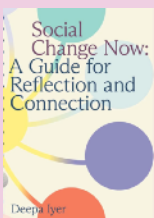


Social Justice Update



Share the Plate – MUUSAN - Maine Unitarian Universalist State Advocacy Network

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.



25-26

COMMON READ

Books for sale after service or reach out to Naneen

FRIDAY AFTERNOON CALLS FOR ACTION

Friday 2-3 PM at Church

Rooms 7 & 9

FMI email: Cynthia Marten
(cleighmarten@gmail.com)

NEXT SJC MEETING

October 22nd at 7PM
via Zoom

For Zoom link go to Breeze or contact: Cynthia Marten



Video of the Month: A moment of musical joy - Jon Batiste's musical knowledge

"This has been a great experience to share this time with you, on the planet Earth, as we orbit the Sun. We take our time in life, and we move through it, and there are so many things that we could've done, and I'm glad that we did this." - Jon Batiste



Podcast of the Month: Amicus – A legal podcast with Slate's Dahlia Lithwick

A show about the law and the nine Supreme Court justices who interpret it for the rest of America.



FRIDAY AFTERNOON CALL FOR ACTION (FACA)

MEETS FRIDAY AT 2:00-3:00 P.M. IN ROOMS 7-9
WE SUPPORT EACH OTHER AS WE ACT IN THIS TIME

In **October** we will:

- continue our focus on the upcoming November 2025 Referendum Ballot
- write more postcards and letters to support upcoming special elections
- make signs for our participation in the Oct. 18 No Kings Rally
- organize transportation for members to attend the rally

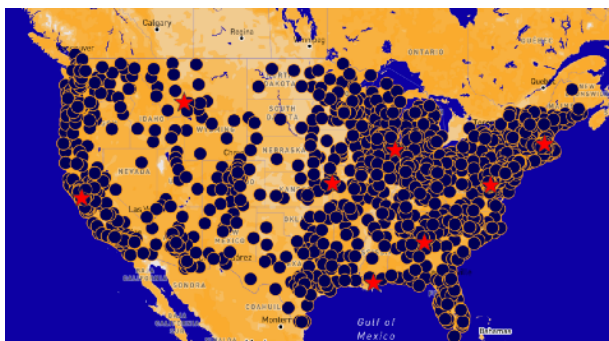


Oct. 5 Deb McDonough, League of Women Voters, will present information around Referendum #1 at 11:30 in rooms 7-9. Deb presented to FACA in August and has a thorough presentation that covers many of the issues surrounding absentee voting in the referendum. *Please join us on Oct. 5 after the service.* This presentation may also be offered remotely check in the Wednesday eblast.

Oct. 12 After service, we will have a party making signs for No Kings on October 18.

Oct. 18 NO KINGS - 1:30-3:00 Deering Oaks Park, Portland

The No Kings Rally scheduled for Oct. 18 is a moment. You can see from the US Map that there are No Kings events all over the country. You will not want to miss out on this historical moment.



You can sign in to this form <https://forms.gle/cuhptex4UPF4hECz6> (QR Code above) or there will be a clipboard after services if you want to sign up for a ride or you can help transport members to the No Kings Rally on Oct. 18. 1:30 -3:00 p.m. in Deering Oaks Park.

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



RECENT ACTIONS (9/25)

Maine Morning Star

Groups pressure Collins to extend health care subsidies. Collins says not yet.

Maine Beacon

Maine's faith community calls on Collins to fund health care, not ICE,



FASCINATING HUMAN OF THE MONTH: DR. BERNARD LOWN

In 1935, he and his family moved to Lewiston, Maine from Lithuania. He graduated from the University of Maine and in 1945 received a MD from John Hopkins University, where he got into good trouble advocating for racial justice. Lown was suspended from school for organizing a lecture by a Black physician on public health issues in the Black community, and he was briefly expelled for rebelling against the segregation of blood in the hospital's blood bank.

Dr. Bernard Lown (1921-2021) was a pioneering cardiologist, humanitarian, and founder of the Lown Institute. From his invention of the modern direct current defibrillator to his advocacy of anti-nuclear proliferation, Dr. Lown saved countless lives and changed medicine forever.

For more on his history and advocacy click on his picture or go to lowninstitute.org



WHO DO WE CHOOSE TO BE IN THE AGE OF COLLAPSE?

From A Strategic Framework by Rev. Cameron Trimble

Peter Turchin's research (and book) on social and political cycles offers a clear warning: periods of intense inequality, unrest, and elite overreach often lead to political disintegration and collapse. The election of Trump opens the floodgates of the wealthy to compete for control, at the sacrifice of the rest of us.

Yet, as history shows, we can choose how we ride out these challenging years ahead. We have agency, resilience, and the capacity for organized, meaningful resistance. One question is: what actions can we take that would make a difference? Rev. Cameron Trimble lists seven critical steps. **The first is to Strengthen Our Local Communities by taking these steps:**

- Create small support groups within your congregation, friends and family to discuss fears, share hopes, and envision a resilient future.
- Form mutual aid networks to provide community members with essentials and assistance support strategies.
- Build alliances with local advocacy groups that provide services and protection for vulnerable populations, ensuring that they have immediate access to support within the community

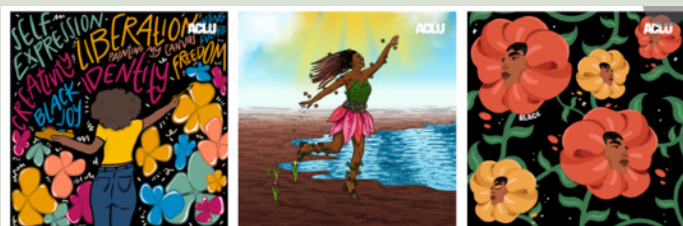


October 13th

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.



The ACLU asked three artists to help visualize what Black joy could look like after we achieve systemic equality – the joy that can exist in an inclusive and equitable world.



WHAT IS BRINGING YOU JOY?

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

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



MUUSAN: Maine Unitarian Universalist State Advocacy Network



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



Amicus Podcast: a Show About the Law and the Nine Supreme Court Justices Who Interpret It for the Rest of America.



Testing Jon Batiste's Musical Knowledge: a joyful exploration of music



The Gathering, a monthly UUA virtual event from Side With Love