

Social Justice Update

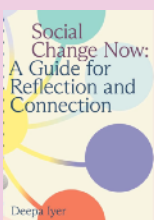


Video of the month:
Where does Joy hide
and how to find it by
 Ingrid Fetell Lee



Share the Plate – Immigrant Legal Advocacy Project

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: Julie Harrison

NEXT SJC MEETING

November 19 at 7PM
via Zoom

For Zoom link go to Breeze or contact: Julie Harrison



Podcast of the Month: Hidden Brain – A Secret Source of Connection

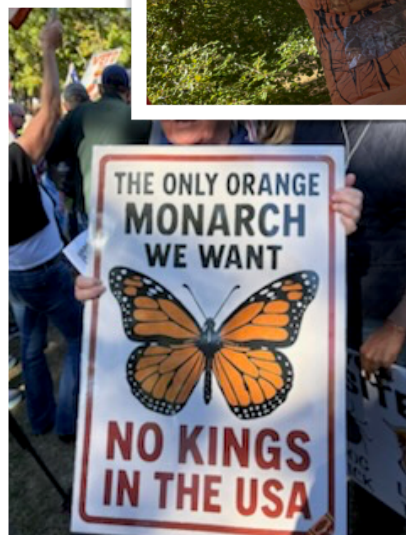
This episode is about what prevents people from doing acts of kindness. This is called the Prosociality Paradox. "Givers worry a lot about whether they are being competent. Recipients care much more about something else."



FRIDAY AFTERNOON CALL FOR ACTION MEETS WEEKLY AT 2:00–3:00 P.M. AT A2U2 OPEN TO ALL A2U2 FRIENDS AND GUESTS

What is our focus this Fall?

1. Continue writing to our legislators
2. Periodically sign up as a group for the Bridge Brigade on a Friday, instead of meeting at 2:00
3. ❤️ Self-care: explore and share how we find joy and a sense of balance in these extraordinary times.



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.

As history shows, we can choose how we ride out these challenging years ahead. We have 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 second step is to Leverage Local and State Government to Serve Its People by taking these steps:**

- ▶ Engage Locally & Vote: Run for office, attend community meetings, and vote in local elections, supporting campaigns that prioritize transparency and community welfare.
- ▶ Advocate for Civil Rights: Work with representatives to support laws protecting reproductive health, LGBTQ rights, immigrant communities, and advancing anti-racism measures and healthcare access.
- ▶ Support Vulnerable Groups: Volunteer with organizations that provide legal or direct assistance to vulnerable groups, such as those focused on reproductive rights, LGBTQ advocacy, and immigrant support networks.

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



WHY THIS MATTERS

Even with SNAP/food stamps, many families cannot afford to meet their family's food needs due to the high cost of food. Without access to culturally appropriate foods, families are forced to change their diets in ways that feel unfamiliar and less nourishing.

Fostering Connection Through Food

Every month, **Greater Portland Family Promise** runs a food and diaper distribution, ensuring that families have access to culturally appropriate food and diapers. Volunteers pack and deliver the food and diapers to families across Southern Maine.

What makes this program unique is our client choice model; families receive an order form (available in English, French, Portuguese and Spanish) and select the foods they most want and need.

Since the program began, we have:

- ✓ Expanded language access with translated ordering forms.
- ✓ Created an online ordering system for greater efficiency.
- ✓ Increased the number of food options in each category to better reflect family preferences.

This model ensures that families can access the culturally important foods they grew up with.

By removing barriers of cost and transportation, GPF's food program allows families to maintain cultural traditions, feed their children the foods they know and love, and build a sense of home here in Maine.

WE NEED YOUR SUPPORT

Their funding is running out and we need your help to sustain this vital program.

Please donate today so that we can continue providing healthy, culturally appropriate food to families in 2026.

Your gift today ensures that parents can feed their children the foods they grew up eating, foods that nourish and feed their body and soul.

Donate Here





The A2U2 Family Promise team has begun assisting a family who is newly housed in Portland. It is a mother and her one year old daughter. They have a studio apartment, so they are trying to keep things small.

Here is a list of their current needs:

- 2-3 step folding stool to reach the highest shelves in the closet
- 5x7 rug
- High chair that hooks onto the table
- Bibs

- Mother needs all winter clothes including boots size 38 (US 7 1/2 – 8), tops size M, pants waist size 28" (US 6 or 8)

- Daughter is in size 12 months (she is tiny)

- Laundry quarters

- Hannaford gift cards for food

- Toys and books

- Someone who would like to meet with the mother at her home to help her practice her English. A Portuguese speaker would be great as her English is very weak.

Please contact Emily O'Neill

emily.gagan@gmail.com for more information or to arrange drop off.

Thank you for your continued support!

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.





November 10th

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.



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.



ILAP: Immigrant Legal Advocacy Project



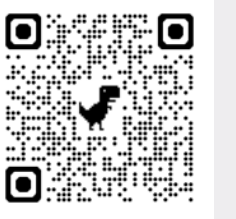
UUA Common Read
Social Change Now: A Guide for Reflection and Connection by Deepa Iyer



Hidden Brain: a Secret Source of Connection. Psychologist Amit Kumar Helps Us Understand What Keeps Us From Taking a Moment To Be Kind, and How To Overcome These Barriers.



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



Family Promise:
Please donate today so that we can continue providing healthy, culturally appropriate food to families in 2026.

MUUSAN'S FALL NETWORK MEETING NOV 15TH 10:30 AM - 12:30 PM

Click here to register: <https://www.muusan.org/>

MUUSAN'S WEEKLY ACTION STEPS

Go to MUUSAN (Maine UU State Advocacy Network) at [MUUSAN.org](https://www.muusan.org) to find out what actions you should take.

MUUSAN "Take Action!" Google Groups are Democracy, Environment, Families + Health, Gun Safety, Housing Protections, LGBTQIA++, New Mainers/Immigrants, Prison Reform, Reproductive Rights, and Wabanaki Sovereignty