

The NUUS



January 2019

Volume 51, No. 1

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



*Celebrating the sacred, we gather in loving community
to nourish souls and live justice into the world.*

JANUARY WORSHIP SERVICES, 10:30 A.M. This month's worship theme is *Possibility*.

Sunday, January 6 **In the Space Between Before and After** Rev. Sara Hayman, Worship Leader
1st Sunday Potluck! UUCE Youth Group at 2 p.m.!

When things in our lives are difficult, how do we help ourselves to see through to what may still be possible? How do we get better at responding versus reacting to challenges? How do we broaden our perspective and stay more open to possibilities? Drawing wisdom from the Buddhist practice of mindfulness, in this service we'll explore these questions and how we might be able to embrace new possibilities in our lives.

Sunday, January 13 **Meeting the Dragon** Rev. Sara Hayman, Worship Leader
Mid-Maine Youth in Belfast at 3 p.m.! Hope Lewis, Worship Associate

In our journey through life we meet opportunities and challenges. Come and explore the wisdom of an ancient story to learn from distant cultures and generations past. Is meeting the dragon opportunity or challenge? What do we bring home with us after we have met what awaits us?

Sunday, January 20 **MLK Sunday: Let All You Do Be Done In Love**
Winter Parish Meeting Following Worship! Rev. Sara Hayman, Worship Leader
3rd Sunday Video & Discussion Group at 12:30 p.m.! Bob Dickens, Worship Associate

Drawing insight from the life and ministry of Dr. Martin Luther King, Jr., in this service we'll reflect on what it takes today to be engaged in building Beloved Community.

Sunday, January 27 **Our Journey Into Possibility** Shawn & Maizey Mercer,
A Multigenerational Service! Worship Leaders

As we explore our theme of *Possibility* this month, Shawn and Maizey Mercer of Rural Roots Revival will lead us in a lively exploration of our individual roles in realizing global possibilities. If you've ever felt overwhelmed by the weight of the world or the magnitude of the problems we face in this day and age, then this Sunday's service will lift you with music and inspire you with messages of power and hope.

Shawn and Maizey will rely heavily on their original music throughout the service. Everyone is encouraged to bring drums, shakers, tambourines, kazoos, singing voices, and other instruments of sound in order to join in this celebration of our journey into the possibilities.



Worship Matters



HAPPY NEW YEAR!

A NEW ADULT RELIGIOUS EDUCATION OPPORTUNITY

Social Visionaries and Spiritual Teachers:

A Video and Discussion Group

On the **third Sunday of every month, from 12:30 to 2:30 p.m.**, we will offer a video presentation featuring a prominent spiritual teacher or social visionary, followed by a discussion together about what we've seen and heard and how we might apply it to our lives. These video presentations come from the series "Waking Up in the World" (an online event from Sounds True).

This is a 30-event series which consists of powerful presentations from 30 social visionaries and spiritual teachers about waking up in this world we live in. Many of us struggle with a range of emotions as we navigate our days—hope and despair, love and anger, staying engaged, and numbing out. These videos may aid the journey.

Mark Your Calendars Now:

NEW TO UU

CLASS AT UUCE IN MARCH!

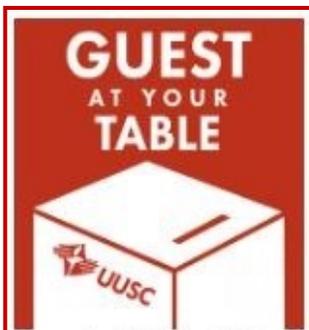
Four Sunday sessions on March 3, 10, 24, and 31, from 12:30 to 2:30 p.m.

Facilitated by Rev. Sara Hayman & Amy Fiorilli, Intern Minister (plus guests!)

Registration requested: Email or call the UUCE Office at office@uuelsworth.org or 207-667-4393

Are you interested in learning more about Unitarian Universalism? Are you curious about UU history and theology? Do you wonder where your spiritual journey or personal theology fit into the framework of our liberal religious faith tradition? Would you like to know more about membership and how our congregation works? If you answered yes to any (or all!) of these questions, please consider participating in this class. See Rev. Sara or Amy Fiorilli for more information.

GUEST AT YOUR TABLE



Guest at Your Table, the Unitarian Universalist Service Committee's program to support its partners around the world, launched on Sunday, December 2. The 2018/2019 theme, "Justice Across Borders," focuses on Central American migrants. Booklets describing this year's guests, plus boxes and envelopes for donations, are available and are **due back on January 12**. Drop yours off any time at the church office. Online donations of \$125 or more are eligible to be matched dollar for dollar by the UU Congregation at Shelter Rock.

NOTE: Please do not include any foreign coins or bills in the boxes.

Ministry Matters

“In the out-of-the-way places of the heart... this beginning has been quietly forming, waiting until you were ready to emerge...”

- John O'Donohue, in *To Bless the Space Between Us*

“One day you finally knew what you had to do, and began...”

- Mary Oliver, “The Journey”

On this cusp of a new year beginning, with a cup of tea nearby and my journal in hand, I'm writing to be able to see more clearly what I believe about how change (for the better) ever happens in our lives.

Where do we find the courage to take decisive action when we're uncertain or afraid?

What ever gives us strength or hope enough to show up when we know things will be hard?

What is it that compels us to try new things, or to begin again when we've failed at something that mattered?

Though I wish it were otherwise, I've come to see that lasting change in our lives never comes quickly or once and for all. Instead, it takes our time and commitment. It takes support and encouragement from people we trust who are willing to help us be accountable. It takes breaking things down into manageable first, second, and third steps.

I can't help but think of the “Couch to 5K” app on my phone, and how the only way I'll ever be able to jog five continuous kilometers again is if I keep showing up and walking and jogging the shorter prescribed distances.

At UUCE, we mean to be helping each other

believe in what's possible. Together we can take the next step, always beginning anew. I'm so glad to be on this journey and moving forward with all of you.

Yours in shared faith,
Rev. Sara



*You are invited
to a New Year's Day
workshop designed for those who
wish to contemplate leaving 2018
behind and entering a new year. This
free session at UUCE will provide four
hours (10 a.m. to 2 p.m.) of thought-
provoking questions, celebratory
moments, personal journaling, time for
quiet reflection, and a shared meal.
This idea has evolved from the Sacred
Journey event that was held in past
years. If you would like to register,
please contact Rev. Sara Hayman or
Evelyn Foster right away.*

**Our Plate Split for January-March
is with Friends in Action,
a nonprofit organization offering
free services to elderly and
disabled residents of
Hancock County,
by providing transportation,
helping with household chores,
and making friendly visits.**

Hospitality Ministry

Hello, everyone,

First I need to give a huge thank-you to our December hospitality crew:

Daniel Antonelli as leader, working with **Marc Rich, Bob and Sally Francis, Evelyn Foster, Margarita Marnik, and Mickey Worth**, plus the wonderful **Amy Thompson, Robin Lovrien, and Peggy Strong**, who stepped in to help while Daniel was ill! As always, a special thanks to **Susan Opdycke** for managing our supplies and for making coffee and tea nearly every week. It really does take us all to care for each other and I am always inspired by your willingness to say yes when things get hard.

Your incredible January Team is gearing up and we will be in good hands with:

C.J. Lavertu (Coordinator), Liz True, Martha Dickinson, Jenn Ryan, Michael Arruda, Linda Laing, and Robin Lovrien. Give them a wave and a word of thanks and encouragement when you see them.

After getting feedback from a couple of folks about what helps and what doesn't, for the month of January I sent out the usual reminder email with a little more information about expectations, and with a template Google document to aid in signing up so that leaders and team members can have an organized way of scheduling their Sundays. Remember, service for a month of hospitality ministry does not mean you need to work every Sunday. Communicating and scheduling with your team members intentionally seems to help relieve a lot of stress. Also, there are wonderful checklists in the kitchen to guide teams through potluck and coffee hour set-up and clean-up. **Susan Opdycke** is almost always there to help give direction before services as she is our supply guru and sets up the coffee and tea cart each Sunday morning.

I hope you all are feeling the relief and joy from this new system of taking care of each other on Sunday mornings. I am in such gratitude for your willingness to make this work. If you haven't signed up to be on a monthly team yet, please let me know. There are some gaps to fill beginning in March.

In love and thanks,

Amy Fiorilli

Intern Minister



Message from Our Intern Minister

Dear UUCE,

I sit here, the morning after Christmas with such calm in my heart. The tree is lit and the sky is just beginning to brighten. I am a little surprised that Christmas has passed and we are almost at the start of a new year. It is like my spirit has not quite caught up to where my mind knows we are.

The month of December was incredible in so many ways. I met new people as they found their way into our circles. We held a wonderful video and discussion group that will continue every third Sunday of each month. I experimented with new worship, including a collaborative Solstice Service with our own Anne Ossanna. I visited folks in the hospital and had rich pastoral conversations at the church. In addition, I want you all to know that I accepted an offer to be the new Hospice Chaplain for Hancock County through Northern Lights Homecare and Hospice. I am so excited to begin this new form of ministry. It is a deep and rich opportunity that will help me grow into more of the minister I hope to be. The position is part-time and very flexible so it will not interfere with my work as your Intern, and I am grateful for the support of our amazing minister, Reverend Sara Hayman, as I explored this option.

I am also aware that this was the month that we set my ordination date! You, the congregation of UUCE, will ordain me to UU Ministry on Saturday, June 1, at 2 p.m. I am so profoundly grateful. I honestly cannot express how much this means to me and what an incredible journey it has been to find my calling to ministry among you. I promise to send out more information as it becomes available, but for now, I hope you will "Save the Date." I can't wait to share this special day with all of you.

I will be away to Chicago for January classes the first and third weeks of January. I look forward to being done with winter trips away from family and am excited by what I'll learn. My class this semester is on children's religious education, and I look forward to sharing new ideas when I return.



I hope you all had the holiday that you needed. I hope you found times to reflect and times to laugh. I hope there were moments where you gave and received real love. May we be warmed by the memories of good times and good people. May we look ahead just enough to feel the possibility of life and joy promised in the new year. Love to you all.

Most sincerely yours,

Amy Fiorilli

A GREAT COOKIE WALK!

Our 4th Annual Cookie Walk on Saturday, December 15, was a huge success! We sold out in just 23 minutes and made over \$1,400, the most ever. THANK YOU to all the cookie (and candy and fudge) makers, and to all the joyful UUCE holiday elves who helped set up, host, and clean up this event.

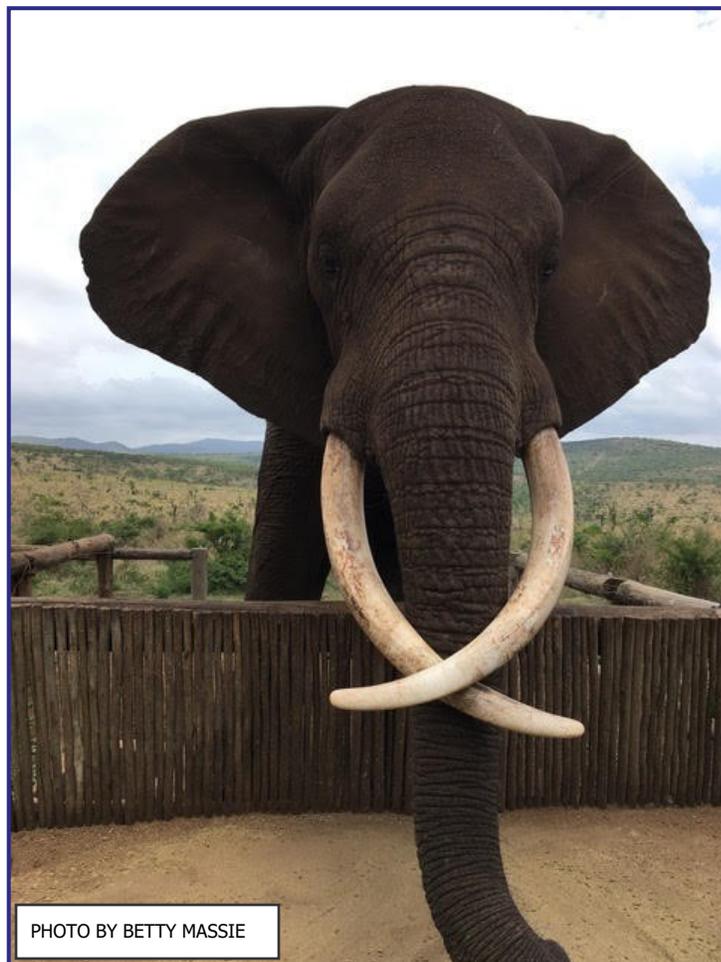
Please note next year's Cookie Walk date: Saturday, December 14, 2019!

GOODS & SERVICES AUCTION!

It's time to begin thinking about the annual UUCE Goods & Services Auction, which will happen this year on the evening of Saturday, February 23! Please have a look around your home for any good-quality items that you no longer need and could donate to the cause, and consider services you might be able to offer or events you'd like to host.

We are hoping to offer a South African photo safari again this season. Want to meet this big guy?! Rambo is a resident at the Zulu Nyala preserve who will let you get up close and personal, but you can also see plenty of wild elephants and other wildlife every day from a safe distance.

Suggestions are welcome for additional goods, services, or events that we might want to solicit from local businesses. If you are willing to help canvass businesses for donations, please see Margaret Thurston any time.



YARD SALE 2019!

Mark your calendars for this one, too! Our 2019 summer yard sale will be on Saturday, June 29. Lori Johnson has volunteered to take donations to our storage unit, so if you have stuff that's clean and in good working order and is NOT large exercise equipment or a tube TV, you can arrange with Lori at (614) 404 -6886 or bogey41999@gmail.com to donate it any time.

Pepper
Yard Sale Manager

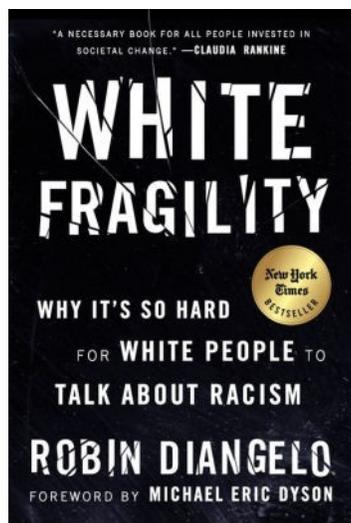


Food for Thought

UUCE BOOK DISCUSSION

Robin DiAngelo's *White Fragility: Why It's So Hard for White People to Talk about Racism* (ISBN # 978-0-8070-4741-5, Beacon Press, 2018) will be the subject of an book discussion facilitated by Rev. Sara Hayman and Doug Bird. We will hold three Tuesday sessions, 11 to 12:30 p.m. on February 19, March 5, and March 19. (Bring a bag lunch if you like.)

All are welcome to participate in this discussion group. In our time together, we'll explore a few



of the ideas presented in Robin DiAngelo's book, *White Fragility*. Among other things, we'll consider what skills we can learn to disrupt racism as a UU faith commitment and practice, and how we, as white people,

can be less fragile or defensive when we're engaging in conversations about racism.

DiAngelo's book invites our examination of the ways that conversations about race, either interracial or among white people, can—whether one is aware or not—reinforce racial hierarchy.

In preparation for this book discussion group, we ask you to read DiAngelo's book and watch this short video (6:11) from Big Think Science, "Why 'I'm not racist' is only half the story."

STEWARDSHIP 2019

UNITARIAN UNIVERSALIST CHURCH OF ELLSWORTH
STRONGER TOGETHER

The UUCE Stewardship Committee will start planning our 2019 pledge campaign in early January. The dates have tentatively been set for April 7 to May 5. We are looking for two or three additional committee members; if you are interested in participating on this very important committee, please see Betty Massie, Chair. We are also interested in receiving your suggestions for a theme this year. Last year our theme was "**We Care, We Share, We Thrive: Stronger Together**". Please send all of your ideas for a new theme to Betty Massie, along with any other ideas and suggestions you might have for a successful stewardship campaign in 2019. We look forward to hearing from you. Thank you!

Here is the link: <https://www.youtube.com/watch?v=kzLT54QjclA>

You are also encouraged to listen to the podcast series, "Seeing White" at:

<http://www.sceneonradio.org/seeing-white/>

For more information, please speak with Rev. Sara (sara@uuelsworth.org) or Doug Bird (debird04609@gmail.com). Registration is requested: Contact the UUCE Office at office@uuelsworth.org or 667-4393.

Peace and Social Action

CLIMATE CHANGE CALLS FOR ACTION NOW

In light of the most recent report from the UN Intergovernmental Panel on Climate Change) report from climate scientists, it is urgent that we all press our political representatives to enact legislation that can drastically reduce production of greenhouse gases.

The Peace and Social Action Committee asks that you please contact our Congress members via email, phone call, or postcard as soon as you can. Congress must stand up to the Trump Administration's denial of the urgency of action on climate change. Phone numbers for our current Senators and Representatives are:

Sen. Susan M. Collins	(202) 224-2523
Sen. Angus S. King Jr.	(202) 224-5344
Rep. Jared Golden	[stay tuned!]
Rep. Chellie Pingree	(202) 225-6116

We need to:

- ◆ Stop the EPA from repealing or weakening the Clean Power Plan.
- ◆ Stop the EPA from rolling back vehicle emissions standards.
- ◆ Support or write legislation to deal with the catastrophic climate change that will be upon us within 12 to 25 years unless we act right now.

2019 MUUSAN LAUNCH

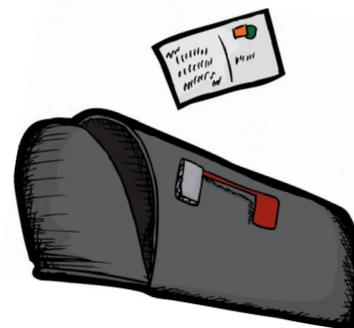
The next meeting of the Maine UU State Advocacy Network (MUUSAN) is on **Saturday, January 12, 10 a.m.-12 p.m.** at the UU Community Church of Augusta at 69 Winthrop Street. MUUSAN has received an exciting holiday gift in the shape of a Governor and two houses of the Legislature much more sympathetic to our mission. We can expect Medicaid expansion immediately, after years of work! Our January meeting will be filled with other good news and lots of exciting hopes and plans. Come and join fellow UUs from over a dozen congregations to kick off a great New Year!

WRITE HERE!! RIGHT NOW!!!

Distressed by the national reality? Plan to write to your Congress people about your concerns but never quite get around to it? PASA can help you with this! **WRITE HERE!! RIGHT NOW!!!**

On the second Sunday of every month, the PASA table will be set up during coffee hour with postcards addressed to the appropriate people on a current, critical issue. Written background information will be available.

Please stop by and make your voice heard! Look for our beautiful poster created by Gary Shellehamer.



Religious Education

Winter Greetings from the Carl Stehman Wing. We were very busy as we learned about and prepared for the many holy days of December. We also kicked off the Guest At Your Table project that is focusing on refugees, and we explored the many challenges refugees throughout our world are faced with. And there was the no-rehearsal pageant: It was heartwarming to see the lighthearted laughter as we worshipped together. The tableau was beautiful as we sang "O Come, All Ye Faithful." Many thanks to Chuck Betancourt for his help as our children created Holy Day gifts, to Nathalie Arruda for adding to our pageant costumes, and to Nathalie and Jude Lamb for their calm presence as they costumed all the actors during the pageant.

In January we will explore *Possibility* and have a Faith-in-Action project visiting our elders in residential care at Courtland; volunteer drivers are needed! We also will have an all-ages worship service.

Woyaya-
Anne

Religious Education Calendar

- January 6** Exploring *Possibility* with Chuck Betancourt;
Potluck Sunday
- January 13** Children's Chapel
- January 20** Faith-In-Action Sunday - visiting our elders at
Courtland Rehabilitation Center (drivers needed)
- January 27** All-ages worship with Shawn and Maizey Mercer:
Bring your drums, shakers, tambourines, kazoos,
singing voices, or other sound instruments, and join in this celebration



Solstice
Dinner

December
21



Our Aesthetics Committee offers both Shaw's and Hannaford cards for sale on Sundays. The gift cards are handy for your own grocery shopping and for friends, neighbors, and family!

We normally have \$100 Shaw's cards available and Hannaford cards in \$50, \$100, and \$250 denominations. Our church receives 5% back from every card sale—free cash that goes toward UUCE improvement projects. Help us out at no extra cost to you—just the same grocery money you would spend anyway! Look for our table after the services in the Community Room.



* FOR YOUR CALENDAR *

Spiritual Book Discussion	Mondays 6-7:30 p.m.	UUCE
Surviving Your Brain	Fridays 4:30-6:30 p.m.	Location TBD
Video Discussion Group	3rd Sundays 12:30-2:30	Board Room
New Year's Workshop	Tue, Jan. 1	[see office for details]
Book Discussion	Tue, Feb 19, Mar 5 & 19 11-12:30 p.m.	UUCE
Goods & Services Auction	Sat, Feb. 23 5-7 p.m.	UUCE
Pledge Campaign Launch	Sun, April 7	UUCE
Amy Fiorilli's Ordination	Sat, June 1 2 p.m.	UUCE
Yard Sale	Sat, June 29	UUCE

Winter Farmers Market

The Ellsworth Farmers Market has moved into the J&B Atlantic building for the winter. The market is open on Saturdays from 9:30 a.m. to 12:30 p.m., until December 29.



Contact Information

Minister Rev. Sara Hayman: 610-2872 (cell) sara@uuellsworth.org	Religious Education Coordinator Anne Ossanna: 565-2057 aossanna@aol.com
Church Office (M 10-3, W 12-5, Th 10-4) Administrator Eileen Mielenhausen: 667-4393 office@uuellsworth.org	Music Director Wayne Smith: 667-9482 wayne@mrlanguage.com
Intern Minister Amy Fiorilli: 930-0007 (cell) amyfiorilli@gmail.com	NUUSletter Editor (submissions deadline: 21st of each month) Margaret Thurston: 271-7974 mhthurs@gmail.com

Board of Trustees

President: Robin Lovrien to 2020 (598-0468)	Vice President: <i>open</i>
Treasurer: Gerry Mehl to 2020	Secretary: Susan Opdycke to 2020
Trustee: Evelyn Foster to 2019	Trustee: Gary Shellehamer to 2021
Trustee: Mack MacDonald to 2019	Trustee: Christine Bowman to 2021
Trustee: Margaret Thurston to 2020	Youth Member: <i>open</i>
Trustee: Michael Arruda to 2021	Moderator: John Fink

Committee and Task Force Chairs

Aesthetics: Linda Laing	Loaves and Fishes: Sue Clark, Nina Turner
Auction: Margaret Thurston	Membership: Nancy Avila
Building & Maintenance: Mary Haynes, Bob Dickens	Pastoral Visitors Team: Cary Figueroa
Caring Committee: Cecily Judd, Margaret Thurston	Peace and Social Action (PASA): Karen Volckhausen
Charitable Giving: Rev. Sara Hayman, Nancy Guy	Publicity: Susan Opdycke
Choir: Haydée Foreman	Religious Education (RE): Liz True
Committee on Ministry: Bill Clark	Safety: Helen Kazura
Eggroll Project: Susan Opdycke	Sunday Order of Service: send to office@uuellsworth.org
Ferry Beach Retreat: Evelyn Foster	Small Group Ministry: Christine Bowman
Fiscal Matters: Connie Bailey	Stewardship: Betty Massie
Flowers: Bronwen Kaldro	Usher: Jon Thomas
Governance: Mary Haynes, Robin Lovrien	Wayside Pulpit: Mack MacDonald, Beth Pepper
Green Sanctuary: G. Shellehamer, Laurie Bradway	Website: Lisa Williams
History/Archives/Library: Wayne Smith	Worldwide Dinner Raffle: Lisa Williams
Hospitality Manager: Amy Fiorilli, Susan Opdycke	Yard Sale: Beth Pepper & Nathalie Arruda
Landscaping: Bill Fogle	Youth Advisor: Bob Dickens

Are you receiving UUCE's weekly electronic newsletter? We want to make sure everyone who wants to read the *latest UUCE news* is receiving our weekly e-news bulletin. Check your All Mail, Junk, and Spam folders first if you think you have not been receiving the weekly news. Please contact Eileen at 667-4393 or office@uuellsworth.org to get on the mailing list or to update your email address.

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Newsletter of the Unitarian Universalist Church of Ellsworth

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Vol. 51, 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.