

# The Messenger

January  
2022

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



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Happy  
New Year!



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## Worship for December

Sundays at 10:00 a.m.

January 2<sup>nd</sup> – Rev. Charlie Grindle – “Gathering In and Letting Go”

January 9<sup>th</sup> – Rev. Niki Norman – “Happy New Year!”

January 16<sup>th</sup> – Rev. Lori Whittemore – “New Beginnings”

January 23<sup>rd</sup> – Rev. Lori Whittemore –  
                         “Spiritual Tools for the long, hard winter”

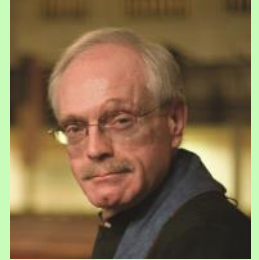
January 30<sup>th</sup> – Rev. Myra Robinson –  
                         “Spiritual Practice Makes Perfect Sense “

Spiritual Practice Makes Perfect Sense - A twist on the idea of “practice makes perfect” is “practice makes pretty good;” and that is true for what nourishes your soul, as well. Rather than striving for perfection, we can recognize what we already do toward manifesting mindfulness. Incorporating small changes to enhance - or even start - a regular Spiritual practice makes pretty good sense!

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

## Biographies

**Reverend Charlie Grindle** considers himself a free-range minister. He has led services and performed marriages from Bar Harbor to York. Charlie is pleased to be offering the Janus Service to an in-person congregation this year. Presently, he serves on the board of the Sanford UU Church, is the summer organist at St. James, Scarborough, and will be guest Music Director at First Parish in Portland.



**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 Lori Whittemore** is an Interfaith Minister and Community Chaplain. She works with Spiritual Care Services of Maine (SCS Maine) as a Clinical Director and Chaplain. She lives in Saco with her husband Pieter, dog Juno and cat Little Mike. Lori and Pieter are the parents of 2 adultish daughters, Madeline and Samantha. She is delighted to be with you!



**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 caregiving 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.



## Welcome to Our New Minister

### Reverend Lori Whittemore

We are delighted to welcome Reverend Lori Whittemore to our church. After a difficult year of uncertainty, doubt and trepidation, we have finally found the right person to lead us back to stability, strength and peace.

Her background in Spiritual Care and Leadership will show us how to recreate the loving, peaceful and confident church we once were and lead us into new beginnings.

Take a deep breath, put on your best smile, open your arms and mind and let's go! Now is the time to begin this exciting new journey together.

*- Your Board of Trustees*

## REFLECTIONS FROM THE BOARD OF TRUSTEES



You all should have received the Board of Trustees Minutes in your emails so you know what we've been up to. I won't repeat all that news here. Please feel free to contact Anne Wilkinson if you have questions.

We do want to say that our beloved Tom Muise's passing affected us all deeply. We will miss him.

Whew! We are almost at the end of this year! We had good times and we had rough times but we made it! As the sun of the old year sets down to make way for the new year's sunrise, let's forget the negativities of last year and begin anew with fresh, positive attitudes, starting with open minds and new ways of thinking. This is our opportunity to begin a new chapter in our church. We can write a beautiful, new story for 2022, keeping faith and hope at the forefront.

Before we celebrate our fresh, new year, Christmas is nearly upon us. I found some interesting facts that I thought you might enjoy about some of our Christmas doings.

- The pines we hang at Christmastime have an origin in Egypt and Rome. Those folks decorated with the greens during the Winter Solstice to signify that Spring would soon return.
- The song "Jingle Bells" was originally written for Thanksgiving.
- "Silent Night" has been recorded in different versions and copyrighted 733 times since 1978.
- Santa Claus has his own postal code! It is: HOHOHO. The Postal Service usually processes around 910 million packages and handles about 15 billion pieces of mail during the Christmas season!
- Candy canes at Christmas came from a Choirmaster who gave them out to children to keep them quiet during services. In 1847, they became ornaments for Christmas trees.
- And, finally, the Rockefeller Christmas tree tradition began in 1931 when a construction worker put up a small Charlie Brown tree near the current location where we put up the large one now. In 1932, the fellas put another C.B. tree up and decorated it with lights. This tradition has evolved into the majestic tree we set up every year which sports 25,000 lights to the delight of everyone who sees it!

With that, we will leave you with happy, loving thoughts of you enjoying our beloved Holiday season.

Your ever faithful Board of Trustees: Paul Coleman, Wendy Coleman, Mike Dolan, Sonja Gerken, Pat Snyder, Cathy Vollkommer, and Anne Wilkinson

**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 10:00 a.m. every Sunday on our Facebook page.

Go to our website ([www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)) and click the Facebook link.



## 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

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*



- **Choir Rehearsals in 2022:** There will be no choir rehearsal in the month of January and February rehearsals will be announced sometime in January. The choir should be continuing to rehearse and sing 2 times each month, typically the 2nd and 4th Sundays.
- **Participation:** If you are new to our church and want to join us, please let me know by February 1st.
- **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? If you would like offer your music talents to sing or play a hymn or other music during a service, please let me know!

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).



## Caring Connection

The Caring Connection wishes everyone in our church community a happy holiday season. We are blessed with a congregation that is full of holiday elves who have been very busy this month adorning our Tree of Hope, filling our Little Free Pantry, making and delivering goodies and Prayer Shawls, giving practical help and rides, making calls, and sending cards.

The December holidays are a time of joy, connection, light and hope, but they are also often a time of stress, awareness of loss, and sadness. Our most recent loss is of dedicated and caring member Tom Muise, who certainly touched and enriched our lives during his time as a part of our congregation. His memorial service will be held at the church on January 15, 2022.

We hope you all stay safe and well. If you do experience times of difficulty, please let us know how we can help. 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. 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: *Paula Howard, Margaret Merrill, Donna Ravn, Pat Snyder, and Marilyn Stoesser-Casad*



## 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](mailto:jwilso118@gmail.com).

## January Share the Plate:

### Prebel Street Resource Center

The mission of Preble Street is to provide accessible barrier-free services to empower people experiencing problems with homelessness, housing, hunger, and poverty, and to advocate for solutions to these problems.

## Tree of Hope

Thanks to the knitters at The Pines in Old Orchard Beach we added 37 hats, 4 pair of mittens, 3 scarves and 25 hats w/matching mittens to our Tree of Hope collection during December. Amazing donation from our friends at The Pines!

Thank you to all of our members and friends for donating and bagging up 100+ items in November when we first decorated our Tree of Hope!

— Sonja Gerken



## Around the Building

The big issue for us this last month or so has been the leaks we have from our roof areas. Our contractor had suggested several remedies for these. He was unable to get to us until a week or so ago. At this time our areas of major concern are sealed up. However in the process of snugging things up, several structural issues came to light.

The first was in the back of the Sanctuary/annex. Sort of where the organ and the side wall meet. You may recall that last spring we had several clapboards missing in that area. Over the summer those clapboards were replaced. Ceiling tiles, damaged by leaks in the archives were replaced, only to be re-damaged by new leaks higher up. The issue, it was discovered, is a failure of roof and clapboards in that area as well as underlying structural damage that has been there probably for decades. Seems roofers replaced shingles, but did not address the underlying supports.

The second area we have recently addressed is the leak by the Parish Hall Parlor chimney and the Parlor ceiling. Here we have discovered that the chimney is so much in disrepair that water is oozing through the bricks into the ceiling. There is also damage in the eaves particularly on the corner by the Peace Pole.

The good news is that all these areas are sealed, sort of like liquid bandage for buildings! I have asked the contractor to put a cap on that chimney. He will do that this week if the weather holds.

The B&G folks will be gathering information about how to correct the structural issues. We hope to have a plan for this in the spring.

We are fortunate to have as advisors Mark Gotjen, Russ O'Berry and Ben Caron. I expect we will be talking to them as we formulate our plans.

On a sad note, long time B&G member Tom Muise passed away recently. Tom's energy and commitment to the work of B&G will be greatly missed.

— 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)]

- Baby food in pouches
- Popcorn (this whole grain makes a healthy snack when lightly seasoned)
- Dried pastas (especially whole-grain) and dried whole grains like brown rice, farro, and quinoa (they are long-lasting and versatile)
- Flour and/or whole-wheat flour (a staple that allows 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

As the weather warms, the following are great additions, but not during freezing weather:

- Canned produce and veggies (like beans!)
- Canned soups, like garden vegetable, black bean, and butternut squash
- Peanut butter, or peanut-free alternatives such as almond or cashew butter



## 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 12/22/2021 are as follows:

Checking	\$2,690.54
Accounts Payable	\$0.00
Moulton Trust	\$1,093.41
Restricted Savings	\$49,031.40
Saco/Bidd Investments	\$170,801.28

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

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



## 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)

### Covid-19 Guidelines

- Masks must be worn inside
- Softly singing with masks on
- Masks off when speaking in pulpit area
- Sit in appropriately marked pews - social distance unless in same household
- Hand sanitizer stations
- No coffee hour - feel free to socialize outdoors



## 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**