



### 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

Will Bristol,  
Music Director

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

### MONTHLY THEME: TRANSFORMATION

#### Sun, March 3 — Transforming Ourselves as we Transform the World

Led by Rev. Dr. Kharma, Music by Will Bristol and the UUCB Choir

On so many levels, we are aware that all is not quite right with the world. We see news reports multiple times daily that remind us of what is broken in our global communities. It's difficult to avoid the realization that there is still work to do to repair the world and our own hearts. Transformation, our theme for this month, is an invitation to be intentional about the ways in which we invite, allow, and nurture our collective work to transform the world, while we are simultaneously transforming ourselves.

#### Sun, March 10 — Transformed by Generosity

Led by Rev. Dr. Kharma, Music by Will Bristol

As we kick off our annual pledge drive this Sunday, we will focus our attention on the ways that a spiritual practice of generosity can transform us. Giving can be a tricky topic in a world that is always asking us for more (especially if we don't feel like we have enough) ... but there is also joy and promise and purpose in being intentionally generous people. Let's reflect and imagine together about how our collective generosity could transform this already transformational spiritual community.

#### Sun, March 17 — Change is Possible

Led by Toben Cooney-Callnan, Music by Will Bristol

In order to create transformation, we must first believe that change is possible. Toben Cooney-Callnan, our Director of Religious Exploration, will offer a reflection on his own personal transformation, some of his greatest influences, and how his journey of transformation has shaped who he is as a spiritual seeker.

#### Sun March 24— It's About Transformation

Service leader TBD. Music by Will Bristol

We are still in the process of planning this transformative Worship service. Details will be shared in "this week at UUCB" on March 15th.

#### Sun March 31— An Easter Transformation -- the Rest of the Story

Led by Rev. Dr. Kharma , Music by Will Bristol and the UUCB Choir

Join us as we celebrate the transformation that lies at the center of the Easter story---a transformation possible not only for the characters in the story, but for us as well. Whether your inspiration comes from the Jesus story, the fecund narrative of Spring, or from the reality of your own experience, please join us as we notice the ways that life can return to us in unexpected ways and place.

## MINISTER'S MESSAGE

### Can we be Transformed? Can we be agents of Transformation?

Dear Ones,

This month at UUCB, we're delving into the topic of Transformation, which is one of the values of the new Article II proposal that will face final amendments and adoption this summer at our UUA General Assembly. This is the way our value of Transformation is described:

#### TRANSFORMATION

We adapt to the changing world.

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

Does this sound aspirational? It is. Does it sound daunting? It can be. Is it vitally important to our ability to survive and thrive as spiritual community? Without a doubt.

We have five Sundays in March (how lucky!) so this will be an extended time of conversation about how we approach transformation and change. This is an opportunity to both root these conversations in hope, and to allow hope to lift us higher and take us further in the direction of our shared dreams, for ourselves and this fragile interdependent planet.

For now, I want to invite each of you to take some time (maybe just 5 minutes, if you can find it; more if you can) to think about transformation and the changes or evolutions you have gone through in your own life. What have you learned about your own capacity for change? What transformations do you long to see in your own life or in the larger community/world? What transformation do you think UUCB is just on the cusp of that will help us more fully fulfill our mission? What obstacles to transformation do you recognize, and what might it look like to either remove those obstacles or transform them into stepping stones?

I would love it if we all brought some energy to this important and ubiquitous aspect of life and faith. "We are building a new way," as the song says, and we never do our best work for that alone; rather, when we are in relationship with others living life authentically, being aware of reality as it shifts, being

intentional and engaged in working towards alignment between our values and aspiration, and how we actually live and behave with one another. I know it's a lot of work, but the work is not without joy—not least of which happens when you experience the magic of "we" taking "us" further than any one of us could go alone.



Have I mentioned lately just how grateful I am to be your minister? It is an exceptional privilege to serve alongside you ... and to engage in the work of transformation for ourselves and the world we share. Thank you for being you, for showing up, for staying open, and for your ongoing commitment to love in action.

Blessings,  
*Kharna*



**Let's create art together! Feel free to add your touch to the posters in our sanctuary any time you are in the building, including during worship.**

## A NOTE FROM THE MUSIC DIRECTOR

Wow! February has gone by faster than I could have imagined while March is closing in on the horizon. Despite the whirlwind it has been, I think February has provided me the time to find my bearings within the congregation and to peer within its existing musical life: the choir and I have become more used to each others' preferred working styles, and I have experimented with different ways of introducing music to you—the congregation. Along with these developments, I have started a recorder ensemble (email me if you'd like to join at [music-director@uubrunswick.org](mailto:music-director@uubrunswick.org)) that rehearses weekly, and am now beginning to bring music into RE time. I am very excited about both of these new projects!

Looking ahead to March, most music will be anchored in the monthly theme of transformation. This will include classical piano selections by Beethoven and Debussy that feel like old friends of mine at this point, and then some new music which I plan to learn from master piano innovators Keith Jarrett and Brad Meldhau. Debussy and Beethoven are both composers who made significant impacts on how solo piano music has evolved while Jarrett and Meldhau—both still living—are masters of bridging “genres” all while inventing something new. To learn more about the latter two, please check out these two recent and fantastic interviews of them:

Keith Jarrett: <https://youtu.be/xgL30jDhoQU>

Brad Meldhau: <https://youtu.be/4oT7O-ujYoo>

I plan on playing more music by Jarrett and Meldhau during the month of May since the theme—pluralism—will also make the jazz fusion movement all the more relevant.

In sung music during the month of March, I plan on presenting popular music, hymns and choral pieces which uniquely express the idea of transformation. I will be expanding opportunities for choir members to sing on other services in smaller groups and as soloists, as well as presenting music to the choir as a whole which moves us through a musical transformation. We will be rehearsing two a cappella pieces which will require a specific transformation in listening

skills which then will move us into the following months' themes of interdependence and pluralism in our musical practice.

Speaking of transformation, and, as I have now said multiple times: I encourage anyone to join the choir, or, for that matter volunteer their unique musical selves to participate in a worship service. As of right now I offer an office hours time from 6:30-7pm before every Thursday choir rehearsal but nothing would make me happier than if I had to expand that time permanently so as to help people join the choir! I often hear people in this congregation express to me that they “aren't singers” or “can't sing”. Let me just say to these people—you are mistaken! Everyone can sing, and I have seen the evidence to prove this beyond a doubt! Perhaps you would rather not sing, especially in a choir; but if you would like to, then I am here to shepherd you on a singing journey that most likely will be cause for surprise and enjoyment! When I was a school music teacher, I spent a lot of time with people who were thought of as tone deaf by the other music teachers around me. Let me tell you that all it took was just a little persistence on my part and on theirs to realize that this was not at all the case. It is always possible, and—in my opinion—enjoyable, to transform!

In gratitude,

*Will Bristol*

[@music-director@uubrunswick.org](mailto:music-director@uubrunswick.org)





## A SPECIAL STORY FROM THE DRE

Percy Possum was five months old when he and his mother set off on a warm August evening. It was customary for possums Percy's age to leave their mothers to start a life of their own. After traveling for several hours, they reached a gently flowing creek. "I've never been on the other side of this creek, Percy," his mother told him in a low soft voice. "This is where we must part ways. You continue across the creek and go off to live your best life," she told Percy as she placed her hand on his shoulder. Percy felt a mix of excitement and worry swirling around in his belly. "Mama," he asked, "Will I find enough food to stay strong? Will I find a home that I like as much as the one that we shared together? Will I make new friends?" Percy's mom smiled, her eyes shone as bright as the moon as she looked proudly at her son. "The possibilities that await you are endless," she answered as she took Percy into her arms for one last hug and kissed him on the cheek before saying goodbye and heading back to her home.

Instead of crossing the creek where his mother had left him, Percy decided to keep walking along it for a bit. The way the water bubbled over the rocks sounded like a little song, and he wanted to hear how it changed tunes as he kept going. After listening to a few different creek songs, Percy noticed a large wooden platform on the other side of the creek. He carefully crossed the creek, choosing the flattest looking rocks and hopping from one to the other until he reached the other side. Percy found his way to the wooden platform. The ground beneath it looked soft and inviting and the platform blocked the light of the morning sun that was beginning to make its way across the sky. "I will stop here and rest," Percy said out loud to no one in particular as he curled his tail around him and closed his eyes.

When Percy woke up just as the sun was setting, his tummy was growling with hunger. For a moment, Percy was worried that he wouldn't be able to find food to eat but he remembered his mother's words, "The possibilities that await you are endless." Percy decided that he should go wait over by the roots of a tree next to the wooden platform for delicious possibilities to come find him. He waited and waited, but no possibilities showed up. Finally, when his stomach was too sore with hunger to ignore a moment longer, Percy decided to go down to the creek to look for water bugs to eat. He found himself a fine feast and, as he filled his tummy, the hunger pains subsided. Once his tummy was sufficiently full, Percy decided that he needed to keep traveling further down the creek. "Possibilities are awaiting

me", he said out loud to no one in particular, "I've just got to go where they can find me."

Just as Percy was feeling ready to stop for a rest, he came upon a beautiful tall oak tree. It was getting close to sunrise and Percy began to worry about where he would spend the night. He really wanted to find a home so he could sleep in the same safe place every day but began to worry that he'd never be able to find one. Then he remembered his mother's words, "The possibilities that await you are endless." He decided that the oak tree would be the perfect place to wait for those cozy possibilities to come. Instead of waiting down by the roots of the tree like he had last time, Percy decided to climb up to a branch towards the middle of the tree. He wrapped his tail around the branch and hung upside down while he waited. He waited and waited, but no possibilities showed up. Just as the sun was almost up and Percy was so tired that he could barely keep his eyes open, he spotted an opening in the trunk of the tree just above where he was hanging. He climbed up and made his way through the opening and found a soft dark cavern that was exactly the right size for him. Just before drifting off to sleep, Percy whispered, "I feel so at home here," out loud to no one in particular.

Evening's sunset found Percy well-rested and ready for his waterbug breakfast at the creek. This time, not only did Percy find plenty of waterbugs to eat, he also found a blackberry bush filled with the juiciest berries that he's ever tasted. Percy wasn't sure what possibilities were waiting for him or where they were waiting, but he really liked where he was. The food was great and the cavern in the tree would make a perfect den for him. He decided that he'd stay here a while. The possibilities could await him a bit longer.

But, after a few days in his new home, Percy started to feel lonely. He started to worry that he would never find any friends but then remembered his mother's words, "The possibilities that await you are endless." Percy decided that he hadn't quite climbed far enough up the tree last time he tried to make himself visible to possibilities. This time, he climbed all the way to the top of the tree and perched himself at the end of a long branch. Surely, this was the perfect place for companionable possibilities to find him. Percy waited and waited but no possibilities showed up. He was about to give up and go mope in his den when, from his high perch, he noticed a young skunk across the creek stopping for a drink. Percy made his way down the tree and went down to the creek to say hello. Before long, Percy had made a

...continued on page 5

# A SPECIAL STORY FROM THE DRE... CONT.

new friend. The two played and talked until the sun began to peak over the horizon. Percy said goodnight and headed back to his home.

Reflecting on the last few days as he settled into his den, Percy realized that his mother’s words were absolutely true. But possibilities didn’t just show up at your tree no matter how patiently you waited, you had to be willing to do some work and you had to be willing to seek them out. “If you put in the effort,” said Percy, out loud to no one in particular, “the possibilities that await you are endless.”



## CPE INTERN, DR. CARLA SHERRELL

### An update by Rev. Kharma

Dr. Carla Sherrell, who has been serving as a Clinical Pastoral Education (CPE) Intern with UUCB since the beginning of this church year, will be completing her formal work with us by mid-March. According to the covenant we agreed to before September, Dr. Carla has been providing one-on-one spiritual care to various individuals in our congregation in concert with me, working with the Pastoral Care Associates, participating with Working for Justice, and contributing in many other ways to the life of our congregation. You had a chance to hear her lead worship here in January.

[\(here’s a link to that service if you missed it\).](#)

From my point of view, this has been an incredibly rich experience. For me, I have thoroughly enjoyed the time Dr. Carla and I have spent each week reflecting on the practice of ministry, addressing congregational systems as well as individual needs, and seeking to heed the wisdom of spirit. I know I am better for this experience, and I can see the ways in which others have been similarly impacted (both individually and in groups). Total win-win.

### Dr. Carla has this to say about her experience here so far:

I entered this CPE experience with hopes of learning and growing in the UUCB community. That has been and continues to be the case. I appreciate the spiritual movement that has occurred, and continues to occur for me in very profound ways in this UUA church context. I am grateful for relationships built, from one to one and small group contact and connections, to coming to really feel the presence of the UUCB community, and also to meaningfully encounter the communities to which UUCB is connected locally, regionally, and beyond. It is so significant that these contacts and connections are occurring for me primarily virtually. That I am experiencing the excitement, joys, and challenges

of engaging my clinical internship digitally. Thank you for engaging with me in this way, and through hybrid processes, as well as when I have been present in-person. Your generosity is supporting me in having the experience of vocational practice and contemplation on how virtual spiritual care can truly be about love and justice. Finally, so much gratitude for Rev. Dr. Kharma for the innumerable ways that she models the skills and gifts of spiritual leadership through love and justice in community. I am greatly impacted by your wisdom.

Deep appreciation, UUCB.  
Blessings, Dr. Carla

### On March 15th, Dr. Carla will complete her formal internship with us.

This is the final requirement of her ordination journey with Metropolitan Community Churches, and soon after finishing with us, she will submit her paperwork for this milestone moment. We wish her every blessing on this important milestone moment on her journey, and can’t wait to see what lies ahead in her vocational journey. Dr. Carla is discerning the best way to maintain a connection with UUCB after this experience.

## CPE INTERN, DR. CARLA SHERRELL (CONT.)

### BIO OF DR. CARLA SHERRELL



Dr. Carla Sherrell has been a social justice leader for over 30 years through roles as consultant, educator, counselor, facilitator, speaker, author, and now vocational clergy candidate. Her focus of study, discernment, and leadership is the integration of spirituality, justice, and the body in service to personal, interpersonal, community, and institutional transformation.

She is a former counselor educator as Assistant and Associate Professor in the Clinical Mental Health Counseling, Somatic Counseling Department at Naropa University, where for a decade her work centered on teaching the integration of somatic counseling, social justice, and contemplative education and on embedding justice throughout

all aspects of counselor education and university institutional policy, practice, and procedure. Dr. Carla provides justice consulting services to clients in secular and spiritual contexts, and is also Program Manager of Mary's House for Older Adults, a nonprofit corporation focused on creating safe, welcoming and affirming environments (via educational, advocacy, and brick and mortar residences) for adults over 60 years of age, including lesbian, gay, bisexual, transgender, queer+/same gender-loving (LGBTQ+/SGL) individuals.

Dr. Carla loves to teach, study, and explore with others the salience and power of our bodies in transforming inequity and oppression, co-creating vibrant, loving, socially and environmentally just communities.

Dr. Carla lives with her partner, Rev. Cathy Alexander, and their beautiful plant family who are rapidly taking over shared living space.

### FEELING SOCIAL?

WANT TO HELP US INCREASE OUR SOCIAL MEDIA PRESENCE?



We are looking for someone willing to help us increase the quantity, quality, and engagement level of our social media presence. We have some ideas, but we're looking for someone to help us out.

Do you Facebook? Instagram? Tiktok? Something else?

Would you like to help promote our spiritual community beyond our walls to those who might be searching for just such a place to belong?

**If this intrigues you, YOU could be  
the Social Media Coordinator of our dreams!**

Contact Communications Chair (Glenn Williams) at [communications-chair@uubrunswick.org](mailto:communications-chair@uubrunswick.org) to find out more. We'd love to talk with you.



# MEMBERSHIP EVENTS

## SoUUP's ON

### March 3, 2024

Looking forward to SoUUP's On! The Membership Committee is planning a cozy luncheon directly following the service on March 3. We will quickly set up tables in the sanctuary and delicious soups, bread, fruit and desserts will be served in Fellowship Hall. While the sanctuary is being transformed to a dining area, coffee will be available in the RE wing.

We look forward to having a variety of delicious soups to serve. Sign up sheets will be at the Visitor's Table so that you can tell us what kind of special soup you will bring to share. Also, if your last name begins with A-M, please bring bread or fruit. If your last name begins with N-Z, please bring a dessert, cookies or bars. We are looking forward to SoUUP's On! Remember to sign up at the visitor's table. Please join us!



Unitarian Universalist

## YOU AND UU CLASS

### Saturday, March 9, 2024

This is a New date

On Saturday, March 9, the Membership Committee will host another "You & UU" class from 1:00 - 4:00 PM at the church. New members of UUCB are welcome as well as anyone who is interested in learning more about the Unitarian Universalist denomination. The class will be co-facilitated by Rev. Kharma Amos and Vicki Simpson. With Rev. Kharma's help, attendees will explore their own interests in UUCB and learn about the history and beliefs of Unitarians and Universalists of the past and today.

Members of the UUCB Board and committee members will share information about various committees and activities of the church such as Religious Education, Budget and Finance, Working for Justice, Pastoral Care, Chalice Circles and Circle Suppers and many others. Becoming connected and involved is a special part of UUCB.



We need YOU!

Don't forget to sign up for Coffee

# UPCOMING EVENTS

## POOR PEOPLE'S CAMPAIGN


### Nationally-Coordinated, Simultaneous Direct Action

# MARCH 2, 2024

In Maine, people are invited to begin to gather at 10 am between the Cross and State House Buildings in Augusta. We will begin with a very brief march at 11 am, marching down Capitol St, turning onto State St, and then returning to the space between the two buildings for a rally. These rallies will be happening simultaneously in 31 states. [Here is a link to a promo video.](#)

**MASS POOR PEOPLE'S & LOW WAGE WORKER'S MORAL MARCH TO STATE HOUSE ASSEMBLIES,**  
**A PART OF 40 WEEKS OF MASSIVE VOTER MOBILIZATION ACROSS THE US**

**MARCH 2, 2024**    *GATHER AT 10 AM* | *ASSEMBLY AT 11 AM*



**This is a RESURRECTION, not an INSURRECTION!**

**A DAY OF NATIONALLY-COORDINATED, SIMULTANEOUS DIRECT ACTION IN 31 STATE CAPITALS!**


AL, AZ, CA, DC, DE, FL, GA, IL, IN, KS, KY, MA, MD, ME, MI, MO, MS, NE, NC, NJ, NY, OH, OK, PA, RI, SC, TN, TX, VT, WA, WI, WV

**JOIN US IN BUILDING A 3rd RECONSTRUCTION BY DEMANDING:**

- abolishing poverty as the 4th leading cause of death in the US
- a living wage (\$15+)
- full voting rights
- no more voter suppression
- worker's rights & labor rights
- healthcare for all
- affordable, adequate housing

- an end to gun violence, profit & proliferation
- clean air & water
- environmental justice
- fully-funded public education
- just immigration laws
- an end to systemic racism, white supremacy & the extremist political agenda


**31 States Mobilizing for March 2nd**





Abolishing poverty as the 4th leading cause of death in the US!

There are more than 135 million poor & low-wage people in the nation rising back towards 140 million in 2019 because of ending Covid relief.

Activate 85 million poor & low wealth eligible voters!

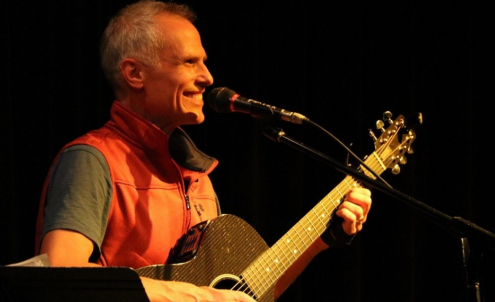


[poorpeoplescampaign.org](http://poorpeoplescampaign.org)

**Bishop William J. Barber, II**  
**Rev. Dr. Liz Theoharis**  
 National Co-Chairs,  
 Poor People's Campaign:  
 A National Call for Moral Revival

**Peter Mayer in concert**  
 Sunday, March 3 at 2pm



**First Parish Unitarian Universalist**  
 425 Congress Street, Portland ME

**PETER MAYER COMING TO FIRST PARISH IN PORTLAND!**

Peter Mayer (author of "Blue Boat Home") will be in performance at First Parish in Portland (425 Congress Street) on Sunday, March 3 at 2:00pm.

Tickets are available on [Eventbrite](#) or at the door for \$20.

This is Peter's Portland debut and we're hoping to give him a big Unitarian Universalist welcome!



## UPCOMING EVENTS

### ATTENTION:

Don't skip this because you think you've seen it before.  
NEW DETAILS.

Learn effective  
communication skills  
that you can  
immediately  
put to good use!



PEACEFUL MEANS

LEAH BOYD & HEATHER PIERSON

**From the Laptop of Rev. Kharma ...**  
I really hope everyone will  
make an effort to attend.  
This is relevant to so  
many of our ongoing  
conversations, and what's  
happening around the  
world. It will be FUN! And  
it's designed for every  
generation. Please join us!"

# Saturday, March 16th

at the Unitarian Universalist Church of Brunswick  
1 Middle St.

2:00pm-5:00pm

**Workshop Pre-registration Required.**

**Email [administrator@uubrunswick.org](mailto:administrator@uubrunswick.org) to pre-register.**

Join us for a fun intergenerational workshop to explore concepts of non-violent communication through song, embodied learning exercises, interactive games and community conversation! Our workshop presenters, Leah Boyd and Heather Pierson will lead us through highly participatory activities that will let us practice deep listening and build emotional intelligence. All ages are welcome!

For those able to contribute, the suggested donation is \$5-\$25

**Register NOW!**

at [administrator@uubrunswick.org](mailto:administrator@uubrunswick.org)

# UPCOMING EVENTS

## Braver Angels

Upcoming in-person workshops in Brunswick

Fed up with the rancor around today's politics? Let's do something about it.



**Saturday, March 9th, 10:00 - 11:30**

### Skills for Disagreeing Better

A 90-minute workshop designed to help you through difficult political conversations with people in your life. Learn how to talk across the divide in a constructive, empathetic way.

*Participation in the earlier workshop is helpful, as it lays the groundwork for this one. It is not required, but recommended.*

Scan for more info and to register



These in-person workshops are being offered in the Morrell Meeting Room at Curtis Memorial Library. Scan QR codes or visit [curtislibrary.libcal.com](http://curtislibrary.libcal.com) to register.

In partnership with



Unitarian Universalist Church of Brunswick Maine

## ENTERING THE NARROWS: POETRY FOR STRENGTH AND SOLACE

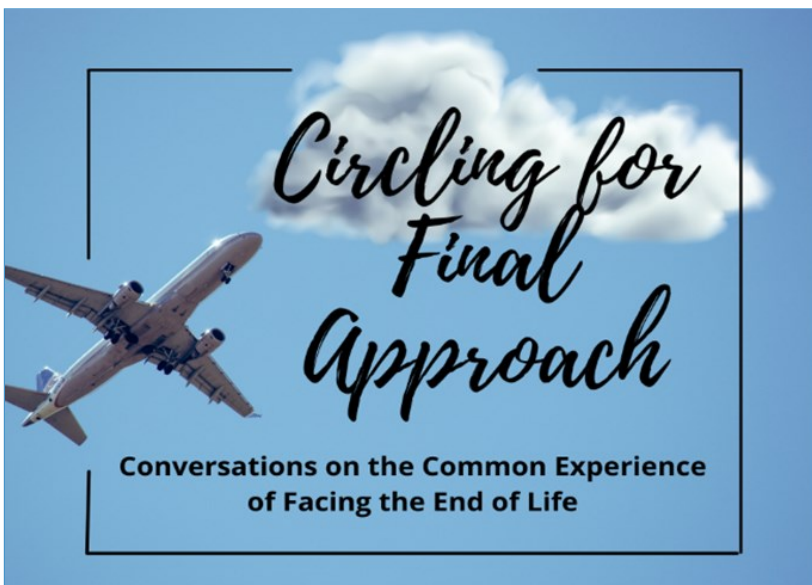
**SATURDAY, MARCH 23,  
6:30-8 PM**

**UU Church of Brunswick**

Poetry deepens understanding and lends both strength and solace in this time of increasing pressure and challenge. Wolastoqey poet and activist Mihku Paul and poet and scholar Claire Millikingather gather to read poetry and invite discussion of what it means to enter the narrows. Through the lens of poetry we return to a place of hope.

Special screening of 4 minute film: *Putep Qotatokot-te Elewestaq* (The Whale Was Speaking) – produced by Mihku Paul and Professor Dawn Nye of University of Maine Farmington

*Event is free and open to the public*



## SAVE THE DATE

**CIRCLING FOR  
FINAL APPROACH  
SATURDAY, MAY 14**

Coming once again. A time to gather and share thoughts, ideas, experiences related to that universal destination and cultural taboo: dying. May 14th at UUCB. Please save the date. More details later. - Grace Lewis-McLaren

## CONCERTS FOR A CAUSE

### SCHOONER FARE

**SATURDAY, MARCH 30 @ 7:30 PM**



Maine's most renowned folk group, Schooner Fare, will be performing at the church to raise money for Midcoast New Mainers and Oasis Free Clinics.

Brothers Chuck and Steve Romanoff launched Schooner Fare with good friend Tom Rowe 49 years ago to perform original maritime and traditional folk music. They quickly became one of the favorite bands in Portland, and soon were playing all over the country and the British Isles. When Tom Rowe died in 2004, Chuck and Steve continued playing as a duo and are still entertaining at many Maine venues such as the Chocolate Church in Bath and with the [Portland Symphony Orchestra](#)

Schooner Fare has won unanimous critical praise for captivating harmonies and winning stage presence. In addition to their numerous original songs on both contemporary and traditional themes, the band also writes and performs topical songs, country ballads and maritime masterpieces that have made their name synonymous with the "Down East" style.

Combining their talents on six-string guitars, twelve-string guitars and banjos, Schooner Fare's distinctive vocal and instrumental arrangements have been hailed by such folk music icons as the Kingston Trio, the Limelites, the Chad Mitchell Trio, the Clancy Brothers, and Tom Paxton. Schooner Fare's many recordings receive radio play on four continents and world-wide on satellite radio. The original songs of Schooner Fare's Chuck and Steve Romanoff continue to be recorded and performed by other artists in the U.S., Canada, Britain, Ireland and Australia.

For this concert, Schooner Fare will perform a lively concert for folks of all ages, singing such signature original songs as *Portland Town*, *Day of the Clipper*, *We the People*, and many more from their 15 albums.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/schooner>.



### Folk and blues legend Chris Smither!

**April 20, 2024**

Rolling Stone and The New York Times, agree that 80-year old Smither continues to be a profound songwriter, a blistering guitarist, and intense performer as he draws deeply from the blues, American folk music, modern poets and humanist philosophers

**Buy your tickets NOW before they're gone!**

Refreshment donations always appreciated!



## WORKING FOR JUSTICE STEERING COMMITTEE

### March's Charity with Soul: *Maine Family Planning*

Contact: Stephen Wood [swood88@outlook.com](mailto:swood88@outlook.com)



Maine Family Planning (MFP) was founded in 1971 as the Family Planning Association of Maine by a group of grassroots activists dedicated to the idea that everyone should have equal access to excellent sexual and reproductive health care and evidence-based comprehensive sexuality education. MFP is a 501c3 nonprofit organization and its mission is to ensure that all Maine people have access to high-quality, culturally relevant and affordable sexual and reproductive health care services; comprehensive sexual health education; and the right to control their sexual and reproductive lives.

Maine Family Planning carries out its mission through four primary programs:

#### **Clinical:**

MFP directly operates 18 community clinics that offer comprehensive, inclusive sexual and reproductive health care, including abortion care, all at a sliding fee scale, including at no cost to patients. In addition to providing direct care through its own clinics, MFP serves as the federal grantee for Maine's Title X family planning network, distributing pass-through funds to school-based health centers,

Planned Parenthood affiliates, and federally qualified health centers in Maine. More than 80% of the 34,000 patients served last year by Maine's family planning network were low-income.

#### **Prevention:**

MFP develops comprehensive, up-to-date sexual education curricula and trains care providers and educators who work with youth throughout Maine, including youth in foster care and other vulnerable populations.

#### **Family Support:**

MFP operates the Maine Families Home Visiting program in Hancock County and the WIC Nutrition Program in Washington and Hancock Counties, which provide critical support networks and resources to new parents and caregivers.

#### **Policy advocacy:**

MFP advocates for common-sense, evidence-based policies at the State and Federal level when it comes to issues of sexual and reproductive health care and rights.

Maine Family Planning is honored to have the support of the Unitarian Universalist Church of Brunswick, and we hope you stay in touch with us! MFP is active on social media on Facebook and Instagram, and you can sign up for monthly e-newsletters, action alerts and more at [www.MaineFamilyPlanning.org](http://www.MaineFamilyPlanning.org).

---

## MUUSAN

Contact: Steve Eagles [seagles4@gmail.com](mailto:seagles4@gmail.com)



Look for the MUUSAN table at the **front of the sanctuary**. Every few weeks there will be new information and effective methods for communicating with legislators in support of bills that defend MUUSAN'S principles.

# WORKING FOR JUSTICE STEERING COMMITTEE

## Indigenous Awareness

Contact: Cathey Cyrus [wdclark@gwi.net](mailto:wdclark@gwi.net)



### Testimony is needed in support of tribal sovereignty.

LD 2007, *An Act to Advance Self-determination for Wabanaki Nations* is now fully written and, according to the Wabanaki Alliance, is anticipated to be scheduled for public hearing on 2/26 or 2/27. Support for this bill is of highest priority because it would mean ---finally--- state recognition of tribal sovereignty. The bill includes all of the recommendations of LD 1626 from the 130<sup>th</sup> legislative session except for those few issues that were already enacted via other legislation. Talking points for testimony on LD 2007 are essentially the same as those offered by the Wabanaki Alliance for LD 1626 and can be found at <https://www.wabanakialliance.com/ld-1626-talking-points/>

## Teen Center Support

Contact: Carol Briggs [bcarol@gmail.com](mailto:bcarol@gmail.com)



Although basketball season is in full swing the Teen Center has hosted a long list of activities: A sticker-making craft project; movie marathons; making root beer floats; guitar lessons and practice; cookie decorating; a smoothie-making contest; constructing bird and squirrel feeders; making a popsicle-stick tree; making cocoa; and trying out the pool table for the first time. When snow arrived, it was perfect for making some snowballs as well as snowy art. For February Break there is a solid list of activities at the Teen Center including making sushi.

The staff improved the layout of one of the sitting areas with new furnishings thanks to a donation of the Masons. On March 1, the Teen Center will be the recipient of half the proceeds of a Lenten Haddock Chowder Supper at St. Charles Borromeo Church as well as all the money in the tip jar that evening. Ten-dollar takeout meals will be available on a first come, first served basis and can be paid for with exact cash or check (made out to All Saints Parish). The church is located at 132 McKeen Street and one should enter via the east parking lot.

## BOARD OF DIRECTORS

Greetings to all. Before diving into this month's update, I would like to briefly introduce myself. I am Curt Neufeld, currently Vice-Chair of the Board of Trustees. For many years I was "Heidi's husband", as my wife was choir director for 15 years and much more visible to the congregation.

I am honored to be on the Board for about 8 months now. I have to say I had little appreciation for how much went on behind the scenes between the Board and our committees, and what a wonderful group of people are involved to make it happen. I have been learning every month and it is rewarding. I encourage any and all members to consider getting on one of the many committees.

March can be a bleak month, and the advance of the daylight hours is slow. The inspiration for the movie "Groundhog Day" is not too difficult to imagine. And yet, winter does provide us with extraordinary beauty. The morning after fresh snow seems so clean and the contrast of an almost black and white world is incredible. The sun shining through "crystal trees" against a bright blue backdrop after a winter storm is one of my favorite winter miracles.

Just as nature can and does break up this bleak season with wonder and inspiration, UUCB provides moments of spiritual wonder even when our national, or personal "climate" may feel perpetually cloudy. After such moments, I often stop and reflect upon this the same way I may pause to take a photograph of a snowy morning to share with others. I find myself knowing that brighter days are ahead and look forward to them.

This is a time of year for reflection and anticipation of the rebirth of the natural world around us. Who doesn't get a thrill of the crocuses pushing their way through the snow as if to say, "Excuse me, I have some beauty share!"



I am grateful for the same steadfast determination of our UUCB community to grow and improve every season, every year, by committing to saying, "Yes, I will get up, move forward, and strive for better." Snow falls, we clear it. The bad news is reported, and we say, "How can we help?" Even if just to come together in community.

The Board of Trustees is beginning this year's budget planning, and the Pledge Committee is underway. While not glamorous, these essential processes look forward to making our coming year great, even a little better. Look for announcements and testimonials and play the part you can.

The last few Board Updates have mentioned our interest in easing congestion in the Fellowship Hall to allow for better socializing after the services. We will be trying some initiatives over the next few weeks and ask for your patience and feedback. Our goal is to make our Fellowship Hall as welcoming, and as easy to hangout for a little community, as possible. Again, feel free to contact Louise Gephart, Curt Neufeld, or Faith Woodman with comments.

If you haven't yet been to a Concert for a Cause, take a look at those coming up and take a chance. There are some very good artists scheduled, and it is one of the many ways UUCB gives back to the community.

Keep an eye out in the weekly announcement for First Aid classes coming later this Spring. Being prepared to give aid in an emergency is so valuable.

*Curt Neufeld, Board of Directors*



## PLEDGE DRIVE

### UUCB IS CELEBRATING THE 10TH ANNIVERSARY OF OUR “NEW” BUILDING!



If you are scratching your head in disbelief that it has already been 10 years, join the club. But it's not really surprising when you look at what we have accomplished. We have grown our congregation, continued to support our exceptional staff, and are looking forward to building on our strengths for the next decade.

***Over the past ten years, we have built a community that believes in our mission and lives it.*** Through the uncertainty of a fire and a pandemic, we grew our membership while rebuilding in the heart of Brunswick. Today, nearly every seat is filled on Sundays, our Religious Exploration program is expanding, and we are engaging with our greater community in meaningful ways. Meanwhile, we generously volunteer, perform, coordinate, donate, fundraise, teach, serve, support, lead, listen, cook, write, read, etc. In other words, we don't just talk the UU talk, we walk the UU walk.

***And we continue to build the heart of our community with our beloved staff:*** Kharma, our Minister; Toben, our Director of Religious Exploration; Will, our Director of Music; Shirley, our Office Administrator; and Tony and Mary Sulkowski, our Sextons.

This small but mighty group supports our congregation all week, ensuring the quality of programming that we have come to expect. It is because of them that we can fulfill our mission and achieve our goals.

At this milestone moment on our journey when we survey the significant progress we've made since we built this building—mission-central—10 years ago, we've been asking ourselves, what is ours to do in the next 10 years? Rarely does a week go by without someone noticing how exciting it is to have more children and young people among us. What would it be like if we leveraged this growth by supporting it with programming and social connections? How could that translate to the wider UUCB community?

***That's why we're building for the future, beginning with a three-year focus on providing meaningful religious exploration for EVERYONE, not just our children.*** It is time for us to think about the answer to these questions: What would Religious Exploration for *ALL* congregants look like? What programming do you want to see that meets *your* needs for spiritual growth? What are some of the things we did in the past that we might reinvigorate? What are some ideas we've never tried but sound inspiring and helpful for our spiritual growth? Can we envision being a leader in religious exploration for *all* Maine UU congregations?

**So get ready to set your imagination free as UUCB starts the visioning process.** Meanwhile, we, your pledge team, will come back to you soon with a big ask. An ask that will allow us to support fair wage-and-benefit increases in addition to expanding our religious exploration offerings. We will ask you to give from your heart—so that we may grow and thrive for the next ten years, looking back in astonishment a decade later as we do today at all that we have accomplished together in the past decade—from the heart.



**In gratitude,  
your pledge team**

Joel Austin, Nathan Haynes,  
Diane Kew, Cindy Parker, Kristen Pett





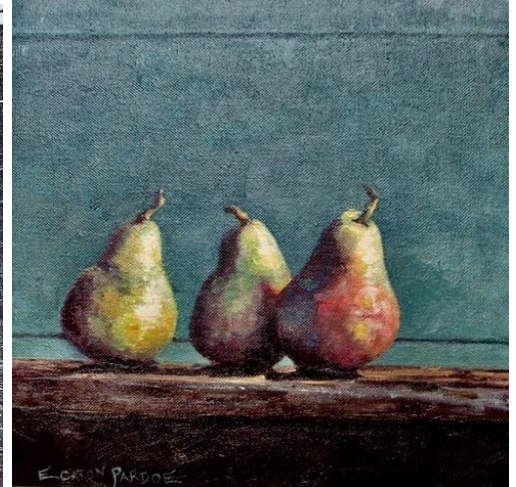
## UUCB ART GALLERY

### MARCH ARTIST: ELIZABETH CATON PARDOE

#### “IN SEASON”

#### WORKS BY MAINE ARTIST ELIZABETH CATON PARDOE

“Ever since my first memory of opening a Crayola box, filled with those jewels of breathtaking colors, I’ve been inspired to explore and express my observations of our world through mark-making. Creating imagery in drawing, painting and printmaking opens my imagination to new ideas and new ways of seeing. And, for the viewer, each image offers a fresh perspective to contemplate. With gratitude and thanks, I share this selection of mages for your enjoyment and your interpretation.”



## WANTED: PARISH MESSENGER EDITORS

The Communication Committee is looking for volunteers to help with the production of the Parish Messenger.



NO, our church administrator does NOT do the Parish Messenger. Sue Michaud has been the primary newsletter editor for many, many years, with a couple years off when Michael Heath took over. Currently, Rebecca Waddle and Sue share the job, but Rebecca is finding it difficult to fit it in her VERY busy schedule. SO, we would love to have more people to share the job which usually takes 2-3 partial days to complete. People and committees from the church send the articles that they have already written. The articles and pictures just need to be formatted to look nice on the page. There is also an online component that could



be learned, or one of the other editors could do that part. If you know anybody in the church who knows a little bit about desktop publishing, talk to Sue Michaud about the details of what is involved. Sue and Rebecca really enjoy doing the newsletter, and it’s a great way to keep up with everything going on in the church, but we occasionally have vacations, jobs, and family duties. HELP!!!

**Deadline for April Parish Messenger is Saturday, March 23.**  
Send articles to [parish-messenger-editor@uubrunswick.org](mailto:parish-messenger-editor@uubrunswick.org)