



The NUUS

The Unitarian Universalist Church of Ellsworth
121 Bucksport Rd., Ellsworth, ME 04605

(207) 667-4393

www.uuellsworth.org

Volume 44

No. 7

July 2012

A Month of Sundays

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

Sunday, July 1. *Love Calls Us On* **Rev. Sara Huisjen and Kay Wilkins, Worship Associate**

Just back from this year's General Assembly, Rev. Sara & Kay will lead worship and reflect on their experiences at Justice GA in Phoenix. Come hear about their participation in an evening Candle Light Vigil with thousands of other UUs at Sheriff Arpaio's 'Tent City' Detention Center. How might we stand in solidarity with others working to realize human rights protections for thousands of immigrants in this country? What calls to us and grounds us in our efforts to be engaged in this struggle for justice?

Sunday, July 8. *...the opening of eyes long closed* **Rev. Sara Huisjen**

In this season, the natural world around us invites us to wake up, to feel ourselves alive again, full once more of hope. What wakes *you* up to beauty and joy, to gratitude and kindness? How do you spend that kind of energy in the world?

Sunday, July 15. *The Third Step* **Rev. Eliza Galaher**

In the world of 12-step recovery, the third step states: "We made a decision to turn our will and our lives over to the care of God as we understood Him." For mainstream Christians as well as people of other explicitly theistic religions, such a step is central to living out one's faith. But how might it be relevant to such an eclectic bunch as we Unitarian Universalists? Where might we butt heads with this step, and why? And what might we do to transcend semantics to get to the heart of this step?

Sunday, July 22. *Twenty Minutes, Twice a Day* **Rev. Sara Huisjen**

The poet John Kirvan writes, *As this day passes into stillness, into silence, I will be as quiet as my busy heart will allow me.* What do you do to nurture a sense of quiet in your life? This sermon and service will consider the value of cultivating some practice & comfort with silence in our lives.

Sunday, July 29. **Rev. Jennifer Reece**

Rev. Jennifer Reece Episcopalian minister presently employed part-time as Frenchman's Bay Librarian. She lives in Lamoine. Rev. Reece is back for her second summer leading a service at UUCE.

Ministry Matters

by Rev. Sara Huisjen

This year's 51st General Assembly (GA) of the Unitarian Universalist Association of Congregations in Phoenix is the fourth GA I've attended and I have to say, THIS YEAR WAS DIFFERENT!! Different in very positive and inspiring ways.

I hope you will join us for worship on Sunday, July 1st when Kay Wilkins & I share some of our experiences from our time in Phoenix. Over the course of five full days, we went to a wide array of workshops, lectures and wonderful worship services. We heard moving stories from people on the ground in Arizona who are living each day with the devastating effects of SB1070. At every turn, we were challenged to begin thinking about how we'll bring some of the lessons we learned home, and how we'll stay engaged in justice work on behalf of undocumented immigrants and other vulnerable peoples, remembering, too, that *ours* is the humble work of listening to and partnering with others. I can readily say that at this GA, more so than any other I've attended, I was challenged to *live* my faith, not simply just talk or think about it. I've come home energized and inspired, hoping to be engaged more of the time among you in outreach ministries and justice work.

The Rev. Richard Gilbert, long time UU minister who served one of our congregations in Rochester, NY once said this: ours is the work of "growing people of prophetic fire."

May we be so inspired, and may these summer days be good to us all.

Hope to see you at church!

Yours in ministry together,

Sara



SUMMER TIME FAMILY & FRIEND FUN GATHERING

When: Sunday, July 15th from 12:30 to 5pm (weather permitting)

Where: Beech Hill Pond in Otis - (12 miles north of Ellsworth)

475 Point Road, home of Linda Hayman

Everyone who enjoys spending time with kids and youth, swimming and playing games together is invited to come to this Family & Friend afternoon gathering at the home of Rev. Sara's mother, Linda Hayman. Bring your swimsuits and sandwiches, and we'll jump in the lake, and take out kayaks, and enjoy spending time together! (To be rescheduled if raining or threatening rain that day.) For more information, driving directions or to RSVP your plans to attend, please email Sara at sara@uuellesworth.org, or leave a message for her at church at 667-4393.



EVENSONG, A Series of Gatherings

Are you interested in having a small group ministry-like experience with folks connected to this congregation? Do you enjoy exploring questions related to your personal & spiritual growth? On Thursday, June 28th several folks will participate in the first of five 2-hour evening gatherings at church based a UU adult education curriculum called EVENSONG. These structured & facilitated gathering will provide time for participants to listen to each other, and share their own ideas.

Pre-registration is requested.

Folks can choose to attend 1 or several (up to all) of these gatherings.

For more information, please email Sara at sara@uuellsworth.org or leave a message for her at church, 667-4393. There is space for up to 12 people at each gathering. The dates & topics are listed below:

June 28th *Childhood Memory & Knowing*

July 12th *Prayer & Spiritual Practice*

July 19th *Fear*

August 16th *Generosity*

August 23rd *Being Alive*

Lifespan Religious Education

Thank you to everyone who contributed to the Youth RE Programs; together we had a very successful year. Last week's service marked the end of our church school year and we look forward to full programs starting in September. This summer the Nursery will be staffed by volunteers. Thank you to everyone who signed up. There are still many slots available for help with the 4-10 year olds. If you would like to volunteer to provide an activity with this age group during worship service this summer please contact me at aossanna@aol.com or 565-2057

Youth Scholarship Fund - An account has been set up at the Union River Redemption and MDI Redemption Center (head of the Island near EBS) for members to return their cans, glass and plastic bottles. When you drop your recyclables off at the redemption center please let the clerk know you would like the proceeds to go to UUCE Youth Scholarship Fund. Realizing that not everyone can go to the redemption center, Kay Wilkins and Diana Cate have graciously offered to have members of the congregation bring their bagged returnables and place them in the bed of their truck on Sundays. Kay and Diana will bring the returnables to the redemption center and credit the Youth Scholarship Fund. In the future we will have bottle drives every quarter starting in September.

Woyaya - Anne

Adult Religious Education

Happy Fourth of July! This month the Adult Religious Education and the Peace and Social Action Committees host a Nonviolent Communication Workshop with Peggy Smith that could potentially transform the way we communicate as individuals and as a congregation. Also, "A SAVE THE DATE" for August. In the spirit of peace, compassion, and good eating there will be a showing of the DVD "The Buddha" featuring Matt's homemade pizza! And, of course, the weekly meditation group continues. Please join us.

Meditation Group

Every Wednesday, 2:00 – 3:00 PM in the Justice Room

All are welcome to attend this on-going meditation group. You don't need to register or commit to attend every session to participate. Drop-ins are most welcome! If you have any questions please contact Janice, jronco2@gmail.com.

NVC Workshop

Connecting Across Differences: the Journey of Nonviolent Communication

A workshop with Peggy Smith, certified NVC trainer, Friday July 27, 6-9P M

(registration at 5:30 PM), Saturday, July 28, 9-5 PM in the Board Room or

Sanctuary depending on number of participants

The Nonviolent Communication model presented in this Level One workshop was developed by peacemaker, mediator and healer, Marshall Rosenberg. Rosenberg's teaching reflects his understanding that violence begins in the language we use.

Similarly peace is rooted in the way we communicate with each other.

Rosenberg teaches that everything that people do is in the service of their needs: what they do to others is the best possible thing they know to do to get those needs met. NVC teaches simple skills that enable people to connect with their own and others needs in a way that inspires compassionate response and the possibility for peace –interpersonally and in the wider community.

The Workshop:

Would you like to deal with conflict more skillfully?

Be sensitive to others without giving up on your own needs?

Deepen intimacy and have more ease within relationships?

You will leave this workshop with practical concepts and skills you can put to immediate use.

Whether you want to improve your relationship with yourself, your family, co-workers or community, your participation in this workshop will open new doors and expand your options.

You will gain concrete skills for using daily conflicts to relate more authentically and compassionately – building trust in a multi-sensory learning environment that fosters safety, depth and fun.

Participants will be empowered by embracing empathetic presence to transform our usual ways of thinking - opening opportunities for radiant connections.

Peggy Smith is the only certified trainer with the Center of Nonviolent Communication living in Maine. She has been sharing NVC for over six years. Peggy taught elementary and middle school for 32 years. She brings her extensive teaching skills, humor and presence to this work. With her new business, Open Communication, Peggy offers workshops, seminars and coaching to individuals, organizations and businesses. Peggy has studied with Marshall Rosenberg and other internationally recognized trainers. Peggy has also studied with Zen teacher and social activist, Thich Nhat Hanh, since 1991 and is an active member of his Order of Interbeing.

For more information on the workshop contact: Peggy Smith at peggy@opencommunication.org , 789-5299 or Peggy Strong at goodnuff@escrap.com, 266-3006.

To register go to www.opencommunication.org or pickup a brochure on the table in the foyer at UUCE.

Early Registration by July 6, 2012 -\$105, Registration after July 6- \$120

Peggy values participation by all who wish to attend and will endeavor to create space regardless of ability to pay. Please contact Peggy Smith or Peggy Strong for information.

Movie Night with Matt's Pizza!

"THE BUDDHA"

The Story of Siddhartha narrated by Richard Gere

Saturday, August 4, at 6:00 PM in the Board Room

"The Buddha", a two-hour documentary by Emmy award winner David Grubin, tells the story of the Indian sage who attained enlightenment as he sat beneath a fig tree two and a half millennia ago. "The Buddha" draws upon paintings and sculptures across two millennia as well as scenes in India today that echo the Buddha's world of long ago. The testimony of contemporary Buddhists, including Pulitzer Prize-winning poet WS Merwin and his Holiness the Dalai Lama, provide insight into the ancient narrative.

The next Adult RE Committee meeting is July 29 at 9:00 AM in the Board Room.

All are welcome and encouraged to attend.

Janice Ronco

Treasurer's Corner

Total income for May 2012 was \$6,032.18. This was \$2,744.27 less than the total expenses for the month of May, which were \$8,776.45. The difference was covered by again pre-paid pledges and other income that we have accumulated.

Pledge income for May was \$4,622.23, giving us a total of \$83,661.23, which is 3.56% below the year to date percentage of 91.66.

This is the first time this year that total pledge income below the projected figure.

Plate income at the end of May is \$7,298.82, which is 0.42% below the 91.66% of the year to date. This is a slight improvement over last month and moving in the right direction to reach the budget goal of \$8,000

These plate figures were calculated before deducting the \$347 to be contributed to GLSEN.

Rental income is at \$5,604 or 112.08% of budget, which is 20.42% more than the year-to-date percentage of 91.66%, or \$604 above our budget figure of \$5,000. I am projecting that rental income will exceed our budget by more than \$1,000.

Fundraising remains the same \$364 above our budget figure of \$7,000.

Expenses are continuing to be positive at \$94,020.45 or 79.59% of budget. This is 12.07% below the year to date figure of 91.66%. This will change next month when we pay our larger obligations. If my projections hold true for next month we will end the church year on a positive financial note.

Despite our plate income dropping by 4.66% after paying GLSEN the \$347, I feel splitting the plate income on the 4th Sunday of each month hasn't hurt our income that much. I hope it will improve each month as the congregation becomes more aware of the project.

I would recommend that we continue with the effort for a while longer. I am not sure how the summer months will fare. I recommend considering re-starting the plate splitting in September.

If you haven't completed your pledge for the 2011-12 church year, we have extended the time to complete your pledge until July 15th. We will be closing the books on the 2011-2012 church year on July 16th. I am still anticipating that will end the 2011-2012 church year in a positive financial position. Thank you for your financial support throughout the last church year.

Don Martin
Treasurer

UUCE Small Group Ministry

At the present time, UUCE has four active "Small Group Ministry" groups. Approximately thirty-five people are involved in these existing groups. Three of the groups have been meeting since 2001 when Carol Rosinski and Rev. Mark Worth introduced the program to the congregation and worked with volunteers who then became leaders of the new groups. A fourth group started in 2008.

Our church membership and attendance has grown since 2001. We now have approximately one-hundred adult members at UUCE. Some new members have joined the existing groups which meet in North

Ellsworth, Ellsworth, Mount Desert Island, and Blue Hill. While we do have a few openings for new members in these existing groups, our goal is to start one new group in the fall in the Down East area.

So, you may ask, what is "Small Group Ministry"? A Small Group consists of eight to ten people. Being in a Small Group provides UUCE church members and friends an opportunity to deepen relationships and connections and offer support for each other. Small Groups also provide a unique place for spiritual exploration and a search for truth and meaning.

Groups usually meet in homes once a month. Leadership is often shared with each member taking a turn presenting a topic to engage the group in deeper dialogue. The focus is on listening and sharing rather than discussion.

If you would like more information about Small Group Ministry or you are interested in participation in a Small Group, please talk to a member of the Small Group Ministry Task Force: Carol Rosinski, Evelyn Foster, Matt Slater, Peggy Strong, Jean Martin, Rev. Sara Huisjen. We hope to hear from you!

Jean Martin

Loaves & Fishes - WANTED

"Able bodies with compassionate hearts to assist with operation of Loaves & Fishes Food Pantry during the month of August. Experience not needed but is welcomed. Compensation through heart-warming contact with fellow beings and the warm satisfaction of having 'done good.'"

- CARL STEHMAN

Every August UUCE staffs Loaves & fishes on Monday, Wednesday, and Friday mornings, 8 - 11:30 a.m. Four members are needed for each of our days. Also M-W-F we need someone with a van or pickup truck to collect groceries at Ellsworth Hannaford (8 a.m.).

!VISIT THE SIGNUP SHEET IN THE ETHEL SCHWALBE COMMUNITY ROOM!

SOME HISTORY -

In 2000, St. Joseph's Catholic Church said that they could not continue to accommodate Loaves & Fishes Food Pantry on their grounds. CARL STEHMAN stepped up with a vision to bring L&F to the Unitarian Universalist Church of Ellsworth. After discussions and problem solving (and more discussions) the UUCE congregation voted to establish Loaves & Fishes as OUR social action on OUR soil. From the start of planning in 2000 to the opening in 2001, led by Carl, we pitched in - sawing and hammering and painting. Since then we have continued our support of L&F - a fine tradition! Thank you Carl.

- Nina Turner & Sue Clark

BePeace Foundations Course

BePeace Foundations Course Part 1: BePeace Practice: Creating Peace in Yourself – Saturday, September 29, 9am-5pm and Sunday 1-5pm at UU Church Ellsworth. Hosted by Lynn Ellis, certified BePeace Coach and newcomer to UUCE and presented by Paula Guarnaccia, certified BePeace Teacher & Heart Math Educator. Cost: \$199 (register before 9/15 for price of \$149) Contact Lynn at 491-5064 or bepeacemaine@gmail.com for more information.

What is BePeace?

BePeace is a combination of Coherence + Connection and is a practice that combines a scientifically proven method for “feeling peace” with a clear path for “speaking peace” that creates an authentic, compassionate connection. As we learn this practice, we are empowered to pass it on, to “teach peace.”

History of BePeace

BePeace was developed by Rita Marie Johnson in 2002 in Costa Rica through Rasur Foundation International. www.rasurinternational.org

BePeace is taught in public schools in Costa Rica and now in the U.S. In 2012 courses such as this one began being offered to invite participants from all settings to learn the skills and begin practicing BePeace in their own lives.

Learning the BePeace Practice

In a twofold process you discover how to achieve heart-brain coherence through appreciation, and you use language to connect to universal needs through empathy and honesty. Coherence helps us reliably access our wisdom, while connection to universal needs leads us to our compassion. There is a synergy between coherence and connection, that is, they enhance each other.

Creating Peace in Yourself

After gaining the know-how of the components, you can access wisdom and compassion as you use the BePeace practice every day. Additional courses offer opportunities to deepen the practice and eventually become a certified BePeace teacher or coach.

What will the course be like?

Lectures are followed by experiential exercises in small groups so that every participant has an opportunity to practice BePeace skills. Discover how to transform your response to stress and create a more peaceful way of being.

NVC and BePeace

Learning and practicing coherence enhances the experience of using empathy and honesty. The transformational power of BePeace arises from the synergy of combining coherence with connection. When we achieve heart-brain coherence and also connect with our feelings and needs we can respond more consciously to life. In this way we enrich our own lives and help create a more peaceful world.

Continuing Education Credits

Continuing education credit available for teachers and counselors.

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 (M, W, F, 1:00-5:00 P.M.) Caitlin Tunney: 667-4393 office@uuellsworth.org	Music Director Wayne Smith: 667-9482 wayne@mrlanguage.com
President of the Board Diana Cate: 664-3010 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: Diana Cate, djcate35@gmail.com	Vice President: Cynthia Perkins
Treasurer: Don Martin	Secretary: Karen Volckhausen
Trustee: Eileen Brennan, to 2012	Trustee: John Fink, to 2012
Trustee: Flo Reed, to 2014	Trustee: David Wilcock, to 2013
Trustee: Matt Slater, to 2014	Trustee: Evelyn Foster, to 2013

Committee and Task Force Chairs

Adult Education: Stephen Berger & Janice Ronco	Loaves and Fishes: Sue Clark, Nina Turner
Aesthetics: Linda Laing	Leadership Development: Marta Rieman
Art in the Sanctuary: Jude Lamb	Library: Paul Reid
Auction: Peggy Strong	Lobster Bake: Bettie Massie
Budget and Finance: Don Martin	Membership: Nancy Avila/Mardi Thompson-George
Building Maintenance: Don Martin	Committee on Ministry: Ruth Eveland
By laws: John Fink	Music: Haydee Forman
Coffee Hour: Bill Clark	Outdoor Chapel: Matt Slater
Caring Committee: Suzanne Forest	Peace and Social Action: Karen Volckhausen
Choir: Marta Rieman & Haydee Foreman	Potluck: Carol Mathiesen
Elections: Ruth Eveland	Sunday order of service: Send to: office@uuellsworth.org
Flowers: Nancy Avila	Small Group Ministry: Rev. Sara Huisjen
Green Sanctuary: Kay Wilkins	Ushers: Jon Thomas
History Committee: Wayne Smith	Web Pages: Caitlin Tunney at church office
Kitchen: Matt Slater	Worship: Cynthia Perkins
Landscaping: Karen Wigglesworth & Vicki Fox	

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Worship Service	2 7:00 St. Augustine	3 10:00 PATT playgroup 12:00 Al-Anon 12:00 Tidewater NVC	4 2:00 Meditation 6:30 Coyote Group	5 9:30 Exec. Comm. 12:00 Al-Anon 12:00 Tidewater NVC	6 6:00 AA	7
8 10:30 Worship Service HUNGRY SUNDAY	9 7:00 St. Augustine	10 10:00 PATT playgroup 12:00 Al-Anon 12:00 Tidewater NVC 5:00 Hoopfit	11 2:00 Meditation 6:30 Coyote Group	12 12:00 Al-Anon 6:00 Evensong	13 6:00 AA	14
15 10:30 a.m. Worship Service 12:30 Summertime Fun Gathering	16 7:00 St. Augustine	17 10:00 PATT playgroup 12:00 Al-Anon 5:00 Hoopfit	18 2:00 Meditation 6:30 Coyote Group 7:00 Toshi Kono concert	19 12:00 Al-Anon 12:00 Tidewater NVC 6:00 Evensong 6:00 Committee Chair mtg.	20 6:00 AA	21
22 10:30 a.m. Worship Service 11:50 Adult RE	23 7:00 St. Augustine	24 10:00 PATT playgroup 12:00 Al-Anon 12:00 Tidewater NVC 5:00 Hoopfit	25 2:00 Meditation 6:30 Coyote Group	26 12:00 Al-Anon 6:00 Evensong 6:30 MS support	27 5:30 NVC Workshop 6:00 AA	28 9:00 NVC Workshop
29 9:00 Adult RE 10:30 a.m. Worship Service 11:50 PASA	30 7:00 St. Augustine	31 10:00 PATT playgroup 12:00 Al-Anon 5:00 Hoopfit 5:30 Restorative Justice				

To reserve space at the UUCE, Email: office@uuellsworth.org ; phone: 207-667-4393. Leave a message and someone from the church will contact you. Or you can reach us by mail – Calendar Person, UUCE, 121 Bucksport Rd. Ellsworth, ME 04605

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Newsletter of the Unitarian Universalist Church of Ellsworth

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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.**

