



November

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

(mail) PO Box 129
Brunswick, ME 04011
1 Middle Street, Brunswick

(207) 729-8515
administrator@uubrunswick.org

Rev. Dr. Kharma Amos, Minister
Primary office days:
Tues, Wed, Thurs
& by appointment
minister@uubrunswick.org

Minister's Corner

Let Us Be Generous in Love

Dear Ones,

What is on my heart right now is pretty much what was published this morning (10/20/2024) in the Brunswick Times Record. Rather than write a lot more words for the sake of saying something, I'd like to refer you [to this article](#). Not everyone reads the TR, so this will allow those of you who don't both to hear my thoughts, and to realize that every month, there is a "Spirit of



Life" column published in our community that amplifies the voice and values of Unitarian Universalism.

In November, we are moving into a monthly focus on the UU values that form the proposed Article II changes the UUA is considering. Following the preliminary vote at our General Assembly this year, we are moving into a year of discernment together, as we re-articulate who we are called to be as Unitarian Universalists in the world. The first of those values is GENEROSITY. And the first thing I want to say about that is: "Let us be generous in love" (a reference to the above article that encourages us to lean into every sincere expression of love, even if we're unsure what to do or say).

Generosity, as a topic, can sometimes be limited to matters of giving (and often, specifically financial giving). That's an important focus, worthy of our attention. And, it might also be helpful to think about how we're practicing generosity in the fullness of our lives. For example, what would it look like in the next month+ to practice generosity with our listening, compassion, time, attention, affection, forgiveness, understanding, gratitude?

Whatever else we may need to spend our energies on in this season, let us be generous in love.

Blessings,
Kharma

"Spirit of Life" comes from the title of a much beloved hymn written by Carolyn McDade



UUCB November Services

Sundays at 10:00am -- In the sanctuary or live on youtube at UUCB AV



NOV 5 – A Bigger Picture of Generosity

Led by Rev Dr Kharma Amos

When we hear the word Generosity, we may automatically think about money or financial giving. That kind of generosity is important; and generosity is also about more than this---it is about a total orientation toward life, our relationships, and our hopes for the world. To put it over-simplistically, generosity generates abundance. This is true of money, but equally true of love, justice, joy, hope, humor, and so much more---Life! Let's think about how we might approach generous living in the bigger picture of our lives, individually and collectively.

****Music by Derek Herzer, Heidi Neufeld, & the UUCB Choir**

NOV 12 – Generosity in Community: A Chain of Events – How It Has Made Life More Substantial

Led by Stephanie Bernier with guestspeakers Susan Olcott (Maine Coast Fishermen's Association) & George H. Hardy (The Gathering Place)

Stephanie Bernier shares some thoughts about the generosity she has experienced in this community over the past 35 years. We also hear from Susan Olcott and George Hardy.

****Music by guest musician Kat Logan**

Susan Olcott is the Director of Operations at Maine Coast Fishermen's Association (MCFA), a Brunswick-based non-profit dedicated to fostering sustainable fisheries in the Gulf of Maine. In addition to advocating for policies that support Maine fishermen, MCFA works more broadly in Maine communities through its Fishermen Feeding Mainer's fish donation program that provides free seafood to food pantries, schools and community groups throughout the state, through its Fishermen Wellness program that provides mental and physical health resources to fishermen, and through its Working Waterfront program that creates dialogue among diverse audiences around the shared values of Maine's waterfronts. Susan lives in Brunswick with her husband and twin girls who are in 7th grade at the Brunswick Junior High School. She has a passion for everything coastal and also for healthy foods and lifestyles and enjoys being able to incorporate these interests into her work at MCFA.

NOV 19 – A Generous Pause: Reflections on our Pandemic Experiences

Led by Rev Dr Kharma Amos

The last few years of experiencing a global pandemic has left a lot unresolved for so many of us (human beings). Things have moved and changed so quickly, that we may not have had the time or space to even be aware of all that was happening around and within us. This is true both individually and collectively. In this pre-Thanksgiving service, we will take a Generous Pause to reflect together on our common experiences. What have we lost that needs to be named and honored? What did we discover about our gifts and resilience that needs to be celebrated? Who are the people and what are the actions we need to acknowledge with gratitude? Join us for this Intergenerational and Interactive Service.

**** Music will be led by Jud Caswell**

NOV 26 – The Relational Roots of Generosity

Led by Rev Dr Kharma Amos

Join us as we explore the ways in which the roots of generosity might be found (and best maintained) in relationships of mutuality. This requires our intention and attention. We're taught that it is "Better to give than to receive," AND we also know how important it is to learn to gracefully receive the generosity of others. For many of us, this may be a tough topic (we might be uncomfortable being in need or having to rely on the generosity of others). Yet, this is also an invitation to transformation, healing and life.

Music TBD (updates may be posted in online version of the November PM)



UUCB Covid Taskforce Update

Our UUCB Covid Task Force recommends that congregants should stay at home if ill and wear a mask, if you wish. There is no need for "segregated" seating. The website, "COVID Act Now" shows statistics as of 10/13/23, for Cumberland County: "Community risk level LOW with 1.7 COVID hospital admissions per 100k total admissions, weekly (last time community risk was NOT low was June, 2022, when 282 COVID admissions per 100k were reported weekly."

COMMUNITY RISK LEVEL: **LOW**



Board of Trustees

UUA New England Region Joint Board Retreat



Keary Lay – Treasurer
UUCB Board of Trustees

What has the board been working on! As the Treasurer, I have been coming up to speed on our financial matters with the fantastic help of the Finance Committee and especially Cindy Parker. In the larger board perspective we have the following.

On October 14th, six members of the board plus Rev. Kharma were able to attend the Joint Board Retreat entitled Facing Our Challenges Together. This was put on by the UUA New England Region and hosted at the UU Community Church Augusta. In addition to Brunswick and Augusta, Auburn, Bangor and Rockland were also in attendance. Everyone who attended came away feeling that it had been a worthwhile experience.

As these things go we had a number of individual, small group and large group exercises.

- Recollecting a personal experience in the congregation that was inspiring, exciting or meaningful.
- A full group discussion/talk about generational changes in work/life/family

- balance that prevent younger generations from participating in church in the same way as previous generations. A very short synopsis of this discussion is that on average these folks have less time and money than any previous generation. For UUCB to be a welcoming community we need to be very flexible about the time and type of involvement we expect.
- The final exercise pulled together the previous work and looked at what big questions or right-sized goals each board group wanted to work on.

The context for the final exercise was the list of qualities that was developed in the first exercise, while trying to keep in mind the realities of today's church population as discussed in the second exercise. We were encouraged to think about "the next elegant step", which is defined as a step that acknowledges what is known and unknown, and what the capacity of the group is. It's a step that is possible and strategic based on who is taking it and where they are trying to go.

We focused on welcoming all, what that looks like and whether we do a good job of it. The next elegant step we came up with on that day was to ask all church groups to spend some time answering the questions, "How can your committee/task force/group contribute to our church being more welcoming?" And that is the thought I will leave you with.

Keary Lay
Treasurer, UUCB Board of Trustees



RELIGIOUS EXPLORATION

RE Family Mixer – Pumpkin Carving & Potluck



Toben Cooney-Callnan
Director of
Religious Exploration

The Religious Exploration Committee threw its first "mixer" back in March and it was so well received that we decided to host another one closer to the beginning of the church year. The idea behind these mixers is to create a time and space for families with school aged children to spend time together outside of Sunday mornings. Each family brings an appetizer, dish, or dessert to share and we enjoy a community meal. Then, the children are invited to an activity while their adults get a chance to continue their conversations and get to know each other better. After the children's activity, we all come together and help clean up the space.

Potlucks have always felt sacred to me. When I first started throwing RE mixers back at First Parish UU in Portland, my favorite parts were trying all sorts of different dishes and listening to all of the conversations being had during the meal. It's always heartwarming to watch people make new connections, or deepen their existing connections over a community meal. I also really enjoy getting to hang out with the children of UUCB so, for me, the children's activity is definitely a highlight of these events. Yet, for this recent mixer, I found myself noticing a new favorite experience. Now, I don't typically love cleaning out paintbrushes or wiping pumpkin guts off of tables (who does?) but there was something special about watching all of the kids and adults taking care of the space together—Kharma sweeping up pumpkin seeds, a parent stacking chairs, a group of kids carrying compost to the bins outside. It felt like home. And isn't that what we are trying to build here at UUCB, a spiritual home? So I offer a deeply sincere thank you to all of the Religious Exploration families who ventured out on a rainy Saturday evening to partake in the sacred act of potlucking!



RELIGIOUS EXPLORATION

RE Family Mixer – Pumpkin Carving & Potluck



WFJ – Working for Justice

WORKING FOR JUSTICE STEERING GROUP (WFJSG)

COMING SOON

Each member of the congregation will receive an opportunity to express their interest in one or more of the eight focus groups of the Working for Justice Steering Group. The online survey will arrive in your email with a description of each focus group and a checkbox to indicate interest. Even current focus group members should respond to this questionnaire so that contact persons will have an accurate list of members.

Contact:
Bonnie Wood ~ bonnie.s.wood@maine.edu
or
Cheryl Martin ~ psteacher@gmail.com



GUN SAFETY AWARENESS

Contact: Contact Person Needed!

Lynn Ellis to be Recognized

Every year Maine Gun Safety Coalition announces Buzz Fitzgerald Awards to honor Mainers who have been a force for gun safety, and to recognize them for their hard work, courage, and moral vision.

UUCB's **Lynn Ellis**, volunteer extraordinaire, has been laser-focused on moving the gun safety agenda forward in the Maine Legislature. She has collaborated with the Gun Safety Caucus, lobbyists, our community partners, and the Show Up Network to advance our mission. **Lynn will be formally honored on Wednesday November 15.**



23RD ANNUAL BUZZ FITZGERALD AWARDS HONORING MAINE'S LEADERS IN GUN SAFETY

Wednesday, Nov. 15th, 2023, 5:30-7:30pm
 Halo at Thompson's Point

FEATURING

2022 Fitzgerald Award Winner: Hon. Anne Carney

2023 Fitzgerald Award Winner: Lynn Ellis

2023 "Stick Your Neck Out" Award Winner: Dr. Kristine Pleacher

Keynote Speaker: Jonathan Lowy, Founder, Global Action on Gun Violence

Purchase Tickets at www.mainegunsafety.org

WFJ – Working for Justice



MUUSAN

**Maine Unitarian Universalist
State Advocacy Network**

Contact: Betsy Williams
bwilliams120@gmail.com

On Sunday, November 5th, the MUUSAN Focus Group will host a brief open discussion about two of the November 7 ballot questions. The two are: Question 3—which proposes a new consumer-owned power company and Question 1—which proposes a requirement of statewide voter approval for utility-related debt that exceeds \$1 billion.

MUUSAN has taken a position in favor of Question 3 and opposed to Question 1. However, discussion facilitators recognize that these connected bills engender differing points of view. They invite all points of view to be heard respectfully so that we all may better understand the issues and judge the merits of the bills. Please join us in the May Sarton Room following the service on November 5th.



Indigenous Awareness

Contact: Cathey Cyrus wdclark@gwi.net

Support Truth, Transparency and Accuracy in Maine's State Constitution

The Wabanaki Alliance Tribal Coalition is focusing all its current efforts to raise Mainer's awareness of the importance of voting **Yes on Question 6** which reads:

Do you favor amending the Constitution of Maine to require that all of the provisions of the Constitution be included in the official printed copies of the Constitution prepared by the Secretary of State?

More than 100 years ago, the state of Maine stopped including all parts of the Constitution in printed copies of the document. The missing sections include language about the state's original treaty obligations to the Wabanaki people. Ensuring that citizens understand the history, commitments and obligations governments made to the Wabanaki tribes and people is essential for a healthy relationship between the Wabanaki and the state of Maine. Hiding the original treaty obligations sends a message that the agreements and relationships between the state of Maine and the Wabanaki tribal governments are not important or worthwhile.

Mainers can honor this shared history by voting **yes on Question 6 by or on November 7.**

WFJ – Working for Justice



Contact:
Carol Briggs
bcarol@gmail.com

Even with participation in soccer, more teens are visiting the Center to play games, watch movies, eat snacks and have a hot meal before leaving for the day.

The Annual Fund and the Back-to-School letter donations that help support the Center budget have increased: Currently \$11,445 of the \$40,000 budget has been raised. The Teen Center's request to move to the Coffin School is still on hold because the number of rooms needed for New Mainer children is still unknown.

On September 28 th Jordan Cardone retired and Taylor Carter became the new Brunswick Area Teen Center Coordinator. Jordan first proposed the Teen Center to the Brunswick Town Council 21 years ago. Three years later the Teen Center opened, and Jordan was the coordinator for 15 years. The People Plus Board and the Brunswick Area Teen Center Board have established a scholarship in Jordan's honor to be given to a graduating senior every year. Using money collected during the monthly UUCB snack collection, the UUCB Support Group has donated \$200.

If you wish to donate to the scholarship fund, your check should be written to **People Plus** with Memo: **Jordan Cardone – Ruwet Scholarship Fund**



IMMIGRANT JUSTICE



MidCoast
New Mainers
Group

Contact: Cathey Cyrus wdclark@gwi.net

The urgent need continues for adequate housing and other support services for local asylum seekers as well as local Mainers in need. Because of building construction issues on the Brunswick Landing, the long-anticipated arrival of the 60 asylum-seeking families is still on hold. Town of Brunswick's Office of Health and Human Services (HHS) is responsible for planning oversight.

MidCoast New Mainers Group (MCNMG) is working to determine how local service groups and volunteers can assess and meet basic needs for the additional families who are arriving, sometimes without advance notice. The other local groups include Brunswick's HHS office, The Emergency Action Network (TEAN), Maine Immigrants' Rights Coalition (MIRC), the Welcome Center on the Brunswick Landing, and United Way. Although MCNMG is not able to take on the direct support of all of these families, the organization is prepared to help orient and train volunteers who will help mentor those families as they arrive.

REQUESTS from MCNMG at this time are:

- *Community Mentors* to partner with families as they settle into their new community.
- Drivers to help with transportation to and from appointments and/or to practice-drive with those preparing to take their drivers' license exams.
 - To learn more about the mentoring or driving roles, please contact Cathey Cyrus at wdclark@gwi.net.
- Volunteer tutors for basic English language learning for adults and children
 - Information about tutor training and matching of tutors with students is at Midcoast Literacy: <https://www.midcoastliteracy.org>

WFJ – Working for Justice

Charities with Soul

Contact: Stephen Wood swood88@outlook.com

November CHARITY WITH SOUL:



The mission of The Gathering Place is to provide a safe, welcoming, and comfortable space for individuals to gather in downtown Brunswick during the daytime hours. Guests are offered respect, encouragement, companionship, support, and hope.

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

Many guests have needs beyond a safe space, hospitality, companionship, and general necessities. As a result, TGP now offers a Support Services Program. This program provides direct access to community resources through TGP's Community Navigator to address emergency needs related to housing instability, homelessness, food insecurity, poverty, legal representation, and more. Relationships with community partners and providers connects guests with quality resources and services.

The Gathering Place, located at 5 Tenney Way (off Union Street), is open Mon-Friday from 8:30 am-3:00 pm and Saturday 8:30 am -12:00 pm. Volunteers should stop by or connect by phone at 729-0288 or visit the website at brunswickgatheringplace.org.



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"

For your Calendar

Concerts for a Cause

James Keelaghan

Saturday, November 19, 7:30 pm

James Keelaghan is an internationally recognized singer songwriter, known for his finely crafted stories and his commanding performances. At home in Canada, he's a Juno award winner and Canadian Folk Music Award winner who has grown from a popular coffeehouse act in Calgary to a festival and concert hall favorite. He has taken mainstage at some of the most prestigious festivals in the US, England, Australia, Denmark, and Hong Kong. Aside from making music. He also broadcasts on CBC and hosts two shows on CKUA in Alberta

Keelaghan studied history at the University of Calgary, and his passion for stories, old and new, informs some of his best-known songs. These aren't stuffy history lessons, but an inspired discovery of people and places in another time. Many of the lyrics in his songs display a concern about social problems and justice in society. Examples of such themes include "Kiri's Piano", about the internment of Japanese Canadians and "House of Cards" about the financial crisis of 2007. And while many of Keelaghan's most celebrated songs draw from historical accounts, his accounts of personal journeys are remarkable too... tender and unflinching.

Keelaghan creates his songs with brilliantly defined craftsmanship infused with his own unique artistic vision.



He is, without doubt, one of the most distinctive and readily identifiable voices of not only the Canadian scene, but as a member of the international singer-songwriter community.

It was Dave Marsh, the award-winning American music critic who stated that James Keelaghan is "Canada's finest songwriter." You don't want to miss this show.

Tickets are \$20 in advance, \$25 at the door, Students/Children: \$10. Available at the church office, Gulf of Maine Books, or at [ticketstripe.com/keelaghan/](https://www.ticketstripe.com/keelaghan/)

**Remember, all the proceeds from this season's concerts go to
Midcoast New Mainers Group and Oasis Free Clinics.**



Visit the Concert Table

Please stop by the Concert Table to buy your tickets and/or to sign up to donate some homemade refreshments for intermission. Or contact Sue Michaud at michaud_susan@comcast.net.

Wanted: Concert Task Force Members

Do you like music or enjoy making money for charities. Do you get excited when people from the Brunswick area visit our church? Join us and see the satisfaction you feel after a great concert.

Contact Sue Michaud to see what is involved.



For your Calendar



From Membership

HOLIDAY CIRCLE DINNERS

Share Thanksgiving and/or Christmas dinner with your friends at UUCB!



The November Circle Dinner will take place on Thanksgiving day, Thursday, Nov 23



The December Circle Dinner will take place on Christmas day Monday, Dec 25

Circle Dinners are arranged by the Membership Committee and provide a great opportunity for both long-time and new members to get better acquainted. Judy Strano will coordinate the Christmas dinner but we are looking for someone who would like to organize the Thanksgiving dinner. The format will be planned potluck, with participants signing up for specific dishes.

For More Information:

Information and sign-up sheets will be at the Visitor's Table on Sundays, or Contact

Judy Strano: (732) 320-6093 ~ judystrano@gmail.com
or
Sarah Fabian: (603) 728-8533 ~ farahsabian@gmail.com

SAVE THE DATE!

SATURDAY, JANUARY 6TH 2024

On January 6th from 2 - 5 pm
Peaceful Means
(Heather Pierson and Leah Boyd)

Join us for an interactive, intergenerational workshop to explore concepts of non-violent communication and how they can enhance our lives individually, interpersonally, and internationally. Workshop will include music, embodied exercises, and community conversation. Snacks will be provided.



Holiday Fair Updates

We need YOU for December 2!

The UUCB Holiday Fair is a time to build our community, our connections, and our coffers. Our success is dependent on the giving of talent, time, and spirit.

- Your contributions of delicious soups and baked goods, as well as a variety handmade items are central to festive day.
- Your donations of re-usable tools, white elephants, holiday décor, jewelry, and children's toys, books, and games enable these items to find new homes, to be reused, and to avoid the landfill...and support our mission of helping the environment.
- Your offers of time in the setting up and taking down, the selling of goods at our tables, and your spreading the word make it all work.

Ready? Set... GO!

**SIGN-UP SHEETS WILL BE SET
OUT AFTER CHURCH
EVERY SUNDAY IN NOVEMBER**

**Everyone's helping in some way
will make for a grand success!**

* Donation Drop-off Plan *

We will begin accepting your donations of **handmade items** (of all kinds), **used tools & white elephants** (kids' toys and books, holiday, and general)

- Sunday, Nov 26, after church
- Better yet: **Tues - Fri, Nov 29 - Dec 1** from 10:00am - 4:00pm
(Alas, we have no storage space before then.)

****Dates and times for Eats and Treats drop-offs will be forthcoming.**



Holiday Fair Updates

A Snapshot of the 2023 UUCB Holiday Fair

Always anticipated at the Holiday Fair is the **Café** with its ever-popular soups, and, new this year, a cup of coffee, added by popular request.

Near-by, the **Eats and Treats** will be offering home-baked goods, and new in 2023, Soups in a Jar, a great gift as well as a quick dinner.

Adding to the holiday spirit will be the fragrance of **Balsam Fir Wreaths**, created by church members, and greenery bundles ready for you to decorate your home.

Our UUCB **Cookbooks Table** will be selling cookbooks filled with special recipes from our UUCB congregation along with handmade aprons, much needed when you prepare those delicious foods. What a great combo gift!

In the **White Elephant Room**, you will discover all nature of things which you'll find you need. New areas this year are a Holiday table and an area for Kids' toys, games, and books.

The sanctuary will be turned into a room of handmade beautiful creations. Our **Handmade by UU's Table** will feature the always popular knitted hats and mittens, along with some new surprises. Nearby, more than a dozen **Vendors**, some familiar and some new, will be selling a variety of hand created work. Perfect for the special gifts you are seeking.

The **Tool Table** will again offer hand tools and electric tools. Shop early. It sold out last year!

The **Jewelry Room** will be displaying loved jewelry looking for new homes. A 2023 feature: refrigerator and locker magnets made from brooches.

Also new this year, the **Kids' Creation Station** where our youth will provide craft activities for children of Holiday Fair shoppers. Our gift to those visiting the UUCB Fair.

And, as always, the Holiday Fair will be filled with **Live Music** provided by our talented UUCB musicians. What a treat for us all!

See all of you... on December TWO!

Community Goings On



THE SANTA PROJECT 2023

The Santa Project is back again this year! The Gathering Place is asking for help once again to make Christmas a little merrier for its community of about 100 clients. There is a tremendous need to help unhoused folks who are still living in tents or on the streets. After speaking with the Director of the organization to find out the best way we can help, gift cards are what she suggested. Hannaford cards are the best since there is one nearby and they can be used for both food and prescriptions. We were also informed that the gift cards may be regular ones or ones that cannot be used for alcohol or tobacco.

We are asking the elves at UUCB to participate in the following ways:

- Donate Hannaford gift cards of \$5 or \$10 denominations
- Contribute checks in any amount made out to UUCB with "Santa Project" in the notation -- proceeds will go towards the purchase of \$5 and \$10 gift cards.

Or

- or Contribute cash, with a note specifying the Santa Project contribution -- proceeds will go towards the purchase of \$5 and \$10 gift cards.



A "Santa Project" collection basket will be at the table in the back of the sanctuary for the four Sundays in November, **starting Nov 5th**, to put gift cards or checks in. I will be around after church to answer any questions you might have about the Santa Project.

Last year we generously gave over a thousand dollars to help make Christmas merrier for others and I am sure we can do the same this year.

In advance, thank you.
Santa's elf, Sharon Brown



UUCB Art Gallery

November Artist

Phyllis Hartzler

Phyllis Hartzler, formerly of Wilmington Delaware and Chadds Ford, Pennsylvania, now resides at The Highlands in Topsham. Phyllis was educated at the University of Chicago and The Art Institute of Chicago and has taken many workshops and private classes. Phyllis enjoys plein air painting in oils, pastels and water colors. Her abstract expressions in water color have received recognition at the Kennebec Valley Art Association's juried exhibition in 2008 and at the Maine Art Gallery's juried exhibition in 2009. Phyllis' art has been accepted in many juried shows including the Pennsylvania Water Color Society and the Delaware Art Museum. Recent art shows include the Unitarian-Universalist Church of Brunswick and The Highlands.



Cape May Reflections_1990_ 30X24,
oil on canvas in metal frame



Sea Mist on Monhegan Island, L13, 2000,
27X20, watercolor in wooden frame



Grapevines and Hills of Tuscany, 2004, 20X12,
watercolor in wooden frame



Deadline for Parish Messenger is *generally* the THIRD SATURDAY of the month.
**DUE TO THE HOLIDAY Please submit articles for the
December 2023 issue by Nov 18th.**

