

NUUS

COURAGE

October, 2026 • Vol. 59, No. 4

OCTOBER MULTI-PLATFORM SERVICES

Sunday, October 4, multi-platform service, 10:30 am: “...the ones with the lantern we need”

Rev. Sara Hayman, *Worship Leader* • Karen Volkhuasen, *Worship Associate*

Courage is sometimes quiet. It's the humble, simple gesture that communicates you are here, present with another even if words fail you. Courage is choosing to love even as your heart is breaking. Courage is made real in the ways you try to build bridges between us. Come explore the myriad ways embodying courage requires getting better practiced at living a more robust and courageous love.

10/4 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/5157959121?omn=97126018386>

Meeting ID: 515 795 9121 / Phone: 646-558-8656

2nd Quarter Plate Split to benefit ACLU of Maine • Special Music Today with Chelsea Berry!

• **RE Class for Youngest with Charles & Sacred Seats Journals in worship for teens**

• **First Sunday of the month potluck—Thank ou Pastoral Care Ministry Members for hosting!**

• **UUCE Work Party after potluck—All are welcome & appreciated!**

Sunday, October 11, multi-platform service, 10:30 am: Members of UUCE's Wabanaki Solidarity & Reparations Ministry Are Leading Worship Today with Rev. Sara!

What does it mean to actively choose to be in solidarity with our Wabanaki neighbors? How does solidarity unlock our deepest courage? In this service, we invite you to be curious about how we can change and subsequently help change the world through our everyday choices to show up and be together.

10/11 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/5157959121?omn=97126018386>

Meeting ID: 515 795 9121 / Phone: 646-558-8656

Choir Practice 9am • Listening Circle after worship—12:15-1:45pm • RE Class for youngest with Charles & Sacred Seats Journals in worship with teens

Sunday, October 18, multi-platform service, 10:30 am: Soy Valiente Porque Somos Valiente (I Am Brave Because We Are Brave)

Rev. Sara Hayman, *Worship Leader* • Kay Wilkins, *Worship Associate*

Cornel West writes, “We need the courage to question the powers that be, the courage to be impatient with evil and patient with people, the courage to fight for social justice. In many instances we will be stepping out on nothing, and just hoping to land on something. But that's the struggle. To live is to wrestle with despair, yet never allow despair to have the last word.” How are we, as individuals and as members & friends of this UU congregation, rooting ourselves in courageous love to actively participate in creating more justice in the world?

10/18 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/5157959121?omn=97126018386>

Meeting ID: 515 795 9121 / Phone: 646-558-8656

RE Class for youngest with Charles & Sacred Seats Journals in worship with teens
• **Fall Congregational Meeting at 12:15pm – in-person & on ZOOM!**

Sunday, October 25, multi-platform service, 10:30 am: When Samson Met Hercules

Rev. Mark Worth, *Guest Worship Leader* • Candace Hubbard, *Worship Associate*

This Sunday, Rev. Mark Worth invites us to learn more about our Unitarian history with his sermon about the time “When Samson Met Hercules,” or how Methodist Sunday School convinced him religion ought to make sense. Mark Worth is one of our two Emeritus Ministers. After previous careers as a natural food store owner and history teacher, he was ordained 35 years ago. He served our church 1991-2006, and served churches in Castine, Maine, and Westborough and Harvard, Massachusetts. He represented Ellsworth and Waltham 2022-2024 in the Maine State House of Representatives. We are honored and delighted to have him lead worship today!

10/25 Worship Service Zoom Meeting: <https://uuma.zoom.us/j/5157959121?omn=97126018386>

Meeting ID: 515 795 9121 / Phone: 646-558-8656

Choir Prctice at 9am & Singing in Worship! • RE Class for youngest with Charles & Sacred Seats Journals in worship with teens

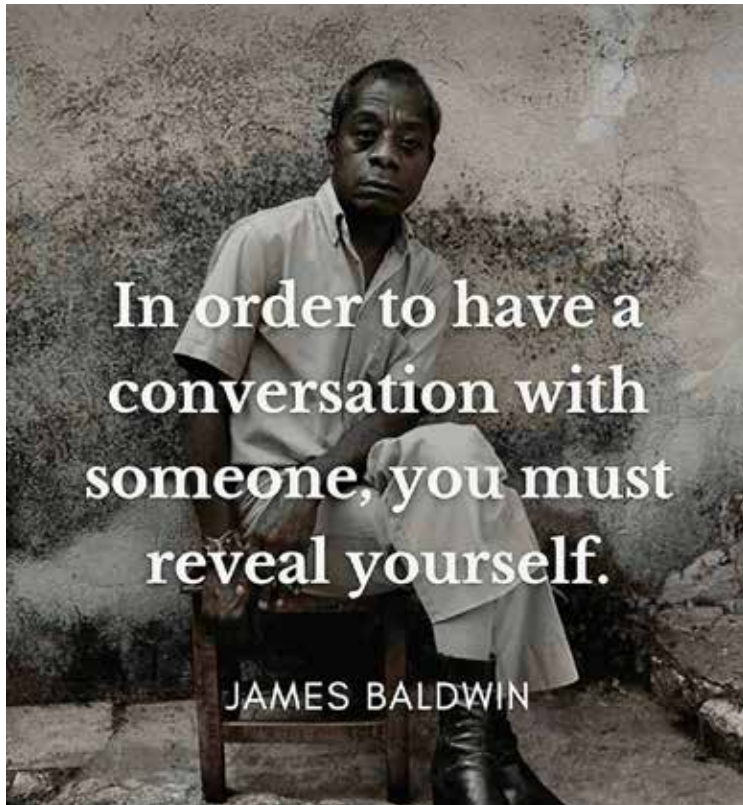
New to UU Classes

Three Thursday Evening Sessions of New to UU will be held October 8, October 29 and November 5th from 6:30-8pm at UUCE.

Rev. Sara Hayman & Jeff Jeude, UUCE's Associate Lay Minister will be facilitating.

In a conversation-based class, we'll get to know one another, talk about Unitarian Universalism, and reflect on some readings from the book *Fluent in Faith: A Unitarian Universalist Embrace of Religious Language* by Jeanne Harrison-Nieuwejaar. This is a book Sara & Jeff read last year with two groups of newer folks that was well-received and proved to be helpful when it comes to inviting UUs to talk about our faith.

For more information, please contact Rev. Sara or Jeff. Register to participate by emailing your name and contact info to our Administrator Shauna at uucellsworth@gmail.com.



Small Group Ministry

UUCE's Small Groups meet September through June for 2 hours a month. There are afternoon or evening meetings, in-person, or via Zoom. You can still join a small group and participate in the discussions.

Small Groups are facilitated, and during their time together, members share their experiences and views on thought-provoking topics that follow the church's monthly theme.

Contact Mary Murray at marydmurray@comcast.net or (239) 699-0150 phone or text to learn more about UUCE's Small Group Ministry.



All are welcome to come and be part of this 1/2 hour weekly, contemplative gathering. With music, poetry, readings, silence, and space for people to share their wisdom, we companion each other with love and gratitude into the day.

Come, be nourished in this loving circle on Wednesdays, from 8-8:30am.

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

Meeting ID: 966 6960 770

Phone: 646-876-9923



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

Addendum to 2026 UUCE Directory

Lynne Poletto:

207-610-4649

lynnepoletto@gmail.com

Don Hutchinson:

207-291-7967

Dusty Bailey:

email should be 2dustyab@gmail.com

Mac McDonald:

email should be Reflexmemac57@gmail.com

Anne & Lance Funderburk

15 Piper Rd. C204

Scarborough, Maine 04074

207-885-4204

Nancy Guy:

email is nlbguy63@gmail.com

Ministry Matters

Hello, Beloveds.

♥ Welcome to your **October NUUS!** We are so glad you're here!

We hope you'll come to worship on Sundays at 10:30am in person or on ZOOM.

We also hope you know you are most welcome to participate in all aspects of congregational life.

On Sunday October 4th, come to church early and be a part of the new **Buddhist book discussion group** that Chris Bowman is leading. (For more info see below). After worship and first-Sunday potluck on 10/4, please join us in a UUCE Work Party that will happen both inside the building and outside on our campus grounds. Together, we'll help bring more of our gorgeous new Memorial Garden to life. I am so moved by all the love and work that's creating this new beautiful and contemplative space where we'll be able to gather.

On Saturday, October 10th at 1pm at church, you are welcome to come be a part of the **Celebration of Life & Memorial Reception for UUCE member Annette Bassett** who died at the age of 89 in August. Many thanks to Pastoral Care Ministry Chair Kay Hansen who is helping to host the reception. ♥

On Sunday, October 11th, come be part of a worship service that invites you to ponder what being in **solidarity with our Wabanaki** neighbors looks like and asks of us. After worship, plan to participate in the monthly **Listening Circle** that Lynne Poletto facilitates. This is an intimate space where there's more time to offer your sacred sharing and practice listening more deeply to others, too.

If you're interested in learning more about Unitarian Universalism and our particular congregation, please come and participate in our three session **"New to UU"** Class that begins on Thursday, October 8th from 6:30-8pm in person at church. Rev. Sara & Jeff Jeude, Associate Lay Minister, look forward to facilitating this conversation-based class and inviting folks to get to know each other better, too. Register with an email to Shauna in the office at uucellsworth@gmail.com.

On Sunday, October 18th after worship, come be part of the **Fall Congregational Meeting** and exercise your right and responsibility as members & friends of our congregation. This year, members will be voting to update our church bylaws (See page 12).

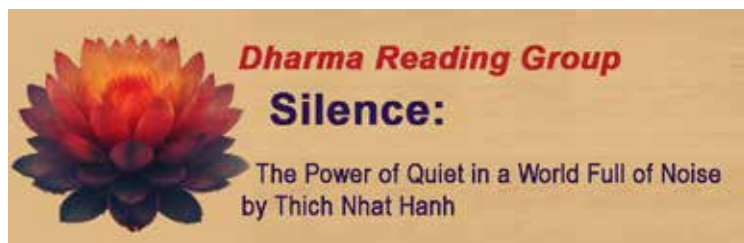


Come visit with friends and get to know more folk in our congregation at the October **"Food, Fun & Fellowship"** potluck luncheon at church on Thursday, October 29th from 11am-1pm!

There are so many ways to be a part of community-building at UUCE that we also hope will help fill you up and lift your spirits. ♥ Thank you for being part of the loving web of friendship, care, service & learning that we create together.

With love and gratitude,
Rev. Sara

Links to Rev. Sara's two-part October Ministry Matters Videos: <https://vimeo.com/869840968>
<https://vimeo.com/756596219>



A book discussion group begins Sunday, October 4. We will be reading: **Silence: The Power of Quiet in a World Full of Noise**, by Thich Nhat Hanh. In this book, TNH combines stories, wisdom and mindfulness techniques to guide us in cultivating calmness in our everyday lives.

We will be meeting twice each month, for 1 hour (schedule below). If you do not have the book in time, you can find the audiobook on Spotify.

Reading Schedule:

October 4 @ 9:15-10:15

Oct 11 @ 11:45-12:45 (feel free to bring snacks from coffee hour or a bag lunch)

Nov 1 @ 9:15-10:15

Nov 15 @ 11:45-12:45

Dec 6 @ 9:15-10:15

Jan 3 @ 9:15-10:15

Jan 10 @ 11:45-12:45

For our first meeting, please read the intro and chapter 1.

I will also send out some questions that we all can ponder.

Please contact Chris Bowman ccs9762@aol.com, if you are interested, and, for more details.

UUCE BOARD PRESIDENT



Dear Friends,

October in Maine brings so many reminders of change—the brilliant leaves, cooler days, and the quickly fading daylight.

I am continually grateful for our church community and for the many ways each of you contributes to it. Whether you serve on a committee, help with Sunday services,

volunteer at an event, welcome a newcomer, lend a hand when something needs to be done, or simply show up and share your presence, you are an important part of who we are.

This month, I especially hope you will join us for our **Congregational Meeting on Sunday, October 18 at 12:15 p.m.** Our congregational meetings are one of the ways we live our UU values—sharing responsibility for our church, listening to one another, and making decisions together. Your voice and participation matter.

As we move through this beautiful season, I hope we can each find ways to stay connected, care for one another, and continue building the welcoming and vibrant community we want our church to be.

Enjoy the beauty of October, and I hope to see you on the 18th!

With gratitude,

Jill Jeude



UUCE RELIGIOUS EXPLORATION COORDINATOR

Hello Congregants and Friends,

The Practice of Courage

Courage is a funny thing.

We often imagine it loudly. We picture heroes standing against impossible odds, voices raised against injustice, or people running toward danger while everyone else runs away. And certainly, courage can look like that. But most of the courage I encounter doesn't roar.



Sometimes courage sounds like, "I don't understand. Can you help me?" Sometimes it sounds like, "I was wrong." It can mean speaking when everyone else has gone quiet, or listening when every part of you wants to speak. Courage is not the absence of fear. Courage is deciding that something else matters more.

Throughout October, our Religious Exploration programming will explore courage in several different ways. Our younger cohort will encounter the Golden Rule and the stories and traditions surrounding Elijah and the Seder. Together, we will wrestle with some very old questions that remain remarkably relevant: How do we treat one another? How do we remember where we came from? How do we listen for voices beyond our own? What do we do when doing what is right is not necessarily what is easy?

Even something as familiar as the Golden Rule requires courage. Treating others as we would want to be treated asks us to step outside ourselves and recognize that another person's needs, experiences, fears, and joys are just as real as our own. Sometimes kindness is easy. Sometimes kindness requires us to be brave.

Our older youth will be practicing courage in another way. After the Time for All Ages, our younger children will head to their RE programming, and something new will happen in the sanctuary: Kids Corner becomes Teen Takeover.

Our youth ages ten and older are invited to claim that space as their own. There they can listen, journal, doodle, question, agree, disagree, and begin discovering what worship and Unitarian Universalism mean to them. Growing up requires courage. Finding your own voice requires courage. Discovering what you believe—and sometimes discovering that you aren't quite sure yet—requires courage.



Community Kirtan This devotional practice meets the 2nd Thursday of each month from 6:30-8pm, in the Unitarian Universalist Church of Ellsworth sanctuary at 121 Bucksport Rd, Ellsworth, ME. Join us in chanting the names of the divine & singing sacred songs. Open to all. Bring your instruments & friends! The next gathering is Oct. 8. Suggested donation is asked: \$2-\$5 for church rental. For more information, contact Eileen at 207-441-2185 or eileen.mielenhausen@gmail.com.

Perhaps one of the greatest gifts we can offer our children is not a world where they never have to be afraid, uncertain, or uncomfortable. Perhaps it is a community where they can practice being brave before the world demands bravery from them: a place where questions are welcome, mistakes can become lessons, and they know they do not have to walk alone.

This October, may we recognize the courage happening all around us—in our children, in our community, and in ourselves. We don't have to be fearless. We simply have to decide what matters enough to take the next step.

Bright blessings,

Charles A Betancourt



UUCE Presents: Sacred Seats

This year, our youth ages ten and older are invited to become more intentionally involved in our worship services. A dedicated seating area will provide coloring materials, space for writing, and journal prompts connected to the service and its themes.

If you have any questions, comments, or concerns, please feel free to reach out to our REC Charles A Betancourt at uucer@gmail.com or Rev Sara at rev.sara.hayman@gmail.com



October RE

OCTOBER 4 — THE GIFT OF FORGIVENESS

CHILDREN WILL HEAR THE PRINCE AND THE RHINOCEROS, A STORY ABOUT BROKEN TRUST, APOLOGY, AND FORGIVENESS. THEY WILL EXPLORE EMOTIONS THROUGH “FORGIVING FACES,” DISCUSS WHAT HAPPENS WHEN A COVENANT IS BROKEN.

- CORE ACTIVITIES: STORY, EMOTIONAL-EXPRESSION ACTIVITY
- OPTIONAL CRAFT: DOVES OF FORGIVENESS

OCTOBER 11 — THE GIFT OF KINDNESS

CHILDREN WILL HEAR “THE VERY SHORT RULE” AND EXPLORE THE GOLDEN RULE AS IT APPEARS ACROSS FAITH TRADITIONS. THEY WILL MAKE THEIR OWN GOLDEN RULERS, PRACTICE RESPONDING TO EVERYDAY SITUATIONS THROUGH KINDNESS

- CORE ACTIVITIES: STORY, ROLE-PLAY, AND GOLDEN RULER CRAFT

OCTOBER 25 — THE GIFT OF INVITATION

CHILDREN WILL HEAR GRANDMOTHER’S LESSON, EXPLORE WORDS AND GESTURES THAT COMMUNICATE WELCOME, AND SING “PEACE, SALAAM, SHALOM.” THEY WILL CREATE INVITATION COLLAGES SHOWING THE MANY PEOPLE, PLACES, AND WAYS THROUGH WHICH WE CAN INVITE OTHERS INTO COMMUNITY.

- CORE ACTIVITIES: STORY, WELCOME-WORD ACTIVITY, AND INVITATION COLLAGE



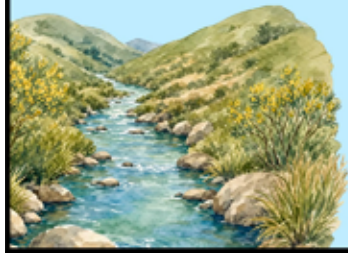
Tears In the River

WATER AFTER RITUAL

We are looking for poems, essays, letters, artwork, prayers, or short reflections about the tears you have carried. These pieces might emerge from grief, but also from joy, anger, pain, relief, laughter, wonder, exhaustion, healing, or transformation. Contributions could be long or short, polished or unfinished, and shared either by name or anonymously.

We are hoping this will be a
continuation of Water
Communion.

Come and tell your stories.
Come and form connection.
Come swim with us in the river.
Share your visions with
Charles Betancourt at
uucere@gmail.com



AESTHETICS COMMITTEE

The Aesthetics Committee deals with the decorating of our church. This involves often working with other committees such as Building, Safety, and Landscape and Grounds.

Working with the board, the committee started a "Name the Room" solicitation. As time has passed, many of the signs outside of rooms in the RE wing have been moved or the use of the room has been changed. To help new (and long-time) members and friends, the rooms will soon have new signs, and your suggestions are welcome. Contact Gary Shellehamer via (email gleeindc@gmail.com) or text 1-202-494-3593), indicating your ideas for name(s) and for which room(s) you are suggesting they be used. Aesthetics will then compile the suggestions and make recommendations to the board as well as installing signs.

Sing with the UUCE Choir

People of all ages & abilities are welcome join of the choir when it resumes again in late August after their July and beginning of August break. Come practice with us on Sunday mornings at 9am before worship and be a part of this soul-nourishing singing community led by Meg O'Dell, our choir director!

If you have questions, feel free to reach out to **Rev. Sara** (rev.sara.hayman@gmail.com) or **Meg O'Dell** (meg.odell.kelly@gmail.com).

The Next Choir Practice is at 9am on Sunday, October 11th & Practice & Sing in Worship on Sunday, October 25th!

We hope to have a new Music Committee Chair who will send out reminders in the fall. Maybe YOU would like to be that person!



In the meantime, here are the 2026/27 UUCE Choir Dates to get on your calendar now!

October: The Practice of COURAGE
October 11th AND October 25th

November: The Practice of HEALING
November 8th AND November 22nd
(Sunday before Thanksgiving)

December: The Practice of AWE
December 5th AND December 20th
(Multi-gen Service re: Winter Solstice)

January: The Practice of THRESHOLDS
January 17th AND January 31st

February: The Practice of COMMITMENT
TO BE DETERMINED

March: The Practice of BALANCE
March 14th AND March 28th
(Easter & Multi-gen Service)

April: The Practice of EMERGENCE
April 11th AND April 26th

May: The Practice of PLAY
May 2nd AND May 16th

June: The practice of HORIZONS
June 6th AND June 13th
(Flower Ceremony Sunday)

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

-James Vila Blake, 1894



UUCE JUSTICE MINISTRY

“Think about it: virtually every atrocity in the history of humankind was enabled by a populace that turned away from a reality that seemed too painful to face, while virtually every revolution for peace and justice has been made possibly by a group of people who chose to bear witness and demanded that others bear witness as well.”

—Melanie Joy

Local Mutual Aid-Immediate Needs

Community Closet 207 330 Water St. in Ellsworth: “We still need tents and tarps - local agencies continue to send people here for necessary items, such as tents, tarps and sleeping bags, because the needs are so many. These folks need everything from tampons to food, a place to sleep, a way to stay warm”. Please join the Justice Ministry in their efforts to collect needed items. There is a box in the community room for donations of all the items that people experiencing homelessness might need. Or you can drop off items directly at Community Closet at 330 Water Street.

UUCE Food bank is continuously being monitored and restocked as needed. Please feel free to help yourself for whatever you might need, or to share with a neighbor who has needs.

Invitation to hear Bishop Budde, Oct 8, Portland. The Maine Council of Churches invites you to a special evening with Bishop Mariann Budde on Thursday, October 8 at 7pm at Merrill Auditorium in Portland. This gathering is an opportunity for people of all backgrounds to come together and learn how to be brave, stand for justice, speak truth to power, and seek mercy for our most vulnerable and marginalized neighbors. Information and Tickets \$56. Proceeds benefit the Maine Council of Churches, a coalition of denominations that speaks with a prophetic voice calling people to help build a more just, compassionate, and peaceful world.

Events

Indigenous Peoples' Day Film Festival. Sun., Oct 11, 1:30-7:30 pm, 120 Park St, Bangor. Donations welcomed.

Ellsworth NO Kings Rally, Sat. 10/17, noon-1:30 pm Theme is focused on voting, making your voice heard. Vote your values. VOTE. Vote early.

Black Box Tour, Bath, NOW Sun. 10/18, 9 am-4 pm. Come for a daylong journey through Bath, Maine, the City of Ships and walk just under three miles from the North End Boat Launch to Maine Maritime Museum, encountering the Kennebec as Wabanaki homeland and a living ecosystem, recenter Black and Wabanaki maritime histories too often left outside the frame, and trace Bath's connections to colonization, slavery and Atlantic commerce, migration, labor, industrialization,

ecological change, resistance, and community. For information. Please reach out if you'd like to go and might be willing to have someone ride with you. At present, one member has indicated she would like to attend, needs transportation.

UUA-Side with Love activities

The Gathering- This is a monthly virtual event, a space to strengthen your spirit, make sense of the political moment, and take meaningful action alongside Unitarian Universalists and justice-seekers across the country. Second Mon of every month.

Tending Soil. Tending SOIL is Side with Love's 6-month leadership program to support congregational justice teams in building their capacity to faithfully and strategically engage in the transformation of the world through liberating Love. Starts in Jan. 2027. A 2nd introductory webinar is on Nov. 15. Deadline for signing up is Nov. 20. If interested, contact Barb Acosta.

Indigenous Peoples' Day Film Festival

featuring Sunlight Media Collective

Featured Films

October

- The Penobscot Ancestral River, Contested Territory

11th

- Environmental Justice: An Age Old Saga. Penobscot Nation Takes a Stand Against Juniper Ridge Landfill

1:30-7:30

- Court Hearing on Environmental Justice and Juniper Ridge Landfill Expansion

120 Park St

- Salmon Restoration on The Penobscot River
- AI Data Center Proposed in Passamaquoddy Bay: Eastport & Sipayik Communities Push Back

Bangor, ME

- (Our Land) - #IsLandBack in Passamaquoddy Territory

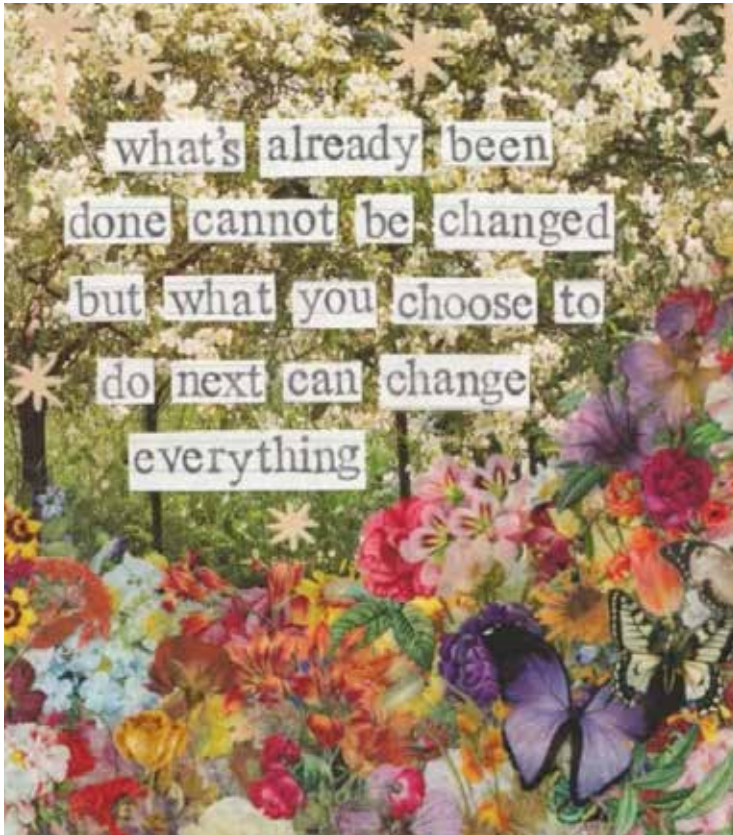
- Homeland: Four Portraits of Native Action





SIDE WITH LOVE

<https://www.sidewithlove.org/>



Trainings and past recordings, organizing, summoning courage, combatting fascism.

Maine Council of Churches—"Our Voice, Our Vote, 2026." Download the non-partisan voter empowerment guide: <https://mainecouncilofchurches.org/2026/09/our-voice-our-vote-2026/>

Know Your Rights ACLU- ACLU information about rights at the polls. Know your voting rights. <https://www.aclu.org/know-your-rights/voting-rights> and Federal agents at the polls- <https://www.aclumaine.org/know-your-rights/federal-agents-at-the-polls/>

Maine's ICE Watch Hotline, call 207-544-9989

Lighthouse ME is a statewide platform where Mainers can find trusted information, connect to resources, explore the data, and understand the issues communities are facing in Maine. <https://lighthouseme.org/>

Statewide Action Calendar, Activate Maine- <https://www.activatemaine.com/calendar>

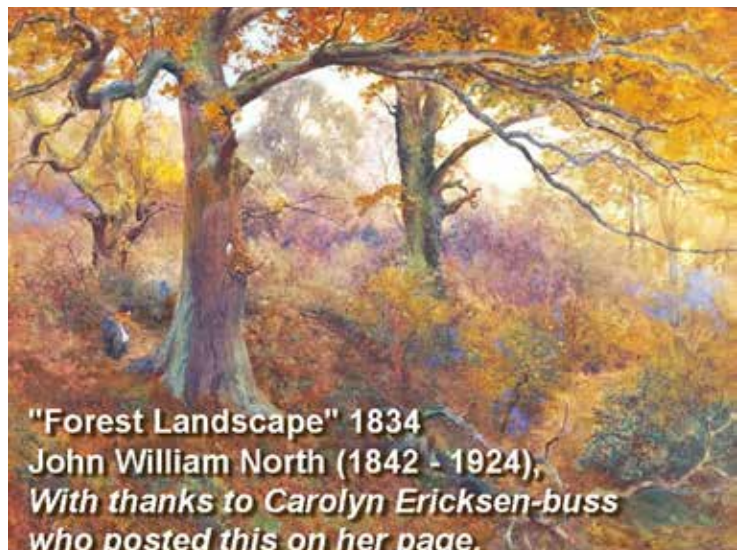
Justice Ministry works to engage our congregation in living justice into the world. Grounded in our UU values, we seek through local action to build the world in which we want to live. Current areas of work include mutual aid and advocacy for democracy, human rights, and indigenous justice. All are welcome to participate. Justice Ministry meets the third Sunday of each month. Contact Barb JustUus835 @ abine.us or Jana: janasmith.robinson @ outlook.com.

Wabanaki Solidarity & Reparations Ministry
To carry out UUCE's commitment toward solidarity with our Wabanaki neighbors, WSRM works to form relationships with Wabanaki organizations, to offer educational opportunities for the congregation around indigenous reparations, and to discern ways to hold ourselves accountable for ongoing harms through reparative and restorative actions. For more information contact [Barb JustUus835 @ abine.us](mailto:BarbJustUus835@abine.us).

Interfaith Alliance NO Kings 3 Training:
https://www.youtube.com/watch?v=Nb_YMjqJzBM1.32.09

Interfaith Nonviolent Civil Resistance Training 101
https://www.youtube.com/watch?v=Io_ubwg-HpY1.36.23

Interfaith Nonviolent Civil Resistance 201 Answering the Call
<https://www.youtube.com/watch?v=7AzmKbAodbs1.36.12>



UUCE

OCTOBER 2026 CALENDAR

Date	Day	Time	Event
1	Th	5-7:30pm	Nihkaniyane-Let's Go Forward Together: Wabanaki Alliance annual celebration & fundraiser, at Smith Center at Wolfe's Neck Center, 180 Burnett Rd. in Freeport, ME
4	Su	9:30-10:15am 9:15-10:15am 10:30am after service	Meditation: Jeff's Office in RE Wing Dhama Reading Group: <i>Silence: The Power of Quiet in a World Full of Noise</i> , by Thich Nhat Hanh Multi-platform Service: <i>The ones with the lanterns we need</i> Zoom Meeting: https://uuma.zoom.us/j/5157959121?omn=97126018386 , Meeting ID: 515 795 9121 / Phone: 646-558-8656 RE: <i>Forgiveness</i> and <i>Sacred Seat Journals</i> Potluck Sunday
7	W	8-8:30am	Matins on Zoom: https://uuma.zoom.us/j/96669607701#success Meeting ID: 966 6960 770 Phone: 646-876-9923
8	Th	4-6pm 6:30-8pm 6:30-8pm 7 pm	UUCE Board Meeting New to UU Class at UUCE Community Kirtan devotional practice with chanting, drums, and singing; at UUCE Bishop M. Buttle , Portland, see Justice Ministry section for more information
10	S	1pm	Celebration of Life of Annette Barnett at UUCE
11	Su	9am 9:30-10:15am 10:30am 11:45am-12:45pm 12:15am-1:45pm 1-7:30pm	Choir practice Meditation: Jeff's Office in RE Wing Multi-generational & Multi-platform Service: <i>Wabanaki Solidarity & Reparations</i> Zoom Meeting: https://uuma.zoom.us/j/5157959121?omn=97126018386 , Meeting ID: 515 795 9121 / Phone: 646-558-8656 RE: <i>Kindness</i> and <i>Sacred Seat Journals</i> Dhama Reading Group: <i>Silence: The Power of Quiet in a World Full of Noise</i> , by Thich Nhat Hanh Listening Circle facilitated by Lynn Poletto Indigenous People's Day Festival, Bangor, see Justice Ministry section for more information
14	W	8-8:30am	Matins on Zoom: https://uuma.zoom.us/j/96669607701#success Meeting ID: 966 6960 770 Phone: 646-876-9923
17	S	noon-1:30pm	No Kings Rally , Ellsworth, see Justice Ministry section for more information
18	Su	8-8:30am 9am-4pm 10:30am Begins at 12:15pm	Meditation: Jeff's Office in RE Wing Black Box Tour , Bath see Justice Ministry section for more information Multi-platform Service: <i>Soy Valiente Porque Somos Valiente (I Am Brave Because We Are Brave)</i> Zoom Meeting: https://uuma.zoom.us/j/5157959121?omn=97126018386 , Meeting ID: 515 795 9121 / Phone: 646-558-8656 Congregational Meeting: <i>ByLaws Review and other business</i>
21	W	8-8:30am	Matins on Zoom: https://uuma.zoom.us/j/96669607701#success Meeting ID: 966 6960 770 Phone: 646-876-9923
25	Su	9:30-10:15am 9am 10:30am	Meditation: Jeff's Office in RE Wing Choir practice/sing Multi-platform Service: <i>When Samson Met Hercules</i> , Rev. Mark Worth guest worship leader Zoom Meeting: https://uuma.zoom.us/j/5157959121?omn=97126018386 , Meeting ID: 515 795 9121 / Phone: 646-558-8656
28	W	8-8:30am	Matins on Zoom: https://uuma.zoom.us/j/96669607701#success Meeting ID: 966 6960 770 Phone: 646-876-992
29	Th	11am-1pm 6:30-8pm	Food, Fun, and Fellowship potluck at UUCE New to UU class at UUCE

To have events posted in the calendar, please provide the date, day, time and brief event information (and if online the Zoom link information). Items must be submitted on or before the due date for NUUS submissions listed with the previous month's calendar. Thank you.



UUCE CALENDAR, CONTINUED

Upcoming gatherings and events:

Dharma Reading Group:

Nov 1 @ 9:15-10:15am
Nov 15 @ 11:45-12:45
Dec 6 @ 9:15-10:15
Jan 3 @ 9:15-10:15
Jan 10 @ 11:45-12:45

UUCE Congregational Meeting: January 31, 2027

UUCE Congregational Meeting: May 23, 2027

Board of Trustees Meetings: 4-6pm

10/8, 1/12, 12/10, 1/21, 2/11, 3/11, 4/8, 5/13, 6/10

November NUUS deadline for submissions:

10/25/26

UUCE 2026-27 Soul Matters Topics

September: The Practice of BEGINNINGS

October: The Practice of COURAGE

November: The Practice of HEALING

December: The Practice of AWE

January: The Practice of THRESHOLDS

February: The Practice of COMMITMENT

March: The Practice of BALANCE

April: The Practice of EMERGENCE

May: The Practice of PLAY

June: The Practice of HORIZONS



HOW YOU HELP OUR UUCE BY PURCHASING HANNAFORD GROCERY CARDS

Hannaford grocery cards are sold every Sunday at coffee hour. We sell \$25.00, \$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!!!




WOMEN'S DRUM CIRCLE

OCTOBER 17th

1 p.m.

In the UUCE Sanctuary.
Sharing drum songs,
improvisational rhythms,
chants, and raising energy.
No prior experience needed.
We have drums to share.
Please contact Mary Murray
for more information:
marydmurry@comcast.net.




UUCE BYLAWS

Our UUCE bylaws require a periodic review every five years. The board has set up a task force to undertake that review this year, with the charge that any revisions needed will be brought to the attention of the congregation for discussion and a member's vote at our **Fall Congregational Meeting scheduled for October 18, 2026.**

Bylaws can be found on the UUCE website under the members drop down menu.

<https://uuellsworth.org/about/bylaws/>

Please direct any questions or suggestions to one or all of the bylaws task force members:

Jana Smith: janasmith.robinson@outlook.com;

Kate O'Dell: treasurer.UUCE@gmail.com;

Bob Francis: bofmcs@aol.com.

Happy October

Birthdays!

October 02 Sarah Rauber

October 03 Charlotte Young

October 10 Rose Marie Pepper

October 12 Jim Baranski

October 19 John Fink

October 21 Bryce Smith



Photo of cosmos: [nearlynatural.org](https://www.nearlynatural.org)

October 24 Jill Jeude

October 25 Eileen Mielenhausen

October 25 Ken Hansen

October 26 Abigail Cossete

October 28 Rev Charles Stephens

October 31 Cecily Judd



Photo of opal: [artofit.org](https://www.artofit.org)



CONTACT INFORMATION

Unitarian Universalist Church of Ellsworth
121 Bucksport Rd., Ellsworth, ME 04605
(207) 667-4393
uucellsworth@gmail.com
<https://uucellsworth.org/>



Minister..... Rev. Sara Hayman
sara@uucellsworth.org 207-610-2872
Associate Lay Minister Jeff Jeude
layministeruuce@gmail.com
Community Minister Vanessa Titang
vanessa.titang@gmail.com

Children's Religious
Exploration Coordinator Charles Betancourt
uuce.re@gmail.com
Church Administrator Shauna Esposito
uucellsworth@gmail.com

BOARD OF TRUSTEES

President..... Jill Jeude
573-366-7688
Treasurer Kate O'Dell
Vice President..... Jana Robinson (She,Her)
573-366-7688
Secretary Bob Francis

Trustee Mike Stadler
Trustee Kathy Hall
Trustee Gary Shellehamer
Moderator Kay Wilkins

COMMITTEE AND TASK FORCE COORDINATORS OR CHAIRS

Adult Committee on Education: vacant	Membership: Linda Tarlow
Aesthetics: Gary Shellehamer (he, him, his)	NUUS Editor & Designer: Gary Shellehamer (he, him, his)
Auction: Jeff Jeude & Liz True (she, her)	Pastoral Care Ministry: Kay Hansen
Book Sale: Jill Jeude & Gary Shellehamer (he, him, his)	Pianist: Paul Kelly
Building & Maintenance: David Dietrich	Potluck Coordinator: Anne Ossanna (she/her/hers)
Charitable Giving: Rev. Sara Hayman	Publicity: Susan Opdycke
Choir Director: Meg O'Dell	Safety: vacant
Collaborative Ministry: inactive at this time	Small Group Ministry: Mary Murray
Committee on Ministry: Liz True	Stewardship: Doug Bird (he/him/his)
Eggroll Project Volunteer Coordinator: Mary Murray	Technology Coordinator: vacant
Fiscal Matters: Kate O'Dell & Bob Francis	Ushers: Beth Pepper (she/her)
Flower Ministry: Linda Tarlow	Wayside Pulpit: Nancy Guy
History/Archives: Wayne Smith	Website: Suzanne Aubrey (she/her)
Hospitality Ministry Coordinator: Susan Opdycke	Worship Arts: Marta Rieman (she/her/hers)
Justice Ministry: Barb Acosta (she/her/ella) & Jana Robinson (she/her)	Yard Sale: CJ Lammers & Diane Hubner
Landscape & Grounds: Bronwen Day	Youth Advisor: vacant
Music: vacant	

If you are interested in joining a UUCE committee, please reach out to the coordinator or chair. Currently, UUCE is searching for leaders for the vacancies in Music, Safety, Technology, & Youth Advisor, and a replacement leader for Aesthetics. *Thank you!*

The Listening Circle

Co-Creating a Sacred Space
for Listening and Sharing

Second Sundays
12:15–1:45 p.m.
Meditation Room

Sunday, October 11
Facilitated by Lynne Poletto



The Listening Circle is a monthly gathering for anyone longing for a little more breathing space - a place to slow down, listen and be heard with care and compassion.

Together we'll create a space where we can share what is in our hearts, listen without trying to fix or advise, and make room for the full range of our human experience - our joys, sorrows, uncertainties, wonderings and more.

Inspired by the spirit of Sacred Sharing, **The Listening Circle** offers a little more space to breathe together.

You are welcome to share, to listen, or simply to be quietly present.

Whether you come once or every month, for a few minutes or the full gathering - whatever brings you, however you are coming - you are warmly welcome.

If you'd like to join us, **simply come**, or feel free to reach out with any questions to Lynne Poletto, 207-610-4649, lynnepoletto@gmail.com.

Deepening our community's connections!

The Sacred Descent: Inanna, the Seven Gates & the Journey Within

Sat., Oct. 3 from 3-8 pm
The Fae Forest, Mariaville, Me

Join us, Pamela & Eileen, as we facilitate an immersive one-day forest workshop inspired by the ancient story of Inanna's Descent into the Underworld—a sacred journey of surrender, release, awakening, and transformation.

Through a sacred circle of narrative, together we will:

- Journey through Inanna's 7 Gateways & discover their connection to the 7 Chakras
- Uncover your personal myth through symbolism, creative prompts & transformational exercises through storytelling & exploration of Inanna's myth
- Experience an intuitively guided live Soundscape to embody your descent
- Share, release & connect within the power of community
- Honor the Goddess & your journey through a powerful closing drumming circle
- Nourish body and spirit with a delicious meal (vegan & gluten-free options)

Property Host & Meal provided by: Lena Ramsay

Registration
Required

10 Spaces Available!

Suggested
Offering
\$25-50

Scan QR code to register



For more info contact: Pamela
templeofsophia369@gmail.com



Pamela Vaillant offers oracle readings, chakra healing sessions, facilitates workshops & classes focusing on spiritual guidance & conscious living.



Eileen Mielenhausen offers sound bath meditations, drum & song circles, community kirtans, ceremonies, Reiki and more!

Come willing to descend into the depths of your own story.
Leave with the possibility of seeing yourself—and your path—transformed.
The Underworld is not the end.
It is where transformation begins.

Staying Connected with Ourselves & Others when Division Is Present

Are you tired of:

- Political conversations that seem to go nowhere?
- Watching divides within families, communities, and our country continue to widen?
- “Agreeing to disagree” – or avoiding conversations altogether – when something really matters to you?

Would you like to explore another way – one that might open more space for connection, understanding, and possibility?

If so, please consider joining our learning group here at **UUCE** as we explore:

Depolarize This: Finding Voice and Connection within Polarization

8, 2-hour Zoom sessions: Nov. 8, 15, 22; Dec. 13, 20; Jan. 10, 17, 24

Sundays at noon – we'll gather at UUCE to participate together

This course is offered by NVC Global Rising, a global initiative “dedicated to growing networks for connection, learning, and shared action through the principles and practice of Nonviolent Communication.”

We'll come together as a group to learn, practice, and explore how we might bring what we're learning into our engagement with others – especially when differences and division are present.

The cost per person decreases as more people register:

- 1 registration – \$320
 - 2 registrations – \$297.50 per person
 - 4 registrations – \$281 per person
 - 8 registrations – \$272 per person
- Some financial assistance may be available.

Please let Lynne Poletto know by October 11th if you'll be joining the group – and if you need financial assistance in order to participate.

lynnepoletto@gmail.com

[207-610-4649](tel:207-610-4649)

For Depolarize This details, please visit <https://www.nvcrising.org/depolarize-this#practical>

YOUR GENEROSITY MEANS WE HAVE SUPPORT TO SHARE WITH ANY FOLKS EXPERIENCING FOOD INSECURITY



Thanks to the incredible generosity of many in our congregation, we are able to provide immediate assistance in the form of gift cards to Hannaford or Walmart to anyone connected to our congregation that is struggling. Please reach out to Rev. Sara via email (sara@uuellsworth.org) or by text: ([207-610-2872](tel:207-610-2872)) to request this confidential support. If it's more comfortable for any reason, you're also welcome to speak with Charles Betancourt, R.E. Coordinator (uuce.re@gmail.com) or Jeff Jeude, Associate Lay Minister (layminister.uuce@gmail.com). All of us need practical, loving and judgement-free support at times and I'm so grateful for all the generous ways UUCE members and friends make this possible.



Thank You TEAM EGGROLL!!!

The Success of our UUCE Egg Roll Project this year is due to the efforts of 86 volunteers who contributed over 800 hours in one week to make it happen!

37 Egg Roll Booth Volunteers supported by On-Site Team Leaders who were there every day and made the work go smoothly and full of JOY: Deb Dersh-Kitchen Queen, CJ Lammers-Expeditor, Lise Williams-Rollers, Beth Pepper-Frying, and Anne Ossanna-Cashiers and Servers.

18 awesome volunteers on the Set-Up and Take-Down Team worked the Sunday and Monday before the fair and Monday after the Fair: Sarah Nicholson, Jeff Jude, Bob Francis, Mike Stadler, Kate O'Dell, Paul Kelly, Larry McPherson, Greg Whitehead, Summer & Dave Cornetta, Lisa Jung, Jennifer, Marta Reiman, Bob Francis, Carl Karush, Sen Wilde, Summer Sunderland, Cliff and Pam Weigner.

7 volunteers worked during the week before the fair including David and Laurie Little who picked up the Egg Roll wrappers in Boston and drove them to the fairgrounds. Cliff Weigner, Matt Gerald, and a friend of Matt's helped unload veggie boxes on the Wednesday before the fair. And Bron Day & Sherry Rogers assisted Deb Dersh in prepping veggies during the week!

21 volunteers who prepared food for our hardworking fair volunteers featuring delicious hot meals provided by Nancy Avila, Linda Tarlow and Haydee Foreman and homemade treats made by Betty Massie, Brenda Power, Chris Bowman, and Linda Uberseder.

There were 7 New Egg Roll Booth Volunteers this year: Jenny Sass, Maro Avakian, Tim Shown, Tammy Jutras, Summer Cornetta Webb, Sherry Rogers, and Summer Sunderland.

We had even more volunteer returnees too: Sarah Moffit, Mathew Smith, Jane Shown, Shauna Esposito, Marty Daniels, Amy McCormick, Jenni Morgan, Opal Binns, Marybeth Boudreau, Jen Hill, Jess Hill, Abigail Cossette, Erika Hewitt, and Jude Lamb.

Some dedicated volunteers worked all 3 days of the Fair:

Deb Dersh, Lisbeth Matson, CJ Lammers, Sarah Rauber, Anne Ossana, Hazel Reid-Rogers, Matt Gerald, Kate O'Dell, Jill Jude, Beth Pepper, Lise Williams, Mary Murray, and Tonya Stillwell from New York.

Sarah Nicholson, Jeff Jude, and Rev Sara Hayman led and supported every day all the way from start to finish!

AND, we won the 2026 Common Ground Gold Ribbon for Best Vegan Food award!

