

The Messenger

May 2021

Unitarian Universalist Church
of Saco & Biddeford

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

Worship for May

Sundays at 10:00 a.m. on Zoom

May 2nd – Simple Gifts with Anne Cyr and Worship Associates

May 9th – Music Sunday with Rev. Shay and Our Talented People

May 16th – The Little Way with Rev. Shay - The way to deal with big problems is not with big solutions but by doing little things that add up to big things.

May 23rd – Giving Up the Need to Be Something with Rev. Shay

May 30th – Memorial Day Sunday with Patty Kidder and FIAT

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

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

Weekly Vespers Services – Thursdays from 7pm to 7:30pm

On Zoom at <https://us02web.zoom.us/j/83734173380>

Meeting ID: 837 3417 3380 Call In: (646) 876-9923

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

Shay's Musings



May Theme ~ Simplicity

Simplicity is not the pursuit of austerity but an ongoing life exploration that asks us to carefully examine what truly contributes to well-being and what undermines inner balance, happiness, and spaciousness. ~ Christina Feldman from Heart of Wisdom, Mind of Calm

It's always hard to write these newsletter articles without knowing what will be happening in our world or in your lives when you read them. I'm writing this on Thursday, April 22nd - at least a week before you will read it, two days after you all received two letters from your Boards and me, and three days before we'll all sit down to start talking about what's happening. So where will things be in a week, when you open your email and find this article waiting for you?

I don't know the answer to that question. What I do know is that we will have many conversations over the next few weeks as we figure out what's next, and I know there will be many emotions and ideas and debates, and sometimes it will all feel very heavy.

So, how about I write about something not-so-heavy right now?

In her book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, Japanese organizing consultant Marie Kondo says, "The question of what you want to own is actually the question of how you want to live your life."

When my partner Diana and I were finally able to combine households and move into a shared apartment last summer, we made a deliberate choice towards voluntary simplicity – a decluttering of our lives, both materially and emotionally. With each item we packed, we followed Marie Kondo's advice to pick it up, hold it for a moment, and ask, "Does this spark joy in me?"

Ultimately, we shifted our frame of reference from "What do I want to get rid of?" to "What do I want to keep?" This led to many Goodwill trips and dump runs, many Facebook Marketplace and Craigslist ads. And as we moved into our new apartment and unpacked and found ourselves with more space than we needed, everything changed. Even Diana's son Aidan got involved, making a plan that allowed him to "practice" for packing for college – he chose seven plastic bins and committed to fitting all of his belongings in those bins, nothing more.

If you were to be a fly on our wall now, you would often hear one of us exclaiming, "It feels so spacious in here!" We feel like we can breathe, like our lives have expanded and with that physical expansion, our minds and hearts are free to expand as well.

We have to be vigilant, of course, to not fill up that spaciousness with more *stuff*, and sometimes we do better than others. But then we just make another Goodwill run and get back on track, always asking ourselves, "Does this make me happy?" We are learning that simplicity is not about depriving ourselves of things, but about making sure that the things we do have are worth having.

REFLECTIONS FROM THE BOARD OF TRUSTEES



I recently attended a Zoom workshop put on by the UUA Northeast District entitled "Planning Worship for the Post-Pandemic World." It was both a hopeful and reassuring session. We were reminded that the transition out of the pandemic will be trickier than the way in, which was very sudden. It will be gradual and require a great deal of discernment. The way ahead is not clear and it will be of the utmost importance to keep our mission before us at all times - our "north star."

Will we be able to jump into in-person church, every Sunday? Probably not. Will we be able to offer a multi-platform streaming service? Perhaps, over time. The group discernment process was described as follows: There are a lot of options before us. We each have our own perspective, and by listening to others' perspectives, we inevitably come up with a whole new one. Being honest (even when others don't agree), being open, inviting difference, being willing to change, and trusting that others are willing to change is our way ahead.

Emerging from the trauma of this pandemic is not going to happen quickly, nor should it. Recovery takes time and people are going to reemerge at their own pace. The message that was repeated throughout the workshop was: Have grace for yourself, grace for others, and go slowly as you make adjustments along the way. Correcting the course may well turn out to be a process that could take *years*; resist the pressure to have it all figured out "yesterday."

We ask for your grace, your patience, and your perspective as we work through this process of group discernment together.

*Come
to an understanding,
come together
to understand.*

*Invite difference.
Open yourself to change,
to finding our way
(not my way).*

*Be open to honest,
spacious dialogue
(listen in-between
and underneath).*

*Trust
that everyone else
is also willing
to be changed.*

We will get there.

- Anne Cyr

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.

Music Notes

*from Choir
Director, Ellie Rolnick*



The 'BiChoir' is now preparing music for services in May and June. We are researching how we might be able to rehearse and record our music in person.

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: May 2, 16 and 23rd. We continue to rehearse via Zoom until it is safe for us to gather again in person. When we come up with an 'in person' rehearsal plan I'll have something posted in the Friday Flyer and Sanford UU Church News.

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.

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.

May Share the Plate: Age Friendly Saco

Age Friendly Saco provides many services and programs for seniors, including the following:

- Technology Handy-Helpers
- Handy Neighbors Program
- Tri-Community Age Friendly Transportation Options
- Knox Boxes
- Sand Buckets for Seniors
- Adaptive Tools
- Multi-Generational Community Garden
- Beach wheelchair and walker loan at Bay View beach
- Annual Wellness Fair
- Social Events

Caring Connection

The Caring Connection gathers monthly on Zoom to keep tabs on the cares and concerns in our church community (although, very soon, we can gather in one another's outside spaces again!).

It has been heartwarming to hear of the ways we have been caring for each other recently: taking in pets for those who are convalescing, dropping off a bouquet of flowers, making and delivering meals, sending cards, making phone calls, knitting shawls, taking a homebound friend out for the first drive since Covid started to see the daffodils and have ice cream... This community knows how to put love into action, that's for sure. Thank you for all that you do!

Please do not hesitate to let Rev. Shay or any one of us know if you need some support or have concerns for someone else in our church family. We have a long list of volunteers ready to help make a connection.

The Caring Connection team: *Anne Cyr, Margaret Merrill, Marilyn Stoesser-Casad, Paula Howard, and Pat Snyder.*



Thank You

This is a "half way point" thank you for all the care and support you - my UU Family - have given me the past month. Not an easy one for any of us! Knowing you were all there with me made this first part of my journey much easier.

Thank you!

— Anne Dobson

Adjusting to the Light

For Pat Szczesiul and Cathy Vollkommer

you lived from a place
that will be lost to us until
we too become fluent

in the sign language
of love that is speaking still
through the simple gestures

of your heart that reached out
from the depths of your hurt
with notes to comfort us

so how do we adjust
when lost in the absence
of a precious presence

we can't adjust our eyes
much less our hearts to light or dark
so we wait breath by breath

even the sun turns harsh
crossing our world with shadows
and we turn from light that casts them

when our hearts adjust
to the dark we begin to feel the light
we can no longer see

when night falls, the light
from the river's other shore reaches
across to us in a fine thread

on our shore we behold
from a single point only and can see
just the one strand of light

that touches us through the eyes
of the body but the eye of the heart knows
the light is everywhere shimmering

ancient ones of the desert
prayed by letting the mind sink down
into the cave of the heart

where the light spills out
and the light is replenished
in a bowl that nests within you

so we lower our hearts
not like a pail down a well but
a fish flashing back into the sea

please hold as your own
the peace that passes all understanding
of this light flying free

Keith Walker
March 1, 2021

Side with Love for BLM

Wednesdays from 5 to 6 p.m.

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 Wednesday from 5 to 6 p.m. 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. Wear your UUCSB t-shirt and bring a friend.



Thank you....Thank you....Thank you....Thank you....Thank you

Pledge Drive Results

We came close to our goal!

Total Pledges on 4/19/21:
\$60,038.50 (92% of goal)

Pledges returned:
36 out of 56 mailed (64%)

Pledge Goal- \$65,000.00

1st 10 Pledgers

Donna & Mogens Ravn
Jane Perkins
Jean Horton
Donna Beveridge/Betsey Pace
Jane Hamblen
Paula & Jim Howard
Rosemary & Gordon Stewart
Anne Wood
Al & Marilyn Casad
Brian Dustin/Tom Muise

5%+ Pledgers Gift Basket Raffle Winners

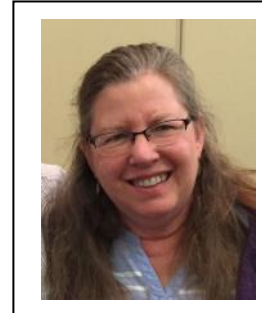
Odette Dansereau
J Hamblen
Ellie Lockwood
Ruby & Claude Nadeau
Donna & Mogens Ravn

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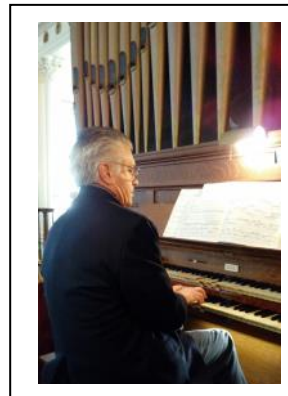
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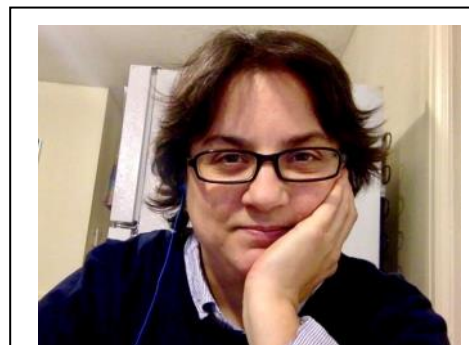
Choice of Choir piece or solo by
Ellie Rolnick: Sarah Wells



Choice of Organ piece by Paul
Benya: Patti Van Ness



Choice of sermon topic by Rev.
Shay: Wendy and Paul Coleman



Thank you....Thank you....Thank you....Thank you....Thank you

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 4/22/2021 are as follows:

Checking	\$7,097.03
Accounts Payable	\$0.00
Moulton Trust	\$1,089.93
Restricted Savings	\$41,496.18
Saco/Bidd Investments	\$161,332.65

Any questions, just call.

Sincerely, *Ron Hiser*



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.



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.



Donate your "Good Stuff" to UUCSB

Hi all!

Our Online Sale program is doing well thanks to all of you who have donated goods to sell! Please email me at c.islandgal@yahoo.com if you have something to donate.

We are getting close to \$6,000 in sales so far!

— 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