

Friday Flyer – September 16, 2022

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *We Belong!*
- *Rev. Niki Norman*

- **Church Activities This Week:**

- Sunday, Sept. 18 @ 10:00 AM - Worship
- Wednesday, Sept. 21 @ 6:00 PM - *Harbour Singers*
- Thursday, Sept. 22 @ 6:00 PM - SMGM – SAGE (off site)

Unless indicated otherwise, these activities welcome all members and friends.

Office Hours

Minister, Rev. Lori Whittemore
Administrator, Brian Dustin

By Appointment
Mon-Wed-Fri –8-11 AM

Caring Needs – Please contact church office.

Upcoming Events and Activities

- **Church Safety Meeting – September 25**

In this time of turmoil in our country and state, safety in public places has become more of a concern. Join us after the service on Sunday, Sept. 25, to learn about and discuss church safety. Sometime after this meeting we hope to have a member of our local police force speak to us and give you an opportunity to share concerns and/or ask questions.

- **Coffee Hosts, Ushers & Flowers Needed**

We need Ushers and flower donations every Sunday. Coffee hosts are also needed to make coffee, bring snacks, and clean up. Please sign up on the schedule on the bulletin board by the restrooms. Duties and calendar are attached. Thanks.

- **Thoughts from Rev. Lori**

On Belonging

I just read an article by Naomi Hathaway about belonging and its psychological and neurological effects. Many of us have heard that belonging produces happiness which reduces stress and is effective in deterring depression. Physiologically, feelings of isolation cause neurological reactions that we experience when we have a physical injury. Wounding is wounding, whether emotionally or physically. Belonging is this month's theme and so I am asking you to consider something. Hathaway says that "seeing others become vulnerable and become encouraged by other people is actually watching belonging be constructed." Belonging lies in our vulnerability not our strength and competence. It makes me think about our Sunday Service and how important the Sharing from the Heart is. For people to hear what challenges and joys are and being able to lift them up collectively is indeed creating belonging. I invite you consider where you are vulnerable. How can you open yourselves up in community in an authentic way? How can you support others in doing so? I leave you with two words. Belonging and vulnerability.

READ this passage, close your eyes and picture these words in your mind's eye.

MEDITATE what sentences or words resonate for you?

PRAY Ask what is being communicated to you through this passage and where it shows up in your life?

CONTEMPLATE Take these words with you and pay attention to how they travel with you

Peace and Many Blessings

Rev. Lori

she/her

- **Live Stream on Facebook**

We are now live streaming our services on Facebook every Sunday at 10:00am

Feeling under the weather? Can't get to church?

Want to join the service from the comfort of your own home?

Join us live at 10:00am every Sunday on our Facebook page-

Unitarian Universalist Church of Saco and Biddeford.

(Facebook link on our web page)

- **Covid-19 Guidelines**

- Masks are OPTIONAL inside
- Masks off when speaking in pulpit area
- Sit in appropriately marked pews - social distance unless in same household
- Hand sanitizer stations
- Social hour in the parish hall

- **Hannaford Cards**

Ellie L. will be selling Hannaford Gift Cards in the Parish Hall on Sundays after church. If you buy your groceries with a Hannaford card, the church receives 5%.