



Midcoast UU News

Minister Consultant: Reverend Katharine Winthrop Telephone: 773-7738

May 2008

*The personal, if it is deep
enough, becomes universal,
mythical, symbolic.*

—Anais Nin

Sunday, May 4 at 10:30 am
*Blessed Unrest: a reflection on the
revolutionary spirit*
—Kitsy Winthrop

My title is borrowed from a recent book by that title, authored by Paul Hawken (wonderful book! wonderful man!). I intent to touch on what he has to say as a springboard for reflecting on some of the revolutionary spirits, living and dead, who have informed and inspired aspects of my work in the world.

Sunday, May 11 at 10:30 am
Move Over June Cleaver
—Rev. Nancy Bouchard

Reverend Nancy Lee Mary Bouchard. Not an unfamiliar face at MUUF, Nancy offered a service here in the past on the history of Pearl Harbor Day and her opportunity to interview

Father Philip Barrigan while he was serving time at the Cumberland County Jail. Nancy is a graduate of Bangor Theological Seminary and was ordained by her two homes churches, The First Universalist Church of Auburn, Unitarian Universalist and the Unitarian Universalist Church of Brunswick. After graduation Nancy moved to Connecticut to participate in a Clinical Pastoral Education Residency Program at Yale New-Haven Hospital. Upon completion of her residency she went to work for the State of Connecticut Department of Children and Families as an Associate Chaplain in two facilities for abused and neglected youth. Nancy says she ;loved the job, she learned how to rap, she learned how to do some “hip hop” and the young people reminded her how having an open heart is the best way to relate to people in all kinds of situations. In January Nancy went to live at the Sivananda Ashram at Paradise Island, a decision she felt necessary in order to put her own spiritual house in order. Nancy is in Maine temporarily as she prepares herself for a call from a UU congregation “somewhere without snow.”

Her sermon on Mothers Day will help us celebrate the courage of a Unitarian Christian woman who founded Mother’s Day and how she devoted her efforts to this important honor. The sermon will also compare some of the traditions that have evolved since 1914 when President Woodrow Wilson proclaimed the second Sunday in May to officially be Mothers Day.

Sunday, May 18 at 10:30 am
—Rev. Kathleen Allan


We’re delighted to have Kathleen return to our “pulpit.” She was our first regular ministerial associate, preaching once a month in the mid-1990’s before leaving for full-time ministry in Virginia. She has been with us periodically since her return to Maine. Currently she is serving as the Consulting Minister for the First Universalist Church in Dexter.

Sunday, May 25 at 10:30 am


The service will be a celebration of song and music coordinated by **Barbara Prose**, our Minister of Music. Details await Barbara’s return from Paris. It promises to be a fitting service for the Memorial Day weekend.

Barbara continues her studies at the Bangor Theological Seminary (Portland campus) and has just completed a pastoral care internship at Maine Medical Center. She alone or as part of the Prose family has led several very creative services for us in the past. While she capably juggles more jobs than most of us would ever consider, last Fall she did step down from her duties as our Religious Explorations Director, a position she had held for several years.

UNITARIAN UNIVERSALIST ASSOCIATION
OF CONGREGATIONS



**GENERAL
ASSEMBLY**
A MEETING OF CONGREGATIONS
JUNE 25-29, 2008
FORT LAUDERDALE
FLORIDA



Register at www.uua.org/events/generalassembly/

Imaginings

In struggling to decide which topic/subject/theme I would choose for the first Sunday in May, I re-read my “commonplace book”, aka my “loose-life bible”, cover to cover. (By the way, just such a book had been started by and for MUUF a few years back, following a service during which folks shared some of the words they live by. I carried this book with me always in the back of my car, in case a MUUFer might want to add to it at any time. Sad to say, it was destroyed when my first Prius, Rosie, was rear-ended in December of 2005. My hope is that you will begin one again.) Anyway, to return to my struggle: I almost chose “Power” for May 4th, having come across two very brief “power” quotes in my commonplace book. The first is attributed to Thomas Paine in 1776: “We have it in our power to begin the world again.” The second was penned by our own Ralph Waldo Emerson: “Power...resides in the moment of transition from a past to a new state.” (As I type both out, I am amused to realize that these word-gems are themselves products of two revolutionary minds. I guess that’s where I wanted to go all along.) ’Tis true: You—and I—do have it always in our power to begin the world again. And, especially now, as you and I prepare to go our separate ways in ministry, it doesn’t hurt to be reminded that power resides in the moment of transition from a past to a new state. Of course, none of us can be certain of what the future holds, but both you, the Fellowship, and I have at least begun our planning. And, because some of you have asked, here’s what I hope my future holds: first, continuing to serve for at least another year—and still very part-time—the two UU congregations in New Brunswick: Saint John and Fredericton; beginning to lay the groundwork for the start-up of a new congregation in the greater Portland area (perhaps UU; perhaps interfaith) based on the Universe Story/the Great Turning/the Great Work. In addition, I will continue to be a member of the core faculty of the (interfaith) Chaplaincy Institute of Maine, and to serve as the UU denominational rep. on the Maine Council of Churches (along with the 3 other UUs who also serve on the Board). For the foreseeable future, I plan to stay right where I am, beside the sea

in Portland, helping to create more of a sense of community in the building in which I live. I will continue to officiate at weddings, memorial services and child dedications, and to serve as “pulpit supply” in Maine UU churches when invited. And, truly, I vow to get my papers, books and other “stuff” in order—or, better yet, given away—so that my life will be simplified in that regard. There is a short laundry list of other organizations in which I plan to stay involved, of which Star Island and Ferry Beach head the list. The others focus on peace-with-justice, and the sustainability of our beautiful Earth.

We are into “count-down” time in our days together. I am making dates with some of you to say goodbye, and I encourage you to call me to do the same—or for any other reason. I am yours through June 30th.

With love, Kitsy (773-7738)



Treasurer’s Notes

Our Vanguard Funds have increased, despite the current vagaries of the Stock Market, to \$ 18,677. And we have invested the \$ 715 from the sale of stock donated by Blanche Davison in memory of her husband, Art, along with \$ 285 from our funds in a 3-year CD with Wainwright Bank, Boston, as our first socially responsible investment. This CD is considered collateral to help Equal Exchange take out a loan, when necessary, to purchase coffee, tea, chocolate, etc. at fair-trade prices from small third world growers.

Payments are current to UUA and NNED/UUA Fair Shares and Church Mutual Insurance Co.

The second \$500. of the \$1,500. borrowed in June, 2007, from our Savings Acct. has been paid, leaving a balance of just \$500.

Thank you, pledgers, for making the efforts to keep up with current payments. It does help, as you can see. Jean Howe

President’s Message

An Invitation!! I invite you all to the May 12 MUUF Board Meeting at CEI in Wiscasset from 6–8 pm. We will be discussing our prevailing governance procedures. Sue van Alsenoy will be presenting the results from a questionnaire on Administrative Guidelines she distributed to all committee chairs, Board members, and staff earlier this year. Additionally, we will cover several areas addressing Fellowship Policy Statements. An orderly process for the democratic process in every group is essential to the well being of that group. Thank you to Sue, for moving the huge task of cataloguing our own processes forward. We welcome your thoughts and input at our “always open” MUUF Board Meetings.

Results of April 20, 2008 VOTE

A vote for salary support of and interim minister position was held after service April 20, 2008. With a quorum present, the members voted unanimously to financially support a quarter-time interim minister position for twelve months in 2009. Combined with the September to December 2008 funding previously voted on (12/30/07), our Interim Minister Search Committee (Sandra Barth, Donna Dolham, Lindy Gifford, Kenneth Kortemeier, and Jim McQuaide) will now be able to advertise for an interim position of up to sixteen months. This extension of financial support* from four to sixteen months will give the Fellowship a real possibility to attract an individual interested in the process of transition for our group.

Peace, Mary

*Monthly compensation \$1,290.28 approved for 1/4 time interim minister position 12/30/07.

The vote authorized 12 months x \$1,290.28 = \$15,483.36 for 2009. This figure will result in a reduction of the minister salary line item from 2008. The 2008 minister compensation is \$17,911.13 - \$15,483.36 (2009 compensation) = \$2,427.77 savings in this line item.

Don’t forget our website: www.uumidcoast.org!

You can always go there for more information about MUUF events, as well as links to other UU sites.

The latest newsletter is also always available there.

District News

District and Association Events Friday, June 6th and 7th: Retreat for the Board Members of the NEW Northern New England District
Friday, June 6–Sunday, June 8, 2008: Our Whole Lives (OWL) Sexuality Education Curriculum Leader Trainings, Grades 7-9/10/12 Contact: Professor Marvin Ellison at melli-son@bts.edu.

Wednesday, June 25–Sunday, June 29, 2008: General Assembly, Ft. Lauderdale, FL.

Friday, October 24–Sunday, October 26, 2008: Welcoming Congregation Conference, Ferry Beach, Saco, ME

News From the UUA Website 2007 Melcher Book Award Presented to Kate Braestrup for "Here If You Need Me"

Rev. Kate Braestrup accepted the Unitarian Universalist Association's (UUA) Frederic G. Melcher Book Award on April 16, 2008, for her memoir *Here If You Need Me*. The award ceremony took place at the UUA's headquarters in Boston, Massachusetts, and included a talk by Braestrup and a book signing.

UUA Executive Vice President Kay Montgomery expressed pride that Braestrup's memoir has "resonated with so many who might not otherwise have heard of Unitarian Universalism."

General Assembly, A Meeting of Congregations June 25-29, 2008 Fort Lauderdale, Florida Common Threads

General Assembly (GA) is the annual meeting of the Unitarian Universalist Association of Congregations. General Assemblies shall make overall policy for carrying out the purposes of the Association and shall direct and control its affairs. Voting at each regular and special General Assembly shall be by accredited delegates from certified member congregations, certified associate member organizations, and trustees.

Save the Dates for Future GAs!
June 25-29: 2008 Ft. Lauderdale, FL
June 24-28: 2009 Salt Lake City, UT



RE News

At the The Religious Exploration Committee's April meeting we: firmed up the list of childcare givers & program presenters through May; discussed alternative dates/presenters for the upcoming MUUF **RE Summit** (Benette Sherman regretfully had let us know she couldn't be with us on Sunday, May 4—as previously advertised); moved ahead to have Dave Bailey (thank you!) place the ad for an **RE Coordinator** into area newspapers (the ad had already been sent to various UU congregations in Maine); discussed the **Safety Policy** we need to have in place asap, deciding that we think the Board needs to deal with this as well as some aspects of the compensation we'll be offering; were reminded of the great RE resources available to us on the UUA website at the click of a mouse—and heard Kate read some highlights from a UUA document, "RE Best Practices;" mentioned the upcoming District Youth Con at Ferry Beach, and the upcoming District Youth Summit to be held in Nashua, NH for the three northern NE states (Kitsy plans to attend that—Benette Sherman wants adults as well as youth in attendance.); dealt with a number of other minor items; set our



Religious Education Coordinator

Creative, responsible, organized adult, interested in liberal religion, education, and working with people of all ages, to coordinate the Midcoast Unitarian Universalist Fellowship's religious education program. Includes oversight of Sunday morning RE programming and youth group activities. 18 hours/month. Contact Kate Pennington for more information at 563-8933.

next RE meeting date for Thursday, May 15 at 1 pm at the home of Lindy Gifford in Damariscotta. These meetings are always open.

Submitted by request of the RE Committee (Lindy Gifford, Mimi Moore, Jennifer Mathews, Kate Pennington), Kitsy Winthrop, facilitator pro tem.

Since our meeting the **RE Summit with Benette Sherman** our NNED RE specialist has been rescheduled for Wednesday, **May 21, 6–9 at CEI** in Wiscasset. This is a wonderful chance to vision the future of your RE program—a vital part of every congregation—with a knowledgeable leader. Please join us! Please also bring a simple savory finger food, if you can, but please attend the summit in any case!

Lindy Gifford

Please take note: Just as we prepare our home for dinner guests—cleaning, fixing bouquets and doing all to make them feel comfortable—so do similar preparations need to be done early Sunday mornings at the Edgecomb Town Hall. We need volunteers to come early—9:50-10:00 am to make the necessary changes to make our members, friends and guests comfortable and let us all know this is a special place for the enrichment of hearts and souls. Please call Jean Howe (633-7380). I am most always at the Town Hall on Sunday by 9:45 am. —Jean Howe

Lunch Bunch is Back!

Thursday, May 22 at noon at Augustine's Backstreet Restaurant in Damariscotta. (While we no longer have our beloved Bert Howe to throw out one of his provocative questions for us to ponder, we **will** have one nonetheless.) The restaurant folks need a head-count the day before, so RSVP to Kitsy (773-7738 or 350-0210) when you read this and before you fergit. Let's have a grand showing in our own—and Bert's—honor! (For those who don't know, this is a "dutch treat" event and **all are welcome**)

National Do Not Call List

If you signed up you do not have to renew. (the original every 5-year requirement has been dropped by the FTC). It is not necessary to register cell phone numbers as telemarketing to them is illegal.

If you have not registered, either sign up at www.donotcall.gov or call 1-800-382-1222. Once registered, if you get a call (from a business, not a non-profit seeking donations), hang up and report the offender's number (if you have caller ID) or name to the FTC. —from AARP Bulletin, April 2008

Gleanings for May

Maine Looks to be a Leader in Wind Power

"Maine has more wind generation potential than any other New England State. In fact it's ranked 19th in wind potential in the entire United States.

"The governor's task force recommended a goal of having the state generate an amount of energy equivalent to its annual energy needs from renewable resources by the year 2015. That would require receiving approximately 2,000 megawatts of new wind capacity in Maine in the next seven years - the equivalent of two Mine Yankee plants."

"Currently Maine receives just one percent of its electricity from wind." —from the Maine Sierran, Spring 2008

Update on Energy Efficient Light Bulbs:

While energy-saving fluorescent light bulbs are great for the earth and your electrical bill, some not-so-nice side effects have been noted such as:

- precipitating migraines or even seizures
- aggravating skin rashes
- the danger of mercury contamination in the form of toxic dust if one breaks

—from PARADE, February 3, 2008

Arbor Day Celebrations

Arbor Day is celebrated on different days in April and May by the various States. But as we take to our lawns and gardens again this Spring and perhaps contemplate planting some trees and shrubs, we would be wise to heed some **green advice regarding the use of pesticides and fertilizers.** The following comes from Green Living: the E magazine handbook for living lightly on the earth:

A Seattle area study of preschoolers illustrates a benefit of eating organic fruits and vegetables. When researchers at the University of Washington Department of Environmental Health took urine samples of 110 children to measure their exposure to pesticides, only one child had no measurable level of pesticide metabolites. The difference: that child's parents bought exclusively organic produce and used absolutely no pesticides at home.

Among other kids, some pesticide exposure "was likely due to diet," according to the peer-reviewed study

published in Environmental Health Perspectives in 2001. Children with the highest pesticides exposures lived in homes where fleas killers, cockroach sprays, or other chemical pesticides were used in the house and/or on the garden or lawn.

Some Green Gardening Tips:

Use organic compost and mulch to improve soil health and reduce the need for pesticides and fertilizers.

Don't use peat in your flower beds and vegetable gardens (peat is taken from ancient bog land, destroying some of our most precious wildlife areas). Instead, make your own compost with grass clippings and vegetable scraps from the house.

Use plants that repel insects. Some herbs and flowers—including basil, chives, mint, marigolds, and chrysanthemums—mixed in with other plants, help keep pests away

Use disease-resistant and pest-resistant plants.

Collect rainwater to water your flowers.

Let part of your garden grow freely and see what wild flowers appear.

Plant local species of trees.
— from www.wwfus.org/greentips/gardening.cfm

Maine Food:

Maine buys 68% of its food from out of state.

The average "fresh" grocery store produce of 7-14 days old and has traveled over 1,500 miles.

— from www.ripplingwaters.org

Join UUs from around the country in Niagara Falls, July 20-23, 2008

Come experience the wonder of Niagara Falls including some great educational opportunities while being taken care of like royalty. The UU Church of Niagara is conducting a four day UU Niagara Experience which is a lifetime opportunity to encounter the Falls up close from every perspective. Spend four days with us exploring the rich history and natural beauty around the Falls. For information visit our web site <http://www.uunex.net/> (You don't have to be UU to join us.)



In honor of Earth Day 2008

Three special events took place in April to help us celebrate this year's Earth Day: Kitsy's lovely April 20 service, the re-start of the Green Sanctuary Committee's effort to help us reduce our carbon footprint (see Sue van Alsenoy), and an initiative of Mimi Moore's and the MUUF poetry group—An afternoon of Japanese Tea and Haiku Poetry.

For those of you unable to attend, here are some haiku offered by members of our Fellowship. Apologies to some of our authors whose haikus I wasn't quick enough to get for this publication.

by Sarah Wolcott

Magenta Clusters
Bees dive bombing for the balm
Honey on its way

Uninvited stalk
Feathery green umbrella
Perennial favorite

by Andrew Twaddle
Haiku of a Married Man

Sitting at opposite desks
Working on different tasks
Our eyes meet.

A gathering of old friends,
Crowded room.
Across the way two smiles meet.

by Susan van Alsenoy

Spring ambles up to Maine
stopping sometimes on the journey,
yielding to a snow flurry.

Black cat closing her eyes
sits on a sunny orange settee
making her whole face vanish.

by Mimi Moore

Like winter wind
anxiety rattles my life.
Where are my glasses?

Green is slowly spreading
across the face of the field
like a shy smile.

Polarity Management—What Is It and How Might It Help Us?

Twelve members on MUUF gathered after the service on March 30 to discuss ways of managing issues that seem to divide us using Polarity Management. The exercise was well received, and those present asked if we could share the information via the newsletter.

It is most common to see divisions as problems and attempt to get at solutions. Using ideas presented at two recent NED conferences on Conflict Management we tackled the concept of **managing** an unsolvable problem, or **polarity**.

What do you see in this picture? Ask a friend what they see.



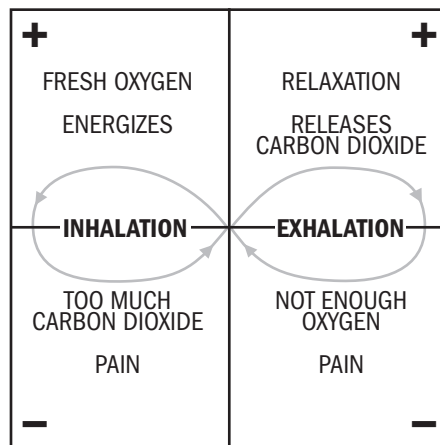
It contains both the goblet and the lovers. We have to stretch our minds to see both pieces as parts of the whole. One part is likely easier to see and the other requires more effort but a vote for one or the other would not make the reality of the contents disappear. In fact it would leave everyone only half knowledgeable if we failed to recognize both halves. Those seeing the less appreciated side would know they were disenfranchised and both groups would remain unenlightened about the dual reality.

So what is the difference between a polarity and a problem? How do we know if we are facing a problem to solve or a polarity to manage? A problem has a solution and therefore can be solved. A polarity does not have a solution, it is a situation to be managed. The picture is of both a goblet and lovers. Both views are "correct."

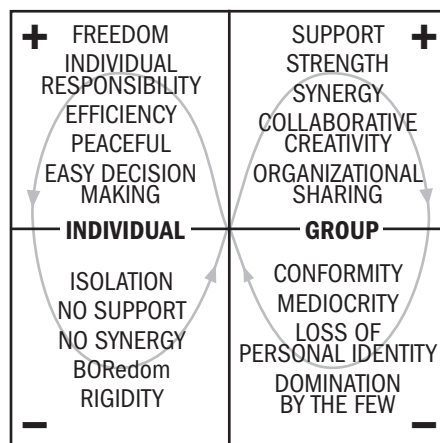
It is very important then to recognize whether or not we are dealing with problems (There can be different ideas for addressing problems and voting can be used to select the

favoured solution, but they are all potential solutions.) Polarities can not be "solved."

An easy way to visualize a polarity is to think about the **breath**. There are two opposite poles of the breath, **Inhalation** and **Exhalation**. Attempting to remain at one pole is truly impossible and will only lead to great discomfort or potential harm before inevitably arriving at the opposite pole. Both sides have advantages (indicated by the + in the chart) and disadvantages (indicated by the - in the chart). A living creature is required to navigate constantly between the poles of the breath.



In every **Community** there exists the opposite poles of the **Individual** and the **Group**. Community is not a problem to be solved, rather we must constantly manage the needs of individuals and of the group.

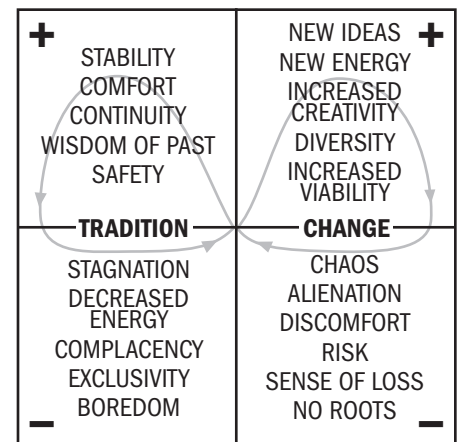


Polarities would be easy to manage if we could stay in the positive territory of both poles, however by nature a dynamic system is constantly shifting. When we try to stay

too long on one side of a polarity, we will inevitably begin to sink into the negative area of that issue, at which point we react by moving toward the positives of the opposite side. If we stay too long there, we will in turn begin to move into the negative of that side, until we move toward the positive of the first side. (This is represented by the grey lines with arrows in the charts. Notice the similarity to the sign for infinity!)

The best we can do is attempt to recognize our current position accurately so we can navigate the polarity while optimizing our time in positive territory and decreasing time spent in negative territory. A well managed polarity would look something like the chart below.

The question of whether or not to buy a building is an example of a problem not a polarity. The solution is money. If MUUF had ten million dollars to purchase land and build or buy an established sight we could begin to solve the "problem" with a series of votes. But there are polarities to be navigated underlying this and some of the other issues we face. In one example, the poles can be represented by **Tradition** and **Change**.



A major step is to recognize these unsolvable situations not as problems but to understand them as polarities so they can be well managed. For more reading: **Polarity Management: Identifying and Managing Unsolvable Problems** by Barry Johnson PH.D. If you are interested in another discussion group after service please let us hear from you. Thanks to Karen Brammer of the NNED for her thoughtful adaptation of this subject to spiritual congregations.

UPCOMING DATES:

May 4 Sunday—RE “Summit” rescheduled to May 21. See below.

May 8 Thursday—Long Range Planning Meeting 6:15–7:30

May 11 & 25 Sundays—MUUF Chorus Rehearsals, 9:15 am, promptly.

May 12 Monday—MUUF board Meeting 6–8 pm at CEI in Wiscasset

May 12 Monday—Sunday Program Committee, 9:30 am at the Bailey’s, Newcastle

May 12 Monday—Green Sanctuary Committee meeting at 1 pm at the North Cottage Coffee Shop on Main St., Damariscotta (all are welcome!)

May 13 Tuesday—Cakes for the Queen of Heaven 10:30 am

May 15 Thursday—R.E. Committee meeting, 1 pm at home of Lindy Gifford in Damariscotta (all are welcome!)

May 15 Thursday—Lunch Bunch, 12 noon at Augustine’s Backstreet Restaurant, Damariscotta. All welcome, but RSVP needed by May 21

May 21 Wednesday—RE “Summit” with Benette Sherman, 6-9 pm at CEI in Wiscasset

June 1 Sunday—Our Annual Flower Communion Sunday. During coffee hour we will be honoring Iska and the Rev. David Cole, longtime members who have moved to Brunswick.

June 22 Sunday—Worship & Brunch in Honor of MUUF’s 25th Anniversary. All sorts of special things are being planned for this day!

June 25–29—UU General Assembly 2008 in Ft.Lauderdale, FL

June 22 Sunday—Kitsy’s final Sunday with us as our part-time minister

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



Midcoast Unitarian Universalist Fellowship
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