

The 
UUCE
NUUS

March 2024
Volume 56, No. 2



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



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

The Gift of Transformation



MARCH WORSHIP SERVICES

March 3, 2024

Multi-Platform Worship at 10:30am

If we are all lichens, are fungi our gods?

Rev. Marty Pelham, Guest Worship Leader

Karen Volckhausen, Worship Associate



Choir Practice at 9am

RE today

Plate split Sunday, to benefit Maine TransNet

Potluck after worship, hosted by Stewardship Committee

Our theme this month is the gift of transformation. Our current physical selves, our scientific knowledge, and our faith are all the result of a steady stream of transformations. Can the growth of scientific knowledge deepen our understanding of religion? And why would we worship fungi?

Rev. Marty (they/them) serves as the settled minister of First Universalist Church in Rockland. They are a Florida native whose ancestors first arrived there in the 1600's and they grew up next to their grandfather's strawberry farm near Plant City. They had previous careers in social services and education.

They journeyed from their Southern Baptist childhood through the United Methodist Church, Church of Christ, and MCC before finding their true home in our Unitarian Universalist movement in 2001. They graduated from Andover Newton Theological School in 2018 and were ordained in 2021. They have also served congregations in Syracuse and Watertown, New York. They love food and are very proud that they have managed to grow collards and okra here in Maine. They are just beginning to explore the state and are happy to have this opportunity to get to know folks in a community they've not been to before.

3/3 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/98470874288?pwd=QlI2cUlrZlM4UWppTzhmWkVlNmZRQT09>
Meeting ID: 984 7087 4288
Password: 724340
Phone: 646-558-8656

March 10, 2024

10:00 a.m. worship with UU Belfast, either in person or by Zoom

"Wrongs made Right: It's Complicated."

Rev. Amy McCormick, Worship Leader, Margi Pulkingham, Worship Associate

Mike Hickox, Special Guest Speaker

This is the service we had to reschedule from February. Please join us as our very own Mike Hickox takes us on a journey of his own experience and knowledge around the work of healing and justice, as it relates to Native Americans and institutions of higher education. The story he will share is both profound and disturbing. We are invited to explore together what it means to be committed to justice and equity through the process of reparation and repair. We will take a hard look at just how far some people in power will go to avoid this work and the way we all suffer when there is a lack of courage and integrity in those who find themselves in leadership.

Join Zoom Meeting
<https://us06web.zoom.us/j/87521034152>
Meeting ID: 875 2103 4152
One tap mobile
+16469313860

March 17, 2024

Multi-Platform Worship at 10:30am

Fill in the ____: Transforming the Stories We Tell

Rev. Kharma Amos, Guest Worship Leader;
Toby Betancourt, Worship Associate

Choir Practice at 9am & singing in worship
RE today

In many aspects of our lives, we are ignorant (i.e., we simply don't know). Therefore, a lot of the time we make things up or project our assumptions as if they are real. How we do this can either be helpful or harmful to us and our relationships, and it definitely impacts our quality of life. Let's talk about the stories we constantly tell ourselves ... and perhaps imagine some simple ways to transform our stories and make them better.

Rev. Dr. Kharma Amos (she/hers) is an ordained minister with 20 years of professional experience in pastoral ministry and denominational leadership. Rev. Amos holds plural ministerial standing in the Unitarian Universalist Association (UUA) where she was granted preliminary fellowship in 2020, as well as the Metropolitan Community Churches where she was originally ordained in 2002. She is a preacher, activist, writer, singer, educator, fundraiser, and administrator with a passion for engaging others who are committed to spiritual growth, inclusive community, and social justice.

Prior to beginning her work as the settled Minister of the Unitarian Universalist Church of Brunswick (Maine), Kharma served full-time as the Team Lead for Resource Development for Metropolitan Community Churches, where she was a member of the Senior Leadership Team and managed the denominational staff responsible for finance, fundraising & development, communications, IT, and the creation of resources for ministers and congregations. She also served as the half-time Minister of the Unitarian Universalists of Central Delaware.

Kharma received a Bachelor of Arts in Religious Studies from the University of Oregon (1998), a Master of Divinity degree from Lancaster Theological Seminary (2002), and a Doctor of Ministry degree from the Episcopal Divinity School (2008). She also served on the Board of Trustees of Lancaster Theological Seminary for several years. Kharma is committed to lifelong learning and participates in numerous continuing educational programs each year.

Kharma was born in Springfield, Missouri (USA) and has lived and worked professionally in Oklahoma, Oregon, Pennsylvania, Virginia, Florida, and Delaware (USA). She currently lives in Lisbon, Maine with her wife, the Rev. Diane Fisher, a proud Canadian retiring from a 30-year career in ministry. They make their home with three wise cats and one extraordinarily spoiled dog.

3/17 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/94685086589?pwd=SThmNk0wTGg4QnhpZnpSQ2tIUzB6Zz09>
Meeting ID: 946 8508 6589
Password: 879620
Phone: 646-558-8656

March 24, 2024

Multi-Platform Worship at 10:30am

Beyond Every Door

Rev. Amy McCormick, Worship Leader;
Jill Jeude, Worship Associate

Choir Practice at 9am & singing in worship
RE today

The theme for the month of March is Transformation. It's one of my favorite topics and the title of this service is based on a time for all ages designed by UU Minister the Rev. Molly Housh Gordon. Real and lasting change is often as simple as moving through a door just opened, one you've never seen before or one you use each day. What new threshold do you find yourself on? Will you go through the beckoning doorway or turn away?

3/24 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/94303836344?pwd=eGxqQkVWLOphVGJ2dStwTHhjL0o5QT09>
Meeting ID: 943 0383 6344
Password: 745136
Phone: 646-558-8656

March 31, 2024

Multi-Platform Worship at 10:30am

Easter Sunday

Rev. Mark Worth, UUCE Minister Emeritus Worship Leader,
Marta Rieman, Worship Associate

On this Easter Sunday, which is also the second Sunday of Spring, Mark has chosen as a sermon title "An Easter Faith in a Good Friday World." Come join us as we celebrate Easter and Spring!

Rev. Mark Worth served UUCE as our minister 1991-2006. He has also served UU Churches in Castine, Maine, Westborough, MA, and Harvard MA. During the Vietnam War he served two years in a hospital as a Conscientious Objector. He later owned a natural food store, and then taught high school history, before becoming a UU minister. To round it all off, he now represents Ellsworth, Waltham and Central Hancock in the Maine state House of Representatives.

3/31 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/94052176767?pwd=ZEIqdLYwU2RuNHQwRmZHY2lxYTM4dz09>
Meeting ID: 940 5217 6767
Password: 758833
Phone: 646-558-8656

re



RELIGIOUS EDUCATION

Greetings UUCE Congregates and Families,

February has come and gone, Leap year and all. We are two months into Rev Sara's Sabbatical, and I personally believe that we are doing smashing. It's not easy dealing with change and not having her here as our guide is difficult. I do want to

point out though that this time she is gone gives us the opportunity to grow and adapt so we can take the pressure off her to be our savior for when she does return. We are a strong and capable community, and this has been a prime experience to prove that to ourselves.

We are heading into March, and I want us to follow the adage of "March comes in like a Lion and goes out like a Lamb". This month's Soul Matters's theme is Transformation. Let us embody the power of the Lion to cause the Transformation that is needed right now. What we need is to ask for the Lion for healing. It's ok to realize that healing is needed. It takes strength to admit when you need help and takes more strength to offer that help to others when you also need it. One of the most important parts of being on our individual faith paths is the recognition that healing occurs and that we are here to hold space for each other in this paradigm of Transformation.

We have a list of horrifically traumatic events occurring. Between the struggles continuing in the Ukraine, the violence in Israel, increased violence to our LGBTQIA+ brethren, and increased "ist" activity in our socio-political climates, transformation is the perfect thematic we all need right now. I want to share with you the chalice lighting/gathering words we have been using in RE lately that just feels poignant for the church.

"The Path I Walk Is the Path For Me
With Kindness, Joy, And Empathy
I Am Loved, and Cared For, and Worthy
The Chalice Flame Helps Guide Me"

Think of these words this month as you go about your path. We are here to heal, and we are healers for those here.

Brightest Blessings to you all,

Charles A Betancourt
Religious Exploration Coordinator





Sustaining & Sharing OUR LIGHT, Together

A MESSAGE FROM THE 24-25 STEWARDSHIP COMMITTEE

The Stewardship Committee got a head start this year so that Sara could rest easily about the campaign while she is on sabbatical. Hopefully, our being able to have a successful campaign while she is away will mean that we will be able to lighten the load on her in future years.

Just to recap the process of how the Stewardship Committee works. The Stewardship Committee gets the proposed pledge budget figure from the Board and reaches out to the members and friends, asking for a financial pledge that will fund the budget.

This year's Stewardship Campaign theme is "Sustaining and Sharing Our Light, Together." We think it reflects the need to maintain UUCE facilities and programs while being "Illuminators," as reflected in one of Rev. Sara's services to the broader community.

We created both the paper and online pledge forms. There is one additional question on the form this year.

Name(s) _____
TOTAL Pledge Amount for 24/25 _____
 Monthly \$ _____ Quarterly \$ _____ In Full \$ _____
 Payment Method: Check or Cash PayPal Bank Checking/Savings Account* Credit Card*
 UUCE Website Donation Automatic Bank Payment to UUCE* (*Specific information will be gathered later)
Signature _____ **Date** _____
 Address _____
 Phone _____ Email _____
 Birth Day/Month _____
 I/We would like a home visit. (A UUCE member will contact you to arrange the date and time.)
 Stewardship Committee Member's Initial _____ Unitarian Universalist Church of Ellsworth Pledge
 Card FY: July 1, 2024 - June 30, 2025

"I/We would like a home visit." Note: the home visit can be about anything related to the church not only the Campaign.

Signature _____
 Address _____
 Phone _____ Email _____
 Birth Day/Month _____
 I/We would like a home visit. (A UUCE member will call you to arrange the date and time.)
 Stewardship Committee Member's Initial _____

The committee will work with members/friends to coordinate a mutually agreed-upon time for this to happen if this box is selected.

The pledge forms will be sent out on March 20th, with the Campaign beginning on March 24th and concluding on April 28th with the Stewardship Sunday celebration.

We will need some more hands on March 20th to assemble the paper pledge cards and stuff the envelopes. Please contact Doug Bird if you would like to help with the mailing. We have a good time.

Within the next few weeks, everyone will get an email asking if they want their PLEDGE CARD sent electronically. Please consider this option. It saves on paper, postage, staff, and volunteer time.

If you choose to receive your Pledge Card electronically, you can still make your Pledge by check or through Breeze or direct withdrawal from your bank account as you indicate.

In closing, I want to remember Margaret Thurston, whose many years of work on the Stewardship Campaign continue as its foundation.

With Love,

Your 24/25 Stewardship Committee:

- Suzanne Aubrey
- Sally Francis
- Mac MacDonald
- Linda Tarlow
- Linda Uberseder
- Doug Bird, Chair

FROM OUR BOARD PRESIDENT

BETH PEPPER

Happy March, everyone! Lots going on this month: we will “spring ahead” one hour with Daylight Saving Time ☀️ starting on Sunday, March 10, Ramadan starts on March 11, St. Patrick’s Day 🍀 on March 17, Spring 🌷 officially starts on March 19, and Easter 🐣 on March 31 ... and that’s not even including what’s going on at UUCE!

I’m signed up for and looking forward to the Women’s Drum Circle on 4th Saturdays. Thanks to Evelyn Foster, Christine Bowman, Linda Laing & Mary Murray who will be leading us! There are lots of other opportunities for fun, service, social action, education, camaraderie and more this month at UUCE. Some of our offerings: Maine Poor People’s Campaign (thank you, PASA); To Boldly Go (thank you, Anne Ossanna); Coffee House/Open Mic (thank you, Christine Bowman); Anti-Racism virtual conversations and Racial Equity Trainings (thank you, 8th Principle Task Force).

Going once, going twice, and SOLD! Congratulations and thanks to our Auction Leaders, Jeff Jeude and Liz True; my co-Auctioneer, CJ Lammers; and all of YOU! for making this year’s auction a success! No matter how you participated - donor, bidder, winner - you helped us meet - and exceed - our goal. There are still notecards and lunches and dinners available if you need a few more wins!



Pepper is recovering well from knee surgery especially with her two furry caretakers and says thank you for all the support from our UUCE family!

And finally, our 2024-2025 Stewardship Campaign kicks off on March 24 and continues until April 28. Early responses help the Stewardship Committee do their work efficiently, so please respond promptly and generously to this year’s campaign. Among other things, next year’s proposed budget includes an intern minister (shared with Belfast & Castine, but home-based here in Ellsworth), hiring a fundraising chairperson, and continuing our efforts to get Rev. Sara’s salary up to UUA standards. Thank you in advance for your generosity to reach our goal!

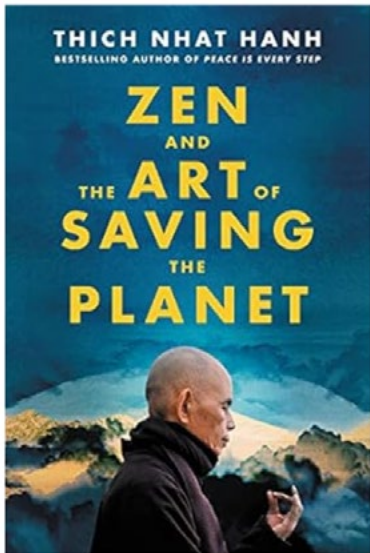


Sustaining & Sharing
OUR LIGHT, Together

Coffee House / Open Mic

**March 16, 2024 @ UUCE
6:00-8:00**

This is the last one of the season so come on out! Stephen Bowman will start us off and then the rest is up to you! Poetry.... music.....dance.....art... or whatever inspires you. All are welcome to practice performing in front of a supportive and encouraging audience. Come to listen or participate. Contact: Christine Bowman @ ccs9762@aol.com



Book Discussion Group

Zen and the Art of Saving the Planet,
by Thich Nhat Hanh

**March 24 & April 21
9:15 am**

Come join us to learn about a Zen approach to saving Mother Earth. We have met twice already but you are welcome to join anytime. We will be meeting at UUCE. Please contact Christine Bowman for more info @ ccs9762@aol.com

Women's Drum Circle

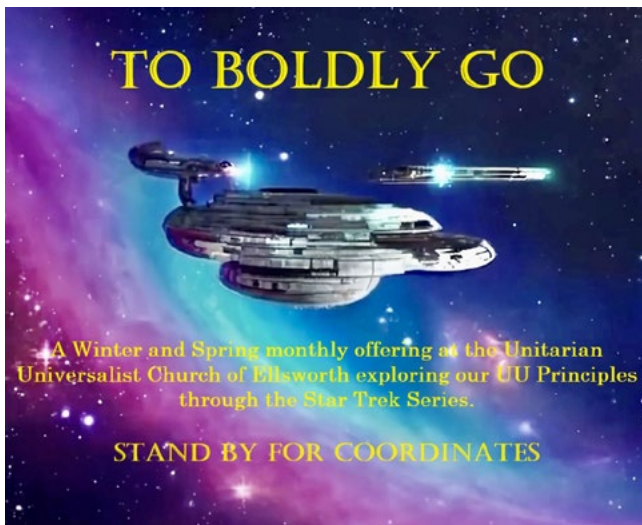
**March 23, April 27.....
4th Saturdays
1:00-2:30**

UUCE-Sanctuary

Join us to share drum songs and rhythms, co-creating the magic of a women's drum circle. All levels of experience and all sorts of drum and rhythm instruments are welcome. Hosted by Evelyn Foster, Linda Laing, Christine Bowman and Mary Murray.



Please let us know if you are interest in attending or have questions. RSVP: Mary @ marydmurray@comcast.net



TO BOLDLY GO

Sunday, March 24th

from 12:30-2:00 pm we will view and discuss The Outcast, Next Generation, Season 5, Episode 17. This episode, which aired on March 16, 1992 was extremely controversial at the time as it explored a gender neutral society. Beef stew and popcorn will be provided.



Program Planning for March, April and May

We are putting together another Program Pamphlet.
It will include gathering opportunities to learn, get to know each other and have fun!

**Do you have ideas for programs you would like to see?
Maybe you would like to offer one?**

Please share your ideas with us by March 6, by contacting
Christine Bowman @ ccs9762@aol.com

MASS POOR PEOPLE'S & LOW WAGE WORKER'S MORAL MARCH TO STATE HOUSE ASSEMBLIES, A PART OF 40 WEEKS OF MASSIVE VOTER MOBILIZATION ACROSS THE US

MARCH 2, 2024 GATHER AT 10 AM | ASSEMBLY AT 11 AM

This is a RESURRECTION, not an INSURRECTION!

A DAY OF NATIONALLY-COORDINATED, SIMULTANEOUS DIRECT ACTION IN 31 STATE CAPITALS!

31 States Mobilizing for March 2nd

AL, AZ, CA, DC, DE, FL, GA, IL, IN, KS, KY, MA, MD, ME, MI, MO, MS, NE, NC, NJ, NY, OH, OK, PA, RI, SC, TN, TX, VT, WA, WI, WV

JOIN US IN BUILDING A 3rd RECONSTRUCTION BY DEMANDING:

- abolishing poverty as the 4th leading cause of death in the US
- a living wage (\$15+)
- full voting rights
- no more voter suppression
- worker's rights & labor rights
- healthcare for all
- affordable, adequate housing
- an end to gun violence, profit & proliferation
- clean air & water
- environmental justice
- fully-funded public education
- just immigration laws
- an end to systemic racism, white supremacy & the extremist political agenda

Abolishing poverty as the 4th leading cause of death in the US

There are more than 135 million poor & low-wage people in the nation rising back towards 140 million in 2019 because of ending Covid relief.

Activate 85 million poor & low wealth eligible voters!

REPAIRERS Poor People's Campaign

KAIR'S CENTER Poor People's Campaign

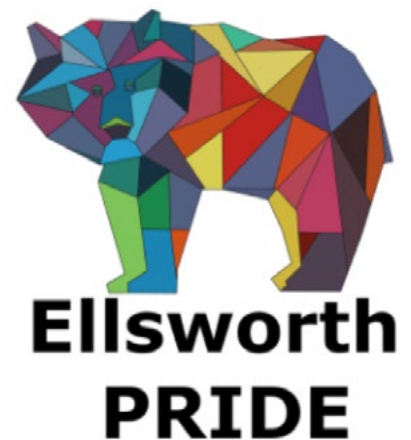
poorpeoplescampaign.org

Bishop William J. Barber, II
Rev. Dr. Liz Theoharis
National Co-Chairs,
Poor People's Campaign:
A National Call for Moral Revival

March 2. Maine Poor People's Campaign is calling for people to gather for the Maine State House Assembly at Capitol Park in Augusta at 11 AM. You can learn more about and register for the Maine Assembly [here](#). To learn more about the mobilization watch [this video](#), and about the Poor People's Campaign click [here](#).

Pride Fest 2024 - Save the Date June 9

Ellsworth Pride is a group of volunteers committed to supporting the LGBTQ+ community in Ellsworth and the surrounding areas. Beginning in 2021, Ellsworth Pride has organized and run the annual PrideFest in Ellsworth, held on the second Sunday in June at the Knowlton Park. For 2024, the Fourth Annual PrideFest will be on June 9, from midday to the latter part of the afternoon. Our group would welcome interested folks who'd like to volunteer to help with planning, doing specific tasks as the event gets organized, and/or helping on the day of the event. If interested, please contact Sue Collins at 546-6735 by call or text.



Want to learn how to become an effective advocate? [MUUSAN's Advocacy Toolkit](#) is full of resources for giving **testimony**, writing **letters to the editor**, **contacting your representatives** and more.

Visit [PASA's web page](#) to find resources and to learn more about ongoing peace and social action efforts.



8TH PRINCIPLE NEWS

ANTI-RACISM VIRTUAL CONVERSATION

Sat. March 9, 10:00-11:30 a.m.

hosted by Belfast and Ellsworth social action committees. Topic is unpacking some of the hot-button terms related to the current Israeli-Palestinian war, terms/words we all use in other racism conversations. We want to talk about how people use these terms so that we can encourage greater understanding when we are engaged in these difficult and challenging conversations. Come share with us about how we use, hear and understand such terms as colonialism/neocolonialism, antisemitism, islamophobia, genocide, domicile, apartheid, occupation, among others. These words, and the context in which they are utilized often become controversial and make our conversations even more challenging. Come join our conversation as we attempt to figure out how to better negotiate such conversations while upholding our UU values. Everyone welcome. No need to sign up or to attend future conversations. Zoom link will be sent out separately. Questions: contact Barb Acosta or Jana Robinson

RACIAL EQUITY TRAININGS, HOSTED BY RACIAL EQUITY WORKING GROUP

(Bar Harbor) Sessions are being led by Anila Karunakar, Director of the Office for Diversity and Inclusion at the University of Maine, Orono.

March 12. Implicit Bias, Microaggressions, and Competence Development, 2 PM-4:30 PM via zoom.

The fee is \$25 and scholarships are available. For more information or to apply for scholarships, write to mdi.rewg@gmail.com
<https://www.eventbrite.com/e/implicit-bias-microaggressions-and-competence-development-tickets-784571513517>

UU GENERAL ASSEMBLY REGISTRATION.

This year's GA's theme is Love Unites, Stories Ignite and is virtual, on **June 20-23**. Would you consider attending as a delegate of UUCE? General Assembly is the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles. Activities will include voting on the adoption of the proposed revision to Article II of the bylaws, the section defining the UU values and principles. UUCE can have three delegates in addition to Rev. Sara and our church must affirm its delegates.

For more information: see <https://www.uua.org/ga> or [registration information](#). Current full registration is \$280, which goes up on March 16. It's possible to attend as a business delegate for a donation.

As always, any questions can be directed to Jana Robinson, 347-9008,
janasmith.robinson@outlook.com.

ELECTIONS COMMITTEE OFFERS AN OPPORTUNITY TO GIVE BACK TO UUCE

Your Elections Committee (Jill Jeude, Cecily Judd, and Gary Shellehamer) would like to hear from you if you want to give back to UUCE, which gives so much to each of us. You can be even more a part of the church through volunteering to stand as a candidate at the May UUCE Annual Congregational Meeting as either an officer (the positions of Treasurer and Secretary are open, both are 2 year terms-our treasurer Alison Stephens has decided not to run for another term, and Secretary Bob Francis will be running but has indicated it would be good to offer members a choice of candidates for the different open positions), member of the Board of Trustees (one adult position is open and there is an opportunity to serve as an Active Junior member, the board meets once a month and may have special meetings as requested or needed, board terms are 3 years), or Moderator of UUCE Congregational Meetings (3 regularly scheduled meetings and other meetings of the congregation as requested or needed, term is 2 years).

Adult candidates must be a voting Adult Active Member who has been a Member of the UUCE for at least one year and has served actively on at least one committee may serve on the Board, and the Junior member should, as the title of the position notes, be active in UUCE worship and events.

Position descriptions are found in the UUCE Bylaws, which can be found on the [church website](#) or on file with the church. Specific information is found in Article 7-Governing Structure (with more information on UUCE's methods found in Article 6-Governance).

Please contact a member of the Elections Committee either in person or through the method listed below if you are interested in being a candidate for any of the above listed positions which are open for election at our May meeting.

- Jill Jeude: jjeude61@gmail.com
573-366-7688
- Cecily Judd: cecilyjudd@gmail.com
207-422-9003
- Gary Shellehamer: gleeindc@gmail.com
207-667-0034 (home)
202-494-3593 (mobile)

UUCE works to expand our spiritual lives, create a community focused on love, and live justice into our world. This is your opportunity to be even more active in our community, our mission, and living our values.

Thank you,
The UUCE Elections Committee



Stories FROM THE Heart

STORIES FROM THE HEART WILL RESUME IN APRIL!



JUDE LAMB WOULD LOVE TO HAVE MEMBERS CONTACT HER IF THEY'D LIKE TO BE INTERVIEWED.

JUDELAMB@MAC.COM

UUCB TUESDAY EVENING VESPERS AT 6PM

Our weekly time of rest, renewal, and reflection Tuesdays at 6pm. Join UUCB Rev. Amy each week for a 30-minute online service to help settle our minds and hearts, provide nourishment and comfort through music, word and ritual. Everyone is welcome. ~ Rev. Amy

Thursday Evening Vespers

[https://us02web.zoom.](https://us02web.zoom.us/j/4695376814)

[us/j/4695376814](https://us02web.zoom.us/j/4695376814)

Meeting ID: 469 537 6814

Phone: 646-558-8656



WEDNESDAY MORNING MATINS AT 8 AM

Continues while Rev. Sara is on Sabbatical! YAY!



Are you longing for a more intimate space to connect with others in our UUCE community? Do you enjoy poetry, music of all kinds, reading, silence and time for sharing in community? If so, please come! All are welcome to be a part of this ½ hour weekly, contemplative gathering on ZOOM where we companion each other with love and gratitude into the day. While Rev. Sara is on sabbatical, regular attendees of Matins will share responsibility for hosting, creating and facilitating this sacred worship space. We hope you will come!

Wednesday Morning Matins Zoom Invite:

<https://uuma.zoom.us/j/96669607701>

Meeting ID: 966 6960 7701

Phone: 646-876-9923



SAVE THE DATE!

for the Ordination of

**Vanessa Lynn
Titang**

to the Unitarian Universalist Ministry

**Sunday, June 30, 2024
4:00 p.m.**

**Unitarian Universalist
Church of Ellsworth**

**121 Bucksport Road
Ellsworth, Maine
04605**

Home hospitality is available for out-of-town guests. The service will be multi platform for those who cannot attend in person.

For information please contact Anne Ossanna at aossanna@aol.com or 207-479-6338.





Dr. Wayne H. Smith
UUCE Historian

REV. LEELA RAJANI SINHA (B. 1975)

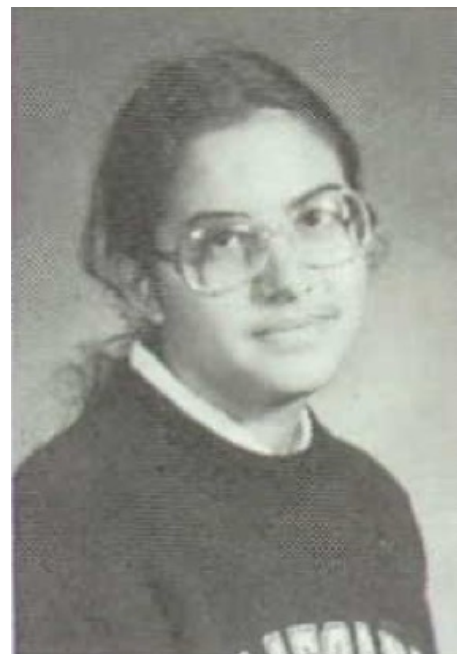
Leela Rajani Sinha was born on May 5, 1975 in Stamford, Connecticut, the daughter of a Hindu father, Vinod Tarkeshwar Sinha, originally of Patna, Bihar, India, and a UU mother, Teresa Lynn Meyer of Sacramento, California. She attended Stamford High School and at the same time began attending services at the Unitarian Church in Westport, CT and she represented UCW at General Assembly as a youth delegate throughout high school. After graduation in 1993, Leela went on to earn a Bachelor of Arts degree from Carleton College in Northfield, Minnesota with a focus on youth advising. Her senior thesis was actually a web page that dealt with the transition from the LRY (Liberal Religious Youth) to the YRUU program. She graduated cum laude with a BA in American Studies and a concentration on Women's Studies in June of 1997.

In 1999, Leela came to Maine to work for a time as the Director of Religious Education at the Unitarian Universalist Society of Bangor. Over the next three years, she attended Star Island RE Week twice, traveled in India for eight months, joined the First Universalist Church of Minneapolis, took an online course in UU history from Meadville Lombard Theological School in Chicago, Illinois in 2001, and began seminary at Meadville Lombard in the fall of 2002. From 2004 to 2005, she served as an Intern Minister for the First Unitarian Congregation of Ottawa, and later served as a Contract Student Minister with the UU Fellowship of Ottawa from 2005 to 2006. She obtained her M.Div. in Community Ministry and Parish Ministry from MLTS in June of 2006, where she was a classmate of our Rev. Sara. She was given Preliminary Fellowship

with the Unitarian Universalist Association in 2006, and worked from 2006 to 2007 as an Assistant Minister at the First Unitarian Church in Portland, Oregon, where she was ordained on Jan. 28, 2007.

In June of 2007, Leela married (albeit not legally) Janine Galeski in a ceremony in Portland, OR. Leela described Janine as independent, yet close and supportive. She wrote: "She teaches high school physics, laughs easily, and sings beautifully... Afternoons will find her rollerblading or bicycling or cross-country skiing; evenings, when she is not writing lesson plans, she may well be curled up on the sofa with a good book." The two of them arrived in Ellsworth that summer and Leela began serving our congregation in September.

It is difficult to describe the different reactions of members of the congregation to this dynamic young Lesbian power storm that was Leela Sinha. Some of us loved her, some were perplexed by her, others were



Leela, age 16, as a student at Stamford High School.



Leela delivering a sermon at UUCE

me that our choir was “not very good” and she would only let the choir sing on those Sundays when she was preaching in Castine. The uncomfortable situation between Leela and the congregants continued for two and a half years and came to a close at the end of April of 2010 when one of the following events occurred: (1) she resigned, (2) she was asked to resign, (3) she was dismissed, or (4) something else happened and she wasn't there anymore.

In a 2019 Youtube interview¹ entitled “Leela Sinha: Author, Speaker, Executive Coach,” Leela talked about an important realization that she made after having served at two very different parishes: the First Unitarian Church in Portland, Oregon and then our church. It can help us understand her side of the conflict that we experienced during her tenure at UUCE:

After those two parishes, I realized that, in general, I move too fast for a congregation... Congregations are composed of people...and people tend to resist change... We like the well-established patterns, and we like to stay in the well-established patterns...and so, I go into the congregation, and they say “Well, we’re struggling with this and we’re struggling with that,” and I say, “Oh, well, it looks like this, this, this, and these are the things that need to change. Are you on board?” and they say, “Uh...yeah...,” and I say, “OK, let’s go!” and they’re like, “Oh, but, but,

maybe even afraid of her. Some liked her sermons, some found them too “heady.” She had her opinions and was not afraid of stating them. My originally positive reaction to her was dampened when she told

but, but, we have to do a study and have a vote,” and I’m like, “You said you wanted to change. This is how we get you there,” and so, it becomes a point of conflict, and the congregation tends to come away from that conflict with the sense that I don’t love them, which is unfortunate ‘cause it’s not true. I love them very much. I love them so much I can’t let them sit where they are especially since they asked me to come to change that thing, and most people aren’t ready for that, most people aren’t comfortable with that, and most institutions are not prepared to change that fast.

After Leela left UUCE, there were several important changes in her life. At some point, she changed her pronouns to: ze and zir. Ze eventually moved to Oregon where ze created zir own business as an author, speaker, and executive coach, drawing upon zir background in tech, bodywork, parish ministry, sexuality education, and leadership development. Zir wife Janine later transitioned to male and he changed his name to Ian James Galeski. He is currently living in Meadowlands, Minnesota.

For eight and a half years after ze left UUCE, ze moved to Portland, Maine and became involved with leadership coaching in what ze called Intensives Central, where ze coached leaders and leadership teams to be comfortable and effective with power. In December of 2018, ze transferred zir base of operations to the San Francisco Bay area where ze became the founder of “The Intensives Institute.”

On zir Linked-In webpage², Leela divides people into *intensives* and *expansives*. Ze explains the difference in the following way: *If you’re an Intensive, you know this. If you need an intensive, you crave this, even though it makes you a little nervous. As an intensive you know the thrill of being all the way in, both feet, no looking back. You know you know when you’re right, even if you can’t explain it. And you know how much of that drive makes you the leader that you are. You also know that much of the world tends to be designed for the people who like things moderate and even and predictable, whose decisions are more about logic than about gut, who don’t really get a fire in their bellies. These are Expansives. The differences between how Intensives and Expansives function can cause problems in businesses*

¹ <https://www.youtube.com/watch?v=k2TeLGI0sj0>

² <https://www.linkedin.com/in/leela-sinha>



Leela in a recent portrait photo

at all levels of development, starting with finding the right fit. Let me help you fix that.

In 2016, Leela published a book entitled *You're Not Too Much: Intensive Lives in an Expansive World*.³ In it, she writes:
*I'm an intensive.
I'm also a writer,*

a coach, a minister. I grew up in that part of suburban Connecticut that thinks it's New York City, barely qualified as New England at all. We rooted for the Mets or the Yankees, we got New York weather, listened to New York traffic reports, and referred to New York as The City, as though there was no other. My father is an engineer, my mother is trained as a mathematician, my brother has a computer science degree...so I speak geek, but it's not my native tongue. People are my native tongue. People and poetry. I have studied people in some form or other for most of my adult life. The ways that culture and life and expectations and personalities interact fascinate me. But I never thought I'd develop a framework of my own. It didn't even cross my mind.

This book began as the product of the long silences that accompany us in major healing journeys. In December 2014, I ruptured my L3 disc and spent the next 3 months lying flat on my back, recovering. It got awfully quiet in my head after a while. And then the ruckus kicked up. When the to-do list that I couldn't touch was finished, and the lifetime regrets had begun, there came a litany of all the things that had Gone Wrong in my life. When I'd had about enough of the "It's all your fault" drone, there was a crystal sound; the seed of an idea: that there was some pattern to all the things that had made my life difficult. The careers that didn't work, the incompatible lovers, the fierce

but capricious hobbies... Somehow, they were related. They had to be related, it happened too often to be a coincidence. The accusations were too common: you're too much, it's too much, I can't anymore, I'm exhausted... A half dozen Facebook posts and conversations later, the image began to coalesce, and this book, unbeknownst to me, began its journey.

Finally, I had to say it: Intensives turn out to be not just my peers but also some of my dearest friends and some of my best allies. Intensives are often my most fabulous clients. Intensives have tremendous gifts for the world. And we need those gifts. We need those people. You're not too much. And the work was born.

Leela has quite a presence online. The following are in no particular order.

Leela's basic webpage:
www.leelasinha.com [automatically transfers to:
<https://intensivesinstitute.com/>]

"Intense Leaders" with guest Leela Sinha on the "Neuroqueering" podcast:
<https://www.youtube.com/watch?v=IU->

Tiktok page:
<https://www.tiktok.com/@auroraremember/video/7277801301709229355>

Sinha Intensive/Expansive Framework (SIEF):
<http://yourenottoomuch.com/>

Linked-In page:
<https://www.linkedin.com/in/leela-sinha>

Zir book page on Amazon:
<https://www.amazon.com/Youre-Not-Too-Much-Intensive/dp/0997818107>

Pinterest page:
<https://www.pinterest.com/leelasinha/>

³ <https://www.amazon.com/Youre-Not-Too-Much-Intensive/dp/0997818107>

UNITARIAN UNIVERSALISM'S 6 SOURCES

The living tradition which we share draws from many sources:

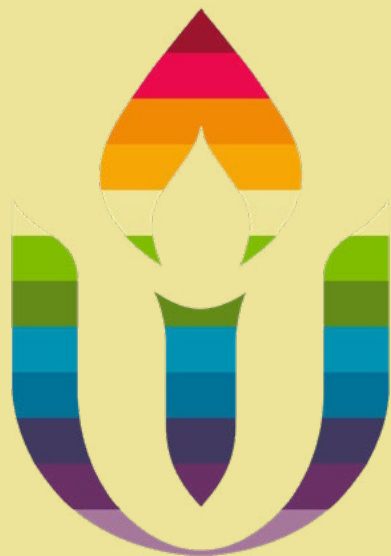
1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
2. Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life;
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
6. Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.



UNITARIAN UNIVERSALISM'S 7 PRINCIPLES

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.



UUCE'S AFFIRMATION OF COVENANT

Love is the spirit of this church,
and service its law;
this is our great covenant:
to dwell together in peace,
to seek the truth in love,
and to help one another.

CONTACT INFORMATION

Minister Rev. Sara Hayman (On Sabbatical January - May 2025)	Children's Religious Education Coordinator Charles Betancourt uuce.re@gmail.com
Church Office Administrator Ellen Sedgwick (207-667-4393) uucellsworth@gmail.com	Music Director & Pianist Paul Kelly (207-412-9887) ourdreamalso@gmail.com

BOARD OF TRUSTEES

President: Beth Pepper to 2025 (207-610-4070)	Vice President: Jill Jeude to 2025
Treasurer: Alison Stephens to 2024	Secretary: Bob Francis to 2024
Trustee: Tori Bell to 2026	Trustee: Kathy Hall to 2024
Trustee: Doug Bird to 2026	Moderator: vacant

COMMITTEE AND TASK FORCE CHAIRS

Adult Committee on Education: vacant	Hospitality Ministry Coordinator: vacant
Aesthetics: Gary Shellehamer	Landscaping and Grounds: Bron Day
Annex (former L&F building): Kathy Hall	Membership: Liz True
Auction: Jeff Jeude & Liz True	NUUSletter Editor: Lise Williams
Building & Maintenance/Safety: Susan Opdycke	Pastoral Care Ministry: Kay Hansen
Charitable Giving: Rev. Sara Hayman	Peace and Social Action: Barb Acosta
Choir: Megan O'Dell Chittenden	Publicity: Susan Opdycke
Collaborative Ministry: inactive at this time	Children's Religious Education: Tobias Betancourt
Committee on Ministry: Karen Volckhausen	Small Group Ministry: Mary Murray
Congregational Engagement: vacant	Stewardship: Doug Bird
Cookie Walk: Kate O'Dell	Ushers: Jon Thomas, Ken Hanson
Eggroll Project: Mary Murray	Technology Coordinator: vacant
Ferry Beach Coordinator: vacant	Wayside Pulpit: Nancy Guy
Fiscal Matters: Connie Bailey	Website: vacant
Flowers: Bronwen Day	Worship Arts: Marta Rieman
Green Sanctuary: Paul Kelley	Yard Sale: Jeff Jeude
History/Archives: Wayne Smith	Youth Advisor: vacant

Unitarian Universalist Church of Ellsworth
121 Bucksport Road
Ellsworth, ME 04605



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- 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.