

CHALICE & CHIMES

THE MONTHLY NEWSLETTER OF UUSB

APRIL 2023

THIS MONTH IN WORSHIP

Our theme this month is **Resistance**.

April 2 - *How Do We Find Truth?* - This service will be led by Rev. Marty Pelham with Phyllis Havens, Sue McKay, and Atticus Foster as our worship team. Music will be provided by Molly J. Webster and Jack Derosier.

Meeting ID: 930 5308 3090 Passcode: 126853 [Zoom Link](#)

April 9 - *Ancient Stories, Future Possibilities* - The stories of Passover and Easter invite us to celebrate liberation and new life wherever they are found, resist despair, and imagine new possibilities for the problems we face locally and globally. This service will be led by Rev. Rebecca Liberty with Linda Sisson, Laurie Cartier, and Atticus Foster as our worship team. Music will be provided by the UUSB Choir, Molly J. Webster, and Jack Derosier, with guest musicians Aaron Mahoney and Annaliese Powers.

Meeting ID: 915 2527 7193 Passcode: 231408 [Zoom Link](#)

April 16 - *Love as Truth Telling* - It's hard to tell the truth sometimes. It's hard to hear the truth sometimes. But what if giving and receiving that truth is an act of great love, one that's needed to move the relationship, the community, the world further? This Sunday we'll explore the relationship between Love and Truth and how it gets tripped up in our wanting things to be different, or in our not wanting to hurt feelings or be called out ourselves. How can radical acceptance and self-awareness move us out of resistance and toward deeper honesty with ourselves and others? This service will be led by Rev. Amy Fiorilli with John Arimond, Francis Grey, and Atticus Foster as our worship team. Music will be provided by Molly J. Webster and Jack Derosier.

Meeting ID: 965 5447 7531 Passcode: 550128 [Zoom Link](#)

April 23 - *Earth Day: Rewilding* - We'll tap into a conversation happening across fields from conservation biology to spirituality to health, and consider how some "returns to wild-ness" might invite us to live differently in relationship with the earth and human civilization--and what it might call us to resist. This service will be led by Rev. Rebecca Liberty with Phyllis Havens, Sue McKay, and Atticus Foster as our worship team. Music will be provided by John Arimond.

Meeting ID: 910 5917 8483 Passcode: 625434 [Zoom Link](#)

April 30 - *New Member Sunday* - This service will be led by the Membership-Fellowship Committee and Laurie Cartier as our worship team. Music will be provided by the UUSB Choir, Molly J. Webster, and Jack Derosier.

Meeting ID: 965 5447 7531 Passcode: 550128 [Zoom Link](#)

**UNITARIAN
UNIVERSALIST
SOCIETY OF
BANGOR**

120 PARK ST
BANGOR, ME 04401

SUNDAYS AT 10:00 AM
(207) 947-7009

WWW.UUBANGOR.ORG

UUBANGOR@GMAIL.COM

HIGHLIGHTS:

- 2 - FROM REV. REBECCA
- 3 - COUNCIL CRIER
- 5 - TREASURER'S REPORT
- 6 - BUDGET MEETING
- 6 - PLEDGE CAMPAIGN
- 7 - IMAGINE! RAFFLE
- 8 - ANNUAL LIVE AUCTION
- 9 - OFFICE BULLETIN BOARD
- 10 - MEMBERSHIP-FELLOWSHIP
- 11 - SPIRITUAL EXPLORATION
- 13 - SOCIAL JUSTICE
- 14 - SMALL GROUPS
- 16 - OUTREACH
- 17 - GIFT CARDS
- 18 - DREW'S VIEWS
- 19 - COMMUNITY EVENTS
- 20 - APRIL CALENDAR

Unfreezing

FROM REV. REBECCA LIBERTY

As the earth thaws out from winter, it brings to mind another kind of “unfreezing”—the kind that social psychologist Kurt Lewin named in the 1940s as part of the change process in organizations. Using an ice block as a metaphor, “unfreezing” refers to the first stage of change, which has to happen before it can take on a different shape.

In previous ministries, I have been privileged to accompany several congregations through times of change. I’ve found that “unfreezing” is a simple idea, but it’s not easy. I think of it as wondering together, repeatedly, whether the way things are, is the way they **MUST** be. Not always, but usually, the answer is no: Things could be different and still reflect the community’s values. But change requires us to resist our very human tendency to remain “frozen” in particular habits and structures.

To be clear, habit and structure are good things. We depend on them in community, both for comfort and for the smooth functioning of community life. But if we hold onto them past the point of usefulness—when it becomes clear, for example, that they are not as welcoming to people of different ages or backgrounds—they become obstacles. That’s when we are due for some “unfreezing.”

Here’s one recent example from the “community” of my own family. As my kids grow, they take on more tasks around the house, such as cleaning chores and care for our cats. Intellectually, I know that one of the best ways to turn kids off from helping, is to tell them they’re doing it wrong. But it’s so hard not to correct them, or worse, to take over! There’s a fine line between teaching them to do something properly, and communicating that they are not good enough. So before offering a correction, I try to stop and ask myself, “**MUST** it be this way?” Not always, but usually, the answer is no: They could do it a different way, their way rather than mine, and still get the job done.

Since my kids are still growing, my husband and I are repeatedly “unfreezing.” It is hard work to resist enforcing our own habits and structures. It looks a lot like congregations I’ve known, where unfreezing is not a one-time thing, a single identifiable stage in community life. Instead, it’s an ongoing process essential, among other things, for integrating new people—such as younger generations, people new to the tradition, or people from different backgrounds—all of whom may have different ways of doing things than the habits and structures we know best.

I had a professor in seminary who advised ministers to change things regularly, so that the congregation would stay practiced at adapting to change. That way, the challenges involved in change would become normalized, rather than an exception. People would go through “unfreezing” on a regular basis, and keep their habits and structures in perspective. This came to mind during the pandemic, when virtually every congregation, including this one, has adapted to many changes. Over several years, there has been not been much opportunity for “refreezing”!

I want to honor your hard work, especially as you are continuing it now during this time of Rev. Drew’s sabbatical. Many habits and structures are different without his presence and leadership. Some anxiety and discomfort are natural, as in all “unfreezing.” But the skills a community practices together during such a time—even a temporary one like a sabbatical—are invaluable for adapting to whatever the future brings. It is such a privilege to witness those skills and accompany you during this time!



We Love Your Suggestions!

Do you have a poem, reading, piece of music, story, or personal experience that relates to a monthly theme? Share your ideas with Rev. Drew, Molly, or Laurie. Your suggestions make our worship experience even richer!

Upcoming Themes

May: Creativity
June: Delight



Report from the Special Congregational Meeting March 19, 2023

The Congregation met following a sermon by Rev Sara Hayman of the Ellsworth UU Church.

The recommended UUSB bylaws clarifications were approved in total.

Rev Sara spoke on the UUA's proposed 8th Principle: **"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."**

There was much discussion with the most centered around people not feeling informed enough to make a decision though 6 members wanted to vote in favor of accepting this Principle and the majority voting to postpone a decision until our Annual Meeting on May 21. This will allow time to gain a greater understanding of the proposal.

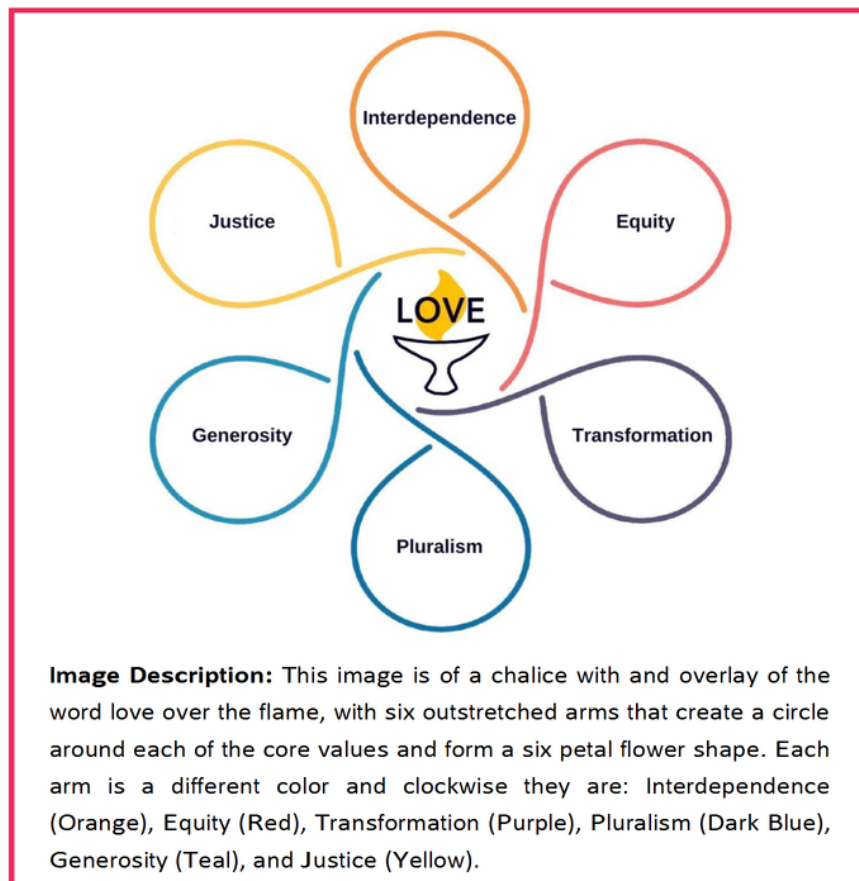
Adding to the discussion was another change that will be addressed at the UUA General Assembly, a revision of the UUA's Bylaws Article II. This Article's recommended updated version would take the Principles we know and love, and put their spirit in a graphic similar to a flower with "Love" at the center and petals each holding a single word: Interdependence, Pluralism, Justice, Transformation, Equity, and Generosity. Here is the proposed language:

Section C-2.2. Values and Covenant.

As Unitarian Universalists, we covenant, congregation-to-congregation and through our association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.

Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

Inseparable from one another, these shared values are:





Interdependence

We honor the interdependent web of all existence.

We covenant to cherish Earth and all beings by creating and nurturing relationships of care and respect. With humility and reverence, we acknowledge our place in the great web of life, and we work to repair harm and damaged relationships.

Pluralism

We celebrate that we are all sacred beings diverse in culture, experience, and theology.

We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.

Justice

We work to be diverse multicultural Beloved Communities where all thrive.

We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions.

Transformation.

We adapt to the changing world.

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

Generosity

We cultivate a spirit of gratitude and hope.

We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.

Equity

We declare that every person has the right to flourish with inherent dignity and worthiness.

We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities.

Your Council invites members and friends to learn more about these proposals. At least one discussion meeting will be held in April and links will be resent for independent study.

Plan to attend the UUSB Annual meeting May 21 following the Sunday service.



Have you ever wondered what happens at the Unitarian Universalist Association's General Assembly?

Have you ever wanted to meet UUs from all across the country?

The UUA General Assembly is taking place in Pittsburgh, PA in June 2023. UUSB will need delegates to represent us at GA and we are always looking for volunteers to fulfill this role. We can offer financial support for you to attend and the UUA is once again offering in-person and virtual options, so you can attend in whatever way works best for you. If you are an active member, contact a member of Council about being a delegate; if you just want to get to know the UUA better by attending, you can register online or contact a member of Council for more information.

TREASURER'S REPORT

BY ROSEMARY PARSONS

TREASURER'S REPORT FOR MONTH OF FEBRUARY 2023. This report covers 58% of the year.

Total income for the month of February 2023 was \$18,369 and YTD income was \$156,798, 63.9% of the budget. In February 2022 income was \$18,205. YTD income in 2022 was \$176,195, 76.5% of the year's budget. The drop in YTD income of \$19,397 is mainly because we have not had the Raffle, which brought in \$16,040 last year

Expenses were \$22,908, creating a loss of (\$4,539) for the month. YTD expenses are \$164,615, 67% of the budget. In February 2022 expenses were \$21,809 and that year's YTD expenses were \$159,194, 66.7% of the budget

Income included pledge of \$10,441. Plate donations were \$781. Half of that amount goes to the UUSB Food Programs. Endowments were \$4,390, Fundraising was \$845. Other income was \$1,912.

VANCO: In February: 13 people used the Vanco link to make payments totaling \$1,336.60 gross in all categories with a net of \$1,286.49. Fees were \$10.24 and the offset paid was \$18.10. Additional charges invoiced were \$39.87, which includes the monthly fee of \$10 for the site. Donations were: General Fund for \$49, Pledges for \$1,155.50, Share the Plate for \$114., and

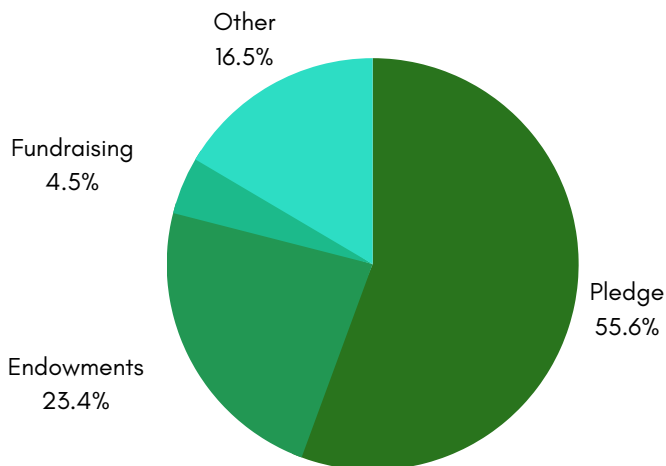
Expenses for the month break down as Personnel \$15,651 (66% of total costs), Building \$4,069 (18%), Fair Share to the UUA \$845 (4%), Administrative \$ 573 (2%), and Congregational expenses for \$1,758 (8%) Total expenses for 9 months was 67% of the year's budget.

In summary, we have received 64% of our budgeted income, and spent 67%. That 3% difference is \$7,817. It is imperative that we have a successful Raffle selling all 1,000 tickets - Raffle begins on April 2nd and ends on May 21st.

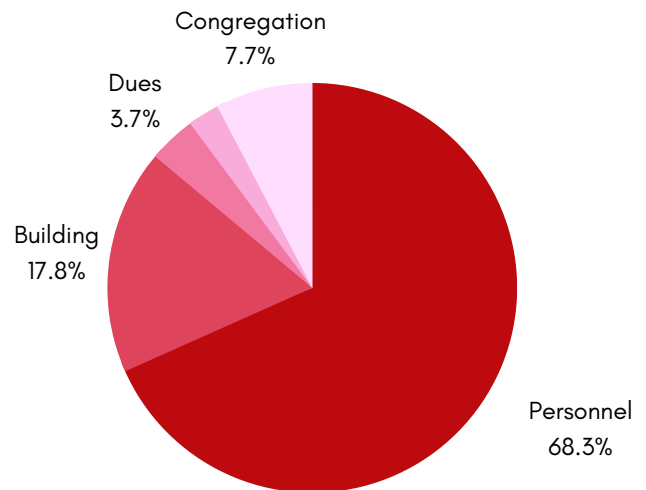
If you wish further financial information, please email me. roxemary@gmail.com and thanks

In Service,
Rosemary Parsons

February Income



February Expense



ANNUAL BUDGET MEETING

APRIL 23 - AFTER THE SERVICE

This meeting is held each year to discuss the budget revisions necessary to present a balanced budget proposal to the members at the Annual Meeting on May 21. Hopefully by then we will have an idea of the Congregations' support for the Stewardship drive, the fundraisers planned for the coming year as well as the anticipated amount of funding expected through the various endowments. We hope to be able to cover our ongoing expenses and provide increased compensation to our dedicated professional staff. Please plan to attend in person or via Zoom.

UUSB PLEDGE CAMPAIGN 2023-2024
PLEDGE GOAL: \$139,377

IT TAKES A VILLAGE YOU MATTER

Our Pledge Campaign has ended, but we are still missing responses from 36 pledging units as of March 30!

We need your response, whether it is a pledge amount or waiver. This is **urgent** as we move into discussing the FY2024 Budget.

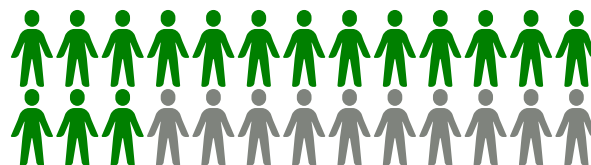
EVERYONE PLEASE Return your Pledge response to Amy Starkey-Lam AS SOON AS POSSIBLE

- Respond via mail, email, phone call, or text
 - Email: amystarkeylam@gmail.com
 - Call or Text: 207-356-2651
- Consider what kind of financial commitment you can make for Fiscal Year 2024 (July 2023 - June 2024)
 - If you are a member and unable to make a financial commitment, you need to simply indicate on your Pledge card that you are requesting a waiver

\$119,658 OF \$139,377 GOAL (85%)



65 OF 101 PLEDGE UNITS (64%)





What Will You
Imagine

GET YOUR TICKETS
STARTING APRIL 2

VALUE OF UP TO \$5,000

LOOKING TO TRAVEL?
NEEDING A VACATION?

WANTING A HOME RENOVATION?
WISHING FOR A GARDEN MAKEOVER?

\$20 PER TICKET
ONLY 1,000 TICKETS

FULL DETAILS ARE AVAILABLE AT
[UUBANGOR.ORG/RAFFLE2023](https://uubangor.org/raffle2023)

DRAWING ON MAY 21, 2023

*****PRIZES MUST BE REPORTED TO THE IRS AS INCOME.**

WHAT WILL YOU Imagine



*The Music Man on Broadway
w/Hugh Jackman - 2021*



Pizza Oven - 2019



Under Cover @Bryce Canyon - 2021



What will you add?

**SUPPORTING UUSB
& OUR OUTREACH PROGRAMS**

Our Imagine Raffle tickets will kick off on April 2nd. This is our largest fundraising event and honestly needs to be a success to pay our bills in May and June.

Just imagine what the lucky winner could experience: Fly to Paris and visit the Louvre and Eiffel Tower, or visit NYC and take in some Broadway shows or maybe an opera at the Met. Maybe visit a National Park and experience the wonders of the Grand Canyon, Yellowstone, or Yosemite. Maybe instead make energy saving renovations like installing a heat pump.

We need members and friends to sell tickets. Packets of ten tickets will be available after Church the next several Sundays. Tickets are \$20. each. For contest details, read the info provided in the packets or ask when you pick up your tickets. We will sell a maximum of 1,000 tickets. Just imagine!! The winning ticket will be drawn at the Annual meeting May 21st.

Annual SPRING AUCTION

UUSB
April 15 on Zoom

This event is one of our most successful Fundraisers! Here are some of the items you can look forward to. Bid on seats at meals hosted by fellow UUs in their homes: This year we have Thai, Tapas, Progressive, Beans, French, and Fondue! Custom made felted tapestry by Tracy Haskell, knitted hat or mittens or socks, desserts, soups and cinnamon rolls. Artist Mark McCollough's wild life painting, a Joe Zydlewski crafted wooden bowl, Special events including a sail on Penobscot Bay aboard Capt. Drew's sailboat, Pool party and cookout, a day at the lake, learn to play a song on the UUSB Carillon (the bells in the tower). Select a piece for special music from Molly or sermon topic from Rev Drew. We also have a few gently used items up for bid. There is something for every budget. The complete list will be posted in advance of the event.

Office
Closed
Mar. 17 for
OWL Training

In-Person
Office Hours
Tues, Wed, Fri

C&C
Submissions
Due
April 21

Annual Report
Submissions
Due April 28

Photos to Feature
on Website or in
C&C ALWAYS
WELCOME

Office
Volunteers
Wanted!



Sabbatical Minister:
Rev. Rebecca Liberty
uusb.sab.minister@gmail.com

Music Director:
Molly J. Webster
uusbmusic@gmail.com

Director of SE:
Karen Childs
uubangorre@gmail.com

Office Administrator:
Christine Sprague
uubangor@gmail.com

Tech Coordinator:
Atticus Foster

Council Chair:
Sue McKay
swm4631@gmail.com

Council Clerk:
Jessica Glant
glanjm979@gmail.com

Council Treasurer:
Rosemary Parsons
roxemary@gmail.com

Annual Report Submissions Due Friday April 28

In order to get the Annual Report out on time for the Annual Meeting in May, all submissions must be received by April 28 to guarantee time for editing and inclusion in the printed report. Late submissions may be added, as received, to the PDF version available in Google Drive.

Office Closures in April

The office will open late on April 4 and 18, due to staff meetings; the office will be open roughly 12-2. The office will close early on Friday, April 28; the office will be open 10-12.

Sunday Announcement Submissions Must Be Received By Friday

If you have an announcement to have presented on Sunday morning that didn't appear in the weekly e-news on Thursday, please submit it, by email, to the office *and* the worship associate by Friday afternoon. If it is received after 2:00 PM on Friday, there is no guarantee that it will appear in the Sunday morning email or in the announcements during the service.

If you want your announcement to appear in the printed announcements on Sunday, it must be received by 10:00 AM on Fridays.

Building Use Must Be Scheduled with Office!

If you are planning to move to committee or small group meetings in the UUSB building, instead of via Zoom, you **MUST** submit the request to the church office. Please call or email to schedule your meeting and come back "home."

UPCOMING DEADLINES

CHALICE & CHIMES (APR. ED.)
FRIDAY, APRIL 21

E-NEWS (WEEKLY)
THURSDAYS AT 10:00AM

COMMITTEE NOTES FOR COUNCIL
WEDNESDAY, APRIL 12

OFFICE HOURS

10:00AM - 2:00PM
IN-PERSON: TUESDAY,
WEDNESDAY, FRIDAY
REMOTE: THURSDAY

LOOKING AHEAD WITH MEMBERSHIP-FELLOWSHIP

Souper Sunday: April 23

On April 23 we'll have a Souper Sunday following the service. All are welcome. Please bring a pot of soup, bread or dessert to share. Or just bring your appetite to enjoy this time of food and fellowship in the Dorothy. This will be the last Souper Sunday for the season.

Interested in Joining UUSB?

If you are interested in joining UUSB, there are a few required steps to help you to learn about our community and for us to get to know you.

First, you complete an information request card. This is available on our [website](#) or at the welcome table at the church.

Second, you read through a Self-Study Guide describing Unitarian Universalism and the Unitarian Universalist Society of Bangor which is on our website: <https://uubangor.org/new-to-uusb-2/uusb-self-study-guide/>

Third, you attend a New to UU Class which will be offered twice in April.

If you are interested in participating in any of these gatherings or in becoming a member, you can email uubangore@gmail.com.

New Member Sunday

The service on April 30th will be to welcome any and all new Members of our beloved UUSB community. It is a wonderful way to get to know our newest members and witness them signing the Membership book.



New to UU Class

WEDNESDAY, APRIL 5 ~ 6:30PM IN PERSON

WEDNESDAY, APRIL 12 ~ 6:30PM ON ZOOM

Interested in becoming a member of UUSB?
Just have questions about Unitarian universalism?
Looking for a refresher?



For anyone new to the Unitarian Universalist Society of Bangor and anyone interested in a refresher on unitarian-universalism, the goings on at UUSB, and how you can become involved in this community, the spring edition of New to UU class is for you.

The classes will be on each of the following two evenings: Wednesday, April 5, 6:30 - 8 pm and Wednesday April 12, 6:30 - 8 p.m.

The April 5 class will be in-person at UUSB. The April 12 class will be via Zoom. Each class will present the same material, so you can choose which one is more convenient for you. Please send an email to Cathy Elliott at cathyelliott25@gmail.com; with a copy to Christine at uubangor.org. If you will be attending April 12 via Zoom, Christine will send you a Zoom link.

For those who are considering becoming a member of UUSB, a New to UU Class will satisfy one of the primary steps for doing so. But please attend if you are simply curious, with no immediate plans to join UUSB.

Questions?

Cathy or other members of the Membership-Fellowship Committee (Evan Richert, Linda Sisson, Eleanor Steele) will look forward to answering them.

SPIRITUAL EXPLORATION EXPERIENCE

APR 2023 - SOUL MATTERS THEME: RESISTANCE

Hello and Howdy-do to our Spiritual Explorers!!

What does RESISTANCE look like in your day-to-day? Is it an action to stand with our neighbors in solidarity? Or join a picket in support of a marginalized group? Or perhaps, it might be a personal experience, in the pursuit of resisting the use of a mask, something that might hide our true self?

So many paths - and we can participate in so many ways! Most wonderfully, we don't have to stand alone - we can rally together, in love, and in support of the things we hold dear in our community.

Let us stand together in love and with connection!

Karen Childs

Director of Spiritual Exploration



UNITARIAN
UNIVERSALIST
SOCIETY OF
BANGOR

120 PARK ST
BANGOR, ME 04401

SUNDAYS AT 10:00 AM

(207) 947-7009

WWW.UUBANGOR.ORG

UUBANGORRE@GMAIL.COM



UPCOMING DATES

Apr 2nd - SEE Classes ~ SE Wing, 10AM

Apr 9th - All Grades Chapel ~ Vestry, 10AM

Apr 16th - NO SEE CLASSES

Apr 23rd - SEE Classes ~ SE Wing, 10AM

Apr 30th - S.E. Action League ~ Café, 8:45AM

Apr 30th - SEE Classes ~ SE Wing, 10AM

If you haven't already, please REGISTER your family for our Spiritual Exploration Experience

Soul Matters

A LITTLE SOMETHING EXTRA FOR YOUR SOUL...

(An excerpt from April's Soul Matters Small Groups Packet...)

When one **thinks of resistance**, the first thing to come to mind is not usually self-love, rest, or joy. But a number of Thought Leaders - especially leaders of color - are trying to change that. **By widening our perspective**, they are not only helping us get in touch with deep personal needs, but also prophetically diagnosing how society needs to change.

So spend this month **getting to know three of the most incisive and inspiring of these thinkers**. They are listed to the right, along with suggested avenues into their ideas.

To make this into a personal spiritual exercise, don't just explore their thinking in the abstract. Instead, make it personal by identifying 2-3 quotes or short passages from their work that **speak to you about something you are facing in your own life**.

In other words, the goal is not to find the 2-3 pieces that interest you most; it is to **find the 2-3 that most powerfully offer you a personal word of comfort or challenge**.

Sonya Renee Taylor:

Self-Love as an Act of Resistance

[Interview](#)

[Excerpt](#)

[Podcast Interview](#)

Tricia Hersey:

Rest as an Act of Resistance

[Blog Post](#)

[Book Excerpt](#)

[Podcast](#)

Adrienne Maree Brown:

Joy & Pleasure as Acts of Resistance

[Article](#)

[Excerpt](#)

[Podcast](#)

SOCIAL JUSTICE COMMITTEE

It's Time for a Generational Shift!

Suzanne Kelly and Valerie Carter have decided to offer the reins of leadership of the Social Justice Committee to some new blood. Both of us are passionate about the work that has been done and can continue to be done. We welcome being participants but we are stepping down from leadership positions.

Think about taking it on. The Social Justice Committee will meet briefly after the Our Power presentation that will be held on Sunday, April 16th after the service. See what we've been working on and what part you can play in keeping up (perhaps revving up) the energy on the important work that needs to be done.

Our Power Referendum Presentation by Jill Linzee on April 16!!!

This is an important opportunity to learn more about the proposed consumer-owned utility (Pine Tree Power) that will appear as an initiative on the November 2023 ballot. UUSB will host the event in the Community Cafe in the SE Wing with presenter Jill Linzee, MUUSAN Climate Change Issue Group Leader



All are welcome for this 30-minute presentation about the Pine Tree Power ballot initiative that will be followed by time for questions. The talk will consider the differences between consumer-owned utilities and our current investor-owned utilities (CMP and Versant), how Pine Tree Power would be structured, and how it can help us to address our climate crisis, as well as make our energy more affordable. The event is free and open to the public. Please save the date, invite a friend, and share the event information freely.

MUUSAN (Maine Unitarian Universalist State Advocacy Networks) News

Things are heating up as the 131 Legislative Session and its proposed bills take shape. If you are interested in what's coming up in legislation involving: Climate Change, Democracy, Racial, Immigrant and Native Justice, and/or Healthcare PLEASE check out the MUUSAN web page for what's happening, how you can become informed AND what you can do to ensure that our UU principles are strengthened in upcoming legislation. You will find:

- MUUSAN's Tips and Tools for Legislative Advocacy. They include all the resources you need to participate in citizen advocacy with the Maine state legislature.
- Legislative priorities and a watchlist of potential bills and bills already under consideration

Tips & Tools for Legislative Advocacy

Getting Started!	Understanding the legislative process and schedule	Testifying before the legislative committees	Letter writing, calls, and letters to the editor
Navigating the Maine Legislature website	Faith in Advocacy	MUUSAN Legislative Agenda and watchlist	

MUUSAN Network Meeting on Saturday, May 6, 10-12:30 at the UU Church of Brunswick



Fellowship Hour

Teams

Thank you to everyone who has volunteered to lead a Fellowship Hour Team, or be a Team member!

Here are the Teams for this month:

April 2 - Team B - Laurie Cartier & Phyllis Havens

April 9 - Team C - Eleanor Steele

April 16 - Team D - Valerie Carter

April 23 - Team F - Cathy Elliott (Souper Sunday)

April 30 - Team E - Erin Seavey

If you are not already on a team, and would like to help out, please contact Cathy Elliott, cathyelliott25@gmail.com and she will add you to a team. Each team hosts Fellowship Hour four times per year, coming to church a bit early to set up and get the coffee going, and staying afterwards to serve and clean up. It's fun and easy!

Small Groups

UUSB Mindfulness Meditation Group

Tuesdays. March 7 & 21, 5:45 - 7:00 PM on Zoom

The group will be led by Aimee Bhatt one of the regular members of the group.

The group provides an opportunity to develop one's silent meditation practice (both sitting and walking) in a supportive, friendly and non-judgmental environment. Much of our learning and experience is cumulative, so regular attendance is helpful though not required. Drop-ins are welcomed.

We ask that newcomers sign in fifteen minutes early (at 5:30 PM). Signing in early allows newcomers to hear about our group process and receive a short introduction to sitting and walking meditation before the group begins promptly at 5:45 PM. Questions? Contact the UUSB Office at uubangore@gmail.com to be put in contact with Aimee.

This program is free of charge to all. If one wishes to make a free-will offering (dana) to the group, one can donate by donating to UUSB by cash, check, or online and include "Meditation Group" in the memo/notes line.



Chalice Side Chat

Tuesdays at 7:30 PM on Zoom

Join Sue Henri-Mackenzie and other members of our community each week on Zoom. Each session is a chance to offer and receive support and check in with those we miss seeing in person.

Please check your email for the login link or use the following info to call in!
Meeting ID: 812 9832 4116 Passcode: 878608

Photo by Chris Montgomery via Unsplash

Spirit of Drumming with Laurie, LyAnn, & Jim

March 12 & 26 at 11:30 AM in the Sanctuary

The Spirit of Drumming Circle is led by Laurie Cartier, LyAnn Grogan and Jim Shimko. With a variety of drumming including basic instruction, directed rhythms, and jamming to a song or the monthly theme (March is Vulnerability!), we rock out in the sanctuary every second and fourth Sunday after church. We start about 11:30 and drum until 1. No experience is necessary. We have a good supply of drums or you can bring your own. We hope you will join us soon.



Photo by Debby Hudson via Unsplash

Shawl Ministry

March 7 at 6:30 PM in the Dorothy

Are you interested in knitting or crocheting? Are you interested in creating gifts for beloved members of our community?

You don't have to have any experience with knitting or crocheting ahead of time to join the Shawl Ministry. Bring your own supplies or borrow some. All that matters is you come and join the fun!

Open Jam

March 7 at 6:00 PM in the Vestry

Before the pandemic, UUSB hosted an Open Mic and CoffeeHouse on the first and third weeks of the month. Since we started reopening, our Open Mic returned on fourth Wednesday. In January 2023, we added an "Open Jam" night on the second Wednesday. Our first Open Jam included 17 people, six of whom are already part of UUSB. Drinks and snacks are available for a small donation, which helps cover the heat and lighting for the space and helps support UUSB.



First ever Open Jam night at UUSB!
Photo by Karen Childs

So, come join the fun and play with our community or hang out and listen in. It's a wonderful way to build our connection within our community!



Open Mic & CoffeeHouse at UUSB
Photo by Karen Childs

Open Mic | CoffeeHouse

March 7 at 6:00 PM in the Dorothy

UUSB's Open Mic and CoffeeHouse have returned! You can join the fun on the fourth Wednesday every month as a listener or performer. We have a wonderful group of people who attend regularly and would love to grow the event with even more of our UUSB community.

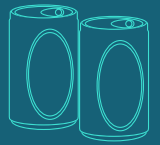
Drinks and snacks are available for a small donation to help cover heat and lighting for the space, as well as to help support UUSB. All are welcome to perform or hang out and listen. We look forward to seeing you there!



Ringing Bells and Feeding Souls

Second Sundays at 11:30 AM

Open Air Chimes Concert & Food Collection



On Sunday, April 9, UUSB will, hopefully, once again host our Second Sunday Food Drive & Open Air Concert, the church's monthly community food collection, from 11:30-12:00.

There will be drop off bins on the Park Street sidewalk in front of the church for those wishing to donate. There is also a new option to donate inside, before or after the service. The bins will be placed in the Dorothy for your items, before moving outside for the drive-thru and curbside donations.

We invite everyone to step outside and take a listen. You are welcome to enjoy from the church lawn, surrounding areas, or your car.

The food collected is given to the Ecumenical Food Pantry in Bangor. They can also take monetary donations, which buys up to six pounds of food for every dollar given. Make checks out to Bangor Ecumenical Food Cupboard (Bangor EFC), and we'll keep feeding souls.

Since 2020, when we began our open-air chimes concert and food collection, we have collected over 8,000 pounds of feed! You are making a difference!

There is a sign-up sheet for volunteers to continue this important event. You can sign up in the Dorothy to help collect food on Sundays or to deliver food to the Ecumenical Food Cupboard during the week. Without volunteers, this outreach opportunity will, unfortunately, have to come to an end. With one week each, we could cover the volunteers for the next year and then some!



Photo by Ben Speed

APRIL 22 & 29

COMMUNITY BEAN SUPPER

UUSB AT 4:00 PM

Throughout the pandemic, our volunteers have continued to put on the monthly community bean suppers as to-go meals. This has made it possible for at-risk volunteers and community members to pick up their food and avoid as much potential exposure as possible. We are thankful to all the amazing volunteers who have done all this work, despite the stress and changes over the last two years!

As guidelines and risks have changed, the Community Bean Supper has also made adjustments. With our recent changes, meals may be eaten at UUSB in the Dorothy Memorial Hall or taken home in to-go containers. This allows us to bring back the community and social aspects of this monthly event, while still accommodating those who may be at higher risk or unable to attend in person.

If you have any large paper grocery bags, like from Hannaford2Go, the Bean Supper crew are looking for additional bags to use to send meals home with those who attend each month.



Photo by P.O.sitive Negative via Unsplash



SHARE THE PLATE



Every Sunday, we share half of our undesignated plate offerings with an organization that works toward our UU values. In April, half of the undesignated funds in the plate will go to Faith Linking in Action. FLIA, is a group of Bangor-area congregations working together to “go upstream” to address the reasons people are falling into and getting stuck in poverty. Participants include most major faith traditions in our region.

FLIA is actively involved with multiple local organizations, including the Greater Bangor Area Housing Coalition, Dignity First, Food AND Medicine, Right from the Start, and the Maine Association for the Education of Young Children. They also help organize the annual Interfaith Martin Luther King Service.

Faith Linking in Action maintains calendars to share all the local free community meals, food pantries, and other services with regular updates, so all people can access the help they need.

In February, we shared out plate with our own UUSB Food Programs. Outreach efforts, like the bean suppers and bag lunches will receive \$390 from February.



You can give to the collection plate through the UUSB website and Vanco or by mailing a check to the church office.



Gift Card Fundraiser

Convenient to carry! Every card purchase helps UUSB!!

Cards are available in increments of \$25, \$50, \$100, \$200, or \$300. Just email or call to set up pick-up or delivery. Cash, or checks made out to UUSB are accepted. Buy cards for your own grocery shopping, or buy cards for gifts, or even donate a card to a local food bank.

To purchase your Hannaford card and support UUSB, please purchase after the Sunday service or contact Rosemary.

- Kate Dutra: Sundays in the Dorothy Memorial Hall after the Sunday Service
- Rosemary Parsons: 327-1045, roxemary@gmail.com

If you are interested in setting up an automatic grocery card purchase, please contact Rosemary. You can schedule to get your card once per month or get an emailed code to use in store.

DREW'S VIEWS: SABBATICAL TOUR EDITION

BY REV. ANDREW MOELLER

Hello Dear Ones,

I hope this check-in from the road finds you well. So far my sabbatical has been quite the adventure!

My month long meditation retreat was very rewarding, yet intense. Among the many things I learned was that my body is not used to sitting on the meditation cushion for days at a time. The retreat was very informative. In addition to learning about Buddhist philosophy from a top-notch team of 6 instructors, I also learned many new meditation techniques. The level of instruction was at a college masters level, yet also very practical and down to earth.

As one of my teachers says, "after the ecstasy, the laundry!"



Spirit Rock Meditation Center in Woodacre, CA
Photo by Rev. Drew Moeller

After a quick turn around from my meditation retreat, I packed up the car and drove out to Michigan to start the process of cleaning out, repairing, and preparing my uncle's orchard for sale. After a grueling two weeks of going through tons of hoarded stuff, my brother and I managed to get the house and property in good enough shape to list and I negotiated with an auctioneer to auction things off in June. Quite an ordeal! As I sorted through all of my uncle and grandmother's stuff, I found it interesting to learn little things about them that I didn't know and might not have known otherwise. It was sad to come across my uncle's old German cameras, in pictures that he had taken while he was

stationed in Germany during the Korean War. At one point in his life, he was a member of a camera club and I found many of his photographs along with ribbons awarding him best in show. Many paintings in my uncle's house were done by my grandmother. As I looked at the paintings, I realized how beautiful they were and how talented my grandmother was.



Rev. Drew's Uncle's Home in Michigan
Photo by Rev. Drew Moeller

In March, I briefly returned home and started to unravel all the paperwork, unpack the treasures I brought back with me from Michigan, and pack for a weeklong trip to the Gaspé Peninsula of Quebec, also originally known in Mi'kmaq as Gespe'gewa'ki. I'll send photos with my next update.

I hope you are all well and enjoying adventures of your own. While my sabbatical has had many adventures so far, I feel like the first part of my sabbatical is a bit "driven." I am looking forward to starting the Euro-part of my trip, which should be a bit more relaxing. I am excited to be preaching in Glasgow, Scotland on April 16 and also excited to be reuniting with a distant cousin of mine who I have not seen in over 40 years.

May you all be well and enjoy Rev. Rebecca and all the wonderful guest ministers.

Namasté,
Rev. Drew

COMMUNITY EVENTS

Hosted @UUSB

NeedlePoint Sanctuary

Volunteer Training

Saturday, April 1

10:00-2:00

UUSB Vestry



Please join Needlepoint Sanctuary of Maine on April 1st from 10 AM -2 PM for an in person day of community and training. During this training we will cover the fundamentals of how to respond to and reverse an opiate overdose, will learn about the history of the harm reduction movement, and will learn what it means to be a volunteer with Needlepoint Sanctuary. All are welcome and lunch will be provided at 12:30. Community members are also welcome to join us for outreach after the training. For more questions and to RSVP email us at needlepointsanctuary@gmail.com or call 207-505-1510.

Bangor Area Youth Choirs Fundraiser

Join BAYC for a coffee house performance in preparation for our upcoming tour!

Featuring performances by all 3 choirs as well as solos, duets, & small groups!

There will be coffee, tea, desserts, and snacks for purchase. All donations go to the BAYC Travel Fund!

Thank you for your support!

BAYC FUNDRAISER
COFFEE HOUSE & SHOW

April 16 @2
UUSB Vestry

THURSDAYS
7:00PM
UUSB VESTRY


WOMEN
WITH
WINGS

Singing Circle

Women With Wings is once again meeting in person in the vestry every Thursday from 7-8:30 or 9. The circle is always open to new women joining us. We sing for the joy of it; no particular skill or voice is required, just a desire to join with others in song.

Zings (Zoom Wings) is still happening from 7-8:30. Sometimes Wings and Zings are together and sometimes separate. For more information or the link to join the Zoom sing, please email womenwithwingsbangore@gmail.com.

2023 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
2 Raffle Starts  10:00 AM Service SEE Classes 11:30 AM Common Read Discussion	3	4 9:45 AM Staff Meeting 5:45 PM Meditation 6:30 PM Shawl Ministry	5 5:30 PM Worship Meeting 6:00 PM New to UU Class (In-Person)	6 5:30 PM Choir	7	8
9 10:00 AM Service SEE Chapel 11:30 AM Drumming Food Collection	10	11	12 Reports Due to Council 6:00 PM New to UU Class (Zoom) Open Jam	13 7:00 PM Executive Committee Meeting	14 10:00 AM Budget & Finance Meeting	15 7:00 PM Live Auction (Zoom) 
16 10:00 AM Service 11:30 AM Our Power Presentation Social Justice 2:00 PM BAYC Coffee House	17	18 9:45 AM Staff Meeting	19 11:30 AM Guild Meeting 2:30 PM Pastoral Care Team 6:30 PM Council Meeting	20 7:45 PM Comm. Meeting	21 Chalice & Chimes Submission Deadline	22 10:00 AM Bag Lunch Prep 3:00 PM Bean Supper Prep 4:00 PM Bean Supper Served
23 10:00 AM Service S.E.E. Classes 11:15 AM Budget Meeting 	24	25	26 6:00 PM CoffeeHouse Open Mic	27 5:15 PM Choir	28 Office Closing @12:00	29 10:00 AM Bag Lunch Prep 3:00 PM Bean Supper Prep 4:00 PM Bean Supper Served

30
 8:45 AM S.E.A.L. Meeting
 10:00 AM Service
 SEE Classes
 11:30 AM 8th Principle Discussion



REMINDERS

ABOUT US

Unitarian Universalist Society of Bangor

Our Mission Statement

The Unitarian Universalist Society of Bangor is an historically liberal religious community, celebrating diversity and supporting spiritual growth and social responsibility in each child and adult.

A Welcoming Congregation

We welcome individuals and families of all religious upbringings, racial and ethnic backgrounds and sexual orientations. We, a member of the Unitarian Universalist Association, covenant to affirm and promote the inherent worth and dignity of every person.

A Green Sanctuary

The UU Society of Bangor, recognized as a Green Sanctuary by the Unitarian Universalist Association, endeavors to incorporate care for the Earth into its worship and religious education while working to promote environmental justice and sustainable living. We covenant to affirm and promote respect for the interdependent web of all existence, of which we are a part.



Do you have a **CLYNK** Bag?? Be sure to have one handy, so you can easily be collecting bottles and cans to help raise money for our UU Youths' Social Justice Service Trip. The bags are in the Dorothy Memorial Room. Please contact Laura Santilli for details. Thank you for your support!!!

UUSB is always in need of volunteers – for fundraisers, childcare, teaching, and to fill positions on our active committees. The great perks of volunteering are not just the satisfaction of contribution, but the sense of community we all feel when we accomplish important tasks with others. Since we don't always know who is able to take part, please contact a council or committee member if you are open to volunteering in any large or small way.

The **UUSB Worship Committee** is looking for more member participation in our worship services and is extending an INVITATION to one and all of you to consider if you might be interested in joining our services as READERS.

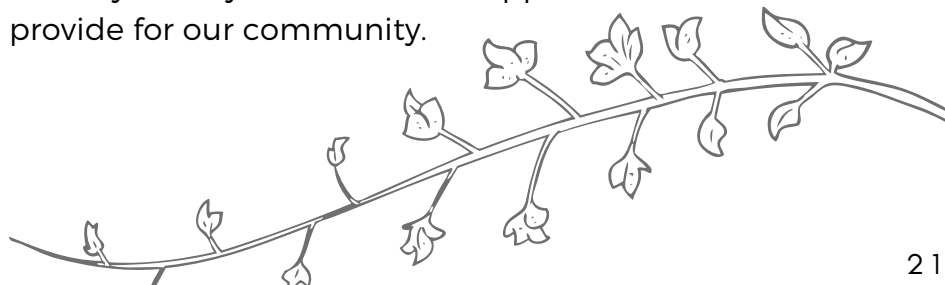
Collection Plate & Pledge Reminders

One way you can help continue our outreach efforts is to keep up with your financial pledge. Without our weekly passing of the collection plate, we still need to make sure that we can pay our bills. Keeping up with your pledge allows our staff and leadership to focus on providing services to members, friends, and guests. There are three options to make is easy to keep up with your pledge:

1. Mail a check to the church office at 120 Park St, Bangor, ME 04401
2. Contact Rosemary Parsons, our treasurer, to set up a direct withdrawal from your paycheck or bank account
3. Donate online through Vanco. This option will be available on our website, as well as shared in our weekly e-news



Thank you for your continued support as we all work to provide for our community.



ABOUT THE *CHALICE & CHIMES*

Church Council:

Sue McKay, Chair
Jessica Glant, Clerk
Rosemary Parsons, Treasurer
Francis Grey
Tracy Haskell
Ali Khavari
Franny Wilson-Charuk

Council meets at 6:30 PM
on the third Wednesday
of each month.



UUSB Staff Contact:

Rev. Rebecca Liberty,
Sabbatical Minister
(207) 922-2956
Christine Sprague, Office Admin.
(207) 947-7009
Karen Childs, Director of SE
(207) 949-0733
Molly J. Webster, Music Director
(207) 947-7009
Jack Derosier, Accompanist
Atticus Foster, AVS Tech

About Our Newsletter

The *Chalice and Chimes* is published ten times a year (Sept-June). An email reminder is sent out to all member and friends on the church's database mailing list when the newsletter has been posted to the church website, where it may be viewed or down-loaded. It is also available in paper format on the table by the sanctuary entrance and by US mail (request from the Church Office).

Editorial Policy

Articles submitted for publication in the *Chalice & Chimes* must strive to include, in an unbiased way, only that information that is consistent with the UU faith. Articles should deal with issues of a spiritual nature meant to inspire, encourage, educate, or inform. Although every effort will be made to be inclusive, the Editor reserves the right to determine which articles are accepted for publication. The Editor has the right to edit for space, availability, libelous remarks, or unwarranted personal attacks. The Editor also reserves the right to refuse any item that may affect our Tax Exempt Status.



Newsletter Submissions Next Newsletter Deadline: April 21, 2023

The next issue will be May 2023.
We value your contributions and very much appreciate submissions. When sending email contributions to The *Chalice & Chimes*:
uubangor@gmail.com

Issue:	Deadline:	Publication Goal Date:
May	April 21	April 28
June	May 23	May 30