



# Midcoast UU News

Minister Consultant: Reverend Katharine Winthrop Telephone: 773-7738 **November 2007**

**Sunday, November 4 at 10:30 am\***  
***"It Takes a Congregation..."***  
***Our Annual Meeting Sunday***  
—Kitsy & You

A brief worship service will help us center ourselves for one of the most important meetings in the life of any congregation. This is when the entire membership becomes democracy in action, living out, in part, one of our Seven Principles. Please make every effort to be present as, collectively, we report on the year almost over, make our annual Founders' Award, elect new officers, and approve a budget. (Folks who are not legal members of the Fellowship are warmly invited to attend, but only members may vote.) See you there!

**Sunday, November 11 at 10:30 am**  
***The Great Turning:***  
***From Empire to Earth Community***  
—Ellen Leidenthall,  
Lindy Gifford & Kitsy

Seven members and friends of MUUF and Midcoast Friends spent six sessions discussing the book with the above title, authored by David Korten. We decided to share with you some of what we learned from our time together.

From the book, one quote: "You have your game. I'm calling it Empire. It may work for you, but it doesn't for me. So I'm leaving to join with a few million others for whom the game of Empire isn't working either. We are creating a new game with new rules based on the values and principles of Earth Community. You are welcome to join us as a fellow citizen, if you are willing to share your power and wealth, and to play by the new rules." Want to play?

**Sunday, November 18 at 10:30 am**  
***Meeting Our Call, Finding Our***  
***Voice and Making Our Way***  
—Donna Dolham

Today's service will offer you a continued glimpse into consideration and reflection of living our Unitarian Universalist faith. How is it that we see ourselves: Individually? As a Faith Community? And how are we moved to give Voice to Faith and Meet our Call with each other in this fellowship? In our towns? And in our world?

It's a deeply moving and personal honor for me to participate in worship. I will be here with you this week and the prior week will be in Alexandria, Virginia co-leading a Beyond Categorical Thinking Weekend for their Congregation.

Donna Dolham has been a trained Beyond Categorical Trainer for the UUA since 2001. In that time she's had the pleasure to facilitate worship and workshops in Maine, New Hampshire, Massachusetts. She has also participated in the Worship Associates program for several years in the Auburn, Maine UU Church.

*Let us give thanks that we  
can be more than we are;  
Let us celebrate the power  
of the incomplete;  
For life is always unfinished  
business.*

—the Rev. Richard Gilbert

**Sunday, November 25 at 10:30 am**  
***"If the Only Prayer You Ever Pray..."***  
***An Intergenerational Harvest***  
***Celebration***

—the Rev. Chuck Reinhardt  
and others

"Thank You" is the theme for this Sunday following Thanksgiving Day. We shall celebrate the gifts of the Earth, each other, and Life itself. During the service we'll create a Thanksgiving Tree, and share a "communion" of cider and cornbread—a tradition among a number of other UU congregations. There will be no R.E. program this morning, but creative childcare will be available for the very young or the restless.

\* Don't forget to "fall back" (set your clocks back an hour) when you go to bed Saturday night, Nov. 3. Daylight Savings is on Sunday Nov. 4.

**Midcoast Unitarian Universalist Fellowship**  
**Annual Meeting**

**Sunday, November 4, 2007**

**After service at the Edgecomb Town Hall**

To hear committee reports  
To elect officers and trustees  
To discuss and approve a budget  
for the calendar year 2008  
As well as any other pertinent business

## Imaginings

I begin with a meditation written by my long-time mentor in ministry, the Rev. Richard Gilbert. I do so because I have been **living** these words at many levels of their meaning the past two weeks:

"In the midst of the whirling day,  
In the hectic rush to be,  
In the frantic pace of life,  
Pause here for a moment.  
Catch your breath;  
Relax your body;  
Loosen your grip on life.  
Consider that our lives are always  
unfinished business;  
Imagine that the picture of our being  
is never complete;  
Allow your life to be a work in  
progress...  
From beckoning birth to dawning  
death we are in process,  
And always there is more to be done.  
Do not let the incompleteness weigh  
on your spirit;  
Do not despair that imperfection  
marks your every day;  
Do not fear that we are still in the  
making.  
Let us instead be grateful that the  
world is still to be created;  
Let us give thanks that we can be

more than we are;  
Let us celebrate the power of the  
incomplete;  
For life is always unfinished business."

Others of you have, I am certain, had an experience not unlike the one I just returned from. Quite suddenly we find ourselves leaving the patterns of our dailiness and the familiar places of our current life, pulled back into a place and chapter of our life to which we had long ago bid a bitter-sweet farewell. For the past two weeks I have been in Rochester, New York, to be with my daughter as she magnificently planned and managed all that is involved in paying tribute to a loved one no longer living (her father, my first husband), tidying up and dealing with the myriad details involved in tending to all that is left behind: legal and financial matters, material possessions, strong emotions, and the ongoing spiritual sorting out of the meanings of a life, of relationships, of life and death, of love. In the few days since my returning to the current "chapter" of my life (which still feels a bit more distant to me than the old one I just left—for a final time), my daughter

has called me daily. "I'm half an orphan now," she announced the other day, helping me understand that she might still have some need to know that (even though she is one of the most competent and delightful 40-year-olds I have ever met) her other parent is still just a phone call away. Each of us has been reminded—powerfully, sadly, thankfully—that "life is always unfinished business"—even after death.

With love,  
Kitsy

P.S. My heartfelt thanks for the "ministering to" I have received from many of you. And, as always, please feel free to call me whenever you have need, have ideas for Sunday services or other programs, or just want to talk. (207)773-7738

## President's Message

November is an important time for our Fellowship. We begin the month with our Annual Meeting November 4, where we exercise the Fifth Principle of Unitarian Universalism—the right of conscience and the use of the democratic process within our congregations and in society at large. At this meeting members will elect the Fellowship Officers and Trustees for 2008 and will vote on a budget for 2008. Every voice in our Fellowship is important and every vote counts in our ballot box. So please, "Show up" and exercise this vital Fifth Principle.

Throughout the month we will be receiving each member's financial commitment for 2008. The ministry of this Fellowship is fulfilled by our individual time commitments as well as our stewardship. Each is necessary for our collective vision to continue nourishing present as well as future members. The more we support our Fellowship Ministry with both gifts of time and money the greater will be our personal spiritual growth. Our spiritual core of relationship with one another is deepened as we increase our financial commitment to our community of faith.

I invite each member to commit to giving generously of both your time and money in 2008 so that MUUF can fulfill our biggest dreams!

Peace,  
Mary Neal

### UPCOMING DATES:

**Nov. 1 Thursday, 7 pm**—A presentation by Susan van Alsenoy, Int'l Learning Support Consultant, "We All Learn Differently, Some More Than Others," at Mobius, 319 Main St., Damariscotta.

**Nov. 3 Saturday, 9 am–3 pm**—Conflict Management workshop at the First Universalist Church of Pittsfield, Maine.

**Nov. 2–4, Fri.–Sun.**—Second Annual Welcoming Congregation Conference at Ferry Beach. Visit [www.nhvt.uua.org](http://www.nhvt.uua.org) to register.

**Nov. 4 Sunday after service**—2007 Annual Meeting to hear reports, and vote on officers and trustees and approve a budget for 2008.

**Nov. 5 Monday, 9:30 am**—Sunday Program Committee meeting at the Baileys'.

**Nov. 5 Monday, 12:30 am**—Faith in Action Committee meeting at the Maine Coast Book Shop Cafe in Damariscotta.

**Nov. 8 Thursday, 1 pm**—Religious Exploration Comm. meeting at Gifford/Cole's, 80 Bristol Road, Damariscotta

**Nov. 9 Friday, 3 pm**—Kate Braestrup at Skidompha Library, Damariscotta

**Nov. 12 Monday, 2 pm**—Green Sanctuary Comm. meeting, Sue van Alsenoy's, Wiscasset (504–1950).

**Nov. 16 Friday, 7 pm**—Showing of "The Lion King" at the Mathews/Rich's house, 5 Clifford Road, Edgecomb. All ages welcome!

**Nov. 17 Saturday, 9 am–3 pm**—Gather the Power: Ten Years of Small Group Ministry at UU Community Church, Augusta.

**Dec. 1 Saturday, 2-5 pm**—Third Annual Alternative Gift Fair, at Skidompha Library, Damariscotta.

## Green Sanctuary

We have voted to go for it! Your Green Sanctuary Committee is busy organizing, preparing and presenting various projects for you to participate in order for us to obtain Green Sanctuary Accreditation, and our next big effort is "Banish Paper and Plastic—Bring Back Ceramics and Cloth!"

This project was launched on the last Sunday in October, and we are hoping that by now many, if not all of you, are bringing your own mugs to church to use for coffee, tea, and juice, and are seriously considering using cloth rather than paper napkins during our post-service festivities. If we can copy the good campers dictate of "what we bring in, we bring out" (or at least wash), clean-up should be a breeze.

For those who forget, or for visitors, mugs and cloth napkins will be available.

If you wish, you can clean your own mug and leave it at the Town Hall in a box on the stairs.

### Help Wanted:

donations of extra mugs  
donations of cloth napkins  
people willing to make cloth napkins  
architect/engineer willing to help with our environmental audit  
more people to come to the GS committee meetings :-)

### Green News:

We applaud the local lobster people who paraded this past month on the Sheepscot River to oppose the possibility of a coal-burning gasification plant in Wiscasset; by the time you

read this, we will probably know whether or not the good voters of that town were able to defeat this plan. A big GS welcome to The Green Gourmet market and deli, 510 Bath Road, Wiscasset (207-882-8444), open Monday-Friday, 6-6, Saturday 6-6, Sunday 9-4; without being asked, they have donated a gift card for our Alternative Gift Fair; they feature organic and local products as well as toys and gift items; Grand Opening Celebration—November 10; see their flyers on our GS table

From Maine Sierran, Fall 2007: A rising line of economic growth corresponds directly to a sliding line of environmental quality. . . The world economy has doubled in size and then redoubled since 1960, and it is very likely to double and redouble again in the next fifty years. . . as economies in the U.S. and other Western nations have dramatically expanded, the happiness index among people has been flat or even declined.

What do rising sea levels and rising taxes have in common? Both are caused, at least in part, by overpopulation. "We need to think about climate changers, as well as climate change." Replacement Numbers Only.

Water has 832 times more "energy density" than air. Wave power is available 80-90 percent of the time, compared with wind at 45 percent and solar at 35 percent. Sierra, September/October 2007, p. 18-19.

Next GS meeting: Monday, November 12, 2007, 2 pm Sue van Alsenoy's home (504-1950 for directions).

## RE News

The RE committee is continuing our regularly scheduled programming during this interim period without an RE director. Sunday October 28, Mary Duncan and Mimi Moore taught the children about Unicef and gave them collection boxes for Halloween. They also worked on paper leaf decorations for our Thanksgiving service on Nov. 11. November 4 is Annual Meeting and Phoebe Cole will be downstairs with the kids, reading Christmas stories in search of a good one to perform as our yearly pageant, so if you have some favorites, send them in! November 11 Lindy Gifford will continue with Universe Story programming. November 18, Roger and Mary will be telling Bible Stories (always a hit!). November 25 is our intergenerational Thanksgiving service. December 2 and 9 we will be working on the Pageant and Dec. 16 we will be performing it as part of an intergenerational service. December 23 will be also be an intergenerational Christmas/Solstice service.

We are also planning a special event for adults and children on Friday, Nov. 16. In conjunction with "The Lion King" theme used in the Universe Story programming there will be a showing of the film at the Mathews/Rich's house on Clifford Road in Edgecomb at 7 pm. This is a great opportunity for anyone who has managed to miss the movie to see it and for the rest of us, a chance to revisit an old favorite and talk about it from a Universe Story point of view.

And lastly, a heads up! The Rockland Church is in the process of planning another OWL (Our Whole Lives, UU sexuality programming) for 6, 7, and 8th graders for January and our youth are invited to participate. More info to come soon...

The next RE meeting is on Thursday November 8 at Lindy Gifford's house, 80 Bristol Road, Damariscotta. Please join us!

### Long Range Planning

The long range planning committee has been meeting bi-monthly and is working diligently on a... that's right... "long range plan!" The committee will give a brief report at the Annual Meeting on Nov. 4 and we will be asking for your input, too, so "bring your thinking caps!"

### A WORKSHOP: Conflict Management in Congregations

Saturday, November 3, 2007

First Universalist Church of Pittsfield, Maine

It is easy enough to say that conflict is both crisis and opportunity, but what are the skills and strategies to help shift our anxiety and dread of conflict into attitudes of learning and growth? Can we help small congregations strengthen relationships for more resilience as we change?

"Conflict Management in Congregations" will:

- focus on better understanding the dynamics of conflict
- look at historic patterns of conflict response in congregations
- work with skills and strategies for conflict management

Facilitator is Rev. Karen Brammer, Small Church Specialist for Maine, New Hampshire and Vermont. Interested congregations are asked to send teams of between 3-5 people.

There is no cost other than transportation. Pot luck for meals. Contact Lindy Gifford if you are interested in attending.

## About Us

June Phillips has been hospitalized for one infection and kept in longer for a Staph infection. She is home now and was on "Equal Exchange" duty Sun., Oct. 21. Says she's not feeling 100 % yet; doesn't stop her from participating in her many commitments.

**B**ert Howe—With infections and a high fever and high pulse rate, in addition to the active lymphoma, Bert has been hospitalized for four days. Much better, he is happy to be home on Sun., Oct. 21, and will be continuing his chemo treatments at the Maine Ctr. for Cancer Medicine in Brunswick.

**N**ew e-mail addresses for Janet and Bud Elwin:  
janetbelwin@gmail.com and budelwin@gmail.com Please add these changes to your Directory as well as to your e-mail address book.



## Music Notes

As we slide from autumn into winter and the holiday season, the Muufles have more than visions of sugar plums dancing in their dreams. We welcome anyone to join us for our musical holiday preparations and we'd love your ideas for holiday music. For those who can't make a long term commitment, but would still like to join us from time to time, send me an e-mail at krosspt@lincoln.midcoast.com and you'll receive updates and reminders of schedules and music "play list." Sue Carlson



**The 2008 Pledge packets have gone out! Please return yours with your pledge as soon as possible.**

Knowing how much income we can expect helps a lot with the budgeting process. If you were somehow missed and did not get a packet, please speak to Steve Cole.

## New Book Discussion Group

"EarthLight: Spiritual Wisdom for an Ecological Age" is one of the most inspirational as well as informational books I have read in a long time. It is a collection of brief selections of poetry and prose by authors from many different religious and cultural perspectives. I'd like to invite Midcoast Friends to join us again in this—and put out an invitation to the wider community. If you have an interest in taking part, you can tell me on upcoming Sundays or phone me (see "Imaginings" column for phone #s). I'll bring a copy on Sundays to show. And, if there's enough interest, I can order copies at 20% off from our local bookstore.



**Save the Date:** Saturday, December 1, 2-5pm for the 3rd Annual Alternative Gift Fair at Skidompha Library, sponsored by MUUF and the Friends Meeting of Damariscotta. Plan to attend and support local and international nonprofit organizations by purchasing "low waste/high (social) impact" gifts for holiday gift giving.



## Conversation at Coffee Hour

**He:** You and Mabel worked hard putting on the Harvest Supper.

**She:** Yes, we did and the best part was that the entire Fellowship participated in many different ways.

**He:** Well, was it a success?

**She:** I think so. People seemed to be having a lot of fun.

**He:** I'm glad it was fun but was it a success? What did the numbers say?

**She:** About 80 people came, 25 were newcomers from the community. We didn't expect that many. Good publicity I guess.

**He:** The yellow posters were eye catching, but you still haven't answered my question. Was the event a success in terms of money? Did we make a lot of loot?

**She:** \$514.79, above 500—that's not bad when you consider we only charged \$7.00 a dinner. Next year...

**He:** Oh, there's going to be another Harvest Supper next year?

**She:** People were asking that we do it again...I'd say that's a sign of success right there!

## Keeping The Sabbath

At the most recent Religious Exploration Committee meeting, the decision was made to move our monthly meetings from Sundays following the service to another day and time. In discussing this, a wider concern/desire was expressed by all present. I was asked to convey our thoughts to the Fellowship for your consideration. We think that Sunday (OUR Sabbath) would feel more Sabbath-ish if we tried NOT to conduct business (other than specially called congregational meetings, perhaps) following the service. That we spend our time during coffee hour as "fellowship" (small "f") time, getting to know each other better, and helping our visitors—as well as shyer long-timers—feel more a part of us. Many of us do this already—or try to, but we thought it helpful to remind folks of the purpose of our worshipping and "communing" together each Sunday. Business can wait. (P.S. We also acknowledged that, with worship and coffee hour happening in the same room, we might think of a way together, following the postlude, to provide a little buffer time between one and the other (a few moments of silence? Moving more slowly and quietly from one to the other?). All suggestions welcomed!

Kitsy, on behalf of the R.E. Committee (Lindy, Jennifer, Mimi, Kate)



**Please Note:** Soup Group will not be providing soup December 2nd as previously planned. The winter schedule will appear in next month's newsletter.



## Cakes for the Queen of Heaven

This is an open invitation to any women who would like to join a small group studying the popular UU feminist theology curriculum. We will soon be starting with Volume One of the long-awaited update of Cakes for the Queen of Heaven, *In Ancient Times*. It introduces participants to ancient Goddesses, weaving their stories together with major concerns of women today. If you are interested, please talk to Lindy Gifford, Mimi Moore, or Mary Neal.

## Report from the Joint Fall Conference of NED/NH/VT Districts

The Joint Fall Conference of the NED/NH/VT Districts at the University of New England in Portland, October 5 and 6, was an inspiring, fun, event and a wonderful way to build larger community. I strongly encourage anyone who can to attend the spring meeting, which will be held April 11 and 12 in Durham, NH. That will be the First Annual Meeting of the new combined district "The Northern New England District" (the name was unveiled at the meetings.) It is planned to be quite a celebration, and the district is hoping for attendance from 100% of its congregations.

Here are a few of the things I took away with me from the meetings: We are not alone. There are lots of congregations who are dealing with or have dealt with many of the issues we are confronted with now. The district also has resources and personnel to help, and they want to help. District gatherings are a great way to tap into both, not to mention warm fellowship, fun and new friendships.

At the conference, the keynote speaker on Friday evening, the Rev. Gail Geisenhainer spoke on congregational growth. She pointed out that there are different kinds of growth—besides numerical growth; physical growth, in terms of buying or enlarging a building; and expanded programming, or outreach; she also spoke of a kind of growth she called "inreach." As Rev. Geisenhainer put it, "You can't give away what you don't have." She believes, and I agree, that people are hungry for a deeply meaningful religious experience and a strong, nurturing community. Accord-

ing to this argument, time spent developing and deepening our own commitment to our faith would automatically make our congregation more appealing to newcomers, at the same time as it makes our own lives richer and more satisfying.

On Saturday, I attended a workshop on "Small and Vital Congregations" with the Rev. Karen Brammer (the district small church specialist). She was an excellent facilitator and the insights from the others in the group about their congregations were also invaluable. Karen is eager to work with congregations like ours and told me of a workshop she's facilitating Saturday, November 3, at the First Universalist Church of Pittsfield, Maine. This would be a great opportunity for others to experience a workshop with Karen and participants from other congregations. The process itself in these workshops

also serves to strengthen our own faith and commitment. Three of us have already decided to attend, and I hope others will join us. See the boxed ad for the workshop elsewhere in this newsletter for more information and contact me (563-1736) if you are interested in attending.

The big news from the UUA at the conference was that they are launching a major media campaign in partnership with Time Magazine. An ad in the October 15 issue of Time reads "Is God keeping you from going to church?" We were told to expect new visitors at our congregations as a result of the ads. I found myself wondering what we might do to take advantage of this opportunity and how we might offer seekers who come to our door more of what they might be looking for.

In fellowship,  
Lindy Gifford

## Nov 11: Veterans Day/Armistice Day

### From the UUA Advocacy News:

This year, we will celebrate Veterans Day to recognize and remember the brave women and men of the armed forces by asking our government to bring them home. Veterans Day was originally called Armistice Day. It remembered the end of the Great War in 1918. But it also falls in between the anniversaries of several peace agreements. Let's reclaim Armistice Day as a time of remembrance of the horrors of war.

Write to Congress, the White House, and your candidates of choice

and tell them you do not want Congress to Approve Secretary Gates' \$190 Billion funding of the war. Without safe and timely withdrawal of American Troops, reconciliation with the Iraqi people, or promises to physically, emotionally and financially supporting the Troops; we cannot allow this money to be spent. Congress and the White House continue to exploit the brave sacrifices that our military personnel and families offer to their country. The greatest way to support our Troops is by bringing them home safely.

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## A Vagabond Song

By Bliss Carman

*There is something in the autumn that is native to my blood—  
Touch of manner, hint of mood;  
And my heart is like a rhyme,  
With the yellow and the purple and the crimson keeping time.*

*The scarlet of the maples can shake me like a cry  
Of bugles going by.  
And my lonely spirit thrills  
To see the frosty asters like a smoke upon the hills.*

*There is something in October sets the gypsy blood astir;  
We must rise and follow her;  
When from every hill of flame  
She calls and calls each vagabond by name.*

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## SAVE THE DATE:

### 2008 UU-UNO Intergenerational Spring Seminar

Picking up the Pieces:  
Building a Culture of Peace

**3-5 April 2008**

(Youth program begins  
on Wednesday April 2.)

Details will be available shortly.

**“We All Learn Differently, Some More Than Others”  
 You Are Invited to Attend a Workshop  
 for Parents, Teachers, and Students  
 November 1 at 7 pm  
 At MOBIUS, 319 Main St., Damariscotta**

- Why do some students seem to swim easily thru school while others barely keep afloat, and some even drown?
- How do learning styles and preferred intelligences impact academic success?
- What can be done to help resolve conflicts and improve communication between individuals, families and schools?

Presented by Susan van Alsenoy,  
 International Learning Support Consultant (207)504-1950  
<http://studentswholearn.fawco.org>  
**ADMISSION IS FREE**

**Fellowship Minister  
 and Board of Trustees**

**Minister:** Rev. Katharine H. Winthrop

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**Director, Religious Exploration:**  
 Barbara Prose

**Newsletter:** Lindy Gifford

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**Sunday Programs:** Sandra Barth

**Faith in Action:** Jennifer Mathews

**Membership:**  
 (Contact Rev. Katharine Winthrop)

**Music:** Suzanne Carlson

**Mutual Ministry:** Blanche Davison

	<b>Feeder</b>	<b>Greeter</b>
<b>10/7</b>	Pennington, K. & S.	Dolham, Davis, E.
<b>11/4</b>	McQuaides (Annual Mtg.)	Twaddles
<b>11/11</b>	Fredericks	Reinhardt/Davis
<b>11/18</b>	Baileys (Thanksgiving Sun.)	Pennington, K. & S.
<b>11/25</b>	Fosketts	Loneys
<b>12/2</b>	Dolham, D; Perry, K	Millers



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

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