



Services in November

The theme for November is *Change*

Nov 6 —Be the Change—Led by Rev. Kharma, music by Nell Britton.

Change is our Soul Matters topic of the month, and we kick off our month of focus on change immediately before election day in the US. We Unitarian Universalists have a covenant to affirm and promote the right of conscience and the use of democratic process in our congregations and society (our 5th Principle). What does it mean for us to work for change or be the change that we are seeking in society?

Nov 13 – “Coping with Change—Led by Rev. Kharma, music by Nell Britton and the UUCB Choir.

They say that change is the only constant, which by all accounts appears to be true. Every day is filled with changes. Some changes are welcome and we are eager to embrace them, others take the wind out of our sails with the disappointment or grief they bring.

Nov 20 — Changing Perspectives on Thanksgiving—Led by Rev. Kharma, music by Nell Britton.

As we approach the US celebration of Thanksgiving, we have yet another opportunity to approach this holiday with thoughtfulness and care. Our colonial history makes dominant narratives about "that first Thanksgiving" fairly troublesome, but we have the capacity to change the narrative to more accurately reflect the experiences not only of "settlers" but the original indigenous peoples as well.

Nov 27 — Maitri - the Buddhist Practice of Loving-Kindness — Led by Maryli Tiemann, music by Nell Britton

Maryli will also help us to think about transitions, like aging: growing and seeing ourselves as resources. We'll also make time within the service for Reverberations, sharing our stories and thoughts about these perspectives.

Maryli Tiemann has lived in the Midcoast area since the early '70's and taught English, speech and drama at Morse High in Bath and Education at Bowdoin. Maryli and her husband David have been active members of our church for over 30 years. She's a student of Buddhism, enjoys humor, practicing yoga, both writing and reading poetry, one-on-one conversations, and everything about Maine, except for brown tail moth and deer ticks...

A founder of Brunswick's annual February Longfellow Days celebration of Henry Wadsworth Longfellow, Maryli has organized its programs of poetry and history for the past 19 years.

Our Mission

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

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Rev. Kharma Amos
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REV. KHARMA'S MESSAGE

Dear Friends,

It has almost been a quarter since I've been serving as your minister, and I want to thank you for your welcome and for the amazing opportunities you have already helped me with. One of those is the column in the Brunswick Times Record newspaper that I am writing. I hope that this will be a good promotion of UUCB and UUism in general, and provide an encouragement in our broader community for spiritual engagement in our common life. The first column was a somewhat fluffy one about the Spirituality of Fall. The one I've submitted today is about the Spirituality of Civic Engagement. Rather than write something special for the Parish Messenger this month, I'd like to encourage you to read this piece that will soon appear (doubtlessly with edits) in the paper.



Rev. Kharma Amos

Despite growing up in a hippy household that “let it all hang out,” I still absorbed the message from the larger culture that it was improper to discuss religion, sex, and politics “in polite company.” As an adult, I realize how much I missed out on not having had open, candid discussions about how my faith and spirituality might both inspire and inform my actions to improve my community. I'm convinced that the practice of compartmentalization, which I inherited and see being reinforced in popular culture, does not serve us. If we try to separate our spirituality from the social or political causes we care about, we deprive ourselves of one of the best resources we have for working together to make the world better.

Right now, 'tis the season for elections, which means there is a lot of political activity afoot --campaigning and voting and stumping for particular issues. People of faith ought to be engaging in conversations about these things with passion and purpose. Our spiritual traditions have a lot to say about the issues of our world; they provide values, principles, and wisdom to help us determine how to live well together.

Yes, the separation of church and state is a deeply cherished value in the United States. Yes, the freedom

of religion (the rights of persons to determine which, if any, religious traditions and practices they will observe) is a vital human right. Freedom of and freedom from religion are essential cornerstones for democracy. AND, what is also true is that the values flowing from our spirituality – whether we are Hindu, Muslim, Jewish, Buddhist, Wiccan, Christian, Humanist, or refused to be labeled and boxed – can and should provide energy and vision for our social justice and political action. We need a more holistic engagement that encourages integration rather than segmenting out the spiritual from the social, sexual, or political.

Churches and religious bodies today are sometimes so afraid of losing their charitable tax status that they overcompensate and outlaw political conversations entirely. We individual members of those spiritual communities are often complicit in this. What rubbish!

We should definitely be talking with one another about the things that matter most to us. We should be engaging with civic leaders to determine which values motivate their choices and what ethics guide their behavior. If we could transcend the “don't talk politics and religion” taboos as well as our own fears, we might be able to tackle the issues we all care about (i.e. the housing

REV. KHARMA'S MESSAGE

crisis, healthcare, human rights) in a more creative and collaborative fashion.

In my own Unitarian Universalist tradition, as one example, our first principle is to respect “the inherent worth and dignity of every person.” Those are not just words. That principle ought to drive me to the polls to vote for the legislators and the legislation that will protect and serve the marginalized and undervalued people of our community. It ought to compel me further to stay at the table where important conversations are being had about how we partner

across our differences to meet common challenges with resilience and resourcefulness.

Civic engagement generally refers to the various ways (both political and non-political) that we promote a better quality of life for all in our community. This does not need to be done in a vacuum from our spirituality. In fact, what better application or test of our spirituality than to bring its wisdom and tools to bear on the important challenges we face! For the love of all that is holy, let your spirit take you to the polls (or sit you down to fill out your absentee ballot) and vote your values.



I'm so grateful to be part of a spiritual tradition that values and promotes democracy, and that invites us into rigorous and robust dialogue about how our values and our voting ought to go together. Let's keep talking, dreaming, and working together – holistically, intentionally, and courageously.

Blessings, *Kharma*

RELIGIOUS EXPLORATION



SEEING MORE OF TOBEN

Over the last few years, the Religious Exploration Program at UUCB has been in shared ministry with First Parish UU Church of Portland. This meant that my time was split between both congregations and I was only at UUCB two Sundays a month. I recently made the decision to leave my position at First Parish, thus ending our shared ministry. What this means for UUCB is that, starting in November, you will be seeing more of me on Sundays! While my hours have not increased at UUCB, my office schedule will

change. Instead of being at UUCB on Tuesdays and Thursdays, I will be in my office from 9am-2pm on Mondays and Wednesdays. I am excited to have the opportunity to focus my creative RE programming energy solely on UUCB and plan to lead the Grades 5-7 RE Meetings as well as our monthly Children's Chapel. I have not lost my passion for shared ministry and am currently working with The First Universalist Church of Yarmouth to create local service opportunities for our youth. As far as what I plan on doing with my newly freed time, I am working on completing a children's book inspired by a piece that I wrote for a Time For All Ages story!

THE SANTA PROJECT 2022



The Santa Project is back this year a little different from past years. We are helping The Gathering Place make Christmas a little merrier for its clients rather than helping whole families with presents.

After speaking with the Director of the organization to find out the best way we can help, gift cards are what she suggested. They have around 100 clients at **The Gathering Place**. Hannaford cards are the best as there is one nearby where they can be used for both food and prescriptions.

What we need from the elves at UUCB are Hannaford gift cards of \$10 denomination or cash and checks in any amount made out

to UUCB with "Santa Project" in the notation, and we will get the cards. A box/basket will be at the table in the back of the sanctuary for the four Sundays in November to put in gift cards or checks with the notation in the memo line for Santa Project, and I will be around after church to answer any questions you might have about the Santa Project.



The Gathering Place

WELCOME IS OUR MISSION

In the past we have been very generous in helping make Christmas merrier for others and I am sure we can do the same this year particularly in this time of high inflation and homelessness.

In advance, thank you.

Santa's chief elf, *Sharon Brown*

MEMBERSHIP

CIRCLE SUPPERS ON THANKSGIVING DAY

Would you like to share Thanksgiving dinner with your friends at UUCB?

The November Circle Suppers will take place on Thanksgiving, Thursday, Nov 24. Those who are fully

vaccinated and boosted are invited to attend. Times and locations will be available at the Visitor's table.

Circle Suppers are arranged by the Membership Committee and 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. The



dinner will be "potluck" 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'll be looking for both hosts and participants. For questions and to sign up to host or attend as a guest, please contact Leigh Peranteau, 725-4874, leigh763@yahoo.com .

Wishing you a very Happy Thanksgiving day!

MESSAGE FROM THE UUCB BOARD OF TRUSTEES

The Board of Trustees held our annual retreat on a lovely, cool sunny afternoon in late September. Our retreats are a time to connect with new members, review our covenant and goals for both the past and coming years. Our goals for the coming year are centered around community outreach and leadership with the focus of getting folks back to church and participating in our nurturing worship, social, and social action activities.

I'm sure I won't be alone in sharing that two of my favorite parts of our September meeting were Rev. Kharma's off-the-cuff chalice lighting (she HAD prepared something but couldn't put her hands right on it. Her spontaneous remarks were beautiful) and an exercise Rev. Kharma led us in that brought awareness to how we communicate with and work with each other. Both of those experiences further anchored my gratitude for how fortunate we are to have Rev. Kharma. We also shared a lovely potluck together that was delightfully dessert-heavy. It is so wonderful to be enjoying communal meals together once again -- yet another benefit of participating and volunteering in the church community!

For some of us, one silver lining of the last three very challenging years was the forced opportunity to slow down. To turn inward. To take a break from all the commitments that overwhelmed our cal-

endars. At a time when life seems to have reached an unsustainable pace, many of us found great relief in this change of pace. But we have also missed the connection and engagement that comes with joining together to accomplish common goals. And, while we are finding ourselves out of practice and even a bit clumsy remembering how to fit a few extra things in our schedules we know the benefits outweigh the minor inconveniences. A return to volunteering means a return to meeting new people, the feeling of being part of a community - part of something bigger, being "in the know".

VOLUNTEER OPPORTUNITIES

There are volunteer needs and opportunities within our church community just waiting for the right person to step up and step in. If you are curious about what's needed or how to get involved, you can email us at board@uubrunswick.org, or come speak with any one of us after church any Sunday. We wear red "Board Member" ribbons on our nametags. We would love to help connect you with a group or opportunity that fits your interests and skills.

Currently, some of our high priority needs include

- Someone to take the lead on **organizing coffee hour**. I've been assured this is not a big or challenging job. There are pro-

cesses in place and people who can show you what to do as the organizer.

- Volunteers are also needed to help make the **Holiday Fair** happen. This annual experience has been greatly missed the last couple years, and is an important fundraiser for our church budget. Be on the lookout for articles in this newsletter on how to get involved with this really fun event!

Thank you! Thank YOU, for ALL you do to help make this community a vibrant and productive one. We are grateful for your ideas, energy, enthusiasm and active participation. We are grateful for YOU!

Warmly, on behalf of the Board,
Rebecca Waddle
Member, Board of Trustees



IT'S A' COMING!!



2022 UUCB HOLIDAY FAIR SATURDAY, DECEMBER 3 FROM 9AM TO 2 PM



The throngs will come for:

- ◆ Greens table with homemade wreaths and Fresh holiday centerpieces
- ◆ Holiday baked goods
- ◆ New books enscribed to you by their authors
- ◆ Coffee, tea, or mulled cider and a breakfast muffin or scone served at elegant small tables
- ◆ A delicious homemade soup, bread and pie lunch
- ◆ Live holiday music all day long
- ◆ Ornaments, mittens, and other handcrafted items by church people and outside crafters
- ◆ Nice affordable jewelry
- ◆ Children's table with gifts especially for kids to buy and give
- ◆ The "green elephant" room of 2nd-hand items

*But, a Great Holiday Fair Doth
Not Make It-Thelf*



We Need:

- ◆ Bakers to make muffins, scones, pies, and bread
- ◆ Soup makers
- ◆ Kitchen helpers and waiters
- ◆ Wreath makers
- ◆ Knitters and crafters*
- ◆ Donations of gently used items for the Green Elephant room
- ◆ Sellers of greens, baked goods, jewelry, crafts, "green elephant" items
- ◆ Setup and Cleanup Volunteers
- ◆ Greeters and other helpers

Sign up during coffee hour

- * Crafters in our congregation are invited to donate items to the UUCB handmades table.

FMI: Robin Hansen or Pat Harris

For a small cost, artists of any age in the congregation may rent a table to sell their own handmade items (FMI: Robin Hansen)

If we all contribute a little time, we will have a fun and profitable day for our dear UUCB! And people will come back again next year!!



PASTORAL CARE NOTES

Vicki and Hank Simpson rejoiced in 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.

Gretchen Kamilewicz is recovering well from total knee replacement she had on September 1st.

Barbara Jabaut's first grandchild, **Gracie Mae**, was born prematurely on September 14, weighing only 1 pound 15.4 ounces. She has progressed well, and the family is grateful for Maine Med's NICU staff, who will be caring for her for several more weeks.

Update: Barbara is happy to report that Gracie Mae Jabaut is doing well in the NICU at Maine Med. At 5 weeks she is now 3lbs 6oz. Julie or Pete visits daily to hold her during an hour-long mouth tube feeding time.

Glenn Williams is mourning the death of his big brother on September 16 at age 81. He was an inspiration to Glenn and loved by everyone who knew him.

Judy Smith asks us to keep her son **Steven** in our hearts as he starts chemo the week of September 25.

Penny Ellwell's family is thankful for Maine's Death With Dignity law as her sister, who was dealing with congestive heart failure, was able to move on in her journey at the time of her choice in her own home, in good spirits, surrounded by her family, two incredible hospice nurses, and abundant love.

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 uucbjoyandsorrows@gmail.com
- All joys & sorrows are read by a pastoral care associate during Sunday worship

Debbie Zorach celebrated her 80th birthday in Chicago on October 2 with her daughter Rebecca, son-in-law Mike, and 10-year-old grandson Oliver.

Nancy Meikle is grateful that her son David and daughter-in-law Carol are OK in Florida, after riding out the eye of hurricane Ian in their home on Pine Island. **The Waddle family** also reported that, by some power of grace, their parent's winter home in Ft. Myers was spared significant damage. Their hearts ache for the devastation around them.

Stephanie Bernier is doing fairly well after rotator cuff surgery on October 13.

Sienna Dode celebrated 4 years of being breast cancer-free on October 16! She couldn't have done it without the love, compassion, and support from UUCB friends.

Cheryl and Steve Martin celebrated the birth of their new granddaughter **Mariela Amanita Moreno Martin**, born on October 12. Mariela joins big brother Leon, and all are healthy and happy.

Pastoral Care Associates

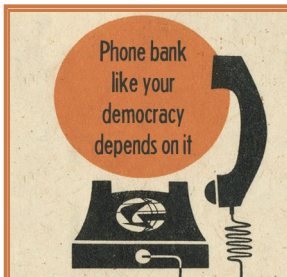
Irene Austin
 Julie Dahmer
 Jane Danielson
 Sue Loeb
 Mary Larson
 Renee Manomaitis
 Susan Snow
 Susan Thorner
 John Trumper
 Betty Wurtz



WORKING FOR JUSTICE

MUUSAN

UUtheVoteME is MUUSAN's electoral justice initiative for the 2022 midterm elections. Its goal is to help each UU congregation identify focus issues and take action to mobilize voters, counter voter suppression and help the candidates in the 2022 midterm elections who will act strategically for justice. Examples of volunteer work in Maine and in other states with critical races are writing postcards, working on election assistance hotlines, and volunteering to be a poll worker or election observer.



UU the **VOTE ACTION**

Online - National Event
November 2nd & 3rd
6:30 PM - 8:30 PM ET

Join **UU the Vote** as we call voters all over the country to vote their values up and down the ballot. Occurs every Wednesday & Thursday through the November Election, with different states each time. We'll ground, build community, train you, make calls that make a difference, and have fun.

To sign up to volunteer, click on the applicable link(s):

Wednesday, November 2nd: <https://secure.everyaction.com/PATTvnVJLE-IR99SuvDE6Q2>

Thursday, November 3rd: <https://secure.everyaction.com/8wfkEUKOMkmgOAHMFnXArw2>

Teen Center



The Teen Center continues to grow and expand as the teens begin to feel "at home" there. There was one big day in which approximately 30 teens came. One teen had a birthday party and invited friends to come to his "other home". The Homecoming Dance was a big success. The UUCB Support Group continues to provide meals and snacks.

For the upcoming holidays, there will be stockings for the teens with the following suggested donations of stocking stuffers: Candy, cards, Regal Cinema movie tickets (members of AAA can purchase the tickets at a discount at the theater), Amazon gift cards, Gelato Fiasco gift cards.

The Teen Center Advisory Committee reports that the Teen Center's Back-to-School letter has so far brought in \$8,180.00---almost one-third of the way to the goal. One teen is currently enrolled in Driver's Ed thanks to donations to this fund. Future discussion of the Committee will include: Youth mental health issues such as anxiety, need for a glassed-in quiet space, and more room to accommodate the activities for an increasing number of teens.

Thank you to members of UUCB for their support.

WORKING FOR JUSTICE

November's Charity with Soul

Maine Family Planning (MFP) was founded in 1971 by a group of grassroots activists as the Family Planning Association of Maine. MFP is a 501c3 nonprofit organization and its mission is to ensure that all Maine people have access to high-quality, affordable sexual and reproductive health care, comprehensive sexual health education, and the right to control their reproductive lives.



MFP accomplishes its mission through four primary programs:

- ◆ **Clinical:** MFP directly operates 18 community clinics (Augusta, Bangor, Belfast, Calais, Damariscotta, Dexter, Ellsworth, Farmington, Fort Kent, Houlton, Lewiston, Machias, Norway, Presque Isle, Rockland, Rumford, Skowhegan, and Waterville) offering comprehensive, inclusive sexual and reproductive health care—including abortion care—at a sliding fee scale that includes no cost to qualified patients. In addition to providing direct care through its own clinics, MFP serves as the federal grantee for Maine's Title X family planning network, distributing pass-through funds to school-based health centers, Planned Parenthood affiliates, and federally qualified health centers in Maine. More than 80% of the 28,000 patients served annually by Maine's family planning network are low-income.
- ◆ **Prevention:** MFP develops comprehensive, up-to-date sexual education curricula and trains care providers and educators working with youth throughout Maine, including youth in foster care and other vulnerable populations.
- ◆ **Family Support:** MFP operates the Maine Families Home Visiting program in Hancock County and the WIC Nutrition Program in Washington and Hancock Counties, providing critical support networks and resources to new parents and caregivers.
- ◆ **Policy advocacy:** MFP advocates for common-sense, evidence-based policies at the State and Federal level when it comes to issues of sexual and reproductive health care and rights.

Maine Family Planning is honored to have the support of the Unitarian Universalist Church of Brunswick, and we encourage all of you to join us in this important work! MFP is active on social media on Facebook, Instagram, and Twitter, you can sign up for monthly e-newsletters at www.MaineFamilyPlanning.org, and MFP's Director of Development, Mareisa Weil, can be reached at mweil@mainefamilyplanning.org. Thank you!

WORKING FOR JUSTICE

Meet the Candidates



Tuesday evening, October 18th, the Working for Justice Steering Group of the Unitarian Universalist Church of Brunswick hosted a Meet the Candidates Night. Fifty-four people attended the event which focused on issues each of the eight candidates brought to the table including: the housing crisis, paid family medical leave, bottle redemption, education, taxes, health care, climate change, support of small businesses, and humility and collaboration at the state house. The depth and breadth of their remarks was inspiring and sparked a lively Q & A period to conclude the evening. The event was live streamed and may be viewed on YouTube at UUCB AV.

COFFEE HOUR



COFFEE
Hour

Are you finding yourself wondering, “**Where is Coffee Hour?**” now that we have permission to resume it?

We all know that coffee won’t make itself, so Coffee Hour will resume when we have one special person who will **organize and recruit** the volunteers to take their turn at making and serving the coffee and cleaning up.

It’s a pretty doable job, and the tasks are well established and documented. If you’re interested in doing this job, please speak to a member of the Board of Trustees. Your fellow parishioners will thank you for restoring this important aspect of our church community.

Don’t forget, volunteers are also needed to make refreshments for all our Concerts for a Cause. Please sign up at the Concert Table.

CONCERTS FOR A CAUSE

GET YOUR TICKETS EARLY FOR THIS ONE!

CHRISTINE LAVIN

NOVEMBER 19 @ 7:30 PM

Christine Lavin is an award-winning singer-songwriter, promoter of contemporary folk music, and author based in New York.

Lavin has recorded 25 solo albums, and two more with 4 seasoned musician-comediennes under the name *Four Bitchin' Babes*. She has also produced 10 compilations showcasing the work of dozens of singer/songwriters she admires. One of them, "On A Winter's Night," has toured frequently with Patty Larkin, John Gorka, Cliff Eberhardt, and Lucy Kaplansky. Many of Lavin's songs are now performed by Broadway performers -- Betty Buckley, Sutton Foster, Karen Ziemba, Klea Blackhurst, and others. Neil deGrasse Tyson appears on her album SPAGHETTIFICATION. He loves it when science and music interact.

She has an elegant voice and sings sweet, soft melodies, but she is known for her sense of humor, which is expressed in both her music and her onstage performances. Many of her songs alternate between comedy and emotional reflections on romance.

Lavin has been featured on ABC, NBC, CBS, CNN and NPR. She was also the creator and host of xm satellite radio's *Slipped Discs*, which featured the albums of fellow artists and aspiring musicians "slipped" to her backstage at her concerts.



Lavin has built a reputation as one of the observers and chroniclers of modern urban life, with recordings like "Prisoners of Their Hairdos," "Sensitive New Age Guys," "Good Thing He Can't Read My Mind," and "Mysterious Woman," a brilliant parody of folk-pop singer Suzanne Vega.

Her latest solo album, her 25th, *ON MY WAY TO HOOTERVILLE*, includes 10 new songs and one re-worked song, "Ramblin' Waltz," a re-telling of her time in 1975 when she was an entourage driver for the first week of Bob Dylan's iconic "Rolling Thunder Revue" tour.

In his *Penthouse* article on Lavin, Scelsa called her "one of the country's best songwriters. Period. Regardless of genre or back-up instrumentation. For her literacy, humor, and compassion, her keen, observant eye and ability to translate the most mundane moments into magic, I can only compare her to the likes of, say, a [songwriting giant like] Paul Simon."

Christine Lavin has been called "A fearless folkZinger!" by the *Orlando Sentinel*, "Wildly entertaining," by *The New Yorker*, and "A fresh kick in the pants!" by the late Paul Newman!"

Adults: \$30 in advance, \$25 at door, Students & Children: \$10

Available after worship services, at the church office or Gulf of Maine Books, or <https://www.ticketstripe.com/christine>

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

