

The Messenger

November
2021

Unitarian Universalist Church
of Saco & Biddeford
www.uuchurchsacobiddeford.com



60 School St.
Saco, Maine 04072
207 282-0062
uuchurch@gwi.net



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Worship for November

Sundays at 10:00 a.m.

- November 7th – Rev. Helen Rousseau –
"World on Fire: Meditations on Hope"
- November 14th – Rev. Niki Norman – "Holidays and Holy Days"
- November 21st – Rev. Helen Rousseau
- November 28th – Rev. Myra Robinson – "Gratitude Attitude"

We are 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.

Go to our website (www.uuchurchsacobiddeford.com)
and click the Facebook link.



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

Biographies

Reverend Helen Rousseau: Writing poetry has been a constant in my life. It is where I first found a voice. I have also written essays and reflections, always finding inspiration in the world around me and in the simplest things, like hummingbirds at the feeder. Coming to the Edge: Fifty Poems for Writing and Healing was the first book that I wrote after leaving an abusive relationship. This book, with writing prompts, is a wonderful tool in writing groups as well as when one works solo or with a therapist. My most recent book is "Poems for a World on Fire: Meditations on Hope", which deals with the current day issues of global warming, migrations, hunger, Covid-19 and more.

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

Reverend Myra Robinson was ordained in 2016 at the Chaplaincy Institute of Maine (ChIME) where she currently works as Faculty Advisor and Community Programs Coordinator. She offers clergy services throughout Southern Maine, including her signature Affirmantra Workshops. She has been a member of the UUCSB congregation for over 30 years; serving the community through hospice work, respite care-giving and mentoring incarcerated women. Myra is a musician, a poet, a singer/songwriter, officiant, teacher, and grandmother. She lives in Scarborough with her spouse and two naughty rescue cats.

REFLECTIONS FROM THE BOARD OF TRUSTEES



What a beautiful Autumn we are experiencing! It is wonderful to see everyone in church.

Do you know that 196 people scrolled through our first live stream church service?

That was phenomenal! We now have about 50 people online per service each week.

Your BOT has been diligently working on many issues.

Several folks have been asking about singing in Sunday services. Cathy Vollkommer is researching current guidelines on this topic and will report back to the Board of Trustees with the findings.

Tech support for audio in the Sunday services is being updated by Mike Dolan.

PayPal as our method of receiving payments is up and running.

Requests for usage of the church for special events will go first through Brian in the office and then B&G will pick up and follow through with the event.

On Sundays, the Guest Book for newcomers will be located on the desk as you enter the sanctuary from the hallway. Ushers will guide folks to the Guest Book as they enter the Sanctuary.

Regarding upcoming Holidays, sadly, the Christmas Fair and the Thanksgiving Dinner will not be held this year. Plans are in the works for some alternative fun activities that we can all safely do. Check your email for updates!

See you in church!

— Pat Snyder

UUCSB Board of Trustees 2021-2022

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

Board Structure and Responsibilities

Communications with Congregation Facilitator — Anne Wilkinson

Secretary — Pat Snyder [Takes notes for meetings and publishes warrants for annual meetings and for any congregational meetings.]

Treasurer — Wendy Coleman [Acts as the Liaison to the Finance Committee, communicates with Administrator (Brian Dustin) on daily finances, and works with Collector (Betsey Pace).]

Monthly meeting agenda, meeting facilitation, opening words, and chalice lighting — Rotates

Monthly Newsletter article — Rotates

Communication with the UUA — TBD

Approval of use of building and grounds — Board of Trustees

Annual Pledge Drive — TBD

Facilitation of the Annual Meeting — TBD

Music Notes

*from Choir
Director, Ellie Rolnick*



- **Rehearsals:** Choir will rehearse on the 2nd and 4th 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: November 14, 28; December 12; Rehearsals for Christmas Eve will be determined by the December newsletter.
- **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 November, I need to know by **Monday, November 1st** 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

Committee Members and Liaisons

Committee	Members	Board Liaison
Building and Grounds	Jane Perkins, Anne Dobson, Betsey Pace, Matt Gerken, Jean Horton, Dorinne Spirito, Tom Muise	Mike Dolan
Caring Connection	Marilyn Stoesser-Casad, Donna Ravn, Pat Snyder, Margaret Merrill	Pat Snyder
Committee on Ministries	Niki Norman, Odette Dansereau and Pat Campbell	Paul Coleman
COVID	Anne Dobson, Matt Gerken, Tom Muise, Marilyn Stoesser-Casad	Cathy Vollkommer
FIAT	Randa Thomas, Sonja Gerken	Sonja Gerken
Finance	Wendy Coleman, Betsey Pace, Jean Horton, Steve Ryan, Tom Muise	Wendy Coleman
Fundraising		
Membership	Edite Kroll, Odette Dansereau, Jean Horton, Dorinne Spirito	Pat Snyder
Nominating	Al Casad, Jeannine Wilson, Cathy Vollkommer	Anne Wilkinson
Worship	Ellie Rolnick, Sonja Gerken, Diane Eiker	Sonja Gerken

Duties of Liaisons

Conveys information to the BOT from the committee and from the BOT to the committee.

Informs the BOT about committee activities.

Attends one or more committee meetings a year.

Checks in with the committee monthly.

Liaison is included in committee emails and receives minutes if applicable.

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.

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 with whom to share the plate. Please send your suggestions to Jeannine at:

jwilso118@gmail.com.

Thanks

November Share the Plate:

Maine Transgender Network

The mission of the Maine Transgender Network is to support and empower transgendered people to create a world where they can thrive.

Caring Connection

The main role of the Caring Connection Team is to care for our church family by coordinating short-term support and assistance for members of the church during times of difficulty. For that we depend on you to reach out to any one of us to let us know of your need or of a concern you may have for someone else.

We met recently (masked and distanced) at the church and discussed the role of the Caring Connection Team in the absence of a minister for our congregation. Pastoral Care services are available on request from either Niki Norman or Keith Walker, both of whom have training in pastoral care. In addition, money has been transferred to the Caring Connection from the former Minister's Discretionary Fund to disburse to church members with short-term emergency needs (e.g. heat, food, rent...)

Even in such uncertain times, we can still make phone calls, send cards, Zoom, visit outside at a safe distance, deliver meals, etc. The committee has a list of people who are willing, ready and able to serve. We will reach out to revise this list during the next few weeks.

Please let us know how we can help. Thanks to all of you for your generous support. Please contact one of our members if you need assistance or if would like to be involved in the Caring Connection Team.

The Caring Connection Team: *Margaret Merrill, Donna Ravn, Pat Snyder, and Marilyn Stoesser-Casad.*



will you

wherever you are
I need more than luminous
emptiness today

somedays I need more
than echoes of a presence
to comfort me here

these bodies alone
adrift on a sea of grief
treading til we can't

I used to mock those
who painted you with a face
and hands just like ours

now I want to see
you have eyes to see me with
and hands to touch me

if I surrender
my house of words and make you
a room will you stay

- Keith Walker

Tree of Hope

The Board of Trustees is excited to invite you to put your Faith into Action!

You may remember our Tree of Hope last holiday season that offered gifts of inspirational words tucked inside clear ornaments that hung by red ribbons on "Beth's" crab apple tree in front of our side entrance.

We would once again like to share our gifts with our neighbors. In addition to ornaments, we hope to collect and hang much needed gifts of hats, mittens, gloves, scarves, socks and toiletries which can withstand the cold temperatures

Who: Anyone (*plus helpers to prep)

What: Donate new clothing (hats, mittens, socks) and toiletries that can withstand cold temperatures

Where: Place in the basket by the sanctuary door

When: Now through November 21st (and beyond)

Why: To share our abundance with neighbors in need

After the service on November 21st we invite you to join in the hanging of the donations on "Beth's tree" out in front walkway.

We are in search of volunteers to:

- Paint clip-on clothespins red
- Drill a hole in clothespins for hanging purposes
- Donate zip-lock bags and/or red pipe cleaners
- Put items into bags
- Gently tie clothespins by pipe cleaners to reachable branches of tree
- Purchase clear ornaments and/or red ribbon
- Print short phases of inspirational words onto paper
- Put slips of papers into clear ornaments
- Make weatherproof sign:
"Take what you need, Share what you can"
- Place a flood light and cord to illuminate the tree

To volunteer, donate supplies and get specific info please contact Sonja G. s55gerken@gmail.com

Around the UUCSB

The Building and Grounds beat goes on!! We are busy little bees this Fall. Recently completed work includes repair of the Archives ceiling, which was damaged years ago in a storm. The cost of this project was underwritten by a parishioner.

Please notice the trimming of the yews in front of the church. Again this work was underwritten by a parishioner. The trimming of the tree was done by various UUCSB members and under the capable direction of Jane Perkins.

We installed only one air conditioner this summer. This has been removed to storage. However, windows inserts time is upon us. We could use your help. Betsey Pace is the contact for this work.

The Covid related audio visual assistance is a work in progress. Mike Dolan and Matt Gerkin are still tweaking the system.

Upcoming work is the repair of roof leaks around the chimneys in the Parish Hall and the Sanctuary building as well as in the roof valley over the organ and Archives Room. Many thanks to the Finance Committee for advice about funding for this project.

- Anne Dobson

Little Free Pantry

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

Bring what you want; take what you need.

Pantry Donation Suggestions:

[All suggestions: preferably plant-based and organic (if available/cost-efficient)]

Canned produce and veggies (like beans!)

Canned soups, like garden vegetable, black bean,
and butternut squash*

Baby food in pouches

Peanut butter, or peanut-free alternatives such as
almond or cashew butter*

Dried pastas (especially whole-grain) and dried
whole grains like brown rice, farro, and qui-
noa (they are long-lasting and versatile)

Popcorn (this whole grain makes a healthy snack
when lightly seasoned)

Flour and/or whole-wheat flour (a staple that al-
lows for more flexibility in meals)

Oatmeal, healthy breakfast cereals, and granola
bars

Variety of bready items, such as whole-wheat
bread, naan, pita bread, and corn tortillas

* (Please, no cans or glass containers during
freezing weather).



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

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.



Greetings from the Treasurer

Account balances as of 10/20/2021 are as follows:

Checking	\$6,746.13
Accounts Payable	\$0.00
Moulton Trust	\$1,099.55
Restricted Savings	\$49,021.37
Saco/Bidd Investments	\$167,950.30

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) and make arrangements to pick them up at another time. Thank you for participating in this fundraiser in support of our church. .



Ellie Lockwood

Good Stuff Sales on Hiatus

The "Good Stuff Sales" project has been very profitable! Thanks for 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





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

Hours: Monday, Wednesday, and
Thursday 8 to 11 am.

[207/282-0062](tel:2072820062) or [207/632-4512](tel:2076324512)

www.uuchurchsacobiddeford.com

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