

The Messenger

February
2020

Unitarian Universalist Church
of Saco & Biddeford

www.uuchurchsacobiddeford.com

Reverend Shay MacKay

Happy
Valentines
Day



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Saco, Maine 04072

207 282-0062

uuchurch@gwi.net

February Worship Services

February 2 — Rev. Dr. Rayne

“Buddha and the Black Madonna: One Monk's Journey”

We will follow his path from the hills of Kentucky to temples of Japan, from the Himalayas to the great cathedrals of Europe that now spans seven decades.

February 9 — Rev. Shay — **“The Three Jewels of Buddhism”**

February 16 — Rev. Shay — **“Filled with Loving Kindness”**

February 17 — Rev. Shay — Vespers, 7:00 p.m.

February 23 — Rev. Shay — **“A Noble Truth”**

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2nd Monday Discussion Group

Welcome to a new and exciting monthly gathering at UUCSB! On the 2nd Monday of every month from September through May, anyone who is able can come join us in the Parish Hall for presentations, small group discussions, and lunch! Facilitated by Rev. Shay, these gatherings will focus on topics relevant to our lives today, ranging from exploring some deeper spiritual practices to dealing with mental health issues.

**Monday, February 10th from 11:00 a.m. to 1:00 p.m.
in the Parish Hall**

There is no homework or prep work and you don't have to bring anything but yourself and an open mind. Lunch will consist of soup, bread, and dessert – a small donation will be invited (but NOT required) to help cover the cost of the food. You are also welcome to bring your own lunch and eat it with the group.

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



Reverend, Shay MacKay

Here is where you'll find me this Winter:**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.

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 service in the Parish Hall – a time for music, poetry, and meditation. All are welcome.

Our Sister Church

Visit our sister church's website at

www.sanforduuchurch.org

You're Invited
to the dedication and celebration
of our brand new

Family Space

in the Sanctuary of UUCSB!

Kiddos of all ages are absolutely
welcome to participate in our
all-ages worship service on

Sunday, February 16th at 9:00 a.m.

We will be exploring compassion,
kindness, and Buddhism through story,
activity, and song.

Following the service, the Membership
committee will provide a light brunch in
the Parish Hall.



*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:

Isa Ahmed

Laurie Sivonen

Mogens Ravn

Susan Young

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 family space in the sanctuary is taking shape. The knee-wall is in and the pew ends and doors are in place and ready for painting. The wall and floor have been repaired, sanded and are ready for painting. This has been a great team effort. Matt Gerken said it best the other day when he commented on how satisfying this project has been for him. I have to agree. It has been a pleasure to work with Ben, Alex, Mark, Ron, Mogens and Matt in creating this space. Jeannine has just volunteered to help with painting and others will be coming forward to complete the effort. We will be adding carpeting (thanks Susan and Mark), bookcases and all the other things that will make the space work for kids and families. It is satisfying to build something in partnership with others towards a common goal. We do it all the time here.

As I write this, the Auction Committee is working hard together to have a successful auction on February 1. FIAT is engaged with support of immigrants in our community and the Poor Peoples Campaign. DAMP is organizing to develop an adult day camp this summer, the choir keeps singing and the Caring Committee keeps supporting members. In more ways than I can mention, this church keeps doing satisfying things, together.

Finally, the thing that stands out for me about the family space is that it is a bit of a risk. We just tore apart a section of the sanctuary and spent several days creating a space that is a bet on the future of this church. If we build it will they come? Time will tell, but the willingness to take the risk to create a space for families with kids is an act of faith and a strong statement of intention as a congregation. I deeply value taking risks and I could not be happier with this one.

Al

“The Old Threads are Unraveling” by Julia Myers

*The old threads are unraveling
get your needles ready.
We are stitching a new quilt
of humanity.*

*Bring your old t-shirts,
worn out jeans, scarves,
antique gowns, aprons,
old pockets of plenty
who have held Earth's treasures,
stones, feathers, leaves,
love notes on paper.*

*Each stitch
a mindful meditation.
Each piece of material
a story.*

*The more colour the better,
so call in the tribes.
Threads of browns, whites,
reds, oranges.*

*Women from all nations
start stitching.*

*Let's recycle the hate, the abuse,
the fear, the judgment.
Turn it over, wash it clean,
ring it out to dry.
It's a revolution,
of recycled wears.*

*Threads of greens, blues, purples.
Colourful threads
of peace, kindness,
respect, compassion
are being stitched
from one continent to the next
over forests, oceans, mountains.*

*The work is hard
your fingers may bleed.
but each cloth stitched together
brings together a community.*

*A world, our future world
under one colourful quilt.*

The new quilt of humanity.

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.

One day my son was playing a different riff on the piano and I wanted to learn how to play it – that led me to a melody that led me to this song.

Songwriter, copyright Ellie Rolnick

Chorus

I am a songwriter, I write what I know
Music and stories from long, long ago.
I am a songwriter, I sing what I hear –
Pictures and visions that come to my ear.

Verse 1

I wrote a song about a boy who broke my heart.
He up and left one day and tore my heart apart..
I learned to love again, grew stronger in the end.
The song I wrote about that day, it helped my
broken heart to mend

Verse 2

There was a song about a friend who kept me sane
She taught me lessons that I value to this day.
She said 'this ain't no dress rehearsal, you don't
get a second chance.
You can sit around the dance floor or
get up and join the dance.

Verse 3

I've written many songs about peace & goodwill
In hopes that the bombing and the wars would be still
As time goes on it's clear that fighting doesn't cease
So I take my pen to hand again
And write another song – about peace!

Choir Rehearsals

All who love to sing are welcome to be part of the choir.
February Rehearsals: 2/9 and 2/16 at 10:15 and 2/23 at 8:30 to sing in that service.

TriQuire 2020

TriQuire is a collaboration between the Saco, Sanford & Kennebunk congregations. TriQuire rehearsals will also begin soon. We will start looking at the music during rehearsals this month and dig in during our March and April rehearsals. TriQuire dates this year are April 19 (special pot luck & rehearsal in Sanford) 12:30 p.m., April 26 Kennebunk (service begins at 10:30), and May 3 in Saco (9:00) and Sanford (11:00). If you're interested in singing only with the TriQuire please contact me ASAP and I will review the rehearsal commitment with you. Email me at: choir@uuchurchsacobiddeford.com

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 February 9.

SUUMMER FUUN for Older Folks**June 22 to July 3, 2020****UUCSB**

Join us on Feb. 3 at 10 in the Green Room for our next planning meeting about this wonderful UUCSB outreach program.

Caring Connection

Winter is a busy time for the Caring Connection, as several in our community have had health issues. Our Caring Connection group coordinates short-term support and assistance for members of the church during times of difficulty. We thank everyone for their generous support with transportation to medical appointments, making meals, assistance with errands, visiting, sending cards and sharing. Please contact one of our members if you need assistance or would like to be involved in the Caring Connection Team.

Our Caring Connection team has worked with Reverend Shay to create the **“Healing After Loss”** booklet as one way to support those in our community who may be dealing with a major loss. The booklet is now available in a rack outside the Sanctuary. Please look for it.

As part of our mission to help connect us in community, the Caring Connection is organizing 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. Look for signup sheets in the Sanctuary. **Since we will be notifying hosts on February 3rd, please be sure to turn in your signup sheet by February 2nd.**

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

**Capital Campaign News**

The Capital Campaign Steering Committee met in January to discuss our current projects and finances. We decided to complete the re-skirting of the Parish Hall, repair the damage to the interior Parish Hall walls by the recent shoring up and accept the bid to restore the side windows in the front of the Sanctuary using the money left in the Capital Campaign account.

We also will be sending reminders to those folks who have not made final payments on their Capital Campaign pledges to do so. Anyone who has not made a contribution to the Capital Campaign may do so at any time. We need financial support from almost all of our congregation in order to ask for outside assistance like grants and community donations. Sadly so far only about 53% of our members have supported this effort.

You have seen the great progress we have made so far on our Capital Campaign to do list; but in order to address other items such as our front entrance issues, organ repair, heating system, Sanctuary window restoration and cupola replacement, we need to raise more money. Please consider ways that you can support these projects.

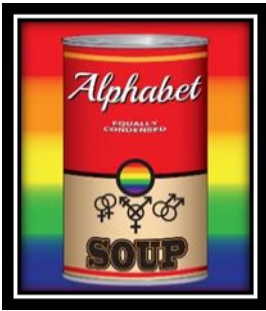
For more information contact Betsey Pace, Mark Young, or Anne Dobson.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						9am Meditation Group Snowflake Auction 4pm
2	3	4	5	6	7	8
9am Worship Panera Bread Last day to sign up for circle suppers	9-12 Rev. Shay Office Hours 10:00am Suumer Fuun for Older Folks 4pm Bon Appetite Offsite	9-12 Rev. Shay Office Hours 5pm Weight Watchers 5:30pm Membership/Welcoming 7pm Earthen Spiral Community Coven (Off site)	8am Weight Watchers 5-6pm Brown Bag 6:30pm Committee on Ministries 6:30pm Finance 7pm Harbor Singers	7-9pm Alphabet Soup Valentine's dinner	10am Coffee & Carbs Offsite	9am Meditation Group
9	10	11	12	13	14	15
9am Worship 10:15 Choir rehearsal 10:20 FIAT Morning Song before service	9-12 Rev. Shay Office Hours 11am-1pm Discussion Group	9-12 Rev. Shay Office Hours 5pm Weight Watchers 7pm Earthen Spiral Community	8am Weight Watchers 6:30pm Board of Trustees 7pm Harbor Singers	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite Valentines Day	9am Meditation Group
16	17	18	19	20	21	22
9am Worship 10:15 Choir rehearsal Panera Bread Food Pantry Sunday Family space dedication	9-12 Rev. Shay Office Hours 7-8pm Vespers Parish Hall	9-12 Rev. Shay Office Hours 5pm Weight Watchers 7pm Earthen Spiral Community Coven (Off site)	8am Weight Watchers 5-6pm Brown Bag 7pm Harbor Singers	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite	9am Meditation Group Circle Supper Messenger Deadline
23	24	25	26	27	28	29
8:30 Choir rehearsal 9am Worship	9-12 Rev. Shay Office Hours	9-12 Rev. Shay Office Hours 5pm Weight Watchers 7pm Earthen Spiral Community	8am Weight Watchers 7pm Harbor Singers	7-9pm Alphabet Soup	10am Coffee & Carbs Offsite	9am Meditation Group

The Snowflake Auction
Saturday, February 1
4:00p.m. to 7:30p.m.



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



Alphabet Soup - February 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.

Theme: 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



Board Game Night

Thursday, February 13, 2020 – 7:00 – 9:00 pm - Location: UUCSB

Bring a friend or two and join us for a fun packed evening playing board games and socializing. Beverages will be provided, just please bring snacks to share.

Leader: Mark

Admission: FREE

SAGE Dinner

Thursday, February 20, 2020 – 5:00 – 8:00 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

Movie Night

Thursday, February 27, 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

Theme: Saint Patrick's Dinner

Thursday, March 5, 2020 – 7:00 – 9:00 PM – Location: UUCSB

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

Leader: Tom

Admission: FREE



Annual Clothing Swap

We held our annual clothing swap – women's and some men's clothing - early this year to accommodate the snow birds (particularly due to the fact that the organizers were the snowbirds). Swappers were fewer than usual and we had less clothing to swap. That didn't deter the die-hards, however. The women who participated had the usual fun time setting up on Fri and swapping, trying on, giggling and chatting on Sat.

If you weren't at the swap, you missed out on quality bargains. Our tradition is to show off our newly recycled name brand finds at church on the following Sunday. (Overheard: Oohs and Ahhs and I wish I had been there comments!)

Thank you
Anne C. and Donna R.



Anne Cyr on left
Left to Right: Ellie Lockwood, Donna Ravn,
Anne Cyr, and Laurie Sivonen

Bon Appetit

Bon Appetit has been serving free hot meals to folks from Biddeford and surrounding towns for approximately 35 years. The second Parish Congregational Church in Biddeford is the 4th location where the meals have been served. Until recently the church was expecting to close. It would have been extremely difficult to find a new location that works as well as this Biddeford church. We are very thankful their mission will continue in this convenient location.

Anyone is welcome to come into a warm room at 4:45, sit down, be served a hot meal, and enjoy community. There is no fee. The meal is served Mon-Friday year round.

Our UU church community has had an ongoing commitment for many years. Four to six volunteers serve the meal and clean up the first Monday of the month. One volunteer said, "I love my time at Bon Appetit – in particular, interacting with the folks who come and working with the faithful volunteers who prepare the food and run the program". We always need new volunteers rotating in. Please see Dorinne Spirito if you are interested.



Bon Appetit
volunteers:
Pat Campbell,
Donna
Beveridge,
and
Ron Hiser

February's Share the Plate: Saco Food Pantry

The Saco Food Pantry opened its doors in 1982 as the Biddeford-Saco Council of Churches Food Pantry. It continued for many years as such, until the Council disbanded in 2002. At that time it incorporated and became the Saco Food Pantry, Inc. It is a nonprofit organization with a tax-exempt status under section 501(c)(3) of the Internal Revenue Code.

The Saco Food Pantry provides food for local Mainers in need through short-term and intermittent help, and long-term help for those experiencing continued difficulties. It is run by a volunteer staff which includes a Board of Directors. It currently provides food for over 8,000 people a year, more than 96,000 individual meals.



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

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.

The December 2019 *Share the Plate* collection raised \$423.89 for Adoptive and Foster Families of Maine.

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 1/22/2020 are as follows:

Checking	\$905.15
Accounts Payable	\$21.38
Moulton Trust	\$1,053.36
Restricted Savings	\$31,089.54
Saco/Bidd Investments	\$146,554.72



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 \$255 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.

\$105 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.

The gift cards have raised \$750 for the church so far this year.



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

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

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



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