

The First Parish in Portland, Maine

*Living our mission to Nurture the Spirit,
Grow in Community, and Help Heal the World*

January 13, 2019 10:00 AM

Ingathering Music Scott Wheatley, Piano

Ringing the Bell
 Moe Blanchard

Welcome Reverend Christina Sillari

Prelude	<i>Counting Blue Cars</i>	Molly Snow
	J. R Richards	

Opening WordsIsabella Bloom

****Hymn** *Building a New Way* (see insert)

Chalice Lighting & Covenant Molly Snow and Kate Wilber

Love is the doctrine of this church
The quest for truth is our sacrament
And service is our prayer
This is our great covenant,
To dwell together in peace,
To seek truth in love,
And to help one another
To the end that all souls shall grow
Into harmony with the divine.

Credo #1 Freya Bampton, Age 14, Casco Bay High School

Credo#2 Molly Snow, Age 14, Portland High School

Contemplation Reverend Christina Sillari

Credo #3 Kate Wilber, Age 13, Cape Elizabeth Middle School

Credo #4 Grace Blankenship, Age 15, South Portland High School

** Hymn *When the Spirit Says Do* (see insert)

Offertory	Amazing Grace	Kate Wilber, Clarinet
	arr. B. Dewagtere	

****Congregational Response (Sing Twice)**

*From you I receive, to you I give,
Together we share, and from this we live.*

Credo #5 Isabella Bloom, Age 15, Casco Bay High School

Closing Words Toben Cooney-Callnan, DRE

**** Unison Benediction & Extinguishing the Chalice**

*We extinguish this Flame, but not the Light of Truth,
the Warmth of Community, or the Fire of Commitment.
These we carry in our hearts, until we are together again.*

Announcements Toben Cooney-Callnan, DRE

Postlude *Lean on Me*
B. Withers

***Standing in body and/or spirit.*

*We invite you to light a candle of Joy or Sorrow
on either side of the Meeting House during any of the hymns.
Please turn off cell phones and refrain from taking photographs
and wearing fragrance during service.
Thank you.*

Church Staff and Board Members

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The Reverend Christina M. Sillari

Minister Emeritus

The Reverend Fred Lipp

Congregational Administrator

Sheila Sullivan

Director of Religious Exploration

Toben Cooney-Callnan

Membership Coordinator

Dee Pecoraro

Music Director

Scott Wheatley

Sexton

Moe Blanchard

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Sarah Collins

Gary Desrochers

Laurie Hasty

Dirane Kelekyan

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The First Parish in Portland, Maine,
Unitarian Universalist

January 13, 2019

Coming of Age
with Reverend Christina Sillari
and Toben Cooney-Callnan, DRE

The First Parish in Portland, Maine, Unitarian Universalist

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Lean on Me

Sometimes in our lives we all have pain, we all have sorrow.
But if we are wise we know that there's always tomorrow.
Lean on me when you're not strong and I'll be your friend,
I'll help you carry on. For it won't be long
'Til I'm gonna need somebody to lean on.

Please swallow your pride if I have things you need to
borrow,
For no one can fill those of your needs that you won't let
show.
Lean on me ...

If there is a load you have to bear that you can't carry,
I'm right up the road, I'll share your load if you just call me.
Lean on me...

Just call on me brother when you need a hand.
We all need somebody to lean on.
I just might have a problem that you'd understand.
We all need somebody to lean on.

Please join us in welcoming the following New Members who joined First Parish on January 6, 2019

Barbara Brown met her husband, while they were both working in Washington, DC. Both engineers, they recently retired after 25 years working in RI & MA. They then sold everything & bummed around the world for much of 2017. Since moving to Portland last July, Barbara has enjoyed exploring Maine & settling into her new home.

Tracy Concannon was raised in Fairfax, VA, by a Catholic & an atheist. She's worked as a grade-school teacher, a Polaris Industries Rep, a sail-making apprentice, a P&C insurance agent, a traffic flagger & an ADT Sales Representative. Since 2016 she's been delivering mail for the United States Postal Service. She enjoys movies, music, reading, dancing, socializing & art.

Liz Crane lives in Portland with her husband Tom, who has been an active member at FPUU for several years. Liz & Tom have two daughters who live in NYC. Liz is a social worker & has a private practice in South Portland. She is an avid squash player, meditates & works out regularly. She is interested in holistic alternatives in both mental & physical health care.

Susan Egerton Griggs has an Art Education degree from UNH, has had a wide-ranging career, from creating an art program at the US Naval Prison to running advertising agencies & a printing plant. Marrying George in 2001 allowed her to pursue a new path as a certified yoga instructor & artist. She is deeply concerned about climate change & inhumanity in all its forms.

Bob Fowler lives in a 1790 farmhouse in Cumberland. Bob works as Executive Director of Milestone Recovery, a nonprofit organization serving people experiencing homelessness & substance use disorders. He has Master's degrees in Social Welfare & Public Policy. Bob is passionate about gardening, beekeeping, playing music, & he recently started playing tennis!

Brenda Franey, along with her husband, moved to Maine from the beautiful "Bluegrass" of Kentucky to be closer to their children and grandchildren. She enjoys spending time hiking, kayaking & birding. Brenda also enjoys music & has found the FP choir to be a "warm & welcoming" place to sing!

Jamie Howard grew up in Oklahoma and went to college in Kansas, Missouri, & Oregon. Jamie settled in Portland 14 years ago with her son, Holland (15), & then partner Amy. She also has a daughter, Mollie (3). She works as an IT Implementation Consultant for Vermilion Software/Factset Research Systems of Boston & works remotely from her home. She lives with her cat, Muffin, & part-time **with her children, Holland and Mollie.**

Dan Hughes was born in Pittsburgh & spent much of his adult life raising his 3 daughters in Central Maine. Dan is a psychologist who founded a model of therapy for abused and neglected children, which has become a model of therapy for all families. He continues to write about & train many therapists in this model of treatment & care. He is semi-retired & loves Maine for all that it offers.

Mo Nichols (they/them/their) was born & raised in Machiasport, Maine & now resides in South Portland. A graduate of Carleton College ('12) & the University of Maine ('14), Mo is the principal harpist of the Bangor Symphony Orchestra & has played the harp since the age of eight (having just turned 30!). By day, they are the dough maker for The Holy Donut in Scarborough. On their days off, they can probably be found in a bookstore, rowing, or singing musical theater tunes with their new tenor voice!

John Rasor moved from Pittsford, NY to Stroudwater Lodge in Westbrook last summer to be near a son and granddaughters in Yarmouth. He worked as a journalist & then as a writer & public relations manager for a major international business until retirement in 2006. He is a member of the Westbrook Writers Group as well as a Skype member of the Writers Group at the 1st Unitarian Church Rochester, N.Y. He has been a Unitarian for 20 years & counting.

Kerry Walls moved from Portland, Oregon after 32 years to be closer to her daughters in NYC & Boston, & to live by the water. She is a business & executive coach for almost 20 years & works with her clients remotely. She's both excited & has trepidations about her first East Coast winter on Peaks Island.

Lois Winter has lived in Portland with her life partner, Val, for 27 years. She spent her career working as a National Park Service park naturalist & as an outreach specialist & conservation biologist with U.S. Fish & Wildlife Service in coastal Maine. Now retired, Lois enjoys outdoor adventures-- sea kayaking, downhill skiing, biking & hiking. She is also dedicated to learning & practicing the mandolin, gardening, reading good books, & seeking new ways to do good in the world.

Building a New Way

We are building a new way. (3x)
Feeling stronger ev'ry day,
We are building a new way.

We are working to be free. (3x)
Hate and greed and jealousy.
We are working to be free.

We can feed our every need. (3x)
Start with love, that is the seed.
We can feed our every need.

Peace and freedom in our cry. (3x)
Without these this world will die.
Peace and freedom is our cry.

When the Spirit Says Do

You got to do when the spirit says do!
You got to do when the spirit says do!
When the spirit says do, you got to do, oh Lord!
You got to do when the spirit says do!
Spirit says do! Spirit says do! Spirit says do!
Spirit says do! Spirit says do! Spirit says do!

You got to (sing, dance, laugh, shout) ...

