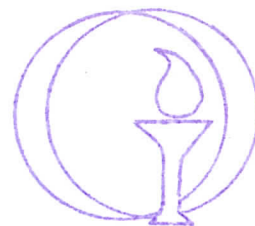


UNITARIAN CHURCH

ELLSWORTH, MAINE
Sundays 10:30 am
Phone: 667-4393



Dr. Harry C. Meserve, Minister
Box 1066 Southwest Harbor, Me.
Phone: 244-7124

NEWSLETTER May 1979

Mindful of truth ever exceeding our knowledge
and brotherhood ever exceeding our practice,
reverently we covenant together,
beginning with ourselves as we are,
to share the strength of integrity
and the heritage of the spirit
in man's unending quest for reality and love.

Walter Royal Jones, Jr.

SUNDAY SERVICES

May 6 Dr. Meserve
May 13 Dr. Foote
May 20 Dr. Meserve
May 27 Dr. V. Emil Gudmundson

Our guest minister on May 27, the Rev. Gudmundson, was minister of our church during the 1950's. He is now UUA Interdistrict Representative in Minneapolis.

FLOWER COMMUNION MAY 20

On Sunday, May 20, there will be a service to celebrate spring, with appropriate readings and music, and with songs by Jackie Hilton. The service will include the Flower Communion Service, familiar in UU circles.

We hope parents will bring children. Also, each person is asked to bring a flower or flowers.

DISCUSSION MAY 8

The May discussion group meeting will be held at Joan Collier's in Town Hill, on Tuesday, May 8th, 7:45 pm. This time the topic will be "how we got where we are in our philosophy of living." If you are interested, please come.

SEXTONS' DUTIES

May 6 Deborah Cravey and Audrey Moody
May 13 & 20 Maurice & Ruby Crews
May 27 Jun 3 Helen Silver & Louise Tweedie

WOMEN'S ALLIANCE

May 2 Parish Supper and Meeting
Chairpersons, Augusta Bromley and Phyllis Canfield
May 9 Alliance Annual Meeting at the church
Program, Silent Auction
Chairpersons, Marguerite Copp and Leona Royal
Refreshments, Louise Ramsdell and Joy Mayo

SUMMER SALE JULY 18

The Alliance summer sale will be held Wednesday, July 18, at the church from 2:00 to 5:00 pm. Money raised supports the church budget. All interested members of the church may contribute toward the following tables: apron, candy, fancy work, food, plants, & white elephant.

TRUSTEES MAY 9

The trustees will meet on Wednesday, May 9, 7:30 pm at the church.

SELF-DETERMINATION FOR D.C.

NEWS

Ethel Schwalbe has brought the following to our attention. For additional information, contact her at Steuben, 04680, or phone 546-7436.

We all wish Helen Pease a speedy recovery from her recent surgery at the Ellsworth hospital.

"Only two countries - the U.S. and Brazil - deny representation in their national legislatures to people of their capital cities. It should be a matter of simple justice to correct this ancient historical accident in our country, and justify our claim to be the leader of the free world.

Our deepest sympathies to Fred and Gertrude Mason and family, on the recent death of their daughter, Jeanette Stratton.

"Yet, powerful groups are pressuring State legislatures to oppose this amendment - the anti-gun registration and anti-abortion lobbies!

The talk on China by Midge Robotham has been rescheduled. She will again be visiting there in the fall, and will speak to us about her trips on Sunday, December 2, instead of this spring.

"This issue has always been a non-partisan and non-factional issue. Its congressional supporters included Senators Robert Dole, Strom Thurmond, and Barry Goldwater, and it is included in both party platforms.

ANNUAL MEETING

There was a good turnout for the annual parish supper and meeting on May 2. The Alliance, with Augusta Bromley and Phyllis Canfield in charge, arranged a delicious supper.

"Please take a few minutes to write brief letters to your State senator and representative, urging their support of LD805, the proposed constitutional amendment to grant full voting representation in Congress for "citizens" living in the District of Columbia.

Eric Benedum presided at his last congregational meeting hearing reports from the officers, minister, and committees. It was reported that our debt for the land has been reduced to about \$2,500. The Alliance reported that they made almost \$900 from the sale of Easter and May baskets this year.

"You might also want to write the legislative leaders of your political party, urging them to support or even co-sponsor LD805. It is especially critical to have Republican support in the State senate.

Officers elected for next year are Lester Wass, president; Phil Guy, vice-president; Stanley Richmond, treasurer; Philip Seal, assistant treasurer; Ruby Crews, secretary; and Marion Richmond, historian.

COMING EVENTS

The 1979 UUA Ferry Beach Summer Institutes held at the denomination's oceanside camp in Saco, Me., are listed on the bulletin board. There is something for everyone - take a look! More details later.

Trustees for three years are Chris Benedum and Eddie Kamps, while Bob Hilton was elected for one year to complete the term of Lester Wass.

Other trustees whose terms did not expire are Jack Bromley, Betsy Roy and Gus Crews.

Deborah Cravey will again chair the religious education department, and Audrey Moody will be editor of the newsletter.

The UUA General Assembly will be held from June 25 to 30, in East Lansing, Michigan.

Thanks were expressed to all who have been involved in the church activities this past year.

IMPORTANT
FLEA MARKET JUNE 2

There will be an Important Flea Market sale in the church yard Saturday, June 2nd, starting at 10 am. Donations of antiques, household items, tools, hardware, etc., are welcomed. Space may also be rented for \$10 to those who prefer to sell their own merchandise (not rummage, please). Call Louise Ramsdell at 667-5984 to reserve space. This should be a big money-maker for the church, if everyone brings in top quality items!

NEW MEMBERS JOIN

On Sunday, April 8, a lay service was presented, planned by Jackie Hilton and Nancy Guy. Those speaking on "How Did I Get Here?" were Chris Benedum, Phil Guy, Bob Hilton, Kay Meserve, Audrey Moody, Horace Pease, Gordon and Louise Ramsdell, Stan Richmond, and Helen Silver. Jackie played the guitar and led the singing.

This service was a culmination of current services on the denomination. There were as many different stories as there were participants, as each told of events and decisions which had resulted in his being in this church today.

Following the service, Dr. Meserve welcomed five new members into the church: Nancy and Phillip Guy of Blue Hill, Jacqueline and Robert Hilton of Bar Harbor, and Elizabeth Hardies of South Brooksville.

We are delighted to have such active members join us!

DIRECTORY AVAILABLE

The church directory of names and addresses has been printed (thanks to the Crews!) and is available in the foyer. When you come to church you may pick up your copy and then please check off your name on the list provided.

..AND ALSO A SERMON

Copies of Arthur Foote's sermon "Religious Humanism" are also available at church, thanks to Nancy Guy, who did the typing & duplicating.

THANK YOU*THANK YOU*THANK YOU

Many thanks to those who donated a total of \$37 to defray newsletter expenses. That practically covers our annual bulk mailing permit fee!

A good crowd turned out to see the "King Tut" slide show, and to discuss it afterwards. Refreshments were served, and \$75.00 was received, which will make one more of the \$63.34 monthly payments on the land. Many thanks to Joy Mayo for making it all possible!

Many thanks to those who volunteered to shovel us out these past months! Leonard Mayo, Ray Royal, and Stan Richmond.

Joanne Richmond, flower committee, has listed the following contributors of our April flowers. Those who wish to provide flowers for future services should call Joanne at 667-8932.

- Apr 1 In memory of Vincent Boucek by his wife, Helen
Apr 8 Audrey Moody
Apr 15 In memory of Helen & Neal Raymond by John Raymond and family
In memory of Mr. and Mrs. E.L. Royal by the Royal families
In memory of Edwin E. Royal, Mary Lysaght, and Mr. & Mrs. Walter Spaulding by the Royal families
Apr 22 In memory of Rev. and Mrs. Latham by Dot Berry, Phyllis Canfield, Peg & Ned Latham
Apr 29 To celebrate the eleventh birthday of Brendan Guy (4-22)



As I conclude two and one-half years as editor of our newsletter, I want to thank all those who have helped and contributed items.

Special thanks go to Helen and Horace Pease, who have faithfully taken care of the duplicating, addressing, and mailing chores.

And many thanks, too, to Audrey Moody, for being willing to take over as editor!

Meditation Again

Several years ago I completed a short manuscript on meditation. It was a guide based on my experience and reading in a field that was then and is now getting a lot of attention. After various vicissitudes, which need not be related here, the manuscript is about to see the light of day as a part of a UUA educational program. This event has caused me to look back over what I wrote three years ago to see if I still think it valid. On the whole, I do agree with what I said then, which is a relief. It would be terrible to have something published over one's name containing a lot of stuff with which one no longer agreed.

There are several matters, however, that need more emphasis than I gave them. One is the prevalence of oversimplification and superficiality in the field of meditation. A lot of people are always looking for quick and easy ways to attain important and difficult goals. "I wonder, Mr. Morowitz, if you could direct me to a teacher who will give me a course of ten lessons so I can play the piano as you do." The point seems obvious when it is made in terms of an art like musicianship. Meditation is such an art. The distance between us ordinary people and the great teachers and practitioners is as far as that between the beginning musician and the great artists and performers. But that should not discourage us. Wherever one starts, learning and growth are possible, and there are results.

One can measure the growth that happens in meditative practice as one measures the bodily change that comes from regular habits of good diet, sleep, exercise, work, and play. People tend to look for a crash program to health or happiness or serenity. But it takes time for skills and muscles to develop, for sound habits to replace bad ones, for self-control and directed thinking to set our intellectual and spiritual house in order. It is a sign of growth if one can look back over a few years and feel that one is handling things somewhat better than one used to, with less haste and anxiety, with more self-assurance and confidence. To discover that an experience that used to throw you emotionally can now be taken in stride may not be an earth-shaking transformation of personality, but it is an important step and not to be taken lightly.

A third point is that there is no secret that belongs to some select group or some teacher who claims a special revelation. All the wisdom and truth of the ages, all the keys to wholeness and satisfaction in human life belong to everybody. They are natural resources we can draw on if we develop patience, persistence, and intelligence in the search. Look out for the cults, groups, and teachers who insist that they know the answers and the approved way to them but that these are secrets until you have faith in the leaders. They lie. The secret is that there is no secret. Trust yourself, your own mind, and the validity of your own search.

Of all the wisdom, past and present, that I have encountered, I find that I turn most to the Tao Teh Ching:

The breath of life moves through a deathless valley
Of mysterious motherhood,
Which conceives and bears the universal seed,
The seeming of a world never to end,
Breath enough for men to draw from as they will,
And the more they take of it, the more remains.

H.C.M.