

# The Messenger

March  
2021

Unitarian Universalist Church  
of Saco & Biddeford

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

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## Worship for March

Sundays at 10:00 a.m. on Zoom

**March 7<sup>th</sup> – Loved Into Being: A Stewardship Worship Service  
offered by the UUA**

Faith in Unitarian Universalism isn't just an intellectual exercise: it's "heart" work. This full-length worship experience features a sermon by UUA President Rev. Susan Frederick-Gray, as well as vibrant music, storytelling, and other worship elements that will help us to grow in spirit, in courage, and in generosity. Join us for this Stewardship Adventure.

**March 14<sup>th</sup> – What is Lent? with Rev. Shay**

**March 21<sup>st</sup> – Spring Equinox: An All Ages Service with  
Rev. Shay**

**March 28<sup>th</sup> – Palm Sunday: Reflections on Sacrifice with  
Rev. Shay**

Join Zoom Meetings at <https://zoom.us/j/2399631729>

Meeting ID: 239 963 1729    Phone: 646-876-9923

## Our Sister Church

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

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

## Shay's Musings



### March Theme ~ Sacrifice

The important thing is to be able at any moment to sacrifice what you are for what you can become. ~  
from *Charles Dubois, Spiritual Divorce* by Debbie Ford

It's that time of year again, when you are asked to dig deep and renew your pledge of financial support to the work of the church. As we reach the one year mark of on-line worship services (our first Zoom Sunday was March 22<sup>nd</sup>, 2020), we have learned much about how to be a community during difficult and strange times – most especially, how to continue to support one another as our needs and available resources constantly change.

We have learned, for sure, how to make sacrifices.

Sacrifice: the act of giving up something that you want to keep especially in order to get something else or to help someone, often as an act of faith.

It can seem hard to continue being generous with our money and ourselves when outcomes are so uncertain. We have no idea what will be in our individual and communal lives. There is no guarantee that things will ever go back to “normal”, and so it may seem prudent to hang on to whatever resources we still have, just in case.

But the thing is, even though it may feel like it sometimes, life hasn't stopped; the world has not stopped turning and there are still people in great need. Our faith is calling us, more than ever, to *act* on our principles and convictions; to find new ways of being in the world that support justice work and liberation for all.

And, just as importantly, we continue to need each other and this community to keep us strong and grounded.

So this month, as we talk about money, and what it means to give up things we would really rather hang on to, let us keep open minds and generous hearts, trusting that what we do for one, we do for all.

### Music Notes from Choir Director, Ellie Rolnick



The 'Bi-Choir' continues our 'winter season'. Do you love to sing? All are welcome who love to sing or who want to be involved with our Music Ministry.

We rehearse on Sunday mornings at 11:30. Upcoming rehearsals are: March 7, 14 and 21. We are preparing music for March and April.

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.

## 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



I am pumped! March is here- the days are feeling longer, the higher-in-the-sky sun is melting the snow and many of us are getting closer to receiving Covid vaccinations.

As a congregation, we have some exciting events coming this month. This year the Pledge Drive will be conducted by your Board of Trustees. We are working on some innovative plans to make the campaign successful despite not being able to canvass in person nor celebrate the generosity of all of you as a community. Be on the lookout for more information.

Rev. Shay has been working with the UUA and regional staff as they plan a program for the BoT this month. This workshop will include the Board of Management from the Sanford UU Church and will focus on our partnership and financial stability.

Despite the building being closed we have had many opportunities to stay connected. At Sunday zoom services, Rev. Shay creatively plans and provides a safe place to gather, sing, share joys & concerns and ponder commitments to our 7 Principles. You are invited to stay after church to chat in small groups. If you are missing singing you are welcome to join the choir which practices via zoom at 11:30am on most Sundays. Coming to church, coffee hour, and choir are opportunities to get to know our UU sister community from the Sanford UU Church. But, there's more!

On Tuesdays @ 10:00am the Soul of Aging discussion group meets with Rev. Shay. You may join at any time. On Wednesdays eat your supper from the comfort of your home *and* enjoy casual conversation at the 5-6:00pm Brown Bag Suppers with Rev. Shay. Thursday evening Vesper Services are a balm for the weary soul. Come sit quietly and rest in the music and words of Rev. Shay and others. If faith in action is calling you, join fellow congregants as they *Side With Love* for BLM every Saturday at noon on the Rt. 1 Elm St bridge between Saco & Biddeford. Check the website or this Messenger for zoom links and more details about these activities.

Thanks to your contributions to the Capitol Campaign from a few years ago, building repairs were done in 2019-20. The Parish Hall is on solid ground again and is level! The cracked plaster walls on the east side have been sheet rocked and painted and the results look great. The skirting on the exterior of the Parish Hall will be finished this spring. Any C.C. monies remaining will be put toward refurbishing Sanctuary windows.

The BoT is also grateful for the Monday Morning worker bees (Anne Dobson, Jane Perkins. and Betsey Pace) as they continue to clean, paint, declutter and reorganize! Pat S. is keeping a rotating closet of puzzles and books for you to borrow and Ellie Lockwood is there from 9-9:30am selling Hannaford cards. If you use them 5% of your purchases go directly to our general fund.

On behalf of the BoT, we thank you for your participation in keeping our beloved community thriving.

Sincerely,

*Sonja Gerken*

## 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.

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).

## March Share the Plate: UUSC Disaster Relief Fund

*The UUA Disaster Relief Fund is part of a covenant—a covenant between the UUA and congregations, between congregations who give generously and those in need, and with our community partners. Through aiding our congregations, their members and their community partners, we are able to embody our faith and values.*

[www.uua.org/giving/areas-support/funds/disaster-response](http://www.uua.org/giving/areas-support/funds/disaster-response)

## Caring Connection

The Caring Connection gathers monthly on Zoom to keep tabs on the cares and concerns in our community. We also hear of kindnesses bestowed by many of you to those in our church family whom we have not been seeing at our Zoom gatherings and may be feeling especially anxious or cut off. Thank you for all that you do!

Lending a hand, however you can, is a great way to raise your own spirits. Getting through the last few weeks of winter can be tough for many reasons and is the perfect time to focus on self-care. Besides reaching out to others, some instant boosts include: 70+ percent dark chocolate (one ounce/day - it's fine, really! so high in antioxidants), 20-30 minutes a day of moderate activity (for those who are chair bound, cruise the internet for YouTube videos on chair yoga and Qi Gong), a new houseplant or two, finding a novel to lose yourself in, and of course, getting a good night's sleep (easier said than done!).

When you do need some support or have concerns for someone else in our church family please do not hesitate to reach out to Rev. Shay or any one of us to let us know of this need. 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, Marilyn Stoesser-Casad, and Pat Snyder.*



## Alphabet Soup - March Calendar of Events

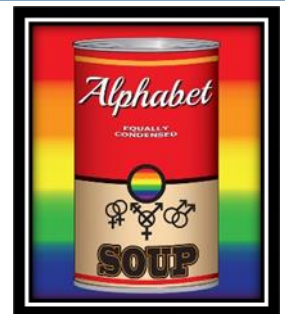
We meet via ZOOM.

For more information contact Tom Muisse at [tmansmk49@gmail.com](mailto:tmansmk49@gmail.com).

### ZOOM Talk

We meet on ZOOM every Thursday Evening from 7 to 9 PM. Please come out and socialize with us. Our group is all inclusive. We sit and chat about anything that comes up for discussion. No agenda. Tom will lead the meeting. To join in, open ZOOM and join using meeting ID #88918168615.

We will continue with our ZOOM meetings so invite folks to join us. Looking forward in seeing everyone....





## Buildings and Grounds News

Do you remember last month's pictures of boxes of craft supplies all neatly labeled and sitting on shelves upstairs in the Youth Room? Anne Dobson and Jane Perkins took boxes of stickers and foam designs and colored paper and other supplies to Jane's house (where there is heat 🔥 unlike the church) and spread them all out on her dining room table. Working in a socially distanced way, they channeled their inner 3rd grade selves and made fabulous Valentine cards for about fifteen of our more shut in members and friends. It was great fun making the cards and word on the street is the cards were much appreciated. 💖



## Capital Campaign Is at It Again!!

If you have been in the Parish Hall recently you will have noticed that 1) the cracked walls have been replaced and 2) preparation is underway to paint the replaced walls in the PH, RE room and Parlor.

When the Capital Campaign ended last June, there were three remaining jobs to do: replace the damaged PH walls, restore the two side windows in the front of the Sanctuary and complete the PH skirting. All of those jobs are planned for. Any remaining Capital Campaign money will be used to restore the Sanctuary windows.

Please direct any questions you have about these projects to Mark Young, Betsey Pace, or Anne Dobson.

## 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!

## 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 2/21/2021 are as follows:

Checking	\$5500.46
Accounts Payable	\$442.72
Moulton Trust	\$1,089.93
Restricted Savings	\$44,656.71
Saco/Bidd Investments	\$160,177.96

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 cards at: [elenor.lockwood@twc.com](mailto:elenor.lockwood@twc.com).



## 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. Send me an email at: [c.islandgal@yahoo.com](mailto:c.islandgal@yahoo.com) if you have something to contribute.

— Pat Snyder





## 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: Niki Norman, 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

### 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**