

The Messenger

January
2020

Unitarian Universalist Church
of Saco & Biddeford

www.uuchurchsacobiddeford.com

Reverend Shay MacKay

60 School St.
Saco, Maine 04072

207 282-0062

uuchurch@gwi.net

Happy
New Year!



INSIDE

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

- [Page 2](#) Shay's Musings
- [Page 3](#) Board President
Green Sanctuary
Christmas Fair
- [Page 4](#) Music Notes
- [Page 5](#) Clothing Swap
Caring Connection
Circle Suppers
- [Page 6](#) Faith in Action Team
- [Page 7](#) Snowflake Auction
From the Archives
- [Page 8](#) Calendar
- [Page 9](#) Alphabet Soup
- [Page 10](#) Share the Plate
- [Page 11](#) Financial Information
- [Page 12](#) UU Post It Notes
- [Page 13](#) Membership Information

January Worship Services

- January 5 — Lay led Janus Service
- January 12 — Rev. Shay
"Taoism: Useful Emptiness"
- January 19 — Rev. Shay — An All Ages Service
"Living in Harmony, Honoring MLK, Jr."
- January 20 — Rev. Shay — Vespers, 7:00 p.m.
- January 26 — Rev. Shay
"Spring Festival: A Fresh Start"

Our Sister Church

Visit our sister church's website at

www.sanforduuchurch.org

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

Shay's Musings



In our Winter Solstice service on December 22nd, we heard a reading by Marina Wiederkehr that encouraged us to “listen” to Winter and to find the awe-ful beauty within the darkness, emptiness, and cold:

*I am listening to the kind permission of the season to rest more often,
to reflect more deeply,
to pray without words.*

I am listening to the sacrament of non-doing.

I also spoke of how I love January because I’m an introvert. What better month for introverts than this dark quiet? Recovering after the busy-ness and noise of November’s and December’s holidays. Kept inside by snow and cold.

This month we are exploring *Tao*, the absolute principle underlying the universe, combining within itself the principles of yin and yang and signifying the way, or code of behavior, that is in harmony with the natural order – as interpreted in the Tao Te Ching by Lao Tzu twenty-five hundred years ago. January is the perfect month to do this exploration, this month in which we are encouraged into the sacrament of “non-doing” and reflection. One of the key concepts of *Tao* is that you cannot get anywhere or anything by grasping for it, but rather by *not trying* or going with the flow.

In the words of **Edward Slingerland**, professor of Asian Studies and Embodied Cognition at the University of British Columbia and a renowned scholar of Chinese thought,

“We have been taught to believe that the best way to achieve our goals is to reason about them carefully and strive consciously to reach them. Unfortunately, in many areas of life this is terrible advice. Many desirable states — happiness, attractiveness, spontaneity — are best pursued indirectly, and conscious thought and effortful striving can actually interfere with their attainment.”

So I invite you into “useful emptiness” this month – the title of one of Lao Tzu’s chapters in the Tao Te Ching. Stop trying so hard and surrender to Winter’s call of non-doing – you may be amazed by what happens.

**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

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.

(Note: No brown bag on Jan. 1)

3rd Monday Vespers 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



The board at last month's meeting briefly discussed a concern that we are too focused on the practical, instrumental aspects of our church life like our budget, fund raising and growth and not enough on the spiritual, social and community part of our church life. Which, for me, raised questions about what is important and our purpose as a church. It asked me to look more closely at the mission of this church and what does it tell or not tell me about this church. Is our mission a good reflection of who we are as a church? What is important and what is our purpose right now?

While the expressed concern is important, some change is happening already. Shay has begun a Vespers Service once a month. While I have not attended yet the reviews are good and this seems like a spiritual offering that is both new and innovative for us. The Caring Committee is reinvigorating circle suppers for the coming year and those dinners have always been a source of connection and cohesion for our church. There has been some talk about pot-luck suppers beginning in the new year on Friday or Saturday evenings once a month. Again a wonderful opportunity for connection that is fundamental to celebrating and serving our beloved church community.

I also know that the new year will bring some practical stuff like the church auction. Changes this year reflect concerns expressed about previous auctions and keeps what has been so successful for us in the past. Think about asking friends in the community, there is no cost for admission and the auctions promises some wonderful things to bid on.

Hope you have a Happy New Year...

Best

Al

UUCSB

Board President:

Al Casad

Vice President:

Ron Hiser

Secretary:

Pat Snyder

Treasurer:

Wendy Coleman

Collector:

Betsey Pace

At Large:

Isa Ahmed

Laurie Sivonen

Mogens Ravn

Susan Young

How Green is our Green Sanctuary?

UUCSB was accredited by the UUA as Green Sanctuary in 2005 and re-accredited in 2011. The accreditation process included auditing the church building and practices, educating the congregation, making ecological improvements in our building and homes. After 15 years, we have observed some less-than-green practices. Our building is a public display of our faith and practices. It's important that we practice what we preach.

Calling: please contact Randa Thomas or Rev Shay if you would like to participate in a re-evaluation of our congregation's green-ness!

Since many people are allergic to scents, please be courteous and avoid using scented products such as colognes and aftershaves, fragrances and perfumes, or scented lotions while at church.

**SCENT-FREE
SPACE**

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.

Christmas Fair

Many thanks to so many members and friends for all the time and energy we all contributed to create a successful Christmas Fair. The latest tally of earnings after expenses is \$4109 to contribute to our budget. The day was very enjoyable for our church community and many visitors.

- The 2019 Fair Team

Music Notes

from Choir
Director, Ellie Rolnick



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.

This summer I was struggling with the contradictions between my beliefs, my faith, social justice and politics. I'd like to believe that since we share the same 7 principles that we might have other beliefs in common. I discovered that's not always so. I was reminded of a poem by Rumi, the Persian mystic: 'Out beyond, ideas of wrongdoing and right doing, there is a field, I'll meet you there'. We live in such a divisive world. The words and music to this song came to me as I was trying to figure out how to make it to Rumi's field.

In Rumi's field, copyright 2019

Out beyond in Rumi's field
There is a place where we may heal
I'd like to meet you there one day
And hear everything you have to say.

Out beyond this place of pain
There is a field where we may think the same

But for now, can you hear me when I speak?
Can you feel me when I cry?
Can we forgive that it's impossible
To see eye to eye?

Out beyond in Rumi's field.

Out beyond in Rumi's field.

I'll meet you there.

Link to 'In Rumi's Field':

https://www.dropbox.com/sh/e11kifpzon3uymg/AACn_VFQi4CtoosW98Z7oT6ea?dl=0

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 January 12.

Music in Our Community

Support our choir members and friends of the church by going to a concert this month:

Women in Harmony (Betsey Pace): Friday, January 17th @ 7:30,
Saturday, 18th @ 4:00 First Congregational UCC South Portland

For more information about music at UUCSB please contact me directly at choir@uuchurchsacobiddeford.com.

Choir Rehearsals

All who love to sing are welcome to be part of the choir. January rehearsals: 1/12 and 1/19 at 10:15 and 1/26 at 8:30 to sing in that service.



The Choir in the balcony on Christmas Eve

Annual Clothing Swap

Saturday, Jan 4th from 10:30 a.m. to 1:00 p.m.

Go ahead and purge those closets and drawers of unused items and join us for our annual "try on and chat" session. Clothing may be dropped off at the church any time before Friday, January 3 at 6:00 pm. Set up will be on January 3rd from 4:00 pm - 6:00 pm. Clothing is \$5 per bag. Money from the sale will be donated to the Minister's Discretionary Fund.

Any remaining clothes will be donated to Seeds of Hope in Biddeford. Anne C., Donna R



**Clear your life of clutter,
help the church, help the
planet, and have fun!**

Caring Connection

The Caring Connection has been busy during the past several weeks. The season of joy and light often brings reminders of the loss and pain that are also part of life. Pastoral care sometimes calls for more than cards, phone calls, rides, or meals. As one way to support those in our community who may be dealing with a major loss, the Caring Connection has created the **"Healing After Loss"** booklet which will soon be available in a rack outside the Sanctuary. Please look for it.



Circle Suppers

As another part of our mission to help connect us in community, the Caring Connection plans to organize two Circle Suppers, one on February 22, 2020 and one on April 25, 2020. Circle Suppers bring friends, newcomers, and members of the congregation together to share food and get acquainted. These dinners are a good way to bring people closer, to get to know people in ways that we cannot on Sunday morning or at committee meetings, and to get a mix of different people than we might normally encounter.



Look for signup sheets in the Sanctuary. Please sign up by January 31 if you plan to participate.

The Caring Connection:

*Marilyn Stoesser-Casad, Anne Cyr,
Donna Ravn, Gloria Sheehan, and
Pat Snyder*



FIAT meetings:

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

Next meeting:

January 12, 10:20

FIAT supports and is supported by [MUUSAN](#).
Next MUUSAN meeting:
January 11, 10-12 pm at
UU Church of Augusta.



Contact Randa Thomas to carpool.

Go Greener!

Remember to bring a **reusable container** for your bread on Panera Sundays

Faith in Action Team: UUCSB's Social Justice Center

It's 2020! Time for JUSTICE!

This is an election year, possibly the most crucial election year of our lifetimes. This year gives us a great opportunity to put our faith behind work for justice.

Poor People's Campaign: A National Call for Moral Revival

Distributive and Racial Justice

Every Sunday we covenant to "seek Truth in Love". The Poor People's Campaign works to reveal the false narratives we have been taught to believe. "If you work hard enough..." "Liberty and Justice for all..."



PPC seeks to change the narrative

Learn more about the Poor People's Campaign at the following links

- <https://www.poorpeoplescampaign.org/>
- About the Campaign
- Maine Fact Sheet (hard copy available on the FiAT bulletin board)
- Maine Actions : see what is happening in Maine or JOIN the Campaign!
- Slideshow (view in the parish hall most Sundays)
- Follow on Twitter #PoorPeoplesCampaign or Facebook: Poor People's Campaign Maine

SAVE DATE: JUNE 20, 2020

Poor People's Campaign Mass Assembly in Washington

Electoral Justice: UU the Vote

Why now? With the increasing control of our government by corporate and special interests, voter suppression, and the alarming rise of authoritarianism, we face many challenges to ensure democracy and a just society. We also have seen a rise in people's movements led by people of color, women, and others impacted by injustice, a rise in activism, and the election of progressive candidates. This is electoral justice." (from <https://www.uua.org/liberty/electionreform>)



DAMP Meeting Reminder

Reminder : Organizational Meeting to draft plans for an adult day camp at the UUCSB in early summer.

We meet in the Green Room on Jan. 6 at 10:00 am. Coffee will be served and the heater will be on!

Every one is welcome. There are lots of jobs waiting!

The Snowflake Auction

Dear Members and Friends,

The UUCSB will host its annual community auction, The "Snowflake Auction," on Saturday, February 1, 2020. As in the past, this year's auction will include wonderful goods and services in silent and live auctions, plus food, drinks, including a cash bar, and live music. New this year will be some **exciting changes**:

- There will be **no entrance fee** to the Snowflake Auction.
- The auction will be held **in the church**: Silent Auction items will be set up in the Sanctuary, and the Parish Hall will be transformed into a winter wonderland for the Live Auction and entertainment. It will be set up with card tables for drinks, hearty appetizers, and desserts.
- There will be a Silent Auction preview from 2:00-4:00PM on Saturday, February 1, 2020. **No bids will be taken during the preview**, but you may Register at this time.
- This year's Auction will be held **early**. The Auction will run from 4:00PM to 7:30PM. The checkout process has been streamlined, and the option to pay by credit card will be available.
- To avoid last minute chaos and allow for online publication of our Auction items, **we are asking that all donations be made by January 11, 2020.**

The Community Auction is our major church fundraiser of the year. Please help. Join us. Bring your friends to the Auction and have a wonderful time. Donate goods and services. Bid on items. Sign up to help.

Sign up forms and additional Auction donation forms will be available on the church fundraising bulletin board.

Thanks for your time, talent and enthusiasm,
UUCSB Auction Committee



From the Archives.....

You may have read the recent Courier article about Sen. Sue Deschambeau's legislation regarding General Lafayette's visit to Maine on 1825. To local historians, this visit to Maine was a very big deal. It was a very big deal back in 1825 too. Lafayette was after all a huge rock star.

Anyway the Courier article recalls what is arguably my favorite lines in our whole UUCSB archives.

Rev. John Nichols was at 2nd Parish Unitarian Church from 1843 to 1888. He kept diaries throughout his life. In his retirement he used these diaries to write a memoir for his grandchildren. In it Rev. Nichols recalls Lafayette's visit to the area when John Nichols was 8 and Lafayette was about 80. You may recall that John Nichols' father was Ichabod Nichols who was minister at 1st Parish in Portland from 1809 to 1854.

"In 1825 Lafayette came to Portland. The schools in the town turned out in procession - the scholars wearing badges upon their hats inscribed "Welcome Lafayette". I well remember being one of a long line of boys and girls (with the badge of blue ribbon on my hat) that lined Free Street far up and down on the western side of the street, and the gracious bow and smile the good General gave us as he rode in his open barouche. I also was taken by my Uncle Davieis into Mr. Willis' house on High Street where the General was stopping. I kissed his hand as he bent kindly over me."

- Anne Dobson

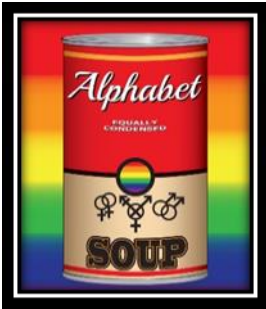
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			New Years Day [6:30pm Committee on Ministries] [6:30pm Finance]	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite 4-6pm Clothing Swap Setup	9am Meditation Group 10:30am-1pm Clothing Swap
5	6	7	8	9	10	11
9am Worship (Panera Bread)	9-12 Rev. Shay Office Hours 10am DAMP Meeting 4pm Bon Appetite Offsite	9-12 Rev. Shay Office Hours 5pm Weight Watchers 7pm Earthen Spiral Coven Off site	8am Weight Watchers 6:30pm Board of Trustees 7pm Harbor Singers	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite	9am Meditation Group 10-12 MUUSAN in Augusta Auction donations needed by today
12	13	14	15	16	17	18
8:45 Morning Song 9am Worship 10:15 Choir Rehearsal 10:20 FIAT	9-12 Rev. Shay Office Hours	9-12 Rev. Shay Office Hours 5pm Weight Watchers 7pm Earthen Spiral Coven Off site	8am Weight Watchers 5-6pm Brown Bag 7pm Harbor Singers	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite 7:30pm Women in Harmony	9am Meditation Group 4pm Women in Harmony
19	20	21	22	23	24	25
9am Worship (Panera Bread) 10:15 Choir Rehearsal	Martin Luther King Day 9-12 Rev. Shay Office Hours 7-8pm Vespers Parish Hall	9-12 Rev. Shay Office Hours 5pm Weight Watchers 7pm Earthen Spiral Coven Off site	8am Weight Watchers 7pm Harbor Singers Messenger Deadline	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite	9am Meditation Group
26	27	28	29	30	31	Feb. 1
8:30 Choir Rehearsal 9am Worship	9-12 Rev. Shay Office Hours	9-12 Rev. Shay Office Hours 5pm Weight Watchers 7pm Earthen Spiral Coven Off site	8am Weight Watchers 7pm Harbor Singers	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite Deadline to sign up for Circle Suppers	Snowflake Auction

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

Circle Suppers

February 22 and April 25, 2020.

Look for sign-up sheets in the Sanctuary. Please sign up by January 31 if you plan to participate.



Alphabet Soup - December Calendar of Events

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

Please Note that some events may change.

New Year's Dinner — Thursday, January 2, 2020 – 7:00 – 9:00 PM – Location: UUCSB

Let's make it a great big one. Bring foods that you would find at a New Year's Eve Dinner. Please bring a friend and bring an entrée, salad, side dish, or a dessert to share. Try to think of a New Year's Eve Dinner. Let's make this fun. The Meat will be provided.

Leader: Tom

Admission: FREE



Board Game Night — Thursday, January 9, 2020 – 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: Mark

Admission: FREE

SAGE Dinner — Thursday, January 16, 2020 – 7:00 – 9:00 pm - Location: UUCSB

We will be joining SAGE in Portland, Maine for their Monthly Dinner. We will be meeting at the Church at 5:00 PM and carpool. Dinner at 6:00 PM. The cost is under \$7.00 or \$9.00 each depending on your age. RSVP by Monday, so that we can get a head count to SAGE

2nd Board Game Night — Thursday, January 23, 2020 – 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: Mark

Admission: FREE

Movie Night — Thursday, January 30, 2020 – 7:00 – 9:00 pm - Location: UUCSB

Bring a friend or two and join us for a fun evening with Brian's Movie Night. Beverages will be provided, just please bring snacks to share.

Leader: Brian

Admission: FREE

Valentine's Dinner — Thursday, February 6, 2020 – 7:00 – 9:00 PM – Location: UUCSB

Let's make it a great big one. Bring foods that you would find at a Valentine's Dinner. Please bring a friend and bring an entrée, salad, side dish, or a dessert to share. Try to think of a Valentine's Dinner. Let's make this fun. The Meat will be provided.

Leader: Tom

Admission: FREE

Share the Plate: Share the Leadership

Each month a designated charity receives 1/2 of the money collection in our Sunday services. If you have an organization or cause that is dear to you or that you believe would welcome a donation, put it forwards. Provide a blurb of explanation for the Friday Flier, the Messenger and the order of service. If you are able, you could write a sort of testimonial about the impact the organization has had on your life or about the value you personally recognize. If you would be able to make a 1-2 minute presentation during a service it could be even more impactful. This personal approach will help congregants connect with the cause to maximize their support.

Will you step into leadership by advocating for a worthy cause? Share the Plate brings our name and good intentions into the community and each month an important cause gets our attention, expanding our perspective on the world around us. Please consider the agencies and organizations you know and value.

Jeannine W. will work with Rev. Shay to determine the best month to feature each recipient. Please contact them with your "nominee".

January's Share the Plate: Preble Street

Preble Street provides creative solutions for homelessness, hunger, and poverty in the Portland area. From a nutritious meal to crisis intervention, from clean clothes to health care, from showers to a permanent home, Preble Street programs not only meet urgent needs, but also create solutions to homelessness and hunger.

For thousands of adults living in the most severe poverty the Preble Street Resource Center is the only place they can find safety and hope. It is the only place they can turn to for a warm coat, a shower, a telephone, or a chance to make a better life for themselves.

The Preble Street Teen Center is the hub of services for homeless and runaway youth. The Teen Center helps to meet immediate needs—providing warmth and safety, nutritious meals, clothing, and crisis intervention—while building a positive relationship with young people who have never been able to trust anyone, enhancing their self-esteem, offering them the opportunity to develop life skills that promote stability and independence.

Preble Street is committed to providing safe, affordable permanent housing and support to chronically homeless men and women in Portland by running Florence House, Logan Place, Huston Commons, and Joe Kreisler Teen Shelter.

Each and every day more than 1,100 meals are served at the three Preble Street Soup Kitchens, that operate at the Resource Center, at Florence House, and at the Teen Center where I volunteer weekly. In addition, when a large number of asylum seekers arrived in Portland this past year, the Preble Street kitchens provided thousands of meals to help feed them.

I hope you will generously support the great work done by this organization.

- Mogens Ravn

The September 2019 *Share the Plate* collection raised \$226.00 for the UUCSB Minister's Discretionary Fund.

The October 2019 *Share the Plate* collection raised \$357.13 for the Maine Breast Cancer Coalition.

The November 2019 *Share the Plate* collection raised \$330.74 for the Maine TransNet.

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

Financial Information

Greetings from the Treasurer

Account balances as of 12/24/2019 are as follows:

Checking	\$3,628.82
Accounts Payable	\$-0-
Moulton Trust	\$1,053.36
Restricted Savings	\$31,320.52
Saco/Bidd Investments	\$141,850.94



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

Panera Bread

Isa Ahmed picks up bread and makes it available on the first and third Sunday each month. This has raised \$188.00 for the church so far this church year.

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.

\$104.50 have been raised so far this year.



Hannaford Gift Cards

Do you shop at Hannaford? Please consider participating in our fund-raising 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.

During the 2018 - 19 church year, \$1500 was raised.



Get your cards from
Ellie Lockwood

Our October **Candlelight Concert** raised \$498.61.

Last year's fundraiser, **Doings for Dollars**, brought in an additional \$473.00 this year from various events.

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.

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.

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 Dustin, Webmaster

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



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 Dobson



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 and www.uua.org, contain more information on the traditions, activities and people of our church and association. Our Membership Welcoming Committee is also willing to assist you.

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

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

Our Membership

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

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

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

We are a Green Sanctuary and a Welcoming Community