

# The Messenger

June  
2020

Unitarian Universalist Church  
of Saco & Biddeford  
[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)  
Reverend Shay MacKay



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## 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  
Wayside Pulpit
- [Page 6](#) Share the Plate  
Puzzle/Book Share
- [Page 7](#) Our Lives During This  
Time of Social  
Distancing
- [Page 12](#) Financial Information
- [Page 13](#) UU Post It Notes
- [Page 14](#) Membership Information

Join Zoom Meetings at  
<https://zoom.us/j/2399631729>  
Meeting ID: 239 963 1729  
Phone: 646-876-9923

As we move into our final month of the 2019-2020 church year, it is time for us to celebrate all we have done this year. Let us come together, two congregations as one, to reflect on where we've been and to revel in the joy of being together.

June 7th - Celebration of our Youth, led by the Sanford RE kids

June 14th - PRIDE Celebration, led by Rev. Shay

June 21st - Flower Communion, led by Rev. Shay

### Summer Services

After careful consideration, Rev. Shay, your Boards, and your worship teams, have decided to cancel live Sunday services during the summer. In-person gatherings still feel unsafe and the technicalities of Zoom services are daunting for many lay leaders.

HOWEVER, Rev. Shay and other folks from both congregations will be writing and/or recording short reflections, meditations, presentations, etc. that will be made available to you throughout the summer. Stay tuned to email, the websites, and Facebook for more info!

As of right now, no decisions have been made regarding services in the Fall. We will continue listening to recommendations from health professionals, our state government, and the UUA staff - and will re-evaluate as necessary as things move forward. Our first priority is keeping all of our members and friends as safe as possible, while also continuing to provide as much spiritual nourishment and community support as we can.

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

## Shay's Musings



Dear friends,

I know this is scary. I know things are hard to understand and even harder to imagine going on for an unforeseeable amount of time.

I also know that UUCSB, SUUC and their people have been through some really tough times before. And I know that we have to trust ourselves, that we have to trust in our strength and the combined strength of these communities, to stay together during these tough times, to not turn away or run away or withdraw into distressed isolation, but to stay and stand and survive. I know these congregations must survive! The world needs us - and we need each other.

And we can't survive if we don't have tough conversations about how to do that, in these ever-changing times, in these strange and unfamiliar landscapes, in these terrifying situations that are forcing us into making decisions we don't want to have to make.

I understand the desire to comfort and soothe rather than agitate. We certainly are called to be healers and peacemakers. AND we are called to be prophetic, to acknowledge that we are all interconnected, that we need each other to thrive, and that the world needs us to be brave - for ourselves, for each other, and for the future of everyone and everything we hold dear.

I believe that we ALL need to be invited into reflection, that we need to be heard, we all need to be reminded that each one of us is important to this community, that every single person matters in who and what we are, and that ALL of us are part of leading these two churches into the future.

I am truly sorry that what is being said by health professionals, government officials, and the UUA leadership is hard to hear. I am truly sorry if, two years into this ministry we're not where you hoped we would be. I'm truly sorry we are living through a global pandemic while in the bowels of an awful presidency and that it looks like we will continue living this way for many months.

I'm scared and depressed and struggling with apathy, too. I'm feeling inadequate and incapable of living up to what I think YOU need. And I have to keep reminding myself that I don't actually know what any of you need until I ask you. I also don't have to be strong and brave enough for all of us. We can be strong and brave together. Perhaps giving all of us that purpose will help more than anything else. We need each other.

And I need all of us to have faith. That is, after all, what we're all about. I need all of us to have faith in the promises that bind us and the love that sustains us.

I am grateful for your compassion and concern for each other. I'm grateful for your thoughtfulness and caution around how to keep our communities safe and connected. I'm grateful for your dedication to these churches and this shared ministry. And I'm grateful for you, just you, each of you, and all you bring, all you give, all that you are.

As we continue moving through this time and having to make difficult decisions (and exciting ones!), whatever those may be, your Boards and I will be asking for you to stand with us, to offer support and guidance - for we cannot fulfill our promises to "lead in service to the will of our people" if we do not know your will! Keep showing up, keep speaking out, keep loving these churches and supporting the work that we do. Mostly, just keep being you.

In peace,

*Rev. Shay*

*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

We are wrapping up another church year and what a year it has been. Who would have imagined in January that by mid March we would be experiencing a shift in lifestyle unparalleled in our lifetimes. We go into our Summer break with the likelihood of Zoom church services in the fall. Our budget will be tight next year as pledges are down by nearly 10% and fund raising in the coming year will present new challenges in a stay home, social distancing environment. We will of course get through these difficulties and eventually find ourselves back in church, maybe even able to give long missed hugs to to each other. That would be a very welcome thing.

On the 20th we had a congregational Zoom meeting to provide an opportunity for members to share their feelings about our current circumstances and offer ideas on how to maintain our connections with each other. The ideas ranged from small group gatherings outside, Shaker style summer services, a phone tree to connect with each other to impromptu outdoor activities like hiking or canoeing organized by those who are interested.

There was also a discussion about making efforts to right size our church to better match our size. About 2/3 of all UU congregations would be considered small (under 120 members). Small churches simply do not have enough members to operate as a full service traditional church. In order to better manage, it is important for small churches to consider how to adjust the church's structure and operations to better fit its size and resources. Rev. Shay will be sending a link to a webinar that does a great job explaining right sizing a congregation, I encourage you to view it. We have already been doing this in a couple important ways like sharing a ministry with Sanford and eliminating RE from the budget. Given our size and resources we will need to continue to explore how we "right size" our church's operations and structure in order to continue to thrive in the future. Small churches like ours have much to offer and my hope is that we find ways to move forward in a thoughtful, creative, and loving manner.

Have a safe and satisfying Summer.

Best Wishes,

*Al*

**BOT Notice**

Board of Trustees agendas are posted one week prior to the meetings. Approved Board minutes are posted on the bulletin board nearest the Sanctuary and emailed to the congregation.

**Our Sister Church**

Visit our sister church's website at [www.sanforduuchurch.org](http://www.sanforduuchurch.org)

**Opportunities to connect**

Rev. Shay has 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](https://www.facebook.com/groups/revshayfunathome)

Saco/Biddeford folks can connect and coordinate efforts to care for each other here: [www.facebook.com/groups/uucsbconnect](https://www.facebook.com/groups/uucsbconnect)

**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 of our former ministers ended every service with this benediction: "Go in peace and return in joy". One Sunday morning as our church year was concluding I scribbled madly on my order of service as the words and the tune came to me for 'Benediction'.

***Benediction by Ellie Rolnick; arranged by Ellie Rolnick & Joanne Hamill c 2012***

Inspired by Reverend David Chandler's Closing Words: "Go in Peace and Return in Joy"

Leave this place in peace.

Return again in joy.

You will be welcome back with open arms.

Life will call you home.

These friends will hold you near.

Think of us.

We will be waiting here.

Link to listen: [https://drive.google.com/drive/folders/17R5lz\\_6JHMstDYPa5ZdDqvpfe76B5ORc?usp=sharing](https://drive.google.com/drive/folders/17R5lz_6JHMstDYPa5ZdDqvpfe76B5ORc?usp=sharing)

(this is a rehearsal track for the choir but gives you a sense of the song)

**Virtual Choir:** On May 22, 2020 12 members of the Sanford and Saco choirs met on a Zoom meeting to rehearse for a virtual choir piece. Each person will be recording themselves at home and those recordings will be put together in 1 video with everyone seeming to sing at the same time! This is our first time doing this and hopefully not our last!

**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.

**Morning Song**

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

**Questions about music** - please contact me at: [choir@uuchurchsacobiddeford.com](mailto:choir@uuchurchsacobiddeford.com).



## Caring Connection

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.

Physical distancing can be very hard on our emotional health and well being. Being stuck at home with family can increase crabbiness between family members. People who live alone are at risk of being isolated and may struggle with anxiety and depression as a result.

In normal times, there is a kind of informal pastoral care that often naturally happens through in-person congregational events. A structure that helps these interactions to continue during times of isolation can help keep our congregation connected and bolster everyone's well-being.

Some current structures are listed every week in our Friday Flyer:

- Sunday Zoom Worship – Same Link Every Sunday Join Zoom Meeting <https://zoom.us/j/2399631729> Meeting ID: 239 963 1729 Password: 186257 Phone: 646 876 9923

Rev. Shay has 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.

- Saco/Biddeford folks can connect and coordinate efforts to care for each other here: <https://www.facebook.com/groups/uucsbconnect>
- Virtual Brown Bag Suppers with Rev. Shay: Every Wednesday, 5:00 p.m. to 6:00 p.m. on Zoom - all are welcome to come chat and eat together! Follow this link on any Wednesday: <https://zoom.us/j/2399631729>

Are there are other structures or suggestions which you think might help us all in these challenging times: phone chains? weekly zoom vespers or meditation? something else? If so, please send your suggestions to one of us, to Rev. Shay, or to the Board.

Please contact one of our members if you need assistance or if you would like to be involved in the Caring Connection Team.

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



## Wayside Pulpit Needs Your Help

A Wayside Pulpit had been a dream of mine since I began attending UUCSB back in 2002. Our previous church had one and I just loved how our UU values could be shared with the larger community. I ordered the plans from the UUA and my husband, Matt Gerken began the project but ran out of time to finish it. Thankfully, Mogens Ravn offered to finish it and he mounted it on the front of the Parish Hall where those passing by can see it. It has stood the test of our Maine weather but is in need of sprucing up.



I am hoping that someone in our congregation might like to take on the project of repairing it. Some of its wood might only need scraping & repainting and some might need replacing. The plexi-glass does need to be replaced as it has yellowed.

If you'd like to consider taking on this restoration job contact me, Sonja Gerken. I will be more than happy to prime and paint it after it has been repaired.

## 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".

## June's Share the Plate:



A group of Mainers from across the state who have experience in organizing, journalism, and building a movement for change. In this time of crisis, the Maine People's Alliance has decided to dedicate organizing resources to supporting community-based efforts to respond to the community distress caused by the COVID-19 pandemic and protect our most vulnerable friends and neighbors.

<https://mainerstogether.com/>

At this time, with Zoom services, no plate is passed between the pews. In lieu of dropping money in a plate, please be generous and send a check to UUCSB each month with your contribution.

## 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
April	MUSSAN	\$185.00

## Alphabet Soup



Due to the current situation Alphabet Soup will not be meeting.

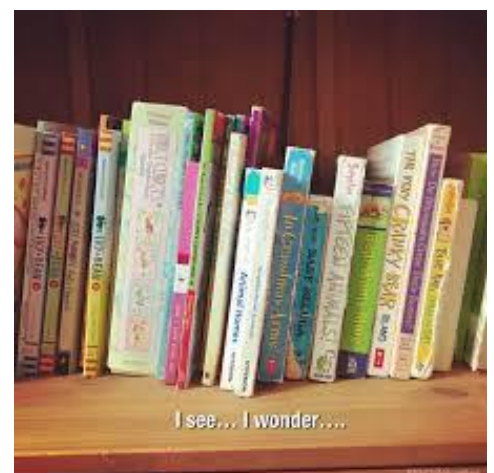
We will resume our normal Thursday schedule when circumstances allow.

## Puzzle/Book Share

A reminder for folks about the puzzle/book share at the church.

Bored? Come to the church and borrow a book or puzzle. We have some new donations just in! Text or call Pat Snyder (205-3667). She is available anytime if you can't get into the church. Give her a shout and she'll meet you there!

Stay safe and Hopeful!





## Our Lives During This Time of Social Distancing

During these past weeks Susan and Mark Young have enjoyed the fresh bursts of spring: doing yoga, walking outdoors and spotting wildlife out of windows, enjoying Zoom sessions with family, trying new recipes-especially No Knead bread! "Feeling fortunate to live where we do."







I had just finished a very difficult quilting project a couple of weeks ago and needed to do something that would be pure play. Somehow I ended up making representations of my quilting group who, these days, meet via Zoom. When we met last week, I had us all set up in my living room for a tea party, complete with scones. Here we are – Annemarie, Nancy, Adrienne, Sapphire, and myself. Most fun I've had in a while, and it really helped break the boredom of isolation!

Diane Elker



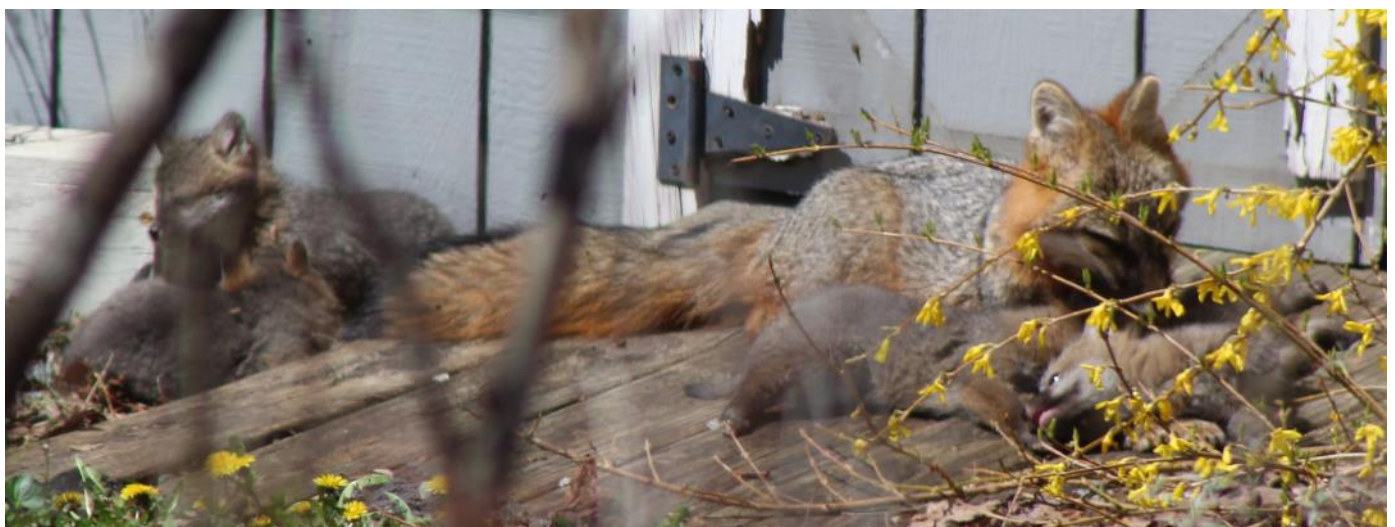
Betsey spends time each day mixing a bleach solution and cleaning our condo. Donna is grateful!





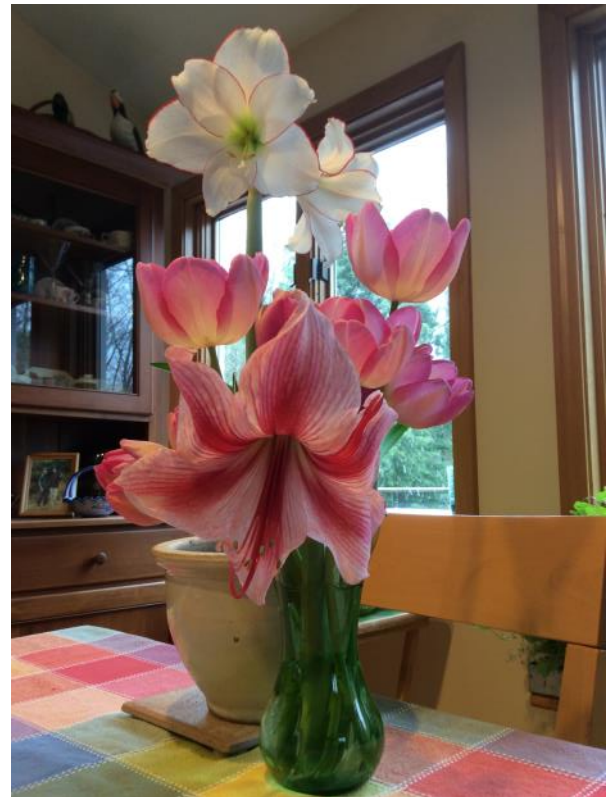


We know that Rev. Shay loves the outdoors. Outside her windows she has seen a family of foxes, lots of birds, chippies, and even a bear!





Anne Cyr is making bouquets. She says, "The tulips are open this morning!"







**Life during  
social distancing!**

Thankfully, we can enjoy the outdoors and keep active with walking, gardening, etc.

Having just made another batch of these delicious cookies, I thought it would be nice to share the recipe. They are easy to make, delicious and healthy. Also they require no flour (recipes without flour are very hard to come by) and no added sugar. The recipe came to me with no name – so I name them **No name cookies!**

Preheat oven to 350 degrees

2 ripe bananas, mashed

Add to mashed bananas 1 ½ cups of quick oats (if NOT quick oats, let mixture sit for 20 minutes to soak) and 1/3 to ½ cup chocolate chips

Then let your creativity take over – you might add a little cinnamon, and/or unsweetened coconut, and/or raisins, and/or finely chopped nuts, chia seeds, almond butter, etc, etc.

Stir all together, shape into little patties and place on greased baking sheet. Bake for 12-15 minutes. Cookies don't spread out, they just solidify.

Have fun creating and enjoy! Jane Hamblen

Hi, I discovered Fortune Rocks a few weeks ago. Most days I take a ride over there and sit in my car and read and sometimes have my picnic lunch in my car. Grateful to be near the sea.

Hugs Tobi





## 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 5/22/2020 are as follows:

Checking	\$5,148.29
Accounts Payable	\$73.41
Moulton Trust	\$1,069.45
Restricted Savings	\$30,620.19
Saco/Bidd Investments	\$139,775.05



Any questions, just call.

Sincerely, *Wendy Coleman*

## Panera Bread

Panera bread is on hold due to the pandemic, but has raised \$298 for the church 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 in the church. 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.



## UU Post It Notes



Post It!

### 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: Paul Coleman, Pat Campbell, and Odette Dansereau.

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

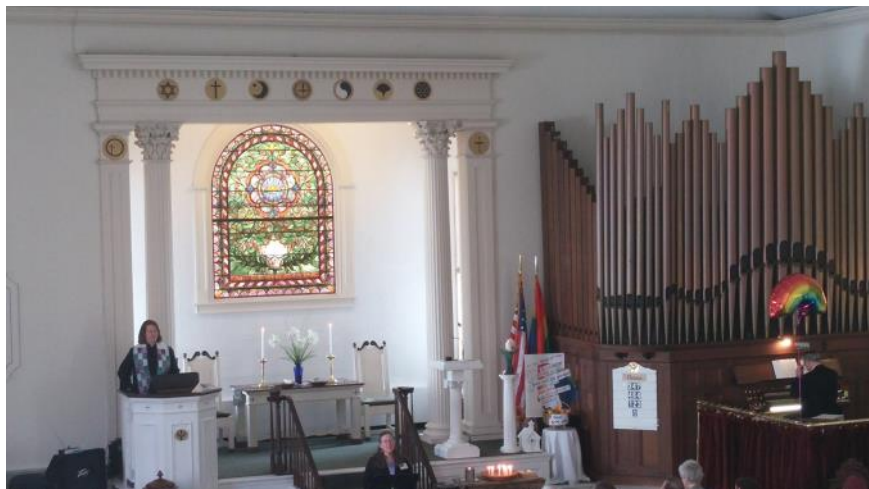
Visit our website at

[www.uuchurchsacobiddeford.com](http://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.



We miss our church during these times of social distancing.

## 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](http://www.uuchurchsacobiddeford.com) and [www.uua.org](http://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**