

# The Messenger

January  
2021

Unitarian Universalist Church  
of Saco & Biddeford

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

Reverend Shay MacKay



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## Our Sister Church

Visit the website of our sister  
church in Sanford at  
[www.sanforduuchurch.org](http://www.sanforduuchurch.org)

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

## Worship for January

Sundays at 10:00 a.m. on Zoom

**January 3rd – Forward and Backward with Love: A Janus  
Service with Rev. Charles Grindle**

**A short message from Rev. Charlie** - Greetings dear ones, I hope a happy holiday was had by all. It's time for our Janus service, and I wanted to offer you who will be with us a suggestion of things to have on hand. I would suggest a pad of paper, a pencil, and a piece of your favorite fruit. I hope many of you will be able to join our soloist, Niki Norman, and myself for this service of thought and hope. Blessings, Rev. Charlie

**January 10<sup>th</sup> – What is Magic? – Rev. Shay MacKay**

**January 17<sup>th</sup> – A Closer Look at the Magical Martin Luther  
King, Jr. – Rev. Shay MacKay**

**January 24<sup>th</sup> – Deep Calls Unto Deep: The Magically  
Transformative Experience of Mysticism – Rev. Shay  
MacKay**

**January 31<sup>st</sup> – Faith in Action Sunday with Rev. Shay MacKay**

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

## Shay's Musings



### January Theme ~ Magic

*And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it. ~ Roald Dahl*

A couple of years ago, I was fortunate enough to be able to visit Hawaii with my family. On a morning outing to see Waimea Falls, as we walked through the park, an older Hawaiian woman called us over to a small table sitting in the shade of a pop-up tent. Laid on the table before her were various items native to the local culture. She saw me looking at a small flute and picked it up, telling me that it was, “a Hawaiian nose flute.”

I had never heard of such a thing – playing a musical instrument with your nose!?! My surprise must have shown on my face, for she lifted the flute to her face and played a short tune for us.

“Do you know why we play the flute with our noses?” she asked me.

“Our mouths talk. Out of them come all sorts of meanness and nasties, sometimes without even thinking, and then they can’t be taken back. They settle, here, in the heart, hurting, an open wound, forever out there, hurting.”

“With the pureness of our breath,” she continued, “we can soothe, heal, create beauty and put it out into the world.”

I asked, “Can you play and sing at the same time?”

With a great laugh she said, “I’ll try!”

And she tried. And she did play and chant at once, clumsily, beautifully, as we all laughed in joy.

Then she smiled brilliantly and said, “Anything is possible!” and handed me a small woven frond square that sat perfectly in the palm of my hand.

“This is a possibility ball. To remind you anything is possible!”

I thought of an argument I had had that morning.

I thought of the possibility of letting go of words, inadequate and troublesome; the possibility of magically breathing out pureness and truth, apology, compassion, understanding, forgiveness.

I thought of the possibility of breathing in - deeply - peace, light, connection... and breathing out a song of love.

I thought of magic and mystery, of embracing both and laughing with glee, proclaiming, “I’ll try!” when life says, “Anything is possible!”

*“Those who don't believe in magic will never find it.”*

I’d like to be one of the people who believes in magic; who believes anything is possible.



## OPPORTUNITIES FOR CONNECTION

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

<https://us02web.zoom.us/j/81893512813>

Meeting ID: 818 9351 2813

Call In: (646) 876-9923

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

<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,

<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

### 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

### Rev. Shay's 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.

Email: [revshaymackay@gmail.com](mailto:revshaymackay@gmail.com)

Phone and Text: (207) 518-8059

### 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.

## REFLECTIONS FROM THE BOARD OF TRUSTEES



Our December Board of Trustees meeting was positive and hopeful. We briefly discussed the option of opening our church for services, but the pandemic continues to make it impossible to be together for worship and community. We will re-visit this issue in March. Soon, soon, we will share our smiles with our whole faces, not just our eyes!

One of the many things the pandemic has brought to light is our growing dependence on many forms of reliable and safe communication. To that end, we will be developing a “Task Force for Communication”, and are hoping there are a few folks who may be interested in joining this group. Stay tuned for how you can join.

To celebrate all the holidays as well as the turning of the year, the Board of Trustees has created a gift to all friends and members in the form of a “Hope Tree.” Starting on the Solstice and continuing through Christmas Eve, there will be beautiful words of hope hanging from the tree in front of our church. Please stop by at your convenience to choose your gift.

I missed our Holiday Fair very much this year. I longed for delicious soup and treats from the bake table and always loved wandering through Granny’s Attic. Our Church finances missed the influx of funds. As a way to make up for some of that loss, the Board of Trustees has created a Year-End Appeal in the form of a *Faux Fair Fundraiser*. This Faux Fair won’t bring back the wonderful smells, goodies, fun and even the hard work we all missed, but perhaps your donation will warm you in a different way!

Your Board of Trustees is learning to lead, to follow, to create, to listen and to support each other in the work of our Church. We don’t have a president, but you can contact any one of us if you have questions or concerns.

Merry Christmas. Joyous Solstice. Happy New Year.

— Anne Wilkinson



## Music Notes

*from Choir*  
Director, Ellie Rolnick



The 'Bi-Choir' has wrapped up the 'fall season' with our offerings for Christmas Eve. During our rehearsal one of our members took a screen shot to say hello to one of the members who couldn't be with us. It has been a wonderful journey as members of the UUCSB and SUUC choirs have joined their voices together to sing in a virtual format this year.

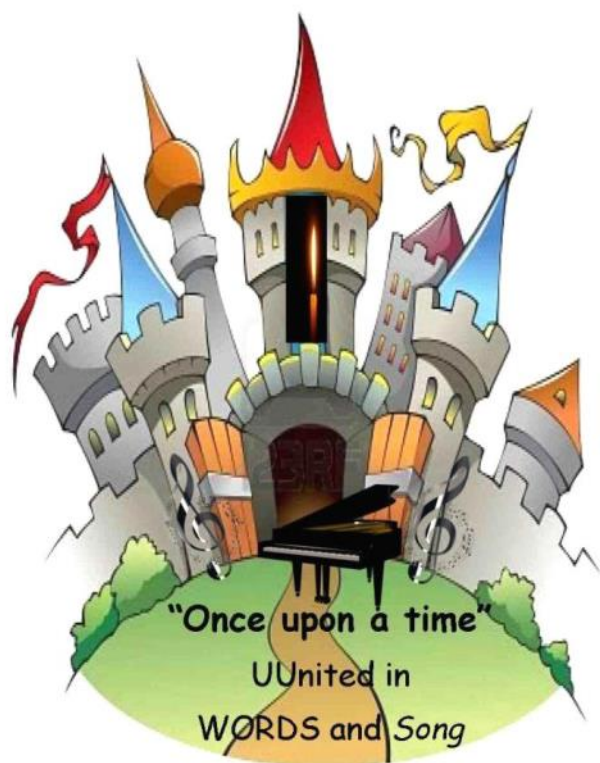


We will take a few weeks off and resume in mid-January. Thinking of joining us? All are welcome who love to sing or who want to be involved with our Music Ministry.

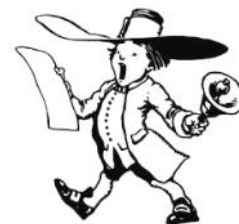
The choir typically meets virtually after church via Zoom 3 Sundays every month. Our focus is:

- deepening out 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

For more information, please contact me via my email in the church directory or send an email to the church and Brian will forward it to me.



**Hear Ye! Hear Ye!**  
**All ye good citizens**  
**of our kingdom!**  
**Hold the date!**



The UU Church of Saco & Biddeford and the Sanford UU Church are **UUniting** to offer a virtual candlelight concert featuring talented performers of both churches. Their words and songs will be woven in and around a story about

**Living in a Time of Change.**

The MC of this special concert will be Rev. Shay MacKay.

**When?** Saturday, January 16, 2021

**Time?** 7:00 p.m. - 9:00 p.m.

**Where?** Online link available in January

**Cost?** Join us in community - all are welcome! Pay as you wish and are able.

Donations accepted through PayPal and check.

We would love to have you and your family and friends join us virtually. Look for more information in January at <http://www.uuchurchsacobiddeford.com/> and <http://www.sanforduuchurch.org/> For questions, please feel free to contact us directly for more information at [info@sanforduuchurch.org](mailto:info@sanforduuchurch.org)



## Holiday Cheer was brought to 2 local families thanks to YOU!

As soon as the Board of Trustees made the decision to “adopt” 2 families for Christmas 2020, the gifts came rolling in. Twenty-one families, both members *and* friends, generously donated to this community project.

One family was chosen for us by WIONN (Welcome Immigrants Our New Neighbors) and consisted of Mom and 3 children, ages 11 to 16 years, living in Biddeford. The other family, living in Saco, was chosen for us by the social worker, guidance counselor and ELL teacher at Fairfield School which is right behind our church. This family included Mom, Dad and 5 children, ages 2 months to 20 years old.

As of Dec. 21<sup>st</sup> this is what you had given:

\$300 in grocery gift cards, \$300 in department store gift cards, TA & BHS hooded sweat-shirts for 4 students, afghans, hats, gloves, hand knit scarves, queen sized comforter, games, toys, books, puzzles, play dough, shampoo, candles, adult coloring books, colored pencils, baby clothes and diapers.

\$325 in cash was used to buy:

\$100 gas card at Bob & Mike's in Saco, \$50 Reny's card, \$100 Market Basket card, additional hats, gloves and socks so that each family member received them.

A “family” bag was given to each family which contained gently used games, small rag rugs, cocoa mix, candy canes, cookies and a box of chocolates.

Thank you *all* for supporting this BoT effort to give back to our community! We all pulled together a wonderful holiday surprise for these 2 families!

Sincerely,

Your BoT -- Anne Cyr, Mike Dolan, Sonja Gerken, Ron Hiser, Laurie Sivonen,  
Pat Snyder, Anne Wilkinson and Susan Young



## The Caring Connection

The Caring Connection gathers monthly on Zoom to keep tabs on the cares and concerns in our community. December was a full month in many ways. There was sickness and loss followed by an outpouring of support and kindness beyond all expectations.

Many thanks to Anne Dobson and Jane Perkins for spearheading the assembling of over a dozen Holiday Bags of goodies that were delivered to members and friends in need of some extra cheer. Sonja Gerken coordinated, collected, wrapped, and delivered dozens of gifts for the two immigrant families our church "adopted" for the holidays. Many of you contributed generously to these two endeavors. As usual, caring efforts are spread throughout this church community. Thank you for all that you do!

Now, the longest night of the year has passed and the daylight hours are growing. And yet the coldest months lie ahead, months where we still cannot get together with one another safely. Please do not hesitate 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 in our church family. Even in the course of this pandemic we can make phone calls, send cards, Zoom, visit outside at a distance, and deliver treats and meals in order to care for our church community.

The caring connection team: *Anne Cyr, Margaret Merrill, Pat Snyder, Marilyn Stoesser-Casad*



## Side with Love for BLM

Saturdays noon-1pm

On the Rt 1 (Elm St) Bridge

Between Saco & Biddeford

Park on Lincoln St past Bob's Auto



FiAT invites you to join fellow congregants and friends in a social action every Saturday from Noon to 1pm to Side With Love for Black Lives Matters. Make your values visible and show BIPOC (black, indigenous and people of color) that we side with them in dismantling over 400 years of white supremacy.

Yes, you'll see the rude gestures, hear the words "All lives matter" but more importantly see the smiles and hear the honking horns of those who believe now is the time to change. Dress warmly, bring a sign, a friend or just yourself- you will not regret it!

## Share the Plate

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.

Each month a designated charity receives 1/2 of the money collected. 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.

## January's Share the Plate: Habitat for Humanity

Habitat for Humanity is a nonprofit organization that helps families build and improve places to call home. Habitat believes affordable housing plays a critical role in strong and stable communities. Please give generously.



## Your Help Needed

Please help us to identify organizations that could benefit from our financial help through Share the Plate. While many organizations are in need of donations, giving to local places that support our community is probably the best use of our limited financial help.

If you wish to nominate a nonprofit organization please send your suggestion and a short paragraph explaining the Organization's goals to Jeannine at: [jwilso118@gmail.com](mailto:jwilso118@gmail.com).

## Find the Book You Want!

A month or so past Jean Horton and Anne Dobson spent several masked, socially distanced sessions gathering and reviewing all our children's Sunday School books. They tidied, they wiped off sticky fingerprints, they taped up broken bindings! They then put the books in categories by rough age groups and topics. After scrubbing out book shelves in the "RE Room" the books were placed on the shelves in categories. The label madwoman, Jane Perkins, came in with her label maker. Do you need a child's or young person's book connected with nature, religion, living well with family and friends?? Those books are now easy to locate.



## Donate your "Good Stuff" to UUCSB

Everyone must have some good stuff around the house that they would be willing to donate to the church to be sold. Good things are happening with these Good Stuff sales! We are steadily bringing in money and selling some really cool things. I just listed a massage chair, a portable crib, and two wall mirrors, just to give you an idea. Small appliances also sell well. Send me an email at: [c.islandgal@yahoo.com](mailto:c.islandgal@yahoo.com) if you have something to contribute.

— Pat Snyder



## 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 12/21/2020 are as follows:

Checking	\$2,189.84
Accounts Payable	\$0-
Moulton Trust	\$1,089.93
Restricted Savings	\$44,648.37
Saco/Bidd Investments	\$156,729.05

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](mailto:s55gerken@gmail.com).



## 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](mailto:eleonor.lockwood@twc.com)



Get your cards from  
Ellie Lockwood



## 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](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

### Church Administrator

Brian Dustin is currently working from home. His hours are Monday, Wednesday, and Thursday 8 to 11 am.

[207/282-0062](tel:2072820062) or [207/632-4512](tel:2076324512)

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

**Don't forget to support our Little Free Pantry on our front lawn.  
Bring what you want; take what you need.**

The pantry is very popular but we have discovered that canned and bottled foods will freeze and burst. So, we are asking that you do not put glass or canned goods in the Pantry until we are into Spring weather. If you see any cans or bottles in the Pantry, please help us out by removing them. We hope that you will continue to supply the Pantry with boxed and packaged goods as the food is definitely needed. Thanks!

— Pat Snyder



## 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**