up your hearts and your schedules to spend some time introducing yourselves to me. I have so enjoyed hearing some of your best memories of UUCB. I'll admit, I was initially skeptical about the delay between my official start-date of August 1st and my first Sunday leading worship on September 11th. However, my skepticism was unwarranted, and your wisdom (and that of the UUA) was solid and trustworthy. It has been a luxury (that I do not take for granted) to be able to begin my work with you by paying attention primarily to people and to learning more about your history and current ways of organizing our common work. Thank you for this gift. It feels like a wonderful way to build a strong foundation for many fruitful years of working together.

This month is the start of the church year for Unitarian Universalists. We "return again" to church, after all of the adventures and mishaps of our summers, in what we alternatively call "Homecoming" or "Ingathering." This year, as most, this strikes me as a great opportunity to contemplate again why it is that we do what we do as the church. It is a time to remember that our gathering, our worship, our practices of building a kind and supportive community, our plans for learning and spiritual growth, our responsibility to accept and nurture our youth, our commitment to put our values and convictions into action, etc. all mean something. We do this for a reason, and it makes a difference! It is also a time to remember (to put ourselves back together again) as the collective hearts and hands of UUCB with renewed passion for our shared mission: to be a spiritual community, to welcome all, to nurture one another, to work for justice, and to care for the earth. Especially in these last pandemic-hazed years, we have come to appreciate more the relationships that save us from isolation, connect us to others with similar struggles and strivings, and support us when we most need encouragement or help on our journeys (which we all do).

I'm keenly aware right now that the type of community we are trying to create and nurture here at UUCB is so desperately needed by so many people today. Most of us live with some level of despair about the current state of our world. We receive daily news of war, economic crises, extreme weather events

... continued on page 3



Rev.Kharma Amos



CHURCH OFFICE RETURNS TO REGULAR HOURS

Staring, Tuesday, resume regular hours:September 6, the Church office will be Tuesday—Friday 10:00am-4:00pm.

If you have information for This Week At UUCB, Sunday Announcement Sheet, or Order of Worship Materials, please submit by Wednesday at 12:00pm. Send materials to <u>administrator@uubrunswick.org</u>

REV. KHARMA'S MESSAGE

caused by climate change, the erosion of individual liberties, acts of violence and hatred perpetrated against vulnerable and marginalized people, and political/ideological polarizations that continue to strip away the humanity of those unlike "us" and which threaten the future of global democracy. We do this even as we live with the everyday victories and tragedies of our own lives, as well as those of the friends, family members, and people we love. We may find ourselves overwhelmed or uncertain a lot of the time, and we may be reminded fairly regularly these days that we need one another. Both life and spirituality are, among other things, team sports.

Please join us on Homecoming Sunday (Sept. 11) as we reflect more deeply about Coming Home to

Spiritual Community. I also want to invite you to join me in a time of sustained reflection about how we might approach the next year intentionally and purposefully together. I hope we will be inspired to new heights of creativity as we go about the vital work of living out our values and principles. We do need each other, and the potential that is represented by an active UU spirituality is one of things that gives me hope, especially in these times.

Thank you for welcoming me and Diane to our new home here with you.

We are overflowing with awareness and deep gratitude for your gifts.

> Blessings, *Kharma*



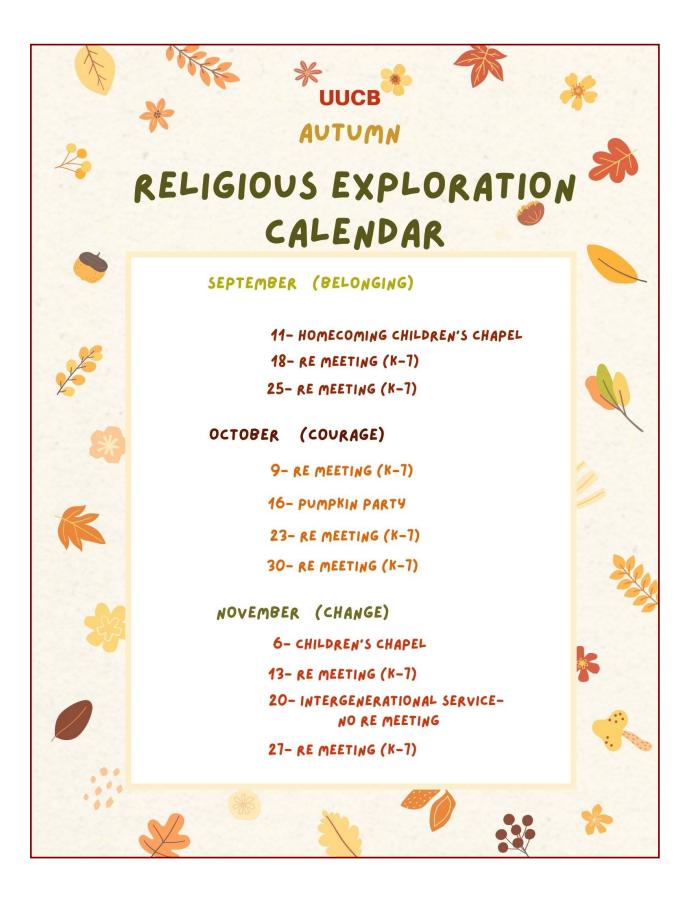
RELIGIOUS EXPLORATION

It's that time of year again! I am happy to announce, after two years of only meeting occasionally, the Religious Exploration Program at UUCB is back in full swing!! Our K-7th Grade Children's Religious Exploration Meetings will begin on September 11th. Also starting on September 11th, our Nursery will be open and staffed on Sunday mornings during the service. Our Jr Youth Group and Youth Group Meetings will begin on September 18th. We are planning on offering weekly RE meetings this year with one Sunday a month being a Children's Chapel worship service designed and led by me. There will be occasional "Multigenerational Services" designed to engage everyone from our kindergarteners to our elders. Other than those special services, kids will begin in the service and then be sung out to RE after the Time For All Ages story. It's going to be a great year... I can already tell!!

So come kick the year off with us at our Homecoming Service on September 11th and bring a brown bag lunch over to the Green after the service. There will be games, face painting, and henna art!

...See the Autumn RE Schedule on page 4.

RELIGIOUS EXPLORATION



MUSINGS FROM THE UUCB BOARD OF TRUSTEES

We hope that you and yours have been enjoying the summer – it has been unusually hot and dry. While that isn't great for our gardens, it has made for many sunny days to enjoy the great outdoors, whether here in the Midcoast area, or other places in Maine and "away." Personally, I've spent most of the summer close to home because of a broken ankle. But this experience has been made more tolerable by the generosity and talent of the wonderful community that is UUCB.

As summer draws to a close, we have a lot to look forward to here at UUCB. First, we will welcome our new settled minister, Rev. Kharma Amos, whom we called to our church last spring. I know that we are all looking forward to enjoying the many gifts that she brings to our congregation. We also welcome her wife, Diane, to our community. Our traditional Homecoming Sunday, on September 11, will be extra special this year. Rev. Kharma will lead her first worship service as we all gather to celebrate the beginning of a new church year as we greet friends that we may not have seen over the summer, and children and families look forward to a new year of Religious Exploration. It is our practice to celebrate Homecoming Sunday by gathering together immediately after the church service to enjoy the company of our community. This year we will have a brown bag lunch gathering on the Brunswick Green. This will be a time for all ages. Toben will be on hand to lead activities for children and families. So bring your lunch, a chair or a blanket, and join in the fun.

In addition, the Board will be holding our annual retreat in late September. This is a time for the Board to get to know and fully orient new members, like me, and to discuss and determine goals for the new church year. We are looking forward to this time to get further acquainted with Rev. Kharma and to work with her as we make plans for the coming year. We will also be considering recommendations that we anticipate from the Covid 19 Task Force after their mid-September meeting.

Louise Gephart, Board Member



PASTORAL CARE NOTES



Helen and Ed Hawes mourn the death of Helen's beloved daughter and Ed's stepdaughter, **Helene Haeniche**, on Thursday, August 3. Although in very poor health, Helene managed to travel to Maine from her home in Germany with the help of her son Nicholas in time to celebrate Helen's 90th birthday on July 31. Helen and Ed are immensely grateful for the support of their UUCB friends.

To share your joys & sorrows:

- Write them in the book in the fellowship hall when you arrive for Sunday service
- Send them by email to <u>uucbjoysandsorrows@gmail.com</u>
- All joys & sorrows are read by a pastoral care associate during Sunday worship service.

Pastoral Care Associates

Irene Austin Julie Dahmer Jane Danielson Sue Loebs Mary Larson Renee Manomaitis Susan Snow Susan Thorner John Trumper Betty Wurtz

CHALICE CIRCLES

LOOKING FOR A WAY TO BUILD COMMUNITY? WANT TO GO DEEPER WITH YOUR SPIRIT THIS YEAR?



It's time to introduce Chalice Circles again! Chalice Circles are small groups that extend the ministry of the congregation beyond Sunday mornings. Participation in a Chalice Circle is a wonderful opportunity to get to know others in a deeper way than most social occasions allow.

Chalice Circles are small groups of 7 to 9 people who meet monthly for two hours of respectful listening and sharing on deep and meaningful topics. Chalice Circles provide:

- elements of worship to augment regular Sunday services
- a vehicle for building *commu*nity – to carry over into the wider church community
- an opportunity to *learn* about the world and grow in understanding - to delve more deeply into matters of the spirit, mind, and heart our church seeks to explore
- an avenue for *service* to both church and community - to augment the social justice work of our church as a whole

Meetings are led by a facilitator and begin with a Chalice Lighting

and Opening Words. After a brief More detailed information about check-in, the topic is introduced, Chalice Circles is available in the followed by several questions UUCB Chalice Circle Handbook. If about the topic. Participants are you are interested or want more asked to respond (if they wish) and information ask for a copy at the every participant is given an oppor- church office. All participants will tunity to speak without interruption. receive one, but they are also If time permits a second round of available in advance. responses may occur. The meeting concludes with an opportunity to give feedback about the topic, The 2022-2023 Chalice Circle profollowed by closing words.

Members covenant not to engage Chalice Circles will meet on specific in cross-talk (direct response by days and at times when facilitators one person to another), but to are available to lead them. Cursimply hold in respect and care what the other has said. When a person speaks, remarks are not addressed to individuals but "spoken into the circle." Participants speak there is sufficient interest, another from their own perspective and experience rather than critiquing or arguing a point of view. The experience of being listened to with genuine respect and care can be transformational for all. Joining a group means making a commitment to attend the first four meetings to become familiar enough before deciding if you can to commit to attend the next four months.

Group members are also asked to do two small service projects of their own creation and choosing as a group.

gram will begin with sign-ups in September. Chalice Circles will meet monthly October through June. rently the plan is to offer three groups meeting in person and to also offer one remote Zoom group, all depending on Covid safety. If in-person group or another Zoom group could be created.

To participate in a Chalice Circle for the coming year, an application email must be submitted indicating your preferences and availability. Detailed sign-up information will be emailed to you soon and also will be included as a handout in the Order of Service on September 11^{th} and 18^{th} .

The deadline for submitting registration information will be September 21stth.

Jim Spicer

SACRED GROUND PROGRAM

An Eye-Opening Experience



GROUND CONVERSATIONS ABOUT RACE We all want to see improvements in the racial disparities in our society, but it can be difficult to have meaningful conversations about these issues. The Sacred Ground program uses discussion groups led by trained facilitators to make this dialogue safer and more impactful.

We took part in the Sacred Ground program from January to July 2022. Our group consisted of six participants and two facilitators who met by Zoom for 90 minutes every three weeks for ten ses-

sions. Videos and readings exploring the impact of race and racism in American society were reviewed in preparation for each meeting. These materials presented the history and experiences of various racial and ethnic groups in this country. There were poignant discussions in which group members shared their own feelings and experiences. This provided both of us the opportunity to identify our own biases and misconceptions. As a result of sharing our thoughts and feelings we developed a close connection with our fellow participants. Together we came to new understandings and began to envision a better future.

Some participants have described the program as "transformational", "eye-opening", and "heartexpanding." For us this was an enlightening experience, helping us better appreciate the impact of the injustices experienced by various racial and ethnic minorities throughout our nation's history.

For more information contact Reverend Kharma Amos at minister@uubrunswick.org.

Sign up for the Sept/Oct groups is in progress, so if you are interested please see the link below.

Here is the link: https://stpaulsmaine.org/learning-sacred-ground-new/

CIRCLING FOR FINAL APPROACH LIFE

CONVERSATIONS ON THE COMMON EXPERIENCE OF FACING THE END OF LIFE

Without exception, birth and death are the two most universal human experiences. The quality of that experience, of course, varies according to innumerable variables. Nevertheless, the truth remains: we are all born

and we all die. Unfortunately, especially in our "Western" culture, talk about death is often considered taboo. This often leads to silences or gaps surrounding the details of end-of-life experiences that leave (a) people unprepared for their own death and/or (b) loved ones ill-prepared to tend the necessary details of those they have lost with the intention and meaning they would like.

Grace Lewis-McLaren and Rev. Dr. Kharma Amos will be cofacilitating a discussion for anyone interested in talking openly about making peace with death - from the spiritual to the practical. Join us for a 90 minute conversation on Saturday, October



15th 9:30 - 11:00 am. No preparation necessary. Some resources for follow-up will be provided.

MEMBERSHIP



OUR BROWN BAG LUNCH SUMMER TIME HAS COME TO A CLOSE

Sharing lunch with friends and catching up on all the latest news was a sweet treat on a warm Summer day. About forty Church Members gathered for these lunches. The Membership Committee is looking forward to an even larger turn out next year. A smashing success!

UUCB LIBRARY



Your UUCB Library is ready for your fall reading. There is a wide selection of mostly contemporary books, including many on racial, native and immigrant justice. There are also a few children's books. Check it out! *Lynn Ellis*

Don't forget... we need jewelry for the Holiday Fair!

Your donations can be left in the jewelry box on the membership table, or they can be picked up. If you'd like to be part of the

jewelry team, we'd love you to join us. For more information about jewelry pickup or the next sorting meeting, email Lisa Durrell, at <u>edurr13@aol.com</u>.



HOMECOMING SUNDAY—SEPTEMBER 11



In place of our traditional potluck lunch after our Homecoming Service on September 11, please bring a chair and brown bag picnic lunch to meet on the mall immediately following the service. It's the first Sunday of a new year of Religious Exploration for children of all ages. There will be some activities for children coordinated by our Director of Religious Exploration, Toben Cooney-Callnan.

WORKING FOR JUSTICE

Immigrant Justice



New Mainer families (asylum seekers and refugees), looking to build new lives in Maine, are inadequately housed in hotels and, in some cases, B&B's in communities across the state. Local immigrant and settlement organizations constantly search for more permanent and affordable housing. The town of

Brunswick works closely with these organizations and with Maine State Housing Authority (MaineHousing), but even temporary solutions are complicated. Mid Coast New Mainers Group (MCNMG) https:// mcnmg.org/learned it might take until next spring for available housing in Brunswick. At some point volunteers will be needed as community mentors, drivers, conversation partners and friends. If you are interested in becoming involved in one of these ways, please contact Cathey Cyrus (wdclark@gwi.net).

Indigenous Awareness



Maine Wabanaki Alliance asks citizens to write Senator Angus King INDIGENOUS AWARENESS explaining why you support HR 6707, legislation to support of more equitable treatment for the Wabanaki tribes under federal

law. With this bill's passage Maine's four federally recognized tribes would access benefits already available to all other federally recognized tribes across the country. Maine's tribes are not currently eligible for federal benefits unless specifically designated by the state of Maine. Information and talking points are available on the Wabanaki Alliance website https://wabanakialliance.com/take-action/.

Teen Center



GROUP

ENTER A new Teen Center Assistant has been hired and will begin work on August 29.

The teens used their summer productively with math and reading camps as well as part-time jobs. One teen does both yard and inside work, so if you are interested in hiring this young man call the Teen Center in the afternoon at 721-0754 or send an email to Jordan at teens@peopleplusmaine.org. The fall session begins on September 29.

Bar Harbor Bank and Trust employees awarded the Teen Center a check for \$1,609.00 from their Casual for a Cause Program and donated many school supplies. (The bank's Employees who donate through its Casual for a Cause program get to dress down at work.) Anonymous donors dropped off a \$100 gift card to Gelato Fiasco, lightweight men's jackets and flip flops, and snacks and the UUCB group supplied a monthly meal. Thanks for all the support.

WORKING FOR JUSTICE

September's Charity with Soul: Habitat for Humanity

Thank you UUCB!

Congratulations to Team UUCB for being the 2022 Team Challenge Winners during the 29th Annual Spring Walk to Build! Thanks to the incredible fundraising efforts and volun-



teerism by members of the team, a fundraising bonus of \$3,400 was awarded to the team bringing the whole UUCB Spring Walk Fundraising total to a whopping \$14,015 and earning #1 Top Team status again in 2022!



New Home Construction:

The dream of homeownership is coming to Wiscasset! We are planning a "Turbo Build" once the modular shell of the home is delivered late this summer. When the pieces are in place, we are excited to invite current and new volunteers from all areas of the Habitat Team to join us in completing a new home on Federal Street in Wiscasset in a very short amount of time! With all hands on-deck, our goal is to complete the home

in less than one week! To help, new volunteers should visit habitat7rivers.org/volunteer to complete a volunteer application. Current volunteers should email Katie at katie@habitat7rivers.org.

Critical Home Repairs:

Habitat's Critical Repair and Modification Program helps low-income homeowners maintain the safety, accessibility, and affordability of their homesby completing small but crucial projects that protect the longevity of the home, improve mobility, reduce isolation, decrease energy costs, and improve quality of life for the homeowner and their family. Volunteer teams provide the labor for these critical repair projects. Finding someone to complete a small but critical job is a huge obstacle for these home-



owners, making these volunteer teams incredibly valuable. Contributions support the purchase of the materials and other necessary job costs they need to continue serving more than 50 homeowners per year.



ReStore:

Come meet our new ReStore Manager, Rachel Mills and see the improvements she and her team have made that have led to the ReStore having its best sales year in history! The ReStore sells donated building supply and home staples like furniture and appliances. The proceeds are used to fund our mission and programs. The resale of our inventory also prevents several tons of waste from ending up in landfills each year. The ReStore could not function without the incredible volunteers that donate their time to help process donations and/or provide

customer service. If you'd like to join other UUCB members in volunteering, visit habitat7rivers.org/volunteer.

What your support means to those we serve in their own words:

"To tell you the truth I didn't know I was going to get stuck with ten men! But they all knew what to do. It was a seamless operation, and they managed a wide range of projects... When I was taking them out to the garage to check the smoke alert I started to lurch for the table near the door as I went out. One of the men said, 'you need grab bars.' So, he went out to his truck and brought in two grab bars that he installed right then. Now it is perfectly safe, and I can take my walker and get out and nobody falls down! I never had to worry about materials... I never had to worry about scheduling. I never could have done this to my home on my own without their assistance."

~ Female Harpswell homeowner living independently

WORKING FOR JUSTICE

Maine Unitarian Universalist State Advocacy Network

Zoom MUUSAN Network Meeting

Saturday, September 10th on Zoom MUUSAN Network Meeting: UU the Vote and the Midterms 10 am - 12:30 pm

Vote like our lives depend on it!

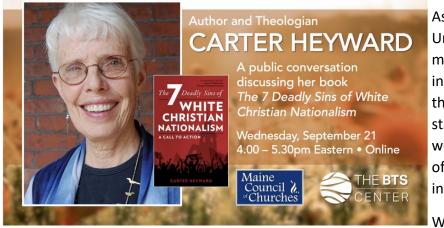
Attend the September Zoom MUUSAN Network Meeting to learn about how we're working to UU the Vote here in Maine, why this state election matters so much for reproductive justice, and how UU the Vote National is helping our congregations get involved in this critical election. Join us!

Register here or at https://us02web.zoom.us/meeting/register/tZcvcO6prD4sHdVQF5wNom5sQ2OXkEnVLFJH

Maine Council of Churches Online Event

The 7 Deadly Sins of White Christian Nationalism

Wednesday, September 21, 2022 4:00 pm-5:30 pm



As political tensions continue to rise in the United States, and as divisions become more entrenched, white nationalism has infiltrated and, in some communities, taken the helm of Christianity. How do we understand this devastating alliance, and how do we seek to reclaim Christianity as a religion of peace and justice at a time when it is being co-opted by extreme voices?

We invite you to join us for a facilitated

conversation with feminist theologian and Episcopal priest Rev. Dr. Carter Heyward, who explores these questions with depth and compassion in her new book *The Seven Deadly Sins of White Christian National-ism*. Rev. Dr. Heyward will address the rise of white Christian nationalism and offer perspectives for moving forward with hope and action.

You may register for this conversation with Rev. Dr. Carter Heyward by going to <u>http://</u> <u>mainecouncilofchurches.org/2022/08/the-seven-deadly-sins-of-white-christian-nationalism-book-event/</u>. It is co-hosted by the Maine Council of Churches and The Bangor Theological Seminary (BTS) Center.

CONCERTS FOR A CAUSE

Pat Colwell and the Soul Senations present Etta... At Last

Sat, September 17 @ 7:30 pm



Back by popular demand, Pat Colwell and the Soul Sensations bring their "*Etta-At Last*" program to the Unitarian Universalist Church on September 17th at 7:30 pm.



The concert will feature a musical tribute to the Rhythm and Blues icon, Etta James, as well as a powerful mix of Motown/Memphis Soul. Featuring the powerful vocals of Julie Ouellette and Laura Hudson, the Soul Sensations will

treat you to Etta classics like *Tell Mama*, *At Last*, *I Just Want To Make Love to You*, and *I'd Rather Go Blind*. In fact, they will play more than a dozen of Miss James' Blues, Soul, and Pop hits

The Soul Sensations will have you dancing and singing along to Etta's music and other Soul Classics by Wilson Pickett, The Supremes, Sam and Dave, Marvin Gaye, the Temptations, the Staple Singers and of course – Aretha Franklin the Queen of SOUL!

Pat Colwell and the Soul Sensations, always a crowd favorite, have been featured at the Brunswick Arts Festival, the Maine Blues Festival, and the Harpswell Summer Concert Series, as well as their annual Christmas show at the Chocolate Church. They have also performed at Johnson Hall, Maine Maritime Museum, and Governor Janet Mills inaugural ball.

When Pat Colwell and the Soul Sensations hit the stage, it's an instant *Soul Train* dance party and a *History of Soul Music* all wrapped up in a single package of FUN!

Adults: \$15in advance, \$20 at door, Students & Children: \$10 Available after worship services, at the church office, or https://www.ticketstripe.com/soulsensations

> Profits raised from this season's concerts will support the **Brunswick Area Teen Center** and **Maine Family Planning**.



CONCERTS FOR A CAUSE

Mr. Harley presents A Kids Concert for Kids of ALL Ages



Harley Smith, better known as Mr. Harley, will present "Kids the Brunswick UU Church on October 2 at 3:00 pm.

Although Smith got his start as a jazz-rock drummer with adult audiences, he is best known for his energetic shows for children at libraries, museums, fairs, schools, and birthday parties.

SUNDAY, October 2 @ 3:00 pm

You may be a fan of Mr. Harley and don't even know it. Maybe you were watching the NBC's Today show the morning they featured Mr. Harley singing "The Sneeze Song." Or perhaps you've seen the viral commercial that features Mr. Harley singing "Blue Shirt."

Harley Smith has an uncanny ability to connect with his young audience and their parents and grandparents. The ages of Smith's fans usually range Music for Children of All Ages" at from newborns to about 10 years old.

> Many of his songs call for audience participation, asking the kids (and parents) to sing along or dance like frogs or slither like snakes. And while the kids are enjoying songs about dinosaurs and pirates and bananas, the grown-ups are enjoying songs that share the sounds of jam bands, ska bands, or even disco bands.

Smith's songs also tend to be educational. For instance, he brings along a bag of vegetable puppets encouraging kids to eat their vegetables while he sings a catchy tune, "We'll make you healthy, we'll make you strong, 'cause that's what veggies do."

Mr. Harley has released three albums, Toast and Jelly, Blue *Shirt*, and *Just Peel It* that many kids know by heart.



Tickets: \$10 Adults, \$5 Children, \$25 Family (2 adults max) https://ticketstripe.com/mrharley







Mr. Harley has an uncanny ability to connect with his young audience - and their parents and grandparents.



UUCB ART GALLERY



September's Artist: Joy Vaughan

Joy Vaughan is an artist living in South Bristol, Maine. Her work is primarily abstract and symbolic. The paintings being shown at the Unitarian Church this September were created over the past 2.5 years during the Covid pandemic. They represent Joy's inner struggles, her fear, grief, and hope during this period.

Joy works with individuals to help them discover and reclaim their creative energy and to make images that have personal meaning and authenticity. She has taught art at the high school and college level but prefers to work independently with people who want to follow the process and progress of their own creative and spiritual energies. She is the author of <u>Off the Edges</u> and <u>Outside the Lines</u>, an interactive guide to the creative process.

