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

The Messenger

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







Wanted

Are you looking for a way to give to our Church that doesn't require a donation of money? Are you computer savvy enough to enjoy creating documents? Do you like knowing about our Church and sharing that knowledge?

Your monthly Messenger needs a new editor. Could that person be you? Your current editor would be happy to help you create the Messenger for November and then release you to your own creativity from then on.

Please contact Donna B. at dbeveridge18@gmail.com

September Worship Services

- Oct. 6 Rev. Lori Whittemore World Communion Sunday
 Bring a little soil from your home or favorite location.
 We will celebrate our earth(I)y connection to this
 community.
- Oct. 13 Rev. Shay Hindu: Harmony IN Diversity and Unity
- Oct. 14 Rev. Shay Monday Vespers
- Oct. 20 Rev. Shay All Ages Worship Seeing the Sacred Everywhere
- Oct. 27 Rev. Shay Diwali: A Festival of Light

Don't forget: Sunday, Oct. 6th at 4:00 p.m. is the Installation of our Rev. Shay MacKay! It will be held at the Alfred Parish Church, 8 Kennebunk Rd., Alfred, ME. A reception will follow. Let's all join together in this ceremonial service for Rev. Shay and all of us!

Shay's Musings

Hinduism, the world's oldest religion, has no beginning --it precedes recorded history. It has no human founder. It is a mystical religion, leading the devotee to personally experience the Truth within, finally reaching the pinnacle of consciousness where human and God are one.



For me, one of the most beautiful aspects of Hindu practice and belief is the sacred sound of OM – the most holy syllable, the primordial sound that is associated with the creation of the universe from nothing. In one of the early sacred texts (vedas) of Hinduism, the three phonetic components of Om (A – U – M) are believed to correspond to the three stages of cosmic creation. Other texts offer various shades of meaning to this sacred sound, such as "the universe beyond the sun", or "the infinite language", or "the essence of breath, life, and everything that exists."

OM – the sound that sang us into being, that continues to sing us into transformation and greater life, an infinite song-cycle of birth, death, and rebirth.

Just last week, I travelled back to the Midwest, back to my roots, to spend a few days celebrating my mom's 70th birthday and reconnecting with friends and family, with familiar places and half-forgotten memories. It was a journey into the origins of who I am, and during this trip, I realized there were things I needed to let go of, heavy things I had been carrying around for far too long; and I was reminded that there have been transitional moments throughout my life (often when I've been back in the Midwest) during which a primordial Om rang clearly in my ears as I stepped into new ways of being and seeing.

We all have small deaths, and then sudden rebirths, bringing us new life and new perspectives and it is important, sometimes, to remember, to go back to our origins and examine where we have been in order to understand better where we are and where we might be going. Last week, in Minnesota, I realized the importance of being there and in finally letting go of some old stuff. It was liberating and beautiful, leaving me feeling energized and refreshed, singing a song of connection to all of creation.

THE INSTALLATION OF THE REVEREND SHAY MACKAY

Sunday, October 6th at 4:00 p.m. at the Alfred Parish Church, 8 Kennebunk Road, Alfred, ME. (reception to follow)

An Installation is a ceremonial worship service in which a minister is recognized as being Called to serve a specific community – it highlights and reaffirms the relationship between the minister and the people. It is an important milestone in the life of the church(es), signifying a transition into a new era and an openness to new ideas. It is both solemn and celebratory, with serious words from various people and a wicked party afterwards!

One of my beloved mentors, The Reverend Victoria Safford, will be preaching for the service and her words are not to be missed. There will be guests from out of town, other UU clergy from around New England, and, of course, as many of you as possible - all come together to bless and celebrate our journey with one

I would be honored if you would join me for this important occasion.

Here is where you'll find me this Fall:

UUCSB Office hours:

Mondays 9:00-12:00

Tuesdays 9:00-12:00 (and other various times by appt,)

Brown Bag Suppers are back!

You are invited to bring your own supper and join me at the church for casual conversation twice a month: on the 1st and 3rd Wednesdays of each month from 5:00 p.m. to 6:00 p.m.

3rd Monday Vespers at 7:00 p.m.

A vespers service is an evening worship/prayer service, usually more contemplative than a Sunday morning service. Once a month, I will be leading a 45 minute vespers in the Parish Hall – a time for music, poetry, and meditation. All are welcome.

Thoughts from our Board President, Al Casad



UUCSB

Board President:
Al Casad
Vice President:
Ron Hiser
Secretary:
Pat Snyder
Treasurer:
Wendy Coleman
Collector:
Betsey Pace
At Large:
Mogens Ravn
Susan Young
Laurie Sivonen

Isa Ahmed

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.

The church year is off to a strong start, work on the Parish Hall is proceeding and the floor is looking better. The Installation of Shay is 10 days away as I write this. The Candlelight Concert is coming up on the 19th and the holiday fair and auction planning is well underway. The energy and effort exerted in support of this church community by you all is truly an ongoing exercise of love and commitment. What a blessing to be a part of this church.

On September 25th an article about Shay and the upcoming Installation was in the Biddeford Journal Tribune. I think it was a terrific article and I am grateful that Ed Pierce, the Editor decided to do the article. In my conversation with him, he was excited to do an article that highlighted Shay, her installation, as well as help to raise awareness of our church. If you haven't seen the article check it out on the Journal Tribune website.

It's gonna be a good year.

Best, A I



Do you recognize each Board member?

We are grateful to each member of our Board of Trustees for his/her commitment of faith, time, and energy as representatives of all of us in operating our Church. Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	Rev. Shay Office Hours	6:30 CoM		10:00 Coffee & Carbs Offsite	
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Rev. Shay Office Hours Bon Appetit	Rev. Shay Office hours 5:00 Weight Watchers	6:30 BoT		10:00 Coffee & Carbs Offsite	6:30-8:00 Movie night/discussion
14	15	16	17	18	19
Rev. Shay Office Hours 10:00 Soul of Aging	Rev. Shay Office Hours 5:00 Weight Watchers	5:00-6:00 Brown Bag 6:30 MRT, SUUC			7:00 Candlelight Concert, Sanctuary
21	22	23	24	25	26
Office Hours 10:00 Soul of Aging 7:00-8:00 Vespers	Rev. Shay Office Hours 5:00 Weight Watchers Messenger dead -	8:00 Weight Watchers			
28	29	30	31		
Rev. Shay Office Hours	Rev. Shay Office Hours	8:00 Weight Watchers	7:00 Alphabet Soup Halloween night		
	7 9:00-12:00 Rev. Shay Office Hours Bon Appetit Offsite 14 9:00-12:00 Rev. Shay Office Hours 10:00 Soul of Aging 7:00 Vespers 21 9:00-12:00 Rev. Shay Office Hours 10:00 Soul of Aging 7:00-8:00 Vespers Parish Hall 28 9:00-12:00 Rev. Shay Office Hours	7 8 9:00-12:00 Rev. Shay Office Hours 5:00 Weight Watchers 7 8 9:00-12:00 Rev. Shay Office Hours S:00 Weight Watchers 14 15 9:00-12:00 Rev. Shay Office Hours Office Hours 10:00 Soul of Aging 7:00 Vespers 21 22 9:00-12:00 Rev. Shay Office Hours 10:00 Soul of Aging 7:00 Vespers 21 22 9:00-12:00 Rev. Shay Office Hours 10:00 Soul of Aging 7:00-12:00 Rev. Shay Office Hours 10:00 Soul of Aging 7:00-12:00 Rev. Shay Office Hours 10:00 Soul of Aging 7:00-8:00 Vespers Parish Hall 28 29 9:00-12:00 Rev. Shay Office Hours	1 2	1 2 3 9:00-12:00 Rev. Shay Office Hours 8:00 Weight Watchers 6:30 CoM 5:00 Weight Watchers 6:30 Finance 7 8 9 10 9:00-12:00 Rev. Shay Office Hours 8:00 Weight Watchers 9:00-12:00 Rev. Shay Office Hours	1 2 3 4

Please send us dates of your committee meetings and/or other dates for the Messenger calendar.

Upcoming Events

Nov. 7 Alphabet Soup's Anniversary and Thanksgiving Dinner

Nov. 23 UUCSB's Holiday Fair

The Soul of Aging: a small group ministry experience

FALL 2019
Mondays from
10:00 a.m. to 12:00 p.m.
UU Church of Saco & Biddeford



The group will meet on the following Mondays at 10:00 a.m. at UUCSB: October 14th, 21st, and 28th; November 4th, 11th, 18th; and December 2nd, 9th, and 16th. You must be able to attend all sessions in order to participate.

In this program, we will creatively approach "the art" of aging intentionally, and the many soulful invitations our maturing years offer us. This curriculum was developed for those who yearn to understand, surrender to, and be transformed by the aging process.

For more information or to register, contact Rev. Shay MacKay at revshaymackay@gmail.com.

"The French have a phrase for that part of the day when it is no longer daylight but not yet dark, *L'Heure Bleue*. In English, The Blue Hour. Photographers call it "the sweet hour" because of the quality of the light. That's how I've come to think of this stage of life: bittersweet and beautiful because of the quality of the remaining light."

~ Kathleen Montgomery, Landscapes of Spirituality and Aging

Building News



Your Capital Campaign dollars at work! There are changes afoot. Have you noticed a difference in the Parish Hall floor?





B&G Morning CrewPat S., Jane P., Maestro, Anne D., Betsey P.



Your B&G dollars at work! We will be safe and dry from rain, snow and ice as the workers fix our roof.









Music Notes
from Choir
Director, Ellie R.

Music Ministry Team

Seeking folks interested in moving the music program forward in the coming years. What would you like to see added to our Music Ministry? For more information please contact me directly at choir@uuchurchsacobiddeford.com.

The Music I Write -

In October of 2017 we sold the house we had lived in for 30 years and in which we had raised our family. It all happened so fast. Our plan to downsize was set in motion and we had nowhere to go. My husband came home one day suggesting that we get a seaside winter rental. I had always dreamed of living on the ocean and this was a dream come true. He found us a cute cottage at Kinney Shores. From the first morning that I awoke in this cozy bungalow there were amazing sunrises that I would stare at in wonder as I took our dogs for their 5:00 a.m. walks. It wasn't long before a new song took shape in my mind as I realized that the sun doesn't rise but the earth is turning towards it in its never-ending rotation.

My Music Notes:

This year in my 'Music Notes' I am sharing with you some of the poetry of my songs and the story behind the words if there is one. My songs typically center on the interconnectedness of all beings and my hope for a peaceful coexistence with all.

Morning Song: Before the service on the 2nd Sunday each month I am 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. This month it falls on October 13.

Sunrise:

There is stillness in the air before the day begins.
There is stillness in the air before the dawn.
There is stillness in the air as we turn toward the sun,
The light pouring into my soul.

So I stop and I listen as spirit draws near, Wrapped in its cloak I have nothing to fear, I sit in the silence for what I might hear, As spirit wakes up in my heart.

There is stillness in the air before the day begins.

There is stillness in the air before the dawn.

There is stillness in the air as we turn toward the sun,

The light pouring into my soul; and Spirit wakes up in my heart.

UUCSB Holiday Fair

Yes, it may be only October, but your Holiday Fair Committee is hard at work planning and organizingfor the kitchen, Granny's Attic, the Country Store, Jewelry Table, Pie Buy, Wreaths, Dry Arrangement Buckets, Baked Beans and Bread, and more. Mark your calendars. This fun event happens on **Saturday, November 23.**







What we need now is you - your time, and energy, and creativity, and your willingness to help make this an event to talk about - one that draws the crowds of early holiday shoppers from our church and our community - an event that generously supports our church financially. We need bakers of sweets and beans, soup and bread makers, wreath makers, creators of crafts and baskets of holiday greens, people to set up, others to decorate, still others to clean up. We need talented musicians to set the holiday mood. We need friendly smiling faces to work shifts at tables during the fair and folks to handle money. We need people to publicize in a variety of ways. Again, we need you. It takes a village - or a whole church - to run a successful holiday fair.

No doubt, we will be asking for your help. What would be better is if you would contact us to volunteer to help at a table or to work on a specific task. There will be a variety of opportunities - whether to work the day of the fair or to join small work parties. It is not too early to start knitting, crafting, and/or planning how you can contribute to this major fundraiser for our church.













Contact Wendy C., or Dorinne S., who will delightfully welcome your time and talents - as little or as much as you have to offer - as well as your ideas for our Holiday Fair.

RESISTANCE AND TRANSFORMATION: UNITARIAN UNIVERSALIST SOCIAL JUSTICE HISTORY



Certain names and events related to our social justice legacy have become familiar to many Unitarian Universalists, even if we cannot recite the details: The March to Selma during the Civil Rights movement, the abolitionist stance of ministers like Theodore Parker and Ralph Waldo Emerson, the work of women like Susan B. Anthony toward gender equality. However, these "high-profile" cases provide just a glimpse of the rich and complicated history of Unitarian Universalist engagement with social change. This program moves beyond familiar stories into a deep exploration of our history. It provides an opportunity for those who are interested in transformative justice work to delve into primary source material, to hear stories less commonly told but just as important, and to make connections between this history and modern Unitarian Universalist practice.

Playwright Tony Kushner once said, "We must participate in the historical mistakes of our time." Unitarians, Universalists, and Unitarian Universalists have always been subject to the events, cultures, and understandings of the times in which we live and the struggles that define our era. We can find patterns of engagement and theological growth and examples of personal courage and institutional strength in the stories from our social justice history. We also find failures, disappointments, and ignorance. We can learn from it all. This program leads Unitarian Universalists to ask the justice questions that pertain to our lives, congregations, and society today, and provides models of action that inspire us to take on the social justice challenges of our era.

The 2nd SUNDAY OF EACH MONTH FROM 1:00 p.m. to 3:00 p.m. at the Sanford UU Church.

ALL ARE WELCOME TO ATTEND ANY OR ALL OF THE WORKSHOP/DISCUSSIONS:

October 13th November 10th December 8th

January 12th February 9th March 8th

April 12th May 10th





Musician, Mike D. one of our many creative performers!

Imagine this! You enter our Sanctuary, bathed in candlelight, take a seat (if you can find one), smile at your neighbors, listen to the lovely sounds of music, and relax as the last folks arrive.

Imagine this! You enjoy an evening of vocal and instrumental music, interspersed with poetry and prose, all performed by creative members of our congregation. Who are they? Musicians and vocalists - our own Rev. Shay, Ellie R., her son, Alex C., Anne C., Conrad C., Margaret M., and Mike D. Poets and writers of prose - Nancy K., Keith W., Anne D., Donna B., Randa T., and Anne C.

Imagine this! We bring ourselves, our neighbors and friends, our families to experience this unique concert. We fill the Sanctuary, and we fill the donation jar in support of our church.

Now imagine this! That this is only the first of other candlelight concerts!

The Caring Connection

The year is off to a great start; and, as I write this, so is the first day of Autumn. Our Caring Connection group has coordinated support for many members of our Community who are experiencing life and health challenges. Most recently, Paula Howard brought in a lovely shawl to be blessed and sent to Myra R. with wishes for comfort, warmth, and loving strength.

Caring Connection Doings for \$: Paula H. and friend created wreaths with Dorinne S.



Dings for R: Hike and barbeque at Ellie R.'s and Ben C.'s new home

We have an amazing and generous congregation! As you may know, The Caring Connection maintains a list of people who are willing to provide caring assistance such as transportation, meals, visits, notes, phone calls, or other immediate help. Copies of our "Can You Lend A Hand?" survey are available in the Sanctuary on the Usher's table. Please fill one out if you have not done so. If you have filled one out in the past and your availability to help has changed, just let one of us know.

Feel free to approach any one of us with any concern you may have where we might be able to help, and please hold our beloved congregation in your thoughts as you enjoy the lovely Fall weather.

The Caring Connection: Marilyn C., Anne C., Donna R., Gloria S., &Pat S.



Alphabet Soup's Anniversary and Thanksgiving Dinner Thursday, November 7, 2019 6:00 – 9:00 PM

Unitarian Universalist Church of Saco & Biddeford 60 School Street Saco, Maine

We hope you will attend our Anniversary Dinner. Invite your Friends and Family to join us. Please bring an entrée, salad, or side dish to share. The turkey and a dessert will be provided.

Admission: \$2.00 each to help cover cost for meat RSVP by: October 31, 2019 to Tmansmk49@gmail.com



Saco's HandyNeighbors Program Needs You!

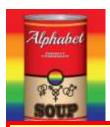
Perhaps you already know that Age Friendly Saco's handy neighbors provide simple, free services for older adults who live in Saco. Perhaps you've even received services from them - installing a grab bar or smoke alarm, perhaps, or repairing a step, hanging a shelf, or more.



But have you considered becoming a handy neighbor? We need you - whether younger or older. We often receive requests for services other than home repairs. Can you show older adults how to set up or use their computer or I-phone? Are you able to assemble furniture or other boxed items. Do you enjoy yard work? Provide only the services that you enjoy and know how to do - and only when you have available time.

What are the benefits to you? As a volunteer, you play an active part in your community. Helping others feels good both to you and the people you help - who often struggle to find anyone to help them with small jobs.

Contact Donna B. if you would like to volunteer. And....don't forget to get in touch if you are 50+ and need the services of a handyneighbor! I'll find you one.



We meet at

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

For more information contact Tom Muise at tmansmk49@gmail.com

Alphabet Soup – October Calendar of Events

Please Note that some events may change.

Potluck Dinner for Alphabet Soup

Theme: October Fest

Thursday, October 3, 2019 – 7:00 – 9:00 PM – Location: UUCSB

Bring your friends! Bring foods that you would find at an October Fest - entree, salad, side dish, or

dessert to share The meat will be provided.

Leader: Tom Admission: FREE

Board Game Night

Thursday, October 10, 2019 - 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 will be provided. Just please bring snacks to share.

Leader: Brian/Mark - Admission: FREE

SAGE Dinner

Thursday, October 17, 2019 - 6:00 pm - Portland, ME

We will join SAGE in Portland, Maine, for their Monthly Dinner. We will meet at the Church at 5:00 PM to carpool. Dinner at 6:00 PM. The cost is \$6.00 or \$8.00 each depending on your age. RSVP by Monday, so that we can get a head count to SAGE.

Gay Themed Movie Night

Thursday, October 24, 2019 – 7:00 – 9:00 pm - Location: UUCSB

Bring a friend 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

Halloween Night Festival

Thursday, October 31, 2019 - 7:00 - 9:00 pm - Location UUCSB

Bring a friend and join us for a relaxing evening of fun and games.

Costumes if you'd like to dress up only!!!

Beverages provided. Bring "Halloween" snacks to share

Leader: Tom/Mark - Admission: FREE

Anniversary and Thanksgiving Dinner for Alphabet Soup

Thursday, November 7, 2019 - 6:00 - 9:00 pm - Location UUCSB

Note the time change - 6:00! RSVP by Oct. 31 to tmansmk49@gmail.com, Admission \$2.00 to

Invite your friends. Bring an entree, salad, or side dish to share. Turkey will be provided

Recent church family happenings





We celebrated the spectacular restoration of our front Sanctuary window on Sept. 8th! The Capital Campaign Committee greeted everyone at the front doors to the Sanctuary and continued the celebration after church with a special cake. Mark Gotjen spent over 95 hours working on this project over the past couple of months. Many thanks to Mark, who reduced his bill to us by \$1900. If this work inspires you to donate to our Capital Campaign projects, please contact Betsey P., Mark Y. or Anne D.



Betsey P. and Anne D. show off the celebratory "Window Cake."





Join us at 10:00 on Friday mornings at Saco Bay Variety on Beach St. for our long-standing **Coffee & Carbs** gathering. Enjoy laughter and conversation.

All are welcome!



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.







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

our bins.

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

Thank you. Anne D.

Website

Visit our website at

www.uuchurchsacobiddeford.com.

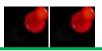
If you would like to add or correct something, please let me know. Please be specific with corrections as we have over 75 pages on our site. Added content for areas that have not yet been developed will be gratefully accepted. Thank you to those folks who have provided content and updates.

Brian D., Webmaster

Don't forget to support our Little Free Pantry on our front lawn. Bring what you want; take what you need.







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



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.



Financial Information

Greetings from the Treasurer

Account balances as of 9/23/19 are as follows:

Checking \$ 926.14
Accounts payable \$ 79.12
Moulton Trust \$ 1735.41
Restricted Savings \$ 29,283.40
Saco/Bidd Investments \$ 138,795.45



Any questions, just call. Sincerely, Wendy C.

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 i 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!