

# The Messenger

September  
2021

Unitarian Universalist Church  
of Saco & Biddeford

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

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Bring your water on Sept. 12

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

### Our Sister Church

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

## Worship for September

Sundays at 10:00 a.m.

### September 12<sup>th</sup> – Rev. Niki Norman – "Welcome Home!"

It's been a long time! Please join us in the sanctuary as we celebrate our return to in-person worship with the Water Communion.

### September 19<sup>th</sup> – Rev. Todd Glacy – "Supporting and Sustaining Diverse Community: Wisdom from Ephesians 4:25-32"

What does the author of the book of Ephesians in the Bible have to say to humanity 2000 years later? Through this letter to the young Christian community in the region of Ephesia, the Apostle Paul addresses his biggest concerns and offers his Christ-Centered solutions for empowering and building a diverse and inclusive community. Today we can still recognize these very same concerns and issues on any number of levels (personal, national, global) and we still ask ourselves what can we do to overcome them? Join Rev. Todd in exploring some of the possibilities.

### September 26<sup>th</sup> – Rev. Myra Robinson – "F.E.A.R. - facing it, understanding it, listening to it."

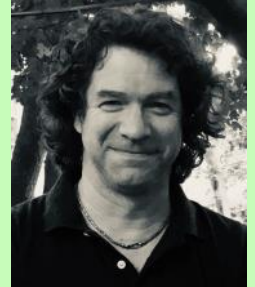
Fear is so much a part of our lives in this day and age, we need to embrace healthful (and helpful) strategies - in mind, body, and soul - to cope effectively.

Bring your fears to the table for this fascinating discussion; and leave renewed with hope. Blessed Be.

## Biographies

**Reverend Niki Norman** is a graduate of ChIME - the Chaplaincy Institute of Maine, and was ordained by ChIME in 2020. Also a member of the UUUCSB, Rev Niki is very grateful for the love and support from the UUUCSB congregation.

**Reverend Todd Glacy**, MA, is an Enlightenment Advocate, Spiritual Explorer and Instigator of Joy. As a speaker, musician, workshop facilitator and Interfaith Minister he traveled extensively sharing his passion and expertise for empowering people to relax and reconnect with their most authentic selves in order to live lives of purpose, passion, and true happiness.



Todd holds a Bachelor's Degree from Berklee College of Music in Boston and a Master's Degree in Counseling from USM. After working for a decade as a School Counselor, he enrolled in an intensive two year program at the Chaplaincy Institute of Maine (ChIME) where he received his ordination as an Interfaith Minister. He is a certified life coach, yoga instructor, drum circle facilitator and the creator of the Gong Journeywork™ Wisdoming process. He has recorded a number CD's and even served as audio engineer for His Holiness the Dali Llama. He loves hiking, camping and most any outdoor activity, and counts himself among the fortunate few people to have been struck by lightning and actually live to tell about it!

**Reverend Myra Robinson**, ordained by the Chaplaincy Institute of Maine (ChIME) in 2016 and has been serving her community in large and small ways ever since; from respite caregiving/ singing to those at end-of-life, to being Minister-of-the-Week at Ferry Beach Conference Center.



As a mentor to incarcerated women upon their release — through her work with My Sisters Keeper — she received a Volunteer Appreciation Award at the Cumberland County Jail in 2017. Rev. Myra's personal Mission Statement is "to be a channel for Grace and to make a difference." She currently offers guest clergy services in local churches, as well as pastoral care and bereavement support as needed. Upon request she officiates weddings, memorials, and rituals; but mostly, her ministry of music and mindfulness has led her to develop and market her Affirmantra™ Workshops which she enjoys presenting in-person and online. She lives in Scarborough with her spouse and two naughty cats.

## Guidelines for our Services

Your Board of Trustees is continuing to monitor CDC/State guidelines regarding indoor gatherings in this environment of COVID. Here is the decision timeline prior to our first service:

**Sept 5<sup>th</sup>** - Anne D and Cathy V will send a report to the board with the most updated guidelines.

**Sept 8<sup>th</sup>** - BoT will discuss the report at their monthly meeting and make a decision regarding masking, etc.

**Sept 9<sup>th</sup>** - Congregation will be notified of guidelines.

**Sept 12<sup>th</sup>** - First service.

Thank you all for your patience while we work on making our gatherings as safe as possible.

Stay tuned.

## REFLECTIONS FROM THE BOARD OF TRUSTEES



Welcome back everyone! Joyfully, we will enjoy our first service in our beloved church on September 12<sup>th</sup>. It has been a long, difficult road but we are nearly there. The Board of Trustees has been working diligently on many tasks to make sure we serve you in the best way possible.

One of the most important things the BOT continues to work on is Communication. You, the Congregation, brought this to our attention and we are trying to insure open communication between the BOT and the church members. We established a "Communication" position so church members can contact one person, Anne Wilkinson, with suggestions and concerns. We tightened up on our Liaison roles to improve relations with committees. We periodically send out updates on our work to the congregation. The minutes of our monthly meetings are posted or sent out within a week of the meetings.

We are currently working on several audio visual aids to improve our church services. These are just a few of the tasks we have tackled this summer. Other items have already been communicated to you via minutes of meetings and email mailings.

We are so excited to begin our new year of services in September. See you soon!

— Pat Snyder

### UUCSB Board of Trustees

Pat Snyder, Secretary  
Wendy Coleman, Treasurer  
Anne Wilkinson, Communication  
Paul Coleman  
Mike Dolan  
Sonja Gerken  
Cathy Vollkommer

### Liaisons to Committees

Building & Grounds	Mike Dolan
Caring Connection	Pat Snyder
Committee on Ministries	Paul Coleman
COVID	Cathy Vollkommer
FIAT	Sonya Gerken
Finance	Wendy Coleman
Membership	Pat Snyder
Nominating	Anne Wilkinson
Worship	Sonya Gerken

### 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*



It was the best of times, it was the worst of times....but there was still singing! Sometime in the future, near or far, we will remember that choir singing remained a part of our worship.

Here's the current choir plan for this fall:

**Rehearsals:** Choir will rehearse on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of each month followed by singing in church on that day. We will have a 'pick up choir' at first with relatively simple songs, unison or 2 parts. Upcoming rehearsal and singing dates: September 12, 26; October 10, 24; November 14, 28.

**Time:** 8:45 – 9:45 We will start and end on time. This 1 hour rehearsal will require that we 'social distance' and that we have the air purifier available to us.

**Participation:** If you are planning on participating in choir, I need to know by **Friday, September 3<sup>rd</sup>** so that I can be prepared for the number of singers and types of voices.

**Masks:** Each singer must have a singer's mask. If you do not have one please let me know and we'll make arrangements to get one for you.

In the event that we go back to Zoom services a different plan will be made.

All are welcome who love to sing or who want to be involved with our Music Ministry.

For more information please contact me directly at [choir@uuchurchsacobiddeford.com](mailto:choir@uuchurchsacobiddeford.com)



## Building and Grounds Is Ready for Sept. 12

“Good Morning and Welcome to Church!!!”

B&G folks, like most of you, have longed to hear those words. And we will hear them on September 12. To prepare for this much anticipated event, we at B&G have been doing our usual getting ready for the church year cleaning, polishing and painting. In addition, this year we have done some special Covid related things like signs for distancing, and masking; Supplies for sanitation stations and Covid cleaning products. We have reconfigured seating to better distance. We have purchased a portable air purification unit which will be used in the Sanctuary and Parish Hall. We are coordinating with the Worship Committee and the Board to assist in implementing proper safe guards for our return to in-person worship.

Matt is project manager on our initiative to replace that long out of code electrical master panel. A generous gift in memory of Pat Szczsiul financed this project. Many thanks to Pat and Cathy.

We are working on several other projects right now. We are getting quotes for the needed roof work and for the railing beside the walkway. In the works is the replacement of clapboards in the back of the Sanctuary and restoration of the Parlor ceiling.

You may remember that the Capital Campaign ended and the money remaining in that account was used for completing the restoration of the three front windows in the Sanctuary. This will be finished by our Sept. 12 opening. The remaining Capital Campaign money was designated for restoration and stabilization of the five large side windows in our Sanctuary. Jane Perkins is the project manager with consultation from Paul Glynn.

When you come to church on Sept. 12, please take a look at the work B&G has done over the winter - rooms cleaned and painted, floors washed, major decluttering.... The list goes on. We still have projects to do. We still need willing hands to keep our beautiful church in useful condition.

Please join us. FMI - Anne Dobson @282-6600 or asd@gwi.net.

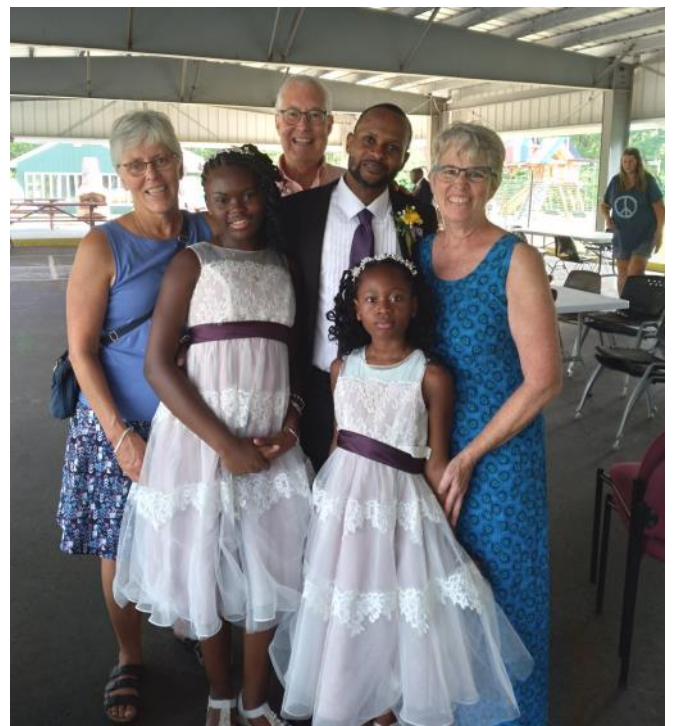
“Good Morning and Welcome to Church!”

## FIAT News

Some of you may remember Gladdess and his 2 daughters, York and Houston. We met them in December 2018 through Welcome Immigrants Our New Neighbors (WIOON). Our church community generously pulled together to provide them with Christmas gifts and clothing that year.

Randa, Matt, and Sonja have stayed connected with him and the girls over the last 3 years and recently attended his wedding in Oxford, ME where he and his wife Julie will reside. He is very happy and has found work in a precision machine shop in town after losing his job when Abbott Labs downsized. He can walk to work now and is very happy to not be commuting to Westbrook.

He is a hard worker and so many good things have happened in his life. We were especially happy to be part of Gladdess & Julie's special day!



## 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 8/20/2021 are as follows:

Checking	\$11,251.34
Accounts Payable	\$54.78
Moulton Trust	\$1,099.55
Restricted Savings	\$49,011.34
Saco/Bidd Investments	\$170,088.65

Any questions, just call.

Sincerely, Wendy Coleman



## CLYNK

Help UUCS by returning your bottles and cans through the CLYNK service at Hannaford. Green bags may be picked up at the welcome table when you come to church on Sundays. Please remember that Market Basket labeled bottles and cans are not accepted by CLYNK.



## 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.

Hannaford cards are available from Ellie Lockwood either at the church or by contacting her at:

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



Ellie Lockwood

## Donate your "Good Stuff" to UUCSB

We are doing so well! Keep it coming! Email me with what you have with measurements and pictures if possible. By donating your unwanted goods, you are helping to sustain your church! Every penny goes directly to the bank. I am so grateful you have trusted me to sell your things at the best price I can get.

Let's keep it going! Email Pat Snyder at:

[c.islandgal@yahoo.com](mailto:c.islandgal@yahoo.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](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**

Hours: 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.**





## 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**