



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 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

(mail) PO Box 129
Brunswick, ME 04011

1 Middle Street, Brunswick

(207) 729-8515

administrator@uubrunswick.org

Rev. Kharma Amos
Minister

Office Hours: Tues-Fri, 10-4

Services in March

The theme for January is *Finding our Center*

March 5 — Here's My Gift: Vulnerability on the Road to Generosity —
Led by the Rev. Kharma Amos. Music by Nell Britton and the UUCB Pickup Choir.

As we kick off a month of reflections on the theme of vulnerability, as well as our annual pledge campaign, we'll consider the relationship between generosity and vulnerability.

Join the Worship Committee for stories, poems, and music as we contemplate stepping into the new year .

March 12 – The Power of Vulnerability—Led by Rev. Dr. Kharma Amos. Music by Nell Britton and the UUCB Choir.



Vulnerability is a concept that has gotten a lot of airplay in popular culture in recent years. In this service, we'll explore vulnerability for its advantages as well as its cautions.

Don't forget to move your clocks FORWARD.

March 19 — UU History and the Great Work Ahead—Led by Rev. Norman Allen. Music by Nell Britton and the UUCB Pickup Choir.

Join us this Sunday as we find inspiration in our own epic history and joyfully embrace the potential of all that lies before us. The final line of Tony Kushner's seven-hour epic Angels in America is "*The great work begins.*" Those words ring true today, as we find ourselves emerging from a time of great vulnerability – both as Unitarian Universalists and as residents of the United States.

Rev. Norman Allen serves the Davies Unitarian Universalist Congregation in the suburbs of Washington, DC, and has a deep love of Unitarian Universalist history.

March 26 — Vulnerability: A Path to Togetherness—Led by Rev. Dr. Kharma Amos & Board of Trustees & Committees. Music by Nell Britton and the UUCB Choir.

Join us as we focus on the path of togetherness and cooperation that our shared vulnerability can create, and the benefits of traveling that path together. There will be a committee parade during the service as well as a fair afterwards where we can find out more about the committees and folks who make UUCB tick.



REV. KHARMA'S MESSAGE

Dear Friends,

I've received several odd looks in response to the claim that I really enjoy church pledge drives. I know that most people dread pledge campaigns, and for a variety of reasons. Many of us are uncomfortable talking about money in general. Anxiety about money is both ubiquitous and closeted (we often keep our financial concerns to ourselves no matter the level of our attention they demand on the inside). We don't want religious communities or authorities telling us how much to give ... and so we often double-down on avoiding talk of money in church.

Well, I don't think there's any better place to have a meaningful discussion about our relationship with money than in a spiritual community like this one. This is precisely the environment in which we routinely engage in robust conversations about the things that matter most to us – the real stuff of our lives and the concerns of the world, the things that dominate our minds and hearts – no matter how complicated they may be. Since money is something that most of us deal with fairly constantly (likely daily in one way or another), it's a shame there is a taboo about having this kind of conversation because it does matter, and it can be liberating. It may be in the supportive space of a community like this – one rooted in shared values and principles – that we best strive to understand how to bring all of the gifts we have been given to the shared work of living our faith, loving boldly, and working for justice.

Several years ago, Dan Hotchkiss wrote:

Money is a medium of power through which we act and are acted upon. A spiritual life that does not concern itself with money can have little effect upon our daily lives, especially in a

culture as saturated by financial forces as ours. Strong feelings about money threaten to preoccupy us: shame at lacking it, pride in having it, fear of losing it, compulsive eagerness to spend it, gluttonous delight in hoarding it. Each of these feelings has a moral and spiritual dimension ... Shame can render us unconscious of our kinship with God's family; pride can make us feel like gods ourselves. Fear can take away the courage requisite for moral action. Compulsive spending, like compulsive hoarding, turns our attention toward ourselves and away from the well-being of others. At best, though, money can be a spiritual plus. Money earned for useful work is an encouraging symbol of our worthiness and value. The thoughtful use of money – spending, saving, investing, giving – is an effective way to care for others and realize our visions of a better world.

One thing that pledge season provides is an opportunity to focus on the spiritual dimensions of our relationship with money. It also invites us to consider how we will (or won't) engage the spiritual practice of generosity – with money, yes, but also with our time, attitudes, talents, and compassion. Generosity is mutually dynamic and benefits everyone – not least of which, the person doing the giving themselves.



Rev. Kharma Amos

REV. KHARMA'S MESSAGE

And, finally, pledging is the practical mechanism by which we come together to financially support our vital mission as the Unitarian Universalist Church of Brunswick.

It is an exciting time in the life of this congregation. The last couple of years have been characterized by a pandemic that left us unsure about so much, and we are still learning how to be together in person again. UUCB has also been through a time of transition with a successful interim ministry and ministry search process. We're seeing some newfaces, new projects are being planned by various committees, and we are actively reaching out in collaboration with our broader community partners. The sounds of people chatting before service and clinking cups during coffee hour create a cacophony of joy, and not a week goes by that someone doesn't tell me

how good it feels to be here. You'll be hearing throughout the month from various people in our congregation and broader community about the impact that UUCB has had on their lives and work.

We hope you'll find it both inspirational and invitational (you are invited to reflect on what UUCB and this spiritual community means to you). We wouldn't be able to do what we do without you and your generous financial support.

Thank you so much.

Now, in the words of one of my cheekier friends spoofing Rocky Horror (think Time Warp), **"Let's Do the Pledge Drive Again!"**

With gratitude & blessings,
Kharma

RELIGIOUS EXPLORATION

Over the last few months, we have been trying some new things in RE. In December, we offered our first evening of free child care. We invited parents/ guardians to drop their children off at the church for an evening of food and fun. That event was so well enjoyed that we added two more similar events in February - a Valentine's Day Date Night and a February Fun Day. The idea behind these events is to offer a service, not only to UUCB families, but to the greater Brunswick Community as well. When the invites to these events were sent out, families were encouraged to share the opportunity with others who they thought might want to participate and kids were encouraged to bring a friend. As a result, we have been able to welcome into the Religious Exploration space new families who had never before stepped foot in UUCB. It has been so lovely to meet new families and to watch new kids interact with the space and with each other.

While we don't currently have another free child care event planned for March, we will be offering an opportunity for families with school aged children to come together for a potluck. The purpose behind this event is to give families a special time to connect with each other and other families here at UUCB. More information for this Spring Equinox Potluck Mixer can be found in this issue of the Parish Messenger. You can also contact Toben for more details. re-director@uubrunswick.org

Toben Cooney-Callnan, Director of Religious Exploration

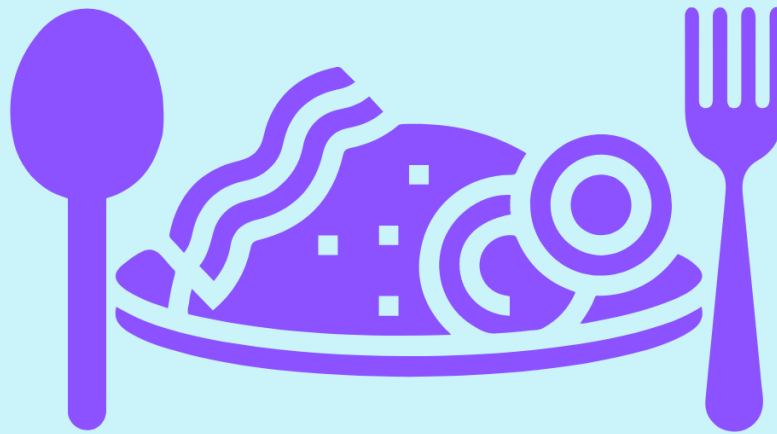


RELIGIOUS EXPLORATION

The UUCB Religious Exploration Committee

Invites all Families with School Age Children to join us for a

Spring Equinox



Potluck Mixer

Saturday, March 18th

5:00pm-7:00pm

MerryMeeting Bay Room

Please RSVP to Toben by March 15th

re-director@uubrunswick.org

MEMBERSHIP

WELCOME OUR 16 NEW MEMBERS!



On Sunday, January 29, UUCB joyfully welcomed 16 new members!

Left-right - Jill Sherer, Amy Marx, Suzanne Ritter (front), Pam Belford, Sandra Kimball, David Gustafson, Linda Gustafson, Peggy Mast, Alan Mast, Diane Fisher (behind Alan), Betty Robinson, Nancy Kurtz (behind Betty), Susan Babb, Judy Strano and Rich Strano. Not pictured: Penny Curtis who was on Zoom

UUCB has been enriched by their membership, and we are so happy that they have joined our flock.

PASTORAL CARE NOTES

Dena and Chuck Verrill's son Matthew is recovering from brain surgery in Melbourne Florida and improving steadily.

Judy Smith's son Steve was transferred to Maine Med for additional surgery in mid-January. Please keep Steve, his wife Alisa, and Judy in your thoughts.

Mary Larson is recovering from surgery to repair her broken left wrist. She is grateful for the help from UUCB friends.

Susan Thorner is now at Cadigan House (assisted living) after experiencing some medical issues.

Please send healing love to **Karl Fattig**, who is recovering from surgery.

Linda Mallard said goodbye to her dear friend **Carol Ann Doucette**, who died on Wednesday. Carol Anne is a former member of UUCB. She and Linda became friends 20 years ago at Chalice Circle.

Pastoral Care Associates

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

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 uucbjoysandsorrows@gmail.com



SAVE THE DATES



The Golden Age of Pop Dance Party!



Saturday, March 25

7:00pm

UUCB Dance Hall



\$10 Cover Charge

*Proceeds go to the Minister's
Discretionary Fund*

Featuring...

- ♪ **Your** favorite songs on the juke box.
(8 quarters/song)
- ♪ *Name That Tune* contest
- ♪ Lyrics on the big screens



Come one, Come all!

SAVE THE DATES



REVIVAL OF UUCB SEDER DINNER FRIDAY, APRIL 7 @ 5 PM

The Jewish holiday of Passover officially begins on Wednesday, April 5th, at sundown and lasts for eight days. At UUCB, we will be celebrating Passover on Friday, April 7th from 5 to 7 pm. Look for a sign up sheet after church.

According to Sienna Dode, UUCB used to have an annual Seder Dinner organized by Mike Rubin and his wife Dot. This conversation took place at one of our first Chalice Circle meetings, and quite off the cuff, Sienna suggested that our Chalice Circle should try to revive this tradition and organize a Seder for our service project. Several of us liked the idea and after checking with Kharma and the Chalice Circle steering committee, it was decided to give it a go.

Why should UUCB revive an old Jewish tradition? Our Chalice Circle believes the story of Passover, the Jews' Exodus from Egypt led by Moses, is important for everyone. It is the story of a people who united to overcome terrible times of toil and slavery to gain freedom and relates to the issues of freedom, social justice and equality we still face today.

We invite you to come to the UUCB Seder. It will be a great opportunity to share a meal with your UU family, while you participate in such Jewish traditions as the sharing of Matzah, singing of Dayenu, and commemorating the 10 plagues.

Following the guided ceremony, there will be a potluck meal with some traditional foods provided. If anyone is interested in helping with organizing, please contact **Jim Spicer** (spicej@yahoo.com).

THE GOLDEN AGE OF POP DANCE PARTY! SATURDAY, MARCH 25 @ 7 PM

Here's How it Works:

1. Choose one or two of your favorite pop songs (you can define your own Golden Age), and send the following information to gwilliams024@gmail.com by March 20 th . Please include "Dance Party" in the subject line.

Your name(s): _____

Name of song 1: _____ Specific Artist: _____

Name of song 2: _____ Specific Artist: _____

2. Be prepared to pay at the door \$2.00 cash or check per song for the jukebox playlist.
3. Be prepared to pay \$10 cash or check for the cover charge.

You don't need to dance! Just come to listen and watch the fun if you prefer.

SAVE THE DATES

BINGO AND BID!

AUCTION

AUCTION NIGHT IS BACK!

SATURDAY, MAY 13TH, 5:30 PM

**.SAVE THE DATE AND LOOK FOR MORE INFORMATION
ON THE AUCTION TABLE AFTER CHURCH,
STARTING IN MARCH.**

SAFETY COMMITTEE



The Safety Committee's purpose is to protect the church building, occupants, and grounds from fire and other sources of physical hazard consistent with state and local safety codes.

The committee will be a liaison group between employees, the church community, and the Board of Trustees to advise and assist in safety issues in the church. The committee will increase awareness of safety at UUCB, identify workspace risks, develop and monitor safe systems and procedures, and create a place (or make recommendations) to reduce risks.

- ◆ **Safety:** Ensure all safety equipment and items meet codes and are operational, updated, and

periodically inspected . A monitoring tool has been implemented to keep track of these inspections.

- ◆ **Security:** Ensure that the members and well-intentioned visitors have access to the building as needed and appropriate, as well as to ensure that non-well-intentioned people have no access to the building.

We have updated the access system and are training members who need access with the procedures for unlocking/relocking and unsetting/resetting the entry alarm system.

- ◆ **Emergency Preparation:** Develop procedures for unanticipated dangers to the building, occupants, and community. The committee is in conversation with the Brunswick Fire Department and fire alarm monitoring company to learn how to plan for and activate a fire drill.

Michael Michaud, Liaison for the Board of Trustees

UUCB BOARD UPDATE

Roughly 30 days to the First Day of Spring! Seems like it has been a long and very unpredictable winter. Skis, snowshoes and ice skates sat gathering dust for the most part as temperatures and precipitation wreaked havoc on most winter activities.

But the snowdrops are now blooming near the front door of the church and I expect the crocuses are not far behind. Unfortunately, the sidewalk plow wandered off the sidewalk and carved a path through part of the garden area on Middle Street. Eventually a “gardening” group will be gathered to put everything to rights and begin the process of preparing the gardens for spring.

SOUP’S ON was a huge success and Coffee Hour has resumed. Finally, we can gather as a community and have a chance to chat with friends!

Plans for the “spirit of volunteering”

service to be held on March 26 are well underway.

We have 17, yup, 17 committees at UUCB!!!! And all will be represented in a combined colorful committee parade during the service that day. After the service folks will have the opportunity to meet and talk with representatives of those committees and look for a niche that fits their availability, talents and interests.

The town has granted us permission to park 2 cars on the empty lot on the south side of the church. We now need to get an estimate of cost for creating an “entryway” before moving forward with plans for that space. A new solar inverter has finally been installed and there will be several people learning how to monitor the new system. Then we will be back to minimizing our cost for electricity and can, once again, capture the sun in a “financially” meaningful way.

For the Pledge Drive a theme of **“Re-engaging Ourselves, Our Hearts and Our Community”** has been chosen. The kick-off for a full month of the pledge drive will be on Sunday, March 5. Please look for the mailing to arrive shortly after March 5.

Daylight Savings time begins on March 12 which means that the 200-300 ducks that gather in my back yard every winter will be thinking of moving to nesting grounds. This also means that I will have a respite from lugging 50# bags of cracked corn around! Enjoy? these last days of winter and look for the budding of trees and the arrival of all those lovely green sprouts of spring flowers.



*Catharine
(Cuffy) Chase,*
UUCB Board of Trustees

PARISH MESSENGER TEAM

Volunteer Editors Needed

If you have any desktop publishing experience, and enjoy making eye-catching newsletters, please consider joining the Parish Messenger Team. We take turns each month to create the newsletter, so the more members on the team, the less work there will be to do. This would also include creating the online Messenger. Training is provided, and help will be there when you need.

Our goal is to help church members and friends know what’s going on in the church and to think of the Parish Messenger as a means to get visitors and newcomers a way to learn what UUCB is all about.

NEWSLETTER

WORKING FOR JUSTICE STEERING GROUP

WHEN OUR CLIENTS WIN



Jocelyne & Family, 2018
Photo credit: Molly Halpin

OUR COMMUNITY WINS!



ILAP has expanded legal services for people seeking asylum, increased access to legal support for immigrant youth, and co-published a report that sparked leading members of Congress to call for a formal review of the Boston Asylum Office, among ongoing work.

Achieving justice for immigrants will take all of us and every dollar adds to our collective impact. All gifts to ILAP will be put to work increasing access to justice for immigrants across the state. Thank you for helping us create a world where systems are rooted in justice, where everyone belongs and thrives!

You can learn more about our organization at www.ilapmaine.org. For the latest legal and advocacy news, follow us on Facebook, Twitter, and Instagram or sign up for our monthly e-newsletter.



IMMIGRANT LEGAL ADVOCACY PROJECT

IMMIGRANT JUSTICE

Contact person: Cathey Cyrus wdclark@gwi.net

A slow but steady arrival of new Mainers and their families to local communities is happening now - one person or family at a time. These recent arrivals are in addition to the larger number of immigrants that the town of Brunswick has agreed to welcome and settle in the spring or early summer when new housing is made available in a more systematic manner.

Mid Coast New Mainers Group (MCNMG) and The Emergency Action Network (TEAN) as well as the Immigrant Welcome Center on the Landing are working together to mobilize resources and people to be able to offer needed support to our new neighbors in an intentional, non-emergency-mode way. MCNMG is now recruiting volunteers to be oriented and supported to serve as community mentors (friends and partners) to these new neighbors as they settle into our community. If you are interested to know more about the role of a community mentor, please contact Cathey Cyrus at wdclark@gwi.net.

For information about becoming a language tutor, go to midcoastliteracy.org.



WORKING FOR JUSTICE STEERING GROUP

Maine Unitarian Universalist State Advocacy Network MUUSAN

Contact: Betsy Williams, bwilliams120@gmail.com

The four Issue Groups of MUUSAN (Native, Racial and Immigrant Justice, Democracy in Action, Climate Change and Health) are in the process of selecting their bills for this legislative session.

Bills will be placed in one of two categories:

Priority Bills and Watch List Bills. Priority bills will be few and will receive attention (letters to legislators, newspapers, testimonies etc.) from all Issue Groups and members. Watch List Bills are ones the Issue Groups consider important but not as urgent or impactful as the Priority Bills. This list will be added to throughout the session and will receive attention from individuals who are particularly interested in them. All bills are accessible for viewing at <http://www.muusan.org/current-legislature.html>.



Once bills are assigned to committees and hearings are set, UUCB's Legislative Mailing List will be re-activated. There are currently over 30 people on this Google list who will receive "action alerts" with an action you can take to support or oppose a given bill. If you are not on this list and would like to be, please email Betsy Williams at bwilliams120@gmail.com.

The MUUSAN focus group of the Working for Justice Steering Group meets **the third Monday of the month at 4:00 pm on Zoom**. If you'd like to join us, please contact Betsy Williams.



Teen Center

Contact: Carol Briggs bcarol@gmail.com

The Teen Center has not returned to pre-COVID numbers of visits, but in December 2022 there were 75 teen visits and in January 2023 there were 91 visits. More girls have started coming to the Center and they have contributed competition to the boy's games of pool and ping pong.

A group of teens adventured downtown to a new place, Quickly Boba Café, bringing back a donut style mystery snack. It took a while to identify it, but it turned out to be Takoyaki with octopus in the middle. Jordan and her team are needing to come up with harder meals because more teens are eating before they leave at the end of the day saying that meal will be their dinner.

Funding from the Alfred Senter Grant made it possible to purchase some kitchen furniture to make the space more usable. A committee to explore expanding the Teen Center has been organized and is looking into the possibility of expanding the current location or finding a new home in town. The big fundraising effort is focused on organizing the Gelato Fiasco Scoop-a-thon by April 26th.

Once again Jordan and her team wish to thank UUCB, the Brunswick community and the Brunswick businesses for all their support.

WORKING FOR JUSTICE STEERING GROUP

Indigenous Awareness

Contact person: Cathey Cyrus wdclark@gwi.net

We have much to learn from our Wabanaki Neighbors. Join others to deepen your personal awareness and understanding of indigenous issues that impact all of us in Maine. Whether you are new to Wabanaki REACH programming or have previously attended “Interacting with Wabanaki-Maine History,” you will find “Healing Begins with Truth: Understanding Colonization” is a stand-alone program that will deepen your understanding. See information below about THREE upcoming events.

“Healing Begins with Truth: Understanding Colonization”

Tuesday, February 28thth at 6:00 pm

*A Wabanaki REACH **online** educational offering*

Co-sponsored by First Parish Church UCC Brunswick and the Brunswick Area Interfaith Council, this educational Zoom program is offered through Wabanaki REACH, a nonprofit organization whose mission is to support the self-determination of Wabanaki people through education, truth-telling, restorative justice, and restorative practices in Wabanaki and Maine communities.

A two-hour educational experience, “Healing Begins with Truth” explores the differences between the worldview and culture of Indigenous peoples and settlers (and their descendants). Using historical and present-day examples, participants will examine the deliberate strategies of colonization and resulting impacts on Indigenous people, land, and culture, including the domination culture that maintains systemic racism and oppression. This program is intended to serve as a safe space for participants to join with peers and identify strategies to support healing in relation to each other and to the land.

To register or for more information, e-mail Susan Beegel at sbeegel@aol.com.

The program is free of charge.



Wabanaki REACH
Truth • Healing • Change

WORKING FOR JUSTICE STEERING GROUP

Indigenous Awareness

Why Tribal Sovereignty?

A Discussion with Maulian Dana

Penobscot Nation Ambassador & President of Wabanaki Alliance



March 8, 6:30-8 p.m., via ZOOM

Registration required to participate.

MAINE, alone among all other states in the U.S., does not recognize the sovereignty of the federally recognized tribes in our state—sovereignty honored in the U.S. Constitution and inherent in the Wabanaki people who have lived on and stewarded this land we now call Maine for thousands of years.

Bills submitted to the 131st legislature seek to restore Wabanaki tribal sovereignty in a step towards repairing the broken tribal/state relations.

JOIN US in learning why acknowledging and restoring Wabanaki sovereignty will benefit all people who live in Maine.

Register online for this FREE event...

<https://curtislibrary.libcal.com/event/10186723>

This event is a collaboration of



Unitarian Universalist
Church of Brunswick Maine



MIDCOAST
INDIGENOUS AWARENESS
GROUP

A Third Opportunity for Learning: Tribal Sovereignty Legislation

Sunday, March 12, 11:30-12:30

In person at UUCB

MUUSAN member, **Meret Bainbridge** (First Parish UU Church in Portland) will be at UUCB to respond to further questions about tribal sovereignty, related legislation in the 131st legislature, and how we can act to support that legislation.

Meeting space will be determined by numbers participating.

Look for handouts on tribal sovereignty, available in the Fellowship Hall.

HARMONIZING WITH DAVID K. NORTH

Making Music to Change the World

On Saturday, February 18th Rev. David K. North, gospel singer and director extraordinaire held a workshop for singers who wanted to learn how to sing in the Gospel style and make music to change the world. Although many were skeptical about their ability to learn 4 songs without music in such a short time, they found out that with David helping out, they could do it!

The workshop brought in about 70 people from all faiths. Below are the singers who were able to join the worship service the next day. The service was awesome for both the singers and the congregation. We all made a joyous noise!



CONCERTS FOR A CAUSE

ANOTHER GREAT CONCERT!!



BOLD RILEY performed at UUCB on February 4th and wowed the audience with their tight vocals, their expertise on multiple instruments, and the great variety of repertoire.

As an added bonus, our own **JUD CASWELL** joined them for the second half. They sang some of Jud’s songs, and he played some of theirs. What fun!.



In 2019, the band released their first full-length album, “Kinship,” which was recorded mixed, and mastered by Jud at Frog Hollow Studio. How lucky we are to have Jud at UUCB!

And what a great audience! We had to put up some extra chairs to accommodate everyone. The profits are shared equally among our church, Brunswick Teen Center, and Maine Family Planning.



Thank you SO much for all the generous donations of goodies for the refreshment table, and thanks to our Kitchen gurus, Linda Mallard and Kathy Jacques for setting up, keeping the coffee available, filling the plates with all sorts of baked goods and fruit, and cleaning it all up after the concert. **These refreshments have become an important part of the festive atmosphere at our concerts.**

SAVE THE DATES

Concerts for a cause will be taking a break in March and April, but we have 2 great shows scheduled for May and June. On May 6th, one of Maine’s most popular singer-songwriters, **ELLIS PAUL** will be back for his 3rd concert with us.

On June 10th, we will be hosting **PORCH PARTY MAMAS**, a Boston-based band with a blend of folk, country, Celtic, and blues.

UUCB ART GALLERY

MARCH ARTISTS: POINTS OF VIEW ARTISTS

Points of View Artists are a diverse group of greater Brunswick area artists who have worked together for almost 20 years. Their artwork includes drawing, painting in many media, sculpture, printmaking, collage and photography. It can be seen regularly at the Brunswick Business Center. The art work will be shared at UUCB during March. Our UUCB attendees Ed McCartan, Alan Mast, and Barbara and Craig Snapp will be available to chat on Sundays.



Ed McCartan



Alan Mast



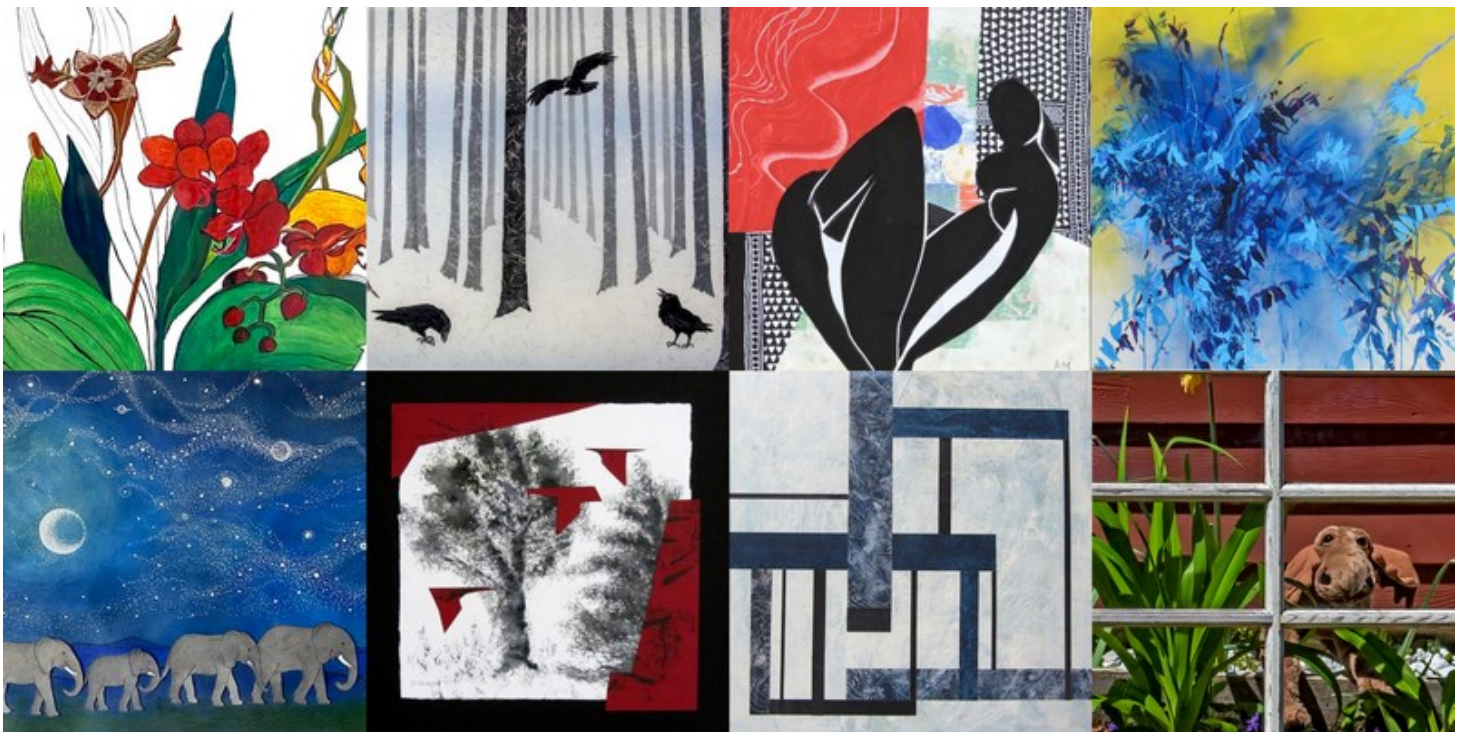
Barbara Snapp



Craig Snapp

Points of View Artists will also host a meet-the-artists on
Wednesday, March 29 from 2-4 pm.

Information about ALL Points of View Artists can be found at <http://povartistsmaine.com/>



Deadline for April Parish Messenger is March 25.