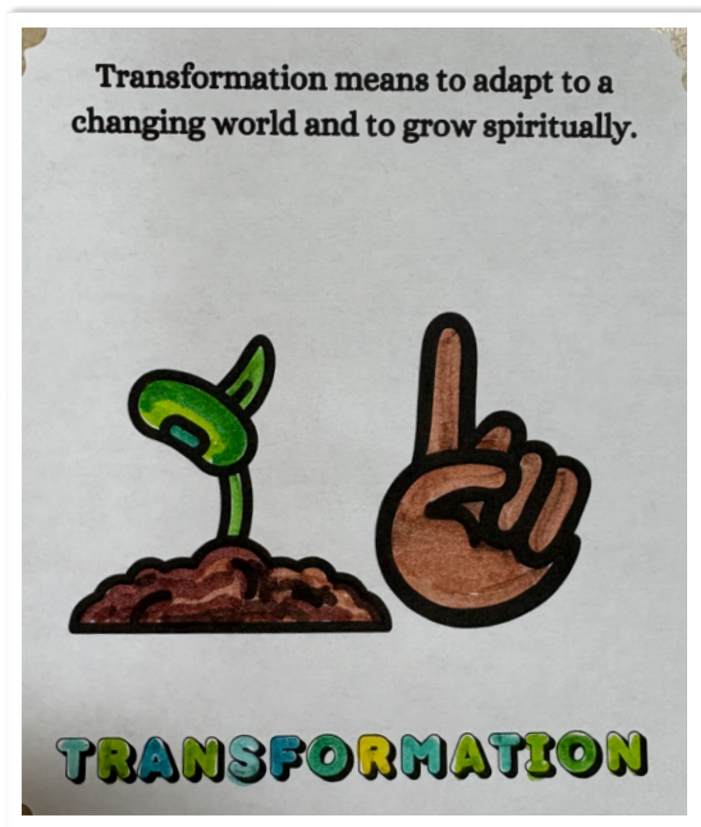


Social Justice Update

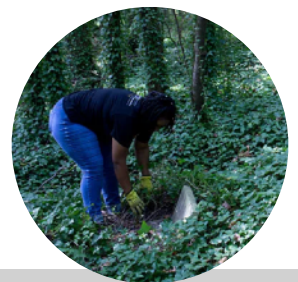


Art by A2U2 RE Students
 From [The Handy Guide to Shared Values](#)
 By Emily C. Jones

Share the Plate – Portland Wheelers

Portland Wheelers provides experiences for people unable to ride a bike by themselves. Their program gets people outdoors for therapeutic recreation, socialization, adventure, and FUN .

Each week, we share one third of our offering with a local nonprofit to show our support for organizations whose work furthers the values expressed in our denomination's foundation of love. We hope that Share the Plate will also bring a greater awareness to the community of Allen Avenue UU Church and Unitarian-Universalist values.



**ACTIVATE MAINE:
 KEEP ICE OUT OF
 MAINE**

Click picture for the
 toolkit

FRIDAY AFTERNOON CALLS FOR ACTION

Friday 2-3 PM at Church

Rooms 7 & 9

FMI email: [Julie
 Harrison](#)

NEXT SJC MEETING

January 28th at 7PM
 via Zoom

For Zoom link go to
 Breeze or contact: [Julie
 Harrison](#)

What Black Burial Grounds Teach Us About Healing and Remembrance

Preserving these
 spaces isn't only about
 the past – it's about
 recognition, respect,
 and reconciliation.



GIVING TREE

Thank you for your generosity in providing holiday gifts to kids and adults from Greater Portland Family Promise (GPFP).

Your donations were very much appreciated by family members and the wonderful staff at GPFP.



The young mother we are assisting is participating with FedCap for job training and attending on-line English classes with In Her Presence. Her one year old child is on the waiting list for childcare, which will make it easier for mom to attend in-person classes. If you are interested in a volunteer opportunity with our FP team, mom would benefit greatly from English language practice.

Please contact Emily O'Neill at emily.gagan@gmail.com for more information.

Thank you for your continued support!



January 12th:

Economic Non Cooperation

Join us for The Gathering, a monthly virtual event from Side With Love designed to offer:

- **Spiritual Grounding** – Strengthen your heart and spirit for the work ahead.
- **Political Analysis** – Understand the threats to democracy and justice.
- **Collective Action** – Organize with others to block anti-democratic forces and build a just and loving world.

MULTIFAITH PRAYER VIGIL @ THE CUMBERLAND COUNTY JAIL (CORNER OF CONGRESS ST/COUNTY WAY)

EVERY WEDNESDAY 2:45-3:15PM

You are invited to join leaders from the Greater Portland MultiFaith Organizing group who will host weekly vigils, starting Wednesday, October 29, to lament the harm inflicted on all those caught up in the immigration system, and to affirm the inherent worthiness of all people. Each gathering will include songs, silence, prayer, or other spiritual practices. We are planning this action to pray for those detained by ICE locally at the Cumberland County Jail and those who are a part of that system that is detaining them.



Click on the picture or underlined text to go to the website or send an email

FACA – NO FACA MEETING ON JANUARY 2ND, OUR GROUP WILL RESUME ON JANUARY 9TH



1. In January we will work with **MUUSAN** on Maine State legislation and learn how to navigate the Bill Tracker, **Get Out the Vote** efforts across the country and **Going to the Bridge Brigade**
2. ❤️ **Good News!** Gov. Mills will sign LD1971, the bill that was passed in the Maine legislature in March to end cooperation between local police and ICE.
3. ❤️ **Self-care:** explore and share how we find joy and a sense of balance in these extraordinary times.
4. **The FACA group will be collecting toiletry items for Maine Needs** during the month of January. We will be having a packing party! Watch for the date in the Eblast.



Social Change Now:
A Guide for Reflection and Connection

Deepa Iyer

**SATURDAY
31 JANUARY**

UUA COMMON READ: SOCIAL CHANGE NOW

Join us from 10am-2pm (lunch provided)
in-person at A2U2 on Saturday 1/31 for
a workshop on this year's Common Read,
Social Change Now by Deepa Iyer.

This interactive workbook offers Unitarian
Universalists a path to growing more
authentic, connected, and effective as
individuals and communities pursuing the
social justice missions we share.

RSVP: julielynharrison@gmail.com

Bring these items to church:

- ✳️ Shampoo & Conditioner
- ✳️ Toothbrushes & Toothpaste
- ✳️ Deodorant
- ✳️ Body Soap & Lotion

JANUARY IS MENTAL WELLNESS MONTH



In her later years, Parks practiced yoga as a way to support her body and mind – reflecting a broader lineage of Black women grounding their organizing in rest.

**WHAT MENTAL HEALTH NEEDS
IS MORE SUNLIGHT, MORE
CANDOR, AND MORE
UNASHAMED CONVERSATION.**

– GLENN CLOSE



MUUSAN'S CALL TO ACTION PAGE

Maine UU State Advocacy Network

- MUUSAN's Current Call to Action Page.
 - ➔ **Check regularly** because actions come up often.
 - ➔ Or **Sign up** for their Take Action Emails

If you are holding a print copy of the newsletter, here are the QR CODES for links in this issue

Use a Smartphone camera to hover over the QR code and go to the link.



UUA Common Read

Social Change Now: A Guide for Reflection and Connection by Deepa Iyer



The Gathering:

This month, Rev. Mykal Slack will ground us with music, Nicole Pressley will share teachings about noncooperation.



Rest and resistance are intertwined.

Rosa Parks understood that the importance of grounding her organizing in rest.



Bring Change 2 Mind (BC2M)

is a charity that works on ending the stigma of mental illness with a focus on building connected, empathetic, and supportive communities



What Black Burial Grounds Teach Us About Healing and Remembrance



ICE Toolkit