



Parish Messenger

Unitarian Universalist Church of Brunswick

OCTOBER
2025

BLESSING OF THE ANIMALS



OUR MISSION

To be a spiritual community,
To welcome all,
To nurture one another,
To work for justice,
And to care for the earth.



We are a UUA Certified
Welcoming Congregation

STAFF

Rev. Dr. Kharma Amos
Minister

Rev. Sylvia Stocker
Minister Emerita

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Lifelong Spiritual Formation Director

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Rev. Kharma Amos, Minister

Office Hours: Tues-Fri, 10-4

Services in October

OCTOBER THEME: CULTIVATING COMPASSION

October 5th – Compassion for Creation – a Blessing of the Animals Service Led by Rev. Dr. Kharma Amos; Music by Will Bristol

Our theme for the month of October is Cultivating Compassion, and we will begin with the intentional blessing of the animals in our lives, from personal animal companions to service animals to the wild creatures that delight our days. You are invited to bring your pets to worship, and they will be invited to come forward with you for a special blessing during worship. We will also have a pet memorial table present in worship, so you are invited to bring along something to represent those animals no longer with us that have enhanced your life. (See Pet Discernment Guide on page 4 for more information about how to decide whether or not to bring your pet, or to bring along a photo of them.)

October 12th – Compassion When It's Downright Difficult

Led by Rev. Dr. Kharma Amos; Music by Will Bristol and the UUCB Pop Up Choir

Compassion is at the heart of all of the world's major religious traditions. We know that we need to have compassion for others, to understand more about where they are coming from, to grant them grace, and to try to work together to build a better world. Sometimes, though, it's downright difficult to muster any sense of compassion or connection for those who actively work against our best interests. As Susan Werner put it in a favorite song, "How do we love those who never will love us?" This service doesn't promise any answers, but creates a space for all of us to reflect on this most challenging of spiritual practices.

October 19th – The Earth is Our Great Mother / Kilun yut skitkomiq kikon: kselomotultimkil

Led by Mihku Paul, Wolastoquey elder; Music by Mikhu Paul, Will Bristol and the UUCB Choir

A service of gratitude and compassion led by Mihku Paul, Wolastoquey elder, in partnership with the WFJ Wabanaki Awareness focus group. The service will acknowledge the world view that has led to the degradation of our natural environment, encouraging us to "walk in a good, right way" to create the world we desire through our daily thoughts, actions and relationships. Raised traditionally in the Penobscot community, Mihku is enrolled at Kingsclear First Nations, NB, Canada. See bio on page 2.

October 26th – Cultivating Self-Compassion

Led by Rev. Dr. Kharma Amos; Music by Will Bristol

Many of us want to be living as our best selves, embodying the values we hold, and being the best people we can be. We are also human, and perfection is unattainable. Cultivating self-compassion is one of the core spiritual practices for making progress on our journeys. Extending love to ourselves in the fullness of our humanity can be a life-long challenge for many of us, and it is intricately interwoven with our ability to love and extend compassion to others.

Minister's Message

Cultivating Compassion

In the preface to her book, *Twelve Steps to a Compassionate Life*, religious historian Karen Armstrong writes:

One of the chief tasks of our time must surely be to build a global community in which all peoples can live together in mutual respect; yet religion, which should be making a major contribution, is seen as part of the problem. All faiths insist that compassion is the test of true spirituality and that it brings us into relation with the transcendence we call God, Brahman, Nirvana, or Dao. Each has formulated its own version of what is sometimes called the Golden Rule, "Do not treat others as you would not like them to treat you," or in its positive form, "Always treat others as you would wish to be treated yourself." Further, they all insist that you cannot confine your benevolence to your own group; you must have concern for everybody—even your enemies.



Even though these words were penned a decade ago, they feel as relevant and urgent as ever. When we observe our troubled nation and world, it's impossible to miss the deep lines of division separating people from one another. As polarization increases, our capacity for collaboration and collective progress is diminished. We know that we need a better way, and for millennia, spiritual seekers and sages alike have identified compassion as a central and common practice we all need to adopt.

Compassion literally means to "suffer with." It is the act of connecting in sympathy or empathy with another person in a way allows you to feel with them (what they are feeling). When we see a person trip and fall, compassion is the feeling in us that identifies their pain (hurt or embarrassment) and wants to help them up. Compassion can help us bridge differences when it roots us in our shared humanity. It can also, occasionally, save us from becoming a-holes (and when it doesn't, we can be self-compassionate and resolve to do better next time).

There is a lot that is wrong in the world right now, and many people are hurting and afraid. Compassion is a practice that helps us engage that reality instead of running away or pretending everything is normal. If you find yourself out of sorts or overwhelmed, come be in community with others feeling similarly. It is together that we best make sense of the world around us, together that we can give and receive support and encouragement, and together that we can sustain our commitments to love, peace, and justice.

Blessings,
Kharma

Services in October

OCTOBER THEME: CULTIVATING COMPASSION



Continued from page 1: Mihku Paul's Bio

Mihku Paul, Wolastoqey elder, is an educator and Consultant, focused on Waponahki Curriculum content in Maine's public Schools. Raised traditionally in the Penobscot community, she is enrolled at Kingsclear First Nations, NB, Canada. Mihku holds a BA in Human Development and Communication and an MFA from Stonecoast. A writer and interdisciplinary artist, Mihku strives to use her creative work in service to community, through poetry and activism and the sale of her art to support various causes such conservation work, river justice and inclusive education on Waponahki history and culture. She lives and works in Portland.

A Note from the Music Director

Now that the church year is off to a start and that we all may be getting involved in various and often multiple ways, it does seem appropriate to be collectively called into cultivating compassion. Compassion for ourselves, each other and the earth is not only the hardest but also the most necessary to practice when things feel busy and/or out of control in my opinion. And I know that I, personally, can keep working on this.



Will Bristol

1. I was impressed with the amount of people who somehow knew it was happening, showed up, and participated in the first **pop-up choir** I have initiated at UUCB. Should you not have gotten an email from me prior to the September date involving practice tracks and would like to receive one next time, please send me an email at music-director@uubrunswick.org. The next two pop-up choir dates are: October 12th and November 2nd. If I have you on that list, you will also receive an email regarding when we will meet the morning of the service. All are welcome to join!
2. **The Intergenerational Orchestra** is scheduled to appear on December 21st this year so it is time to get organized! We will perform several times throughout the service, playing some original arrangements of holiday tunes as well as a few published carols. There will be two Sunday rehearsals: December 7th and December 14th. Rehearsals will be in the sanctuary, right after the service for about 45 minutes. Try to attend both rehearsals, but if you can only make one—that is OK. We will also warm up the morning of December 21st, so everyone participating should plan on arriving by 9am that morning. The Christmas carols we will play are written to be easy for most players. Those of you who have been a part of this in the past will know them. The other arranged pieces will also be a little less easy but I can write “customized” parts if needed to match a player’s experience. I will reach out to those of you who participated last year by email. If you did not participate last year but would like to this year, send me an email and let me know of your instrument of choice @music-director@uubrunswick.org. All ages and abilities are welcome!
3. **The Spectacularly Spooky Sing-Along** is coming back this year on Sunday, October 26th from 2pm-4pm, with me leading the festivities. Sponsored by Brunswick PRIDE and the Unitarian Universalist Church of Brunswick, this is a time to make your dreams of singing group karaoke come true. The event is intended to be kid-friendly and there will be craft and decorating opportunities for children. Some food will be provided, as well as a brief break given half-way through for dancing and maybe a costume parade.

Costumes are encouraged but not necessary. All are welcome! Registration is not necessary but helpful to me—[follow this link to do so](#).

Stay tuned for another sing-along of the same type—ugly sweaters encouraged—on Sunday, December 14th from 2pm-4pm also.

JOIN US FOR A
**SPECTACULARLY
SPOOKY
SING-ALONG**

OCTOBER 26TH
2:00-4:00PM

UNITARIAN UNIVERSALIST
CHURCH OF BRUNSWICK
1 MIDDLE ST

SPONSORED BY:
**Brunswick
PRIDE**

Unitarian Universalist
Church of Brunswick, Maine

ALL AGES
WELCOME
GOUP
KARAOKE
STYLE

SPOOKY POP
SONGS
FROM THE
1930'S-1980'S

REGISTRATION
RECOMMENDED!
SCAN THE QR CODE
TO SIGN UP

COSTUMES
ENCOURAGED

From the Lifelong Spiritual Formation Director (LSFD)

ADULT FAITH FORMATION



Toben Cooney-Callnan

TRYING SOMETHING NEW IN UUCB CHALICE CIRCLES

Registration for Fall Chalice Circles is now open. This church year we are trying an experiment that I hope will make for these groups more accessible to newcomers and folks with busy schedules. Previously, UUCB Chalice Circle groups were formed towards the beginning of the church year and met until the end of the church year. This year, instead of having joining a Chalice Circle group be a year-long commitment, there will be three Chalice Circle sessions throughout the year (Fall, Winter, and

Spring). Each session will consist of up to six bi-weekly sessions. At the end of each session, enrollment for new participants will open and groups will reform with the opportunity for new facilitators to lead.

This allows for consistency and opportunity for deepening connection over time while also providing flexibility and on and off ramps for new participants throughout the year. [Register here](#) or go to www.uubrunswick.org /For Adults / Spiritual Formation / scroll down for the Chalice Circles link!

The timeline for these sessions will run is:

- Fall: Week of 10/5 - 12/14
- Winter: Week of 12/28 - 3/8
- Spring: Week of 3/22 - 5/17

[Registration](#) for Fall Chalice Circle groups closes on 10/3. Registration for Winter groups will begin on 12/1. If you have any questions, email Toben: lsf-director@uubrunswick.org

CHILDREN'S SPIRITUAL FORMATION



Church Happenings and Announcements

BLESSING OF THE ANIMALS: PET DISCERNMENT GUIDE

Our Blessing of the Animals service is an occasion to include our pets in worship, as we intentionally express our gratitude for the love and companionship they offer, as well as our wishes for their well-being and the well-being of all the creatures of earth. While Blessings of the Animal services originate in Catholic tradition, there are many UU congregations that have embraced this as something with relevance for our living faith tradition. In particular, this is one way that we can live out our commitment to the "interdependent web of all existence, of which we are a part."

Your leashed or caged pets are welcome to attend worship with you. In determining whether or not you should bring your pet (vs. simply bringing a photo or something to represent them), you may find these questions helpful:

- Is my animal likely to harm or scare another animal or human that would negatively impact their worship experience?
- Is my animal easily stressed by new people or sounds?
- Is my animal a horse, octopus, bison, or elephant?

(Answering yes to any of the above questions could indicate that you should leave your pet at home and bring a photo!)

(more questions on next page)

From the Board of Trustees

It is so good to be together!

How wonderful it has been to see so many of you as we return this fall! There is so much going on in our world right now. Maybe you, like me, are experiencing a heightened bustle with the start of the school year. Or perhaps the news and recent events make you feel disheartened, worried, or overwhelmed. These difficult times highlight for me the importance of UUCB as a place to come together in supportive community, to experience moments of calm and hope, and to build belonging together. Even the simple act of taking a breath together can be powerful and centering.



It was good to be together with Jud and the kids when visiting the sandy shores of shark-free Lake Michigan in my hometown this summer.

The board continues to consider strategies to support our expanding congregation. We want all to feel comfortable and welcome. We are grateful to the UUCB Growth Task Force, which met this summer to formulate recommendations for accommodating our growing numbers. You have probably received a link to the *UUCB Growth Task Force Report*, which contains an assessment of our current situation, including attendance data. It also outlines potential solutions with benefits and concerns related to each. The report is clear and informative—I highly recommend reading it.



Now - we need your help! In addition to the report, you may have also received a link to complete a congregational survey. This will allow you to give input - not only about potential ways to respond to our growth, but also about what elements of our community and worship are most important to you. The deadline to respond is **Saturday, October 4**. We would love to hear what you think and to have as many contributing voices as possible. Thank you!

In other news, we are celebrating the successful return of the Side Door Coffeehouse on the 2nd Friday of each month, with thanks to Will Bristol. Also, please be on the lookout for opportunities and invitations to help at our annual Holiday Fair coming up on December 6th.

With gratitude for all you bring to our community
Marsey Caswell, Member, Board of Trustees

Church Happenings and Announcements

BLESSING OF THE ANIMALS: PET DISCERNMENT GUIDE (CONTINUED)

- Is my animal likely to be at ease in a large group?
- Is my animal likely to stay on their leash or in their cage?

(Answering yes to any of the above questions could indicate that you should bring your pet along!)

We give thanks for the gift of our highly durable, and easily cleanable floors! Our youth are standing by to assist in cleaning up any accidents that may occur. You will be invited to come forward with your pet (or photo/representation of your pet) for an individual blessing during the worship service. Also note that there will be a pet memorial table.

For those with pet allergies or who experience anxiety around animals, we certainly respect any decisions you may make on this particular Sunday to skip worship or join us remotely.

Please contact Kharma at minister@uubrunswick.org if you have any questions.



Church Happenings and Announcements

UUCB HOLIDAY FAIR – SATURDAY, DECEMBER 6TH

Holiday Fair Hand Crafts Table - Help Us Raise Funds!

Join our church fundraiser by contributing to the hand crafts table! Even if you don't consider yourself "crafty," there are simple ways to help:

- Donate Materials - Men's button-down shirts, old quilts, towels, thin ribbon, embellishments, cotton batting, bias tape, clothespins, scrapbooking paper, holiday fabric
- Donate Hand Crafted Items - Contribute your own knit, sewn, or crafted items to the fundraiser table
- Make Aprons - Sewers can create aprons using provided patterns and fabric (contact Betsy for supplies)
- Take a Craft Kit Home - Pick up pre-assembled kits for simple projects like clothespin recipe holders, fabric ornaments, tic tac toe games, or card holders
- Attend Craft Sessions - Join guided sessions on Sunday, Oct 19th after church (BYO lunch) or Tuesday, Nov 4th at Rebecca's house (3-7pm, soup provided)

Contact Info:

- Rebecca Waddle: (207) 671-2734 or rebecca.waddleis@gmail.com
- Betsy Williams: (978) 505-9467 or bwilliams120@gmail.com

[For more info click here](#)



[Watch here](#)

Vendors add so much to our fair each year and tables are filling up quickly with just 5 tables left. The fee is \$50 for an entire table or \$25 for half a table.

We do not ask for a percentage of your sales. Checks should be made out to UUCB with "Holiday Arts Fair 2025" in the memo line. Please send your check to:

*UUCB Holiday Fair attn: Debbie Atwood
25 Barrows Street Brunswick, Maine 04011*

Please contact Debbie with any questions. We look forward to seeing you in December!

Debbie Atwood | debsway1@gmail.com | 207-504-1918



"BRACELETS, AND EARRINGS, AND RINGS. OH MY!"
USED JEWELRY SORTING IS UNDERWAY!

The much-anticipated **Jewelry Room** at the Holiday Fair relies on dozens of donations of gently used costume jewelry followed by lots of sorting, polishing, and carding by the Jewelry Team. The group generally meets twice a month, usually Monday afternoons.

We sort, clean, research, laugh, and chat simultaneously. Want to join us? Or you could wait until pre-Fair set-up and Fair Day when we'll need **lots** of extra hands.

Your jewelry donations may be left in the box on the Membership Table. We thank you! Questions? Lisa Durrell edur13@aol.com

Save the Date!

CLASSICAL CONCERT - November 1st at 2:00 pm



Proceeds go to support the work of UUCB. If you missed the chance to buy tickets at the auction price, tickets at the door will be available for \$25. Classical pianist and former UUCB accompanist Derek Hertzler teams up with UUCB clarinetist Glenn Williams performing a variety of works from the 19th and 20th centuries by both well-known and lesser-known composers. Light refreshments will be served during intermission.

Church Happenings and Announcements

THE SANTA PROJECT 2025



The Santa Project is back again this Christmas and the need is greater than ever. We are again collecting Gift Cards and money to buy the gift cards for **The Gathering Place** to help make Christmas a little merrier for unhoused folks and people still living on the street.

I have spoken with the Associate Director and the best way we can help is to give them **Hannaford Gift Cards** for the 100 or so folks that use the Gathering Place and these will be given out at Christmas time. In the past we have been very generous in helping to make Christmas merrier for others and I am sure we can do it again this year.



Thank you in advance for your wonderful generosity,
Santa's elf, Sharon Brown

Needed from the wonderful elves at UUCB:

Hannaford Gift Cards in \$5 or \$10 denominations that can only be used for food and prescriptions. They have ones that say **Non-alcohol**.

If gift cards are inconvenient to buy, I will be collecting cash and checks made out to **UUCB with Santa Project** in the notation from **November 2, 2025 thru November 30, 2025** after church and we will get the cards. More on that later.

GARDEN WORK DAY

VOLUNTEERS NEEDED! SATURDAY, OCTOBER 25, 2025, 9AM-2PM

Buildings and Grounds folks need volunteers to help improve our garden area Any amount of time you can donate will be appreciated whether you are a master gardener or a first-time helper. Please come! Enjoy working in community on a fall day, improving the garden area and preparing for new plantings in the spring.

Tasks include:

1. Help pull out/remove rose bushes.
2. Help rototill South side.
3. Clear growth around lilacs and spirea in the back.
4. Level grassy area just beyond driveway.

What to bring:

1. Work gloves (we'll have a few extra pairs)
2. Water
3. Gardening tools: clippers, shovels, pitchforks, weeding tools, buckets, weedwhacker etc. Please come whether you have tools or not—there will be extras.



Sign-up sheet will be posted next to kitchen. RSVP appreciated.

Questions? Contact Cuffy Chase at 207-504-4942, email: cmc1322@gmail.com, or Susan Snow at 207-449-9417, or email: mollysue716@gmail.com.

Church Happenings and Announcements

CIRCLE SUPPERS COMING UP - SATURDAY, OCTOBER 25

Circle Suppers are planned for Saturday, October 25. These suppers are arranged by the Membership Committee. This is a great opportunity for both long-time and new members to get better acquainted in a comfortable small group setting of 6 to 8 people in someone's home. Meals are informal, "pot-luck" style with the host providing the main course and others bringing appetizers, sides and desserts. Beverages may be provided by both the hosts and guests. Timing will be arranged and communicated by the hosts.



We can have several Circle Suppers happening at the same time. All we need are hosts and participants. For the October Circle Suppers, a special "Family" supper is planned if there is interest. The start time for the Family gathering will be 5:00 to accommodate earlier bedtimes. Two sign-up sheets are available at the Visitor's Table. **For questions or to sign up to host or attend as a guest, contact Laura Piampiano, lpiampiano247@gmail.com. (207) 751-0466.**

Circle Suppers are a great way to feel part of the UUCB community. Be in touch and join a group for an enjoyable evening. Bon appétit!

MEMORIAL SERVICES



Celebration of Life for Ann Hartzler

A longtime UUCB Member, Ann died on July 8, 2025. All are invited to her Memorial Service, **Saturday, October 11th at 2 pm at UUCB**. PressHerald.com Obituary is [here](#)



Celebration of Life for Nancy Meikle

All are welcome to attend to honor Nancy and provide comfort to her family on **Saturday, October 4th at 12 pm at UUCB**. Memorial FuneralHome.com Obituary is [here](#)

HOST A HINDU OR MUSLIM YES GRANT STUDENT – MAKE A GLOBAL DIFFERENCE



Greenheart Exchange is seeking caring host families in our community for high school students on the U.S. Department of State's YES (Youth Exchange and Study) grant program. Hosting is a meaningful way to share compassion, hospitality, and intercultural understanding, and is particularly important now as the program has been discontinued after this year.

Families provide a room, meals, and a welcoming spirit. Greenheart provides ongoing support, orientation, and guidance. As a thank-you, Greenheart Exchange will donate **\$1,000 to our church** if a family from our congregation hosts. Learn more at hostwithgreenheart.org

LGBTQIA+

Contact: Kathy Glennon, kglennon1@comcast.net

Are you interested in supporting LGBTQIA+ people? ALL (young, old, gay, straight, men, women, other, etc.) are welcome to join the UUCB focus group working toward this end.

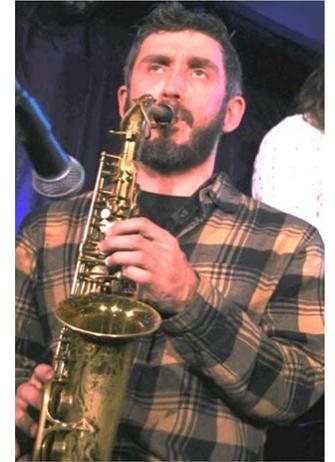
Send an email to kglennon1@comcast.net or see Kathy Glennon for more information.



Concerts for a Cause

The mission of **Concerts for a Cause** is to hold a series of concerts to raise money for the church and local charities while sharing a variety of quality music with the Brunswick area community. The 2025-2026 season's charities will be Oasis Free Clinics and Immigration Legal Advocacy Project. If you have questions or comments about our concert series, email Sue at michaud_susan@comcast.net. See all the upcoming shows online at <https://www.uubrunswick.org/upcoming-events/concerts-for-a-cause/>

Soggy Po Boys - Saturday, October 18 at 7:30 pm @ UUCB



New Hampshire-based SOGGY PO BOYS will bring the musical traditions of New Orleans to the UUCB Concerts for a Cause stage on Saturday, October 18th at the UUCB. With a contemporary New Orleans sound, this young octet plays traditional New Orleans jazz, the kind with fluttering clarinet solos and swingin' shout-along choruses, and playful bursts of brass. Because New Orleans is the northernmost Caribbean city, they've also got the soul, the spirit and the swing of street-parade chants, classic blues, Meters funk, rocking rumbas, and calypso.. Suffice it to say, the music is hot and driving when it's fast, and sultry when it's slow.

You will also hear the heavy influence of the New Orleans sound in their original tunes. The main thing the band aims for is accessibility with their music. Soprano saxophonist and clarinetist Eric Klaxton describes their sound as, "Whether or not you know the tune ahead of time, by the time we're done playing it four minutes later, the melodies are the kind of thing you can walk away whistling."

Soggy Po Boys have quickly become an institution. They are spreading the good news of New Orleans music across the northeast and beyond, playing at concert halls and street corners; music festivals and burlesque festivals; bars and libraries; wherever the party requires. Part of the beauty of New Orleans music is that it's celebrated and appreciated wherever it goes, from the street to the theater.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. Available at the church office (729-8515), Gulf of Maine Books, or online at <http://ticketstripe.com/soggypo>

SAVE THE DATE - Fred Small - Saturday, Nov. 8th @ 7:30 pm



A Unitarian Universalist parish minister for nearly two decades, Fred is also a singer-songwriter and environmental lawyer. Named by Pete Seeger as one of America's best songwriters, Fred Small "sings songs of conscience in the tradition of Woody Guthrie, Phil Ochs, and Tom Paxton. Sharing the message of love, unity, and respect for others and the environment, you will be lifted and moved by his words and music.



**Baked Goods and other yummy refreshments always appreciated!
Please sign up at the Concert Table.**

Side Door Coffeehouse

SIDE DOOR COFFEEHOUSE - Friday, October 10, 2025

Featured Performer: Carolyn Currie



The evening begins with an open mic, followed by a short break, then a featured performer. The Coffeehouse is a fundraiser for the church as well with the featured artist receiving 50% of the door sales and the church receiving the rest.

Carolyn's music has been described as "haunting," her "luminous her voice" carrying listeners to a place of reflection and emotional intensity. She has shared the stage with greats like Jonathan Edwards, Tom Rush, Lucy Kaplansky, Cheryl Wheeler and Richard Shindell, and has captivated audiences throughout the US playing festivals such as Seattle's Bumbershoot and Folk Life Festivals, California's High Sierra Music Festival and the Kerrville Folk Festival. Described as "utterly spell-binding," Carolyn's music has garnered numerous awards and national recognition. Her 2014 release, Echolocation, climbed to #2 in the Alternative Folk charts.

DOORS OPEN at 6:45 pm

Open Mic signup at 6:45 pm

Open Mic at 7:00

Carolyn Currie, featured performer – 8:30.

Admission is \$12 for adults and free for children under 17.

Working for Justice

BRUNSWICK AREA TEEN CENTER

Contact: Catherine Chase, cmc1322@gmail.com



From Taylor Carter, Teen Center Director:

The first week of school has wrapped up and I would say it was a resounding success! It was day after day of our pre-summer regulars pouring in to tell us what they did all summer. A few of the teens who were new in the summer were in for quite a shock when they saw everyone rolling in, but they quickly fell into the same rhythm once everyone settled in.

We were so lucky to have a group of Bowdoin freshmen join us for a few hours to help us disassemble some broken furniture, paint around the Center and assemble new furniture. In addition to that, Jordan's son Kyle, from Mossy Rock Landscaping, stopped by to install our new pathway and restore an old drain on the property. If you've happened to stop by the Teen Center after a little rain or when some snow melted, you know exactly how excited we are not to have our kids trudging through that again this year!

As the first week of school kicked off, we also welcomed the newest member of our team, Sage! Sage is a high school senior and has not only attended the Teen Center in the past but also volunteered with us last year. We're excited to have her on board and so are the rest of the teens at the Center. We also have another staffing change this fall! Renee has wrapped up her time as an AmeriCorps member and will now be a regular staff member acting as the head chef and chief gardener for the meal program. She'll also be taking the lead on our new test kitchen cooking sessions every Wednesday! We'll be doing some experimental cooking with the teens to help us build up our Teen Center cookbook.

-Taylor and the Teens

Working for Justice

SEPTEMBER CHARITY WITH SOUL: FOUR DIRECTIONS DEVELOPMENT CORP

Contact: Stephen Wood swood88@outlook.com



Who We Are

We are a Native American CDFI (Community Development Financial Institution). Our mission is to improve the social and economic conditions of the Wabanaki tribes in Maine- the Maliseet, Micmac, Passamaquoddy, and Penobscot- through education and investment in affordable housing, tribal business ventures, and Native entrepreneurship. We have four core programs and related products and services: Our Small Business program supports business growth and tribal members’ success through small business loans, entrepreneur centers, artisan loans, and technical assistance; Residential Lending promotes safe and quality homeownership through home mortgages, home improvements, refinancing, and down payment assistance; Financial counseling advances borrower readiness and personal financial health through free financial counseling, free tax preparation, and matched savings programs; and Community Development promotes facilities, housing, and business development through construction loans, permanent loans, operating capital, participation funding, and technical assistance.

Impact of donations:

We would use the donations to increase tribes and tribal members’ access to our products and services. Specifically, we would use it to finance our Financial Capabilities program and our Artisan Fund, two well-utilized programs that could use an increase in revenue due to demand. Parishioners should donate to Four Directions if they’d like their contributions to directly impact Wabanaki households and entrepreneurs.

With gratitude:

Four Directions is grateful to be positioned to support Wabanaki people and tribes in the way we do. We are also grateful that your congregation has recognized our work and believes in supporting our mission too. Thank you for your contributions and thus for helping to improve the social and economic conditions of the Wabanaki tribes in Maine.

WABANAKI AWARENESS (FORMERLY “INDIGENOUS AWARENESS”)

Contact: Cathey Cyrus, sweetfernfield@gmail.com

In October, UUCB's **Wabanaki Awareness Group** (a subcommittee of the Working for Justice Steering Group) will begin an initiative to expand our awareness of the Wabanaki with whom we share this region.

Towards that goal, Mikhu Paul, a Maliseet/Wolastegewi poet, storyteller, activist, and artist, will lead the worship service on October 19th—don’t miss it!

Also, each month through June, we will pose a question (and provide the answer!) related to Wabanaki history in the greater Brunswick area. Each question is intended to increase our knowledge to include the Wabanaki lens. Please join us in learning about the Wabanaki—past and present—via our posters, pre-service slides on the church screens, articles in the Parish Messenger, and periodic special events.

Through these efforts we hope to become better allies to those who were the first stewards of this land.



See the next page for our first month’s (October) question:
“Why is Brunswick’s Main Street so Wide?”

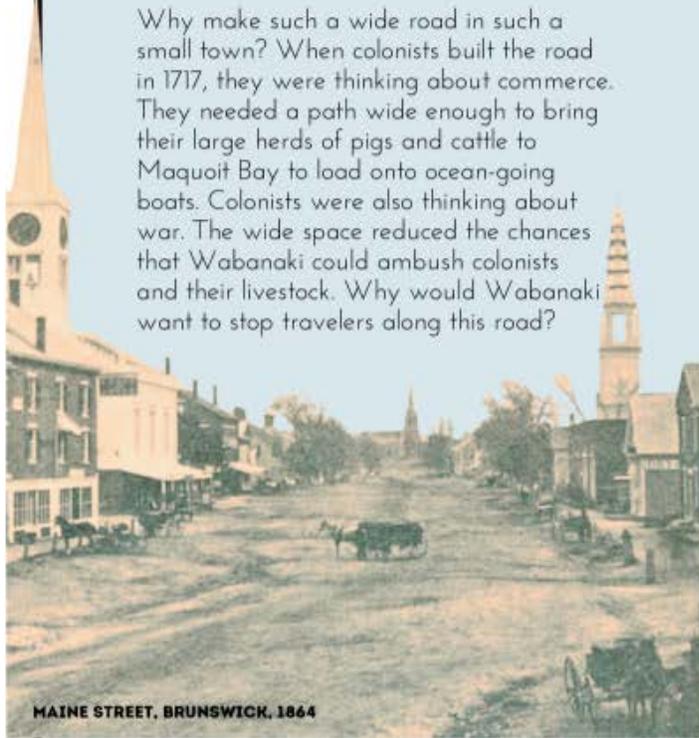


Working for Justice

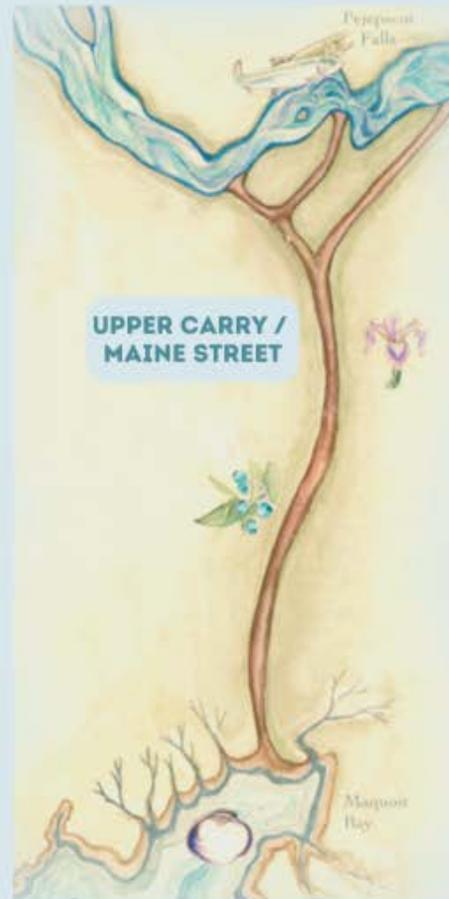
PEJEPSCOT PORTAGE

MAINE STREET IN BRUNSWICK IS MAINE'S WIDEST STREET.

Why make such a wide road in such a small town? When colonists built the road in 1717, they were thinking about commerce. They needed a path wide enough to bring their large herds of pigs and cattle to Maquoit Bay to load onto ocean-going boats. Colonists were also thinking about war. The wide space reduced the chances that Wabanaki could ambush colonists and their livestock. Why would Wabanaki want to stop travelers along this road?



MAINE STREET, BRUNSWICK, 1864



UPPER CARRY / MAINE STREET

ILLUSTRATION BY ZOE CIOLFI

THIS TRAVEL ROUTE IS FAR OLDER THAN THE TOWN OF BRUNSWICK.

For thousands of years it has been a portage (carrying place), allowing canoe travelers to take a short-cut between the falls of Pejepscot and the ocean at Maquoit Bay. In the late 1600s English colonists called it the Upper Carry, which distinguished it from the portage known as the Lower Carry (or Stevens's Carry) between Merrymeeting Bay and the New Meadows River.

When colonists expanded the portage into a road in 1717, they were also challenging Wabanaki access to this ancient travel route. In 1715 colonists built Brunswick and Fort George without Wabanaki permission, and the new colonists depended for their survival on their ability to receive supplies (and sell livestock) at the other end of the road at Maquoit Bay. The wide road made it harder for Wabanaki to defend their portage.

This street of asphalt and concrete, then, overlays a travel route that is thousands of years old and was designed as a result of conflicts that are hundreds of years old. Perhaps, as you watch the one-minute drone video showing Maine St. from above, you can ask yourself: Which of these stories are visible (or invisible) in the landscape?



Working for Justice

IMMIGRANT JUSTICE



Contact: Faith Barnes, faithb.56@gmail.com

Mid Coast New Mainers Group (MCNMG)

MCNMG continues to provide services and assistance to fulfill the needs of new asylum-seeking families in our area. The services include transportation to classes and medical appointments, job coaching, family mentoring, teaching someone to drive, and obtaining U.S. passports for their U.S. born children. MCNMG continues to provide scholarships for driving courses and lessons as well as small scholarships for books for immigrants who are in post-secondary educational programs. We also provide post-secondary school students with laptops that are compatible with the software systems currently used by the community colleges and universities. MCNMG has **Know Your Rights** cards in English, French, Portuguese and Lingala.

If you are interested in volunteering with MCNMG please fill out the volunteer application on their website or by clicking [here](#). If you'd like more information please see me at church or email Carol Kalajainen at chkalajainen@gmail.com

Midcoast Literacy



There continues to be a great need to assist members of our community to learn how to read. Upcoming fall in-person trainings will be held in October.

For volunteers who want to help children (ages 6-14):

Read Together 3-Day Tutor Training will be Oct. 20, 22 and 24, 9:00-1:00 each day. We provide support for English language learners and fluent English speakers who are below grade level in reading. Tutors meet with students twice a week, year-round. A minimum 12-month commitment is asked of both students and tutors. (Yes, people do take short vacations, but this program is not a good fit for people who travel frequently or spend several months out of state.) It is a great fit for full-time residents who want to make a big difference in a young person's life. For further information or to register for this training please

contact Katie Clarke, Program Director at k.clark@midcoastliteracy.org

For volunteers who want to help adults: Adult training will be October 14, 15, 16 at the Bath office, 9-2 each day. Tutors meet with tutees once a week, year-round. A minimum 12-month commitment is asked of both tutees and tutors. For more information or to register, please contact Diana Krauss, Adult Literacy Services Coordinator at als@midcoastlit.org

Little Sparrows Clothing Closet

FREE Clothing & Shoes to anyone in need!

OPEN: Wednesdays 1pm-5pm

94 McKeen Street, Brunswick, Corner of McKeen & Baribeau (Near Brunswick LINK Bus stop at Mallard Pond)

For Clothing & Donations: Little Sparrows is only accepting winter clothes right now. They will take clothes in all sizes. However, there is a need for clothes in children's and youth sizes 6-10 and the larger adult sizes 2X and 3X.

Volunteers are needed to sort clothing donations and to staff the clothing closet. Little Sparrows is only open to patrons on Wednesdays. They would like to expand to Tuesdays as well but need more volunteers.

Sorting and Restocking:

Monday/Wednesday 12:30pm-5:30pm
Tuesday 8:30am-1:30pm

Open for Patrons:

Wednesday 1pm-5pm

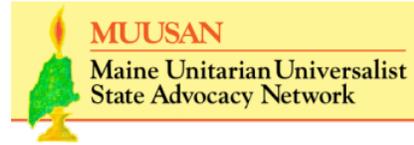


For more information or to fill out a volunteer application, please contact Katya Rogers at 207-509-4236 or littlesparrowsclothingcloset@gmail.com
For more information please contact Katya Rogers at 207-509-4236 or littlesparrowsclothingcloset@gmail.com. Find the Volunteer Guidebook and forms by clicking this link: [LSCC Volunteer Guidelines 4.pdf](#).

Working for Justice

MAINE UU STATE ACTION NETWORK (MUUSAN)

Contact: Betsy Williams, bwilliams129@gmail.com
Steve Eagles, seagles4@gmail.com



After a summer's rest the MUUSAN Board is back to work planning our first Network meeting for early November. Meanwhile, many MUUSAN members are actively supporting the campaigns to defeat Question 1 (Voter ID and dramatic changes to absentee voting) and to pass Question 2 (the so-called Red Flag law for gun safety). Members of the MUUSAN focus group plan to be available after church most Sunday's leading up to the election for information about these questions. Listen for our location each week announced at the end of the service.

I have assumed the role of MUUSAN Co-chair this year and Steve Eagles will continue as our Congregational Liaison. He will pass all action alerts from MUUSAN to those UUCBers who have asked to be informed via our Legislative List (Google Group). If you would like to receive these alerts and are not on the list, please contact Steve (seagles4@gmail.com) or me (bwilliams120@gmail.com) to have your name added. To learn more about MUUSAN, please visit our extensive website at MUUSAN.org and stop by our "table" at the Committee Fair September 28th.

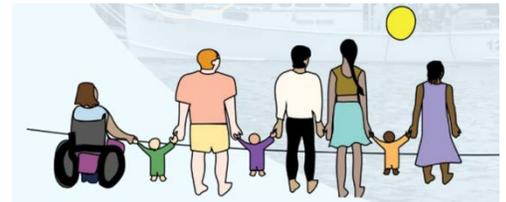
-Betsy Williams

The RESTORATIVE JUSTICE PROJECT MAINE is offering its Youth Harm Repair Training Program at UUCB!

Trainees will be eligible to serve as a community member, a surrogate, and a youth support mentor for RJP ([role description link](#)). While each role is different, the foundational training is the same, and volunteers may choose to serve in any or all of these roles after training completion. *(To become a co-facilitator, additional training is required and will be offered at a later date.)*



Because volunteers will be working with youth (defined as roughly middle-school age up to 25-year-olds), the training is comprehensive, and there are some specific expectations of each trainee:



- **Commit to 14+ hours of training.** The training is scheduled for three consecutive Thursdays (October 16, 23, 30) from 9-2:30 and will be held both at UUCB in-person as well as on zoom; you may choose whichever setting works best for you.
- **Commit to volunteering 10 hours per quarter.**
- **Commit to centering the experiences of harm.** RJP's process focuses on the voices and experiences of those harmed, including harms by systems of oppression, and volunteers will be trained in how to create an environment that supports that focus.
- **Meet the minimum safety requirements.** Volunteers must be at least 21 years of age, consent to a background check (criminal, driver, sex offender- and child abuse-registry checks), provide character references, and refrain from substance use while performing volunteer-related duties. **Note:** *Those who self-identify with underrepresented communities including people of color, LGBTQIA+, Indigenous, non-cisgender, and/or system-impacted are strongly encouraged to volunteer.*

Complete [this form](#) to register and RJP's volunteer coordinator will be in touch to finalize details. If you'd like to talk with someone who has completed the training and done volunteering for this organization, you may contact Di Kew (di@snailsoup.com).

Working for Justice

BLACK LIVES MATTER

2025 Sacred Ground Sessions Starting Soon!

Sacred Ground is an 11-session, film- and readings-based dialogue program designed to help participants connect the dots between our country's racial and ethnic history and today's realities. It provides participants with a place to engage effectively in the work of racial healing, offering not only knowledge but a community with a shared sense of purpose and a reminder that you are not alone in hoping for a more just future.

There are four interfaith groups starting this fall. Don't worry if there are one or two meetings that you can't attend—life happens! We just want you with us. All meetings take place at Curtis Memorial Library.

GROUP A: Thursdays 1:30-3 PM

(9/25, 10/9, 10/30, 11/20, 12/11, winter recess, 3/19, 4/9, 4/30, 5/21, 6/11, 7/2)

GROUP B: Thursdays from 5:30-7 PM

(9/25, 10/23, 11/20, 12/18, 1/22, 2/26, 3/26, 4/23, 5/21, 6/25, 7/23 or 8/27)

GROUP C: Wednesdays from 1-2:30 PM

(10/1, 10/22, 11/1, 12/3, 1/7, 2/4, 3/4, 3/25, 4/15, 5/20, 6/10)

GROUP D: Wednesdays from 10-11:30 AM

(10/9, 10/29, 11/19, 12/10, 1/7, 1/28, 2/25, 3/18, 4/8, 4/29, 5/20)

Please note: While this program began in The Episcopal Church, these groups are specifically designed to be interfaith and are NOT religious in nature. However, if a UUCB-only group would be of interest, please email di@snailsoup.com. If enough people reach out, a new group will be formed.



Takeaways from Sacred Ground sessions:

"The documentaries were emotionally powerful. It made the experiences of oppressed groups so palpable. Hearing the voices, seeing the photographs, listening to the stories, showed me a new truth about the way others were treated and forced to live. And I think that learning the truth is the first step toward the transformation we seek." – BW

"I thought I had a decent knowledge of the history of and current oppression of marginalized groups, but it turns out there's a lot that I didn't know about and it's even worse than I thought." – SM

"I am stunned to learn facts such as laws in effect (to very recent times) upheld race and country of origin as proper factors in determining eligibility for citizenship, property rights, and other social freedoms" – MD

"White privilege is insidious and hard to recognize if you're white." – CM

"To become a better ally to marginalized groups, I need to ask what kind of help they may want from me. Often I assume I know best, but frequently my assumptions are wrong—and I must swallow my pride and be okay with that." – DK

"This program [provided] a new awareness of how white people hide behind phrases like 'it's just human nature' and 'I was privileged,' as if these 'excuses' let us off the hook." - BW

"It's important to distinguish the difference between views and actions that are 'left' and 'right' versus 'right' and 'wrong' to better inform my actions and/or resistance." - JE

"The program gave me the strength and insight to address my own narrow understanding of racism and multi-culturalism and to renew my commitment to confronting racism and economic injustice whenever and wherever I encounter it." - SE

"Every session taught me something I didn't know about the history of oppression of different ethnic groups in the United States. I was shocked by how little I had learned in school growing up. It's frightening to me that my education (and the education of my own children and, probably, grandchildren) kept hidden the laws, policies and systems of white supremacy." - BW

"The 'Sacred Ground' materials along with the discussion group has taught me to listen better...and not to ignore the situations that may not have affected me directly. I am learning that those experiences do have a direct impact on my world and the world I would like to hand over to the next generations." - SB

UUCB Art Gallery

OCTOBER ART SHOW: "REUSE, RECYCLE" - KHARRIS BRILL

Artist's Statement



My definition of art is a little, well... loose. Since childhood, while I've explored a variety of art forms—pencil, pen and ink, batik, stained glass, oil paint—I've more recently discovered techniques that truly capture my interest. Over the past couple of years, I've landed on found object assemblage art as my passion. I've always wanted to know how things work: how they're put together, how they come apart, and what they can become. My knack for collecting random bits that intrigue me has sharpened over time, and I'm always seeking ways to weave them into my work. My hope is that my pieces engage people in the same way they engage me—that there are pauses, moments when simply looking invites exploration, questions, and the possibility of discovery.

More recently, I've been exploring texture through paper, varied adhesives, and layered surfaces. Each misstep along the way has turned into an opportunity to uncover new techniques. Wrinkling different papers, applying pastels and colored pencils, and using linseed oil to magnify the wrinkles... it's been a fine and fragrant journey.

Kharris Brill | Assemblage Artist

(207) 751-6460 | kharris@kharrisb.com | kharrisb.com



Images: Artwork by Kharris Brill



Please take some time to enjoy the artwork in Fellowship Hall. Each month the Gallery Committee installs a new exhibit. FMI: contact Joanne Allen, jlaen543@gmail.com

**The Parish Messenger Deadline for the November issue is Saturday, October 18.
Please send your content to: parish-messenger-editor@ubrunswick.org.**