



Midcoast UU News

Minister Consultant: Reverend Katharine Winthrop Telephone: 773-7738

July 2008

Sunday, July 6 at 10:30 am "Out of the Past"

—Judith Hancock

A television program set off a trip into the past and with it an awareness of the source of certain values that have formed my outlook on life. A surprising and poignant little spiritual adventure, and a bit of patriotism for the Fourth of July weekend. I'm a member of the Fellowship who likes to find spiritual happenings in some unlikely places.



Sunday, July 13 at 10:30 am On Beauty

—Sarah Pringle-Lewis

Originally from Dayton, Ohio, Sarah is the mother of one son and spent 25 years as a college administrator and instructor before risking it all and coming to Maine to attend Bangor Theological Seminary, from which she graduated in May, 2008. Looking forward to becoming a UCC minister and serving a congregation, Sarah is also an accomplished singer and digital artist.



Sunday, July 20 at 10:30 am Books That Have Changed My Life

A few of our **members/friends** have agreed to share their thoughts on books that have been important to them or even life-changing. Most of us now look forward to these kinds of services where the individual sharing helps us get to know each other better. **Andrew Twaddle** will coordinate the service.

What we do to survive is often different from what we may need to do in order to live.

—Dr. Rachel Naomi Remen



Sunday, July 27 at 10:30 am —Rev. Nancy Miaoulis

We are happy to welcome back Nancy who spent this past year in Wilton, Maine, where she was minister to a small parish in East Sumner. She holds a doctorate in Natural Resources and Environmental Studies as well as a Master of Divinity degree. Rumor has it that she and her family will be returning to Newcastle. She has been a popular summer guest minister.

Fund Raising Events News

We have decided to schedule a meeting after church on Sunday, July 13, to make plans for the Harvest Supper (possibly September 13.) It is not too early to begin planning fall fund raising events. Tasty food, good fun, creative planning and a large group of workers seem to be the key ingredients here. The Fellowship board is expecting the congregation to cover the budget shortfall by raising \$1,000.00.

Mimi Moore,
Fund Raising Events Chairperson

Community Supper

There will be a Community Supper hosted by the Fellowship at the Second Congregational Church in Newcastle on Wednesday, July 30. Serving time is 5 pm. We need helpers and cooks. Please call Billie Flanagan (563-8656) if you are able to provide food, help cook, serve, or clean up.

Upcoming Pledge Drive

This is a reminder that our Annual Pledge Drive for 2009 will be held during the month of September. All the programs that the Fellowship provides during the year are supported by the income that we receive from pledges. It is time to now plan ahead for your support in the coming year. Dick Miller, 2009 Pledge Drive Chairman

UPCOMING DATES:

July 7 Monday—MUUF Board Meeting, 6-8 pm at the home of Mimi Moore, Edgecomb (Note change of date and location)

July 8 Tuesday—Sunday Program Committee Meeting, 9:30 at the Baileys, Newcastle

July 10 Thursday—Religious Exploration Committee Meeting, 2 pm Lindy Gifford's house, Damariscotta

July 13 Sunday—Meeting to plan Harvest Supper Fund Raiser, after service

July 30 Wednesday—Community Supper, 5 pm, Second Congregational Church, Newcastle

A Tribute to Kitsy

At the presentation of the 2008 Founders' Award, June 22

Kitsy, you are our choice to be the honoree of our 2008 Founders' Award on this special occasion—Mid-coast Unitarian Universalist Fellowship's 25th Anniversary celebration—because of your steadfast, devoted commitment to the Fellowship's well-being and to your challenging us in the search for beauty, truth, and goodness, with your personal emphasis on peace and justice. In 1998—10 years ago—Kitsy joined us not as a "called Minister" but as a "Minister Consultant." She was expected some years to be "part-time," some years to be "one-third time." Was she giving 100% of this time? No! She was giving 175% of this time!

Kitsy has guided, with knowledge and wisdom, our families with small children; our youth in the turbulence and transitions of their teen years; our older families with grown children—out of the nest, as it were; our elders when well and when ill; all of us when in the hospital and at home; and especially has guided us through our wanderings at the times of the deaths of our closest loved ones.

We children of all ages have been enthralled by Kitsy's sense of the dramatic in her Sunday service storytelling. This must be an innate talent—is that true, Kitsy? If you had to force yourself to learn this skill, could I dare to believe that I too could tell a story well—with such élan?

How many committee meetings have you all attended when Kitsy was **not** there? Only the very rare times when she had a long-standing previous engagement, when out of the state, or when out of the country, did she miss any. And when in attendance, Kitsy has contributed experience and accurate information to help decision-making—no matter how often we thwarted her with our own ideas, as we worked toward consensus.

NH-VT and Northeast District Web Sites

A new web site is being created for the Northern New England District. We will notify you when it is ready to be launched.

For now, the NH-VT web site continues to be updated with district events and dates (www.nhvt.uua.org) and will offer a link to the NED web site (www.ned-uua.org).

We applaud your ability to focus and work with a second church group hundreds of miles away—Saint John in New Brunswick—and see them into a newer building, from which they will be more visible and consequently more vital to their community. You must be eagerly looking forward to being with them soon again.

Kitsy, you have watched us and joined us in work and play; observed us "dig in our heels" at times, and joined us 100% in our joys and sorrows. Please accept this award, that you so right-fully deserve, along with our affection and admiration.

About Us

At our Fellowship's 25th Anniversary celebration on June 22, seventy (70) of us members and friends enjoyed fruit compotes, punches and coffee, delicious quiches and stratas, muffins and breads **and** high spirits, as we smiled with each other and gazed on the colorful flower arrangements on our tables. Thank you all for such delicious foods and a **big thank you to Liz Davis** for the many beautiful flower arrangements.

Many weeks previous to June 22, **Jennifer Mathews donated several yards of brightly-colored cottons** from her company "On Board Fabrics." When I held them all up at Fellowship asking for sewers to hem napkins, the yardages flew out of my raised hands by willing napkin makers. Our own materials were used by some of us. Guess who went "the extra mile!" Iska Cole made 30 napkins; Sylvia Bailey, 15; the rest of us, 6-12. In keeping with our vote to be a Green Sanctuary Fellowship, we now have **100 cloth napkins** to go with our tablecloths, also donated by Jennifer. Thank you all.

Jean Howe

President's Message

What a fabulous 25th Anniversary Celebration we enjoyed on Sunday, June 22. Thanks are in order to so many helping hands, artists, song makers, cooks, furniture movers, cleanup crews, stitchers, dishwashers, programmers and over 60 individual celebrators who joined together in honoring our Past, Present and Future as well as the surprise announcement of **Kitsy Winthrop as our 2008 Recipient of the MUUF Founder's Award**. It could not have happened without the efforts of each and every person.

Summer is in full swing making it difficult to believe the days are already getting shorter as we turn past the Summer Solstice. It is also the time of year to plan our Fellowship budget for the coming year. The Board has requested budget needs from all the Directors and Committee Chairs by mid July. I invite each of the members to take time to advise the Board of other budget needs for 2009.

I am delighted to announce our Pledge Committee for the 2009 canvass. Dick Miller will be serving as chair with Jean Howe and June Phillips on the committee. It is not too late to volunteer to assist this great team in this most important endeavor for the ongoing work of MUUF. Please contact any of the committee members and let them know you are interested in helping to build a strong financial foundation for 2009.

The Board has changed the meeting date and location for July. We will be meeting July 7 at the home of Mimi Moore.

Wishing you lots of sunshine and time to enjoy every long evening with neighbors, friends or family.

Peace, Mary



From the UUA

It is with deep appreciation that we received the Midcoast UU Fellowship's gift of \$50 in support of our annual Association Sunday and the Now Is the Time Campaign. Your participation on this celebratory day exemplifies your commitment to Unitarian Universalism, and proves that we are indeed better together.

Green Sanctuary Gleanings

Rapidly Rising Prices and the MUUF Newsletter

Had you noticed the grocery store personnel scurrying down the aisle just ahead of you, busily raising the prices? And how gas is 5 cents a gallon higher than when you entered the supermarket to shop?

Well needless to say, MUUF is feeling the pinch, too, and the cost of printing and mailing out our monthly newsletter has gone up and probably will continue to do so in the near future. It would be a great help if those of you who are able would please notify Lindy Gifford or Donna Dolham of **your willingness to receive the newsletter via email** rather than as a hard copy in the mail. Even without the rapidly rise in prices, this would be an environmentally-friendly, carbon-foot-step-reducing action to take.

Safely Dumping Unwanted Drugs

After reminding you to dispose of your old medicines in an environmentally-friendly manner, we neglected to let you know how you might be able to do that. Some towns, like Boothbay Harbor, have a yearly date set aside when such items will be collected by the town. I have taken unwanted pills back to the pharmacy where I bought them, and they have assured me that they would take care of their safe disposal.

Another member informs us that her doctor will take old medications, remainders of medications, and even over-the-counter stuff. Evidently all doctors' offices have hazardous waste baskets which go to the local hospital where they are "taken care of."

Keeping on the same topic, another first for Maine: (taken from http://www.umaine.edu/news/article.asp?id_no=2175)

"ORONO—The first-in-the-nation pharmaceuticals mail-back program

ReStore

"Opening the doors to the public Feb., 2007, we weren't sure what to expect but have been thrilled to see the positive reactions from the community as we offer a place to both donate building materials, appliances, furniture, electrical and plumbing supplies and shop for those same items at deeply discounted prices. We estimate that we

launched this summer by the University of Maine's Center on Aging in conjunction with 18 partners is being heralded as an early success.

"Self-addressed drug mail-back envelopes are available for consumers at 11 pharmacies in Penobscot, Kennebec, Cumberland and Aroostook counties as part of the phase 1 of the pilot project. As phase 2 gets under way, 7,200 more envelopes will be distributed to dozens more participating pharmacies throughout Maine.

"In the planning stages for several years, the program received a \$150,000 grant from the U.S. Environmental Protection Agency about a year ago to get it started. The program was created to help cut the flow of tons of medications into the environment.

"The pharmaceuticals mail-back program is considered important by healthcare professionals, law enforcement, environmentalists and others because of the harm caused to people, wildlife and the environment when unneeded or expired medications are tossed in the trash or flushed down toilets. Ridding home medicine cabinets of unneeded pharmaceuticals can prevent children or thieves from getting their hands on narcotics and other medicines, and reduce patient overdosing from inadvertently mixing medications. Also, wildlife specialists have documented biological changes in wildlife as a result of ingesting medications dissolved in rivers, streams and other water bodies.

"The program is free, voluntary and confidential. Information about the program and the **Center on Aging** is available by calling **1-866-637-9743**, or select the link to Safe Medicine Disposal for ME Program under 'UMCoA News' on the Center on Aging Web site: **www.umaine.edu/mainecenteronaging**."

have kept thousands of pounds of discarded items from entering our landfills and given them a second life in someone else's home. If 2007 was any indication, our second year will prove to be even more successful and enable us to increase the number of homes we can build and repair for families in need.

"We encourage you to stop by the

Chips from the Board

MUUF Cell Phone

Jim McQuaide and Jean Howe were charged with the responsibility of working out the details of the transferring of our cell phone and found out that we needed Kitsy to go with us to the Augusta main office of Unicel to do so. Thank you Kitsy.

Our cell phone will be in Kitsy's hands through June 30th. We have arranged for a "plan"—not a "contract" with Unicel, which allows us to keep the same physical phone plus its plug-in charger with the same number—350-0210.

Kitsy has used this phone wisely and carefully just for MUUF business. Our new plan will include calls to and from ME, N.H., VT, MA, and NY. This plan will save \$88 in the last 6 months of 2008 and will be \$384/yr in the 2009 budget (rather than the \$553 in the line item this year) with a savings of \$169/yr.

Steve Cole will be checking for any messages on a regular basis—every other day—possibly at the end of each day and either handle the question or comment in the messages himself or passing it on to Mary Neal or another Board member.



News from the Interim Search Committee

The Interim Search Committee has been meeting regularly as we determine the appropriate next steps. During July we will be embarking on the interview process. We have come up with a set of questions that we want candidates to have an opportunity to consider before we meet with them. Our hope is to have a candidate to present to the congregation by the end of August.

store at **108 Centre St. in Bath** and take advantage of great savings! If you have any items you would like to donate, please call the ReStore at **386-5087** or visit our website: **www.habitat7rivers.org**. We accept prescreened donations at the store or we can schedule a pick-up."

Excerpted from a recent Habitat for Humanity mailing, by Jean Howe

PLEASE NOTE: In a further effort to reduce the ever increasing cost of the newsletter, we will be limiting it to 4 pages of essential information of direct importance to our Fellowship. Information sent in for the newsletter that does not fit in the allotted 4 pages will be posted on the bulletin board at the Town Hall and on our website at **www.uumidcoast.org!** Go there also for more information about MUUF events and links to other UU sites. You can also download the newsletter from the website, in case you missed it by mail or email.

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: Sue van Alsenoy
Anne Flanagan
June Phillips

Nominating Committee:

Charles Reinhardt
Kate Pennigton
Dick Miller

Minister of Music & Pianist:

Barbara Prose

Director, Religious Exploration:

Open

Newsletter: Lindy Gifford

Donna Dolham

Public Relations: David Bailey

Judy Linker

Committee Chairs

Sunday Programs: Sandra Barth

Membership:

(Contact Rev. Katharine Winthrop)

Music: Suzanne Carlson

Coffee/Tea

7/6 Balch/Matrai
7/13 Salvo
7/20 Fosket
7/27 E. Davis
8/3 Barth

Greeter

O'Brien
B&A Flanagan
Linkers
Wolf/Neal
Leff/Fenster

WHERE ARE ALL THE HYMN BOOKS?

Our congregation will be swelling with our summer members, friends and visitors. Our choir and pianist use 5 or 6 hymn books. Counting the hymn books on a recent Sunday, there were only 39. Subtracting the musicians needs, there are not enough for 10 rows and congregations of 40-50.

PLEASE check around your home and bring back to the Fellowship any hymn book(s) you've borrowed. Jean Howe



Columbus Day Weekend on Martha's Vineyard

The Unitarian Universalist Society of Martha's Vineyard invites you to join us over Columbus Day Weekend, October 11-13, 2008. Fall is the best season of all on the Vineyard. Just ask any year-rounder. The crowds are gone, the air is crisp, the water is still plenty warm for a swim. Birdlife is on the move along with the striped bass and the blues. There's no better time to hike and bike our unspoiled trails and backroads. So come on over. We'll put you up with host UU families, treat you to a seafood supper and entertainment, offer an Island tour and welcome you to Sunday service at historic Stevens Chapel. For complete information, see our website at www.uusmv.info (B&B Weekend link) or e-mail us at cdevito@comcast.net. We'd love to see you on the Island.

September 26 – 28, 2008

Fourteenth Annual B&B Weekend offered by the UU Church of Rutland, VT. Enjoy the beauty of Vermont, UU hospitality, and a choice of guided activities: hiking, kayaking, bicycling, antiques/arts, cider making historic tour, soaring tour, touring historic sites and quaint towns, and much more. Registration by August 1, \$250 (single) and \$450 (double). After August 1, \$300 (single) and \$500 (double). For more information contact uufoliagevermont@yahoo.com or (802) 353-7969.



Youth For Understanding USA

Dear Sir or Madam:

Youth for Understanding, one of the oldest and largest exchange programs in the world, is seeking loving families to host foreign exchange High School Students for the 2008-2009 academic year. We are contacting your place of worship because many of these students come from households where religion is an important facet of their daily lives. Many students would like to be placed with families that attend services regularly.

For families interested in exposing their child to other countries and backgrounds, hosting a foreign exchange student is an excellent introduction to another culture and a priceless experience for you as well as the international student. Please consider telling your congregation about this opportunity during services, or posting our information for their consideration.

YFU is a private, non-profit educational program dedicated to preparing young people for their responsibilities and opportunities in a changing, interdependent world.

Host families are as diverse as America itself. Everyone from single parents, parents with or without children, and “empty nesters” have hosted for YFU. After all, there is no age limit for a global education!

Please contact Theresa Nowak at 617-868-3660 or nowak@yfu.org for further information. Please help support our incoming International Students by sharing this opportunity with members of your congregation or contacting me to set up a presentation by a local volunteer. You may also visit our website at www.yfu-usa.org to learn more about how to become a host family or support volunteer with YFU.

Sincere Thanks,
Theresa Nowak