



The NUUS

The Unitarian Universalist Church of Ellsworth
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Volume 43

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December 2011

A Month of Sundays

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

December 4. *Advent Season.*

Rev Pam Gross has led services at UUCE previously. She is a former minister at Belfast UU. **Empty Bowl Sunday**

December 11. *Mans Search for Meaning*

Based on the book by Victor Frankl about how if men/women can find meaning even in difficult times they can survive. Frankl was in a nazi concentration camp. **Cecily Judd.**

"I have been a social worker for 28 yrs, grew up in Ohio, worked at Children's Hospital for 10 yrs before moving to Maine in 1999. I have no family remaining, but my friends are my family. My hobbies are reading, photography, kayaking, singing and travel. My parents were members of the Ellsworth UU church. I grew up as a Quaker." --Cecily Judd

December 18. *A Lesson in this Season.*

Taking a lesson from Scrooge in Charles Dickens' *A Christmas Carol*, this service & sermon will invite folks to consider what kinds of experience wake them up to truly seeing and caring for others in this holiday season. **Rev. Sara Huisjen.**

December 24. At 6 p.m. *Each Night a Child is Born...*

All are joyfully invited to attend this *Christmas Eve Service* where together we will celebrate the blessings and gifts of this season by singing carols, sharing readings and lighting candles in the darkness. The UUCE choir will also sing with us. **Rev. Sara Huisjen.**

December 25. At 9 a.m. *The Moment of Magic.*

UU Minister Patricia Bowen once wrote, *Christmas is a season of the spirit, a habit of the heart, not reserved for designated days in December, but available all days, all year, lighting our way through the darkness of the winters of the souls to the Bethlehem that dwells in each of us.* Come gather for worship on this Christmas Sunday, and be reminded of the quiet and the promise of love and peace born in this season. **Rev. Sara Huisjen.**

Ministry Matters by Rev. Sara Huisjen

It's hard to believe, but December is now here. A whole month of holidays and holy days—the Buddhist celebration of Rohatsu, the Jewish celebration of Hanukkah, the earth-based observance of the winter solstice, the Christian celebration of Christmas, and the African-American celebration of Kwanzaa.

And how, I wonder, will *you* celebrate this holy winter season? What traditions will you observe? What holiday rituals, religious or otherwise, will you create in your home, in your neighborhood, in your church community? What small & real effort will you make to feel in touch once more with a renewed sense of gratitude and hope; with confidence again that the light will return, even in this cold and dark season?

Today, on this Friday after Thanksgiving, my husband, Dan, and I will forgo the shopping madness, however fun it might be. Instead, we will clean our house and prepare and hang an Advent wreath in our living room; a wreath made with boughs cut and gathered from trees outside our home in Brooksville, trees already covered with snow. It will be good to do this together; good to wake up in the cold; good, too, to feel the stickiness of sap and to smell the fir trees and pine.

At some point each Sunday between now and Christmas day, in the advent spirit of hopeful & quiet waiting, we will light a candle on this wreath, first one, then two, then three and four candles. Whatever else there is to do that day, we will make time to do *this*; time to sit together a few minutes in the quiet; time to become aware again of a simple, holy beauty in this season; time to feel our thanks and gratitude for the love and many blessings we know.

In this holiday season, may we each find ways and make time to turn our eyes to the stars, to the light and hope and love that shines in the darkness. And may we remember, too, what the late 20th century theologian and minister Howard Thurman says of this season:

“When the song of angels is stilled, when the star in the sky is gone, when the kings and princes are home, when the shepherds are back with their flock, the work of Christmas begins: to find the lost, to heal the broken, to feed the hungry, to release the prisoner, to rebuild the nations, to bring peace among the brothers, to make music in the heart.”

Blessed be,

Rev. Sara

Monthly UUCE Book Discussion Group

The book to be discussed and considered this month is a hold over from busy November, *Elite*, by Mark Harris. Please join Rev. Sara & Bob Dickens on Thursdays, December 1 & 8 from 12-1:30 p.m. at UUCE to explore the history of classism within our Unitarian Universalist faith tradition and history. Please contact Sara for more information at sara@uellsworth.org.

From the Choir Loft

The UUCE Choir will be performing one piece for the Solstice service and three for the Christmas Eve service. If you are interested in joining us, would like to return, or are a regular participant, please let me know that you will be singing this time around. I know many folks will be out of town. Rehearsals start Sunday, December 4th at 9:00 AM as usual. It will be fun!

Your Co-Choir Director, Haydée
Foreman

374-5718; haydee@mainestylecoach.com

EMPTY BOWLS SUNDAY ...

will be December 4th and will replace the monthly Potluck. A modest meal of soup, bread and cider will be served for a suggested donation of \$5.00/person or \$10.00/family. All proceeds will benefit the Ellsworth Area Ministers Discretionary Fund, which is distributed by the Emmaus Center to our neighbors in need. A sign-up sheet for donations of homemade soup, bread, butter and cider is posted in the kitchen. This event is sponsored by RE and the Senior Youth Group will be helping with set up, serving and clean up.

A WINTER SOLSTICE CELEBRATION...

will be held at UUCE on Wednesday December 21st from 6:00 - 9:00 pm. This multigenerational celebration will start in the sanctuary with a ritual of song, poetry, meditation and community. After the ritual we will have a bonfire (weather permitting) in the outdoor sanctuary. Soup, hot cocoa, cider, bread and dessert will be offered in the community room. An offering will be taken to benefit the Ellsworth Area Ministers Discretionary Fund. Sign-up sheets for food contributions are posted in the RE Kitchen. Snow/Inclement Weather date is December 22nd from 6:00 - 9:00 pm.

Message from the President

OCCUPY MOVEMENT AND UUCE

The Board of Trustees, at its November meeting, considered requests from UUCE members to support the Occupy Wall Street movement, specifically to make announcements about meetings and demonstrations, approve the use of the Standing On The Side Of Love banner (which has our church name on the bottom), and donate free use of space for a potluck and meeting. Since the congregation as a whole has not had an opportunity to respond to the issue, or issues, involved in the Occupy movement, the Board declined at this time to sanction involvement in the name of UUCE.

However we do need to talk. What should be our stance on the Occupy movement? Should we provide substantive support? Should we hold a congregational meeting to discuss and vote?

Personally I have mixed feelings about involvement. I deeply believe that economic inequality has reached a crisis stage. I fear for our country and especially for the vulnerable among us. I wish I could have an impact on our broken political system. On the other hand I may be simply too hesitant to participate in a protest movement.

I do believe the Occupy movement needs the support of churches, synagogues, and all the “do unto others” organizations, if only to give language to the goals of economic justice.

On October 13th our UUA President, Rev. Peter Morales, issued a statement. In it he said, “The Occupy protests are a wake-up call that the American people are in great peril, and we have been for some time. Unitarian Universalism embodies a long tradition of working for economic justice and workers’ rights. Today is another opportunity for us to live our faith, and the Occupy protests are a first step on the road to repairing our country.”

At their October quarterly meeting, and wearing the bright yellow “Standing on the Side of Love” T-shirts and sweatshirts, the UUA Board of Trustees interrupted its Saturday session to visit Occupy Boston. According to a report in *UU World*, “the Board did not issue a statement regarding the Occupy movement. However, each Board member entered Dewey Square with a copy of the statement UUA President Peter Morales issued earlier this month after his first visit to Occupy Boston.”

A number of Unitarian Universalist churches and ministers are actively involved in the movement. The November 14th *UU World* Facebook entry begins “Unitarian Universalists have been supporting Occupy protest movements in cities and towns around the country, joining protests, providing food, and leading worship.” The following are a very few of the many examples.

Ogden, Utah

On Nov. 5th after a rally and march, protesters contacted the Rev. Theresa Novak at the UU Church of Ogden, asking to camp out on the church’s lawn. Rev. Novak passed the request along to her six-member board, which unanimously agreed to offer the protesters temporary sanctuary.

Rev. Novak has been involved with Occupy Ogden from its discussion phases. She has been clear to all involved that she is not a spokesperson for the movement and that she does not represent the church. She describes her relationship as the group’s “chaplain and cheerleader.” However local newspapers have

characterized the movement as affiliated with the church, running headlines such as “Unitarians, Others to Rally in Ogden.”

The morning after the activist fair and the first Occupy Ogden march, Rev. Novak preached a sermon on the Occupy movement. In addition to church members, Occupy Ogden protesters attended the service. She told the congregation that the Occupy movement is “completely in sync with Unitarian Universalism and our Seven Principles.” She said that “America has been losing its way,” forgetting compassion and allowing homelessness and an epidemic of home foreclosures. “All of us in this room have been affected in one way or another. We are all part of the 99 percent.”

Grand Rapids, Michigan

After protesters were prohibited by police from camping in a city park, the Rev. Dr. W. Frederick Wooden, the UU senior minister at Fountain Street Church, invited them to camp in the sheltered portico of the church. About half a dozen people sleep there each night.

Rev. Wooden says he views the church as an ally to Occupy Grand Rapids. “We are their quartermaster, their support system,” he said. “We’re saying, ‘You deserve to be heard, and we’ll give you a means to continue to stand up.’”

Rev. Wooden hopes that more urban churches will begin to offer sanctuary to the Occupy protestors. “It’s not just a Christian or a UU thing,” he said. “Every house of worship that is serious about their scriptural mandates—feeding the hungry, clothing the naked, giving shelter to the poor—should consider it.”

New York, NY

In her blog, Rev. Rosemary Bray McNatt, senior minister of the Fourth Universalist Society in the City of New York, writes about signing the [UUSC open letter](#) and raising a liberal religious voice in support of the Occupy movement.

“The Occupy movement is a growing moral and political force that has the potential to change our nation and our world. It gives productive voice to the fear and frustration of ordinary people who know something is wrong with this country that we love — something deeper than party or political position.

“And even though there are other voices that seek to target the most vulnerable among us as the cause of our current malaise, the determined people of Occupy Wall Street and Occupy sites throughout the country — people of every race, religion, age, sexual orientation, gender expression, and immigration status — have chosen to end the silence about the economic and spiritual nightmare that threatens the future of us all.”

Unitarian Universalist Service Committee

The UUSC web site which Rev. McNatt refers to includes links to sign and submit an open letter of support for the Occupy Movement, either as an individual or for an organization or congregation. It begins “I stand with people around the country and the world who are calling for economic justice.” If you wish to read or sign it, go to http://actnow.uusc.org/site/PageServer?pagename=occupy_open_letter.

If you wish to review the history of the movement, Wikipedia has a lengthy, well-documented entry.

Can we talk?

In ministry,

Diana Cate

Lifespan Religious Education

Sue Clark and Helen Kazura will be offering their artistic talents to the children on Sunday December 4th, 11th and 18th. Children are encouraged to wear their DIRTY CLOTHES, which translates to CLOTHES that CAN GET DIRTY. The children will be creating gifts with clay, glitter, paint and other items that might stain their outfits.

COOKIE MINISTRY BAKERS: Please bring your frozen baked goods in on Sunday, December 4th, to the RE Kitchen.

There will be no nursery coverage or RE classes on December 25th and January 1st.

A teacher for the Youth Group (ages 5-7) is needed starting in January. This is a wonderful group of children who love stories, creating art and sharing stories about what is important to them. If you are interested in learning more about this opportunity, please see Anne N. Ossanna.

Adult Religious Education

Season's Greetings! The Adult RE Committee wishes everyone a holiday filled with love and peace.

We have only one offering this month due to the Christmas holiday falling on a Sunday. However, the New Year will bring a variety of interesting and informative talks and discussions. We hope you will join us.

Yuletide Treasures: Anne Ossanna and Chris Burdette will lead a discussion about the history of YULE (Winter Solstice) in the sanctuary after the worship service on December 18th.

The next meeting of the Adult RE Committee will be on December 11th at 9:00 AM in the Board Room. All are welcome.

CoM Conversation

This column was originally going to be written by Judy Rothrock. While we can't possibly replace what she would have said, we offer these brief remarks from all of us in its place.

"Being on Sara's Community Ministry CoM was an exciting and meaningful experience as we helped guide her through her first two evaluations. As a member of the UUCE CoM, I look forward to continuing to guide Sara through her final evaluation and her first year as our minister. It is an added bonus that I can get to know both the congregation and the other committee members better while serving the church that I love."

Dartha Reid

"I have enjoyed getting reconnected with the church by participating in the monthly Committee on Ministry. I am finishing up my three years on the committee that has supported Sara toward her final fellowship with the UUA. I feel privileged to be part of this hard working group of intelligent people who care about our church and want to support Sara in her amazing work as our minister. I am learning so much and feel grateful to be part of this wonderful group of people."

Patty Herklotz

"'I cannot do everything. Therefore I do what I can.' E. E. Hale
Not a leader - I am a good follower, maintainer, supporter. My job is to support Sara."

Bill Clark

"The CoM collaborates with the congregation and the minister to oversee the general wellbeing of the ministry of UUCE. To be effective there must be cooperative dialogue between the minister, the congregation and the committee. It is the responsibility of the CoM on ministry to make it possible for this to happen."

Evelyn Foster

"We are launching our new minister and I want to do all I can to help her sail on smooth seas. I'm up in the crow's nest, scanning the horizons and keeping the captain and crew on deck aware of what lies ahead. There are exciting lands ahead of us and this will be some amazing voyage!"

Ruth Eveland

From the Board

BOT Meeting, November 10, 2011

Present: Diana Cate, Cynthia Perkins, Karen Volckhausen, Don Martin, Pam Person, Eileen Brennan, Matt Slater, John Fink, Jenn Ryan, David Wilcock, Rev. Sara Husijen, Congregation members Bob Dickens and Evelyn Foster

Congregational comment

Evelyn Foster addressed financial health and community outreach with the suggestion that we split the plate each week with area charitable non profit groups. Research has shown that people give more when the plate is split.

PASA and the Finance committee will meet to discuss this issue and report back to the board at the next meeting.

Bob Dickens pointed out that no plaques have been added to the bronze plaque in the vestibule since Bob Noe's. He and Wayne are working on a book to identify and tell something about the people who are there. He suggested formation of a committee of 3 people with a 15 year or more history with the church to discuss new names, the cost of putting up new plaques, and how the decision to add names would be made. This committee will consist of Bob, Wayne and John Fink.

Treasurer's report

See the Treasurer's Corner

RE report

See elsewhere in this newsletter

Minister's report

Sara reported on her:

Ministry of Worship: A pulpit exchange on November 12; the Interfaith Thanksgiving Service on November 20 in the afternoon.

Ministry with youth and children: The cookie ministry; an intergenerational pumpkin carving and pizza, movie gathering; the child dedication on October 30; the service trip planned to New Orleans April 2012.

Teaching ministry: Two book discussion groups; classes about worship at UUCE; attending the adult RE offering of Buddhism with a Small B.

Small group ministry: Facilitating an informational session about the Touchstone Small Group Ministry Program; attendance at the North Ellsworth small group ministry on November 11.

Outreach and Public Ministry: Moderated a public forum for homeowners about low-interest financing opportunities for energy upgrades; attended a viewing of *Call Me Malcolm*; spoke on a panel at Husson College responding to the performance of a professional theater troupe dealing with the subject of suffering at the end-of-life; led a workshop on spirituality and end-of-life care as part of a palliative care education day; will lead a class on Unitarian Universalism as part of Ellsworth Senior College on November 16.

Pastoral care ministry: Meets weekly with congregants who request pastoral care; reaching out to older members of congregation increasingly less able to attend church; facilitated her monthly spirituality group for residents at Collier's Nursing Home on October 26; facilitated a monthly spirituality group called Spirituality and Living Well with Illness at the Beth Wright Cancer Resource Center.

Miscellaneous: 60+ people attended an informal memorial gathering on October 21 the day after Judy Rothrock's unexpected death; led a 3 hour class on Spirituality and Hospice Care for hospice volunteers; continues to serve on the Ethics Committee at MCMH, attending monthly meetings; attended the UU Ministers' Association Chapter meeting in Houlton.

Parish annual calendar

The Executive Committee's work session on creating the annual calendar has been converted to a document that will be shared with committee chairs.

Minister's evaluation process

Sara gave guidelines for the renewal process to the Evaluation Subcommittee (Diana, Karen, John, and Eileen). They will meet with her to answer question before the next board meeting and submit a completed report to the Board at the January meeting. The report is due on February 15.

By-laws Pro tem Committee report

The committee has met and reviewed a draft. Their next meetings are on December 4 and January 8 and they plan to submit a report to the Board at the January meeting.

UUCE position on the "Occupy" Movement and how decisions get made at UUCE

The president of the UUA has issued a thoughtful statement on the "Occupy" Movement; our district consultant has issued a statement urging congregations to consider support of this movement, and there are people in our church who would like to see us involved as a church. This brings up the issue of how we make decisions in this church. Recommendation was made to have the Executive Committee meet to look at the

different types of decisions that get made and develop protocols to each which they will bring back to the Board.

The "Occupy" Movement in Ellsworth has asked for free space for a potluck and movie. We can rent space to anyone but if we lower the cost or give free space then we are supporting the issue and that can threaten our nonprofit status. The motion was made and carried that to maintain our nonprofit status, the group must rent the space to use the church for this issue.

Next steps from minister start-up and Board retreat

In order for the board and minister to think together about a vision for the church, this may be a good time to bring in a consultant. Sara will be in contact with Karen Brammer.

Housekeeping issues

A board social was scheduled for Sunday, December 4, 3 PM at Sara's house.

Silence during ingathering music is our custom. We will bring it up during announcements and be good role models.

Karen and John will submit their biographies for the January NUUS.

Next meeting: Thursday, December 8 at 6 PM in the Board room. The first 15 minutes are reserved for congregational comment. All are welcome.

Treasurer's Corner

Total income for October was \$21,490.42. This was \$13,869.64 more than the total expenses for the month of October, which were \$7,620.78. I need to point out that we haven't paid THAW its share from the Auction, of \$4,601.55. This will happen this month.

Total income from the Auction at the end of October was \$8,908.47. We are waiting for payments that should provide us with a total of \$9,203.07.

Pledge income for October was \$11,746.33, giving us a total of \$39,689.33, which is 8.47% above where we should be at the end of October. Thirteen individuals have paid their pledges in full, for a total of \$14,754. There are 18 of us who have not paid anything on our pledges, totaling \$15,525. As we use our prepaid pledges to cover our expenses that accrue now, it will be important that the balance of our outstanding pledges begin to be paid so that we can continue to cover future expenses as they arise.

Plate income is at \$2,604.26, which is only 0.78% below the 33.33% of the year to date. Rental income is at \$1,017.00 or 20.34% of budget, which is 12.99% below the year to date percentage of 33.33%. We budgeted \$5,000 for rental income. It might be inconvenient at times to share our space with rentals, but it would take approximately 8 to 10 additional pledging units to replace rental income.

Fundraising is in an excellent position. With the Music Committee's fund raiser in March we will exceed our budget goal of \$7,000. Expenses are continuing to run low at \$28,579.55 or 9.14% below the year to date percentage of 33.33%. We haven't yet begun to experience the costs of the winter months which include fuel, snow plowing, and additional electricity.

There are two financial situations that we will need to address in the near future. The first is that our fire alarm panel needs to be replaced. This will cost us a little over \$3,000. The other is to create more storage space in the church. Even though we have several closets, they are very small. Several individuals have suggested that the two 275 gallon water tanks that are located in one corner of the community room and supply water to our sprinkler system be removed and the sprinkler system be connected to the

city water. The cost of doing that is also over \$3,000. The removal would provide us with considerable storage space. The finance committee will be discussing and recommending options to the board on how we might finance these projects.

Finances continue to be positive and with your support I am optimistic that they will continue to be so in the months ahead. If you have any questions or suggestions, please contact me. I would love to hear from you.

Don Martin
UUCE Treasurer.



Nuts and Bolts and Tidbits

from the Board of Trustees Vice President

Yes it is true. We will have snow soon, and maybe lots of it. If this occurs on a Sunday, a decision will be made by 7am re whether we will have services. Please tune/log in to in to Channels 2 (WLBZ) or 5 (WABI) for cancellation notices. Please do not, unless necessary, call the Minister or Board Chair or Members for this info.

Please speak quietly if you enter the sanctuary before the In Gathering Music at 10:25. When the music begins, please remain silent, enjoy the music, meditate, or prepare for the worship service in whatever way works for you- in silence. We encourage you to gather in the Community Room before the service for conversations with friends.

We know that our parking lot is often full for services, which is a very good sign. But when the lot appears to be full, please drive through to be sure no space is available, including at Loaves and Fishes. Then, if you must park along the road (US Rt !) please leave enough space near our entrance so the the view for exiting cars is not blocked. Also, in our parking lot, please park in a way that takes only one space, so that more of us can park in our lot. Thanks for being mindful of these things which affect all of us!

Thank you, Stephen Berger, for your often mind-stretching NUUS articles.

And thank you, Don Martin, for the multitude of jobs you do for us, large and small, which we may fail to notice, lately including an additional light for our parking lot, getting our chimney repaired, and getting the parking lot graded and potholes filled before winter.

If you, as a member or friend, want the board or committees to do, or not do, something, please tell us. We want to know your wishes!

To think about this month: Why is UUCE here? Why am I a member? What is our reason/purpose for existing?

[From *The New Yorker*: Adam was obviously created somewhere else and then just put here. So, until I see some paperwork proving otherwise, I question the legitimacy of his dominion over any of us.]

RE Wing—The Three Rules for Meeting Room Use

1. To avoid conflicts about use of meeting rooms, ALL congregational and rental groups should be on our church administrator's calendar. Our committees must get better about clearing meeting times and reserving rooms with Caitlin.
2. Meetings on Sunday morning must be out of RE classrooms by 10:00 a.m. to allow RE activities to begin.
3. Rooms must be put back to order after meetings.

Membership Committee

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Developing Leadership

This is an exciting time to be a member of UUCE. A continuous flow of new leadership has emerged, joining with a healthy leavening of leaders dating back a few years. This new leadership means that the focus of our committees and of our Board is changing. Look at what our committees are doing NOW - and how they are doing it. The committee you declined to join not too long ago may be very attractive now - if you take a second look..

I became a member of our congregation in 1995. At that time, an on-going mantra was that "Year after year, the same people are doing the work of the church and they (we) are burned out." I don't know if this was true then, or if it was just another chapter in the "ain't it awful" game. (A corollary is that the leadership is limited to an "in" group and outsiders need not apply.)

The yearly "Directory of Members and Friends" contains some interesting information -

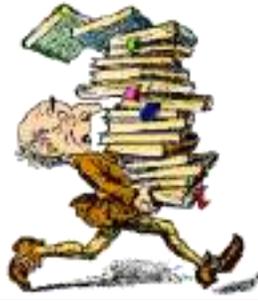
Item - Of the eight members of the Board of Trustees in 2006, one is on the 2011 Board.

Item - In 2008 we listed 34 leadership positions (Board members and committee chairs). In 2010 we listed 30 leadership positions - 15 of these were new names.

Item - In 2011 we again listed 34 leadership positions - and 18 new names appeared on the leadership list.

Together we are building a stronger church. This effort requires good leaders and good followers. There is plenty of space for you. Where do you fit in right now?

Bill Clark, member, Leadership Development Committee



Food for Thought

by Stephen Berger

Life's Continuities and Discontinuities

The film *Call Me Malcolm*, is about a female-to-male transsexual, Malcolm, for whom it is very important that his family and friends learn to call him Malcolm, rather than his birth-name, Miriam. A high school friend, with whom Miriam had gone to Europe, tells him she has no problem calling him Malcolm now, but that her memories of the past are memories of Miriam. His parents have great difficulty calling him Malcolm, and a high school teacher suggests to him that they remember holding a baby girl.

Thus, one of the many issues the movie raises is: what makes for continuity and discontinuity in our lives? I know a Swedish psychologist/social worker, Bengt Borjeson, who has a simple projective test for us as adults: a 10 year old is walking towards you. It is you when you were ten. There are two questions: Does the ten year old recognize you? and Do you recognize the ten year old? (After years of struggling with these questions, I have decided that, were it not that I have photographs of myself at 10, my answer to both questions would be: No. In that sense, there is a significant discontinuity in my life. How would you answer his questions?)

Presumably, culture makes continuity easier or harder. There is a famous essay by the anthropologist Ruth Benedict, from the 1930s, called "Continuities and Discontinuities in Cultural Conditioning." She argued that (male) American children are expected to behave in opposite ways from how they will be expected to behave as adults, and are punished if they exhibit adult-type behaviors, in the fields of play/work, submission/dominance, and sexlessness/sexed. Some primitive societies do not have such oppositions; some do, but then ease the transition by age-grading with secret societies at each age grade. (What is confusing in Benedict's paper is that she deals only with males. I wonder why.)

Culturally, we also make an opposition between adulthood and "old age" – in adulthood we are expected to have full mental and physical ability, whereas in "old age" we are presumed to have neither.

And we have a cultural emphasis on newness, don't we? "Today is the first day of the rest of our lives." America is the land of the new, we don't want to be tied down to the past.

Obviously continuity and discontinuity are not either/or. In what ways is it important to you to be continuous with your past? In what ways is it important for you to break with your past?

The Shaman's Path

Recently I offered two Shamanic ceremonial services in our annual auction. As a result, several of you have expressed interest in learning more about Shamanism and perhaps exploring it in greater depth. Some of you may be looking for an alternate method of healing a psychological or physical illness of yourself, a loved one, a pet or other animate being, or even an inanimate thing like a vehicle, building or perhaps a wounded landscape, a polluted pond, etc.

So, what is Shamanism? It is a method of accessing and utilizing Energies for the well-being of humanity, the earth and all its inhabitants. A Shaman understands that everything in nature is alive, that humanity is part of the natural world and that all beings are interconnected in the Web of Life. Shamanism opens the doorways to the realms of non-ordinary reality where Helping Spirits reside. These energy spirits can, and do, willingly share with us ways to bring our lives and our world back into harmony and balance.

And yes, I have struggled intellectually with the Helping Spirit concept. Whatever the phenomenon is, we are dealing with energy, mind energy--possibly self-generated. I have not been able to decide whether these energies are outside myself as my projections, or if they are "creative other consciousness'." Nevertheless, there is much we absolutely do not understand about our mind and its enormous capabilities. Traditionally, the energies Shamans interact with come with faces and are visualized as animals, birds, butterflies, reptiles or other natural or fantasy beings and are called Helping Spirits. Allowing this concept wings, shamanic journeys of intention work amazingly and consistently.

Shamanism is one of the oldest spiritual activities of mankind, predating all our current religions and is probably the "ancestor" of most. Before recorded history, Shamans contacted and asked for help from the spirit worlds, worlds to which human consciousness, aided by mankind's curiosity, has endlessly sought reliable access.

The word Shaman comes from Siberia where the practices were kept alive in secret during the Russian purges, despite relentless persecution and misunderstanding. Yet every human culture seems to have had its equivalent—the medicine men and women of Native Americans, the European practices of Celtic and European herbalists (pejoratively often labeled witches, also intensely persecuted), the Hawaiian Kahuna traditions, the Tibetan pre-Buddhist Bon traditions and many, many others.

In the past 40 or 50 years, a core shamanic path has been developed by modern Shamans (specifically by anthropologist Michael Harner), a path that does not rely on indigenous teachings, drugs or cultural trespassing. It combines a meditative state, facilitated in most instances by cadence drumming or rattling, with specific intentions to accomplish healings of people, animals, buildings, landscapes, etc. Shamans can also work with plant and weather spirits.

Shamanism does not require a "leap of faith" to believe its veracity, but rather is an experiential method that one will either come to know works, or it may simply not be for you. Each person's experience becomes his or her Truth, not mine, nor anyone else's—! It is often very hard to know if you're imagining the whole shamanic experience...but if you ask for some form of verification for yourself, you will receive it. And always, the Spirits will respond with the best and highest good for all concerned.

Several of you have expressed a desire to learn how to do Shamanic journeys to potentially help both yourself and others. I do not see my mission to "do the work for you" but to teach you how to access you own Spirit Helpers. There will be no charge for this, just an "energy exchange of some material object or a donation to a worthy cause. An energy exchange is a traditional thank you.

I am not a Shaman, a title that is earned over many years of selfless service, but I am a Shamanic Practitioner and have done this magical, joyful work for approximately 15 years, starting with a deep curiosity that grew into a determination that culminated in amazing experiences. These convinced me of Shamanism's great potential to help others. I attended several classes and workshops learning "how-to" and in 2006 completed a two-year Shamanic Initiatory Apprenticeship with Dory Cote, a noted healer downstate.

Contact me if you feel this is something you have a calling to explore or an overwhelming interest in an introductory class.

Linda Laing

Let's show our creative work as a group!

Please consider showing your artwork/ handiwork as part of a series if group shows in the sanctuary - paintings, wall-hangings, fiber art, photos, wall-sculpture, collage, or other.

If you don't wish to leave your artwork here for a few weeks, consider bringing it each Sunday just for the worship service, for the duration of a given exhibit.

These are the themes for upcoming artwork in the sanctuary:

November: Family, or giving thanks (this is meant to be open to interpretation! What is a family? What are you thankful for?)

December: Darkness into light

January: Black History / Diversity

February: Winter - the joy, beauty, or challenge

March: Flowers

April: The Children

May: Water

Please contact Jude Lamb judelamb@mac.com

Political and Social Action (PASA)

Immigration as a Moral Issue, the Congregational Study/Action issue for 2010-2014

PASA is presenting a series of six Adult Education workshops this fall and winter. The over-arching goal is for each of us to determine, using UU principles and values, what would be a just and humane immigration policy. While we are unlikely to completely agree, we want to increase our knowledge of this vital and difficult issue. An outcome of the sessions will be to submit comments to UUA this spring as they prepare a first draft of the Statement of Conscience on Immigration.

The first session is:

Sunday, December 11, from 12:00 – 1:30, Understanding the Causes of Migration

Led by Kay Wilkins and Diana Cate. The objectives of this class are:

- Learning the terminology that is used to describe the different kinds of people who migrate and their legal meaning
- Understanding how difficult it is to immigrate to the country legally and the difference between “illegal” and “criminal.”
- Exploring the wide scope of the reasons for immigration.

There are several important handouts to be read before the class. Please contact Kay Wilkins, kwilkins@alumnet.simmons.edu, as soon as possible to sign up and receive the readings.

[Ed. Note: The Hancock County Community Network (HCCN) publishes a monthly list of events related to the peace and social action theme which you can reach at http://mainetalk.org/mailman/listinfo/hccn_mainetalk.org.]

Caring Corner

Church members, family and friends came together in the UUCE sanctuary on the evening of Thursday, October 21 to express our sorrow and share our remembrances of Judy Rothrock. The following week, an exceptionally beautiful obituary of Judy appeared in several area papers. Several members saw and commented on what a compassionate, engaged and inspiring life she led. The degree of service and devotion Judy extended to her family, community and friends will not soon be forgotten. A Celebration of Judy's Life will take place in the UUCE sanctuary on Saturday, November 19.

At the October 23 service, Nina Turner expressed her joy for this summer she and husband John have spent in Maine, and that they would be returning to Texas soon and her sorrow is that they will not see us again until May.

Carol Rosinski shared her joy on October 23 that she and husband Bruce Thulin visited their daughter Holly at the University of Maine and Bruce climbed the 5 flights of stairs up to Holly's dorm room.

George and Paula Marcus bid farewell on November 6 as they head off to their winter digs and look forward to seeing the congregation in the Spring.

Dusty Bailey is excited about the prospect of resuming storytelling activities with a new story telling group he's been invited to. He's also getting ready to host a radio show again on WERU. Margo Bailey mourns the worsening condition of her dear nursing school friend Deirdre, who's battling pancreatic cancer.

Evelyn Foster is deeply grateful for a positive health report after a follow-up exam in late October at Dana-Farber Cancer Institute.

On November 13, Tom Martin shared that his partner, Susan Hughes is recovering after being hospitalized due to an infected insect bite, and was thankful to the members of the congregation who were so helpful in coming to her aid while he was away.

Dartha Reid reported on November 13 that Willow Runningwater's post-knee surgery progress is going well and she will be resuming driving in about a week.

Rocky Flosi shared his joy that he and wife Laura Cooper and their two sons will be moving back to Oregon in

mid-November where Rocky has a job lined up, but they are sad to leave our congregation and community.

John Fink expressed his happiness to see Rev. Deanne Perkins from Belfast UU church in the pulpit on November 13. John recalled that when his wife Sally was president of UUCE that she and John went to the Belfast UU church to present them with a stained glass chalice and is glad to see that the Belfast congregation is thriving today.

Susanne Forrest shared that she will temporarily be taking a back seat on the Care Committee until end of December as she navigates recent medical tests and waits for the results.

Kate Wilkins shared on November 13 that although her recovery took longer than she wished, she is starting to feel much better after her surgery and thanks the congregation for all their good wishes. Pam Person commended Kay for all her good work on Question 1 on the ballot in the November 8 elections.



By Anne Funderburk

Thanks to Nancy Avila for her continuing work on labeling the drawers and cupboards so people can find things they need and put them away afterwards. With so many different groups using the kitchen, it is difficult to maintain good order, but at least members of UUCE can help by observing a few simple guidelines:

1. If you use it, wash it & put it back where you found it.
2. Remove ALL leftover food after each function.
3. Clearly label food brought in for specific purposes. (Care Com.)
4. After Coffee & Conversation wash ALL mugs & restore to coffee cart.
5. Return ALL flatware to appropriate drawers.
6. Take ALL dirty linens home, wash, & return them to drawers ASAP.

We appreciate your keeping our new kitchen in good order.
Best thanks, Anne Funderburk (for the Kitchen Com.)

Personnel

Contact Information

Minister Rev. Sara Hayman Huisjen: 326-0576 Huisjen@gmail.com 610-2872 (cell)	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 caitlin@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, 664-3010 djcate35@gmail.com	Vice President: Cynthia Perkins
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Aesthetics: Linda Laing	Leadership Development: Marta Rieman
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Adult Education: Stephen Berger & Janice Ronco	Lobster Bake: Bettie Massie
Auction: Peggy Strong	Membership: Evelyn Foster
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Building Maintenance: Don Martin	Music: Jean Martin
By laws: John Fink	Peace and Social Action: Karen Volckhausen
Coffee Hour: Bill Clark	Potluck: Carol Mathiesen
Caring Committee: Suzanne Forest	Procedures: Pam Person
Choir: Marta Rieman & Haydee Foreman	Stewardship: Don Martin
Elections: Anne Ossanna	Swap Shop: Nancy Avila
Flowers: Nancy Avila	Sunday order of service: Send to: office@uuellsworth.org
Green Sanctuary: Kay Wilkins	Small Group Ministry: Rev. Sara Huisjen
History Committee: Wayne Smith	Ushers: Jon Thomas
Kitchen: Anne Funderburk	Web Pages: Caitlin Tunney at church office
Landscaping: Sue Clark	Worship: Cynthia Perkins

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 Al-Anon 12:00 UUCE book group 6:30 SIA 6:30 Music Comm.	2 6:00 AA	3 12:00 Member birthday party
4 9:00 Choir rehearsal 10:30 Worship Service EMPTY BOWLS SUNDAY	5 3:00 Violin Lessons 7:00 St. Augustine 7:00 Non-violent Communication	6 10:00 PATT playgroup 12:00 Al-Anon	7 4:00 Beth Israel RE 4:30 SIA 6:30 Coyote Group	8 12:00 Al-Anon 12:00 UUCE book group 6:00 Board Meeting 6:30 SIA	9 6:00 AA	10
11 9:00 Choir rehearsal 9:00 Adult RE Comm. 10:30 Worship Service HUNGRY SUNDAY 11:50 PASA Presentation	12 3:00 Violin Lessons 7:00 St. Augustine	13 10:00 PATT playgroup 12:00 Al-Anon 6:00 Acadia Choral	14 4:00 Beth Israel RE 4:30 SIA 6:30 Coyote Group	15 12:00 Al-Anon 6:30 SIA	16 6:00 AA	17
18 9:00 Choir rehearsal 9:00 PASA Comm. 10:30 a.m. Worship Service	19 3:00 Violin Lessons 7:00 St. Augustine 7:00 Non-violent Communication	20 10:00 PATT playgroup 12:00 Al-Anon 4:00 Worship Comm. 6:00 Acadia Choral	21 2:30 Winter Solstice Celebration 4:30 SIA 6:30 Coyote Group	22 12:00 Al-Anon 6:30 SIA	23 6:00 AA	24 6:00 Christmas Eve worship service
25 9:00 Christmas Day worship service	26 3:00 Violin Lessons 7:00 St. Augustine	27 10:00 PATT playgroup 12:00 Al-Anon 6:00 Acadia Choral	28 4:30 SIA 6:30 Coyote Group	29 12:00 Al-Anon	30 6:00 AA	31

To reserve space at the UUCE, Email: office@uellsworth.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

Unitarian Universalist Church of Ellsworth
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The NUUS

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The NUUS
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December, 2011

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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.**

