

The Messenger

April 2021

Unitarian Universalist Church
of Saco & Biddeford

www.uuchurchsacobiddeford.com

Reverend Shay MacKay



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Worship for April

Sundays at 10:00 a.m. on Zoom

**April 4th – Practicing Resurrection:
Easter Sunday with Rev. Shay**

April 11th – Speak Truth to Power with Rev. Shay

**April 18th – Earth Day with Rev. Shay:
Pathways to Healing & Regeneration
A service prepared by the UU Ministry for Earth**

When you imagine pathways to personal, social and ecological healing and regeneration, what do you see? Who is with you on your journey? What transforms and gives way to new beginnings? Who and/or what are you accountable to along the way?

Featuring a sermon by Rev. Yadenée Hailu (she/her), who is an Ethiopian American, black woman based in Tulsa, OK. Her community ministry, black earth, is a love letter to the earth and black people inviting all carbon life to return to rest and right-relationship as its baseline. She believes life's first mandate is to flourish and its second is to heal.

**April 25th – A service led by Patty Kidder from SUUC and
Worship Associates from both churches**

Our Sister Church

Visit the website of our sister
church in Sanford at
www.sanforduuchurch.org

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

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

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

Shay's Musings



April Theme ~ Truth

From NPR Book Reviews: “Writing a one-volume history of the United States is, obviously, a daunting task. There's way too much to pack into one book. Lepore acknowledges that she's not able to cover everything: ‘No one could. Much is missing in these pages.’ She has chosen to look at America through the lens of the promises America has made to itself, and whether we've kept them.”

Following is an excerpt from the epilogue of Jill Lepore's 2018 book *These Truths: A History of the United States*.

Can a people govern themselves by reflection and choice? Hamilton had wanted to know, or are they fated to be ruled, forever, by accident and force, lashed by the violence of each wave of a surging sea?

The ship of state lurched and reeled. Liberals, blown down by the slightest breeze, had neglected to trim the ship's sails, leaving the canvas to flap and tear in a rising wind, the rigging flailing. Huddled below decks, they had failed to plot a course, having lost sight of the horizon and their grasp on any compass. On deck, conservatives had pulled up the ship's planking to make bonfires of rage: they had courted the popular will by demolishing the idea of truth itself, smashing the ship's very mast.

It would fall to a new generation of Americans, reckoning what their forebears had wrought, to fathom the depths of the doom-black sea. If they meant to repair the tattered ship, they would need to fell the most majestic pine in a deer-haunted forest and raise a new mast that could pierce the clouded sky. With sharpened adzes, they would have to hew timbers of cedar and oak into planks, straight and true. They would need to drive home nails with the untiring swing of mighty arms and, with needles held tenderly in nimble fingers stitch new sails out of the rugged canvas of their goodwill. Knowing that heat and sparks and hammers and anvils are not enough, they would have to forge an anchor in the glowing fire of their ideals. And to steer that ship through wind and wave, they would need to learn an ancient and nearly forgotten art: how to navigate by the stars.

“New to UU” Class

Sunday, April 11th from 12:00 p.m. to 2:00 p.m. on Zoom

Are you interested in learning about the history of Unitarian Universalism? Do you want to learn more about Sanford UU and UU of Saco/Biddeford?

If you answered “yes” to any of those questions, the New to UU class is for you, and we'd LOVE to have you join us!

Led by Rev. Shay, this is a time to ask all the questions you may have about Unitarian Universalism and church life. At the end of the class, you'll

be invited to become a new member. You're also welcome to join at any point after the class.

Even better, if you want to vote in either church's Annual Meeting in June, this is your chance! You need to be a member for 30 days before you can become a full voting member.

This is an exciting way to have a say in the life of YOUR church. Current members are also welcome to take this class!

OPPORTUNITIES FOR CONNECTION

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

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

(No brown bag supper on April 28).

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>

(No Vespers on April 29)

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>

(No Soul of Aging on April 27)

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

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



Spring is upon us, and never have I felt the true weight and meaning of the season as I do in 2021.

The natural world, as it always does, is beginning to rise from its winter slumber. Creatures newly awakened from hibernation, and those who were awake through the lean times of the past months, are emerging from their burrows and dens to find a landscape not yet flush with green life, but with the tiny buds and warm afternoons that promise the better times ahead. These warm afternoons still give way to frigid nights, but those grow fewer and shorter as the maples yield their sweet sap.

So too, is the human world awaking from its long hibernation. It has been over a year since we abandoned our favorite restaurants, closed the doors to our churches, cancelled family gatherings, and moved from the warmth of community to an almost fully virtual existence of Zoom meetings and working from home. Now, as the vaccines roll out, we feel that warmth of the spring sun coaxing us from our slumber. We are still not safe, but an end to the crisis is in sight. As with the animal kingdom, the world is not quite ready for us, but the promise is there as the trees bud and the crocuses begin to poke through the barely thawed earth.

As we lurked indoors over the last year, the earth began to heal itself. Air and water pollution decreased by as much as 75% in some places, and fish populations began to grow after decades of decline. The promise of spring is given a greater strength by our time away.

In the last year, we have learned a great deal. We have learned which of us are truly essential to a functioning society, and just how many jobs can be done at a distance. We learned just how fragile our economic systems are, and to what degree they must function for people to survive. We saw the strengths and weaknesses of our schools and institutions. We learned to conserve and saw the environmental changes that are possible. Most of all, we gained a new understanding of the things that are truly important to us as human beings, as a society, and as a fundamentally interconnected world: Our connections to each other, our love of art and music and stories, our desire to create and build and make change in the world.

And there are signs of what we can accomplish. We produced multiple vaccines in record time. We had a mostly peaceful transfer of power in Washington. Issues of healthcare and supporting our society's most vulnerable people are once again on the center stage. Millions of Americans found the time to bake bread, to learn new skills, and to reacquaint themselves with old passions. We are awakening to this spring, more than any I can remember, with a fresh set of eyes and a new understanding of our needs and capabilities.

Now, in these weeks of renewal and new beginnings, is the time to commit to making a better post-Covid world. We can do so much better. Look to the warmer days ahead and make that promise of spring, to plant the seeds that will bloom in the weeks and months to come.

-Mike Dolan

Music Notes

*from Choir
Director, Ellie Rolnick*



The 'BiChoir' is wrapping up the first quarter of 2021. We're taking a couple of weeks off rehearsals while we complete our Easter Video, a beautiful song called 'Blessing' by Lui Collins. Although not rehearsing together the 'BiChoir' will also be recording some audio tracks of 'Come, Come Whoever You Are' and 'Gathered Here'. We will return from rehearsals on April 11th. We have a wonderful Earth Day Medley we're preparing for Earth Day and a multi-part version of 'Simple Gifts' for a service in May.

Are you enticed? 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: April 11, 18 and 25. In addition to music mentioned above we'll be working on songs for Mother's Day. We continue to rehearse via Zoom until it is safe for us to gather again in person.

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.

Music Sunday

May 9th

Do you sing or play an instrument or have a reading about music that you'd like to share? The May 9th service will feature our talented musicians and writers. Contact me or Rev. Shay if you'd like to participate.



Next Steps 🦶 In Our Parish Hall

Now that the Parish Hall Foundation has been shored up and the walls repaired and repainted, the Building & Grounds Committee is looking at the floors. We have pretty much all agreed we are too old and our joints are too creaky to tackle this job ourselves. We are currently looking at contractors and firms who can do a good, reasonably priced job of refinishing the floor. Stay tuned!



Important Reminder Our 2021-2022 Pledge Drive is in full gear!

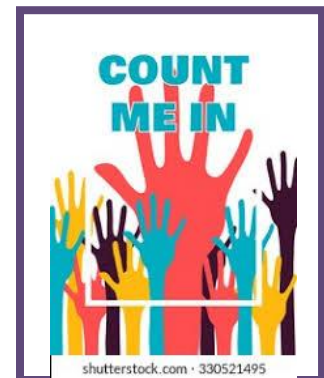
Please support our beloved Church, its community, and mission by making your annual pledge. We understand that this is a challenging time for all; it is also a challenging time for our Church. Despite not being able – yet – to gather in person, the expenses of the church continue while revenue from fundraising efforts is stalled.

Our financial goal of \$65,000 is needed to meet forecasted expenses for the coming fiscal year. Please remember to return your annual pledge in the self addressed stamped envelope provided in your pledge packets (already sent to you). **The deadline for returning pledge cards is April 9th.** This allows ample planning time for preparing next year's budget for the annual meeting. (If you have not received your Pledge Drive packet yet, please contact:
Pat Snyder @ c.islandgal@yahoo.com)

New This Year! *Pledge Level Incentives*

***Each pledge** receives a thank gift in the mail and will be entered into a raffle for the following three prizes to be awarded:

- Choice of a sermon topic
- Choice of: solo by our choir director or a selection by our choir
- Choice of a selection played by our organist, Paul, to be played during a service



***First Ten Pledges** receive a small gift of appreciation from the Board of Trustees.

***Pledges with an increase of 5% or more** over last year's pledge will be entered into a raffle drawing to win one of five gift baskets of fun items!!



Thank you for your generous financial support and for your giving of your time and talents to our Church.

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 UUCCSB 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.

April Share the Plate:

Saco Bay Trails

Their mission is to create and maintain a network of trails and to promote its acceptance and use by the public. It is an all-volunteer, nonprofit organization dedicated to creating and maintaining recreational trails in the Saco Bay Area.

We envision a permanent network of free, easily accessible, well maintained, well marked and well publicized trails, which people with a broad range of abilities can use and enjoy.

Caring Connection

The Caring Connection continues to gather 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 who need a bit of cheer or a helping hand. Thank you for all that you do!

There *have* been some silver linings in this pandemic year - perhaps a new, healthy habit has taken hold that will continue for you. But there has also been loss, and all loss needs to be acknowledged and grieved, whether it is the loss of human life, of a pet, of a job, or lost time with people we love. And loss takes a toll. Last year Rev. Shay together with the Caring Connection put together a Grieving Booklet that you may find useful. These are located in the hallway leading into the sanctuary. If you would like one sent to you, we would be happy to do so.

Please do not hesitate to let Rev. Shay or any one of us know when you need some support or have concerns 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, Marilyn Stoesser-Casad, Paula Howard, and Pat Snyder.*



A Caring Note

Clarissa has settled into her new home at Cape Memory Care. Although she is still unable to have visitors, she is making friends with other residents. It means a great deal to her (and to her sister, Peggy) to receive cards from church friends. Send cards and notes to: Clarissa Frost, Cape Memory Care, 1226 Scott Dyer Rd., Cape Elizabeth, Maine -4107.

No Sparks Flying

Buildings & Grounds has made sure our electrical panel and associated wiring in the Bride's Room and back to our main panel in the basement is up to snuff with new wiring, connections and switches. Matt Gerken searched for contractors and we chose the electricians from All Phase Electric to do the work. Now Mark Gotchen (one of our favorite contractors) is repairing the holes created by the rewiring job. Mark already has the drywall up and will move on to mudding and taping and other finishing soon. It is nice to know we are safe from potential electrical fire hazards.



Alphabet Soup - April Calendar of Events

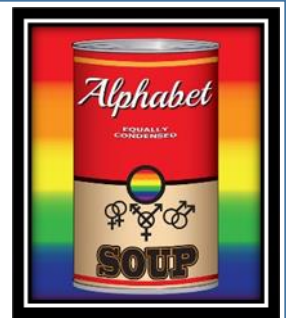
We meet via ZOOM.

For more information contact Tom Muike at 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....



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 3/21/2021 are as follows:

Checking	\$3,771.60
Accounts Payable	\$0.00
Moulton Trust	\$1,089.93
Restricted Savings	\$43,392.38
Saco/Bidd Investments	\$158,678.89

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.



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.



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 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.

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

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

Bring what you want; take what you need.



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