

The Messenger

September
2020

Unitarian Universalist Church
of Saco & Biddeford

www.uuchurchsacobiddeford.com

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Bring your water on Sept. 13

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Join Zoom Meetings at

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

Meeting ID: 239 963 1729

Phone: 646-876-9923

Worship this Fall

Sundays at 10:00 a.m. on Zoom

As you will have read in the letter from your Board of Trustees, we will continue having our Sunday services on Zoom in order to keep our community safe during this pandemic. The Zoom information will remain the same from week-to-week, so you can save it somewhere and reuse it. We'll also send it out prior to each service as a reminder.

Our September theme is **Connection**.

September 13th – All Rivers Run to the Sea: Gathering of the Waters

A very special outdoor service, bringing us back together as a community to begin another church year together. (Details on page 2).

September 20th – You Contain Multitudes

"The whole is contained in the part, even as the part is contained in the whole." ~ David Spangler

September 27th – The Butterfly Effect: Exploring Our 7th Principle

"Respect for the interdependent web of existence of which we are a part."

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

September 13th Service

We will be having a very special outdoor service to bring us back together as a community, beginning another church year together, a time to look into each other's eyes and feel the energy of our bodies in one place together, something we have all been missing during this time of social distancing and isolation.

The service will last 45 minutes and there will not be a coffee hour. The church building will not be open for use - this means there will be no bathrooms available, so plan accordingly with your morning coffee!

In order to make this as safe as possible for everyone, the following guidelines will be required:

- Bring your own chair
- Wear a mask at all times
- Maintain 6ft of social distancing at all times

Even though we will not be able to sing together or give much-beloved hugs, we will *be together* in sacred space to join our spirits in love.

And don't forget to bring some water! From places that are important to you, from places you have been, from places that symbolize love and connection.

Shay's Musings



September Theme ~ Connection

"If everything is connected to everything else, then everyone is ultimately responsible for everything. We can blame nothing on anyone else. The more we comprehend our mutual interdependence, the more we fathom the implications of our most trivial acts. We find ourselves within a luminous organism of sacred responsibility."

~ Laurence Kushner in *Invisible Lines of Connection*

I spent the summer deepening connections with my immediate family, and feeling like I was getting further and further away from others in my life, even from the entire rest of the world, as this pandemic continued to keep me at home. As I retreated more deeply into the small world of Diana, Aidan, our cats, and our home, I began to lose touch with friends and family. There were voicemails and emails that went unanswered, zoom meet-ups postponed or cancelled. But at some point my head broke through into enough reality that I realized it wasn't just me that neglected those connections; there were messages *I had sent* that were never answered, phone calls never returned.

(Continued on page 3)

Shay's Musings (Continued from page 2)

A good friend, after weeks of silence between us, finally just called and we had a hard conversation about expectations and disappointments regarding our communication patterns. I apologized and promised to try to do better, she allowed for a little more latitude in her expectations of me. We both had work to do to balance the give-and-take of that relationship.

On the flip side, a different friend was not responding to my messages and I was getting frustrated and so I called her and had a similar conversation, but this time I was the one giving grace and understanding and she was the one promising to try harder.

Communication, my therapist keeps reminding me, is a two-way street. We all have our individual habits and quirks, our areas of strength and weakness; we all have preferred styles and timelines and word choices, etc. And we all have the responsibility to do our part, to try our best, to learn from our mistakes, and to offer grace – to ourselves and to others.

Here's what I know: so very many of us are yearning for connection to the people and places we love, people and places that are out of our reach right now. I know this community is hurting at the distance between us and longing for some way to bridge those gaps.

Here's what else I know: Covid-19 isn't going away and we can't be with each other in the ways we want so desperately to be. I know that communication feels even more important and more fragile during this time, and it only partially assuages the pain of our separateness.

And finally, what I know is this: I am committed to do everything I can to improve my communication with you. I am promising to discover and try as many opportunities for connection as I can. And I know that I care deeply for each of you and for this community. I hope you know that, too.

"We find ourselves within a luminous organism of sacred responsibility."

I am only one part of this luminous organism of UUCSB – **and**, I am only a half-time part of it. What this means is that I need you. I need you to take initiative, to take responsibility, to step up and reach out. **We** need you to be an active part of this congregation, to keep us luminous and thriving and alive. You have eight incredible people that stepped up to serve as your Board of Trustees this year, and my delight in working with them has only just begun. If what you need is connection, then come closer, into the life of this congregation – we have committees that need members in order to function fully, fundraising and outreach that needs to happen in order to keep us relevant and alive; we need tech gurus to help with online worship and people who want to help in the spiritual leadership of this church by being worship associates, we need folks whose deepest desire is to make sure others are ok by sending cards, writing letters, making phone calls, dropping off packages, getting some groceries.

Connection is vital to our spiritual and emotional health as human beings, and it doesn't just happen. And we are a covenanted community, pledged to care for one another in a mutual understanding of sacred responsibility. I, personally, am looking forward to a year of deepening relationships and building ever more connections between myself and all members of this church family. I'm hoping I can depend on you to do the same, especially when it feels hardest, across six feet or even greater distances, behind masks and computer screens. I have spent two years assuring you that we are in this together. Friends, let's prove that to be true.

Opportunities for Connection

Beginning the week of September 7th

Virtual Brown Bag Suppers with Rev. Shay – Every Wednesday from 5pm to 6pm on Zoom.

Bring your dinner and spend some informal time conversing and connecting with Rev. Shay and others from our community.

Weekly Vespers Services – Every Thursday from 7pm to 7:30pm on Zoom.

Join Rev. Shay for a time of reflection and stillness, music and poetry, meditation and connection.

Coffee Hour with your Board Members and Rev. Shay – Every Sunday after our worship service. Join Rev. Shay and members of your Board of Trustees on Zoom for small group discussions based around the monthly theme, that day's sermon, and other relevant topics from your lives.

The Soul of Aging with Rev. Shay – Every Tuesday from 10am to 12pm on Zoom.

In this program, we will creatively approach “the art” of aging intentionally, and the many soulful invitations our maturing years offer us. In a time when so many of us are entering the last season of our lives, this is for those who yearn to understand, surrender to, and be transformed by the aging process. The themes address many of the spiritual aspects of this season of our lives and include: our visions of aging, living our un-lived lives, completion & forgiveness, our relationship with time, how to nurture our mystical nature, and the notion of befriending our own deaths. We will use poetry, story, music and art to explore these topics, all within the fellowship of a trustworthy community.

Rev. Shay's Fall Schedule

- Mondays: Writing Day, limited availability
- Tuesdays, Wednesdays, and Thursdays:
Completely available to you. Please email, text, or call to set an appointment time!
- Fridays: Day Off. Emergency availability only.
- Saturdays: On Call for pre-scheduled meetings and events. Available for emergencies.
- Sundays: Worship and Coffee Hour.

[I will be away on Study Leave October 16th to the 24th.]

Email: revshaymackay@gmail.com

Phone and Text: (207) 518-8059

UUCSB Board of Trustees

Pat Snyder, Secretary	Sonja Gerken
Ron Hiser, Treasurer	Laurie Sivonen
Anne Cyr	Anne Wilkinson
Mike Dolan	Susan Young

Liaisons to Committees

Building & Grounds:	Mike Dolan
Caring Connection:	Anne Cyr
Committee on Ministries:	Laurie Sivonen
Faith in Action Team:	Sonja Gerken
Finance:	Ron Hiser
Fundraising:	Susan Young
Membership:	Mike Dolan
Ministerial Relations Team:	Pat Snyder
Nominating:	Anne Wilkinson
Worship:	Sonja Gerken

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

Music Notes
from Choir
Director, Ellie Rolnick



What an interesting spring and summer we've had and it looks as though the autumn months will be no different. I'm sad, as many of you are, that we will still not be together in the sanctuary; and that even if we were, singing together is not a safe option right now.

BUT – singing virtually IS!!!

This fall the choir will be meeting virtually after church via Zoom 3 Sundays every month. We will focus on:

- deepening our connection to one another
- rehearsing songs for audio or video recording (don't let this deter you – it's easier than you think!)
- learning music theory (like how to read music) for those who are interested

All are welcome who love to sing or who want to be involved with our Music Ministry. An invitation to the Sanford singers has also been made.

Dates for rehearsals will be sent out before September.

What would you like to see in the “Music Notes” this year? Please let me know.

For more information please contact me directly at UUCSBchoirdirector@maine.rr.com

Building and Grounds Notes

We lost a really big tree limb during a recent storm. Thanks to Mark Young and his chain saw, this was taken care of immediately.

B&G has looked at some cost saving measures during this time of reduced UUCSB income. The major changes are that we are delaying piano tuning and we have canceled the \$50/month dumpster service. So, if you have any church trash, please be responsible for appropriate disposal.

B&G has laid in a supply of hard surface disinfectant, gloves and masks for those rare occasions when folks may be at church and need them.

As the summer has rolled on, we have continued to get together on Monday mornings to clean, paint, and do minor repairs. Of course, some Mondays recently have been super hot and humid - not good for us seniors - so we have rescheduled some sessions like the hedge trimming, flower bed work, and blue carpet steaming.

As we continue with our projects, we hope that you will join us from time to time. There is lots of social distancing space and lots of work to do. We are usually at the UUCSB by 8:00 am on Mondays and work until 10:30 or so. FMI call Anne Dobson at 282-6600.

Thanks again Mark!

The Caring Connection

The Caring Connection team recently met in-person for the first time since the start of the pandemic on Anne Cyr's deck. Carefully spaced apart, glasses of sun tea in hand, we made a toast to Donna Ravn who has stepped down from the committee. Thank you, Donna, for all your hard work and valued participation these last several years! We warmly welcomed Margaret Merrill who has graciously agreed to join us.



Margaret asked about our mission, how we get volunteers, how we find out who has needs, how Rev. Shay works with the committee... All of which served to focus us on the year ahead.

Our main role, of course, is caring for our church family. And for that we depend on you to reach out to Rev. Shay or any one of us to let us know of your need or a of concern you may have for someone else. Even in the course of this pandemic we can make phone calls, send cards, Zoom, visit outside at a safe distance, deliver meals, etc. We on the committee and our long list of volunteers are ready and able to serve. Please let us know how we can help.

Your Caring Connection Team: *Anne Cyr, Margaret Merrill, Marilyn Stoesser-Casad, Pat Snyder*

"Baskets of Love"

Do you know a church member or friend who is going through a difficult time and could use an expression of love and encouragement? We are seeking donations to create "Baskets of Love" to distribute to those members and friends. An ongoing supply of items will be stored in the green room in the church so that baskets can be quickly and easily assembled by volunteers as the need arises. Suggested items to donate include:

To create a basket:

- Small to medium sized baskets
- Shredded basket filler or tissue paper
- Cellophane wrap
- Ribbons/raffia

Basket fillers:

- Blank cards
- Inspirational notes/poems/small books
- Non-perishable food items such as easy to prepare canned soups, dried soup mixes, healing teas, hard candies
- Lightly scented or unscented candles
- Aromatherapy candles/oils/soaps
- Small comfort wraps or microwavable filled bags for warmth and comfort (homemade tube sock wraps or bags that are filled with rice work great!)

This is one way in which we can feel connected in this challenging time of separation. Please help us show our love and support.

To arrange for drop off/pick up of donated items, or to suggest a basket recipient, please contact one of the following volunteers:

Your Caring Connection Committee: *Anne Cyr, Margaret Merrill, Marilyn Stoesser-Casad, Pat Snyder*

Faith in Action Team: UUCSB's Social Justice Center



Explore FiAT:

Open Meeting

September 13, 4-5 pm

Every meeting is open but after a spring and summer with no committee meetings, some of us are feeling the need for the strength and inspiration of a face-to-face meeting. We hope you will join us in Pepperill Park (behind the church) to talk about what is important to us as individuals and as a church and to help decide how we will put our faith into action in the coming church year.

BYO chair!

T-Shirts! Finally!

We have been talking about getting T-shirts for, oh, five years or more. Now we have them! 31 UUCSB members and friends will soon be sporting the yellow t-shirts. "Giving life the shape of Justice," and "Side with Love," says it all (or at least gets a conversation started!). Shirts are \$10.25 if we put together another order for 24 or more.

Contact Randa Thomas FMI.



Our Faith in Action Team (FIAT) provides an umbrella of support for social action information, education, and initiatives—whether local, within our tri-church county network, or across the state or nation. There are many ways that each of us can contribute: volunteer for Habitat for Humanity, Bon Appetit, Biddeford soup kitchen, or Sanford UU's Corner Cupboard; put something in our Little Free Pantry or in the basket for local pantries; join Harbour singers for end-of-life bedside sings; get involved in MUUSAN's (Maine Unitarian Universalist State Advocacy Network) initiatives. **Put your faith into action!**

Black Lives Matter, Elm Street Bridge

Mostly it's these reactions: Horns honking, fists in the air, thumbs up, big smiles, some thanks. Mostly it's these reactions.

And sometimes the reactions are in opposition: Thumbs down, middle fingers up, sad shaking of heads, calls out windows, "All lives matter!"

Several representatives of UUCSB have been on the Elm Street bridge every Wednesday from 5-6pm with flags, signs and friendly waves to show our belief in the inherent worth and dignity of every human being. We have been joined several times by representatives of SURJ Biddeford (Showing up for Racial Justice). And that is what we are doing when we stand there, in the humid heat or in the summer rain—we are showing up. While on the bridge we've had many conversations about how to expand our support, but have come to no consensus. Maybe a book study about systemic racism? Hosting a community conversation? Come to the bridge or to a FiAT meeting to join the discussion.

Consider bringing your body to the bridge on a Wednesday evening. Park on either side of the bridge on the Saco end. Contact Sonja Gerken FMI.



Supporting WIONN

This summer several church members have been very involved in supportive friendships with local immigrant families with WIONN (Welcome Immigrants Our New Neighbors). Thanks to Donna Beveridge, Odette Dansereau, Sonja Gerken, Matt Gerken, Betsey Pace, Donna Ravn, Dorinne Spirito, Carl Spirito, Pat Snyder, Randa Thomas, and Mark Young for giving of their time, talents and treasure to welcome these neighbors! There's always more to do. Contact Randa Thomas or Sonja Gerken if you want to know more.

WIONN will be supporting us in a small way, too! They will be purchasing Hannaford gift cards from us and 1st Parish Church in Kennebunk, so that we can earn a little extra. We appreciate the relationship we have with this wonderful organization.

Flower Bouquet News



"Tour the Gardens; Pick a Bouquet!"

Pat S. and Odette D. were the lucky recipients of last year's auction item donated by Anne Cyr. On July 21st they toured Anne's magnificent garden as Anne picked a bucket of flowers. While Pat and Odette made their bouquets, Anne treated them to blueberry muffins and herbal tea. Their response? "What a delightful, perfect morning! Thank you, Anne!"



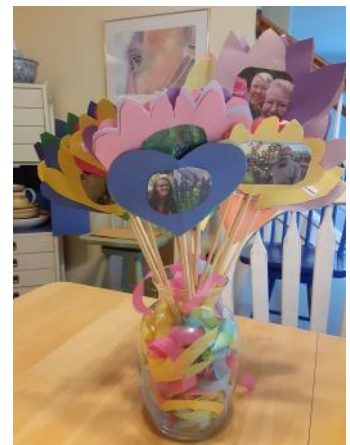
"Photo Flower Bouquet" for Special Church folks

The message read: "Instead of flowers, let's give Pat and Cathy a photo flower bouquet". And that's what we did. Many of you sent photos and messages, and loving hands created colorful paper flowers on stems, attached a photo to the center of each flower, and added a message on the back of each. The bouquet was placed in a vase filled with colorful paper streamers.

Their response?

Thank you for the work and effort put into my 'bouquet'. I did enjoy seeing the photos and reading the notes from people I haven't seen in some time. Please tell everyone we both appreciate the love, thoughts, and good wishes.

Love and hugs, Pat



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 8/26/2020 are as follows:

Checking	\$3,931.08
Accounts Payable	\$0.00
Moulton Trust	\$1,088.55
Restricted Savings	\$40,631.29
Saco/Bidd Investments	\$150,209.00



Any questions, just call.
Sincerely, Ron Hiser

CLYNK

Help UUCS by returning your bottles and cans through the CLYNK service at Hannaford. Please remember that Market Basket labeled bottles and cans are not accepted by CLYNK.

During this time of physical distancing, Sonja Gerken is happy to deliver Clynk bottle bags (to support UUCSB) to your door. Just email her at s55gerken@gmail.com.



A big shoutout to Ron Hiser!!

Thank you, Ron, for donating to the church, money raised from the sale of furniture left behind after your move.

The church benefits from your generosity.

We thank you!

— Pat Snyder

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.



Get your cards from
Ellie Lockwood

You may contact Ellie Lockwood at leanor.lockwood@twc.com to arrange purchase of Hannaford cards.



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.

Please read the Conflict Brochure developed by this committee and follow the Conflict Resolution Pathway that applies to your situation. When needed, the CoM will assist in developing a mediation plan for all involved parties.

Keep in mind that the CoM doesn't handle anonymous input. Be assured that information communicated will be handled with appropriate confidentiality.

Website

Visit our website at

www.uuchurchsacobiddeford.com.

If you would like to add or correct something, please let me know. Please be specific with corrections as we have over 75 pages on our site. Added content for areas that have not yet been developed will be gratefully accepted. Thank you to those folks who have provided content and updates.

- Brian Dustin, Webmaster

Don't forget to support our Little Free Pantry on our front lawn.

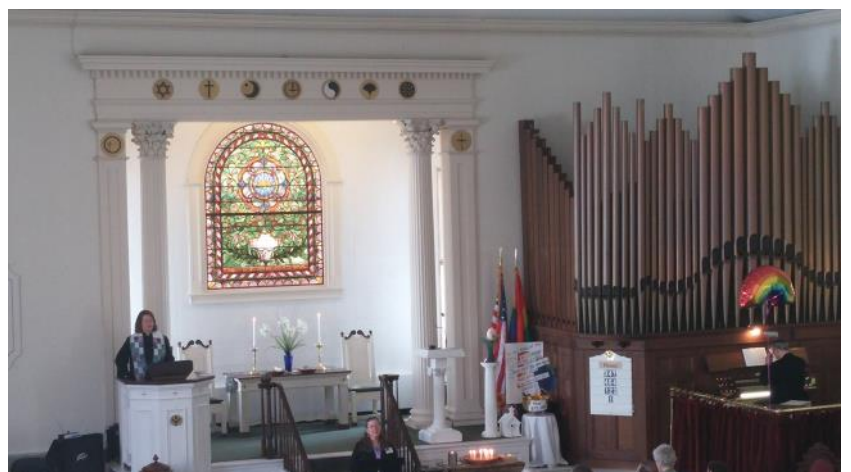
Bring what you want; take what you need.



Video Surveillance System

A video surveillance system records activity around the exterior of the church. The system is strictly used to review activities in case of an incident such as a robbery or vandalism. There is no ongoing monitoring of activities. The recorded videos will only be reviewed after a problem has been detected.

The UUCSB policy statement is posted on the church bulletin board.



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 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