

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, in the Gathering Place and downstairs in the Vestry.

CUF Calendar

Today: **Sunday, April 7**
 9:00 am Choir Rehearsal - Sanctuary
 10:00 am Worship-Sanctuary
 11:15 am Coffee and Conversation-GP
 11:45 am Trustees Mtg – Min. Office
 11:45 am **Step into Lent:**
Food and Medicine
 Host: Will Hunter- MacKenzie Rm
 Dirigo Pines Service-Arbor
 2:00 pm
Monday April 8
 12:00 pm WOW-Gathering Place
 5:00 pm Property Committee-Library
 5:30 pm Still Water Sangha-MacKenzie Rm
 6:00 pm TNTheater - Gathering Place
Tuesday April 9
 6:00 pm Heart Rhythm Medit. – Library
Wednesday April 10
 6:00 pm Choir Rehearsal – Sanctuary
 7:00 pm MBSR-MacKenzie Room
Thursday April 11
 2:00 pm Bible Study - Library
 5:30 pm Euphony - Sanctuary
 5:30 pm Pilates-Gathering Place
 6:30 pm Bell Choir- MacKenzie Rm
Friday April 12
 10:00 am Gentle Yoga – MacKenzie Rm
Sunday April 14
 9:00 am Hand Bell Choir Reh. – Sanc
 10:00 am Worship – Sanctuary
 11:15 am Coffee and Conversation-GP
 11:45 am **Step into Lent:** OHA-MacKenzie
 12:00 pm Girl Scouts-GP
 3:00 pm TNTheater-Sanctuary

Church Staff

The Rev. Lornagrace Grenfell.....Minister
 Dr. Laura Artesani.....Pianist/Organist
 Cami Carter & Sam Kunz.....YAWP
 Amy Bernier.....Nursery Caregiver
 Rachel Dobbs.....Hand Bell Choir Director
 Steffi Egenhofer.....Church Administrator
 and Lay Ministries Coordinator
 Nancy Hall.....Caretaker
 Sarah Marx McGill.....Dir. of Children and
 Youth Ministries
 Kara Starr Accountant
 Barbara Turner.....Resource Specialist
 and Communications
 Francis John Vogt, M.M.Choir Director

Welcome to the Church of Universal Fellowship, a house for all people.
 We welcome persons of every age, background, circumstance, ethnicity,
 family configuration, gender identity, and sexual orientation.
 We believe that diversity enriches our faith community and that each of us has a right and
 responsibility to support one another
 as we search for the divine by living, learning, and growing.

The Altar arrangement is given in loving memory of Wendall Tremblay by his family.

~ TODAY ~

Choir Rehearsal 9:00 am The Sanctuary
Morning Worship 10:00 am The Sanctuary
Coffee and Conversation 11:15 am The Gathering Place
Trustees Meeting 11:45 am Minister's Office
Step into LENT: Food and Medicine 11:45 am MacKenzie Room
 Will Hunter presents Food and Medicine, a grass-roots, member-based, regional non-profit organization located in Brewer, Maine. *Food and Medicine* organizes working class and low-income people to address the root causes of poverty. Their work is based on the moral value that people should not have to choose between food, medicine and other basic necessities. The organization works with unions, farmers, community groups, small businesses, and faith-based organizations to create solutions and positive change.
April WIND Newsletter: Please pick up your copy of the WIND at Coffee Hour in the Gathering Place!
Dirigo Pines Service 2:00 pm The Arbor at Dirigo Pines

COMING RIGHT UP!

Property Committee Monday, April 8 5:00 pm Library
Choir Rehearsal Wednesday, April 10 6:00 pm Sanctuary
Mindfulness Based Stress Reduction Wednesday, April 10 7:00 pm MacKenzie Room
Bible Study Thursday, April 11 2:00 pm Library
Pilates with Ann Ross Thursday, April 11 5:30 pm Gathering Place
Bell Choir Rehearsal Thursday, April 11 6:30 pm MacKenzie Room
Gentle Yoga with Rori Knott Friday, April 12 10:00 am MacKenzie Room
Step into LENT: Orono Health Assoc. Sunday, April 14 11:45 am MacKenzie Room

For 50 years the Orono Health Association has sponsored a variety of charities within the Town of Orono and the surrounding area. Rides to medical appointments, the Medical Loan Closet--filled with walkers and crutches, and last but not least the popular Orono Thrift Shop are all manned by Orono Health Association volunteers. Judy Whitney and Debe Averill will talk about the many opportunities for people interested in volunteering with OHA.

Easter Lilies: If you wish to purchase a lily this Easter in memory, honor, or celebration of someone, please let Steffi at the church office (866-3655) know by **April 11**. The lilies are \$15 and will be placed around the altar on Easter Sunday. Please also indicate if you would like to donate your lily to one of our home-bound church members or take it home after the Easter worship service.

Got Stress? This is for YOU . . .

Margot Koning-Wells is teaching the MBSR (**Mindfulness Based Stress Reduction**) program at **CUF on Wednesdays from April 3rd through June 5th from 7 to 9 pm**. This 8-week program was developed at the UMass Medical School in 1979 to help people cope with stress in their lives. It is now offered at institutions around the world. Each class is 2 hours long, with presentations on stress physiology, psychology, neuroscience, mindfulness philosophies, as well as instruction in meditation, yoga and other mindful practices. MBSR positively affects the quality of people's lives.
Cost for 8-week class: \$100

**Nancy Leavitt, renowned artist and CUF member
 Art Exhibition in Portland, through April 30**

Please find more information on the bulletin boards in the Gathering Place and Hallway or in your WIND newsletter!



10th c. Cross, Halton, Lancashire, England by Beverly Antonitis

The Church of Universal Fellowship

...a house for all people

April 7, 2019 ~ Fifth Sunday of Lent

Ministers	Reverend Lorna Grenfell and Members of the Congregation
Organist/Pianist	Dr. Laura Artesani
Choir Director	Francis John Vogt M.M.
Greeters	Bill and Polly Ceckler
Candle for Our Common Good	Judy Whitney
Liturgist	Jonathan Smith
Altar Arrangement	The Tremblay Family
Bulletin drawing	10 th century Cross, Halton, Lancashire, England by Beverly Antonitis
Hospitality	Ed Brazee and Connie Carter
Head Usher	Tricia Griffith
Offering Plate	Jonathan Smith and Brian McGill
Sunday School Assistant	Alyssa Urquhart

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 An Open & Affirming Congregation