



# Midcoast UU News

Minister Consultant: Reverend Katharine Winthrop Telephone: 773-7738

January 2008



**Sunday, January 6 at 10:30 am**  
***Epiphanies Great and Small***  
—Kitsy

In the Christian church year, today is the Twelfth Day of Christmas, also known as Epiphany, when, as the story is told, the Magi finally arrived at the stable to offer their gifts to a baby who, they had read in the stars, was to be the King of the Jews. One might call this particular event a GREAT epiphany—a revelation of something extraordinary from within the ordinary. For the past three months, I have experienced more "small" epiphanies than I can remember. As a result, I am not the person I was.

Our young people will be doing the Time for All Ages this Sunday, enacting the delightful story they had prepared for us for the December 16th service, until the weather delivered a "Snow Sunday".

**Sunday, January 13 at 10:30 am**  
***To be announced***

**Sunday, January 20 at 10:30 am**  
***In This Together***  
—Laurel Amabile and Kitsy

What brings us together and sustains us as Unitarian Universalists? Some of us come in search of a caring community. Some come to experience a challenge to our hearts and minds. Others of us come seeking new ways of understanding the events of our lives and the world around us. Those of us with children bring them for experiences that nurture free thought and a clarification of beliefs and values. Today, let's celebrate what brings us together, both here and in our wider UU Association.

Laurel is the Director of the Annual Program Fund for the UUA. She is a fourth-generation UU from Yarmouth, ME, a long-time religious educator, and now a member of the UUA's Boston-based staff (though she still lives in Yarmouth.) Kitsy first met Laurel decades ago at Religious Education Week on Star Island, and was

delighted when she heard Laurel now holds this vital position within our religious movement.



**Sunday, January 27 at 10:30 am**  
***Wisdom and Compassion***

We will visit Ruth Gendler's "The Book of Qualities" once more. Previously Fellowship members have shared their interpretation of how Faith and Doubt (February), Grief and Joy (May), and Fear and Confidence (August) have affected their lives. So far each Fellowship member that has been willing to share their reflection on one of these qualities has done a superb and unique job. That sharing helps us get to know each other better.



**Sunday, February 3 at 10:30 am**  
—Benette Sherman

The new person responsible for R.E. and Lifespan Programs for the N.E.D. (Northern New England District) will speak on her passion for lifelong religious growth and learning. She will join us for a soup and bread lunch following the service.

**UPCOMING DATES:**

**Jan. 7 Monday, 9:30 pm**—Sunday Program Committee at the Bailey's, Newcastle.

**Jan. 8 Monday, 12:30-2:30 pm**—OWL Parent's Meeting at Rockland UU Church..

**Jan. 10 Thursday, 6:15-7:30 pm**—Long Range Planning Meeting at Anne Flanagan's house.

**Jan. 14 Monday, 6 pm**—Board Meeting at C.E.I. office on Water St., Wiscasset. All are welcome.

**Jan. 15 Tuesday, 10:30 pm**—First Session of *Cakes for the Queen of Heaven*, at Lindy Gifford's House

## Imaginings

It was soon after I arrived in Springfield, Vermont, to serve the little UU congregation there that I was introduced to the late "Snowflake Bentley" who had lived his long life in Jericho, VT. I know many of you know something about this amazing man, even if only through the book written about him for children a few years back. Wilson A. Bentley LIVED for snowstorms; he couldn't bear to miss a single one, chasing the "composite mission of the snow crystals". By the time of his death he had spent almost fifty years photomicrographing 5,381 of them—each one exquisite and unique. He once said: "A fool and probably crazy is what some folks call me, and they mostly demand to know what good it does to get all

## President's Message

**H**APPY NEW YEAR!! How lucky we are to be having such a wonderful winter, lots of snow and cold weather. That means it is time to do the work of planning for the changes the coming seasons will bring for our Fellowship.

The Board will have its annual retreat March 1st. Planning for our 25th Anniversary Celebration and looking ahead to redesigning MUUF's future in conjunction with the Long Range Planning Committee are big items on the Board's table for 2008. The monthly Board meetings have been moved to the second Monday of each month except for April 7th and October 6th. Remember these meetings are always open to interested members who desire to share their ideas and work with the Board.

I invite each of you to take time to consider what continues to bring you to the Fellowship on Sundays and what matters to you most when considering your continuing relationship to the Fellowship. Talk with other members and share your ideas with members of the Board or the Long Range Planning Committee. Our future depends on meeting the needs of the members and you are all invited to participate in this ongoing relationship as we craft the plans for our dreams.

Peace,  
Mary Neal

these pictures of just snow! I don't argue with them. I am satisfied."

Folks often look at me as if I were "a fool and probably crazy" because I love snow so much, even when it falls in April. I am known to mourn the passing of winter if there hasn't been a sufficient (lots of!) amount of the stuff. Thus far this winter is delivering(!) and I, like Snowflake Bentley, am as excited as a child. (I also realize that people may be harmed—or killed—as the result of a snowstorm—though in many cases it might have been their own fault. Like the sea, snow needs to be both appreciated and respected. Both—and so much else—remind us that there are limits to our power; both—and so much else—offer us endless metaphors as well as lessons for living. Both—and so much else—call us to **look and see** at the beauty all around us, even—and especially—at those times when the human world is trying to decide between chaos and community. I think that was what Snowflake Bentley was all about. Happy New Year!

Love,

Kitsy (207)773-7738



## Community Supper

There will be a Community Supper hosted by the Fellowship at the Second Congregational Church in New-castle on Wednesday, January 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.



## About Us

New email address for Bonnie Ginger: [bginger@roadrunner.com](mailto:bginger@roadrunner.com)

David & Iska Cole  
Signature Pines  
7 Outlook Lane  
Brunswick, ME 04011  
207-725-4985  
[iskadave@verizon.net](mailto:iskadave@verizon.net)

## RE News

**O**ur Religious Exploration Committee met recently and re-visited our plans for our children and youth for the beginning of 2008. On the first Sunday of the month, Mimi Moore will continue to creatively lead our young in a "Spirit Play" experience. On Second Sundays, Roger and Mary Duncan will continue to tell Bible stories in their wondrous style. Third Sundays will focus on the Universe Story under the inspired leadership of Lindy Gifford. This leaves us with the fourth (and occasionally fifth) Sunday to fill with inspiring programs. We invite any of you who would like to share something from your life (your life's calling/work; a special interest or hobby which has added meaning to your life, etc.) to let the RE committee know. This is a great Opportunity for all of us to get to know each other better—across the ages. Thank you for considering this invitation. You may contact anyone on the R.E. Committee: Mimi Moore, Kate Pennington, Lindy Gifford & Jennifer Mathews. (Kitsy also continues to serve on this committee, ex officio, and, at their request, is serving as the facilitator of the meetings.)



## Cakes for the Queen of Heaven

**T**he first session of the five session Curriculum Cakes for the Queen of Heaven is scheduled for Tuesday, January 15 at 10:30 am at Lindy Gifford's house, 80 Bristol Road, Damariscotta. There after, we will be meeting the second Tuesday of the month at 10:30 am at Lindy's house. The role of facilitator will rotate to various volunteers in the group. The first facilitator will be Bonnie Ginger. It is not too late to join us, if you feel you can commit to the five monthly sessions. If you're interested, talk to Lindy (563-1736) or email her at [lindyg@tidewater.net](mailto:lindyg@tidewater.net) for background material which she can email to you, or print out for you before the first session (if you don't have email). Bonnie Ginger and Phyllis Loney have both done the curriculum before, so they might be good people to talk to about the curriculum.

Hot Topics for Congregations  
FEBRUARY 2, 2008 No snow date!  
**MANAGING DIFFERENCES**

Take home ideas and techniques. Learn how to see the range of positives. Share your stories with others who have similar roles in their congregations, such as ministers, religious educators, musicians, ministerial associates, congregational leaders, or interest in social action, finances, congregational growth. Nourish body and spirit by spending a day in the company of other UUs.

Registration and refreshments at 8:30 am

Unitarian Universalist Church of Brunswick, 15 Pleasant Street, Brunswick, Maine

Directions at <http://www.uubrunswick.org>

Facilitators: *Rev. Mary Higgins, Rev. Karen Brammer, Helen Crane Wing* (see next page)

**PROGRAM**

- 9:00 am Worship *Rev. Sylvia Stocker*, Brunswick  
(Congregations are invited to light candles of celebration or concern.)  
10:15 Polarity Management (see next page)  
12:15 pm Lunch  
1:15 Nonviolent Communication (see next page)  
3:30 Closing Ritual

There will be a concurrent program for children age 12 years and under.

Questions? Contact: Helen Zidowecki, NED Program Committee, 207-582-5308, [hzmre@hzmre.com](mailto:hzmre@hzmre.com) or Joy Blanchette, District Office, 603-228-8704, [uua-me.nh.vt@comcast.net](mailto:uua-me.nh.vt@comcast.net)

=====Detach and Mail to District Office.=====

REGISTRATION through January 20 is \$18; after January 20, \$20. Children under 12 free.

Register early! Space is limited to 80 participants. No "walk-ins"!

Make checks payable to NED UUA

Register on line with a credit card (small fee) at [www.nhvt.uua.org](http://www.nhvt.uua.org) OR

MAIL to UU District Office, 10 Ferry Street, Concord, NH 03301

Name \_\_\_\_\_ Congregation \_\_\_\_\_

Please give contact information that can be added to the Participant List for the conference:

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

If children are accompanying you, please give names and ages.

Special considerations, such as mobility and other needs:

Dietary: vegetarian \_\_\_ vegan \_\_\_ other \_\_\_\_\_

Do you need HOME HOSPITALITY? \_\_\_\_\_

Considerations, such as smoking or pets.

Suggested donation for Home Hospitality (range \$15-35) to be arranged with hosts.

## Green Sanctuary

As promised, here is the new Green Sanctuary project to help kick off the New Year. It concerns the reduction of our CARBON FOOTPRINT on the terrain of Mother Earth. Just what is a carbon footprint?

It is a representation of the effect a person or organization has on the climate in terms of greenhouse gases measured in units of carbon dioxide. For example, each gallon of gasoline a car burns produces carbon in the form of carbon dioxide. Depending on the fuel efficiency of the vehicle and the miles traveled, a gasoline-powered car can easily generate its own weight in carbon dioxide each year, the World Resources Institute calculates.

### Environmental News Network

In order to accomplish our carbon footprint reduction, we kindly request your help by participating in the following program:

1. Before you begin, you will need to know:
  - a. the square footage of your home
  - b. your electrical bill and/or kilowatts used per month
  - c. amount in gallons or therms of home heating fuel (oil, natural gas or propane)
  - d. your car: year, make, model and miles per gallon
  - e. amount of travel you do per year via car, motorbike, bus, rail or plane
2. Now please go to one of the many websites that offer a Carbon Footprint Calculator. Some are easier than others. I tried out three and

found that while they all varied in their results, they all pointed to a general trend in my lifestyle—I am way above average, probably due to my air travel. One calculator told me that “if everyone lived like you, we would need 10.3 planets.” Eeks!

Carbon Footprint: <http://www.carbonfootprint.com/calculator.aspx>

Earthday Ecological Footprint Quiz: [http://www.earthday.net/footprint/index\\_reset.asp?pid=3978692892740761](http://www.earthday.net/footprint/index_reset.asp?pid=3978692892740761)

Zerofootprinting Carbon Calculator: <http://www.zerofootprintingoffsets.com/calculator.aspx>

3. Determine your own carbon footprint. Then at the next Fellowship Meeting you attend, please enter your results on the chart that the GS will provide on Sundays. You can also call in your information to Mark Smith (442 7227) or Sue van Alsenoy (504 1950). There is no need to enter your name on the chart—just your footprint number. You will be assigned a number so that privacy can be protected. If you don't have a computer, please ask a friend or your local librarian for access.
4. At the end of January when we traditionally light the green candle to begin our Fellowship Meeting, you will be asked if you would like to make a pledge to reduce your carbon footprint by 2% for the coming year. Those who wish can hang their pledge card on our tree. All the websites that I visited offered me ways to reduce my footprint.

5. Next December we will ask you to determine your footprint again to see if you were able to make a reduction. We will then calculate how much that we, as a Fellowship, were able to save in carbon emissions. Keep in mind that every ton counts, and collectively we can really help to reduce Mother's burden.

### Five Tips from the Sierra Club to make the New Year greener:

Bring camaraderie to your commute. Find fellow riders at [goloco.org](http://goloco.org) and [zimride.com](http://zimride.com).

Be an informed eater. For example, you can go to <http://fishphone.org/index.asp> to learn a lot about fish, such as toxins they may contain and their chances of survival.

Junk the junk mail. Register with [catalogchoice.org](http://catalogchoice.org). Be prepared – this takes a while.

Become a mix master. Whip up your own, nontoxic household cleansers, skin products, and pet-care items ([eco-me.com](http://eco-me.com)) as well as all-natural baby food ([freshbaby.com](http://freshbaby.com)).

Learn to share. At [neighborrow.com](http://neighborrow.com) and [borrowme.com](http://borrowme.com), you can find neighbors willing to lend you books, tools, or other things that you would rather not buy.

Your GS Committee hopes your holidays were full of joy, peace, and light. LED lights, of course :-). And we wish you a healthy new year, for yourselves, your loved ones, and our living planet.

**Next GS meeting:** Call Sue van Alsenoy at 504-1950 for the date of our January meeting.

**SAVE THE DATES: FRIDAY APRIL 11 AND SATURDAY APRIL 12!**

**First Joint Annual Meeting of the New Northern New England District**

**University of New Hampshire, Durham New Hampshire**

**Keynote Speaker: The Reverend Bill Sinkford, President of the UUA**

**Registration forms coming soon, or register online beginning January 1.**

## Change in Hospitality System

The Board has decided to try something new at coffee hour beginning in January. In an effort to simplify duties, we would like to eliminate the extravagant spreads our good cooks have been providing and cut back to tea, coffee, hot chocolate and one choice of finger food.

Rather than have two "Feeders" each Sunday, we will have a Hospitality Committee made up of two greeters and a refreshment person. Mabel O'Brien has taken over the list making from Mimi and Sarah. Names will be published in advance each month in the newsletter as usual.

This change may not be agreeable. Please give your comments to Mabel or Mimi.

	<b>Coffee/Tea</b>	<b>Greeter</b>
<b>1/6</b>	O'Brien	Carlson/Strong
<b>1/13</b>	Elwin	B&A Flanagan
<b>1/20</b>	Leidenthal	Linkers
<b>1/27</b>	Rich/Mathews	Davis/vanAlsenoy
<b>1/30</b>	Crosbie	Fredericks

## 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  
Anne Flanagan

**Nominating Committee:**

Charles Reinhardt  
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



Midcoast Unitarian Universalist Fellowship  
P. O. Box 2, Edgecomb, ME 04556

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