

The Messenger

April
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



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April Worship Services — 10 a.m. on Zoom

- April 5th — Ellie Rolnick — "In Search of Rumi's Field"
- April 12th — Rev. Shay — Easter Sunday Service:
"The Blessing Cup"
- April 19th — Rev. Shay — "Clothed with the Sun"
- April 26th — Rev. Amanda Gerken-Nelson

Virtual Brown Bag Suppers with Rev. Shay:

Every Wednesday, beginning April 1st from 5:00 p.m. to 6:00 p.m. on Zoom - all are welcome to come chat and eat together!

Join Zoom Meetings at <https://zoom.us/j/2399631729>

Meeting ID: 239 963 1729

Phone: 646-876-9923

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

Shay's Musings



“Let my love, like sunshine, surround you.”

- Rabindranath Tagore

My beloveds, as we continue through this strange time know that I love you. Until further notice, we will be doing church on-line and from a physical distance, but as my long-distance partner and I always say, real love knows no spiritual distance. I will be doing all I can to maintain connections and communications with all of you, and will hope that you are doing the same – with me and with your fellow beloved community members. Please take care of yourselves, keep looking for hope in the smallest and most unexpected moments, and never forget that you are not alone.

I also want to remind you of an important aspect of our community life – the minister’s discretionary fund. This is unrestricted and completely confidential money that is to be used in times of crises to assist our community members. If you are struggling during this time and in need of a boost, please reach out to me. And if you happen to find yourself with a little extra right now and are looking for ways to help others, please, also, reach out to me. Together we are powerful.

Love, *Rev. Shay*

Opportunities to connect

I have created some private Facebook groups for us to use as a space where we can share things with each other in a more informal way. Here's one where we can share books, movies, music, photos, and all things fun that we are doing while stuck at home: www.facebook.com/groups/revshayfunathome

Saco/Biddeford folks can connect and coordinate efforts to care for each other here: www.facebook.com/groups/uucsconnect



<https://zoom.us/j/2399631729>

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Phone: 646-876-9923

*Thoughts
from our
Board
President,
Al Casad*



Where to begin? There is so much going on during this unprecedented pandemic. I am sitting at home with the TV in the living room talking about what the government is doing, needs to be doing and economic disruption. I sincerely hope you all stay safe and healthy over the next several weeks. Please consider signing onto the UUCSB Facebook group and post how you are doing during this time of physical distancing: <https://www.facebook.com/groups/uucsbconnect>. If you go to your Facebook page and paste this link, you can join and participate. This will be one way to stay in touch and something fun to do. It is another way to cope with being home bound.

Some of you may be aware that Sanford has changed their governance model. Over the past year they have been using a Collaborative Model where the Board of Trustees share leadership functions such as leading the board meeting and establishing the agenda. The Collaborative Model does away with the usual hierarchy and creates a horizontal structure. Power and responsibilities are equally shared among board members. My understanding is that Sanford likes this new model but it took a while to organize and establish. This model is appealing to most of us because it focuses on a shared power and equality. This reflects our UU principles as well. Our Board of Trustees have been discussing this model and there is a sense that we will need some time to make the transition. The plan at this point is to use the coming year to make the transition to a flat, organizational form of collaborative governance. In the mean time, we would continue with our current structure to begin and intentionally move toward a flat organizational model. The current bylaws would need to be changed to reflect this change in structure and that would be accomplished during this transition. That is where things stand at this point so we will plan to present this idea to the congregation for discussion at our annual meeting in June. Assuming that we will be able to meet at that time.

The pledge campaign is underway and because of the pandemic we have decided to send pledge cards out to everyone rather than meet as small groups. Please, carefully consider raising your pledges by 3% so we can meet our campaign goal of \$70,000 dollars. We do not want to add uncertainty to our church budget.

Let's all keep in touch, stay connected and support each other during this difficult and frightening time.

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

BOT Notice

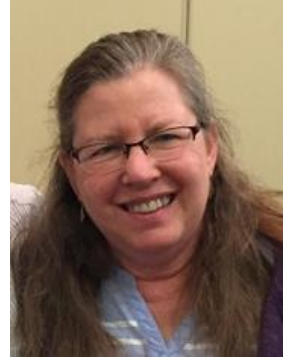
Board of Trustees agendas are posted one week prior to the meetings. Approved Board minutes are also posted. You can find these items on the bulletin board nearest the Sanctuary.



Our Sister Church

Visit our sister church's website at www.sanforduuchurch.org

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.

Sometimes I am sitting in the sanctuary and something will catch my eye or my ear that needs to be put to song. I recall one day sitting in the pews and looking up at the words to our new Covenant. It had just recently been put up on the wall above the choir area. A tune started rolling around in my head and I think I recorded it as soon as the service was over. Six years later I'm still working on the arrangement. One day it will be heard in church!

***Sacred Promise, words by the UUCSB Congregation 2013-2014,
 music by Ellie Rolnick copyright 2014***

This is our sacred promise, to gather together in peace
 To seek truth in love, to serve human need
 So that all shall grow in harmony, all shall grow in harmony
 All shall grow in harmony...
 Harmony.....with the Divine.

Link to hear the song: 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!

Tune in to our Zoom service early on April 12th and 'Come Sing a Song With Me'! Stay tuned to the Friday Flyer for details.

Choir Rehearsals: I am currently talking with my AUUMM Colleagues as to how to have a digital rehearsal and then how we might put something together to share in our Zoom Worship. More information soon I hope!

If you are interested in being part of a Virtual Choir and you aren't already in the choir, please contact me at choir@uuchurchsacobiddeford.com.

Special Music: Special music can be either live or pre-recorded and then shared in the Zoom Worship service. Let me know if you're interested.

TriQuire has been cancelled for this year. We will hold on to our theme of 'Hope' for next year.

Introducing Your Covenant of Right Relations Team!

Our Covenant

This is our sacred promise,
To gather together in peace.
To seek truth in love,
To serve human need,
So that all shall grow
in harmony with the divine

Each week in our Sunday service we commit ourselves to the intentions of our Church Covenant. Now is the right time to broaden our Covenant by developing a Covenant of Right Relations. We believe that this is an important step in clarifying expectations and creating a safe environment for our congregation. Creating and agreeing to a Covenant can be an extremely effective tool for setting guidelines and building trust.

Developing a Covenant of Right Relations is a fleshing out of our congregational Covenant. It's taking a wider perspective by shifting our view and understanding ourselves to be searching together rather than individually. It's giving us a foundation to which we can hold ourselves and each other accountable while on that journey, and it's a way to build grace into our lives together. Through a Covenant of Right Relations, we will promise to assume the best, give the benefit of the doubt, and offer forgiveness rather than judgment.

Niki Norman, Matt Gerken, and Donna Beveridge will be hard at work over the next few months, researching and creating a Covenant of Right Relations for our community. Your input will be essential and welcomed in the process. Stay tuned for more info in the coming months!



The Crosswalk

nine degrees at the red light
her camo jacket too thin
for raw gusts lashing pink hair
across her grimace waiting
to cross Main at rush hour
with rickety stroller and child
who drops his bit of blue
plastic and flails and stiffens

with heat blasting
and music cranked I can't hear
the breathless scream
from his face that's become
all mouth as she bends
down to retrieve it
from the gutter while trying
to keep him from rolling

but its magic is dead
as she jolts off the curb
then yanks back
from the left turning
speeder and pushes
with front wheels
jittering like a bad cart
at the grocery store

feeling our eyes she stabs
at the truck next to me
with a look of something
between *goddamn you*
and *help me please*
so I turn off the sound
to give his cry and her eyes
someplace to go

so many nails
so many soft places

—Keith Walker

Caring Connection

How quickly our world can change. Suddenly, times are tough, uncertain and scary. Please know that we are here, ready to help wherever we can. Three of us cancelled our vacations to be here, at home. So, we are all available for you to call for assistance.

Seems like folks are really being bombarded with all the serious, bad news these days. We'd like to remind our friends that this, too, shall pass. In the meantime, let's look at some things that people are doing to brighten our lives during this crisis. Reverend Shay has opened up some online places where we can communicate with one another as a group. Most importantly, she is hosting Sunday services at 10:00 am on ZOOM. We can all join in for "coffee hour" afterwards. Some folks are walking for exercise and talking to people that they haven't seen for years on their phones. In China, they can hear the birds sing as the noise pollution is gone and they can see the sky because the smog has lifted. In Venice, they can see fish in the canals as the pollution there is gone due to the lack of Gondola traffic. In countries everywhere, people are singing to each other from balconies and porches. Minstrels wander the empty streets playing their instruments for the secluded residents. On a rooftop in Spain, a fella runs a fitness exercise program and people follow along on their balconies.

This all tells us that we are strong, determined people who will persevere and connect with others wherever we are. So, hang on folks, we've got each other. We'll emerge from this period stronger and wiser with a fresh look on life. Take care and stay safe.

The Caring Connection: *Marilyn Stoesser-Casad, Pat Snyder, Anne Cyr, Donna Ravn, & Gloria Sheehan*



Giving Life
the Shape of Justice

Coming: UUCSB T Shirts!

For several years we have talked about promoting who we are by wearing UUCSB t shirts. At last that will be a reality! Members of the FiAT team are busy creating and producing t shirts and will begin taking orders soon. One vision we have is for everyone to wear them to the May social justice service during which we will, as a congregation, go out to clean up our church neighborhood.

The Marigold colored t shirts will have "Giving Life the Shape of Justice" on the front along with a chalice. The "Side With Love" logo will be on the back with UUCSB (spelled out) Saco, Maine. Short sleeved shirts will cost under \$15. Long sleeves will also be available. It is our hope that some of us will pay a bit more to make shirts available for those who can't afford them

Watch for more information. We still need to approve the design and determine ordering instructions. We can't wait to let our community know who we are and what we stand for!

Faith in Action Team: We're ALL on the Team!



FIAT meetings:

Every day!

Contact another church member to discuss how you are putting your faith into action during these trying times.

Share the Plate for April:


Maine Unitarian Universalist State Advocacy Network (MUUSAN)

MUUSAN is the public voice of UU congregations across the state supporting legislation which reflects our UU values. 20 of the 25 UU congregations in Maine support MUUSAN financially and attend network meetings. With partners like the Maine Council of Churches, the League of Women Voters and other political action groups we are a visible presence for justice and equality at the legislature and beyond.

MUUSAN in action at the State House



How You Can Support MUUSAN:

 **Like, follow and share the informative Facebook page.** Your visible presence helps MUUSAN when applying for grants. You will be more informed and inspired and proud to be a UU when you see all that they do!

Donate! MUUSAN relies heavily on individual and congregational donations to carry out this important work. Some support MUUSAN through a budget line item. We have shared the plate one month of the year. **With no plate to pass this month,** it's going to take a little extra effort to do our part. Please send your donation to Brian to forward to MUUSAN. Individuals can make a one-time or on-going donation directly (www.muusan.org) Please contribute any amount at any time.

Sign up for Action Alerts: You can sign up for email alerts in specific areas or for all areas. Stay informed, and whenever possible, ACT!

Attend Meetings: Network Meetings are informative and empowering! At meetings you will connect with members from UU churches all across our state. A guest speaker, often an active legislator (often a UU!) educates and informs the group about policies, movements or legislative actions. Everyone is welcome.

WE'RE HIRING!

MUUSAN is seeking a part-time Administrative Coordinator. See full job description [here!](#)



May 31! Faith in Action Team (that means YOU!) Hits the Streets

On our last 5th Sunday, Faith in Action Sunday, May 31, we're going to take our show on the road! Some will pick up trash, some will distribute information about the Little Free Pantry, some will stay at church to greet neighbors and prepare a neighborhood coffee hour in the yard. Wear your new Giving Life the Shape of Justice T-shirts and a big welcoming smile! More details in *May Messenger*.

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 Flyer, 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".

April's Share the Plate: MUUSAN

(See page 7 for details.)

Share the Plate Collections

Month	Recipient	Amount
September	UUCSB Minister's Discretionary Fund	\$226.00
October	Maine Breast Cancer Coalition	\$357.13
November	Maine TransNet	\$330.74
December	Adoptive and Foster Families of Maine	\$423.89
January	Preble Street	\$269.50
February	Saco Food Pantry	\$281.92



sUUmmer fUUn for Older Folks June 22 to July 3, 2020

At this time we are continuing to plan for our day camp. It is our hope that by June we will be in a more stable place and will be able to do this outreach project.

If you are in the church, please look at the poster and sign up sheets which are on the Parish Hall wall.

We have 16 session facilitators who have volunteered to lead sessions in areas from mah jong to trail walking. In early April we will be publishing the camp catalog listing all activities.

Your help will be needed in processing registrations, hosting participants, preparing refreshments, setting up and taking down, guiding walks, putting up flyers and assisting session leaders. A sign up list is posted on the board in the Parish Hall. Please lend a hand.

Thank you.

To receive a description of sessions being offered, to register, or to request more information, call the UU Church 282-0062
 UUchurch@gwi.net

Come to learn; connect with others; try something new; laugh and have fun!



Ten days of



sUUmmer fUU

for Older Adults in the Community



June 22-26 and June 29-July 3

Offering both morning and afternoon sessions

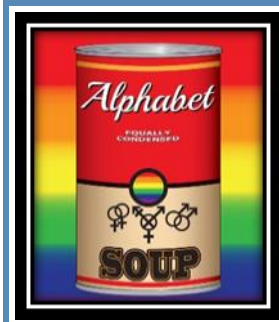
Unitarian Universalist Church of Saco and Biddeford
 60 School St., Saco, Maine

\$5 Registration fee + modest materials fee for some classes

Come for
 A day, a week, two weeks
 Come mornings or afternoons
 Or both
 Sign up for one activity
 Or several – It's your choice

Sessions include: Practice laughing yoga, Tell your story, Ask the nurse, Fly kites, Garden, Write poems, Play Mah Jong, Watch movies, Weave with ribbon, Visit the Saco Museum, Learn about Alexa and Echo Dot, Make Advanced Directives, Play Games, Color, Walk local trails, Do Sketchbooking, and more.....

Our Mission
 Rooted in the sacred,
 Strengthened by diversity,
 Sustained by compassion,
 We live in harmony with the earth,
 As we celebrate and serve
 Our beloved community.



Alphabet Soup

Due to the current situation Alphabet Soup will not be meeting. We will resume our normal Thursday schedule when circumstances allow.

Building and Grounds News

During this time of uncertainty and cancellations, B&G is moving forward with several projects that we had planned for the summer. Among these are projects are cleaning the Sanctuary, painting in several areas, yard clean up and moving forward with the installation of our railings.

Please let Anne D. or Jane P. know if you can help with these items or have one of your own that you'd like to do.



Let's Compost!

Saco Parks & Recreation teamed up with Garbage to Garden last June to create a successful composting program – so successful that the program has recently been expanded and is now available to the entire community – including our church!

Saco residents can drop off their compostable materials at the Saco Community Center on Franklin Street. The bright green bins are located on the opposite side of the building from the lobby. You can dump food scraps, coffee grounds, napkins and food-soiled paper, lint, small plants and flowers, and more! “If it grows, it goes.”

As part of our Green Sanctuary, let's return to composting our scraps after Coffee Hours and Church events. Use the countertop compostable buckets that are now in the kitchen. Volunteer to take away the scraps to the Community Center, wash out the bucket, and return it to the kitchen. It's as simple as that.

It's important to take away any bucket containing compostable food **on the day of use**. Please do not leave any buckets with food in the kitchen.

FMI: see Donna Beveridge

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 3/18/2020 are as follows:

Checking	\$998.51
Accounts Payable	\$154.18
Moulton Trust	\$1,062.10
Restricted Savings	\$35,108.95
Saco/Bidd Investments	\$146,488.73



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 \$298 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 has been raised so far this year.



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.



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

Get your cards from **Ellie Lockwood**

Our October **Candlelight Concert** raised \$499.

Last year's fundraiser, **Doings for Dollars**, brought in an additional \$473 this year from various events.

Last February's Auction netted \$8723.

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