



Midcoast UU News

Interim Minister: The Reverend Danielle Di Bona Telephone: 350-0210 December 2008

Sunday, December 7 at 10:30 am
The Promise Land
—Nancy McDowell

Nancy McDowell, soprano and Shaker musicologist is the founder and president of New England Voices, a small music education non-profit. Ms. McDowell has written several historical narratives augmented with Shaker and Negro spirituals. "The Promise Land," is a story of Shaker civil rights history; African-Americans lived as free persons with the Shakers before and during the Civil War in Kentucky. Some of the songs she will sing were written by Black Shakers.

Nancy McDowell is a lay-minister living in Edgecomb and Arlington MA where she is a member of The First Parish Unitarian Universalist Church of Arlington. She recently completed a CD of Shaker music and new compositions based on Shaker themes. "The River of Love" was released by Albany Records in December, 2007, and will be available for purchase at church during the holiday season. Ms. McDowell is a licensed psychotherapist in private practice in Chelmsford and Arlington, MA.



Sunday, December 14 at 10:30 am
4000 Years of Christmas
—David and Iska Cole

David and Iska Cole will do a reflection on "4000 Years of Christmas." They are long-time members of the Fellowship since David's retirement as a UU parish minister in the Cleveland, Ohio area. They have recently moved to Brunswick. Also, the youth will be performing their annual holiday pageant: "Little Whistle's Christmas."

"In the depth of winter, I finally learned that there was within me an invincible summer"

—Albert Camus

Sunday, December 21 at 4 pm
(note time change)
—Rev. Danielle DiBona

We will meet for our traditional holiday candlelight service. There will be readings, special music by the MUUFles, a reflection by Rev. Danielle DiBona, and the traditional "cookie swap." If you can, bring a few cookies to exchange—if you can't, there will be plenty for all.

Sunday, December 28 at 10:30 am
Ring in the New Year
—Roger Duncan

Roger will again be "on board" for his traditional service between Christmas and New Years. As the "sage" of the Fellowship, he can be counted on for some words of wisdom to take us into the New Year. Vote on the budget after the service!

Remember our website:
www.uumidcoast.org
for more information!

UPCOMING DATES:

December 8 Monday—MUUF Board Meeting 6–8 pm at CEI, Wiscasset, to discuss financial and other business issues. All interested members are welcome.

December 14 Sunday—Information Please: Join board members after service to get answers to your questions.

December 31 Wednesday—Community Supper, 5 pm Second Congregational Church, Newcastle.

**Save the Date for the Winter Youth Con:
SpiritUUality and the Arts**

When: Feb 27-March 1, 2009

Where: Bangor, ME

Who's planning and coordinating? The Bangor youth group and Wendy Erickson, interim DRE

Registrations will be emailed the first week in January.

Questions? Email Benette Sherman at bsherman@uua.org

| | Coffee/Tea | Greeter |
|--------------|-------------------|----------------|
| 12/7 | Frederick | Barth/Salvo |
| 12/14 | Loney | VanAlsenoy |
| 12/21 | McQuaid | Foskett |
| 12/28 | Carlson/Strong | Kettley/Dolham |
| 1/4 | Balch/Matrai | O'Brien |

Minister's Message

Dear Ones:

This is my favorite time of year. Not because of the holidays, but because every day is brisk, clean, cold. I'm a cold weather person, and love the feel of the winter wind on my face and un-coated body. I love looking at the black night sky at this time of year. It is blacker than at any other time of year and the stars are so much brighter. I love the winter sunsets and the almost dark of 4:30 in the evening.

It surprises me how few people share my winter love, especially here in Maine and in other parts of New England. After all, why live here if you can't love winter? I know winter in New England makes for some rough traveling and for those of us in our senior years, winter can spell a long period of indoor time as the mixture of ice and hips is not in our best interest. But even a winter spent indoors can be a wonderful experience. One can still enjoy the sunsets and the winter skies from inside. And there is so much more time for reading, hobbies and watching sports on TV.

At this time of year I feel a sense of freshness and newness and, for our Christian brothers and sisters, this is a time to celebrate the newness of

the birth of a baby. Now what could be newer or fresher than a newborn babe? What a wonderful symbol for the bright, shiny winter season.

So, enjoy this winter season...and be sure to ask me how I feel about it in February!

Be well, my friends and see you soon in church.

Fondly,
Rev. Danielle

President's Message

At the November 9th Annual Meeting we discussed the projected MUUF Budget for 2009 in light of the received pledges. It was decided to call a special meeting of the Fellowship December 28th following service to vote on the 2009 budget. The canvass committee will be calling individuals who have not yet pledged for 2009. The Board understands the serious impact of the present economic crisis on household budgets and will continue to attempt a balanced budget in face of cutbacks. The Board desires to support as many programs as possible so MUUF can experience the growth we are all

excited about.

The new slate of officers was selected unanimously at our Annual Meeting. David Bailey will be serving as president and Anne Flanagan will be vice-president. Jean Howe will continue as treasurer and Phyllis Loney will be serving as secretary. The three trustees are Mimi Moore, June Phillips and Allen Millett. The 2009 nominating committee will be Mabel O'Brien, Andrew Twaddle, and Lindy Gifford. Thanks to each of you for accepting this position of service to the entire Fellowship.

My great thanks to all the 2008 Board members - Steve Cole, vice-president; Jean Howe, treasurer; Mimi Moore, secretary; trustees- Anne Flanagan, Susan van Alsenoy and June Phillips & the 2008 nominating committee Dick Miller, Kate Pennington and Chuck Reinhardt. Everyone has worked well together to make 2008 a good year for MUUF.

This will be my final newsletter piece as president of MUUF. It has been a real honor to serve in this capacity for the past two years. Thank you for this opportunity.

Peace,
Mary Neal

RE News

Religious Education: It's not just for children any more!

Cards for Heating Fuel Relief

The children sold cards they had made at the Alternative Gift Fair. We made \$30 for local heating fuel relief, so far! There are still cards available, so be sure to pick some up at Fellowship.

Holiday Pageant

We will be working on our play based on the book "Little Whistle's Christmas" on December 7, and performing it for the Fellowship on December 14. Anyone who would like to be in the play, please come for the rehearsal and performance those two dates.

Director of Religious Education

After an unsuccessful search for a new DRE from outside the Fellowship, the committee has accepted Lindy Gifford's offer to serve as interim Director of Religious Education at Midcoast UU Fellowship. Lindy will be working closely with Danielle and drawing on her time with the long

range planning committee and the findings of the Long Range Plan to help chart the future course of religious education at MUUF.

Programming

Lindy and Danielle met with the Program Committee, at which it was decided that at least once a month the children will be upstairs with the congregation for the entire service.

Wheel of the Year:

Four times a year we will all celebrate the high holidays of the Wheel of the Year: Samhain (Harvest/Halloween), Imbolc (Candlemas), Beltane (May Day), and Lamas (end of summer). Lindy will be working with Bonnie Ginger on these services. The Imbolc service is coming up February 1.

Life Span Faith Development:

The other eight months, the intergenerational service will include breaking into small groups for Life Span

RE, something like the well received "Build Your Own Sunday" we celebrated in October. Sunday January 11 will be the next such Sunday, lead by Danielle and others.

First Sundays:

Starting in January, the first Sunday of the month, downstairs there will be special, age appropriate programming for children, based on the Tapestry of Faith UU curriculum. We are asking children, parents, and teachers all to commit to making these Sundays a priority, so that everyone can know the others will be there!

Way Cool Sunday School:

The remaining Sundays, that are not intergenerational or a First Sunday, there will be various children's programming downstairs. Projects like our Pageant, card making to sell for heating fuel relief and many others will be flexible and evolving. Anyone, of any age, is always invited to come down and join the fun!

Green Sanctuary Gleanings

A great, big Green Sanctuary thank you to Phyllis and Jim McQuaide who very generously donated energy-efficient spots for the Edgcomb Town Hall stage. Not only are these spots energy-efficient, they can also be dimmed. Many thanks McQuaides for helping to reduce our MUUF carbon footprint as well as that of the Town of Edgcomb.

Congratulations to Chellie Pingree, a proven friend of the environment, on her election to the U.S. House of Representatives. And, of course, to President-Elect Obama who promises to become a great innovator of environmentally-friendly ideas.

North Haven, Pingree's former home, and Vinalhaven, two Maine islands, are going to harness the wind to meet their winter electrical needs with some left over to sell to the grid. Their current electrical provider, Fox Island Cooperative, expects to erect two or three wind turbines at a cost of \$10 to \$12 million. Should it go through, this would be the largest coastal wind power project to date in the Northeast.

"An article in Grist magazine estimates that as local downtowns disappear and big box retailers expand, shopping-related driving in producing 154 million metric tons of CO2 in this country alone." (taken from the Fall 2008 Maine Sierran)

Green Your Holiday Traditional or artificial trees?

(taken from the November/December 2008 issue of Arbor Day; to find out more about all kinds of trees, go to arborday.org)

"We believe it is more environmentally sound to use real trees that

are either from forest thinnings or grown for the purpose. . . According to the National Christmas Tree Association, 85% of artificial trees being in overseas factories where working conditions are less than ideal. Also, they are made with metals and plastics that sometimes include PVC or lead, and they end up in landfills."

In addition:

- they are a renewable, sustainable resource
- provide jobs in rural areas and support American families
- provide the usual benefits of trees, including oxygen, CO2 uptake, erosion control, and wildlife habitat
- help to preserve open spaces
- are biodegradable and recyclable; they can be made into chips or compost, or used for conservation
- purposes such as filling eroding gullies or sunk in lakes to provide better fish habitat

How to green your cooking skills for the holiday season:

Take this interesting quiz at www.sierraclub.org/howgreen/cuisine/
Sample question: Your sweetie is a pescatarian (they eat fish but no other animals), so you're heading to the market for some fresh catch for dinner. Which choice is best for the environment? 1) Farmed salmon 2) U.S. farmed tilapia 3) Orange roughy

Tips for a green Christmas from The Nature Conservancy at

www.prnewsnow.com: Give a gift that actually means something.

- Consider an "experience" gift: Gift certificates, tickets to an event, or an offer to help a friend clean out a closet don't require any wrapping,

and they definitely won't end up in the garbage, unlike that dancing snowman novelty mug that, at the time, seemed so perfect for your wife.

- Buy something sustainable, organic, and environmentally friendly: From fair trade, bird-friendly coffee to organic flowers or local fruit, there's something for everyone. Make a statement with the choice and brand.

- Give the gift of the great outdoors. Buy someone a pass to state or national parks to help them reconnect to the world around them.

- Give a gift of nature from The Nature Conservancy. You can Adopt an Acre (www.nature.org/joinanddonate/adoptanacre) to help save the rainforest in Costa Rica, Rescue the Reef (www.nature.org/joinanddonate/rescuereef) to protect coral reefs around the world and more! Check out The Nature Conservancy's gift guide www.nature.org/giftguide to find meaningful gifts perfect for everyone on your list.

Deck the halls with LED

LEDs, or light-emitting diodes, rely on the same technology that illuminates calculators and watches to emit that holiday glow. Though they cost a bit more than traditional holiday lights, LED lights last much longer and consume a fraction of the energy, which leads to greater savings for years to come.

- The US Department of Energy reports that if all conventional incandescent Christmas lights in the country were replaced with LED lights this season, annual energy savings would total two billion kilowatt-hours—enough energy to power nearly 200,000 homes for an entire year.

Music Notes

Nota bene! In preparation for the Christmas service on December 21st, Muffles will rehearse on both the 7th and 14th of December starting at 9:15 and before the service at 3:00 pm on the 21st. New vocalists are always welcome!

Muffles musical outreach

Under Barbara's expert tutelage, eleven past, present and future Muffles gathered at the McQuaides the

evening of October 16 to learn more about the fundamentals of music and how to apply them with lots of song. The event was such a success that in partnership with the Boothbay Harbor UCC church and the Methodist Church we gathered once more on November 17th at the Boothbay Harbor UCC with seven new voices joining us.

Barbara's "Music Study and Singing Songs of Spirit" program will review

the basics of reading, musical alphabet, time and key signatures, rhythm, intervals and basic theory, and applying our learning in rounds, canons and hymns. Advanced singers are welcome but we will consistently welcome and focus on the beginner in order to build confidence and lift our spirits with song. We will pick up the program in January, so stay tuned for more information!

Sue and Barbara

