



Midcoast UU News

Minister Consultant: Reverend Katharine Winthrop Telephone: 773-7738 December 2007

Sunday, December 2 at 10:30 am *Gorillas in the Mist*

—Eliza Cole & Kitsy Winthrop

An intergenerational reflections on our deep connections with great apes and other living things. It was Eliza's (Lindy Gifford's and Steve Cole's 12 year old daughter) sharing with Kitsy her love of gorillas that resulted in the two of us creating this service for all ages. We invite adults as well as the "youngsters" to bring with you something that speaks of your love for another form of life (e.g. stuffed animal, photo of pet, etc.) The children will be upstairs for this service and there will be childcare provided for the very young and restless.



Sunday, December 9 at 10:30 am *Chanukah*

—Rabbi Amita Jarmon

Rabbi Amita will do a return visit to us this year to give us her interpretation of Chanukah. She serves as the rabbi of Adas Yeshurun Synagogue in Rockland. Speaking at churches and UUs is one of her favorite ways to spend Sunday mornings!

Written Notice of Meeting

There will be a special Meeting after the Service on Sunday Dec. 30 called by the Board of Directors for the purpose of voting on the 2008 budget.

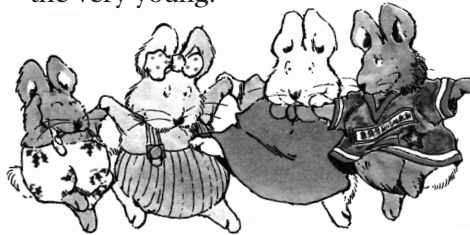
The Universe is represented in every one of its particles. Everything in nature contains all the powers of nature.

—Ralph Waldo Emerson

Sunday, December 16 at 10:30 am *Christmas Memories*

—Kitsy and young friends

If you do not already feel in the holiday mood, we have chosen favorite stories virtually guaranteed to put you in one. The young people have chosen one of their favorite stories and Kitsy has chosen one of hers. Service for all ages with childcare for the very young.



Sunday, December 23 at 4 pm (Note change of time)

We will meet for our traditional holiday candlelight service. There will be readings, special music by the MUUFles, a story "In a Shepherd's Cave" written by Rev. Joseph Barth in 1963, 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 30 at 10:30 am

Roger Duncan will again be "on board" for his traditional service between Christmas and New Year's. As of press time for the Newsletter, the title had not been determined, but the theme will relate to the New Year. Vote on the budget after the service!

UPCOMING DATES:

Dec. 1 Saturday, 2-5 pm—Alternative Gift Fair at Skidompha Library, Damariscotta. Performances by "Essence of Inanna" at 2:30 & 4 pm

Dec. 3 Monday, 9:30 am—Sunday Program Committee meeting at the Bailey's.

Dec. 6 Saturday, 1:30 pm—The poetry group meeting at the home of Phyllis Loney.

Dec. 11 Tuesday, 10:30 pm—Cakes for the Queen of Heaven, introductory meeting at Lindy Gifford's house. Come if you are interested!

Dec. 13 Thursday, 1 pm—RE Committee at Lindy Gifford's house.

Dec. 13 Thursday, 6:15-7:30 pm—Long Range Planning Committee meeting at Anne Flanagan's house.

Dec. 16 Sunday—Discussion on the revised budget after service.

Dec. 17 Monday, 6-8 pm—Board meeting at CEI, Wiscasset.

Dec. 19 Wednesday, 5 pm—Carolling at Cove's Edge Nursing Home. Gather at the Gifford/Cole's at 5:00 to rehearse a little, or come when you can. Bring a potluck dish to share after caroling.

Dec. 22 Saturday, 5 pm—Winter Solstice and "Candle Night." Turn out the electric lights!

Dec. 30 Sunday—Budget vote after the service.

Imaginings

I write this month's column from Saint John, sitting at **their** newsletter editor's computer. It is Monday morning. Yesterday during the S.J. worship service, their president, Fred Webster, accepted from me the contribution MUUF members had collected on the occasion of the dedication of their Church building back on September 23rd. He also read aloud the gracious note accompanying the check. Following the service, a few members began plotting how to rent a bus to transport them all to the Edgcomb Town Hall some Spring Sunday. They really want to meet you! (And I'd love you all to meet each other!)

At MUUF's Annual Meeting, I said I would include my (brief!) annual report. Here 'tis:

This marks my final annual report with you. It's hard for me to believe that, come June, I will have been partnering with you in your ministry for ten years. In that time I have come to love you dearly, and to enjoy the many challenges we have faced together. Other committee chairs will be giving more detailed reports about their areas of Fellowship life, so I will not use my time to repeat what they will—or have already—said. What I do want to say is that I am impressed with the growth and deepening in many areas of Fellowship life (though much still awaits doing). The Sunday worship and music life remains strong; our Religious Exploration program is excellent (even though attendance of young people is spotty); our youth have connected with other UUs through the "Our Whole Lives" program as well as trips to New Orleans to be of service to others. Faith in Action continues to create important events, e.g. our upcoming third annual Alternative Gift Fair, co-spon-

Please return your 2008 pledge as soon as possible.

There will be a vote on the budget after the service on December 30, and knowing how much income we can expect helps the process a lot. If you were somehow missed and did not get a packet, please speak to Steve Cole.

sored with the Midcoast Friends. For the long-haul, the Long-range Planning Committee is meeting regularly, helping to plan the future of this Fellowship. Change has certainly been one of the major themes of 2007, and will continue through 2008. Losing Barbara Prose as our R.E. Coordinator, and Jean Howe as our Administrative Assistant has pointed out how vital a role these individuals—and the positions they have filled—have been to the Fellowship. Then there is the reality that I will no longer be your minister, come June 30th. No matter what feelings any member of a congregation has about their minister (even a one-third time consultant), a minister's departure raises a myriad of emotions and concerns. From sadness to relief; from anger to anxiety for the future—all need to have a chance to be expressed and processed. Some of this can happen while I'm still "aboard;" some of it will go on during whatever interim time you decide to have before hiring or calling another minister, if that is the path you choose to follow. Please know this: I am available to each and every one of you if there is anything I can do to be of assistance, both in addressing the ongoing needs of the Fellowship or your own personal concerns. It is my belief that this congregation will not only survive all the changes you are going through, but that you will, if you so choose, emerge open to all the possi-



About Us

Bert Howe, after 8 years of battling cancer, came home from the hospital on Saturday, November 10, and died peacefully at 2:15 am on Sunday, Veterans Day! He inspired many, with his positive and creative attitude, young and old alike, and will be sorely missed by his family and friends.

Iska and David Cole have sold their lovely waterfront home in Edgcomb and have found a new condo home at: Signature Pines 7 Outlook Lane, Brunswick, Maine 04011 (207) 725-4985 new e-mail: iskadave@msn.com

Change of e-mail address for Natasha Salvo: nrs@tidewater.net

bilities that still lie within. Feel the new energy (think Harvest Supper!) that is surfacing. Look around at the newer folks who have joined us and who are already beginning to share leadership and initiate programs—just at the right time. So, I think your future (as well as your present) looks bright; you make it so. I have loved the years we have spent together. Thank you for all you have given me.

Kitsy

P.S. Since our Annual Meeting I want to mention the death of our beloved Bert Howe. It was a true testimonial to him that the Boothbay Harbor Congregational Church was packed. And our Fellowship did itself proud in producing a "collation" (the word that used to be used for the reception following a rite of passage) worthy of the gods. Thank you, all.



President's Message

Thank you, to all who attended and shared their ideas at the Annual Meeting! It was great to have such attendance for the November 4th meeting—nearly fifty folks. With the ideas generated by those gathered, a revised Proposed 2008 Budget was passed at the MUUF November Board Meeting.

Copies of the new revision will be available for your review on the back table starting December 1st. If you prefer an email version of the excel file please send your request to wjwmbn@verizon.net. On Sunday, December 16th the Board will be available for budget discussion as desired after service. **The official vote on our MUUF 2008 Budget will be December 30th after service.**

We await the participation of each of you in providing the most important information that determines the size of our 2008 Budget. The generosity of each of the members of MUUF and friends in supporting our programs with your pledges is the heart of the budget. Next year is going to be an exciting time for MUUF and with all of us working together we will continue to grow into what we now only dream of!

Peace,
Mary Neal

Music committee annual report, November 4, 2007

Despite busy schedules and occasional minimalist fare, the Muuffles rehearsed for and sang almost monthly for a Sunday service. Committee meetings (the Muuffles act as a committee of the whole) were tucked in on the 2nd Sunday as deemed necessary.

Barbara continues her impressive ability to maximize the combined tal-



Cakes for the Queen of Heaven

A group of us are starting the Cakes for the Queen of Heaven curriculum in **women's spirituality**. There will be an organizational meeting on Tuesday, **December 11 at 10:30** at Lindy Gifford's house, 80 Bristol Road, Damariscotta. We will start the new revised five session curriculum in January and plan to meet monthly. If you are interested in joining us, please talk to Lindy Gifford, Mimi Moore, or Mary Neal. Or just come to the first meeting to find out more about the curriculum!

ent available on any given Sunday and makes music a welcome part of the MUUF program.

We all enjoyed our November "out-reach" participation in an ecumenical Thanksgiving Service at the Boothbay Harbor Methodist church. Strutting our stuff in our Easter bonnets, our photogravure even made the newspaper under community events! And finally it was our pleasure to intone the finale of the fundraising *Musical* organized by Jim McQuaide and Ann Foskett in May. The Muuffles in the audience felt like proud parents at the superb evening of poetry and music presented by Ann Foskett and John Adams. In addition to scheduled singing, we still managed to offer spontaneous music for special occasions as they arise.

We still dream of a regular choir of ten to fifteen people. We know the singers are here, we hear them during the congregational hymns. A desire to sing is the only membership requirement. Our goal for the coming year is to sing at least once a month, with

rehearsals every other week with a focus on special holiday programs.

Respectfully submitted,
Sue Carlson,
Music Committee Chair



RE News

On December 9 the MUUF youth will be preparing for the annual **holiday pageant**, which will be presented on December 16. All children are welcome to **be a part** of this presentation. Anyone who wants to have a speaking (or non-speaking) role will need to be at Fellowship on December 9 and to come early on December 16 to prepare. Look for an email with details!

On Wednesday, December 19, MUUF members of **all ages** are invited to go Christmas **caroling**. We'll meet at the Cole/Gifford home at 5:00 (or as soon after as possible) to practice a few songs and will go from there to Cove's Edge Nursing Home. All carolers are invited to stay afterward for a potluck supper.

Report from Conflict Management Seminar

Mary Neal, Anne Flanagan, and I, Lindy Gifford, attended a seminar on conflict management at the Pittsfield Universalist Church on Saturday, November 3. The session was facilitated by Karen Brammer, the NNED small church specialist and was attended by UUs from five or six other congregations. We all felt it was an inspiring and useful way to spend a **precious Saturday**, and that the insights we gained will help us in all areas of our lives, as well as at Fellowship.

Here are a few basics I took from the session:

- Conflict is part of life. If there's no conflict your not alive.
- It's better to "manage" conflict than to try to avoid it, or "resolve" it, as many conflicts are not in fact resolvable.

We were also given some concrete tools to help manage conflict. Ask any one of us about "Polarity Management," "The Balcony View," or "Covenantal Guidelines," and we will be happy to tell you what we can. Better yet, please think seriously about **attending the workshop** (highlighted below) on Saturday, Feb. 2 at the Brunswick UU Church on **Polarity Management and Nonviolent Communication** with Mary Higgins and Karen Brammer.

HOT TOPICS FOR CONGREGATIONS: MANAGING OUR DIFFERENCES

February 2, 2008 8:30 am-4 pm

Brunswick Unitarian Universalist Church
15 Pleasant Street, Brunswick, Maine

(Guaranteed to be worthwhile! Read article above.)

The Dance of Time

Does the rose envy the sunset for its orange

Or the sea envy the lake for its calm?

Does the sky blame the earth for being brown

Or the whale blame the fish for laying eggs?

Does the redwood disregard the sorrel for being small

Or the desert think less of the marsh for being wet?

Does the bird laugh at the snail that cannot fly

Or the otter tease the rock that meditates in the river?

Are the stars embarrassed at the brightness of the moon,

Or is the rain afraid of the cold of the snow?

Does the pine turn its head from the nakedness of the oak

Or the corn, row on row, from the wild grass?

And am I less than the trees and stars and rose

That I should turn my face from the soul of another?

And the dance of time goes on without stop or pause,

The dance goes on. Day after turning day,

Night after spinning night on it goes and on and on.

Leaping minutes, pirouette, grand jete,

Plie, turn and spin and lift and leap,

On and on without end or pause.

Silent music rising out of the heart,

Turning the hours, moving the dancers

Each to a private music unheard by others,

Each turning and spinning alone yet joined

To the others by invisible threads of dance that weave

A pattern of exquisite, profound beauty.

And all of this happens around me at every moment,

As the hours move, turn, and spin through my life.

From "Our Seven Principles in story and in verse:
A Collection for Children and Adults", by Kenneth Collier

Green Sanctuary

Thanks so much to all of you who have begun to use the mugs and cups so kindly provided to us by Iska and David Cole and to those of you who are bringing your own from home. Banish Paper and Plastic—Bring Back Ceramics and Cloth! is off to a good start. Does anyone have any old juice glasses we might use to replace the plastic and paper ones? And don't forget the good campers dictate: "what we bring in, we bring out" (or at least wash), so that clean-up is not an added task for the feeders. You could also help out by rinsing out any left by visitors.

Look for a new GS project starting in the new year.

We are still looking for people to help with our environmental audit.

Green News:

Congratulations to the voters of Wiscasset who defeated a proposal that would pave the way for a coal gasification plant to be built near the former Maine Yankee Nuclear Power Plant; and a thumbs down to the people who are behind the project who described the vote as merely "feedback" and who say they will continue to get the project approved.

Americans throw away 25% more trash between Thanksgiving and New Years.

Tips to Keep the Holiday Green (from the article quoted above):

1. Keep cut trees out of the landfill! Visit Earth 911 for ideas and info.
2. Buy LED Lights—they are 80% more efficient than regular lights.
3. Put holiday lights on a timer.
4. Consider gifts that won't end up in a landfill, like tickets or a gift certificate for a massage.
5. Re-use greeting cards as colorful gift tags.
6. Travel light by carpooling with friends or family.

Additional Green Tips, this time from the Government of Hong Kong:

Remember the 3 Rs

1. Reducing

Reducing waste begins with being aware of how many unnecessary goods you consume on holidays. It is time for a change now.

Bring your own bags. It can reduce the amount of plastic bags consumed.

Implement simple packaging and cutting down on gift wrapping on your gifts can minimize the amount of waste produced.

Choose high quality products which are usually durable. Think twice before or during shopping, try to avoid unnecessary purchase to reduce waste.

Switch off electrical appliances when not in use, it can save energy and reduce your electricity bill.

Send electronic greeting cards instead of paper cards—they consume fewer resources.

Use durable tableware during gatherings or parties.

2. Reusing

Decorations, such as plastic Christmas trees and ornaments, can be reused in the next year. Remember, quality decorations last longer.

Donate unwanted gifts to various charities. The donated gifts will be given to needy.

3. Recycling

(not to forget that turkey or roast into creative left-overs and soup :-)

Your GS Committee hopes your Thanksgiving was wonderful, but not too full, and we are "Dreaming of a Green Christmas/Hanukkah/Kwanzaa" for our Earth this holiday season.

North East District Welcoming Congregation Conference

Jen Mathews, along with Donna L. Dolham, spent a stormy Saturday at Ferry Beach last month for the NED Welcoming Congregation Conference. I left asking a range of questions about my deep rooted assumptions, our fellowship and the nature of our commitment to our faith in action. Having spent a day among UU's who identified and shared the fears, questions, obstacles and opportunities that congregations face when they commit to the welcoming congregation guidelines, I feel hopeful that we as a congregation do have the strength, trust in one another and the depth of faith to begin the process of seeking Welcoming Congregation Certification. One piece of wisdom I heard is that although congregations

often begin the process of certification because they feel they "ought to," the members quickly learn that becoming a welcoming congregation is a process that requires honest communication and faith in the UU tradition and principles. It is, in fact, **through the hard work of confronting personal fears and prejudices that honesty emerges and energizes the congregation.**

I invite all of us who have either already expressed an interest or are interested in the process of obtaining UUA Welcoming Congregation status to contact either Kitsy, Donna or myself, Jennifer Mathews. As chair of Faith in Action, I am offering to coordinate the responses by email jmatt@prexar.com

Sound System: Call for Help

Hi all. This is your MUUF sound system person with an urgent two part appeal.

First, I need another Fellowship volunteer to **help split my Sunday commitments setting up and taking down the sound system.** Sandy Barth has approached me to help. But I feel we need to expand the number on this committee; Les Frederick (our original sound guru), Allen Millett and Mabel O'Brien, have been a tremendous help in the past. But I need to establish a semi-firm schedule with a select few, so we can be assured of filling in gaps. We also need to arrange a better detail for those who request to borrow tapes of past meetings. I'm guilty of falling down on that job.

My second request, is to reintroduce an appeal to buy a **new sound system.** Our present system is an embarrassment. It has served us well in the past. But is presently being held together by rubber bands. And I am constantly receiving complaints from some, who are not hearing our services well at all. We have an estimate for \$2,000, to provide a new system that will adequately accommodate our Fellowships needs. And I understand some of us have already donated \$510 to this worthy cause. So, I am hereby pleading for you folks to **please make up the difference.** Let's make this happen.

Thank you "soundly";
Jim McQuaide



CHECK IT OUT: MUUF on the web!

MUUF has finally entered the cyber world. Check out our new website at www.uumidcoast.org. If you don't have a internet connected computer at home "click on" free at your nearest public library computer. Be sure to visit our virtual home and look around for a picture or two of some of your friends (or possibly yourself). Is there a "computer hobbist" out there who is interested in converting our Sunday Services to audio programs which could then be available on our website? The webmaster says the software needed to make simple mp3s is free and the webmaster is willing to help us get started with this new project. Please contact Mary Neal email: wjwmbn@verizon.net if you are curious or interested in this possibility **to help provide our services to those who couldn't attend.**

Fellowship Minister and Board of Trustees

Minister: Rev. Katharine H. Winthrop

President: Mary Neal

Vice-president: Stephen Cole

Secretary: Mimi Moore

Treasurer: Jean Howe

Trustees: Paul Rich
Sue van Alsenoy
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Nominating Committee:
Kate Pennigton
Dick Miller

Minister of Music & Pianist:
Barbara Prose

Director, Religious Exploration:
Open

Newsletter: Lindy Gifford

Public Relations: David Bailey
Judy Linker

Committee Chairs

Sunday Programs: Sandra Barth

Faith in Action: Jennifer Mathews

Membership:

(Contact Rev. Katharine Winthrop)

Music: Suzanne Carlson

	Feeder	Greeter
12/2	Dolham/Perry	Millers
12/9	Carlson/Strong	Balch/Martai
12/16	Smith, M & J	Prose, R/Adams
12/23	Rich/Mathews	Davis/vanAlsenoy
12/30	Cole, I & D	Barth/Salvo



Midcoast Unitarian Universalist Fellowship
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