

The Messenger

**Unitarian Universalist Church
of Saco & Biddeford**
www.uuchurchsacobiddeford.com

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This month

Worship Services	1
Shay's Sharings	2
BoT President	3
Calendar	4
FIAT	5
What's Happening	6
Music Notes	7
Happenings & Archives	8
Doing the Work of the Church	9
UU Post Its	10
Finances	11
Become a Member	12

October Services, 2018



October 7, Myra Robinson **Gratitude from a Distance**

Using Buddhist principles and other techniques, we will explore the meaning of "Going to the Balcony" and having gratitude for our learning moments in life, without being caught up in the drama!

October 14, Rev. Shay MacKay **Gratitude: Wholeheartedness** - The antidote to exhaustion is wholeheartedness. Where and when do you show up wholeheartedly? How does this impact you, others, the world?

October 21, Rev. Shay MacKay **Gratitude: Pilgrimage** - What does it mean to move through life as a pilgrim - seeing life as a journey or search of moral or spiritual significance?

October 28, Rev. Shay MacKay **Gratitude: The Glimpse** - Sometimes we catch a glimpse of the road up ahead or a hint of what's around the bend, but most times we don't. How do we pay more attention to the many gifts life offers us along the way rather than always craning our necks for a glimpse of what's coming next?



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

Shay's Sharings



As Autumn arrives, I'm excitingly unpacking my jeans and light sweaters. I love this change of season, as the light slowly begins giving way to longer nights and the air is crisp and clear. My partner, Diana, and I finally made it to the beach last weekend and wandered in muted sunshine and bare feet, the wet sand just cool enough to make our flannels feel cozy.

Over the next two months, our Sunday sermon series will explore Gratitude from a variety of angles, and I can't think of a better time of year to be reminded of all there is to be grateful for. Beginning October 14th and leading us through to Thanksgiving, we'll be taking our cues from an on-line web series I attended, co-facilitated by Irish poet David Whyte and Benedictine monk Brother David Steindl-Rast.

"You can think about gratefulness...as a state of being, a kind of frontier, a measure of the intensity of your presence and the ability to occupy this edge between what you think is you and what you think is not you."

~ David Whyte

As we discovered throughout the sermon series in September, the spiritual journey is a never-ending pilgrimage—a continuous cycle of departure, arrival, and return. It isn't something to be mastered; rather, it is something to be *lived*.

If the spiritual journey is something to be lived, then spiritual practices like gratefulness can help bring us back to our intention. A spiritual practice is anything we do, think, or say that is deliberate and has a regular rhythm – it's something you've intentionally decided to focus on, on a regular basis – whatever that may look like for you. Spiritual practice calls us to return and remember—to return to our intention and remember the journey we are on.

I know – I hate practicing, too. I always did, even though I *loved* playing the piano. Even though I enjoyed soccer and volleyball. I *hated* practicing. Practicing takes discipline, and uses time and energy I'd rather spend on other things. And in our society, the whole concept of "practice" suggests that there is an end goal, a level of expertise we must aim for, and achieve.

How many of us ever actually get there?

And then we feel bad, ashamed, disappointed. Where's the joy in that?

Remember Joseph Campbell? "Follow your bliss."

Brother David Steindl-Rast says, "It is not joy that makes us grateful; it is gratitude that makes us joyful."

So let's forget about perfection and think about joy as the world moves us into Autumn.

Let's re-define "practice" to mean:

out beyond the fury and frenzy of the flow -
A quieter strength,
a gentler intention,
a calmer attention,
with all the time in the world
to breathe in
and see
the beauty all around us.

Tentative Schedule

Mondays:

Sanford office hours
11:00am-5:00pm

Tuesdays:

Saco/Biddeford
office hours
11:00am-2:00pm

Sanford
office hours
2:30pm-5:30pm

Wednesdays:

Saco/Biddeford
office hours
11:00am-5:00pm

Thursdays:

Sermon Writing Day
(availability will be
limited)

*It is not joy that
makes us grateful; it
is gratitude that
makes us joyful.*

**Brother David
Steindl-Rast**

Thoughts from our Board President



UUCSB

Board President:

Al Casad

Vice President:

Niki Norman

Secretary:

Ron Hiser

Treasurer:

Wendy Coleman

Collector:

Betsey Pace

At Large:

Mogens Ravn

Pat Snyder

James Standerfer

Anne Dobson



We need to clean out, shore up, and re-skirt the Parish Hall.

A couple things to bring to your attention. First, the board is surveying committees to gather information about who the current chair or contact person is, a list of committee members, clarify the mission of the committee and what they are working on. Second, every member is being surveyed to determine their interest in Adult Religious Education programming for the coming year. Please respond to Mogens so we can get a clear understanding of your interest.

On October 20, the annual Saco Pumpkin Harvest Festival will be held. We have been invited to participate in the Trunk or Treat event. This event will be an opportunity to reach out and share information about our church with the community, meet young families with children and give some goodies to kids. Not to mention donning a costume and having a little fun. We would decorate a vehicle trunk, pass out information and treats. Let me know, asap, if you are interested in participating in this event.

Enjoy a lovely fall in Maine. Best regards, Al

Capital Campaign News

Let's build a parking lot! That's a wish expressed many times over the years. Well the CC Steering Committee has heard you. We scoped out a parking area and consulted with the Parks & Rec director, who gave us guidelines. We consulted with a landscaper about options to create a green parking lot, one that is earth & environmentally friendly. We will need the blessing/okay from Saco's historic preservation commission to proceed.

But..... "let's NOT put the cart before the horse".

A parking lot CAN'T happen until our sagging Parish Hall is restored. It's a serious issue which must be addressed. Go look for yourself. Better yet, ask a CC Steering member or a B & G person to join you.

Why haven't we begun to address the Parish Hall problem? It's not about the cost of the project, estimated at \$30,000 to clean out debris, shore up supports and re skirt the PH. With your contributions we have enough money to do the work. However, the architect also gave us a plan which included an entire concrete foundation under the PH. This would be much more costly. We are currently re-examining which of these solutions would best suit our needs.

Our first step is to clean out underneath the Parish Hall. We have someone lined up to carry out this project, though we are still waiting on him to get back to us.

The next step will be to hire a project manager - someone who understands the project, will keep within historical guidelines, and hire persons to do a quality job for reasonable money - ie. someone to give us "the most bang for our buck".

Total Cap Camp goal	\$350,000
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Congregation's portion of goal	\$130,000	With the hope/expectation that we have
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100% participation by members & friends.

Current pledges are	\$79,500
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Cash on hand is	\$51,000
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We hope to raise \$130,00 from the community and \$90,000 from grants. The community will be most motivated to give when they feel the congregation (by the amt of pledges/dollars) shows a good faith effort for this project. We recently sent a letter to those members and friends who did not pledge last year to do so now.

Ron Hiser recently joined the committee and has volunteered to work with Al Casad & others to do grant proposals. So, if anyone has any thoughts/ideas/suggestions or talents to share please email to the CC Steering Committee: Anne Dobson Mark Young Betsey Pace or better yet..... come to a committee meeting. **Our next meeting is Oct. 10**

@ 10:30 at the UUCSB

BOT Notice

Board of Trustees agendas are posted one week prior to the meetings. Approved Board minutes are also posted. You can find these items on the bulletin board nearest the Sanctuary.

We are a green sanctuary.

October, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	4:30-6:30 Bon Appetit Off site Front door lock change	5-7 Parish Hall Weight Watchers 5:30-6:30 Meet. Rm Membership/Welc. 7:30-9 Coven. Off site	8-10 P Hall Weight Watchers 6:30-8:30 Finance Committee Meeting Room 6:30-7:30 CoM Board Room Harbour Singers	7-9 Parish Hall Alphabet Soup	10-11 Off Site Coffee & Carbs	9-10 Parlor Meditation Group 10:30-12 Parlor Discussion: Medicine, Religion, & Science
7	8	9	10	11	12	13
8:45 Morning Song 9-10 Worship, Sanc. 10:15-11:45 Choir, Sanctuary 10:30-12 Green Rm Holiday Fair Plan. 1:00-2:30 PHall AffirMantra Work- shop		5-7 Parish Hall Weight Watchers 7:30-9 Coven Off Site	8-10 Parish Hall Weight Watchers 10:30 Capital Campaign 6:30-8:30 BoT Board Room Harbour Singers	7-9 Parish Hall Alphabet Soup	10-11 Off Site Coffee and Carbs	9-10 Parlor Meditation Group 10:30-12 Parlor Discussion: Medicine Religion, & Science 5:30-8 Homecoming Potluck FIAT Neighborhood Cavass
14	15	16	17	18	19	20
9-10 Worship Sanctuary 10:15-11:45 Choir, Sanctuary 10:20-11:15 Parlor FIAT		5-7 Parish Hall Weight Watchers 7:30-9 Coven Off Site	8-10 Parish Hall Weight Watchers Harbour Singers	5-9 Parish Hall Alphabet Soup	10-11 Off Site Coffee and Carbs	9-10 Parlor Meditation Group Pumpkin Harvest Festival
21	22	23	24	25	26	27
8-8:30 Panera 9-10 Worship Sanctuary Share the Plate 10:15-11:45 Choir, Sanctuary 10:15-11:15 Discussion - Age Friendly Saco	Messenger Deadline for submissions	5-7 Parish Hall Weight Watchers 7:30-9 Coven Off Site	8-10 Parish Hall Weight Watchers	7-9 Parish Hall Alphabet Soup	10-11 Off Site Coffee and Carbs	9-10 Parlor Meditation Group
28	29	30	31	1	2	3
9-10 Worship Sanctuary 10:15-11:45 Choir, Sanctuary		5-7 Parish Hall Weight Watchers 7:30-9 Coven Off Site	8-10 Parish Hall Weight Watchers	7-9 Parish Hall Alphabet Soup	10-11 Off Site Coffee and Carbs	9-10 Parlor Meditation Group
4						

**DST Ends -move
clocks back**
 9-10 Worship
 Sanctuary
 10:15-11:45
 Choir, Sanctuary

Our Faith in Action Team (FIAT) provides an umbrella of support for social action information, education, and initiatives - whether local, within our tri-church county network, or across the state or nation. There are many ways that each of us can contribute: volunteer for Habitat for Humanity, Bon Appetit Biddeford Soup Kitchen, or Sanford UU's Corner Cupboard; put something in our Little Free Pantry or in the basket for local food pantries; join Harbour Singers for end-of-life bedside sings; get involved in MUUSAN's (Maine Unitarian Universalist State Advocacy Network) initiatives.

Put your faith into action!



FIAT meeting:

October 14, 10:20

Meeting space TBD

FMI: Talk to a FIAT members.

.Look for action ideas on the FIAT bulletin board .



FIAT supports and is supported by [MUUSAN](#).

Next MUUSAN

meeting:

Sat. Nov 10, 10:00-12:00

UU Church of Augusta.



Each month we **Share the Plate** with a non-profit organization. October's collection will be shared with **Age Friendly Saco**, a local organization under the umbrella of AARP. The goal of AFS, is to help older residents stay in their homes and their community as they age. Volunteers provide a variety of services to include: creating winter window inserts, providing Medicare and tax information, installing smoke detectors, and making simple home repairs, and more. Volunteers have sponsored social events and wellness fairs, brought seniors and youth together to create and maintain a community garden, and written a grant to make Bayview Beach handicap accessible. AFS collaborates with the City of Saco and a variety of community organizations and welcomes your visions, your time, and your talents.

Current Goals and Projects:

1. Educate the church and the neighborhood about the Little Free Pantry

We are planning a neighborhood canvass to drop off an educational brochure and talk with residents about the LFP.

We are hoping this will increase awareness of the resource, increasing its donations and use while adding more eyes to limit abuse.

The canvass will be Saturday, October 13 (rain date Oct 14 after church). We will meet in the Parish Hall to pick up a morning snack, fliers, a partner, and a neighborhood route to follow. Come one, come all!

We also plan to reach out to other local churches and organizations about creating LFP's in their neighborhoods.



2. Join the national conversation about white privilege.

At last year's annual meeting we set a social justice focus for this year of learning about white privilege and addressing race issues. We hope that every single one of you will take the Race quiz and the [Implicit Bias Test](#) and join us for as many yet-to-be-planned discussions on films, podcasts and books. We will look to MUUSAN and Northern New England District of the UUA for guidance about initiatives.

3. Improve our communication

With your support, we plan to maintain the FiAT section of our webpage and improve connection through social media for both internal and external communications.

When [MUUSAN](#) and our other sources of news of urgent actions tell of rallies, letter campaigns or other actions, we will inform each other and hit the streets, keyboards or whatever is called for.

4. Respond to action calls in defense of:

- Immigrants
- People of color
- Women's rights
- Science



HOMECOMING POT LUCK DINNER

You are all invited to join your church family in celebrating Homecoming. We will have a Pot Luck Dinner, on Saturday, October 13th, 2018, from 5:30 pm to 8:00 pm.

Shay will join us for this exciting event. Hope to see you there as well. Please bring photos of past events or church family pictures. We will post them on a Bulletin Board and let folks try to identify the event and/or the people.

Please sign up on the bulletin board list in the Parish Hall, by Sunday, October 7th. Include what dish you're bringing and how many are coming with you.

Poetic Thoughts
by our own Keith W.

*We are all homesick
for a place so close we don't
know where to find it.*



Adult RE Discussion Group Religion, Medicine, and Science

In response to requests of several congregation members, James Standerfer is facilitating four follow-up discussions on Religion, Medicine, and Science. The series began on Sept. 22 at 10:30 in the Church Parlor and will continue through Oct. 13.

Please plan to attend these insightful and challenging sessions. See James for more details.

holiday Craft Fair

Please save the date: Saturday, November 24th. 8:00 am to 2:00 pm.

Doors open to the public at 8:00 am.

Set up on Friday, November 23rd.

Please sign up in the Parish Hall. We need folks to set up, work during the day, and then clean up at 2:30. We also need folks to provide To-Go Food and Deserts to sell.

See Tom M for more information.

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



“We are called to live lives of gratitude, joy, and caring, profoundly moved by the bare fact that we live in the time of the singing birds.”

*From Wild Comfort: The Solace of Nature
by Kathleen Dean More*

Music Notes *from Choir Director, Ellie R.*

Our Music Ministry: Our music ministry begins with our Sunday services but extends in many directions. This year in my monthly ‘Music Notes’ I’ll talk about the ways music is woven into our services and our lives. If you have questions about our Music Ministry that you’d like answered, please let me know!

Choir Rehearsals: Every Sunday (almost) from 10:15 – 11:45; New members are always welcome

Morning Song: One Sunday each month I am in the sanctuary leading ‘gathering singing’ from 8:45-9:00 just before the service. Our next ‘Morning Song’ will be on October 7.



The Harbour Singers: This month’s focus is on the Harbour Singers. The Harbour Singers was formed in 2008 to support persons with life limiting conditions in a variety of care settings such as hospice, hospital, nursing home, or at home throughout the Southern Maine region. They offer a gift of song at bedside from a small group of caring volunteers. The Harbour Singers is a non-denominational chorus with non-profit status under the umbrella of UUCCSB. The choir is open to all who wish to sing. Any person, whether they come with a religious affiliation, spiritual practice or social concern, is welcome to join. Harbour Singers began at UUCCSB when a handful of committed singers were inspired to create a ‘Hospice Singing Group’. This inspiration occurred after watching the movie ‘Holding Our Own’, a documentary that featured the Hallowell Singers, a hospice singing group from Vermont. Over 30 people from the greater community joined for a full day introduction and from that the group was borne. Harbour Singers continues to be an ongoing Social Action project for UUCCSB. They continue to rehearse in the parish hall the first 3 Wednesdays of every month. On the 4th Wednesday they sing at bedside for people in nursing homes in Biddeford, Scarborough and Portland. They sing twice a month at the Gosnell Hospice House and once a month at 3 different nursing facilities. They accept new members in September and March. Harbour Singers can be contacted by phone at 207-286-7678 or by email at harboursingers@maine.rr.com.



from our archivist, Anne D.

Abraham Norwood

In 1832, Abraham Norwood was excommunicated from the Congregational Church in Biddeford because he, after a tortuous examination of his beliefs, expressed the view that the devil did not exist and that there was universal salvation.

In our archives we have a copy of Pilgrimage of a Pilgrim, a biography of Norwood's spiritual journey. This book is one of our most valuable treasures. Although it needs to stay in the Archives, you are invited to read it by appointment. (Call Anne D.)

The **coven** meets
Tuesdays 7:30-9:00 at
a private residence.
For more information
folks can call Ivy at
207 332-3423

Alphabet Soup Happenings - October



Events are open to anyone ages 18+.

Thursdays, 7 to 9 pm

UU Church of Saco & Biddeford

60 School St., Saco

All are welcome. Invite your friends!

Alphabet Soup Pot Luck Dinner

Thursday, October 4th 7:00– 9:00 PM – Location: UUCSB
Please bring a friend and an entrée, salad, side dish, or a dessert to share. Tom provides a meat dish.

Leader: Tom Admission: FREE

Board Game Night

Thursday, October 11th 7:00 – 9:00 pm - Location: UUCSB
Bring a friend or two and join us for a fun packed evening playing a board game and socializing. Beverages provided, please bring snacks to share.

Leader: Brian/Mark Admission: FREE

SAGE Dinner

Thursday, October 18th 5:00 – 9:00 pm - Location: UUCSB
Join SAGE in Portland for their Monthly Dinner. Meet at the UU Church of Saco & Biddeford at 5:15 PM and car pool to Portland. Dinner at 6:00 PM. The cost \$8.00 or \$6.00 if over 60. RSVP by Monday, to get a head count to SAGE

Gay Themed Movie Night

Thursday, October 25th 7:00 – 9:00 pm - Location: UUCSB
We will be watching the second half of "Before / After Stonewall, The making of a Gay and Lesbian Community". After Stonewall chronicles lesbian and gay life from 1969 Stonewall riots to the new century, capturing the hard work, tragic defeats and exciting victories and experiences. It explores how AIDS literally changed the direction of the movement. In May we watched the Before Stonewall part. Come to see what happened After Stonewall. Beverages provided, please bring snacks to share.

Leader: Brian Admission: FREE

Pot Luck Dinner for Alphabet Soup

Thursday, November 1st, 7:00 – 9:00 PM – Location: UUCSB
Please bring a friend and an entrée, salad, side dish, or a dessert to share. Meat will be provided.

Leader: Tom Admission: FREE



Doing the Work of the Church

Caring Connection

We are happy to report that this month was a quiet one for the Caring Committee. No major crisis issues were brought to our attention. We are aware of some situations that may require our assistance in the future and we continue to monitor them.

Please feel free to approach any one of us with any concern you may have where we might be able to help.

Enjoy this beautiful Fall weather!

Marilyn C, Anne C., Gloria S.,

Donna Ravn., and Pat S.

Buildings and Grounds

Building Security Meeting

Key Pad and Balcony Lock

Eleven UUCSB members met on Sunday, Sept. 16 to talk about the recommendations of the Saco PD regarding building security and safety.

The item that will have immediate effect on our building users is the lock codes for the outside door and for the new balcony lock. The first code change will be Oct. 1. Primary users will be notified of the new code prior to that date. A separate e-mail will go to all the congregation prior to that date reminding them of the change and designating contact information for folks who are authorized to give out the code.

Other items discussed were keys kept outside doors, outside monitoring, and usher duties relative to security.

Many many thanks to all who attended and participated and especially those who are working on the issues on our list.



UUCSB Recycling Tips

If you are a resident of Saco, you probably recently received a big post card from the City about transfer station usage and recycling tips. This is very useful information.

We at the UUCSB try to keep good recycling practices in mind and in use. In this effort, we have posted recycling guides by containers in the kitchen, green room and supply closet.

In spite of our good intentions, folks still put non recyclable stuff in the recycling bins - **used saran wrap, returnable bottles, Styrofoam containers and, my personal favorite - used facial tissue!**

Please consult the posted guides before you deposit items in our bins.

Thank you. Anne D.

Membership. Please wear your nametag! We're very fortunate to have new people attending our church. This makes wearing our nametags all the more important. Please be sure to pick up your nametag and wear it to the service AND coffee hour. You may drop your nametag in the basket next to the door as you leave. If you need a new nametag, please see the signup sheet on the nametag board.





UU Post It Notes

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 any member of the Committee on Ministries. We are easily identified by our yellow nametags.

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.

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 D., Webmaster



Acupuncture
by Meret

Natural Healthcare that Works

Meret Bainbridge, LAc.

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Bob Magazu

Broker/Realtor ABR, SRES, RSPS

bobsellsmaine@hotmail.com

www.bobsellsmaine.com

207-317-0221

I can sell your home

323 North Street, Saco, ME 04072



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

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

Greetings from the Treasurer

Account balances as of 09/24/2018 are as follows:

Checking	\$2,358.52
Accounts Payable	\$-0-
Moulton Trust	\$2,658.65
Restricted Savings	\$24,662.97
Saco/Bidd Investments	\$138,541.49

Any questions, just call.
Sincerely, Wendy C.



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.



Hannaford Gift Cards

Do you shop at Hannaford? Please consider participating in our fundraising project. When you buy your groceries with a Hannaford Gift Card purchased at church, Hannaford donates 5% towards our operating budget. You can support the church at no additional cost to yourself. Hannaford cards make good gifts, too. Look for the table during coffee hour for more information.

Get your
cards from
Ellie L.



TD Bank Affinity Program

UUCSB is in the TD Bank Affinity Program, which is only for nonprofit organizations. TD Bank will make a donation for each church member that has a TD Bank checking account. This is a way for the church to get donations without having to do anything. Church member personal accounts are associated with the church account and in doing so, the church benefits. It in no way affects members' personal accounts and no information is shared. Church members that have **TD Bank checking accounts just need to call TD Bank or stop in at any location** and tell them that you are a member of UUCSB and what your TD Bank account number is. If you have any questions about the Affinity Program, Tracey Bell, the TD Bank manager in Biddeford, would be happy to talk with you. Her phone # is 283-8590.

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, or 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.

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!

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