

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

The Messenger

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



Teasers

Learn on page 5 about our new residents from the Congo and how you can help them.

On page 6 read a remarkable letter to the editor, written by Basia F.

Want to know more about our historic church? Learn on page 9 about a Q&A offered by Anne D.

What's up with the Capital Campaign? Read all about it on page 10.

Alphabet Soup's full schedule of January events is described on page 11.

January Services, Sundays at 9:00 a.m.

We all have the gift of creativity, we just have to learn how to open up and let our unique gifts flow through us. And sometimes, when we do, something larger than ourselves contributes and what we create is pure magic, pure light. Come, let's play together!

January 6	Rev. Amanda Nelson The Spirit of Creativity
January 13	Rev. Shay The Spirit of Creativity: Movement
January 20	Rev. Shay The Spirit of Creativity: Words
January 27	Rev. Shay The Spirit of Creativity: Music

Shay's Musings

What *do you tell* people when they ask you to explain Unitarian Universalism? How do you describe your church and your faith to family and friends? It's not easy! I went through three years of seminary and I'm still not always sure what to say to accurately convey what it is I do and who my chosen people are.

And that's ok.

It's ok because our religion is a living, breathing thing inside each of us and moving throughout all of creation. Our faith is an ever-evolving movement of Spirit and Nature and Self, weaving in and out of each other as we continue our search for Truth and meaning. Sometimes what we do and who we are is an explosion of energy and light and action, vital and vibrant in this broken world. And sometimes the only thing that can convey the depth of our compassion and love is silence and stillness as we slow down to listen and learn.

But every so often, we find ourselves with an opportunity to share who we are and what we believe; every so often the world needs us to stand up and be proud to say we are Unitarian Universalists and this is what that means. And so, we develop elevator speeches – short summaries that can be spoken in the time it takes to travel between floors – that we can pull out when someone asks us to explain. I've had many throughout the years, and mine is always evolving, as my faith does or as the need does, but here's the best one I've come up with so far:

As a Unitarian Universalist, my search for Truth is my own and that can take shape in whatever form works for me. However, how I am in the world, how I behave within the interconnected web of all existence, is governed by a belief in the sanctity of, and respect for, the Earth, myself, all other beings, and the spiritual journey we're all on.

In other words, anything that desecrates or disrespects anything else is not cool.

Our worship theme for January is the Spirit of Creativity, so in that vein, I encourage you to explore your own "elevator speech." How can you share who you are and what you believe in a way that is interesting and exciting? How do you express your faith, your journey, your soul to the world? What are ways in which we can keep our religion relevant and transformative, while remaining true to our guiding principles and the sources from which we draw inspiration?

What do you want the world to know about Unitarian Universalism and how do you want to tell that story?



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)

What do you want the world to know about Unitarian Universalism and how do you want to tell that story?

*Thoughts
from our
Board
President,
Al Casad*



The long, cold darkness of winter has never been a favorite. My mood seems to follow along with the growing darkness. It is Winter Solstice today as I write this message. Grey and raining, even the dog wants to just lay by the fire and sleep to escape the dreary day. I am grateful for the wood stove, a roof over my head and plenty of carbohydrates.

I'm not sure what to report in this the final Messenger of the year. I guess the thing that comes to my mind is our great, good fortune to have Reverend Shay MacKay in our presence. Also, without needing to name names, (you know who you are) deep gratitude to all the folks in this church who devote so much of their hearts, time and energy to make this church roll, the wonderful way it rolls. Such wonderful gifts.

Let me close with a poem by Robert Frost and a belated wish that each and everyone of you had a Christmas holiday full of family and friends and little joyful gifts.

Dust of Snow by Robert Frost

The way a crow
Shook down on me
The dust of snow
From a hemlock tree

Has given my heart
A change of mood
And saved some part
Of a day I had rued.

UUCSB

Board President:

Al Casad

Vice President:

Niki Norman

Secretary:

Ron Hiser

Treasurer:

Wendy Coleman

Collector:

Betsey Pace

At Large:

Mogens Ravn

Pat Snyder

Anne Dobson

Jane Perkins

Poetic thoughts by
our own Keith W.

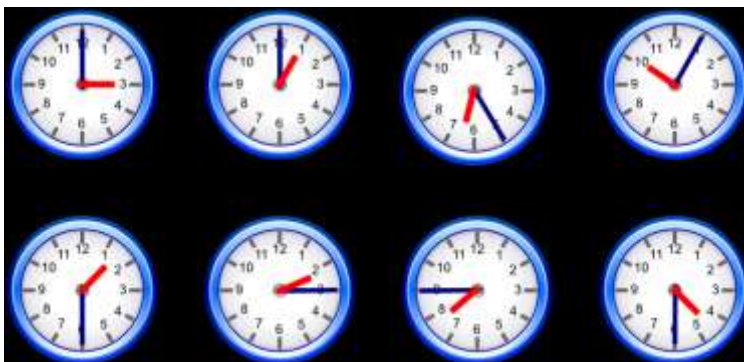


Love waits to be born
in the dark stable of our
undefended heart.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		New Year's Day 5:00 Weight Watchers 5:30 Membership/ Welcoming 7:30 Coven Offsite	8:00 Weight Watchers 6:30 Finance Comm. 6:30 CoMinistry 7:00 Harbour Singers	7:00 Alphabet Soup	10:00 Coffee & Carbs Offsite	9:00 Meditation
6	7	8	9	10	11	12
9:00 Worship 10:15-11:45 Choir Panera Bread	4:30 Bon Appetit Offsite	5:00 Weight Watchers 7:30 Coven Off Site	8:00 Weight Watchers 10:30 Cap. Campaign 5:00 Brown Bag/ Shay 6:30 BOTrustees 7:00 Harbour Singers	10:00 MUUSAN Augusta 7:00 Alphabet Soup	10:00 Coffee & Carbs Offsite	9:00 Meditation
13	14	15	16	17	18	19
8:30-8:50 Choir 8:45 Morning Song 9:00 Worship 10:15 -11:15 Choir 10:20 FiAT	10:00 Sanford UUC Geography of Grace	10:00 Spirit of Life 5:00 Weight Watchers 7:30 Coven Off Site	8:00 Weight Watchers 7:00 Alphabet Soup 5:00 Brown Bag/Shay 7:00 Harbour Singers	7:00 Alphabet Soup	10:00 Coffee & Carbs Offsite 7:30 Women in Harmony Concert in Portland	9:00 Meditation 4:00 Women in Harmony Concert in Portland
20	21	22	23	24	25	26
8:30-8:50 Choir 9:00 Worship 10:15 -11:15 -Choir Panera Bread 6:00 Spirit of Life	10:00 Sanford UUC Geography of Grace 5:30 Sea Change Chorale offsite	10:00 Spirit of Life 5:00 Weight Watchers 7:30 Coven Off Site	8:00 Weight Watchers 5:00 Brown Bag/Shay 7:00 Harbour Singers	7:00 Alphabet Soup	10:00 Coffee & Carbs Offsite Messenger: Deadline for submissions	9:00 Meditation
27	28	29	30	31		
8:30-8:50 Choir 9:00 Worship 10:15- 11:15 Choir 10:15 Historic Q&A with Anne D. 6:00 Spirit of Life	10:00 SanfordUUC Geography of Grace	10:00 Spirit of Life 5:00 Weight Watchers 7:30 Coven Off Site	8:00 Weight Watchers 5:00 Brown Bag/Shay 7:00 Harbour Singers	7:00 Alphabet Soup		



Faith in Action Team: UUCCSB's Social Justice Center

JUST START! Stepping Up to Help New Mainers

Reflections and an Invitation:

What a difference a month makes! In December we wrote in *The Messenger* that we (Sonja and Randa) had accepted roles as mentors for an immigrant family, but we didn't know much about the family or what mentoring would actually entail. We know a lot more now, but are still learning the ropes.

Many of you have met Gladdess and his two daughters when they attended church. They are refugees from the Congo, seeking asylum here. They came with almost no possessions, no English, little knowledge of American culture. They have a safe and warm place to live, minimal furnishings, adequate clothing and some helpful contacts in the community including mentors through Welcome the Stranger (WTS) and Welcome Immigrants, Our New Neighbors (WIONN). They are all in school and learning what they will need in order to settle in as new Mainers.

Gladdess is eager to work, but has not yet received a work permit. The family survives with SNAP benefits, Section 8 housing paid by DHHS, General Assistance through Biddeford, and some financial support from WIONN. Due to some problems with immigration paperwork, the family is not receiving the full financial benefits another family of three could get and the shortfall is significant when they start with so little. Our church community has embraced this family with great generosity with donations of money, gift cards and much needed winter clothing and they are so grateful!

In an orientation with WIONN in early December, we learned about some of the needs of refugee families in general and some things to pay attention to that we hadn't considered. As many refugees have fled violence and political persecution, guarding their confidentiality is crucial since it may affect their safety. In their home countries most have experienced traumatic violence or loss and consequently suffer from emotional distress. For this reason, mentors are cautioned to be discrete about sharing specific information about the family, to avoid posting photographs, to be very protective of their privacy and security. This is why we have not shared the family's last name or address. Although we would love to involve all of our congregation, until we are more confident in our responsibilities we may sound a little cagey. We don't want to make mistakes.

That said, we are looking for a few people who can be available for transportation to appointments, emergency childcare and some home improvement jobs. We'll compile a list and will get back to you about how to be in touch with Gladdess. You can always ask Gladdess to go for walks or to do other social activities with you. Continued financial gifts, especially Hannaford cards, will be so necessary and appreciated.

In FiAT we believe that welcoming this family as neighbors and supporting them is something our church has been needing. Your overwhelming response from our church in welcoming this family tells us this family is a gift to us all.

With love and gratitude,

Sonja and Randa



FIAT meetings:

2nd Sunday of the month
10:20 in the Parlor.

Please come!

Next meeting:

January 13, 10:20

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

Next MUUSAN meeting:
January 10, 10-12 pm at



UU Church of Augusta.

Share the Plate

Welcome Immigrants, Our New Neighbors

WIONN is a grassroots organization that responds to the needs of new immigrants, mostly in Biddeford, for material and social support as they navigate new language, culture, and system.

How do you put your faith into action? Visit the Interactive Bulletin Board in the Parish Hall.



Share the Plate donations:

Sept. Animal Welfare Society	\$20
Oct. Age Friendly Saco	\$125
Nov. Bon Appétit	\$378.47

Beginning in Nov. half the plate each week is shared with our chosen non-profit.



This letter to the editor, written by a young woman who sits in our pews, was published recently in the Journal Tribune. It expresses important issues facing those with disabilities.



Editor,

I refuse to drive. This decision stuck with me since I can remember. Even hearing peers excitedly announce they have received their drivers permit did not change my mind.

As a person who is on the autism spectrum; as well as a physical disability, driving would, in theory, be extra dangerous. Yes, I could have adaptations to help accommodate my physical disability. Nothing can aid me in driving with ASD. I constantly space out, and I have trouble reacting quickly to things.

On the road, you must be able to have a quick reaction time, especially when drivers around me are being jerks. It is for my safety that I rather not drive. A substitution to owning a car is relying on local public transportation. Although my parents have begged me to practice the public transportation system, the service is tricky to access; therefore I do not feel totally motivated to practice the bus system.

Presently, I am home alone during the day. I imagine going on adventures using the public bus service. Of course, I want to be able to do so. The thing is...I never have taken public transportation alone.

I also need a destination in mind, and I often do not. More importantly, there are personal barriers that prevent me from being willing to practice public transportation. These barriers include: money, accessibility and complexity. If these barriers did not exist, I would be all over public transportation.

To begin with, I struggle with handling money. It takes a few extra seconds to hand money to the driver. Fortunately, there are bus passes, but they cost \$40. I am in a VOC Rehab program that provides passes for me, but they are only for rides to school and work. I would have to spend my own money to go places for fun.

The Saco Transportation Department should consider being more like the shuttle bus system in Acadia National Park. The busses are free with an optional donation. Optional payment or no payment at all equals less hassle. Secondly, the bus system is too complicated. I have to get on three busses to get to Southern Maine Community College. From my house, I need to walk a half hour to get to the Saco Train Station to catch a bus to Old Orchard Beach. Then, I need to catch a bus that takes me to monument square in Portland. Finally, I take a third bus that goes straight to SMCC. Overall, the journey is about two whole hours! Sometimes, I may need that last two hours to complete the school work that is due. Additionally, I declined a job at Cracker Barrel because I needed to take two different busses. Having a one shot bus would be more convenient. Although the ZOOM bus is more of a one shot bus, the stop is at the Park and Ride. The Park and Ride is not accessible to walk to. There needs to be more one-shot bus options.

Lastly, accessing the bus stop itself is an obstacle during a certain time of year. During the spring, summer and fall, the easy walk to the bus stop is thirty-minutes. However, the sidewalks in the wintertime can be ice rinks. Because of my physical disability, I am at a much higher risk of slipping on the ice. Once when walking home from school, I fell on a sloped driveway next to my driveway. I was stuck there because I'm unable to balance myself to get back up. Luckily, a bystander helped me stand up. The bus should pick me up closer to my house.

Even more important, there are other disabled individuals who need similar or much different accommodations to ride transportation. Sometimes, already, there are elevator-esc doorways to help people in wheelchairs board the bus. Also, the front of all the public transportation there is priority seating for people who are less mobile, like the elderly. I do not have further suggestions on how to accommodate others.

After all, I live inside the shoes of somebody who has a limited range of motion and is autistic. I do not know what it is like to live with a different disability. Able bodied people may list generic options to help disabled people. There are other accommodations necessary that normal people may not even realize. That is why the essay lists my personal ideas to accommodate me.

In summary, choosing not to drive makes traveling to places more challenging. The bus system is a very time consuming, I'm slow to get out money and passes, and it's inaccessible at times. An ideal bus system for me is free or low cost, would be able to pick me up closer to home and be a one-shot ride. For other disabled people, their special transportation needs may differ.

Everybody has required places to go, and also everyone would love to get places for fun. But because of these obstacles, I do not feel motivated to get up and go ride a bus. The city of Saco and the surrounding towns could implement a Transportation system or a service like Uber or Taxis made to accommodate disabled people.

Basia Fisher, Saco



Our Wed. Coffee & Carbs group celebrated Nancy K.'s birthday



Conversation in the Green Room with Rev. Shay, Week One

**Brown Bag Suppers with Rev. Shay
Wednesdays from 5:00 p.m. to 6:30 p.m.**

Every week on Wednesdays (except for Jan. 2nd.) Rev. Shay will be eating her supper in the Green Room (off the Parish Hall) from 5:00 p.m. to 6:30 p.m. Everyone is invited to come hang out for a time of getting-to-know-you and informal conversation. Bring your own supper – leftovers or McDonalds or whatever you use to nourish your body – and spend some time building relationships that will nourish your soul.



Conversation with Shay in the Green Room
Week Three and
Our Brown Bag Suppers are growing!





"To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it."

— Osho

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: Jan. 6 10:15-11:45, Jan. 13, 20, 27 8:30-8:50 and 10:15-11:15. New members are welcome to begin with the first rehearsal of this month, Jan. 6.



Music Sunday: The service on Jan. 20th will focus on spirituality through creativity and music. Do you sing, play an instrument, create music? Would you like to share your gifts with us during this service? Please contact me no later than January 10th if you'd like to be included.

Morning Song Join me on Sunday, January 13 at 8:45 to sing poems set to music.

Music in Our Community: Many members of our choir and our church family participate in community ensembles. I will highlight one more each month for the next few months.

Women in Harmony: Women in Harmony is a chorus of women's voices, singing for unity among women and advocating social, political and economic equality for all women, past, present and future. Part of their "Statement of Purpose": Recognizing the power of music to bring people together, we will work to build bridges among women through singing, striving for unity among all women, regardless of sexual orientation, race, class, economic background, or ethnicity. Through music, we honor and celebrate those who have worked throughout history for the rights women enjoy today. We support those who continue to strive for political, social and economic equality on behalf of all women. We advocate peace, freedom and justice for all. We provide learning opportunities for women of widely varying levels of musical experience, encouraging all members to expand their skills and grow musically within a supportive environment. We are dedicated to musical excellence and work hard to accommodate different learning styles to reach our musical goals. We recognize that we have a role in the community, not only to provide women of diverse backgrounds the opportunity for creative expression and growth through music, but also to make choral music accessible to the community at large. We will work to enhance the community's awareness, appreciation and understanding of choral music, in particular bringing the work of women composers and musicians to the public. Betsey P. sings with WIH and is also their librarian. Their incredible catalogue of music is housed on the 2nd floor of our building. **Winter concerts: Friday, January 18 @7:30pm and Saturday January 19 @4:00pm – @ Woodfords Congregational Church, 202 Woodford St, Portland.** For more information: <http://wihmaine.org> or ask Betsey.

Upcoming Concerts

Friday, January 18th 7:30 p.m. and Saturday, January 19th at 4:00 p.m.; **Women in Harmony;** Woodfords Congregational Church, Portland.

Monday, January 21, 2019 @ 5:30 pm - 6:30 pm **Sea Change Chorale** will perform a selection of songs in honor of MLK day, prior to the NAACP celebration dinner. When asked if this is somehow open to the public, Margaret M., member of the group says 'Any one can come into the hotel and listen to us. We sing on the stairs so those filing in for dinner pass by us and others can simply sit and enjoy the music. More coming about 'Sea Change' in an upcoming issue.



Happy New Year, dear friends!
First of all, my sincere apologies for the delay in producing the updated Autumn Church Directory. It is now done and you should have received your copy. The Spring Directory will be done on schedule. That's a promise!

Feel free to use the fun puzzle and book exchange above the coat rack.
Last of all, the "Little Pantry" is in constant need of items. Mittens, hats, socks, food and anything else that might be useful. Especially in this beautiful, but often needy, winter season.



**2nd Parish Meeting House Tour
Q&A Jan. 27, 2019
10:15 a.m. UUCSB Parlor**

Thank you for your favorable response to our Dec. 2 service. It was a joy to share our enthusiasm for our wonderful Sanctuary with you. Some of you missed the service and some of you had questions that time kept us from answering. So we have reserved the Parlor on Sunday, Jan. 27, at 10:15 so that folks can ask questions, review the tour and get curious about other parts of our wonderful historic buildings.

Again thank you for your ongoing interest. See you in (can you believe-2019) January.

B&G and Archives Committees



Storm Closings

It is getting to be that time of year, folks. In the event of bad weather, the board president and vice president will make the decision to cancel Sunday services by 7:30 a.m. The church administrator will post the cancellation on television (WCSH-6, WMTW-8 and WGME-13) as well as on the church voice mail message and website. An e-mail message will also be sent out from the church office if possible. As always, please use your own best judgment for safety.

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



Happy 2019 from the Caring Connection!

What an amazing and generous congregation we have. To date, over 25 people have responded to the Caring Connection Survey, offering transportation, help with meals, visits, calls, rides, and even dog walking for those of us who may be struggling. If you want to add your name to the list of those willing to help, please contact Marilyn S-C, who will help us coordinate. Remember, please continue to call on us if you know of a caring need.

Marilyn S-C, Anne C., Gloria S., Donna R., and Pat S.

What's happening with the Capital Campaign? Are you frustrated at what appears to be a lack of progress? After all, you donated to our Capital Campaign with expectations of improvements to show for it. It's been 2 1/2 years since you voted at an annual meeting to support this campaign. What's up anyway!!



Since last spring we've been waiting on a worker to clean out under the Parish Hall. He has continued to be unavailable. This is our stumbling block. The cleanout has to be accomplished before we can move ahead with other more visible and glamorous undertakings. Yet no one seems to want the definitely unglamorous job.

Now we need a project manager, also known as a "clerk of the works," to move us forward. We're in the process of interviewing prospects and hope to have one soon.

Let us remind you that this project is a whole congregation endeavor and not the total responsibility of three committee members. We need you, all of you, to express interest and to ask, "How can I help?" Give us your questions and ideas and suggestions. What do you know? Whom do you know? What are your talents? If you haven't already, now's the time to make a monetary pledge to support the planned projects. Come to our next Capital Campaign meeting on January 9th at 10:30. We need your input.



Your Capital Campaign Committee,

Anne D. asd@gwi.net 207 286-6600

Mark Y. mk.l.young@gmail.com 207 298-1606

Betsey P. bcameronpace@gmail.com 207 318-0416

Pledges to date: 75,765

Which equals: 58% of \$130,000 to be raised from church members/friends

Cash available: 54,371.94

Alphabet Soup – January 2018 Calendar of Events

Please Note: All are invited to join us at Alphabet Soup. Meetings are open to all. See Tom, Brian or Mark for more information.

Dining Out at Mulligan's

Thursday, January 3, 2019 –

7:00 – 9:00 pm - Location: UUCSB

Join us for a relaxing evening of socializing and eating. We will be dining out as someone else needs the Church for an event. Please come and join us for dinner at the Famous Restaurant in Biddeford. Mulligan's Bar & Grill. All Menu items are under \$6.00 each. We will meet at 7:00 PM Feel free to invite your friends to join us. We will need a head count so that we will be able to sit together, So please RSVP. Hope to see you all there.

Leader: Tom

Admission: Depends on what you order.



Group Board Game Night

Thursday, January 10th, 2019 – 7:00 – 9:00 PM – Location: UUCSB

Come and bring a friend, join us in our monthly Board Game Night. What will it be, Cards Against Humanity, UNO Attack, or something else? Come and find out what Brian has in mind for us to play. Please bring a snack to share

Leader: Mark/Brian

Admission: FREE

Dining With SAGE

Thursday, January 17th, 2019 –

7:00 – 9:00 pm - Location: UUCSB

Please come and join us as we head up to Portland to have dinner with SAGE. We will meet at the UUCSB at 5:00 pm and car pool together and head up to Portland. You need to RSVP to Tom before Tuesday, January 15th, 2019 in order to attend. As SAGE needs a head count, it's a fun night and you get to socialize with other folks from Maine.

Leader: Tom

Admission: \$8.00 under age of 60, and \$6.00 over 60.



Alphabet Soup Hosting a Reception for the GAYLA Reunion

Friday, January 18th, 2019 –

4:00 – 9:00 pm – Location: Engine - Located at 128 Main Street Biddeford.

The reception will include appetizers and a dinner. The cost of the dinner is \$10.00 per person. The times for this are 4:00 to 8:00 pm. We will then if you'd like you may join us at The Pepperell Mills for a tour, there is a \$5.00 charge for this. Please RSVP by Friday, January 11, 2019, at noon for a guarantee for dinner and the Tour as well. Alphabet Soup is providing the Appetizers for this event. So, please also let Tom know what you can bring. The following is the menu:

A Tossed Salad and please select one: With Tom Muise before January 11, 2019.

A – Layered Baked Ziti (A spinach alfredo layer and a sausage meat sauce layer)

B – Ziti with a Simple Pasta Sauce (No Meat).

BYOB (Alcohol is permitted)

Leader: Tom/Mark

Admission: FREE

Open Forum Night

Thursday, January 24th, 2019 –

7:00 – 9:00 pm - Location: UUCSB

Please come and join in our Open Forum Night. We will have a night of sharing of whatever topics that are on your minds. Beverages will be provided, just please bring snacks to share

Leader: Tom/Mark

Admission: FREE

Gay Themed Movie Night

Thursday, January 31st, 2019 - 7:00 –

9:00 pm - Location: UUCSB

Bring a friend or two and join us for a relaxing evening watching a Gay Themed Movie and socializing. Brian usually finds a good movie for us to watch. Beverages will be provided, just please bring snacks to share.

Leader: Brian

Admission: FREE

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.



Post It!



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.

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.



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.

35 Storer Street, Saco, ME 04072
AcupunctureByMeret.com • 207.838.2413

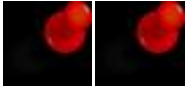


Bob Magazu

Broker/Realtor ABR, SRES, RSPS
bobsellsmaine@hotmail.com
www.bobsellsmaine.com

207-317-0221





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 11/26/18 are as follows:

Checking	\$ 3,022.89
Accounts payable	\$ 734.34
Moulton Trust	\$ 2,671.20
Restricted Savings	\$ 19,743.07
Saco/Bidd Investments	\$133,208.04

Any questions, just call.
Sincerely, Wendy C.



CLYNK

Help UUCSB 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.

Want to find out more about our church?

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!