

# Friday Flyer – October 7, 2018

## News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week – *Gratitude from a Distance***
- *Rev. Myra Robinson*
- **Worship at 9:00 AM – October 7<sup>th</sup>**
- *Panera Bread*

- **Church Activities This Week:**

- Friday, Oct. 5 @ 10:00 AM - *Coffee & Carbs* (off site)
- Saturday, Oct. 6 @ 9:00 AM - *Meditation*
- Saturday, Oct. 6 @ 10:30 AM - *Religion, Medicine & Science*
- Sunday, Oct. 7 @ 10:15 AM - *Choir Rehearsal*
- Sunday, Oct. 7 @ 10:30 AM - *Holiday Fair Planning Meeting*
- Sunday, Oct. 7 @ 1:00 PM - *AffirMantra Workshop*
- Tuesday, Oct. 9 @ 7:00 PM - *Earthen Spiral Community Coven*
- Wednesday, Oct. 10 @ 10:30 AM - *Capital Campaign Committee*
- Wednesday, Oct. 10 @ 6:30 PM - *Trustees*
- Thursday, Oct. 11 @ 7:00 PM - *Alphabet Soup*

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

### Office Hours

- Minister, Rev. Shay MacKay - Tu – 11AM to 2PM & We – 11AM to 5PM  
Administrator, Brian Dustin - Mo-We-Th – 8AM to 11AM

**Caring Needs** – Please contact church office.

### Upcoming Events and Activities

- **Adult Discussion Group – October 6**  
In response to requests of several congregation members, James Standerfer will facilitate four follow up discussions on **Religion, Medicine and Science**. The series will begin on Sept. 22 at 10:30 am in the church Parlor and continue through Oct. 13. Please plan to attend these insightful and challenging sessions. See James for more details.
- **Morning Song – October 7**  
At 8:45 on Sunday, choir director Ellie Rolnick will be in the sanctuary leading 'gathering singing'. Please join us in singing! If you prefer not to sing, please sit quietly in the sanctuary and enjoy the music or gather with friends in the parish hall or hallway for conversation.
- **Holiday Fair Planning Meeting – October 7**  
We will begin organizing this year's fair after worship in the Green Room. Please plan to attend if you wish to help this year.
- **AffirMantra Workshop – October 7**  
Wishing you had better tools to help you navigate life's ups and downs? Want to reach a goal, improve a relationship, or just have a better outlook? *Learn how to bypass negative thought patterns with this ...* AffirMantra™ Workshop, Sunday Oct. 7 at 1:00 pm. Presented by Interfaith Chaplain and Soul Coach Rev. Myra Robinson for just \$20 (half the usual rate), for the local community. All are welcome! Advance registration required. Contact [rev.myra@affirmantra.com](mailto:rev.myra@affirmantra.com) (207) 318-7676
- **Homecoming Pot Luck Dinner – October 13**  
This pot luck dinner will be at 5:30 PM.
- **Holiday Fair – November 24<sup>th</sup>**  
This year's fair will be from 8:00 am to 2:00 pm. Setup will be on Friday.