



UNITARIAN UNIVERSALIST CHURCH OF ELLSWORTH

# The NUUS

JULY 2025 VOLUME 57, NO. 7

MARK YOUR CALENDARS NOW  
AND CHOOSE TO BE A PART OF UPCOMING EVENTS & PROGRAMS  
IN OUR UUCE COMMUNITY

**THERE'S R.E. CLASS EVERY SUNDAY  
THIS MONTH WITH WONDERFUL  
VOLUNTEERS FROM OUR  
CONGREGATION**

**Sundays, July 6th, 13th, 20th and 27th at  
10:30am (Time for All Ages in worship,  
then Religious Exploration Class!)**

During July, Contact volunteer Summer RE Point  
Person, Emily Samuels ([emily.sally.jones@gmail.com](mailto:emily.sally.jones@gmail.com)),  
member of UUCE's R.E. Committee, for more info!  
*We look forward to getting to know your kiddos!*

**FIERCE VULNERABILITY: A WORKSHOP  
AT UUCE WITH ETHAN HUGHES**

**Sunday, July 13th In-Person from 12:15pm-  
2:15pm in the Sanctuary**

See article in this NUUS for more information or  
Contact Jana Robinson or Barb Acosta for more  
info: ([janasmith.robinson@outlook.com](mailto:janasmith.robinson@outlook.com)) and  
([lanikai75@pm.me](mailto:lanikai75@pm.me))

## AND LOOKING AHEAD...

**UUCE'S ANNUAL CHURCH PICNIC!**

**Sunday, August 3rd**

**1-4pm at Lamoine Beach**

Contact Anne Ossanna for more information!  
([aossanna@aol.com](mailto:aossanna@aol.com))

Bring a dish to share, along with your swim suit &  
towel or favorite beach games and come join in the  
easy-going fun of visiting and getting to know each  
other better. All are welcome!

**UUCE DRAGON FLY PARTY AT  
LISE & PEPPER'S HOME ON TODDY  
POND!**

**Saturday, August 16th from 1-5 pm**

**3 Balsam Fir Lane, Surry**

Beth Pepper & Lise Williams have generously offered  
to host a summer day party at their home as part of  
our Service Auction offerings. If you didn't buy your  
ticket yet, there's still time to sign up and make a \$10  
Donation for an individual or a \$15 donation for a  
family to attend. Checks can be made out to UUCE.  
To sign up to come, please contact Lise via email  
([lcwilliams299@gmail.com](mailto:lcwilliams299@gmail.com)).





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

## **JULY WORSHIP SERVICES**

**SUNDAY, JULY 6, 2025**

**Multi-Platform Worship at 10:30am  
Independence? Or Interdependence?**

Jeff Jeude, Guest Worship Leader  
Candace Hubbard, Worship Associate

7/6 Worship Service Zoom Meeting:  
[https://uuma.zoom.us/  
j/5157959121?omn=97126018386](https://uuma.zoom.us/j/5157959121?omn=97126018386)  
Meeting ID: 515 795 9121  
Phone: 646-558-8656

R.E. Class today!

First Sunday Potluck after church!

1st Quarter Plate Split to benefit A Climate to Thrive!!

As the Holiday designed to remind us of our independence from tyrannical, out of touch leadership draws near, you might feel less than eager to join in any kind of celebration. So, where does July 4th leave us? Can we find something about "This land is your land... this land is my land" to provide hope, solidarity, even jubilation?

This Sunday, with the help of Mike Stadler and Ken Gleason, Candace Hubbard and Jeff Jeude invite you to look at our unique connection to our physical world: Earth, Tree, Water, Hill and Dale, Place and Time, and explore these thoughts: 1) the openness to examine that we are each and all connected with earth, 2) the awareness of how we are connected, 3) a reverence for that connection, and 4) practices to strengthen that connection

**SUNDAY, JULY 13, 2025**

**Multi-Platform Worship at 10:30am  
Love's Fire**

Ethan Hughes, Guest Speaker hosted by  
UUCE Justice Ministries & Karen Volckshausen  
& Abigail Cossette, Worship Associates

7/13 Worship Service Zoom Meeting:  
[https://uuma.zoom.us/  
j/5157959121?omn=97126018386](https://uuma.zoom.us/j/5157959121?omn=97126018386)  
Meeting ID: 515 795 9121  
Phone: 646-558-8656

R.E. Class today!

Fierce Vulnerability Workshop today from 12-2pm!

Ethan Hughes loves this quote by Mary Oliver: "Keep some room in your heart for the unimaginable." Members of UUCE's Justice Ministries hope you'll come to church today and join Ethan as he shares what he knows about how across all time and cultures, certain individuals open up to love and have become a force for collective liberation and cultural change. Some call this alchemy between love, spirit, and humans "love's fire." Ethan will tell us about peace pilgrims Vinoba Bhave, Rabia Basri and Badshah Khan who are just a few examples in history that we'll learn about as he shares more about this spiritual force, which is possible to ignite in all of us.

Following worship, Ethan will facilitate an open congregational conversation and workshop from 12:15pm to 2:15 p.m. on **Fierce Vulnerability**. All are welcome to participate and encouraged to invite someone else to attend with you! (See the article in this July NUUS for more detailed information.)

**Ethan Hughes** is a long-time activist and nonviolent peaceholder, de-escalation instructor, permaculture practitioner and teacher. He is the co-founder of the Possibility Alliance in Belfast, Maine, an educational center and electricity-free intentional community operating in the Gift Economy. His family’s lifestyle is committed to simplicity, nonviolence and gratitude and is focused on a homesteader culture and an ecological lifestyle. He’s been involved in the Little River Community Land Trust in Belfast and in the Belfast UU community.

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**SUNDAY, JULY 20, 2025**

**Multi-Platform Worship at 10:30am**  
**The Sacred and the Profane: The Utility of Religion in a Material World**  
Jim Fisher, Lay Worship Leader  
Kay Wilkins, Worship Associate

7/20 Worship Service Zoom Meeting:  
<https://uuma.zoom.us/j/5157959121?omn=97126018386>  
Meeting ID: 515 795 9121  
Phone: 646-558-8656

R.E. Class today!

Can we draw a sharp distinction between our material wants and our spiritual quest? In this service, longtime Unitarian Universalist & member of our congregation, Jim Fisher, will explore the complex, sometimes contradictory forces between the needs of the one and the good of the many.

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**SUNDAY, JULY 27, 2025**

**Multi-Platform Worship at 10:30am**  
**Modified Quaker Meeting**  
Marta Rieman, Lay Worship Leader  
& Kathleen Hall, Worship Associate

7/27 Worship Service Zoom Meeting:  
<https://uuma.zoom.us/j/5157959121?omn=97126018386>  
Meeting ID: 515 795 9121  
Phone: 646-558-8656

R.E. Class today!

Marta Rieman, longtime member of UUCE since January of 1999, offers us another modified Quaker meeting. Marta is married to a Quaker and had a Quaker wedding; she’s also attended numerous silent Quaker meetings over the years. Though she’s given this type of service a dozen or so times over the past 26 years, the beauty of it is that it’s never the same. This service offers each and every attendee the opportunity to speak on what the spirit is saying to them in that moment, OR to remain quiet and listen. About half of the service (beginning and end) is “programmed” with the usual components, but there can often be a good amount of silence as well, something that many of us might welcome during these times of constant activity and sound. Please consider coming, either in-person or on Zoom, and letting your own spirit rest, speak its truth, or do both.



# MINISTRY MATTERS

## BY SARA HAYMAN

Welcome to your July NUUS, Beloveds!  
We're so glad you're here.  
We hope you'll find some soul-nourishing ways  
to be a part of community at UUCE this month.

I'm grateful (and very fortunate!) to be able to be off from work for a summer break from Tuesday, July 1st through Monday, July 28th. After traveling during my first week off, my plans look mostly like being home and enjoying the beauty of this place –walks, hikes, swimming in lakes & ponds and visiting with friends and family for sure! I have two books I'm determined to read, too.

I hope you'll also find or make time to relax, recharge and replenish your spirit in this summer season.  
Be well and I'll be happy to see you again in August!

Yours, in our shared ministries,  
*Rev. Sara*





# In the UUCE Gardens







# FROM OUR BOARD PRESIDENT JILL JEUDE


As I am sitting down to write this letter, I am feeling as if I am back in Missouri! It is HOT! Hoping you all are staying cool and by the time you are reading this that the temperatures have cooled down!

I first want to say that I am honored to step into the role of Board President and extend a heartfelt thank you for the trust you've placed in me. I am following in the footsteps of a long list of dedicated leaders, and I'm grateful for the foundation they've built and the spirit of collaboration that continues to thrive in this beloved church community.

As I have just retired from my job as a school counselor, I am looking forward to serving in this role as your Board President. As in years past, the board will be taking the month of July off and will have a retreat in August to plan for the new year. I am looking forward to working with the great group of people you have chosen to be on this board! AND, I want to thank Pepper for her support and encouragement in my previous role as Vice President and now President. Thank you, Pepper, for your years of service on the Board.

This is an exciting time in our church community. I believe in the strength of this community and in the values we share. My personal goals as your Board President are simple: to listen deeply, communicate clearly, and lead with transparency and compassion. Let's stay engaged together through meetings, events, worship, or simply by reaching out with ideas or questions.

Pepper will be handing over the [president@uuellsworth.org](mailto:president@uuellsworth.org) email account to me as of July 1st. Please use that email for any Board and/or issues related to church. My personal email account is [jjeude61@gmail.com](mailto:jjeude61@gmail.com).

Much love, Jill 



# UUCE JUSTICE MINISTRY

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## UPCOMING EVENTS

**STANDOUT FRI., JULY 4, ELLSWORTH.** from noon to 2:00 p.m. on High Street. Bring your signs and stand together.

**STATEWIDE ACTION CALENDAR.** Use this link to access the Activate Maine calendar listing statewide activities.

Nonviolent Action Training at UU Belfast, Sat. July 5, from 9 a.m. to 5 p.m. If you are interested in participating in a full day of nonviolent action training, please reach out to Barb Acosta or Jana Robinson, so they can provide a rough count to the trainers. Everyone welcome. Will car pool from the church.

**BRAVER FAITH WEBINAR, SUN. 7/6, 7:00 P.M.,** entitled “Faith and Freedom through Prayer and Reflection,” a 75 minute event featuring four speakers: a Muslim Imam, a Jewish rabbi, an evangelical pastor, and a leader of The Church of Jesus Christ of Latter-day Saints. Their short reflections will be accompanied by people offering brief prayers from a variety of religious traditions, including Christian, Buddhist, Baha’i, Hindu, Muslim, and Jewish. Braver Faith seeks to demonstrate that faith and hope can transcend our religious and political differences, that we can be brought together by our common purpose and witness. You can register for the event [here](#).

Braver Faith celebrates and supports Braver Angels (locally Building Bridges) as a civic organization working to heal the divisions in our country. Braver Faith acknowledges that many come to this work as a direct extension of their religious traditions and faith. They recognize the need to lift up that witness, in all of its diversity, and honor the many religious threads that are woven throughout American history.

**JULY 13 JUSTICE MINISTRY SUNDAY SERVICE AND WORKSHOP.** We are pleased to confirm that Ethan Hughes, long-time activist and non-violent practitioner, will be our guest service provider on Sunday, July 13. We look forward to working with him on the theme for the service—Love’s Fire. He will also facilitate an open congregational workshop that Sunday afternoon, from 12:15 to 2:15 p.m. on Fierce Vulnerability. Join us and invite someone else to attend with you.

Fierce Vulnerability—an attempt to “open things up” instead of shutting things down. Fierce Vulnerability recognizes that we are in a situation caused by trauma, not politics. This workshop training aims to help release more of our power into the world. We will learn about the peace archetypes who help us to link our gifts and passions with the needs of the world. “With love, even the rock shall open.” – Hazrat Inayat Khan. Attendees of the workshop could deepen their movement toward collective liberation and beloved community; participate in collective healing; and be invited to become more involved in broad peace efforts.

For anyone who wants to learn more in advance of the workshop, see any of the following resources:

1. Love's Fire podcast with Ethan Hughes, <https://podcasts.apple.com/us/podcast/loves-fire/id1537920732?i=1000514423017>
2. Fierce Vulnerability network handbook: <https://thefvn.org/wp-content/uploads/2022/08/the-fvn-handbook-digital-version-1.pdf>
3. Fierce Vulnerability by Kazu Haga

Ethan Hughes is a long time activist and nonviolent peaceholder, de-escalation instructor, permaculture practitioner and teacher. He is the co-founder of the Possibility Alliance in Belfast, Maine, an educational center and electricity-free intentional community operating in the Gift Economy. His family's lifestyle is committed to simplicity, nonviolence and gratitude and is focused on a homesteader culture and an ecological lifestyle. He's been involved in the Little River Community Land Trust in Belfast and in the Belfast UU community.



**JULY 17. STANDOUT,** Ellsworth City Hall. More information to come.

**STRATEGIC NONVIOLENCE SUMMER ACADEMY**, 2 hours a week for 12 weeks of virtual learning. Registration deadline extended to July 11. If interested, see the Call for Applications or reach out to Barb Acosta for more information.







## CELEBRATION OF LIFE for Connie Bailey

Saturday, August 2nd, 2025 at 1pm at UUCE

Please mark your calendars now and plan to be a part of Connie's Celebration of Life on Saturday, August 2nd, 2025 at 1pm at UUCE. Four of Connie's longtime friends from the Boston area will join us and together we'll make space to name our gratitude for her generous spirit and soulful ways of living, always listening for spirit and the nourishment of the natural world.

### **Your Food Donations for Connie's Memorial Reception Are Needed and Would Be Greatly Appreciated!**

Kay Hansen and our wonderful Pastoral Care Ministry leaders will organize and help host the reception and they are looking for your help: Thank you for signing up to make a food donation for the reception on **Meal Train** here: <https://mealtrain.com/03vldz>. You can reach Kay via email at [hansen85023@gmail.com](mailto:hansen85023@gmail.com).





# RED SIGNS



UUCE was excited to purchase 50 of the Red Heart Yard Signs that we've seen sprouting up across Maine and the country as a statement of the tremendous need for love.

You can purchase one or more of these signs, which can be picked up in the church foyer. The cost to UUCE was \$10 per sign, so anything you would like to donate above that is greatly appreciated.

*After the fraught 2016 election Midcoaster Peter Baldwin took note when a neighbor painted over their political sign leaving a bright red heart over a stark white background. Peter says the simple symbol, "made me feel good when I drove by it." And so, he headed to his woodshop and made a few of his own. When neighbors expressed interest, he placed an order. He started selling the signs at \$10 a pop and donating the proceeds to the Wabanaki Cultural Preservation Coalition to support their effort to buy the land they had been renting.*

*Peter says he's placed several orders over the last 8 years, probably totaling around 1,000 signs. They've become a commonplace symbol of hope and community in the Midcoast-area. The effect resonates for many – seeing one "makes you feel good." They remind us that in a world that can be ugly and hateful, many of us are still unafraid to show love.*

## UUCE BUILDING MAINTENANCE

The UUCE Building Committee has installed new foaming hand soap dispensers in the bathrooms. These dispensers are refillable, much more environmentally friendly, and economical as well.

We also switched to a more sustainable and environmentally friendly toilet paper.

Thank you, Diane Hubner, for helping to get these installed.

If you have any questions about building related issues, please contact one of us!

Jeff Jeude, David Dietrich, Diane Hubner, Mike Stadler, and Ken Gleason.







# WOMEN'S DRUM CIRCLE

**Saturday, July 12**

**1:00 - 3:00 at UUCE in the Outdoor Sanctuary  
weather permitting.**

Sharing drum songs, improvisational rhythms, chants and raising energy. No prior experience needed. We have drums to share. Contact Mary Murray for more information [marydmurray@comcast.net](mailto:marydmurray@comcast.net)



## WEDNESDAY MORNING MATINS AT 8 AM



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. We hope you will come!

**Wednesday Morning Matins Zoom Invite:**

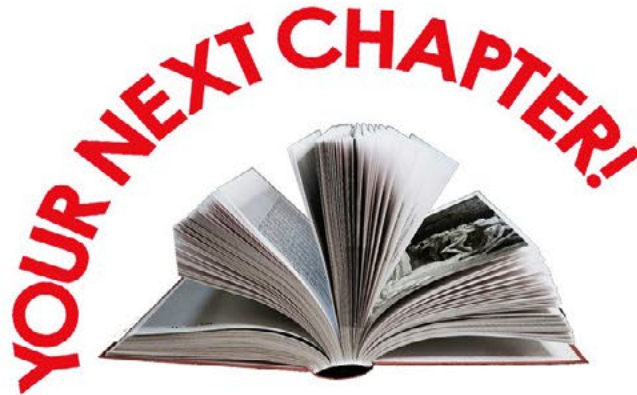
<https://uuma.zoom.us/j/96669607701>

**Meeting ID: 966 6960 7701**

**Phone: 646-876-9923**

# BOOK SALE

**SAVE THE DATE  
(AND MORE)**



**We are preparing for our newest fundraiser  
September 6th, from 9 a.m. to 2 p.m. at UUCE.**

**YOU CAN HELP:**

**Donate books to sell,  
Help sort books into categories,  
Get the word out to the community, and/or  
Work to set up and at the sale.**

**Proceeds will benefit UUCE's programs and  
services for our community as well as helping  
maintain and improve our campus.**

**To volunteer or for more information, contact:  
Jeff Jeude—emmaus117@gmail.com or 573-330-4677.  
Jill Jeude—jjeude61@gmail.com or 573-366-7788, or  
Gary Shellehamer—gleeindc@gmail.com or 202-494-3593.**



# HOW YOU HELP OUR UUCE BY PURCHASING HANNAFORD GROCERY CARDS

Hannaford grocery cards are sold every Sunday at coffee hour. We sell \$50.00, \$100.00 and \$250.00 cards. Buy your card and use it at the cash register just like a credit or debit card. No PINS, no registering, no technology issues, zero stress. Our UUCE earns 3-5% of the amount of the card purchased, depending on whether you pay by cash, check, or credit card. **Now that you can purchase grocery cards using your credit card you do not lose credit card points by participating in the program.** Participation in the grocery card program is a no-brainer for anyone who shops at Hannaford. Please stop at the grocery card table any Sunday, ask any questions you may have, and join the fund-raising fun. It's easy to incorporate Hannaford grocery cards into your weekly shopping routine!

## OUR UUCE WILL THANK YOU!!!



# CONTACT INFORMATION

<b>Church Office Administrator</b> Frankie Roth (They, Them) uuellsworth@gmail.com	<b>Children's Religious Education Coordinator</b> Charles Betancourt uuce.re@gmail.com
<b>Minister</b> Rev. Sara Hayman rev.sara.hayman@gmail.com	

## BOARD OF TRUSTEES

<b>Incoming President:</b> Jill Jeude to 2027 (573-366-7688)	<b>Incoming Vice President:</b> Jana Robinson (She/Her) to 2027
<b>Treasurer:</b> Kate O'Dell to 2026	<b>Secretary:</b> Bob Francis to 2026
<b>Trustee:</b> Tori Bell to 2026	<b>Trustee:</b> Mike Stadler to 2028
<b>Trustee:</b> Doug Bird (He/Him/His) to 2026	<b>Moderator:</b> Kay Wilkins to 2027

## COMMITTEE AND TASK FORCE CHAIRS

<b>Adult Committee on Education:</b> vacant	<b>Membership:</b> Liz True (She/Her)
<b>Aesthetics:</b> Gary Shellehamer	<b>Music:</b> Tori Bell
<b>Auction:</b> Jeff Jeude & Liz True (She, Her)	<b>NUUSletter Editor:</b> Lise Williams (She/Her)
<b>Building &amp; Maintenance:</b> Jeff Jeude	<b>Pastoral Care Ministry:</b> Kay Hansen
<b>Charitable Giving:</b> Rev. Sara Hayman	<b>Pianist:</b> Paul Kelly
<b>Choir Director:</b> Meg O'Dell	<b>Publicity:</b> Susan Opdycke
<b>Collaborative Ministry:</b> inactive at this time	<b>Children's Religious Education:</b> Charles Betancourt
<b>Committee on Ministry:</b> Karen Volckhausen	<b>Small Group Ministry:</b> Mary Murray
<b>Cookie Walk:</b> Kate O'Dell	<b>Stewardship:</b> Doug Bird (He/Him/His)
<b>Eggroll Project Volunteer Coordinator:</b> Mary Murray	<b>Ushers:</b> Beth Pepper (She/Her)
<b>Ferry Beach Coordinator:</b> Anne Ossanna (She/Her/Hers)	<b>Technology Coordinator:</b> vacant
<b>Fiscal Matters:</b> Kate O'Dell & Bob Francis	<b>Wayside Pulpit:</b> Nancy Guy
<b>Flower Ministry:</b> Linda Tarlow	<b>Website:</b> Suzanne Aubrey (She/Her)
<b>History/Archives:</b> Wayne Smith	<b>Worship Arts:</b> Marta Rieman (She/Her/Hers)
<b>Hospitality Ministry Coordinator:</b> Anne Ossanna (She/Her/Hers)	<b>Yard Sale:</b> Jeff Jeude & CJ Lammers
<b>Justice Ministry:</b> Barb Acosta (She/Her/Ella) & Jana Robinson (She/Her)	<b>Youth Advisor:</b> vacant
<b>Landscaping and Grounds:</b> Bronwen Day	



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



Newsletter of the  
**Unitarian Universalist Church of Ellsworth**

207-667-4393 [www.uuellsworth.org](http://www.uuellsworth.org)

**JULY 2025**

Vol. 57, No. 7

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.