

# The Messenger

October  
2022

Unitarian Universalist Church  
of Saco & Biddeford  
[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)



60 School St.  
Saco, Maine 04072  
207 282-0062  
uuchurch@gwi.net



## INSIDE

[You can click on a page number  
to go directly to that page.]

- [Page 2](#) Words from Rev. Lori  
Our Principals - My View  
From our President
- [Page 3](#) Biographies  
From our President
- [Page 4](#) Music Notes  
What is your favorite  
hymn?  
Flourish Music Cafe
- [Page 5](#) Caring Connection  
Arcadia Band at UUCSB
- [Page 6](#) Who Knew.....?
- [Page 7](#) Worship Committee  
It Takes a Village  
Help Wanted
- [Page 8](#) Financial Information
- [Page 9](#) UU Post It Notes  
Little Free Pantry
- [Page 10](#) Membership Information



## October Worship

Sundays at 10:00 a.m.

- October 2<sup>nd</sup>** — Rev Gabriel Burford  
— **“Choosing each other, Choosing the world.”**  
A message about how care for self and others is  
the foundation of dealing with the climate crisis.  
Todd Glacy will be joining us that day to offer  
special music.
- October 9<sup>th</sup>** — Rev. Lori Whittemore  
— **“The Courage to Act”**
- October 16<sup>th</sup>** — Rev. Niki Norman — **“Courageous Activism”**
- October 23<sup>rd</sup>** — Rev. Lori Whittemore  
— **“The Courage to Merge”**
- October 30<sup>th</sup>** — Rev. Lori Whittemore — **“The Courage to  
Face Demons and the Courage to Let Go”**

Whoever you are, wherever you come from, whomever you love, you are welcome here.

## Words from Reverend Lori

Just as belonging is created out of vulnerability, so is courage. Seems a bit counterintuitive, but unless you can look into your fear, and feel its grip, it is nearly impossible to overcome. The Rev. Douglas Taylor writes, “I would have my vulnerability be a choice made from my courage rather than my fear. I would have my vulnerability be my strength. May my strength be not found as a hard shell of defense or a sharp weapon of attack. May my strength, instead, be found in an open stance of kindness and empathy, like a tree bending gracefully in the wind storm. May my strength be found in a willingness to join in the suffering of others, like a forest of trees together in a storm. May I choose to be receptive rather than protected, sharing rather than shielded...”



This month will be filled with exploration of courage. We begin by having eco chaplain Gabe Burford sharing with us how caring for ourselves and each other is the grounding of climate justice. We will then explore the intersection of climate justice and racism. We will then look at the merger of Unitarianism and Universalism and the courage to form a stronger more impactful free church. Finally consider facing our demons and letting them go. Rev. Niki will also explore LGBTQI activism.

In support of GS 2030, we have woven climate justice through our month. We have, therefore, selected a plate offering in support of climate activism. We will be passing the plate for National Resources Council of Maine. I am including a little about them for us to know them better:

Acting boldly on climate change has become deeply entwined with Maine's identity - whether it's coastal communities planning for sea-level rise or homeowners embracing heat pumps as a way to lower pollution and lower energy costs. The Natural Resources Council of Maine (NRCM) has long advocated for ambitious climate action in line with what the science says is necessary to avert the worst impacts of climate change. Today, we partner with people across the state to accelerate the transition to a clean energy future that works for all Mainers. We do this by advocating for stronger clean energy and climate laws in the State House and envisioning a stronger, more flexible electric grid to support electrification of our homes, businesses, and transportation sectors.

NRCM advocates for a strong, statewide Climate Action Plan that provides a framework for action and helps pass ambitious new laws to invest in renewable energy, especially solar, and hold utilities accountable for acting on climate. With your help, we will continue to work directly with Mainers in all 16 counties to push for clean energy solutions that build a healthier Maine, strengthen our economy, and protect the way of life we all cherish. Learn more about NRCM and our work to address climate change at our website at [nrcm.org](http://nrcm.org).

I look forward to our time together in October!

Peace and Blessings,  
*Reverend Lori*

## Our Principles - My View

In this time of unrest and uncertainty in our community, country, and the world, do you, as a UU, feel strongly about an issue? Here's an opportunity to share your view with our UU community and for others to respond by sharing a different point of view. We welcome thoughtful discourse through this opinion-based column. The Messenger will accept opinion pieces that are grounded in our Principles and the Sources from which they are drawn. Our Messenger editors will review each contribution to determine its appropriateness. My View articles represent the beliefs and opinions of the authors. We are a congregation that accepts one another as we search for truth and meaning in our lives and our community.

Please contact Donna Beveridge ([dbeveridge18@gmail.com](mailto:dbeveridge18@gmail.com)) if you would like to share your view.

## Biographies

**Reverend Lori Whittemore (Rev. Lori)** serves as a contract minister for the Unitarian Universalist Church of Saco and Biddeford. She holds a Master of Divinity from Bangor Theological Seminary and is ordained by the Chaplaincy Institute of Maine (Chime). She is a Board-Certified Clinical Chaplin and Diplomate Supervisor certified by the College of Pastoral Supervision and Psychotherapy. She received her doctorate in ministry from the George Fox University's Portland Seminary focusing on semiotics, church and culture. She is delighted to be with us.

**Reverend Niki Norman** is a community chaplain and interfaith minister in southern Maine. Rev Niki graduated from and was ordained by the Chaplaincy Institute of Maine in 2020, where she currently serves as a board member. Rev Niki provides weekly interfaith services each week for the residents of St Joseph's Rehab and Residence in Portland and was honored to be the Minister of the Week at Ferry Beach in the summer of 2021. Rev Niki is a member of the UUUCSB and is deeply grateful for the support from the UUUCSB community. She loves people, laughter, music, cats and poetry, in no particular order!

**Reverent Gabe Burford** was ordained this year by the interfaith Chaplaincy Institute of Maine. He spends much of his time advocating for a grassroots-level response to climate change. He is an organizer with the Karuna Movement, an emergent climate movement founded in Midcoast Maine, writes the weekly climate periodical "Love For Our Time," and fosters the exploration of spirituality and climate response at The Rose Climate Chapel, an online community of belonging. Rev. Gabe graduated from Sterling College in 2015 with a self-designed major in Perception Studies, in which he focused on the transformative potential of contemplative practice and philosophical worldviews. He maintains an avid interest in the study of meditation and yogas of service across the spectrum of traditions, and believes that deepening our sense of belonging and care for one another is one of the most powerful acts we can share in this time, wherever we choose to show up for the world.

**Reverend Todd Glacy** is a self-described Enlightenment Advocate, Empowerment Educator and Instigator of Joy. He works extensively as a coach, counselor, speaker, musician and facilitator helping and inspiring people to live happy, healthy and fulfilling lives.

## FROM OUR BOARD PRESIDENT

First let's start with the answer to the question everyone in the church has been asking me for months: I have a date for surgery on my right hip. It is November 29<sup>th</sup>. I am busy filling out many forms, going to appointments for various test and checkups. I am looking forward to leaving my cane behind. I will be glad when it is over.

In other news, we have a signed agreement for Rev. Lori to continue providing pastoral care and three services a month for the rest of the year. I look forward these services. We have also appointed a three member Ministerial Relations Committee to provide ministerial support and feedback through the year.

The Board decided to leave the church with the alternate pew arrangement for the time being. We will revisit it as necessary and allow larger groups to fill in the extra rows as necessary unless something changes.

In peace,  
*Paul*

Board of Trustees agendas are posted one week prior to the meetings. Approved Board minutes are posted on the bulletin board nearest the Sanctuary and emailed to the congregation.

## Music Notes

from Choir  
Director, Ellie Rolnick



*“Before the world was, all was in sound  
God was in sound, we are made of sound.”*

-Hazrat Inayat Khan, *The Mysticism of Sound and Music*

- **Rehearsals:** Pick Up Choir will rehearse on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of each month followed by singing in church on that day.  
Upcoming Dates: October 9 and 23; November 13 and 27; December 11 and 24. (dates may shift but anyone on the choir email blast will know)
- **Time:** 8:45 – 9:45 We meet in the Parish Hall to start and we begin and end on time.
- **Participation:** ‘Pick up Choir’ means that you do not need to commit to every Sunday that we sing but if I can know in advance that you’ll be there it helps me plan for appropriate music.
- **Special Music:** Do you like to sing solo or play an instrument? Special music is always a welcome addition to a service. Thank you to Tom B. for playing guitar on 9/18. See Tom play live at Flourish in Biddeford on October 1<sup>st</sup> (more details elsewhere in the Messenger).

All are welcome who love to sing or who want to be involved with our Music Ministry.

For more information please contact me directly at [uucsbchoir@gmail.com](mailto:uucsbchoir@gmail.com)

## What’s Your Favorite Hymn?

During the month of October you’ll have an opportunity to let us know. There will be an insert in the order of service for the first few weeks of October for you to write down your favorite hymn number and drop the card in the collection plate. If you’re watching services from home, then please just send me the name of your favorite hymn at [uucsbchoir@gmail.com](mailto:uucsbchoir@gmail.com). This list of hymns will give Rev. Lori and Rev. Niki some ideas as they choose music for each service.

## Tom Benoit and Chris Peters

Saturday, October 1<sup>st</sup>, 7:30-9:30 p.m.

Flourish, 140 Main Street, Biddeford

Tom and his wife, Marea, have been attending UUCSB over the past year and Tom has shared his music with us during a couple of services. He is an incredibly talented guitarist.

Here’s more about Tom from the Music Café website:

**Tom** grew up in the *Asbury Park, NJ* area to a land of amazing music at a time when *Folk, Rock 'n Roll,* and *Rhythm & Blues Music* was at the height of being both creative and new. He was in a number of bands as well as performing as a solo artist at the *Jersey Shore*, until he went out West in the early 2000's. Tom performed and recorded for almost two decades, then left the Rocky Mountains for the Rocky Coast of Maine. <https://tmbenoit.com/>







## Caring Connection

Suddenly, summer is over. We hope it was a time of rest and renewal for you. The Caring Connection is aware of several folks who are under the weather, and we have coordinated cards, meals, and visits. However, we know that there will be future needs. Please let us know if you do experience times of difficulty, or if you have suggestions.

The role of the Caring Connection is to care for our church family by coordinating short-term support and assistance for members of the church during times of need. We will be sending a volunteer questionnaire out this fall to be sure we know how you wish to help. We are also struggling to find the most appropriate way to communicate individual needs to the entire community. Any comments would be welcome.

In our summer Messenger, we talked about our efforts to support the Biddeford homeless task force, which is working on finding housing for the growing homeless population in the Biddeford/Saco area. In July, the Caring Connection delivered tents and tarps to Seeds of Hope for distribution by the task force. Our homeless problem remains, however, and winter is coming. It's not too soon to start thinking about warm hats, scarves, and socks for our Tree of Hope, which will go up in November.

If you would like the opportunity to be of service to our church community and, at the same time, to be part of a fun group with few administrative requirements, please talk to one of us about joining the committee.

*The Caring Connection Team: Paula Howard, Donna Ravn, Pat Snyder, and Marilyn Stoesser-Casad*

## Arcadia Band at UUCSB

**Sunday, November 6 at 4pm — \$10.00 at the door**

Join us for an evening of music with Arcadia Band. -- a Folk/Americana band from the greater Portland area, featuring Janice O'Rourke on vocals and guitar, Bill Holden on Dobro and vocals, Colin Kolmar on percussion and vocals, and Doug Kolmar on vocals, guitar, mandolin. They blend sweet vocal harmonies with bluegrass-flavored instrumental colors.

The members of the band met while recording Doug's 2018 record, Arcadia, and felt it was such a good fit they wanted to keep it going. They play Doug's original tunes as well as Janice's, along with some favorite covers from the artists who inspired them.



## Invitation to “Who Knew....?”

We offer you an invitation to share yourself – your talents/and/or pastimes – with our congregation through a monthly Messenger article. Anne Dobson calls it a “Who Knew....?” piece – an exploration of things we don’t know about folks we do know. Send us a few paragraphs about yourself, along with a photo.

This month’s article focuses on Diane Eiker.

### Who Knew that....?

I grew up a Minnesota Norwegian Lutheran, the youngest of four. I was the liberal in a family of conservatives. My first seven years were spent in South Minneapolis, just a few blocks from where, many years later, George Floyd was killed. I think that I was set on a path toward working against racism when, in the second grade, an African American boy wet his pants in the classroom and was made to stand in the corner, and I, unconsciously, knew there was something inherently wrong with that.

I graduated from Concordia College in Moorhead, MN, with a double major in psychology and sociology and worked as a social worker in the public welfare system. Later I went to grad school at the New School for Behavioral Science in the University of North Dakota and earned an MS in Education degree in the area of early childhood with a focus on parenting.

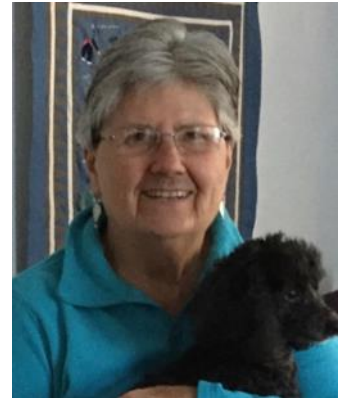
My passion for social justice took me many places. I helped found a childcare center (Nokomis) for the Fargo-Moorhead Indian Association where I began my real education about racism. Later I had the most exciting job of my career, teaching in a human relations program, helping teachers understand and work with diversity in their classrooms.

I was very fortunate to live in the seventies when the women’s movement was in full bloom. That was when I finally began to understand my real place in the world. One of my involvements at that time was being one of the founding mothers of the Fargo Moorhead Women’s Center.

In 1987 I moved to Maine and began a new chapter in my life. By this time, I had grown disillusioned with the mainstream church. I became very active with the Feminist Spiritual Community. While there I became a part of Astarte Shell Press, a spin-off from the Community, where we published works in the area of feminist spirituality and politics. I traveled to El Salvador as a representative of FSC, bringing a money gift to the women of one of the villages in the conflicted zone. Witnessing the oppression of the people and being with them in the middle of the conflict was a life-changing experience for me.

In the late 90’s a friend brought me to her UU church in Portland. I recalled a conversation I had had many years earlier with a member of the Lutheran Church I belonged to in Minnesota. As I shared my disillusionment with the Lutheran Church, she responded, “Whatever you do, don’t become a Unitarian. They don’t believe in anything!” And here I am, fifty-some years later, finally being able to articulate what I really believe, and at long last finding my home!

— Diane Eiker



## Note from the Worship Committee

In conjunction with Rev. Dr. Lori Whittemore and Rev. Niki Norman, the Worship Committee has been hard at work since summer putting together Sunday services for the Fall. The overall theme is Climate Change as FiAT works toward Green Sanctuary 2030 and possible UUUCSB accreditation. Viewing this theme as a tapestry, it is woven with threads of Belonging for September and Courage, Change & Wonder for October, November and December. It is guided by our Principles, which include the 8th Principle adopted May, 2017:

*“We, the member congregations of the Unitarian Universalist Association, covenant to affirm & promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism & other oppressions in ourselves & our institutions.”*

Other Sunday service related issues are improving the technology for people streaming on Facebook and safety in the Sanctuary during the service. We who share, especially during Joys & Sorrows, can help with the sound by using the microphone properly as instructed by the Worship Associate.

Betsey Pace, BoT liaison to the Worship Committee: Rev Dr Lori Whittemore, Rev Niki Norman, Ellie Rolnick, Sonja Gerken, and Diane Eiker.

## It takes a Village to create a Welcoming Sunday Experience!

You can help by reading the job descriptions below and then signing up on the bulletin board opposite the restrooms.

**Worship Assistants-** Assist the speaker by arriving early to meet with them and to familiarize yourself with the script provided. Training provided by Ellie R. Email her- [erolnick@maine.rr.com](mailto:erolnick@maine.rr.com).

**Ushers-** Preferably 2 people who arrive at 9:30am and follow the detailed job list to prepare the sanctuary. A few jobs include turning on lights, folding Orders of Service, lighting candles and providing water at podium for speaker and most importantly greeting people as they arrive. There is an easy to follow list to guide you for both before and after the service. Sonja Gerken can walk you through it. Email her- [s55gerken@gmail.com](mailto:s55gerken@gmail.com)

**Choir/Special Music-** We love music! Please consider joining the choir, which rehearses a couple Sundays a month @ 8:30am, and/or sharing your vocal or instrumental talents with us. Email Ellie Rolnick.- [uucsbchoir@gmail.com](mailto:uucsbchoir@gmail.com)

**Flowers-** Arrangements are welcomed for the chancel table. If they are in memory of someone, their name can be printed in the Order of Service by emailing Brian D. [uuchurch@gwi.net](mailto:uuchurch@gwi.net).

Thank you for sharing your talents with our community. When everyone does what they can, we can do a lot!

## HELP WANTED

Enthusiastic, creative, fun loving individuals wanted for project planning/ coordination, occasional painting, minor repairs and some cleaning.

Flexible hours. No experience required.

Enjoy the rewards of volunteering with the B&G Team

Contact Anne at 207 - 282 - 6600.

— Anne Dobson

Financial Information

**Pay Your Pledge Automatically!**

Annual pledges paid in regular installments help the Church's cash flow - and yours! You can set up an **automatic debit** from your bank directly to the church account - no checks or mailing hassles. You may also **use a credit or debit card for pledge payments**. These, too, can be set up ahead of time to transfer automatically an amount you choose on the date you select. These Electronic Giving options can help you manage monthly expenses and help the church funds available regularly to meet our payroll and other bills.

Contact Brian in the church office to set up a payment plan. Automatic payment arrangements are kept confidential.

- Finance Committee

**On-Line PayPal Payments**

Donations and pledge payments can be made using PayPal. To do so, go to the church website at: [www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com) and at the very top of the page click "Give" and then click "Donate".

Donations and pledge payments may also be mailed to:

Unitarian Universalist Church of  
Saco & Biddeford  
60 School Street  
Saco, ME 04072

**Greetings from the Treasurer**

Account balances as of 9/21/2022 are as follows:

Checking	\$13,424.75
Accounts Payable	\$128.93
Moulton Trust	\$1,059.65
Restricted Savings	\$45,604.07
Saco/Bidd Investments	\$155,148.48

Any questions, just call.  
Sincerely, *Wendy Coleman*



**Hannaford Gift Cards**

Would you like to donate to the church in a way that doesn't cost you anything? If you buy your weekly groceries with a Hannaford gift card purchased from UUCSB, the church gets 5%. Our church depends on this fundraiser to contribute to its operating budget. Cards are available in \$100 or \$50 denominations. Gift cards are for sale in the Parish Hall every Sunday after the worship service, or if you are worshipping virtually, just call or email Ellie Lockwood ([elenor.lockwood@twc.com](mailto:elenor.lockwood@twc.com)) and make arrangements to pick them up at another time. Thank you for participating in this fundraiser in support of our church. .



Ellie Lockwood

**CLYNK**

Help UUCS by returning your bottles and cans through the CLYNK service at Hannaford. Green bags may be picked up at the welcome table when you come to church on Sundays. Please remember that Market Basket labeled bottles and cans are not accepted by CLYNK.







## UU Post It Notes



Post It!

### Committee on Ministries

**What should I do if I have a conflict with a church member or group?**

#### Conflict Resolution Process

The Unitarian Universalist Church of Saco and Biddeford is committed to fostering right relations among its members, friends, and staff.

We understand that conflict can be an inevitable part of a healthy community and can serve as an opportunity for growth and development. As members of this congregation, it is incumbent on all of us to handle conflict in ways that are reflected in our covenant.

You are welcome to speak informally with a member of the Committee on Ministries (Niki Norman and Pat Campbell).

Please read the Conflict Brochure developed by this committee and follow the Conflict Resolution Pathway that applies to your situation. When needed, the CoM will assist in developing a mediation plan for all involved parties.

Keep in mind that the CoM doesn't handle anonymous input. Be assured that information communicated will be handled with appropriate confidentiality.

### Website

Visit our website at

[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com).

If you would like to add or correct something, please let me know. Please be specific with corrections as we have over 75 pages on our site. Added content for areas that have not yet been developed will be gratefully accepted. Thank you to those folks who have provided content and updates.

- Brian Dustin, Webmaster

### Church Administrator

**Brian Dustin**

Hours: Monday, Wednesday, and Friday 8 to 11 am.

[207/282-0062](tel:2072820062) or [207/632-4512](tel:2076324512)

[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)

## Little Free Pantry

**Bring what you want; take what you need.**

Some suggestions are peanut butter, pasta, rice, baking products, protein bars, cereal, canned soups, canned vegetables, powder laundry detergent, feminine hygiene products, diapers, toothpaste, bar soap and paper products.

Thank you for putting your Faith into Action.



Photo by Liz Gotthelf/Journal Tribune

## Thinking about becoming a member?

To learn more about our congregation:

Please speak to any member or someone from the Membership- Welcoming Committee. Plan to attend a Sharing Your Spiritual Journey orientation.

To learn more about our faith and practice:

Various aspects of Unitarian Universalism are explained in brochures kept in a rack as you enter the sanctuary. You are welcome to take these home. You can also talk with members of our congregation.

### Our Church

We are a voluntary association of those committed to this special religious community. We share common values, but we do not require or expect conformity to any specific religious beliefs. We welcome each person's spiritual exploration and expression.

Web sites [www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com) and [www.uua.org](http://www.uua.org), contain more information on the traditions, activities and people of our church and association. Our Membership Welcoming Committee is also willing to assist you.

There are seven principles which Unitarian Universalist congregations affirm and promote:

1	The inherent worth and dignity of every person
2	Justice, equity and compassion in human relations
3	Acceptance of one another and encouragement to spiritual growth in our congregations
4	A free and responsible search for truth and meaning
5	The right of conscience & the use of the democratic process within our congregations & in society at large
6	The goal of world community with peace, liberty, and justice for all
7	Respect for the interdependent web of all existence of which we are a part

### Our Membership

Those who sign the Membership Book agree to sustain our church through continuing contributions of time, effort and financial support. All members are part of the non-profit corporation that owns the church, and they govern it through democratic process in which each one is entitled to be heard. Members elect a Board of Trustees and must also approve the "call" of a minister to our pulpit. By participating in our worship, events and activities, you'll get a sense of how this congregation might work in your life, and you in the life of the congregation. As you discover the privileges and responsibilities of membership, we recommend that you take the time to:

- Attend a Sharing Your Spiritual Journey orientation offered by the Membership Committee to find out more about Unitarian Universalism and our church's history and traditions.
- Attend church for a while to get to know the community and think about whether you share in our common values and feel ready to make a commitment to the shared spiritual journey.
- Decide your financial and time commitment to this church community.

When you're ready, speak to the chair of Membership or president about signing the Membership Book!

We strive to be a Green Sanctuary and a Welcoming Congregation.