

The Messenger

May
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



INSIDE

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

- [Page 2](#) Shay's Musings
- [Page 3](#) Board President
- [Page 4](#) Music Notes
- [Page 5](#) Caring Connection
Pledge Campaign
- [Page 6](#) Share the Plate
Buildings and Grounds
- [Page 7](#) What are we up to
during this time of
Social Distancing?
- [Page 10](#) Financial Information
- [Page 11](#) UU Post It Notes
- [Page 12](#) Membership Information

Originally, May was going to be the month during which we learned more about the Islamic faith tradition, but I feel that right now is not the time for a "class" on world religions. Instead, I think it is important for us to explore how to take care of ourselves spiritually during these strange times, as we move through our third month of being isolated and distanced. Please join me at 10:00 a.m. each Sunday to be together in spirit as a community.

May 3rd - Beltane - Honoring Life as a Spiritual Practice with
Rev. Shay

May 10th - The Need for Spiritual Practices with Rev. Shay

May 17th - A Spiritual Practices Sampler with Rev. Shay

May 24th - The Importance of Sabbath with Rev. Shay

May 31st - Social Justice as Spiritual Practice with Rev. Shay
and your Faith in Action Teams

Our Sister Church

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

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



Listen, this is important.

Dance when the music moves you.

Pray when the world moves you.

Walk when you can't be still,

and do your spiritual practices when
you want to open your body and loosen your mind.

When you want to lose yourself in connection with something bigger.

Nap when the raindrops tap-tap-tap at the window.

Breathe when your heart thunders in your chest.

Sing when you sense the rhythm of the ocean and want to flow with it.

Meditate when you see the swaying of the trees,
and listen when the Sun rises and the Moon sings.

When friends call, play.

When children laugh, pray.

Dance when love bursts through you,
inspiring your heart to jump for joy.

Wail when grief tears through you,
breaking your heart into a million pieces.

Beloveds, don't forget to turn to your spiritual practices...

in play

in pleasure and in pain,

in profound moments and profane ones,

in prayer.

Practice, breathe, flow -

when you are, where you are.

Just breathe and flow.

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/uucsbconnect

*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 month is marching on with May just days away. The April Board Meeting initially canceled was later rescheduled for tonight (April 22) to discuss two critical issues that face our church in the coming year. First on the agenda tonight is a discussion about the budget. With the Pledge Drive wrapping up, we find ourselves short of our goal, so we will need to cut back the budget for this coming year. We will have a leaner year, yet we will remain the compassionate, caring congregation we all treasure.

The second item on the agenda is a fuller discussion of governance of the church. As you may know there has been an effort to explore a more collaborative approach to church governance that does away with a hierarchy of leadership in favor of a model of shared power and responsibility. Sanford has taken on this model over the past year and we will have an opportunity to hear from them how the model has worked in their church governance. At this point the Board is mostly in favor of maintaining our current model of chosen officers to lead the church but has agreed to hear the Nomination Committee's request to present to the Board their view on instituting a Collaborative Model. The congregation will likely have an opportunity to discuss this issue in the near future.

If we have time, we will also look at how to proceed with our Annual Meeting this year. With uncertainty the norm these days we will need to figure out the timing and method for the safest, most agreeable way forward.

A couple weeks ago as part of the Pledge Drive, I had the task of calling about a dozen people to encourage them to send in their pledges to the church. Now this is not a task that I particularly enjoy doing. So with some dread, I reluctantly set about calling people. Ugh. With the first call I was transformed! What a delightful opportunity presented itself. Even though most people knew why I was calling and reluctantly answered, the conversations quickly changed to connecting to learn how each other was doing, commiserating about our shared experience of isolation and just having a happy conversation. I ended up buoyed and enlivened by those conversations. Most of all I was grateful that I belong to and share my life with such a wonderful group of people. Even though those calls were about the money, it really wasn't about the money. Stay safe.

Gratefully yours,

Al

sUUmmer fUUn for Older Folks

After much soul searching and consultation, the planning committee for the sUUmmer fUUn for Older Folks day camp which was planned for June 22 to July 3, has decided to cancel that event. We want to thank every one of our talented session leaders and other helpers.

The good news is that we have a fine basis for doing this next year!

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.

Several years ago I started going to Ferry Beach for ChoralFest. A week of singing and being by the ocean seems to be a remarkable opportunity for my creative juices to begin flowing. One year I commuted to and from the beach and on my way home one night a song began forming in my head. It had a familiar sound to it so I wasn't really sure if the melody was original. Over the next year as I fleshed this song out I asked friends who were folk singers if it sounded original. They all agreed that it did. When I sang it for Joanne Hamill, a singer-songwriter and leader of a large community choir, she said, 'I love this song and I want to arrange it so my choir can sing it'. She created a wonderful arrangement of the song. Not only did her choir sing it in their spring concert but they also sang it at a naturalization ceremony that took place where she lives in Massachusetts. Our 7th Principle often informs my composing: 'Respect for the interdependent web of all existence of which we are a part'. It was brought to my attention that this song does not include any verses about our connection to the earth or the animals. I'm working on that verse!

We are a Circle by Ellie Rolnick (with additional verse by Joanne Hamill)

Chorus:

We are a circle, we are a web
Woven together, thread upon thread
Interconnected, we are one, you see
We are woven together you and me

- | | |
|--|--|
| 1) Up in the mountains, across the sea
Out on the prairie, we're family
Interconnected, we are as one, you see
We are woven together, you and me. | 3) Muslim and Christian, Hindu and Jew,
Buddhist and Pagan, and New Age, too,
Interconnected, we are as one, you see
We are woven together, you and me. |
| 2) We're black and yellow, we're red and white,
We are a rainbow, beautiful sight
Interconnected, we are as one, you see
We are woven together, you and me. | 4) We're different cultures, from many lands,
Let's sing together, let's join our hands
Interconnected, we are as one, you see
We are woven together, you and me. |

Link to watch: <https://www.youtube.com/watch?v=FIjkm3XSQCw>

Morning Song

Morning Song will be postponed until services resume in the sanctuary.

Special Music

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

Choir Rehearsals: Choir rehearsals are irregular these days. If you're interested in joining us please contact me at: choir@uuchurchsacobiddeford.com.

Caring Connection

We are living in strange times; different, uncertain, and scary. Our church community and Rev. Shay have reached out to connect, communicate and help during the past several weeks. Reverend Shay has set up Sunday services at 10:00 am on ZOOM, and links to the services are available in our Friday Flyer. She has also set up a private group for those of you who use Facebook. The UUCSB Connect Facebook group provides a way to share support, inspiration, art and ideas as well as needs.



Although it seems for many of us that our world has gotten smaller as we “shelter in place,” people are finding creative ways to reach out. Making face masks, donating to fill our Little Free Pantry, and helping Age Friendly Saco call more “at risk” seniors are all ways that members of our community have helped.

Our Caring Connection group, as always, coordinates short-term support and assistance for members of the church during times of difficulty. Thanks to all of you for your generous support. Please contact one of our members if you need assistance or if would like to be involved in the Caring Connection Team.

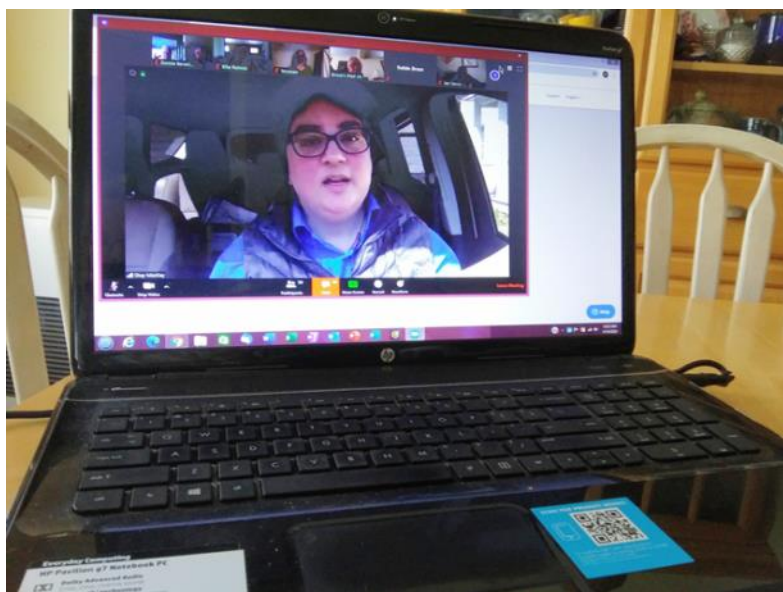
The Caring Connection: *Marilyn Stoesser-Casad, Anne Cyr, Donna Ravn, Gloria Sheehan, & Pat Snyder*

We Can Do It!

Well, here we are, faithful, dedicated and valued members of our beloved church. In February, little did we suspect that our Pledge Campaign would abruptly change along with life as we knew it. Please be assured that we, on the Pledge team, fully understand the uncertainty and worry caused by the Pandemic. We are all doing our best to weather this anxious time and are confident that everyone will support the church as much as possible. We sincerely thank those 33 members who were fortunate in being able to plan ahead financially for next year and were able to make a pledge to help keep our church up and running. We are far short of what is needed (\$58,893 vs \$70,000) to meet our stated goal but hopeful that many more of our members will be able to offer support. When we all come together and accomplish our goals, it makes us all feel secure and proud.

Be Safe and Hang in There!

Your Pledge Team: *Al Casad, Matt Gerken, Anne Wood, Wendy Coleman, and Pat Snyder*



Our Rev. Shay is not only spiritual, she is creative. When we first called her, she agreed to preach from two pulpits three Sundays a month. When social distancing became mandatory, she utilized Zoom and preached first from an empty Sanctuary and then from home. When her Internet connection was weak one April Sunday, she reached us on Zoom from her car outside Diana's church. We have one creative and flexible minister! Thank you!

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".

May's Share the Plate:

UUCSB Minister's Discretionary Fund.

This is a confidential assistance fund that is used to support our members and friends in times of emergency or other unexpected need. This is a vital service we provide within our own beloved community.

Please give generously!

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
March	Seeds of Hope	\$234.50

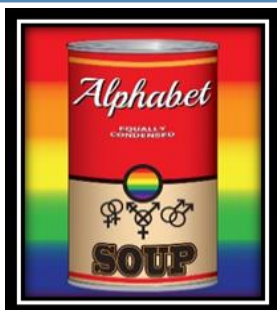
Building & Grounds Update

Special thanks to Greta Graf and Dick Hilton for helping repair some of our treasures. Greta has gently done some repairs on several of our antique hymnals. Dick has repaired four Sanctuary chairs that have been in storage in the Youth Room for many years. These were originally in the Second Parish Unitarian Church. We plan to display them on the narthex as soon as we get those pesky, recently removed pews to the basement. Dick also has restored our collection plates which appeared broken beyond repair. Not so!

The B&G crew continues to whittle away at the to do list. There are still things to do on that list. Please contact Anne Dobson, Matt Gerken, or Jane Perkins if you want to help.

Alphabet Soup

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



"Many thanks to the unknown person who brought a gift of six farm fresh eggs to me and left them on my front porch table. They were so tasty! Jane Perkins"

I think whoever brought them was a face mask recipient but I don't have a clue so this notice in the messenger would be nice. Thank you.

—Jane Perkins

During this time of social distancing, we are thinking of one another – wondering if everyone is well, how we spend our time at home, how we reach out to others. We miss coming together for services and church events.

Our dear Rev. Shay suggested that we share about our lives – through photos, journaling, poetry, lists, descriptions, suggestions - or however we can be creative. What books have you read? What games are you playing? How are you keeping in touch with family and friends? What favorite recipes are you making? How are you exercising your body and your spirit? What are you creating? How are you dealing with isolation?

Thanks to those of you who have shared in this month's Messenger. Perhaps they will inspire you to contribute to next month's newsletter. Sharing brings us together!

NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com



Betsey does her daily exercises while Sophie meditates. Both are peaceful.



Jeannine has fond memories of past Easter egg hunts.

At about 9:30 this morning, breakfast eaten and the crossword puzzle well on its way to being finished I headed for the UUCSB to prep the Parish Hall floor for polishing tomorrow. As I parked my car, I saw a familiar grey car parked in front of the church. That made me happy, because I knew that Paul Benya was in there practicing. Maestro and I went in and sat in a pew until Paul finished the piece he was working on. We gave him a standing ovation and listened some more and chatted a bit; then moved to the Parish Hall. As we swept and washed, we were treated to a fabulous Easter concert. What joy!!!

And so it has been for us these past few weeks – the concern about COVID 19 in weird juxtaposition with the joy of baking cookies and bread, looking at flowers as they come up, reading, re-doing my bedroom, watching Mark Gotjen build the tool shed in the backyard.... A rediscovering of things not lost, but put on a shelf in my life for far too long. **Anne Dobson**



Matt is routing out for new hinges on a reclaimed door from the Habitat For Humanity ReStore.

Sonja is manufacturing cloth facemasks for immigrant families.



Al and I (Marilyn) completed the painting of our bedroom (finally) and will now continue on ~ raking, cleaning the beach and new-to-us camper, baking, cooking, FaceTime with grandkids on home schooling. Puzzles and word games are my therapy!... and our big news is our youngest and his wife are returning to Maine from Arizona in May with the little puppy-Vivi-for us.

Although these are not emotionally or mentally easy times, we are ever so thankful for our health, our family here in New York and Iowa, and our wonderful community of friends.



My days spent missing these guys – and doing puzzles. **Pat Snyder**

And the days of
social distancing go on.....



Brigit and Laurie Sivonen had fun
finding frog eggs.



Nominating Committee Meeting in this time
of social distancing.



Baking for Easter, vacuuming
acorns, napping!
The Cyrs

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 4/22/2020 are as follows:

Checking	\$1,365.86
Accounts Payable	\$21.54
Moulton Trust	\$1,062.10
Restricted Savings	\$30,616.97
Saco/Bidd Investments	\$133,523.43



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