



# Midcoast UU News

Interim Minister: The Reverend Danielle Di Bona

Telephone: 350-0210

March 2009

**Sunday, March 1 at 10:30 am**  
***Talking Trees and Moving Plants:  
Making Sense of Modern Africa.***  
—Max Alexander

Max Alexander, author of the acclaimed *Man Bites Log, The Unlikely Adventures of a City Guy in the Woods*, returns. He is recently back from a trip to Ghana, West Africa. Max says, "The best way to help people out of poverty is by going to them, and listening carefully to what they have to say." He will share with us how we as world citizens can make a difference.

The Children will be starting "First Sunday" programming downstairs with Rev. Danielle Di Bona.



**Sunday, March 8 at 10:30 am**  
***Israel: Holy Land, Holy  
Community, Holy Challenge!***  
—Rabbi Amita Jarmon

Rabbi Amita will return to the Fellowship prior to her departure for Israel. Until recently she has been serving as the reconstructionist rabbi for the congregation at Adas Yeshurun Synagogue in Rockland. She is returning to Israel where she previously lived for six years. She will be speaking to us about her relationship with the land and people of Israel, her decision to go live there at this time, how the recent conflict escalation in Gaza has tested her faith, and how she hopes to be of service there.

*We're fools whether  
we dance or not, so we  
might as well dance.*

—Japanese Proverb

**Sunday, March 15 at 10:30 am**  
—Rev. Danielle Di Bona  
***Those Unitarians and Universalists***

We 70 strong members of Midcoast Unitarian Universalist Fellowship come from a long line of liberal religionists. Who are our forefathers and foremothers? What did their Unitarian and Universalist faith look like? We stand on the shoulders of greatness and have the opportunity to leave a strong, free, liberal faith tradition here in the mid-coast of Maine. Understanding our past will help us to live out our present and provide for the future.

The Children will be starting "Spirit Play" programming downstairs with Mimi Moore and Kate Pennington.

**Sunday, March 22 at 10:30 am**  
***Life Span Faith Development***

Once again we will break into small groups to explore our faith together. For all ages.



**Sunday, March 29 at 10:30 am**  
—Rev. Danielle Di Bona  
***More Unitarians and Universalists***

We 70 strong members of Midcoast Unitarian Universalist Fellowship come from a long line of liberal religionists. Who are our forefathers and foremothers? What did their Unitarian and Universalist faith look like? We stand on the shoulders of greatness and have the opportunity to leave a strong, free, liberal faith tradition here in the mid-coast of Maine. Understanding our past will help us to live out our present and provide for the future.

#### UPCOMING DATES:

**March 16 Monday**—Sunday Program Committee meeting, 9:30 am at the Baileys.

**March 16 Monday**—Lunch Bunch, 12 noon at the Public House, Newcastle. RSVP to Joanne Campbell.

**March 19 Thursday**—RE Committee meeting, 3:30 pm at Lindy Gifford's house, Damariscotta.

	Coffee/Tea	Greeter
3/1	Mathews/Rich	A&B Flanagan
3/8	Kleinkopf/Goltz	Carlson/Strong
3/15	Ginger	Elwin
3/22	VanAlsenoy	Hancock/Drum
3/29	Frederick	Balch/Matrai

## Minister's Message

Dear Ones:

Since early last month I have been thinking about risk. When I preached about risk in February, I was thinking about community risk taking. However I know that often risk taking is an individual effort and it's important to support each other as we take our own risks. I have just had a wonderful week of dog training in which Spenser Chagall has suddenly developed a brain and all our training seems to have kicked in. So, I've decided to take a personal risk and enter him (and me) in an obedience trial in April. I don't know if he is quite ready. I know I'm not. But if I wait until both of us are absolutely, positively 100% ready, we will never enter a trial. And if that happens I know that I will be sorry for missing so many opportunities that this one risk will lead to. As I read Anne's letter to us I wonder if this fellowship might be at the point where it is time to take a significant risk and begin the process of finding better meeting space. I know we're not absolutely, positively, 100% ready. But I also know that if we wait to be absolutely, positively, 100% ready we, too, will miss an important opportunity. And we will regret it. So I propose that we seriously consider asking a few of our fellow congregants to take on the task of examining the possibilities. Imagine a space where we could meet on Sunday mornings, have committee and board meetings whenever we needed, offer classes on weekday evenings, have social events on Friday or Saturday nights, rent space for others in the community to use, become a location for people to gather. Let's talk. I'll tell you about my plans for Spenser Chagall, along with my fears and trepidations. And we'll talk about our plans for this wonderful fellowship. See you in church.

Rev. Dani



## Vice President's Message

I am writing in place of David Bailey, who is in Cairns, Australia, enjoying the warmth and the excitement of a deliciously long vacation to the Southern Hemisphere. David and Sylvia will return to Maine on March 12 and will regale us with tales from their adventure.

As the snow continues to fall and the ice presents its own unique challenges, it is hard to imagine that Spring is less than one month away. I am hopeful that with the arrival of Spring we will have renewed enthusiasm for the work that is needed to ensure a strong and vibrant future for the Fellowship.

The Strategic Plan that we have endorsed is an ambitious one, it includes goals that so many of us long for but seem to be unreachable. Specifically the goal and dream to have our own home. Often when I speak to members I hear the support for our own building followed by a belief that it is unattainable.

Our own home would provide us with visibility in the community. We hear tales from our own members of the challenge of finding us their 'first time'. Our own home would serve as a magnet for children as the current

space is so limited. Our own home would give us an opportunity to welcome the community and introduce ourselves for Sunday Services as well as countless other events.

I believe that as with many big challenges the hardest part is 'getting started'. I believe that we need to focus our attention and garner every bit of creativity and ingenuity that we possess to make this a reality. These are difficult economic times and ironically a good time to be real estate shopping.

David made a suggestion in his President's message last month, to consider a donation to the Fellowship if end of the year tax requirements resulted in some excess in your accounts. I will second that and challenge us all to serve as ambassadors of the Fellowship and seek to find new members to help secure our base.

Perhaps, David's wish for a mile of pennies will be the impetus for the launch of a campaign.

Anne Flanagan

P.S. As you consider our future please also consider a gift to the Fellowship when you are updating your will or making estate planning decisions.

### "Articulating Your UU Faith":

#### Join Rev. Danielle for this adult RE program

This curriculum is designed to help UUs explore and better understand our liberal religious faith and to speak effectively about it. Minimum 10 people. Five sessions, beginning April 14 at 7 pm every other Tuesday. Location TBD. Sign up on Sunday mornings at the information table.

#### Conversations with Chuck. Coming in May

Join others from the Fellowship for an evening of conversation about our congregation and its future. More information to follow in the May newsletter.

### March 7, 2009 Youth Advisor Training

A training to inform congregations and prepare adults interested in mentoring youth in your congregation or at youth conferences

**Where will it be held?** The UU Community Church of Augusta, ME

**When?** March 7 from 10 am-5 pm

**Who should attend?** DREs, ministers, parents, adults interested in becoming youth advisors

**Topics?** Content for youth groups, safety issues, structure of youth groups in a congregation, youth-adult relations, expectations of youth advisors, attending conferences

DRE Lindy Gifford hopes to attend. Anyone else interested please contact Lindy.

## RE News

The intergenerational **Imbolc** service on February 1 was a fun way to celebrate the approach of spring and the ancient Celtic roots of Candlemas and Ground Hog Day. Phoebe Cole was our goddess Brigid and Emma Goltz was our groundhog!

On February 15, Eliza Cole, Jean Howe, and Lindy Gifford prepared and served a delicious soup lunch, enjoyed by 18 people after the service. Everyone agreed it was a nice time to sit and talk with each other—more relaxed than coffee hour—and we were asked to do another soon. Donations for the lunch earned the Sound System Fund \$130!

### Upcoming in RE

**March 1 “First Sunday” programming starts!** Rev. Danielle Di Bona will be downstairs to help us get started on our monthly UU faith development. Children will work in two separate age groups. We are asking parents and children to commit to attending (at least) the first Sunday of the month, so that everyone can know that their friends will all be there!

**March 8**, the children will be downstairs to learn about the problem of tree loss and to work on their part in the Fellowship’s plan to meet the UU ministry of Earth’s challenge to congregations to plant 10 trees this year.

**March 3, Spirit Play Sunday!**

**March 22**, intergenerational Life Span Faith Development in small groups upstairs.

**April 5, Second “First Sunday!”**

**April 12, Easter!**

**April 19, Earth Day!** This will be an intergenerational service. Part of the service will be a dramatization of the **Great Kapok Tree**. Children who would like to play an animal in the story, please get in touch with Lindy Gifford [lindyg@tidewater.net](mailto:lindyg@tidewater.net) or Bonnie Ginger [bginger@roadrunner.com](mailto:bginger@roadrunner.com) as soon as possible. There will be one rehearsal on a Sunday before the performance.



**Remember our website:  
[www.uumidcoast.org](http://www.uumidcoast.org)  
for more information!**

## Treasurer’s Note

We have received \$100 from Lindy Gifford as a personal Fundraiser. She has donated this from her proceeds of the sales of her own designed and produced Chalice Flame note cards and T-shirts. Thank you so much, Lindy!

UUSC “Guest at Your Table” program: received to date: \$80.07. If you have not turned in your collection box or made out your check to UUSC, please bring one or the other to Fellowship to complete our contribution total to be sent to UUSC.

### More about UUSC

MUUF is supporting UUSC (Unitarian Universalist Service Committee) programs, such as Human Rights, Civil Rights, Rights to Water—world-wide programs. Also, teens and young adults can volunteer for **JustWorks** projects in New Orleans and elsewhere. Adults who like to travel can join **JustJourneys**—one coming up will be to Kenya.

Also, you may volunteer to be our Fellowship’s UUSC representative, though following in Mary Duncan’s footsteps and her long-term devotion to keeping us informed of UUSC’s USA and world-wide programs will not be easy. We get regular mailings from UUSC and can contribute and take pride in the projects which they describe as “not just giving but helping others to help themselves.”

### Fund Raising Notes

Here is your chance to ‘jump on the band wagon’, to pick the event or events you would most like to help with in 2009. I have included for your information a list recently sent to the Edgecomb Selectman in charge of the Town Hall calendar.

**April 4, 12-5 pm Haiku Tea Party**

**May 29 and 30, Yard Sale** (set up Friday and all morning Saturday)

**June 13**, participation in Fort Edgecomb Bicentennial

**July and/or August**, game night/nights (date to be announced)

**September, Musical Evening** (date to be announced)

**October 3, 12-9 pm Harvest Supper**

**November**, Alternative Gift Fair (possibly held in Damariscotta)

Mimi Moore

## From the minister of Music

I am very pleased to announce that I will be serving as a ministerial intern at the Unitarian Universalist Church of the Monterey Peninsula starting on September 1, 2009. I will be in California through June 1. I have asked the board to grant me a leave of absence from my position here at MUUF, and am very happy to announce that Kevin Kiley will take over my responsibilities while I am away and that Sam Schwehem will also be playing on Sundays. Sam will be a wonderful and inspirational guest in our community. I know you will be deeply moved by his playing and his person. I will be working six days a week and have two weeks of vacation, but will be in contact by phone and e-mail, and even Facebook! I welcome you to come and visit me. I have never been, but they say it is one of the most beautiful spots in the country. I am grateful for all that the fellowship has taught me and for the guidance and wisdom each of you has shared with me. The spirit of our community will be with me in Monterey and I trust it will support and inspire me.

With gratitude and joy,  
Barbara

- Travel and stay in homes of people who share your ideals
- Host travelers in your home to meet new friends and earn extra money

The UU bed and breakfast directory *UU're Home* (formerly *Homecomings*) offers a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and are happy to open their home to like-minded people. Travel to different cities and stay in reasonably priced accommodations or become a host and enjoy meeting new friends.

For more information, visit [www.UUreHome.com](http://www.UUreHome.com) or write to [info@uurehome.com](mailto:info@uurehome.com)



[www.UUreHome.com](http://www.UUreHome.com)  
43 Vermont Court  
Asheville, NC 28806  
828-281-3253

## **Two Lenten Diets**

### **Fast and feast**

By John B. Wolf

UU World, Spring 2008

Fast from criticism, and feast on praise;  
Fast from self-pity, and feast on joy;  
Fast from ill-temper, and feast on peace;  
Fast from resentment, and feast on contentment;  
Fast from jealousy, and feast on love;  
Fast from pride, and feast on humility;  
Fast from selfishness, and feast on service;  
Fast from fear, and feast on faith.

### **Nutrition for Body and Spirit**

By Jean Howe, after John B. Wolf

Fast from cheeseburgers and feast on lentil soup;  
Fast from criticism and feast on praise.

## **Fellowship Minister and Board of Directors**

**Minister:** Rev. Danielle Di Bona

**President:** David Bailey

**Vice-president:** Anne Flanagan

**Secretary:** Phyllis Loney

**Treasurer:** Jean Howe

**Trustees:** Allen Millett  
Mimi Moore  
June Phillips

**Nominating Committee:**  
Andrew Twaddle  
Mabel O'Brien  
Lindy Gifford

**Minister of Music & Pianist:**  
Barbara Prose

**Director, Religious Exploration:**  
Lindy Gifford

**Newsletter:** Lindy Gifford  
Donna Dolham

**Public Relations:** David Bailey  
Judy Linker

### **Committee Chairs**

**Sunday Programs:** Sandra Barth

**Music:** Suzanne Carlson

## **WINE COUNTRY HOLIDAY**

Hosted by the Unitarian Universalist Fellowship of North Bay

There is so much to see and do in the Napa and Sonoma Valleys, e.g. wine education and tasting, art, history of the regions, gourmet dining, bicycling and hiking to explore the natural beauty of our hills and valleys and only an hour to San Francisco!

Sites of particular interest include Jack London's home; renowned and boutique wineries; numerous fine restaurants including the Culinary Institute of America; the diRosa Art and Nature Preserve; many museums and galleries; miles of bicycling and hiking trails, etc.

We offer two choices: Comfortable lodging in members' homes with full breakfast (up to 3 nights), or lodging plus our renowned Wine Country Excursion 2-day tour package.

In 2009 our program will run from April through October. Our fees for lodging are at least 25% below market rate (and include a scrumptious breakfast!) and tours are about 50% below commercial rates. All proceeds go to our small fellowship. We have limited openings, so contact us now for details. Tom Wilson (707-254-7443) or 2wilsons1dog@comcast.net

We look forward to sharing our lovely "home" with you!