

# The Messenger

October  
2021

Unitarian Universalist Church  
of Saco & Biddeford  
[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)



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

## Worship for September

Sundays at 10:00 a.m.

**October 3<sup>rd</sup> – Rev. Todd Glacy**

**"The Vibration of Creation - Being an Instrument of Love"**

*We are the eyes, ears, hands and heart of GOD creating and expressing in the world. When we use our gifts to bless and serve others, we are doing holy work. In this sermon we will explore the process of creation and how to tune in and best serve the will of GOD.*

**October 10<sup>th</sup> – Rev. Myra Robinson**

**"Harvesting Blessings: how to get your garden of blessings to grow into an abundant harvest too numerous to count!"**

**October 17<sup>th</sup> – Rev. Lori Whittemore**

**"Beloved Community"**

**October 24<sup>th</sup> – Rev. Niki Norman**

**"Holidays! Where do they come from?"**

**October 31<sup>st</sup> – Rev. Lori Whittemore**

**"Reclaimed, Renewed and Reformed"**

## Our Sister Church

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

## Biographies

**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 lightening and actually lived to tell about it!

**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 UUCCSB, Rev Niki is very grateful for the love and support from the UUCCSB congregation.

**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.

**Reverend Lori Whittemore** is an ordained interfaith chaplain and community minister. She received a Master of Divinity from Bangor Theological Seminary in 2010 and was ordained by Chaplaincy Institute of Maine in 2014. She has served as a chaplain in hospice and the American Red Cross. Rev. Whittemore was the founder of Abbey of Hope, an interfaith cooperation circle and also developed and directs a clinical pastoral training program that provides professional training and field experience for chaplains and lay folk of varying traditions and settings with the modern religious and spiritual landscape in mind. She helped create the Spiritual Care Corps for Maine CDC Emergency Response during COVID. Lori founded Spiritual Care Services of Maine (SCS Maine), a contracting organization created to match professional, compassionate per diem chaplain and spiritual care services.

## We are now live streaming our services on Facebook every Sunday at 10:00am

Feeling under the weather? Can't get to church?

Want to join the service from the comfort of your own home?

Join us live at 10:00am every Sunday on our Facebook page -

Unitarian Universalist Church of Saco and Biddeford.

To get to the UUCCSB Facebook page:

Google Facebook then search for "Unitarian Universalist Church of Saco and Biddeford". This will bring you to the site. The streaming will begin at 10:00am without you having to do anything.

## REFLECTIONS FROM THE BOARD OF TRUSTEES



Fall breezes, colorful leaves, pumpkins, apples, bonfires and smores bring us a delightful Autumn season. We started the season off right with a warm and meaningful church service. It was somewhat different as we all were wearing masks, humming instead of singing, sitting in designated pews, doors and windows were open and the air purifier was cleansing the air. Everyone adapted well and it was a wonderful and long awaited time to worship together. And...It was live streamed on Facebook!!! (Thank you, Mike)

Your Board of Trustees is buzzing along addressing several issues. Communication is the one constant point of discussion. We continue to seek ways to increase our contact with the congregation. Please let Anne Wilkinson (Communications Liaison) know if you have any suggestions for connecting with everyone. Several requests for use of the church have come in and the Board has reviewed and granted each one. Mandatory COVID precautions are in place for everyone's safety. PayPal is up and running now as a way to do your church financial business thanks to Brian and Anne Wilkinson who have worked long and hard to get this going! Holiday plans will be on the agenda for our October 13<sup>th</sup> meeting. Do you have any ideas you want to share with us? Please contact our Communication Liaison, Anne Wilkinson, who will be happy to present your ideas!

See you in church!

— 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



**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: 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 in October, I need to know by **Monday, October 4** 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. Singers masks are paid for through the music budget.

**Special Music:** Do you play an instrument or sing? Currently congregational singing is not allowed so if you would like offer your music talents to sing or play a hymn or other music during a service please let me know!

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)

## Share the Plate

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.

Jeannine Wilson is looking for local charities / non-profits to share the plate with. Please send your suggestions to Jeannine at: [jwilso118@gmail.com](mailto:jwilso118@gmail.com).

Thanks

## October Share the Plate:

### Maine Cancer Foundation

Maine Cancer Foundation (MCF) is dedicated to reducing cancer incidence and mortality rates in Maine. 100% of the funds they raise are invested back into our communities to benefit the people of Maine.



## What's Going on at Building and Grounds?

Windows, windows, windows. You have heard from us about Matt's work on the parish hall windows, which is a Capital Campaign funded project as are the Sanctuary windows. Jane Perkins is project manager for the Sanctuary work and Paul Glynn is assisting. As I recall we have reported that as well.

A much smaller project is the redoing of the windows upstairs in the Annex. That all started with a BB gun and someone who could not resist aiming (successfully) at one of these windows. We discovered the cracked window one day early last spring. The wonders of duct tape kept the pane in place until we could get the frame out and to Dupuis for a replacement. While new glass was being put in we inspected the other three up stairs windows and discovered that the frames were rife with mold and in poor shape. Over the passed three months the mold has been abated, minor repairs have been made and new paint has been applied. Should be good for another few years.

Our projects for the winter months are mostly painting - the Green Room, the Brides Room, the stairway to the second floor and the upstairs hall. We NEED HELP! See Jane Perkins or Anne Dobson for details.

We have been expecting an estimate on our roof leaks in the Sanctuary and in the Parish Hall for some time now. Hope to have these estimates this week.

Our present fun project is consideration of what to do with our newly discovered steeple finial. B&G folks are having preliminary on line discussions about recommendations at this very moment. Here's the background: Mark Gotjen found this pole under the Parish Hall this summer. He has it at his workshop. We would like to get this cleaned up and displayed in or around our church. Take a look at the old photo of our church that is hanging in the main hall to get an idea of what this is. What do you think? Let us know at [asd@gwi.net](mailto:asd@gwi.net).

— Anne Dobson

## Good Stuff Sales on Hiatus

The "Good Stuff Sales" project has been very profitable! Thanks to your kind donations! We have enjoyed the program and kept busy for the last year or so. Unfortunately, due to COVID, we have to take a hiatus. The risks of COVID contacts and contamination are just too great to continue at this time of acceleration of new cases. As soon as the conditions improve enough to assure everyone's safety, we will resume this successful program. Again, I want to thank you all for your participation which made this project so lucrative.

— Pat Snyder



## Financial Information

### 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

### Greetings from the Treasurer

Account balances as of 9/22/2021 are as follows:

Checking	\$8,984.92
Accounts Payable	\$0.00
Moulton Trust	\$1,099.55
Restricted Savings	\$49,016.44
Saco/Bidd Investments	\$170,088.65

Any questions, just call.

Sincerely, *Wendy Coleman*



### Hannaford Gift Cards

Would you like to donate to the church in a way that doesn't cost you anything? If you buy your weekly groceries with a Hannaford gift card purchased from UUCSB, the church gets 5%. Our church depends on this fundraiser to contribute to its operating budget. Cards are available in \$100 or \$50 denominations. Gift cards are for sale in the nursery every Sunday after the worship service, or if you are worshipping virtually, just call or email Ellie Lockwood ([elenor.lockwood@twc.com](mailto:elenor.lockwood@twc.com)) and make arrangements to pick them up at another time. Thank you for participating in this fundraiser in support of our church.



Ellie Lockwood

### 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.





## 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**

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**