

April
2021

The Point

Committee Members, Officers and Trustees

Board of Trustees and Officers

Officers

Pres: Dennis Perkins 2021
VP: Rurik Spence 2021
Treasurer: Allane Ball 2021
Clerk: Sarah Seder 2021
Collector: Marilyn Wheeler

Trustees

Elyse Apantaku 2022
Katie Clifford 2022
Trip Gander 2021
Sally Harwood 2022
Jon Rogers 2022
Beth Schiller 2021

Committees and Teams

Bookkeeper

Katrina Bouchard
katrinaqoodrich@gmail.com

By Laws

Bill Lee: Chair
Dave Wynne

Caring Committee

Allane Ball
Ellie Duhamel
Marcel Duhamel
Carolyn MacRae: Chair
Sue Morrill
Ann Paradis
Rurik Spence
Linda Woods

Collector

Mark Jose
Marilyn Wheeler

Communications Team

| | |
|-----------------|-------------------------|
| Peter Burgher | Photographer |
| Beth Schiller: | Administrative Director |
| Mark Jose | Wayside Pulpit |
| Karen Kusiak | Community Liaison |
| | Facebook |
| Carolyn MacRae | Photographer |
| Charlie Morrill | Outside Bulletin Board |
| Sue Morrill | Interfaith Council |
| Beth Schiller | Webmaster |
| Rurik Spence | IT Administrator |
| Sarah Webster | The Point newsletter |
| Connie Winship | Community Liaison |
| | The Point newsletter |
| | Co-Chair Comm Tea |
| | Facebook |
| | Co-Chair Comm Team |
| Ray Winship | |

*Universalist Unitarian Church of Waterville
69 Silver Street
Waterville, ME 04901*

Office Phone: 207-873-4006

Services start at 10:00 a.m.

Dennis Perkins, President
julep1027@yahoo.com

Rurik Spence, Vice President
rurik.spence@gmail.com

Beth Schiller, Administrative Director
uuwtvladm@gmail.com

Connie Winship, Point Editor
cwinship@roadrunner.com

Church website: <http://uucwaterville.com>

Follow us on Facebook: <https://www.facebook.com/uucwtvl>

**During the corona virus pandemic
online worship services will be held at 10:00 a.m.
and will be followed by a virtual Coffee Hour.
For more information, go to uucwaterville.com
All are welcomed**

To the Point

In 1400, Chaucer led off his “Canterbury Tales” with the famous line: “Whan that Aprill with his shoures soote” (When April with its soft, sweet showers). In 1921 American songwriter B.G. De Silva echoed the thought when he wrote, “When April showers may come your way. . .they bring the flowers that bloom in May.”

What a wonderful way to begin the long journey of healing and renewal — from the cold Maine winter and from the isolation and fear brought on by the COVID-19 virus. Because this is Maine, we know that April is the smallest beginning. There yet may be a spring snowstorm and it will be another two months before the Maine soil is warm enough for planting. And the virus will not let go its grip easily either. More months of increasing vaccinations and maintaining social distancing are necessary. Still, the promise is there in the buds on the tips of hardwood branches: we have come through. The snow and the virus are leaving.

New growth begins! *Dennis Perkins*, for the Board of Trustees.

Evening Sandwich Program ESP Board

Maili Bailey: Director
Larry Dickey
Charlie Morrill: Treasurer
Sue Morrill: President
Ray & Connie Winship

Facebook

Karen Kusiak
Ray Winship

Fellowship/Membership Committee

Bill Barnett
Joy Barnett
Jan Fichuk
Rachel Marsh Sachs: co-chair
Kathy McKay: co-chair
Dennis Perkins
Ray Winship

Finance Committee

Peter Burgher
Mark Jose
Margrit Thomas
Dave Wynne

History and Archives

Kit Alexander
John Wilder

Housekeeping

Lisa Lichtenfeld: Housekeeper
Maili Bailey: Director

Interfaith Council

Sue Morrill

Investment Management

Peter Burgher: Chair
Mark Jose
Jon Rogers

MUUSAN

[Maine Universalist Unitarian
State Advocacy Network]
Karen Kusiak
Dick Thomas

Nominating Committee

Peter Burgher
Karen Kusiak
Margrit Thomas: Chair

Organists

Anna Beth Rynders: Lead Organist
Beth Schiller
Anne Marie Thibodeau

Planned Giving

Jon Rogers

Point Newsletter

Connie Winship: Editor
Sarah Webster: Proofreader
Marilyn Wheeler: Postal Clerk

Property & Grounds

Trip Gander: Chair
Dennis Perkins
Jerry Saint Amand
Ed Spear

Religious Exploration

Margrit Thomas: DRE

Interfaith Council

The Interfaith Council met by Zoom on Wednesday, March 10. There were two guest speakers from Colby. Dean Andy McGadney spoke about Davis Connects and Waterville Coalition. Andy Yorsz, a Colby student, spoke about The Vaccine Awareness Initiative.

- Davis Connects is a \$25 million program to ensure that all students at Colby have access to global travel, internships and research opportunities as well as follow-up after graduation. As a result of this program, students leave Colby with an amazing resume, and last year, 94% graduated with either jobs or further study opportunities.
- Waterville Connection is a group that meets with the police department to further stronger ties between the police and the community of Waterville. This is a proactive group that aims to discuss trust, transparency and training. The goal is to establish a liaison group between the police and the community.
- The Vaccine Awareness Initiative is planning an event where scientific experts gather to fully answer questions from the public about the COVID-19 vaccines and related subjects. This event will be scheduled after Easter, in mid-April. I will inform you of the date and details.

Sue Morrill

Stewardship Committee

Again this year, you Stewards of Patience and Light showed your stuff! The committee had set a goal of \$60,000 for the 21/22 church-year stewardship drive. This was slightly larger than the results of last year's drive. Despite being uncertain of the effects that the virus and "virtual" church would have upon the congregation, we had faith that you would come through and you did! So far, the returns have exceeded \$61,000!! Thank you, thank you, thank you. Now the Finance Committee has the information they need to plan for next year's budget. *Stewardship Committee*

Sermons by Severn Series

A number of sermons delivered over the years by our minister emeritus Severn Towl are now on file and some will be used from time to time in our services. Use of Severn's sermons would be similar to our use of Faith Rocket materials, but different in that they'd be read by members who were part of the congregation when Rev. Severn was our minister. Severn used to leave copies of her sermons on the back table after the service; this was the source for this file of sermons. If you have any copies you've kept that you'd like to pass along for the file, let Beth Schiller know.

We can look forward to the pleasure of that wise old voice coming back to us during some upcoming services this year. *Kathy McKay*

Worship Committee

This April is our month of ministers. Rev. Carl Shesler will start the month with an Easter service and will be followed by old friends, the Reverends Twinkle Manning, Sarah Gillespie and Nancee Campbell. How fortunate our church has been to have these talented people available to us. Surely the ministry is an occupation of love, for none seek it in the hope of fame, power or riches. Thank you to all the ministers who have served us!

Meanwhile, over the next months, the Worship Committee will continue to work on refining the preparation of services to make serving on the committee easier. *Dennis Perkins*, co-chair Worship Committee

Small Group Ministry

Peter Burgher
Mark Jose

Stewardship Committee

Allane Ball
Peter Burgher
Sarah Michaud
Dennis Perkins

UU Singers and Musicians

Maili Bailey
Bill Barnett
Nancy Brooks
Jan Fichuk
Sally Harwood
Mark Jose
Joanna Linden
Iver Lofving
Anna Beth Rynders
Beth Schiller
Linda Seekins
Olga Shabunya
Dick Thomas
Margrit Thomas
Harry Vayo: Director
Marilyn Wheeler
Ray Winship
Linda Woods
Nancy Wynne

Website

Beth Schiller: Webmaster
Rurik Spence: IT Administrator

Worship Committee

Jim Evans
Caroline Gander
Karen Kusiak
Sarah Michaud: Co-chair
Dennis Perkins: Co-chair
Connie Winship
Ray Winship

Worship Committee Subcommittees

I. Social Justice

Bill Barnett
Joy Barnett
Iver Lofving
Audrey McGee
Dick Thomas
Connie Winship
Ray Winship: Chair

II. Small Group Ministry

Mark Jose

III. Spiritual Journeys/ Spiritual Healing

Marian Flaherty
Mary Matson
Sarah Michaud: Chair
Deb Stinneford
Linda Woods
Nancy Wynne

IV. Principles/Faith Traditions

Kathy McKay
Dennis Perkins: Chair
Jon Rogers

Evening Sandwich Program

The Evening Sandwich Program is continuing to operate on Tuesdays and Fridays from 3 to 4 p.m. The numbers have increased slowly. However, now that the word is out that pizza is back on Friday, more folks are showing up. We thank Little Caesar's Pizza in Waterville for their yummy donations. As the majority of our faithful volunteers complete their two vaccinations plus two weeks, and the weather warms up, ESP hopes to be open more days.

The new door with a larger window has been paid for by a grant from Good Shepherd Food Bank.

ESP still needs jams and jellies as well as paper bags with handles. Please drop them off on Tuesdays and Fridays at church from 12:30-2:30 p.m. Happy Spring!
Sue Morrill, ESP President.

April Services at a Glance

- | | |
|----------|--|
| April 4 | Easter Sunday Worship Leader: Rev. Carl Shesler Worship Associate: Christel Kesler <i>It is Well With My Soul</i> : The theme of the message is how the power of goodness and love support, enlighten and resurrect us when dark and painful things happen to us in life. |
| April 11 | Worship Leader: Rev. Twinkle Manning Worship Associate: Caroline Gander |
| April 18 | Worship Leader: Rev. Nancee Campbell Worship Associate: Dennis Perkins |
| April 25 | Worship Leader: Rev. Sarah Gillespie Worship Associate: Caroline Gander |

Jim Evans's "Brain Health" List

At one of the Breakout Rooms following services last weekend, Jim Evans was asked to share his "Brain Health Lists" from the service he led on February 21, *Understanding and Accepting the Mentally Ill*.

Morning Routine

1. Remember your dreams (took me a few weeks)
2. Make your bed.
3. Exercise (5 minutes of anything you like)
4. Brush your teeth with your opposite hand
5. Hydrate
6. Cold shower (not for me!)
7. Brain smoothie
8. Brain Tea
9. Journaling
10. Avoid the phone for first hour.
11. Read
12. Mindful Meditation

Brain Superfoods

1. Avocado
2. Blueberries
3. Walnuts
4. Broccoli
5. Coconut oil
6. Eggs
7. Salmon
8. Spinach
9. Turmeric
10. Dark chocolate

The Tremendous Ten

1. Proper diet
2. ANTs (anti-negative thoughts)
3. Exercise
4. Brain nutrients (Omega 3, Vitamin D3)
5. Positive peer group
6. Clean environment
7. Proper sleep
8. Brain protection (ex: wear a helmet when cycling)
9. New learnings (reading, drawing, learning a new language)
10. Manage stress (yoga, meditation)

Community News: A Family for ME

My name is Kasey McDonough and I am reaching out to you today from *A Family for ME* - a non-profit program with a statewide initiative that generates awareness and education to the public around the urgent need for more foster, adoptive, and kinship families.


A Family for ME has recently joined forces with agencies such as Out Maine, NAMI, DHHS Office of Child & Family Services, Maine Family Planning, and Adoptive & Foster Families of Maine. Together, we are focusing on developing diverse, affirming families to increase the safety and inclusivity of LGBTQ+ youth in foster care. Here's why:

- One in five Maine youth self-identify as LGBTQ+.
- The number-one factor youth identified as a contributor to self-harming is bullying in response to issues of gender identity.
- Minority and LGBTQ+ youth enter the foster care system at disproportionate rates that are not matched by resource families. These youth then try to manage grief, loss and separation in an unfamiliar setting, with a family that may have limited understanding of the unique challenges and risks they face.

For more information, please see: <https://afamilyformemaine.org> Kasey McDonough (she/hers) 207.699.9408



April 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|---|--|--|----------|
| | | | | <p>1 Holy Thursday</p> <p>9:30 – 11:00 Men's Coffee Contact Ray Winship rwinship@roadrunner.com</p> <p>6:30 – 8:00 Zoom Coffeehouse For more information, go to vayowoods@live.com</p> | <p>2 Good Friday</p> <p>11:00 – 1:00 Women's Group For more information, contact uwtvldm@gmail.com</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | 3 |
| <p>4</p>  <p>First Sunday Donation: Mid Maine Homeless Shelter</p> <p>10:00 Online Service Rev. Carl Shesler <i>It is Well with My Soul</i></p> <p>11:00 - 12:00 Virtual Coffee Hour</p> | 5 | <p>6</p> <p>11:00 – 1:00 Discussion Group Contact Carolyn MacRae (carolynrmae@gmail.com) for sign-in instructions</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | <p>7</p> <p>11:00 – 1:00 Arts and Crafts Group For more information, contact uwtvldm@gmail.com</p> | <p>8</p> <p>9:30 – 11:00 Men's Coffee Contact Ray Winship rwinship@roadrunner.com</p> <p>6:30 – 8:00 Zoom Coffeehouse For more information, go to vayowoods@live.com</p> | <p>9</p> <p>Day of Silence</p> <p>11:00 – 1:00 Women's Group. For more information, contact uwtvldm@gmail.com</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | 10 |
| <p>11</p> <p>10:00 Online Service Rev. Twinkle Manning</p> <p>11:00 - 12:00 Virtual Coffee Hour</p> | 12 | <p>13</p> <p>11:00 – 1:00 Discussion Group Contact Carolyn MacRae (carolynrmae@gmail.com) for sign-in instructions</p> <p>3:00 – 4:00 Evening Sandwich Program</p> <p>5:00 – 6:00 Worship Committee</p> | <p>14</p> <p>10:00 – 12:00 Small Group Ministry Mark Jose</p> <p>11:00 – 1:00 Arts and Crafts Group For more information, contact uwtvldm@gmail.com</p> <p>5:30 – 7:00 Board of Trustees</p> | <p>15</p> <p>9:30 – 11:00 Men's Coffee Contact Ray Winship rwinship@roadrunner.com</p> <p>6:30 – 8:00 Zoom Coffeehouse For more information, go to vayowoods@live.com</p> | <p>16</p> <p>11:00 – 1:00 Women's Group For more information, contact uwtvldm@gmail.com</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | 17 |
| <p>18</p> <p>10:00 Online Service Rev. Nancee Campbell</p> <p>11:00 12:00 Virtual Coffee Hour</p> | 19 | <p>20</p> <p>11:00 – 1:00 Discussion Group Contact Carolyn MacRae (carolynrmae@gmail.com) for sign-in instructions</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | <p>21</p> <p>11:00 – 2:00 Small Group Discussion Peter Burgher</p> <p>1:00 – 1:00 Arts and Crafts Group For more information, contact uwtvldm@gmail.com</p> | <p>22</p> <p>Earth Day 9:30 – 11:00 Men's Coffee Contact Ray Winship rwinship@roadrunner.com</p> <p>6:30 – 8:00 Zoom Coffeehouse For more information, go to vayowoods@live.com</p> | <p>23</p> <p>11:00 – 1:00 Women's Group For more information, contact uwtvldm@gmail.com</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | 24 |
| <p>25</p> <p>10:00 Online Service Rev. Sarah Gillespie</p> <p>11:00 - 12:00 Virtual Coffee Hour</p> | | <p>26</p> <p>11:00 – 1:00 Discussion Group Contact Carolyn MacRae (carolynrmae@gmail.com) for sign-in instructions</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | <p>27</p> <p>11:00 – 1:00 Arts and Crafts Group For more information, contact uwtvldm@gmail.com</p> | <p>28</p> <p>9:30 – 11:00 Men's Coffee Contact Ray Winship rwinship@roadrunner.com</p> <p>6:30 – 8:00 Zoom Coffeehouse For more information, go to vayowoods@live.com</p> | <p>29</p> <p>11:00 – 1:00 Women's Group For more information, contact uwtvldm@gmail.com</p> <p>3:00 – 4:00 Evening Sandwich Program</p> | 30 |