

The Messenger

October
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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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 October theme is **Disruption**.

October 4th – Blessing of the Animals
– The Feast of St. Francis of Assisi

St Francis, who was born in the 12th century, is the Catholic Church's patron saint of animals and the environment. Bring your beloved pets onto Zoom with you for a special blessing! You can also bring pictures and mementos of pets you have lost and we'll do a special memorial blessing for all of the animals that have touched our hearts. And in keeping with our theme of Disruption, we'll be learning about how St. Francis and his sister, St. Claire, challenged the most important foundations and assumptions of their society.

October 11th – The Great Law of Peace
– Honoring Indigenous Peoples' Day

October 18th – Hosted by the SUUC Youth

October 25th – The Suspense of Faith

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

Shay's Musings



October Theme ~ Disruption

"In times of widespread chaos and confusion, it has been the duty of more advanced human beings-- artists, scientists, clowns and philosophers--to create order. In times such as ours, however, when there is too much order, too much management, too much programming and control, it becomes the duty of superior [people] to fling their favorite monkey wrenches into the machinery. To relieve the repression of the human spirit, they must sow doubt and disruption." ~ **Tom Robbins from *Even Cowgirls Get the Blues***

For the past fifteen years, I have struggled with anxiety. It has gotten so bad a few times that I have even ended up in the emergency room because of panic attacks. Over the years, I have tried a variety of therapies and medications, spiritual practices and physical activity, and have found a combination of these things that helps me live a pretty stable life these days. Looking closely at some of the approaches that work for me, they can seem pretty contradictory, but they all have one thing in common – they disrupt my body's and mind's internal processes of worry, fear, and anxiety.

Disruption – a disturbance causing an interruption of an event or activity. Cognitive-based therapies teach me how to disrupt negative thoughts and replace them with more helpful ones; mindfulness meditation teaches me how to disrupt my habit of dwelling on negative thoughts and letting them just move on through me; EMDR, a type of therapy based on eye-movement, actually helps rewire my brain in order to disrupt the emotions associated with traumatic memories and thoughts; the medication I take is an SSRI, a type of anti-depressant that increase levels of serotonin in the brain by preventing (disrupting) the reuptake of serotonin by nerves.

All of this is to say, change is hard and therefore, disruption has become a bad word, something we try to prevent, something we try to avoid at all costs. But sometimes, disruption is the very *key* to living a better, healthier life. And sometimes, it's the only way to get out of a stuck place, a place we don't want to be, a place that is unhealthy and unsustainable. Sometimes, we have to help the inevitable change along, not just a little, but a lot, by disturbing the status quo and interrupting the normal flow of things. Sometimes, that's exactly what we have to do in order to relieve the repression of the human spirit.

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

Opportunities for Connection

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.

<https://us02web.zoom.us/j/83734173380>

Meeting ID: 837 3417 3380

Call In: (646) 876-9923

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. Here is the zoom link for our Sunday services and Coffee Hour:

<https://us02web.zoom.us/j/2399631729>

Meeting ID: 239 963 1729

Call In: (646) 876-9923

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 aspect of this season of our lives and include: **our** visions of aging, living our unlived 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.

<https://us02web.zoom.us/j/84624720782>

Meeting ID: 846 2472 0782

Call In: (646) 876-9923

UUCSB Board of Trustees

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

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.

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

Our Sister Church

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

Music Notes

*from Choir
Director, Ellie Rolnick*



The 'Bi-Choir' is here! Member of the UUCSB and SUUC choirs have joined their voices together to sing in a virtual format this year.

We had our first rehearsal on 9/20, the day I'm writing this. We had some technical glitches, including a limited 40 minutes to be together which turned into 25 minutes while people found the working zoom link! Alas, small problems in our current world and things that can be fixed easily for our next rehearsal.

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.

The Fall Schedule – all rehearsals are at 11:30 a.m. Zoom links will be sent to all those on my choir list.

September 20, 27

October 4, 11, 18

November 1, 8, 15

December 6, 13

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

For more information, use the email in the church directory or contact UUCSB.

A Note of Gratitude

Mark and I wish to express our deep gratitude for all of the cards and expressions of love and concern we've received over the passing of his father, RADM Harold Young on September 1.

You have truly touched our hearts during a difficult time.

— Mark and Susan Young

Little Free Pantry

Hi Folks! The Pantry is in need of a little help. It is a huge success! A great way for us to serve our community. Everyone is welcome to donate to the Pantry. It's easy. Just stop by and put non perishable food in the box!

If you happen to pass by and see anything on the ground below the Pantry, will you please help by disposing of it? Some people are leaving unusable junk there. Thanks!

—Pat Snyder

Privileged

This is something I have come to an understanding about myself only recently. I was born white and middle-class, and that alone gave me a boost in life. I was sharing with my sister this weekend how I had joined the Black Lives Matter group at the Saco-Biddeford bridge last Wednesday for the first time, and what a joyous experience that was. That surprised her. She said that she'd never heard me do anything political like that before. And I replied that to me it didn't feel political, it felt human. "Standing with the side of love," like the t-shirt says.

I want to thank Rev. Shay for her most heartfelt sermon on Ruth Bader Ginsberg last Sunday. The need for us to keep finding the energy to rise back up has never been more urgent. And Shay provides us with many opportunities to find that equanimity.

The Tuesday morning course *The Soul of Aging* is a two hour "drop in" Zoom class that both soothes my soul and energizes me. Shay mixes it up with short videos, essays, and poetry, along with breaks to write, reflect, share, and MOVE the body.

Thursday evenings, Shay offers a half hour Weekly Vespers Service, where candlelight, meditation, readings, and uplifting music come together to provide another source of calm and strength.

So I urge you to dive in. If you have stepped back, if all the changes and trauma of this past year have caused you to retreat, I say to you come back, and dive in (or just stick in a toe). Your community needs you. I need you. You are missed.

- Anne Cyr



The Caring Connection

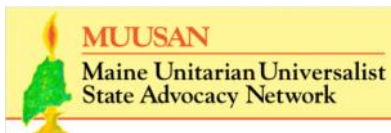
The Caring Connection team meets monthly - this month we gathered at Marilyn's deck overlooking Bonny Eagle Pond. Lovely! Thank you, Marilyn.

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 of a 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.

Just a reminder – the church has resources to help with issues or concerns around dealing with grief. Please contact Brian in the office if you are interested in receiving one of these pamphlets.

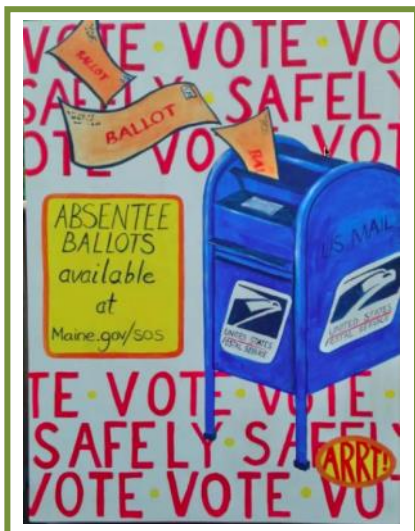
Your Caring Connection Team: *Anne Cyr, Margaret Merrill, Marilyn Stoesser-Casad, Pat Snyder*





Voter Registration

- COVID-19 impact on voter registration drives
- Challenges to registering (restricted town office hours, printing)
- Local League chapter registration efforts
- lwwme.org/VoteInMaine



Faith in Action Team: UUCSB's Social Justice Center

Call To Action! Don't Wait!

There is no question that the 2020 election is the most important of our lifetime. The future of the issues and people we care about will be affected by the outcome and that outcome will depend on voter turnout.

Join MUUSAN, UU the Vote, the Poor People's Campaign, the League of Women Voters and many other faith and civic organizations to get out the vote this month. "Shifting the electorate will require a mass wave of political participation. We know that the votes of poor and low income people can fundamentally shift the electorate and their voices and political power will ultimately shape the policies of our nation.

(www.poorpeoplescampaign.org)

Pledge to contact at least 10 people that you know and ask if they plan to vote.

Find out if they're registered.

Ask if they know how and where to vote.

Help them find answers. Vote411.org has answers to voter questions in any state.

Get their promise that they will vote.

Have courageous conversations about disinformation and about the value of an individual's vote.

Be a poll worker. Contact your town office to volunteer.

Be inspired by our UU principles in all that you do.

1. Honor the inherent worth and dignity of every person.
2. Practice justice, equity, and compassion in human relations.
3. Accept one another and encourage spiritual growth.
4. Support the freedom to search for what is true and right in life.
5. Ensure all have a vote about matters that concern them.
6. Work for a peaceful, fair, and free world.
7. Care for planet Earth, the home we share with all living things.

Alphabet Soup - October Calendar of Events

During this time when the church is closed, Alphabet Soup meets virtually.

For more information contact Tom Muise at tmansmk49@gmail.com

Theme: ZOOM TALK

Thursdays – 7:00 – 9:00 PM – Location: ZOOM

We meet on ZOOM every Thursday Evening from 7 to 9 PM. Please come out and socialize with us, our group is a group of all. We sit and chat about anything that comes up for discussion, or we just sit and talk. No agenda at all.

To join in, open ZOOM and ask to join a meeting. Use the meeting ID #88918168615

Leader: Tom **Admission:** FREE

Special Board Game Night

Thursday, October 8th, 2020 – 7:00 – 9:00 pm

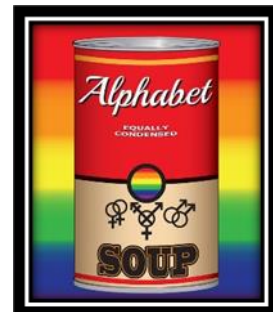
Brian will be lead us in an evening with games on ZOOM.

After you log onto ZOOM, Brian will let us know what we will be playing.

Please invite your friends to join in. It will be lots of fun.

We will continue with ZOOM meetings so invite folks to join us.

Look forward in seeing everyone....



Good Stuff Sale!

We're sure everybody must have some good stuff around the house that they would be willing to donate to the church to be sold. While you're cleaning out that attic or basement, or just sprucing up, downsizing or moving, Pat Snyder has agreed to take on the sale of your donations of good stuff with proceeds supporting our church. This is an easy, contact free way to help raise money toward the fundraising needs of the church this year. Please contact Pat Snyder if you have any items that you think might be appropriate.

Giving Life the Shape of Justice

Our brand new UUCSB T-shirts have arrived!! Our FIAT took orders for 25 shirts this spring and now we can proudly wear them while out in the community and at church events! A huge thank you to those of you who donated beyond the purchase price of \$10.25 per shirt. We will use the extra money to purchase shirts for those finding finances tight. If you missed this first order email/text Sonja at s55gerken@gmail.com to be included in a future printing. If you purchased a shirt and have yet to pay, please drop off or send a check made out to UUCSB (memo- T-shirt) to: Sonja Gerken, 38 Weymouth St., Saco, ME 04072.

FIAT thanks you for supporting this effort.



Welcome Immigrants, Our New Neighbors

Last summer under the guidance of WIONN (Welcome Immigrants Our New Neighbors), a group of us here at UUCSB and beyond, volunteered to become friends and mentors for 2 new families who settled in Saco. These families were part of the 350+ people who had taken shelter at the Portland Expo in the spring and summer of 2019.

After living in temporary housing, thanks to a very generous gentleman who had room to spare & share, one family has moved into permanent housing. While we have provided lots of assistance in many ways over the last year, they are thriving due their own perseverance and determination.

For instance, mom Marie would regularly walk around downtown Saco looking for apartment rental signs. Without a car, she and her 3 girls would need to be within walking distance of schools. She found a sign, spoke with a tenant who gave her the landlord's name and number. She called him, he showed her the apartment the very next day and he gave her the key on the spot! This landlord is another example of a very trusting and generous man! He takes pride in his properties and they are very happy in their well cared for home.

Their move was also made possible by many of YOU who donated household goods and money to cover the first month's rent and the security deposit. Our team (Randa T., Odette D., Deborah M., Cheryl M. and Matt & Sonja G.) was (and continues to be) so amazed by your support! So many of you have said, "Tell us what they need- we want to help." And you meant it! Some of you have even committed to monthly donations to WIONN. We thank you. UUSCB actually donated more money than Marie needed so we are building a small nest egg for housing expenses for our second Mom & her toddler who are hoping to find a 1 bedroom apartment in Saco or Biddeford. Do you know of one? Please contact one of us.

Our team is grateful to all of you and to the Saco tax payers for the financial assistance provided to immigrants and others in need.

Below is a thank letter from Marie and her family to YOU!

Hi, my name is Marie,

I came to Maine in August 2019, and I didn't know anyone around, it was just me and my 3 kids. Then God sent angels in our lives, people with hearts full of compassion and love.

The most touching thing is: they don't know us, not a clue of our background but they trusted us on our words and let us into their homes and lives.

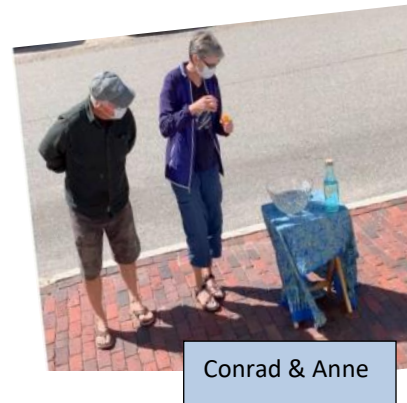
I will never stop thanking all of you, who reached their hand and heart towards us to help, support and assist us.

We've been provided with food, clothing and a shelter (home).

To those who always raise up the money for us may God bless and pay you back in an unexpected way. I and my family say thank you.



Our Creative Gathering of the Waters a Sacred Ritual



Our UUA president, Rev. Susan Frederick-Gray, explains the importance of this ritual:

Rituals, particularly over time, come to have deep meaning embodied in memory and anticipation. The lighting of a chalice, or the reading of a covenant, alert our senses and communicate intrinsically that this is a sacred time. Rituals help us mark time and make meaning of our lives. This year, all of our rituals, all of these beginnings, will necessarily be different. And they are ever more important. Rituals offer containers for us to bring our hopes, grief, anger and our longings. They remind us that we are not alone in our experience and invite us into deeper compassion and care for each other.



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 9/23/2020 are as follows:

Checking	\$7,763.51
Accounts Payable	\$0.00
Moulton Trust	\$1,088.55
Restricted Savings	\$40,635.53
Saco/Bidd Investments	\$144,202.82

Any questions, just call.
Sincerely, Ron Hiser



Please Pay Your Pledge

Dear Members and Friends,

It has come to our attention that our pledge receipts are down by \$1500. In these very strange times it is quite easy to overlook things but we urge you to take a moment to see if, indeed, you might have fallen behind and be so kind as to catch up a bit.

I know we all love our church congregation and are suffering from the lack of that support.

Thank you for your help in this.

— Jean Horton (for the Finance Committee)

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.

You may contact Ellie Lockwood at to arrange purchase of Hannaford card at:
eleonor.lockwood@twc.com



Get your cards
from
Ellie Lockwood

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.





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.

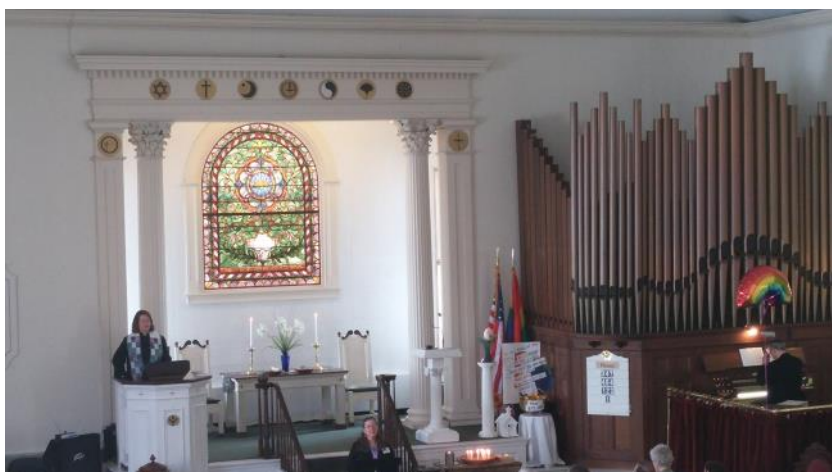
Bring what you want; take what you need.



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