



The NUUS

The Unitarian Universalist Church of Ellsworth
121 Bucksport Rd., Ellsworth, ME 04605
(207) 667-4393 www.uuellsworth.org

Volume 46

No. 1

January 2014

A Month of Sundays

(All Sunday morning services at 10:30 a.m.)

Sunday, January 5th *It's Not the Critic Who Counts...* Rev. Sara Huisjen
POTLUCK SUNDAY! In her book, *Daring Greatly*, sociologist Brene Brown suggests that being vulnerable, taking risks and daring to be our most authentic selves is part of what helps create a sense of purpose and meaning in our lives. On this first Sunday in the New Year, we'll consider what this kind of courage looks like and how it calls us to act with integrity and compassion in the world.

Sunday, January 12th *Pilgrimage to Newfoundland* Guest Speaker: Rev. Louise Shorette
Rev. Louise Shorette is an ordained priestess with the Temple of the Feminine Divine in Bangor, an environmentalist, social & community activist and artist. She lives "off-grid" on her homestead nestled in the rolling hills of Jackson, Maine.

Sunday, January 19th MLK Sunday: *Light and Bread for Lonely Travelers* Rev. Sara Huisjen
Bob Dickens, Worship Associate
In a sermon he called, "A Knock at Midnight," the Rev. Dr. Martin Luther King reflects on the role of the church with regards to matters of racial & economic justice and peace. Today, we'll consider one of the still relevant questions Dr. King posits: How does the church (and our liberal religious faith in particular) call us to actively participate in continuing struggles for justice?

Sunday, January 26th *Did You Know That...* Led by Peace & Social Action Committee
Most restaurant workers wages have been stagnant because the federal minimum wage for tipped workers has been frozen at \$2.13 an hour for 22 years. In addition, the author of *Behind the Kitchen Door* estimates that 90 percent of restaurant workers don't get paid sick days, two-thirds report working while sick, and more than half suffer severe cuts or burns on the job. The 10 million restaurant workers are the largest sector of low wage US workers.
We agree with Rev. Peter Morales, President of the UUA and Rev. Bill Schulz, President of UUSC, when they say that raising the minimum wage is a "moral imperative." In this worship experience UUCE's Peace and Social Action committee will suggest steps we may wish to take as individuals and as a faith community as we act on our First and Second Principles.

Ministry Matters

by Rev. Sara Huisjen

Several years ago, at a Quiet Day gathering at the Alcyon Center in Seal Cove, I was given a book I've picked up again to read as we head into the New Year. It's called *Always We Begin Again: The Benedictine Way of Living* and it's by John McQuiston, II. McQuiston is a middle aged-lawyer raised in the Episcopal Church who drifted away from organized religion as an adult. In his introduction, McQuiston says he "translated" this 6th century Rule into language that he hoped would resonate with folks' sensibilities today and help communicate its core insights and principles which he values. Here's his translation of "The First Rule:"

Live this life
and do whatever is done,
in a spirit of Thanksgiving.

Abandon attempts to achieve security,
they are futile,

give up the search for wealth,
it is demeaning.

quit the search for salvation,
it is selfish

and come to a comfortable rest
in the certainty that those who
participate in this life
with an attitude of Thanksgiving
will receive its full promise.

On the cusp of this new year, these are a few of the questions alive in me:
How can I take control of my life in the ways and places that I can?
How intentional and careful am I being about *how* I spend the hours of each day?
How disciplined am I willing to be in order to live a more balanced and thankful life?

Looking back and looking ahead—at the threshold of the new year we are uniquely poised to do this self-reflective work, as individuals and as a congregation. Where have we been and where are we going? What lessons have we learned? What new insights might we call on to guide our way ahead?

May this new year be good to you and yours,
and bright with the strength and love that's born & nurtured in community.

Yours in ministry together, *Sara,*

Lifespan Religious Education



Winter Greetings from the Carl Stehman Wing.

Thank you to everyone who braved the chilly rain on December 20th to attend our Winter Solstice Celebration. The Children's Choir performed a song by a warm bonfire and we all enjoyed Shawn Mercer's Yuletide Treasure. Due to inclement weather, the December RE Committee Meeting was cancelled and the calendar for the next session is not finalized. Please look for a detailed RE calendar soon in the weekly email announcements in the next few weeks.

Finally, a heartfelt **THANK YOU** to all the teachers that volunteered in December: Molly and Shawn Mercer; Jody Murphy; Bob Dickens; and Rev. Sara.

RE Calendar:

- January 5th: Love Will Guide Us; Potluck Sunday directly after worship service.
- January 12th: Love Will Guide Us; RE Committee Meeting directly after worship service.
- January 19th: Love Will Guide Us
- January 26th: Love Will Guide Us.

Woyaya - Anne.

Important News from the Committee on Ministry

CALLING OUR MINISTER

As those of you who attended the October Parish Meeting know, the Committee on Ministry is recommending that UUCE move towards inviting Sara to be our Called Minister. She is currently serving us in the capacity of a Contract Minister. Please refer to last month's NUUS article to review the differences between the two. We feel this change offers us the chance to deepen our commitment together, with more investment from either side, something like a marriage.

Since November we invited you to be involved in a process through the January Parish Meeting when this will come to a vote. There were "Wanted" posters in the community room in November, to allow you to imagine

what your desires may be in regards to ministry at UUCE, and two meetings (Sunday 12/8 without Sara and Sunday 1/12 with Sara) during which you were able to engage in the process. We are hoping this was a fun and informative process, and wanted the congregation to have a chance to explore this new relationship before the vote. One important piece of information you need to know is that if <90% of the congregation are in favor of this change, the minister will not stay.

So mark your calendars for **1/12/14** to join the Committee on Ministry in our discussions about this important issue! We hope to see many of you there.

Adult RE

Our December meeting was cancelled due to illness. We plan to meet Friday, January 10, at 11. In January 2014 we are sponsoring three offerings:

- Rev. Sara's **Build your Own Theology** Series (Thursday afternoons from 2 to 4);
- Lelania Avila's **The Toolshed of your Heart** (Tuesday evenings from 6 to 8:30); and
- Hope Lewis will debut our new **Stories** series (Sunday, January 19).

Rev. Sara will offer Build your Own Theology in 8 sessions on Thursday afternoons from 2 to 4, beginning on January 9 and continuing each Tuesday through February 27. Steve Berger will assist.

Sunday, January 19th, 11:50: **Our Stories: Sharing the Legacy**

The first in a series of occasional discussion groups that will begin with the wisdom of ancient stories and open the door to sharing our personal experiences. On this date, we look at our place in the world. What have we been given by those before us, and what will we leave for those who come after us?



Lelania Avila will offer Create your own Toolshed of the Heart (in 2-3 workshop sessions) Tuesday evenings from 6 to 8:30, January 7, 2014, January 14 and January 21.

This workshop is a hands-on creative exploration of the Toolshed of Your Heart. Lelania will briefly share her concept of the "Toolshed of My Heart," a three dimensional depiction of the tools she has cultivated over the years to bring peace into the world. She will offer a framework for building a solid toolshed, as a place to store and reflect upon the tools available to us all in our daily lives. Together we will make time to discover what tools we want in the Toolshed of our Hearts, including tools that we already use, as well as new ones we'd like to master. We will construct a three-dimensional piece of art as part of our exploration and expression.

What you can be thinking about to prepare:

Lelania invites you to show up with your open heart and mind and jump in wherever you are! However, if you'd like to be thinking about the Toolshed of Your Heart and what it might look like in the three dimensional realm, and why you'd want to explore this topic in the first place, perhaps begin by thinking about what "Peace" means to you. Consider this quote by Thich Nhat Hanh: "We all have the right to suffer, but none of us has the right not to practice. Our responsibility as humans is to transform our suffering in order to transform the suffering around us."

We will be exploring the mind-body-spirit connection, as well as the interconnections between personal health and well-being with planetary health and well being. What is your Bliss? What's "Light's On!" for you? How do you nourish yourself?

Also, if you can set aside some time in the days between workshop meetings to allow yourself to play with your art piece as well as time to reflect, the time we are together during the workshop may be more fulfilling. There is, however, time built into the workshop schedule for reflection, creative expression, and sharing.

Participants are encouraged to bring:

- ❑ a journal/notebook/paper and something to write with
- ❑ open heart and mind
- ❑ any collage materials you'd like to bring (when you think of "The Toolshed of My Heart" do any images come to mind?) Consider decorative papers, magazine images, photos, greeting cards, as well as fabric, watercolor paints, and found objects.

About the Instructor:

Lelania Avila lives with her family in Northeast Harbor, where she homeschools her two children, Rosie and Haji (13 and 9) and enjoys the nightly meals her husband, Kyle prepares. Regular trips to her heart's Toolshed inspire her to breathe mindfully throughout the day as she mothers, practices Kundalini yoga and meditation, and NVC (NonViolent Communication). She celebrates her creativity through her calligraphy.

www.heartcraftcalligraphy.com.

If you have any questions about this workshop, please contact Lelania: 276-9377 or

info@heartcraftcalligraphy.com.

Sunday, January 19th, 11:50: **Our Stories: Sharing the Legacy**

The first in a series of occasional discussion groups that will begin with the wisdom of ancient stories and open the door to sharing our personal experiences. On this date, we look at our place in the world.

What have we been given by those before us, and what will we leave for those who come after us?

Stephen Berger

From the Board

End of the Year Message from the President of the Board of Trustees

As winter closes in on Down East Maine it is my privilege to report to you from the Board of Trustees on the "state of the church" as we approach the beginning of a new year. As this Board began its period of service over this past summer we agree to concentrate our efforts on three areas: (a) assuring that UUCE had a sound financial base to support the religious, educational, and social action programs that are at the heart of our community; (b) adding new names to the membership rolls of the church, and (c) encouraging an active and satisfying church life for all friends and members. With the active participation of our important volunteer committees and the leadership of Reverend Sara, we are making good progress in all three areas.

The reports from Treasurer Don Martin show that our finances are solid and are being bolstered by the weekday rental of the RE wing to the YMCA pre-school. The extra "one time income" has allowed us to do some deferred maintenance on our building, replace our tables with new light weight fiberglass ones, and begin planning some improvements to the community room and to storage for music and UUCE history archives. We have had two very successful fund raising efforts with the Lobster Bake and the October Goods and Services Auction. Our membership continues to grow and the contributions of the new members are being already being felt in various ways. The core of our community endeavor is church life through vibrant and diverse Sunday services, a growing RE program, and a diverse program of adult educational and social action activities. Most appreciated are the efforts of volunteer teachers who have stepped up to help with the different RE classes. Finally, we are most pleased that that Reverend Sara is beginning the transition from being a contract minister (responsible to Board) to being a "called Minister" whose covenant will be with the congregation as a whole.

As president of the Board, I wish you a happy 2014, and remind you to feel free to bring any concern you have with UUCE governance to me or any other member of the Board. You are always welcome to attend our monthly meetings and also to make your concerns known in the congregational comment period at those meetings.

David Wilcock, Board President, 2013-14

Treasurer's Corner

We will be sending out your second quarter pledge statement that runs from July 1st, 2013 to December 31, 2013 on January 15th, 2014. If you need a complete yearly statement from January 1st, 2013 to December 31st, 2013, please contact me. We will be glad to assist you in any way we can.

Treasurers Report – thru November 2013

Total income for November was \$9,968.89. This was only \$192.96 less than the total expenses for this month which was \$10,161.85. Total income through November is \$71,698.94, 49.42% of budget which is 7.72% more than the year-to-date percentage of 41.7%

Total expenses for the same period were \$46,641.22, 32.15% of budget which is 9.55% less than year-to-date percentage of 41.7%

Pledge income for November was \$5,625.00. This was considerably less than last month by \$4,960. Total pledges through November were \$43,372.00 or 47.48% of budget which is 5.78% more than the year-to-date figure of 41.70%.

Plate income for November was \$645.00. Total Plate income through November was \$4,025.54 or 50.32% of budget 8.62% more than the year-to-date figure. Plate income - church through November was \$3200.21 or 48.49% of the budget. Plate income - plate split charity through November \$825.33 or 50.95% of budget

Total fundraising, we have reached our fundraising goal of \$9000.00 for the church budget. We have raised \$3,474.90 for our charity budget. We need to raise \$2,525.02 to reach our goal of \$6,000.00 for charity and there are no fund raising events planned for the 2nd half of the church year to make this happen.

Rental income for the month was \$1,749.00 for a total through November of \$7,426 or 41.6% of budget. Rental income other is \$2,426.00 or 44.11% of budget these figures still remain positive.

Expenses for November were \$10,161.85. Total expenses through the month were \$46,641.33 or 32.15% of budget or 9.55% less than the year-to-date figure of 41.7%. Expenses continue to run low as we enter the winter months with fuel, electricity and snow plowing costs accruing.

Don Martin, Treasurer

The News from the Peace and Social Action Committee



Returning to UUCE!!!

The Ellsworth Farmers Market again will be having a winter farmers market at UUCE **every** Saturday morning from 9:30 to 12:30 starting November 2 through December 21 then the first and third Saturday, January through April, same hours. There will be a wide variety of products available including vegetables, meat, eggs, cheeses and other dairy products, baked goods, fiber arts, pottery and more. Come check it out!!!

January 4 and 18
 February 1 and 15
 March 1 and 15
 April 5 and 19

PASA meets the third Sunday of each month at 9 AM in the Tidewater room. Visitors are welcome!!!

Mark Your Calendars



It's not too late to sign up...

Building Your Own Theology Class

**Facilitated by Rev. Sara Huisjen, with Assistance from
Stephen Berger**

Eight Thursday Afternoons, 1/9 -2/27 from 2:30-4:30pm at UUCE

Using the curriculum developed by Rev. Richard Gilbert years ago, this discussion-based class invites folks to reflect on their own experiences as part of articulating their own theology. Readings and conversation will help folks begin to identify the fundamental religious beliefs, values and convictions they wish to inform their lives. For more info or to register for this class, email or call Rev. Sara at sara@uellsworth.org or 610-2872. Participants are asked to buy this book, *Building Your Own Theology, Vol. 1* and read the Introduction, pages 7-16, in preparation for the first class on 1/9. Books can be ordered at the UUA Bookstore on-line.

Flowers for the Sanctuary Altar

Please consider donating Flowers for the Sanctuary Altar on occasion.

There is a "Flower Sign-up Sheet" at the front table or on the Hannaford Sales Table every Sunday.



Last year one person was responsible for all the Altar flowers and this was a big job, made more so when the garden flowers stopped blooming! The Aesthetics and Membership Committees decided to give others the opportunity to memorialize or otherwise honor a friend or loved one with their donation of flowers.

If you choose, your donation will be announced at the Sunday service and a notification will be placed in the weekly Sunday Bulletin. Please write your information on the sign-up sheet. You can also email or call the UUCE office the week before on Tuesday or early Wednesday and Alison will see that your donation is appropriately noted in the Bulletin.

We don't have a set procedure, but we will try to be alert to the names and information each week to see that they are properly published.

UUCE Community Share

Here is a new opportunity for you to seek help, offer your work or product or make some request or announcement—our UUCE family personal page of sorts.

Write a brief description of your message and send to the editor of NUUS (lfunderburk@roadrunner.com) by the third week of each month.

Did you know?

You can buy dump stickers when you do your grocery shopping with your Hannaford shopping cards!

UUCE Community Share continues.....

Would You Enjoy Some Extra Help?

small jobs around your home

fall cleanup

drive you to appointments or on

short trips

do your errands for you

Please call me-- Dan Wheatley-667-
1398

**Need fall planting or cleanup work
in your gardens.**

Let me do the job for you!

Call Vicki Fox:

422-2324 home/215-205-9949 cell

VickBrick@mac.com

➤ **FIREHOUSE SALE!!!** *Still a few tables left...*

The new light weight folding tables are in and they look great. We are offering our old tables to the congregation or their friends for \$10.00 each. What a deal! Our goal is to sell them as quickly as possible. If you are interested, please contact Don Martin. We have **6 tables** left to sell.

Personnel

Contact Information

Minister Rev. Sara Hayman Huisjen: 610-2872 (cell) sara@uuellsworth.org	Religious Education Coordinator Anne Ossanna: 565-2057 anne@uuellsworth.org
Church Office (T, W, Th, F, 1:00-5:00 P.M.) Alison Stephens: 667-4393 office@uuellsworth.org	Music Director Wayne Smith: 667-9482 wayne@mrlanguage.com
President of the Board David Wilcock: 963-2950 president@uuellsworth.org	Newsletter Editor Lance Funderburk: 276-3301 lfunderburk@roadrunner.com [Submit articles by the 15 th of each month]

Board of Trustees

President: David Wilcock, davidwilcock68@gmail.com	Vice President: John Fink
Treasurer: Don Martin	Secretary: Karen Volckhausen
Trustee: Eileen Brennan, to 2015	Trustee: Tom Martin to 2015
Trustee: Flo Reed, to 2014	Trustee: Stephen Berger to 2016
Trustee: Evelyn Foster 2016	Trustee: Peggy Strong to 2014

Committee and Task Force Chairs

Adult Education: Stephen Berger	Leadership Development: Bill Clark
Aesthetics: Linda Laing	Library: Paul Reid
Auction: Peggy Strong	Lobster Bake: Anne Ossanna
Fiscal Matters: David Wilcock	Membership: Nancy Avila/Mardi Thompson-George
Building Maintenance: Don Martin	Committee on Ministry: Marta Rieman
Coffee Hour: C. J. Lavertu,	Music: Haydee Forman
Caring Committee: Stephanie Alley and Linda Barsanti	Outdoor Chapel: Position open
Charitable Giving: Peggy Strong	Peace and Social Action: Karen Volckhausen
Choir: Haydee Foreman	Potluck: C. J. Lavertu
Flowers: Aesthetics and Membership Committees	Sunday order of service: Send to: office@uuellsworth.org
Green Sanctuary: Kay Wilkins	Small Group Ministry: Rev. Sara Huisjen
History Committee: Wayne Smith	Stewardship: Don Martin
Kitchen: Position open	Ushers: Jon Thomas
Landscaping: Karen Wigglesworth & Vicki Fox	Web Pages: Peggy Strong
Loaves and Fishes: Sue Clark, Nina Turner, Dartha Reid	Worship: no chair – B. Dickens, C. Rosinski & S. Berger
RE Chair: Position open	

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day 7 p.m. Coyote Group	2 YMCA -6-6:30, RE 10-12 Exec.Com.(S) 12 pm AI Anon	3 YMCA -6-6:30, RE 6:00 AA	4 9:30 – 12:30 Ells.Farmers Market (CR)
5 POTLUCK 9-1 RE office hours 10:30 Worship Service	6 YMCA -6-6:30, RE 2 –7:30 Violin lessons (S) 7:00 St. Augustine 7-9 Downeast NVC	7 YMCA -6-6:30, RE 12:00 AI-Anon 6-8:30pm Toolshed of the Heart-CR 6:30-9 pm Acadia Choral Society	8 YMCA -6-6:30, RE 6:30-8:30 P. Weiss (S) 7 p.m. Coyote Group(TD) 7-9 Acadia Trad Music (BR)	9 YMCA -6-6:30, RE 12 pm AI Anon 2-4 Build Theology (S) w/ Rev. Sara 6-8pm UUCE Board Mtg.(CR)	10 YMCA -6-6:30, RE 6:00 AA	11
12 HUNGRY SUNDAY 9 – PASA mtg. 9-1 RE office hours 10:30 a.m. Worship Serv Congregational Mtg.	13 YMCA -6-6:30, RE 2 –7:30 Violin lessons (S) 7:00 St. Augustine	14 YMCA -6-6:30, RE 12:00 AI-Anon 6-8:30pm Toolshed of the Heart-CR 6:30-9 pm Acadia Choral Society	15 YMCA -6-6:30, RE 6:30-8:30 P. Weiss (S) 7 p.m. Coyote Group(TD)	16 YMCA -6-6:30, RE 12:00 AI-Anon 2-4 Build Theology (S) w/ Rev. Sara	17 YMCA -6-6:30, RE 6:00 AA	18 9:30 – 12:30 Ells.Farmers Market (CR)
19 9 am PASA 9-1 RE office hours 10:30 a.m. Worship Serv. Adult RE: Stories (BR)	20 YMCA -6-6:30, RE 7-9 Downeast NVC 7:00 St. Augustine	21 YMCA -6-6:30, RE 12:00 AI-Anon 6-8:30pm Toolshed of the Heart-CR	22 YMCA -6-6:30, RE 7 p.m. Coyote Group(TD)	23 YMCA -6-6:30, RE 12:00 AI-Anon 2-4 Build Theology (S) w/ Rev. Sara	24 YMCA -6-6:30, RE 6:00 AA	25
26 PLATE SPLIT 9-1 RE office hours 10:30 a.m. Worship Service	27 YMCA -6-6:30, RE 9:30-4:30 Wabanaki Group (S) 7:00 St. Augustine	28 New Year's Eve 9:30-4:30 Wabanaki Group (S) 6-8:30pm Toolshed of the Heart-CR	29 7 p.m. Coyote Group(TD)	30 YMCA -6-6:30, RE 12:00 AI-Anon 2-4 Build Theology (S) w/ Rev. Sara	31 YMCA -6-6:30, RE 6:00 AA	

Unitarian Universalist Church of Ellsworth
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Non-Profit Organization
U.S Postage Paid
Permit Number 93
Ellsworth, ME 04605

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Newsletter of the Unitarian Universalist Church of Ellsworth

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Vol. 46, No. 1

We covenant to affirm and promote:
The inherent worth and dignity of every human being;
Justice, equity and compassion in human relations;
**Acceptance of one another and encouragement to spiritual
 growth in our congregations;**
A free and responsible search for truth and meaning;
**The right of conscience and the use of the democratic process
 within our congregation and in society at large;**
**The goal of world community with peace, liberty and justice
 for all;**
**Respect for the interdependent web of all existence of which
 we are a part.**

