



October

Our Mission

To be a spiritual community,
To welcome all,
To nurture one another,
To work for justice,
And to care for the earth.

STAFF

Rev. Dr. Kharma R. Amos
Minister

Rev. Sylvia Stocker
Minister Emerita

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Religious Exploration

Nell Britton
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Rev. Justine Sullian,
Interim Minister
Office Hours: Tues – Fri, 10–4

UUCB Services in October

Sundays at 10:00am

Join us in the sanctuary or
watch us live on youtube at UUCB AV

October Worship Theme: **COURAGE**

October 2 – The Courage to Love: The Blessing of the Animals

Worship Leader: Rev. Dr. Kharma Amos

Music by: Nell Britton & the UUCB Choir

Courage to Love is something we can learn a lot about from our pets and the non-human creatures that share our lives. The service will include a special presentation to honor the pets of UUCB, so please send a photo or 10 sec video clip of your animals to Shirley at uubrunswick@uubrunswick.net

OCTOBER 9 – The Courage to Be Yourself

Worship Leader: Rev. Dr. Kharma Amos

Music by: Nell Britton & the UUCB Choir

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." (Ralph Waldo Emerson) We'll focus on the Courage it takes to Be Yourself in the context this week's observations of Indigenous People's Day and National Coming Out Day. In different ways, First peoples and LGBTQ people live at odds with some very ingrained cultural norms, and they have wisdom all of us need as we try to become our best selves and live our best lives.

OCTOBER 16 – The Courage to Speak and Act Up

Worship Leader: Dr. Kharma Amos

Music by: Nell Britton & the UUCB Choir

The idea of "courageous people" often conjures images of prominent figures who were champions of justice (Rosa Parks, Martin Luther King Jr., Alice Paul, Harvey Milk, Nelson Mandela, Óscar Romero, Greta Thunberg, etc.). What gave these popular s/heroes their courage to work for justice? And, if we resist the urge to think ourselves incapable of their brave acts, what will it take for us to bolster the courage to speak and act up in the situations of injustice or despair that break our hearts?

OCTOBER 23 – "Spiritual Courage: The Quest for Meaning and Purpose"

Worship Leader: guest minister, Pastor Daléne Fuller Rogers

Music by: Nell Britton & the UUCB Choir

Courage may be a form of spiritual practice towards what is difficult, painful, and sometimes unknown. The defining outgrowth of love is courage. We will reflect on how courage has been manifested in our own lives, and the lives of others.

Pastor Daléne has served the Anglican Church of Canada, several churches in the Episcopal, Evangelical Lutheran Church of America, and United Church of Christ denominations. She is also a Board Certified Chaplain and a Spiritual Counselor. Her first career was 18 years in Nuclear Medicine technology. Pastor Daléne enjoys relaxing and enjoying the Spirit of God in nature with her partner Susan, bird watching, photography, cooking, good literature and playing with her three grandchildren in Massachusetts.

OCTOBER 30 – Giving Each Other Courage

Worship Leader: Dr. Kharma Amos

Music by: Nell Britton & the UUCB Choir

To live with Courage requires a great deal of energy, passion, and commitment. It's so important for us to rely on various systems of inspiration, creativity, and support. We are sustained by an interdependent web of all existence at all time. At this time of the year, many traditions (Halloween, Samhain, Dia de los Muertos, All Saints, etc.) invite us to consider our ancestors and how they gave and can continue to give us courage. We may also consider the importance of intentionally, and continually, encouraging one another.



MINISTER'S MESSAGE



A FAUNAL LESSON IN COURAGE

Rev. Dr. Kharma R. Amos

There is one creature in my house that has more courage than any other (like, heaps more!). (Hint: It's neither me nor Diane.) Among our menagerie of pets, we have an extraordinary cat named Annie. She is one of two "Foster Failures" that Diane and I eventually adopted (*longer story deleted*).



Annie was the smallest of the three kittens in the litter we were going to keep for a few weeks. Her eyes are always crossed; they limit her vision. The rescue worker disparaged her by saying that she's "nothing" special; just a regular old gray tabby cat" (whatever that means). She said no one would want her, but her brothers (i.e. her cuter, more "normal" brothers) might be able to find a home. Hmmmmpf.

When I need to be reminded to have courage, to live more boldly, to fight through fear to find my voice (Did I mention Annie taught me the true meaning of the word caterwaul?) ... I need only observe Annie for a little while. (I believe the author of the book of Job in the Hebrew Bible was right when he encouraged those who would seek wisdom to "Ask the animals, and they shall teach you ...")

Since COURAGE is our Soul Matters theme for October, I've been thinking about it a little in advance. Here are a few of the lessons I've learned from Annie lately.

- Every time the doorbell rings or a new sound sends all the other critters scurrying to hide, Annie is there at-the-ready to investigate with all her might. She might not see it all entirely clearly, but she darned well gets to the bottom of it. *She encourages me to assume the best and live life with openness to all it has to offer. Yes it's risky; live anyway.*
- Every time one of us opens a door and no matter what we try to do to stop her, Annie is right there rushing through to check things out and make sure there isn't any danger she needs to ward off or any new treat she needs to "disappear" before anyone else notices. *She encourages me not to be afraid of the unknown, but to risk rushing through life's openings with a spirit of exploration and discovery. She also encourages me to occasionally take the treat that's offered; courage can only be sustained with good nourishment and adequate self-care.*
- When Annie first came to us, she made the most disturbing sounds I have ever heard from a cat whose life was not actually being threatened. She would not tolerate being held at all. Because that boundary was so firm for her, she went a bit further to ensure her safety (i.e. she would not sit on laps). Recently, she's started getting closer sometimes. Occasionally, you could even say she was sitting on (or at least half-sitting on) our laps. *She reminds me that it is OK to assert boundaries and, then, to reassess and change them when we grow more comfortable and/or brave. Change is possible; progress is good.*
- Annie is the best sleeper ever. She rests with everything she has, complete with sound effects. To have courage, we must also have places where we can be vulnerable and really, truly, deeply rest. That requires trust. *Annie reminds me to appreciate the places where I have that safety and security, and not to take it for granted. Also, to save some priority time in my schedule to nurture those relationships and connections on an ongoing basis. (They require maintenance, attention, and intention; I sometimes forget this.)*

So ... What do YOU know about courage? What are you learning about it? When are the times in your life when you had to summon courage in order to do what you thought was right? Who inspires you with their example of courage? How do you intentionally nurture yourself so that you can sustain the energy courage requires? What else do you want to know about courage or ask someone else?

This month, we'll have plenty of time to reflect and engage on several aspects of this topic. I'm looking forward to seeing what emerges within and between us.

For now, though: Take courage! Some great stuff might just be about to happen. Be here for it.

Blessings,
Kharma



RELIGIOUS EXPLORATION

Message from the Director of RE

Warm Welcoming

Over the last couple of years, as things have been complicated and different in the Religious Exploration Program, one of the comments I heard most often from our UUCB elders is, "We miss the children." Well, the kids are back! And, wow, did you all do a great job of welcoming them home! As they were coming up for the Time For All Ages Story, you started clapping and you kept clapping until they all reached the steps. Back in my spoken word poetry days, when an emcee announced an upcoming poet they would say, "Let's give our poet a warm welcoming." People would applaud but sometimes they'd just be clapping out of habit or courtesy. In these cases, the emcee would often say, "All the way to the stage," to keep the applause going until the poet reached the mic. That kind of applause never felt sincere to me. I like that spontaneous, can't help yourself, heart full of excitement, truly warm welcoming kind of applause! That's how you all greeted the children of UUCB at Homecoming. You truly welcomed them home!



Toben Cooney-Callnan
Director of
Religious Exploration



UUCB BOARD UPDATE

Message from the Board of Trustees



You may remember that at the Annual Meeting the Treasurer mentioned that the Board of Trustees decided against **the addition of a second exit door in the sanctuary** in the FY23 budget. Funding for this had been previously approved by the congregation. Meeting attendees raised questions about the Board's process in making this decision. **Here's some clarification.** The onset of the pandemic made contractors and materials less available and more expensive and gave us time to reconsider adding a second exit door. The Board tasked the Safety Committee to review its recommendation by speaking with a number of experts.

First, representatives of Safety and Building and Grounds reviewed fire safety with the architect, who confirmed that there is minimal risk of a catastrophic fire event based on the design and materials used in the building's construction. In addition, the Fire Marshall assessed that a major fire is unlikely. The church continues to meet annual fire safety inspections and codes, including adequate exit doors.

Second, the Safety Committee looked into research regarding exit doors and other mitigating factors regarding active shooter situations. They did not find evidence on the benefit of installing additional exit doors, but their research indicated overwhelmingly that the very best we can do for a stranger with a gun is planning, training, and preparation.

Safety also reiterated for the Board some of the things that they and Building and Grounds

have implemented. The church in combination with the Brunswick Police offered ALICE (Active Shooter) Training. Black-out shades have been installed on doors of offices and classrooms. Safety film has been installed on windows and doors to prevent shattering glass and slow forced entry.

Based on this research and discussions with the Safety and Building and Grounds Committees, the Board found no evidence that installing an additional door would increase personal safety.

We felt it would be better to focus the church's time, energy, and funds on other safety related areas. At the Board's instruction, beginning in August the greeters have locked both front doors shortly after the Sunday worship service begins. This requires greeters to monitor the entrance to let in latecomers as they arrive. The Board has asked greeters not to prevent anyone from entering unless there is an obvious threat to the congregation. The Safety Committee continues to look into additional training for ushers, greeters, and the Congregation using best practices for keeping everyone as safe as possible.

We hope this answers any remaining questions you may have had about the Board's process. Feel free to ask any Board member if you'd like to know more.

Board of Trustees, UUCB



JOY'S & SORROWS

Message from the Pastoral Care Committee



Celebrations



Loving Thoughts

- *Sienna Dode is mourning the death of her mother, who passed away August 17 at age 99-1/2 of Covid 19.*
- *Sienna also broke her left ankle on September 14 and would appreciate receiving some healing energy.*
- *Jane Danielson celebrated her 80 th birthday on August 28.*
- *Gretchen Kamilewicz came through her total knee replacement on September 1 in fine form and is recovering well at home with the help of her family and Dexter. She thanks all the UUCB friends who were pulling for her and hopes to return to church soon.*
- *Barbara Jabaut writes that their first grandchild was born on September 14 by emergency C-section at 26 weeks, 1 pound 15.4 ounces. Gracie Mae is doing OK now but will be spending months in the Neonatal Intensive Care Unit at Maine Medical Center in Portland. Mother Julie is out of ICU but still recovering in the hospital. Please keep Peter and Julie and their new daughter Gracie Mae in your prayers for these months ahead and for Gracie Mae's continued growth and survival.*
- *Vicki and Hank Simpson were finally able to travel to Taiwan in August to visit their son John and his wife Aggy, whom they hadn't seen for 3 years due to Taiwan's strict but effective Covid regulations.*

Share your joys & sorrows by writing them in the book in the fellowship hall...

~ or ~
send them by email to uucbjoyandsorrows@gmail.com

All joys & sorrows are read by a pastoral care associate during Sunday worship service.

Pastoral Care Associates

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



WORKING FOR JUSTICE

IMMIGRANT JUSTICE

Housing remains an ongoing barrier to welcoming and settling new Mainers into local communities. Jewish Community Alliance, Midcoast Maine Community Action and the Welcome Center at the Brunswick Landing are all involved in working with some of the families who have found their way to stay with relatives or friends in the local community.

URGENT NEED:

Working for Justice Steering Group has learned of an immediate need to find temporary (and then long term) housing for two brothers, ages 13 and 14, recently arrived from the Democratic Republic of the Congo (DRC) who somehow became separated from their parents.

The boys speak both French and Portuguese, but little English. On 9/12 they began school in Portland – Gregorio at Deering and his brother, Ephraim, at King. At this point social workers report that the boys are “very sweet and scared”.

Another heartbreaking situation in our broken world.

If you, or someone you know, would consider hosting these boys, temporarily or long term, contact

Cathey Cyrus
wdclark@gwi.net
607-9112

Cathy will provide more information and connect you with the appropriate people.



INDIGENOUS AWARENESS

Midcoast Indigenous Awareness Group (MIAG), in partnership with Curtis Memorial Library, is offering two events in acknowledgement of Indigenous Peoples' Day:

2

A Path to Community: *Seeking to learn more about the place we now call Brunswick.*

Thursday, October 6 ~ 6-8pm
 Morrell Room of Curtis Memorial Library

A presentation by members of
Pejepscot Portage Mapping Project (PPMP)

PPMP seeks a deeper understanding of the history of the land now called Brunswick by including Wabanaki voices in the stories and telling of that history. The Project works to expand community awareness and engagement with this more expansive history and continuous indigenous presence in the region through public art, digital mapping, and community events.

1

INDIGENOUS PEOPLES' DAY 2022

Many Voices: Who Gets to Tell the Story?

How does our community understand itself in terms of its Indigenous past and present?

6-8 p.m. • Wednesday, September 28, 2022
 Morrell Meeting Room, Curtis Memorial Library
 23 Pleasant Street, Brunswick, Maine

A facilitated conversation among

Heather Augustine (Mi'kmaq)
 Education Coordinator, Wabanaki REACH

James E. Francis, Sr. (Penobscot)
 Director of Cultural & Historic Preservation, Penobscot Nation

Joseph M. Hall, Jr.
 Associate Professor of History, Bates College

Mihku Paul (Maliseet)
 Poet, Visual Artist, Storyteller & Activist, Kingsclear First Nations

Steve Weems
 Treasurer, Brunswick Public Art

Moderated by

Rev. Dr. H. Roy Partridge, Jr.
 Senior Advisor to the President for
 Multi-Cultural Affairs Emeritus, Bowdoin College

Hosted by
 MIDCOAST
 INDIGENOUS AWARENESS
 GROUP

with support from Curtis Memorial Library

WORKING FOR JUSTICE

INDIGENOUS AWARENESS

(...Continued)

3

Portland Museum of Art

is open free to all on

Monday, October 10
~ Indigenous People's Day ~

Program information is at this link:

<https://www.portlandmuseum.org/eventscalendar/indigenouspeoplesday2022>

Visit the MIAG website

www.miag-group.org

for notice of other
Indigenous Peoples' Day
events happening in the area
and around the state

MUUSAN



MUUSAN

Maine Unitarian Universalist
State Advocacy Network

Greetings from the UUCB MUUSAN team!

Things are heating up as the fall election nears. MUUSAN is committed to being non-partisan in our advocacy around voting. All our efforts, from phone banking, texting, postcard writing, and doorbell ringing are about increasing voter participation—regardless of political party. In addition, MUUSAN supports ballot initiatives (both in Maine and nationally through UU the Vote) that align with our values, such as voting rights, reproductive rights, access to quality health care, and efforts to decelerate climate change.

This election is very important, and many people are asking “What can I do?” If you are one of them, or know someone who is, **here are some actions you can take today!**

- 1 To view MUUSAN’s website page devoted to **“UU the Vote Maine” events and opportunities**, use this link: <https://www.muusan.org/uuthevote-2022.html>
Contact **Renee Manomaitis** (207-389-9295 or rmanomaitis@hotmail.com) for more information.
- 2 To learn about **“UU the Vote National's Homecoming Week” in Michigan** and find opportunities to get involved right now in this key swing state, use this link:
<https://www.uuthevote.org/uu-the-vote-homecoming-week/>

**Return regularly to www.UUthevote.org/events to find new opportunities to widen your influence and support UUs across the country.
- 3 For all immediate and future actions you can take with **The League of Women Voters Maine**, a critical partner for MUUSAN in our non-partisan efforts, use this link:
<https://www.lwvme.org/Volunteer>
- 4 Finally, we are in the beginning planning stage of co-hosting a **candidates' forum** with Curtis Memorial Library. **To join this effort, or join the UUCB Legislative Team**, please contact **Betsy Williams** at bwilliams120@gmail.com or Lynn Lynnsellis62@gmail.com.

WORKING FOR JUSTICE



The new school year has brought new teens as well as returning teens, sometimes with their friends. Even graduated teens visit the Center with updates. Pickups from school are increasing and going smoothly thanks to those who helped purchase the Teen Center van.

Matthew Doehring has been hired as the Teen Program Assistant.

Reverend Kharma and Carol Briggs (bcarol189@gmail.com) visited the Teen Center and met with the Director Jordan Cordone who described the history of the organization which serves as a safe learning place for Brunswick teens.

A portion of proceeds from a Concert for a Cause will be donated to the Teen Center. **UUCB's financial support as well as the snacks and meals are appreciated!**

OCTOBER CHARITIES WITH SOUL IS...



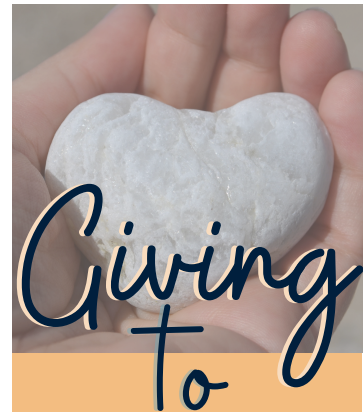
The Gathering Place (TGP) provides a safe, welcoming, and comfortable space for individuals to gather in downtown Brunswick during their daytime hours. Guests are offered respect, encouragement, companionship, support, and hope.

The staff welcomes people when they have the greatest need. Feeling truly welcome is important for someone with

no other place to go – more important than we can imagine. Every individual served through The Gathering Place deserves a chance to be a contributing, valued member of our community. As a result of the Covid-19 pandemic, many of our community's most vulnerable have fallen through the cracks. This has laid bare the desperate need for low-barrier service.

Many of guests were joining with needs beyond what could be met through safe space, hospitality, companionship, and general necessities. As a result, this organization has expanded its programming to offer a Support Services Program. This program provides direct access to community resources through TGP's Community Navigator to address emergency needs related to housing instability, homelessness, food insecurity, poverty, legal representation, and more. The staff continues to build relationships with community partners and providers to best connect guests with quality resources and services.

The Gathering Place is an example of what happens when a community opens its heart to offer its most vulnerable neighbors the idea of home. It is open at 5 Tenney Way (off Union Street), Monday through Friday from 8:30 am-3:00 pm and Saturday 8:30am - 12:00pm. Volunteers are needed: Stop by, call (729-0288) or visit the website at brunswickgatheringplace.org.



Charities with Soul

Our Charities with Soul are supported exclusively with contributions to the "plate" passed every Sunday during the service or virtually.



3 Ways to Give:

From uubrunswick.org, click "Donate Online" Choose the "Plate" option

or

Text the amount of your donation to (855) 962-0440

or

Mail a check to:
PO Box 129
Brunswick ME 04011
Memo Line: "plate"

MEMBERSHIP



The next Circle Suppers will take place on Saturday, October 15

Those who are fully vaccinated and boosted are invited to participate. These suppers, arranged by the Membership Committee, provide a great opportunity for both long-time and new members to get better acquainted in a comfortable small group setting of 6 to 8 people. Suppers are informal, "pot-luck" style with the host providing the main course and others bringing appetizers, sides and desserts. Beverages may be provided by both the hosts and guests.

We are looking for both hosts and participants. It would be great if we could have a "family-friendly" Circle Supper. If you are interested in hosting a "family friendly" meal please indicate on the sign up sheet.

Questions? Ready to Sign Up
to attend OR host? Contact:

Donna Tompkins

798-4638 or

donnatompkins@comcast.net

You and UU: Next Class - October 22

On **Saturday, October 22**, the Membership Committee will host another "You and UU" class from **10:00 AM until noon** at the church. New members of UUCB are welcome as well as anyone who is interested in learning more about the Unitarian Universalist denomination. The class will be co-facilitated by Rev. Kharma, Betsy Roper and Leigh Peranteau. With Rev. Kharma'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.

Members of the UUCB Board and committee members will share information about our various committees and activities of the church such as:

- Religious Education
- Budget and Finance
- Working for Justice
- Pastoral Care
- Chalice Circles
- Circle Suppers -- and many others.

Becoming connected and involved is a special part of UUCB. We strongly encourage attendance by anyone who is interested in joining UUCB.



Questions?
Ready to Sign Up?

Contact: **Shirley**
in the church office
(207) 729-8515

**or stop by the visitor's
table on Sunday to
learn more**

CONCERTS FOR A CAUSE



PAT COLWELL & THE SOUL SENSATIONS

Another successful concert for UUCB. The Soul Sensations put on an energetic show with very talented musicians. And people were dancing in the back and in the aisles. FUN!

MR. HARLEY: A CONCERT FOR KIDS OF ALL AGES

Sunday, October 2nd **CANCELLED**



Due to unforeseen circumstance, Mr. Harley is unable to come to Maine to do his children's concert this coming Sunday. I'm sorry if you were planning to bring your little ones to the concert. We'll try to have another children's concert in the future.



MARK YOUR CALENDARS!

DIRTY CELLO

Friday, October 28 @ 7:30 pm

San Francisco based band, **Dirty Cello** will bring their unique spin on cello to UUCB on Friday, October 28th at 7:30 pm.

The duo will present their exciting blend of blues, rock and Americana that has been described by Oakland Magazine as, "...funky, carnival, romantic, sexy, tangled, electric, fiercely rhythmic, and textured, and only occasionally classical."

Band leader and cellist Rebecca Roudman is also a member of classical orchestras, but with the Dirty Cello band she lets her hair down and uses her classical training to push the cello to its limits - more Jimi Hendrix than Yo-Yo Ma.

Rebecca explains, "We play what folks want to hear, from the Devil Went Down to Georgia to Led Zeppelin, we go on stage with a huge collection of songs and then just have a ton of fun - we don't take ourselves too seriously, and we just want the audience to have a good time too."

Nick Diamantides from *Ashland Daily Tidings* described it this way, "When lead guitar is replaced by the sound of hot licks on a cello, blues, rock and bluegrass rise to a new dimension."



But what is most spectacular about them is hearing the depth of soul in Roudman's playing—it goes beyond what most people would expect from the instrument."

Tickets:
\$15 in advance, \$20 at the door, Students/Children: \$10.

SAVE THE DATE CHRISTINE LAVIN

Saturday, November 19 @ 7:30pm



CLASSIFIEDS

Jewelry Needed for the Holiday Fair!

- Donations can be left in the jewelry box on the membership table on Sundays
- Arrangements can also be made for donation pick-up.
- If you'd like to be part of the jewelry team, we'd love you to join us!

**Want more info?
Want to help??**

Contact: **Lisa Durrell**
edurr13@aol.com



SPEAKING OF THE HOLIDAY FAIR...

Saturday, December 3rd!

**Have you missed it as much as we have?
We'll need your help to make it happen!**

- **Start planning your donations of homemade items for the craft table!**
(signup sheets will appear at Sunday services beginning October 30.)
- **We are currently looking for volunteers to coordinate different areas of the fair!**
(such as the handcraft table, a donated tool table, set-up, clean-up, a children's area, etc.)

**Want more info?
Want to help??**

Contact: **Robin Hansen**
robinoh@comcast.net
(207) 841-5181

UUCB ART GALLERY

Ed McCartan's work often travels full circle, returning to themes he's experimented with before: nature in all its forms, flowers, seed pods, small, overlooked things rich in possibilities. He also enjoys exploring subjects alive with color and design that dance and play. He tries to stay open to all of it, seeing it as an ongoing journey.



Greeny, acrylic, 36x36"

~ Ed McCartan



Candy, acrylic, 20x20"

~ Ed McCartan



Soft Irises, acrylic, 36x36"

~ Ed McCartan



Copy deadline for the Parish Messenger is *generally* the THIRD SATURDAY of the month. However, this month there is an extra Saturday, so...

Please submit articles for the NOVEMBER 2022 issue by OCT 22nd.