

Welcome!

Our church strives to accommodate all who come to worship with us. If you need help, please ask.

We are glad you are here!

- ~The handicap entrance/exit is through the Gathering Place doors.
- ~A wheelchair is available.
- ~Large print hymnals are available.
- ~Hearing devices are available.
- ~The elevator to all three floors is in the Hallway outside the Gathering Place.
- ~The worship service can be heard upstairs in The MacKenzie Room, next door in The Gathering Place and downstairs in the Vestry.

CUF Calendar

Today: Sunday, September 29
 9:00 am Choir Rehearsal-Sanctuary
 10:00 am Worship – Sanctuary
 11:00 am Coffee & Conversation – GP
 11:30 am Teacher Training – Vestry

Monday September 30 Office Open
 10:00 am Art Group – MacKenzie Rm.
 5:30 pm Still Water Sangha–MacKenzie

Tuesday October 1 Office Open
 5:30 pm Deacons Meeting-Gath. Pl.
 6:00 pm Heart Rhythm Medit – Library
 7:00 pm TNTheater-Vestry

Wednesday October 2 Office Closed
 6:00 pm Choir Rehearsal – Sanctuary
 7:00 pm MBSR Orientation- MacKenzie

Thursday October 3 Office Closed
 No Bible Study this week!
 5:30 pm Pilates – Gathering Place
 5:30 pm Euphony-Sanctuary
 6:30 pm Bell Choir Reh.- MacKenzie Rm.
 6:30 pm TNTheater-Vestry

Friday October 4 Office Open
 No Gentle Yoga today!

Sunday October 6
 1:00 pm Piano Recital – Sanctuary
 3:00 pm TNTheater-Vestry

Church Staff

Dr. Laura Artesani.....Organist
 Dr. Sonja Birthisel & Avi Rude
YAWP
 Rachel Dobbs.....Hand Bell Choir Director
 Steffi Egenhofer.....Church Administrator
 and Lay Ministries Coordinator
 Pam Frace.....Nursery Caregiver
 Nancy Hall..... Caretaker
 Sarah Marx McGill.....Dir. of Children and
 Youth Ministries
 Kara Starr Accountant
 Barbara Turner.....Resource Specialist
 Francis Vogt.....Choir Director

Guest Minister

Rachel Dobbs is a CUF Trustee and the Director of our Bodwell Hand Bell Choir. Rachel, her husband John, and daughter Nora live in Bangor and are the owners of Paddy Murphy's Irish Pub.

Guest Organist/Pianist

Mark Baker has had a lifelong passion for music. He began playing the organ at St. Ann's Catholic Church in Bradley when he was only 14 years old. Mark works as Senior Information Systems Analyst for Northern Light Health in Bangor. He lives in Glenburn with his husband Reverend Darren Morgan and their miniature Dachshund, Oscar.

~ TODAY ~

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|--------------------------------|----------|--|
| Choir Rehearsal | 9:00 am | The Sanctuary |
| Morning Worship | 10:00 am | The Sanctuary |
| | | Nursery, Sunday School, YAWP Youth Group |
| Coffee and Conversation | 11:00 am | Gathering Place |
| Teacher Training | 11:30 am | Vestry |



YAWP Fall Plant Sale ~ Today and Next Sunday!

Our YAWPers helped Betty Carr and Judy Whitney to clean up the flower beds in front of the church. In return for the help Betty generously offered that YAWP can divide some perennials and sell the extra plants at Coffee Hour today and next Sunday. All proceeds will go to the YAWP program!

COMING RIGHT UP

Deacons Meeting Tuesday, October 1, 5:30 pm, Gathering Place
Choir Rehearsal Wednesday, October 2, 6:00 pm, Sanctuary
No Bible Study **No Bible Study on Thursday, October 3**
Pilates Thursday, October 3, 5:30 pm, Gathering Place
Bell Choir Rehearsal Thursday, October 3, 6:30 pm, MacKenzie Room
No Gentle Yoga **No Gentle Yoga on Friday, October 4**
Book Group Monday, October 7, 7:00 pm, Gathering Place

~The Hidden Life of Trees: The International Bestseller
 —What They Feel, How They Communicate Author: Peter Wohlleben
 ~Women of the Dawn Author: Bunny McBride (Four Mollys)
 Hosts: Beverly Antonitis and Betty Carr

Plases save the Date!

Memorial Service for Robert Dunlap on Saturday, October 12 at 11:00 am in the Sanctuary

Margot Koning-Wells is teaching the popular **MBSR (Mindfulness Based Stress Reduction) program** at CUF again this Fall: **Wednesdays from October 9 through Nov. 27 from 7 to 9 pm.** This 8-week program was developed at the UMass Medical School in 1979 to help people cope with stress, pain and illness in their lives. It is now offered around the world. MBSR positively affects the quality of people's lives. **To find out more, please attend the FREE orientation class Wed. October 2nd from 7 to 9 pm in the MacKenzie Room.** **Cost for the 8-week program: \$150**

CUF Office Hours

Mon, Wed, Thu, Fri 9:00 am to 2:00 pm

Steffi is taking a course at UMaine the first week of October
Therefore, this week's office hours are:
 Mon-Tue-Fri 9:00 am-2:00 pm



Greta Thunberg, sole protester at her first "School Strike for Climate" August 2018

The Church of Universal Fellowship

...a house for all people

Sixteenth Sunday after Pentecost ~ Proper 21

September 29, 2019

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| Guest Ministers | Rachel Dobbs |
| | and Members of the Congregation |
| Guest Organist/Pianist | Mark Baker |
| Choir Director | Francis John Vogt, M.M. |
| Greeters | The Powers Family |
| Usher | Tricia Griffith |
| Hospitality | The Hasbrouck Family |
| Altar Arrangement | Alma Homola |
| Liturgist | Brett Ellis |
| Offering Plate | Kathy Barry and Brian McGill |
| Sunday School Teacher | Sarah Marx-McGill |
| Sunday School Assistant | Emily Hasbrouck |
| Nursery Care | Pam Frace |

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 An Open & Affirming Congregation