



December

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

Toben Cooney-Callnan
Director of
Religious Exploration

Nell Britton
Director of Music

Shirley Bernier
Office Administrator

Tony & Mary Sulkoski
Sextons

Contact Us

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(207) 729-8515
administrator@uubrunswick.org

Rev. Justine Sullivan,
Interim Minister
Office Hours: Tues – Fri, 10-4

UUCB Services in December

Sundays at 10:00am

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

December Worship Theme: **WONDER**



December 4 – The Wonder of it All – Rev. Dr. Kharma Amos

Music by: Nell Britton

A reflection on the nature of wonder, and what it offers us as spiritual resource and wisdom.

December 11 – Wonder What We're Missing? Rev. Dr. Kharma Amos

Music by: Nell Britton & the UUCB Choir

"Most religious traditions contain stories about "Doh!" or "Aha" moments people have when they suddenly understand something they hadn't previously. These can serve as reminders to us to pay attention to the wonder of the world, lest we miss its many revelations. Join us as we reflect on some spiritual practices that could keep us more open to the gifts the universe is delivering to us.



December 16 – Blue Christmas

Blue Christmas is a gentle, contemplative service for those who are carrying pain or grief during this season of celebration. This service is especially for those who find this to be a difficult season or a reminder of loss or challenging times. It will include readings, songs, and opportunities for reflection on how to manage the feelings that arise during this busy and often complicated time.

December 18 – The Wonder of Sharing Music by: Nell Britton & the UUCB Intergenerational Orchestra conducted by Ross Miller

Join us for an intergenerational service to celebrate the wonder of giving. The service will highlight our own holiday orchestra and the annual march to the "mitten tree" to bring warmth for the coming season.

December 24 – 5:00 pm Christmas Eve Service

This child-friendly traditional service will include many of our traditions. Special music, lighting candles for the babies born to families in our congregation this past year, and a candlelit Silent Night are some of the highlights that will be included in this service.



December 24 – 7:00 pm Christmas Eve Service

Join us to celebrate Christmas Eve with beautiful music by the UUCB choir, Nell Britton, as well as other special music. Our service will also include lighting candles for the babies born to families in our congregation this past year, Christmas carols, a homily by our own Rev. Dr. Kharma Amos, and a "Silent Night" hymn sung by candlelight.



December 25 – Christmas Wonder: A Worship Experience

When Christmas (and other significant holidays) occur on Sundays, worship committees all over the world wonder what to do! Some churches will be closed today, a variety of Christmas celebrations still fresh from the night before. For those who want to spend Christmas day with their families, please do that. For those who want to gather together for worship, please join us for a worship experience on the theme of Christmas Wonder. Various elements of worship (i.e. opening hymn, reading, etc.) will be wrapped up in Christmas presents. We won't know exactly how things will take shape until we unwrap those presents together, and that's part of the fun! Casual attire is encouraged (pajamas, ugly Christmas sweaters, etc.). This service is "unplugged" - music will be unaccompanied, and the service will not be live-streamed.



January 1st, 2023! – Stepping Into the New Year with the UUCB Worship Committee – Join the Worship Committee for stories, poems, and music as we contemplate stepping into the new year. Music by Louise Gephart





Don't Miss the Holiday Fair!
Saturday, December 3rd!

- Artisan Vendors
 - UUCB Hand Crafts
 - Jewelry
 - Children's table
 - White elephant
 - Eats & Treats
- ...and more!

Want more info?

Want to help??

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



MINISTER'S MESSAGE

A FAUNAL LESSON IN COURAGE



Rev. Dr. Kharma R. Amos
Minister

Dear Friends,

As I look out from my office window at the sparkling lights across the street at the library, I am keenly aware that we are now solidly in “the holiday season.” Since before Halloween, the stores and advertisements have been announcing this, and now I can no longer resist the acknowledgement: *the holidays are here... now what?*

Holidays mean different things for different people (and perhaps even different things for each one of us at varying times in our lives or in any given year). Some wait for the holidays all year with anticipation and great eagerness. Some dread them so much they feel a pit beginning to form in their stomach as soon

as summer ends. Others find themselves at alternative spots along on that continuum of elation-to-dread throughout the season.



Wherever you find yourself, know that you're not alone and your perspectives and feelings are valid. If you're brimming with energy and excitement, there are others whose hope and wonder is kindled in this season and who are ready to make magic with you. If you're bah-humbugging already, there are others who are feeling the same way – disgusted by capitalism, frozen by the cold, overcome with personal grief or worry for the world, exhausted, or simply spiritually out-of-step with the message and the music of Christmas. If you're a feeling solidly neutral or apathetic, there are others who wonder why things seem so “ho-hum” or that “old feeling” of happy holidays gone by is elusive this year.

As a congregation, we're likely to find ourselves all over the map with regard to our feelings about and experiences of the holidays. That's OK. It is also true that no matter where we find ourselves, our experience of this season can be made better by being/staying together in supportive spiritual community. It may require more of us in this season to do so. In all of the hectic holiday rush, we may need to remind ourselves to slow down, be present, listen, breathe, and practice the arts of empathy, compassion, and grace with one another. I think we're up for the challenge!



This season also holds the potential for a lot of meaning-making and community-building. Whether we are celebrating the miracle of un-extinguishable light at Hannukah, the gradual and striking return of light signaled by the Winter Solstice, the coming of divine love into the most unlikely of human experiences at Christmas, or the hopeful promise that humanity might yet turn towards justice... we are invited in this season to open our hearts and our minds to possibility.

My prayer is that each one of us may feel seen, heard, and valued in this season in which most of us are just trying to do our best. May we be alert enough to notice the blessings present in these days without trying to force it if we aren't feeling it. And may the spirit of a grateful and gleeful child bubble up in us all from time to time, surprising us with a splash of joy.

Happy Hannukah! Cool Yule! Merry Christmas!



...basically, May you have a deeply meaningful holiday season, however you celebrate, and may you experience times of peacefulness in all of its contrasts and complexity.

Blessings,
Kharma



IMPORTANT: Rev. Kharma and UUCB will NEVER send you a personal email asking you for emergency assistance, gift cards, or cash. If you receive such an email claiming to be from Rev. Kharma (whose actual email is minister@uubrunswick.org), please ignore it or report it as spam.

MINISTER'S MESSAGE

WHY DO UU'S CELEBRATE CHRISTMAS?

Excerpts from a piece written by Mike Kruze, representing the UU Fellowship of Southwestern Utah for a feature on how Unitarian Universalists have contributed to the celebration of Christmas.

There are sectarians who think society is fighting a war on Christmas and feel oppressed. There are mirror-image radicals on the opposite side who resent having a sectarian holiday forced on them.

We can strike a balance. ...

Many UUs don't believe in illogical virgin births. But many do believe in the miracle of birth and the hope that every child can make a difference. ...

UUs helped create how Christmas is celebrated in the USA. For 200 years the Puritans squelched Christmas celebrations due to too much drinking, partying and overeating.

Universalists openly celebrated Christmas for years in New England in the 1780s. In the 19th Century they actively pushed for Christmas celebrations. Unitarians called for public observance of Christmas around 1800. It was not Biblically sanctioned and they wished to celebrate a secular holiday.

... UUs practice the religion of Jesus rather than a religion about Jesus. We celebrate all world religions, spirituality, humanist teachings, words and deeds of prophetic women and men and the experience of mystery and wonder. We celebrate Christmas, because Jesus was an enlightened person, who taught by word and example how to overcome oppression without violence; how to build an inclusive community.

UUs have contributed significantly to some of Christmas' most enduring customs and themes.

- In 1881, a UU minister, James Pierpoint wrote "Jingle Bells".
- UU minister Charles Follen was one of the first in the USA to decorate an indoor Christmas tree.
- UU Noel Regney wrote "Do You Hear What I Hear" during the Cuban Missile Crisis.
- Abolitionist Edmund Sears, a UU Minister wrote "It Came Upon A Midnight Clear" as a protest against the Mexican American War, calling for peace, goodwill and justice.

We feel Christmastime is about joy, hope, wonder, love, compassion and peace.

Christmas belongs to all who recognize Jesus as an inspiring, significant historical figure. As Transylvanian Unitarian Minister Francis David said, "We need not think alike to love alike."



MUSIC

Message from the Director of Music

Join the Pick-up Choir!

Do you love to sing, but can't attend Thursday night rehearsals? Join the pick-up choir!

On the 1st & 3rd Sunday of the month, the pick-up choir rehearses at 9:00 AM on Sunday mornings and sings at the service at 10:00.

Questions?
Ready to Sign Up?
Contact: **Nell Britton**
music-director@uubrunswick.org



Nell Britton
Director of Music

RELIGIOUS EXPLORATION

Message from the Director of RE



Toben Cooney-Callnan
Director of
Religious Exploration

Free Holiday Childcare!

With the Winter Holiday Season comes the hustle and bustle of crossing off the many tasks on long to-do lists. To help support families with children (and grandchildren) Rev. Kharma and Toben will be hosting a Holiday Crafternoon on Saturday, December 10th from 4pm-7pm at UUCB. We invite folks to drop off their children for a few hours of free childcare while they do holiday shopping, take a nap, catch up on the dishes, or have coffee with another adult! We have some fun winter crafts planned for the kids and we will provide them with pizza for dinner. This event is free and we encourage you to share the invitation with a friend or neighbor who you think might be interested!

FREE HOLIDAY CHILDCARE

4 p.m. - 7 p.m.
Saturday, December 10th
Unitarian Universalist Church of Brunswick
1 Middle St

TAKE TIME TO CROSS THINGS OFF YOUR HOLIDAY TO-DO LIST WHILE YOUR KIDS ENJOY CRAFTS, PIZZA, AND A HOLIDAY MOVIE!

Please email Toben if you have any questions:
re-director@uubrunswick.org

Questions?
Ready to Sign Up?
Contact: **Toben**
re-director@uubrunswick.org

UUCB BOARD UPDATE

Message from the Board of Trustees



At our November 10 board of trustees meeting, we finalized two goals for the 2022-23 church year. The first is to “Support and develop congregational involvement and leadership,” and the second is to “Reach out to our local community and strengthen our relationships with other UU Churches.” We have set up sub-groups of board members for each of these topics to explore what we can do to further these goals.

The board continues to receive an update from our Covid Task Force each month. This month’s update included a recommendation (which was approved by the board) to set aside a section of the sanctuary in front of the AV booth for people that would like to sit in an area where everyone is masked. If this is something that you’d prefer, the ushers can direct you to that area.

The board hosted coffee hour at the November 20 service to help everyone remember how nice it is to have coffee as we chat after the service! If you appreciated this time, please consider stepping up to coordinate the volunteers who provide this service. The position does not require you to make coffee, wash dishes, or even show up on Sundays. It’s about putting together a schedule and offering people the opportunity to sign up do those things for a particular Sunday. If nobody signs up, you won’t have to make the coffee that week; it just means we will go without on that Sunday. Please let me know if this is something you’re interested in being involved in.

We’re noticing that a lot of you are attending in person on Sundays--that’s fabulous! Tony has rearranged the chairs so that we can now seat 145ish people in the sanctuary. We’re going to continue to monitor attendance, and we’ll add more chairs if necessary. Keep coming and invite your friends!

General Assembly is in Pittsburg this year from June 21 to 25. Attendance

opportunities are available in person and online. One significant item that will be address at GA is changes to Article II of our UUA bylaws. Article II is the section that contains the Purposes, 7 UU Principles and our Sources. The UUA’s Article II Study Commission has been reviewing Article II and has held thoughtful discussions online, at General Assemblies, and with groups of leaders across our Association. This fall, the commission incorporated the extensive input from individuals, groups, and congregations and developed an initial draft of a new Article II. You are invited to review the new draft text and share your feedback with the Commission online.

As I mentioned at the start of this article, one of the board’s goals this year is to “Support and develop congregational involvement and leadership.” We have many wonderful committees and task forces that manage so many day-to-day tasks. The board has heard from some of these committees that they need help. They need new members, new ideas, and new leaders. We’ll be working this year to help direct the significant energy of our members and friends to support the work of the church. Look to hear more from us on this in the future, but in the meantime review the “Our Work” section of our website to see a list of all our committees.

Lastly, I want to thank you all for your support. As I am sure is true for many of our current and past church leaders, there are times when the job feels impossible, and I do not feel up to the tasks that are before us. When that happens, I also find that you are there – to advise, to take things off my plate, and to make sure that this church, this beacon of liberalism in Brunswick, Maine, continues to shine a light of welcome to all.

David Kew
Chair, Board of Trustees



JOY'S & SORROWS

Message from the Pastoral Care Committee



Sharing Joys & Sorrows



Our hearts grieve with UUCB's sextons, Tony and Mary Sulkoski, who lost their son Jeff.

Susan Paluska had a fall and fractured her pelvis. She is resting comfortably and would appreciate calls or visits (please call ahead).

Betsy Roper had her second knee surgery. It was successful and she's recuperating well, grateful for the help of family & UUCB friends.

Sue Michaud has been diagnosed with endometrial cancer and will be having a hysterectomy on November 30. Because the cancer is only grade one, she is hopeful for a good outcome but would appreciate everyone's thoughts on the day of surgery and as she heals.

Nancy Dorian fell and broke her hip in a fall. She is currently at Brentwood Rehab.

Peg Duston expressed gratitude for the honor of being able to spend the last two weeks of her sister Ginny's life with her in California, caring for her and offering support to the family. She greatly appreciated the heartfelt and generous messages sent to her during this time.

Dan Ellis asks for healing thoughts and prayers for his brother Kirk and family as he deals with a very difficult time in his life due to health issues. He is a kind and gentle man who is suffering a great deal of anguish.

Michael Jones and Phil Richardson appreciate all the support they are feeling from UUCB as Michael works through some difficult times with his aging parents in Texas. They are starting to see a glimmer of hope of resolution.

Rebecca Waddle requests healing thoughts for her spry, 81-year-old mother, who suffered a terrible break to her right shoulder on November 16. A full "reverse" replacement surgery is scheduled for November 29th. Rebecca is grateful to have the ability go be with her mother and help in the many ways it will be needed.

Barbara Jabout shared the wonderful update that her granddaughter Gracie is healthy and growing, now out of the NICU and in continuing care at Maine Med.

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

~ or ~
send them by email to uucbjaysandsorrows@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 Loeb
Mary Larson
Renee Manomaitis
Susan Snow
Susan Thorner
John Trumper
Betty Wurtz

WORKING FOR JUSTICE



FUELING FOR JUSTICE

- Does your heart break at all the injustice in the world and our own community?
- Do you find yourself wanting to make a difference, but not knowing how?
- Does despair sometimes creep into your consciousness and leave you apathetic or without energy?



December 6th
1:00 - 2:00 pm
 in person at UUCB

Please let us know of your interest so we can book the appropriate space.

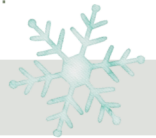
Questions?
 Ready to Sign Up?

Contact:
administrator@uubrunswick.org

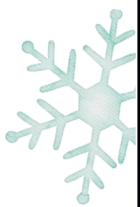


Join Rev. Kharma and members of the Working for Justice Steering Committee of UUCB for a couple of conversations we're calling "Fueling for Justice." Basically, we'd like to strategize and practice together ways to sustain ourselves spiritually for the important work of justice. We will host a discussion monthly in November and December, and work with participants to determine whether/how this might take shape in the future.

GUN VIOLENCE PREVENTION



Please join UUCB to remember those who have lost their lives to gun violence. This event, organized by groups advocating for gun safety, will be a time of shared reflection. **Speakers** will include **Judi Richardson** from Remembering Darien; **Sophie Paddon**, graduate student; **Senator Anne Carney**, Chair of the Maine Legislature's Gun Safety Caucus; **Camilla Shannon**, Board Chair of Maine Gun Safety Coalition (MGSC); **Nacole Palmer**, developer of the Show Up Network; and **Doug Rawlings**, President of the Maine Chapter of Veterans for Peace. Music will be by singer/songwriter **Lynn Deeves**.



Looking Back & Moving Forward:
Remembering Lives Lost to Gun Violence
and Preventing Future Tragedies

December 14, 2022
 (on the 10th Anniversary of Sandy Hook)

6:00-7:30 PM - UU Church of Brunswick
ONE MIDDLE STREET, BRUNSWICK

Hosted by:











WORKING FOR JUSTICE



Many people, including UUCB members, contributed treats for Halloween. For some of the teen-aged New Mainers the treats, trick-or-treating and the downtown parade were an introduction to a popular US holiday.

For the annual stocking stuffers, the following contributions are needed:

Candy, cards, Amazon gift cards, Gelato Fiasco gift cards, Regal Cinema movie tickets (members of AAA can purchase the tickets at a discount at the theater), and items for the annual Yankee Swap---a teen favorite.

IMMIGRANT JUSTICE

Housing continues to be the most urgent need for the immigrant population (as well as others) seeking to rebuild their lives in Maine. Federal funds from the ERA (Emergency Rental Assistance), distributed through Maine State Housing Authority have essentially run out.

Mainers – both new and long term-- needing assistance for rent, electric bills and other expenses to avoid homelessness have no recourse but to turn to municipal General Assistance (GA) funds. These are inadequate for the numbers of people in need.

While all Mainers depending on the ERA funds are at risk, asylum-seekers are especially vulnerable since most are awaiting work permits and have no way to earn money to care for themselves. Maine Immigrant Rights Coalition (MIRC) urges people to call the governor's office and their state legislators to advocate for a humane solution to this crisis.

For more information see the Portland Press Herald article linked below.

<https://www.pressherald.com/2022/11/13/general-assistance-programs-brace-for-impact-from-early-end-to-federal-emergency-rent-assistance/>



HOLIDAY RESOURCES

United Way of Mid Coast Maine has a list of resources to help our community members who may need a little extra cheer this year. Our 2022 Winter Holiday Resources list is available

- on our website:
<https://www.uwmcm.org/gethelp-194812.html>
- on our [Facebook page](#) (follow us, if you don't already).
- Share this list with friends and neighbors, colleagues and partners.
- If you know of additional resources that should be included in future lists, please provide information for our future Community Impact team to include.
- Thank you for being an important part of the Mid Coast community!



Get Help
211 Maine is available 24/7/365
 Free & Confidential Referral Service
 Call **211**
 Email info@211maine.org
 Text your zip code to **898-211**



B CORPORATIONS: businesses independently certified to meet rigorous standards for social & environmental performance

BRAND EXAMPLES LOOK FOR THIS LOGO:

MAINE B CORPORATIONS		In Stores	
<i>Food/Drink</i>	<i>Financial</i>	- Patagonia	
- Allagash Brewery	- Androscoggin Bank	- Cabot Creamery	
- Luke's Lobster	- Cornerstone Financial	- King Arthur Flour	
- Wicked Joe Organic Coffees	Planning	- Bigelow Tea	
<i>Personal care products</i>	<i>Services</i>	- Hilary's (veggie burgers)	
- Tom's of Maine	- GWI - Great Works	- Ben and Jerry's	
<i>Employment</i>	Internet	- Stonyfield Farm Organics	
- MaineWorks	- Ibec Creative	- Danone North America (owns Dannon, Horizon Organic)	
<i>Energy</i>	- Blaze Partners	- Seventh Generation	
- Revision Energy	- Conscious Revolution	- Pete and Gerry's Organic Eggs	
	- Dirigo Collective	Online	
		- Lemonade Insurance	
		- Allbirds shoes	


Hope And Action
An Economy For All

FIND MANY MORE B CORP PRODUCTS AND SERVICES AT
Bcorporation.net - click on Find a B Corp

Conscious Consumerism This Holiday Season (and Beyond)

A local initiative, **Hope and Action: An Economy for All**, invites you to visit our website to view tools you can use and share with others about sustainable ways to give. Find our Buying Guide and other resources at

www.hopeactioneconomy.com. Learn about B corporations, businesses that are independently certified to meet rigorous social and environmental standards. You have the power to make positive choices that enhance our connection to one another, and support businesses that promote thriving for all. Already love B corporations, or do a lot of sustainable giving? You can share your recommendations here as well – and see tips from others!




Hope And Action
An Economy For All

BUSINESS WORKING FOR ALL

B CORPORATIONS - See Other Side

OTHER RESOURCES -
Be A Conscious Consumer - Buying Guide

See www.hopeactioneconomy.com - or SCAN HERE



WORKING FOR JUSTICE

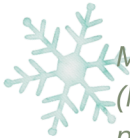


INDIGENOUS AWARENESS

Tribal sovereignty remains a central concern of Maine's Wabanaki tribes. Despite the 130th State Legislature's passage of a bill (LD1626) supporting the twenty-two recommendations of the Task Force on Changes to the Maine Indian Claims Settlement Implementing Act of 1980 which would have supported tribal sovereignty, the bill never made it to the governor's desk because Governor Mills announced that she would veto it should it get there.



Below is Maine Unitarian Universalist State Advocacy Network's (MUUSAN's) resolution to the 131st Legislature on Tribal Sovereignty. It is written with the encouragement and guidance of the Wabanaki Alliance and is offered by MUUSAN to individual Maine UU congregations for their support with signatures. The Working for Justice Steering Group will discuss the resolution at its December 8 Zoom meeting.



MUUSAN - Resolution on Tribal Sovereignty to the 131 st Maine Legislature MUUSAN (Maine Unitarian Universalist State Advocacy Network) is a statewide advocacy and public policy network anchored in Unitarian Universalist faith and animated by its principles. We acknowledge that the land we now call Maine is the ancestral land of Wabanaki Nations.



Our UU commitment to affirm and promote the inherent worth and dignity of all people calls us to address systemic oppression by advocating with and on behalf of people who are marginalized because of systemic racism and colonialism and responding to the need to interrupt disparities in Maine's legal and economic systems.



MUUSAN stands with Maine's Tribal Nations in affirming their Inherent Sovereignty.

In the 130th Maine Legislature, MUUSAN fully supported passage of legislation to restore Tribal Sovereignty in accordance with the 22 consensus recommendations of the Task Force on Changes to the Maine Indian Claims Settlement Implementing Act of 1980. As the Maine 131st Legislature convenes, MUUSAN reaffirms this support wholeheartedly. We urge the 131st Legislature to pass bills that implement any of these Task Force recommendations and are endorsed by the Wabanaki Alliance, and we urge the Governor to sign these bills into law.

We further urge Maine's Congressional delegation to sponsor and support, US Congress to pass, and the President to sign legislation ensuring that Maine's tribal Nations are included by default in federal Indian legislation and have rights and benefits equal to the other federally recognized tribes.

*MUUSAN stands with Wabanaki Nations.
November 17, 2022*



WORKING FOR JUSTICE



MUSAAN

With so many new faces at UUCB, and the 131st Maine State Legislative session about to begin, it seems like a good moment to review the scope and mission of MUUSAN.



MUUSAN
Maine Unitarian Universalist
State Advocacy Network

Mission: The mission of MUUSAN is to bring our values to bear in the public arena: In the Maine Legislature, the news media, the development of policy, and the pursuit of justice. Such advocacy is often called faith-based legislative ministry.

Organization: A state-wide Steering Committee guides the work of member congregations in Maine by following a recently revised strategic plan, supervises a part-time administrative assistant, and manages all finances. MUUSAN is a 401.3C and the Augusta UU church is its fiscal agent. Advocacy work is divided among four Issue Groups: Democracy in Action, Health Care, Climate Change and Native, Racial and Immigrant Justice.

Partners: MUUSAN partners with many state organizations and coalitions (such as League of Women Voters, Environmental Priorities Coalition, Maine AllCare, Wabanaki Alliance), to narrow the focus of the supported bills.

UUCB & MUUSAN: A focus sub-group of the Working for Justice Steering Group meets routinely to review action items suggested by the MUUSAN Issue Groups and decide on "action alerts" to send to members of UUCB on our "Legislative List." If you are interested in learning more about our work with MUUSAN, or would like to be on our Legislative List, please contact Betsy Williams at 978-505-9467 or bwilliams120@gmail.com.

Questions?
Ready to Sign Up?

Contact:
Betsy Williams
(978) 505-9467
bwilliams120@gmail.com



TRAINING ON HOW TO EFFECT LEGISLATIVE CHANGE

Beginning December 1, The Natural Resources Council of Maine (NRCM) is offering an online training series on how to be an effective voice for change.

Session 1: Intro to the State House -- December 1, 6:00 - 7:00 p.m.

What happens in Augusta? Learn how to track bills on issues you care about, when it's best for you and your neighbors to weigh in, who your legislator is, and how to influence them.

Session 2: Making Your Voice Heard -- December 15, 6:00 - 7:00 p.m.

Learn how to communicate with your lawmakers and other decision-makers most effectively-- whether it's testimony, letters to the editor, lobby meetings, or other ways.

Session 3: Building People Power -- January 5, 6:00 - 7:00 p.m.

To pass new laws, we need more people to get involved. Learn how to talk to your family and friends about issues you care about.

Session 4: Current Priorities and Taking Action -- Mid-January, official date and time TBD

To RSVP and get the Zoom links go to: <https://nrcm.salsalabs.org/training/index.html>

If you complete all four training sessions, you'll receive a special NRCM gift and be recognized at a luncheon at the annual State House Action Day with NRCM's Advocacy Director Pete Didisheim.

WORKING FOR JUSTICE

December charities with soul is...



ACCESS TO HEALTH CARE
We believe access to basic health care is a human right, and that it is our role to serve those who fall through the cracks of traditional health systems

RESPECTFUL, CARING RELATIONSHIPS
We value relationships characterized by respect, dignity and compassion between and among patients, caregivers, volunteers and staff.

Our Values

COMMUNITY
Oasis offers its services in the context of a complex web of community systems and social determinants of health. We value collaboration with individuals, other social service agencies, places of worship, community leaders, policy makers, governments and all members of the community we serve and seek to enhance.

FLEXIBILITY AND ADAPTABILITY
The health care needs of our patients and community evolve with changes in legislation, the economy, the availability of other social services, and many other factors. To be most effective at serving those who need us, we must be flexible and adapt our service offerings.

SERVICE
We value the service of our volunteers and employees. We believe that it is important to share our talent and time to serve others and the greater good.

The mission of the Oasis Free Clinics is to strengthen our community by providing no-cost medical, dental and prescription assistance services to our uninsured neighbors in need. The vision is a thriving community that cares for all of its members. We serve adults 18-64 who live in the towns of Freeport, Durham, Brunswick, Harpswell, and Sagadahoc County.

For the past two years, we have served as the primary medical and dental home for adult asylum seekers and immigrants living in the Midcoast. We are committed to providing care that is linguistically and culturally appropriate, so in addition to the telephonic language line that we have used for several years, we have added two part-time community health outreach workers to our team. Over 70 of our patients have a primary language other than English.

Prior to the COVID-19 pandemic, approximately 50% of Oasis patients were diagnosed with mental health-related conditions including depression, anxiety, bipolar illness, and post-traumatic stress disorder. This has increased significantly as a result of the additional stress caused by COVID-19. To address this need, we added a Mental Health Coordinator to our team. She has developed a counseling referral program, added graduate level student counselors, and provides case management.

For more information, please visit www.oasisfreeclinics.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

Circle Suppers on Christmas Day

Would you like to share Christmas dinner with your friends at UUCB? The December 25th Circle Dinners will take place on **Christmas day, Sunday, December 25**. Those who are fully vaccinated and boosted are invited to attend. Times and locations will be available at the Visitor's table.

Circle Dinners 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 "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'll be looking for both hosts and participants. Wishing you a very Happy Holiday!



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

Leigh Peranteau

725-4874 or

leigh763@yahoo.com



What's Your Spiritual Type? Why Does It Matter?

SAVE THE DATE of **Saturday, January 14th from 9:00 - 12:00 noon** for a half-day workshop to discover your spiritual type and what that might mean for you.

What's a spiritual type? Much like we all have "personality types" and knowing more about our type (as well as others') can help us more meaningfully engage with others across our differences, we also have a "spiritual type" that can help us do the same with regard to spirituality.

Led by our Minister, **Rev. Dr. Kharma Amos**, and our Director of Religious Exploration, **Toben Cooney-Callnan**, this workshop offers several potential benefits, including

- (a) personal awareness and growth
- (b) a broader understanding of the various ways that people engage spirituality
- (c) information that could be helpful as you create your own plan for spiritual practice
- (d) more ...

Please RSVP if you are planning to attend so we make the best arrangements for space.

**Questions?
Ready to Sign Up?**

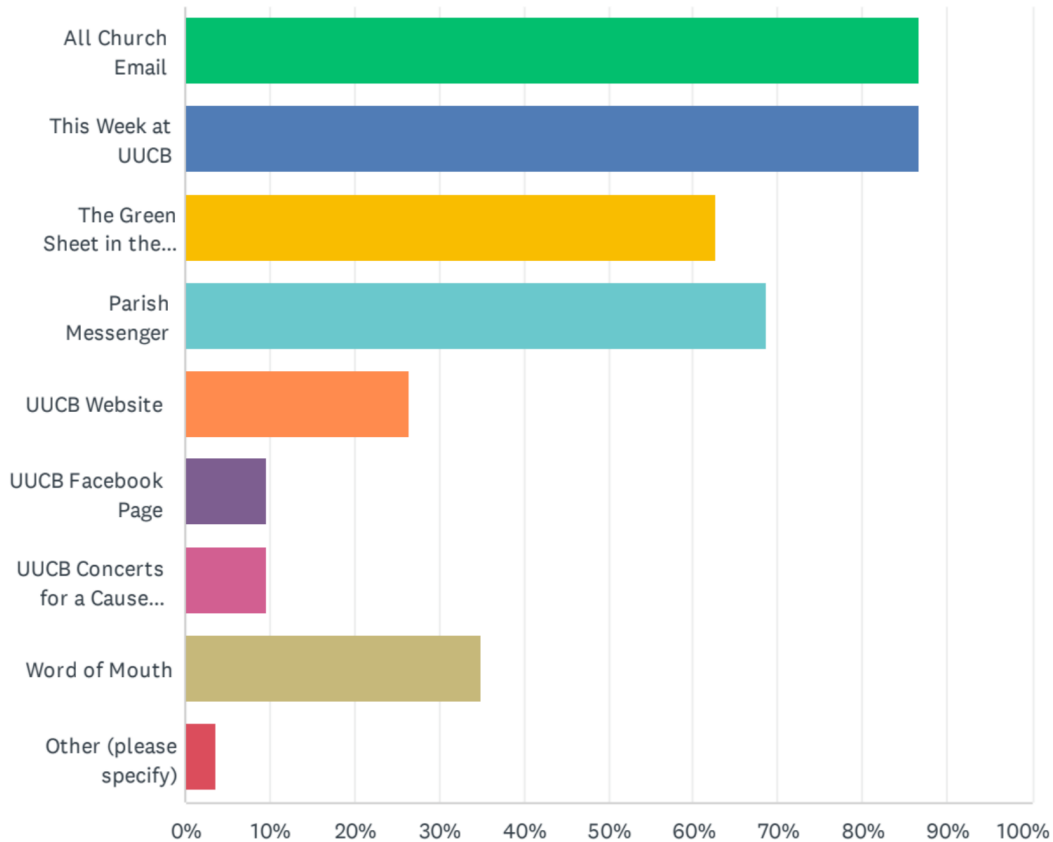
Contact: **Shirley**
in the church office
(207) 729-8515

administrator@uubrunswick.org

COMMUNICATIONS SURVEY

Communications Survey Results

Thanks to all 83 people who responded to our questionnaire about communications at UUCB. As you can see from the graph below, **nearly 90%** of respondents rely on **All-Church email** and **This Week at UUCB** to get news about what's going on at UUCB.



For news in general:

- the most frequent response was Newspapers (65%)
- with Internet a close second (61%)
- TV, Radio, and Email were in the 50-60% range.
- The only other responses above 20% were
 - Facebook (21%)
 - and Google Search (28%)

Our survey responses no doubt reflect to some extent the age of respondents:

- Nearly 90% were over 60 years old
- 99% were older than 41.

The Communications Committee will continue to explore options for using social media outlets preferred by young folks. Several respondents included helpful suggestions in the open-ended sections, and many people expressed appreciation for our efforts. We appreciate the appreciation!

Glenn Williams



CONCERTS FOR A CAUSE



CHRISTINE LAVIN CONCERT RECAP



Christine Lavin brought in a good crowd and had everyone in stitches at her concert on November 19th. She had so many hilarious stories and songs, and she included a lot of audience participation. She even had a knitting circle before the show, and taught people how to fold napkins like they do on "Downtown Abbey."

Our own David Roundy and audience member Jeannie entered a contest to see who could remember the most details about Christine's songs from the first half of the show. David remembered that the score of the baseball game was 17-3! They both did a great job, with the help of the audience sometimes, and both went home with prizes.



David also joined other member of the audience, including Bill Kunitz, Dick Brown, and Pete Worthington to sing the back up to "Sensitive New Age Guys."

MARK YOUR CALENDARS!



BOLD RILEY, FEBRUARY 4

Bold Riley, a folk quintet known for full vocal harmonies, uplifting originals, and a joyful reimagining of traditional tunes and covers. Fiddle, guitar, banjo, accordion, bass and percussion

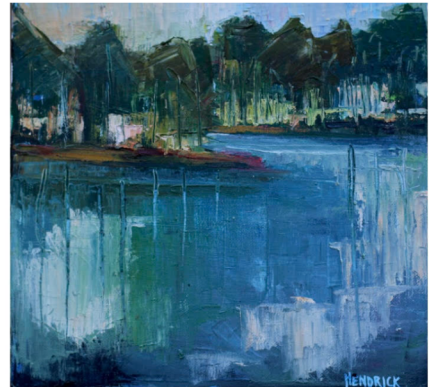
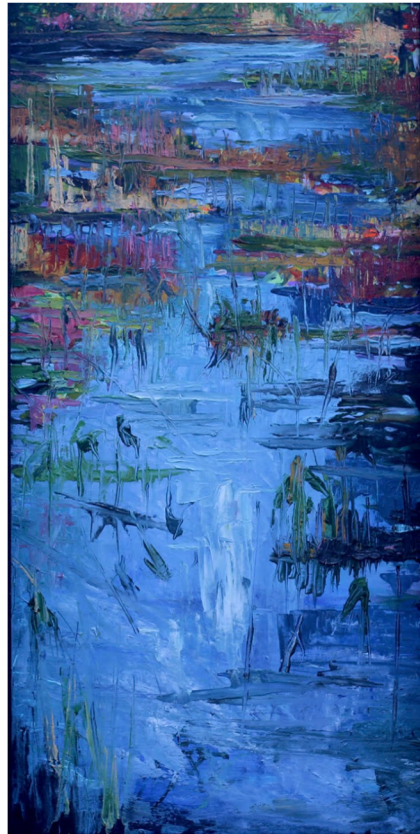


UUCB ART GALLERY



Rachel Hendrick

For several years, Rachel Hendrick has been working as an artist on the mid-coast of Maine. She studied Fine Arts at the University of Maine and has studied privately with other working artists. Her primary medium is oil, but she experiments with mixed media to continually progress her style. She is an avid lover of nature and the coastal splendor her home state has to offer. Her bold use of color and whimsical subject matter has been influenced by some of Maine's most prolific artists like Lois Dodd, Marsden Hartley, and Ales Katz. The natural world and wildlife are her sources of inspiration. Rachel's passion for art extends beyond the studio. She teaches art in after-school programs and offers private classes. She continues to be a strong community supporter of the arts, actively participating and volunteering whenever the opportunity arises.



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 JANUARY 2023 issue by DEC 24th