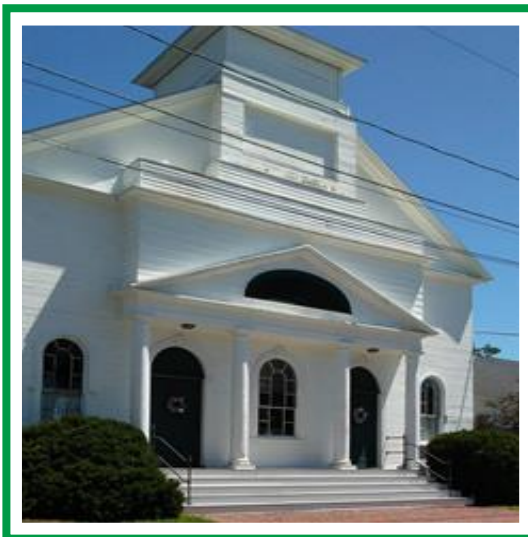


# The Messenger

February  
2022

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



60 School St.  
Saco, Maine 04072  
207 282-0062  
[uuchurch@gwi.net](mailto:uuchurch@gwi.net)



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

## Worship for February

Sundays at 10:00 a.m.

- February 6<sup>th</sup>** – Rev. Lori Whittemore –  
“Spiritual Tools for the Journey”
- February 13<sup>th</sup>** – Rev. Lori Whittemore –  
“This is No Ordinary Time”
- February 20<sup>th</sup>** – Rev. Niki Norman –  
“Laughter - It Really is the Best Medicine!”  
“Trouble knocked at the door, but hearing  
laughter, it turned away.” Benjamin Franklin
- February 27<sup>th</sup>** – Rev. Lori Whittemore – “Lets Get Packing ”

**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.



## Biographies

**Reverend Lori Whittemore (Rev. Lori)** serves as a contract minister for the Unitarian Universalist Church of Saco and Biddeford. She holds a Master of Divinity from Bangor Theological Seminary and is ordained by the Chaplaincy Institute of Maine (Chime). She is a Board-Certified Clinical Chaplin and Diplomate Supervisor certified by the College of Pastoral Supervision and Psychotherapy. She is currently completing work for her doctorate in ministry from the George Fox University's Portland Seminary focusing on semiotics, church and culture. She is delighted to be with us.



**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.



## REFLECTIONS FROM THE BOARD OF TRUSTEES

New Year's greetings to you!

We are excited to begin this new year with our contract minister, Lori Whittemore. Hopefully, we can all sit back and enjoy having a steady Minister on board.

The audio problems during the services should be much improved due to Mike Dolan's hard work.

Next big project for the church is the Pledge Drive. The Board would like to hear from any of you with suggestions. Volunteers are needed to run the Pledge Drive so please let us know if you are interested in participating. There is information on the process from last year available if needed.

Another interesting project in progress is a revamping of our website. It will sport a new look and be updated.

That's it for now! See you in February!

— Pat Snyder



## From the Finance Committee

Hello Friends,

As we try to deal with this very strange time of the pandemic, it is so good to see how our church is trying to keep up with services, hold things together and plan for the future.

We are now working to create the budget for the 22/23 fiscal year. Due to our lack of income from our fundraising events we are expecting a shortfall at the end of our current year. We ask that you take a minute to review your pledge status to see if things are up to date. We depend on the pledge payments to enable us to keep the church running through these difficult times.

We thank you for all you do throughout the year to support our wonderful congregation.

— Sincerely, *the Finance Committee*

## 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 — Pat Snyder

Communication with the UUA — TBD

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.

## Caring Connection

The main role of the Caring Connection group is to care for our church family by coordinating short-term support and assistance for members of the church during times of difficulty. This month we have been busy giving practical help, making calls and shawls, and sending cards. Thanks to all of you for your generous support. 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.



In December, our community lost long-time member Tom Muise. His memorial service, which was held at the church on January 15, 2022, was a welcome opportunity for people to come together (masked and distanced) and to connect by sharing reflections on the many ways Tom touched our lives.

At our most recent meeting, we discussed the impact of relative social isolation on our community. With the recent omicron variant-driven surge in COVID-19, everyone is weighing the risks and benefits of gathering with others. We would hate to see cherished members drift away. Not everyone is fortunate enough to be able to enjoy in person services. Several Board members have done yeoman work in implementing and improving technology to try to make remote streaming work more smoothly. We are grateful. What other things can we do to help keep the flame of connection alive during this period when socializing together is so challenging? We would welcome any suggestions.

We hope you all stay safe and well. If you do experience times of difficulty, or if you have suggestions, please contact one of our members.

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).



## February Share the Plate: Saco food pantry

The Saco Food Pantry opened its doors in 1982 as the Biddeford-Saco Council of Churches Food Pantry. It continued for many years as such, until the Council disbanded in 2002. At that time it incorporated and became the Saco Food Pantry, Inc. It is a nonprofit organization with a tax-exempt status under section 501 (c)(3) of the Internal Revenue Code.

The Saco Food Pantry provides food for local Mainers in need through short-term and intermittent help, and long-term help for those experiencing continued difficulties. It is run by a volunteer staff which includes a Board of Directors. It currently provides food for over 8,000 people a year, more than 96,000 individual meals.

## Tree of Hope

The Board of Trustees would like to thank all of you who put your Faith into Action with this truly rewarding community outreach project. While we had planned on continuing this effort through the winter months we decided to cut it short due to the updating of our sign to include Rev. Lori's name. Our temporary "Tree of Hope" sign was covering up the area to be updated.

The outpouring of donations was incredible! We did not take an official count of the number of items that were hung but estimated it was over 300. Probably even more as there were days when the tree was replenished with 30 items at a time. Thank you to Pat Snyder who kept a close eye on the tree and reloaded it many times each week.

Special thanks to the people who made the bows in 2020, decorated the tree with them, bought & filled clear ornaments with inspiring words, donated clothespins & threaded them with pipe cleaners, designed & arranged for two reusable signs to be made, donated ziplock bags, donated items, bagged the items, hung the items, shoveled the snow under the tree (a few times) and reloaded the tree over and over. The first items were removed from the tree within 20 minutes of being hung! Truly a need was met thanks to you.

Thank you to those who recently "undressed" the sign and tree.

We have quite a stash of hats, gloves and mittens for the 2022 Tree of Hope. This is a great time to pick up winter clothing when it goes on sale. Socks are particularly welcomed — all sizes! If you prefer to drop them off at church for safekeeping just let Pat Snyder or Sonja Gerken know.

The Board of Trustees thanks you again for putting your Faith into Action.





## Little Free Pantry

**Bring what you want; take what you need.**

Our LFP has been proudly standing in front of the Parish Hall for 4 years. It has been serving its purpose - Helping our neighbors who struggle with food insecurity. It does not take the place of the Saco Food Pantry.

At the request of the Faith In Action Team, in November of 2017, Jim Howard. gifted UUCSB with a city approved Little Free Pantry. Ever since then you and others from the community have been filling it. Thank You so much.

During the frigid winter months please remember that the usual non-perishable items packed in cans and glass are not safe to donate. Safe items include peanut butter, pasta, baking products, protein bars, cereal, powder laundry detergent, feminine hygiene products, diapers, toothpaste, bar soap and paper products. We will continue to add our remaining Tree of Hope hats and mittens to the pantry.

Thank you for putting your Faith into Action.

In January 2019 the Journal Tribune ran an article on the Little Free Pantry. The article can be found at [www.pressherald.com/?p=3587990](http://www.pressherald.com/?p=3587990).



Photo by Liz Gotthelf/Journal Tribune

## White Bow Project

As you are aware, Maine Medical Center and area hospitals are currently overrun with the demands of treating covid and the effects of covid. Our medical staff and support services go everyday to a job that places them and their households at risk. Each time they leave the warmth of their homes, they face career challenges that frequently rise above their own personal emotional and physical resources to complete. Yet, each person served from our community is greeted by a professional ready to meet their needs and the needs of their loved ones.

The White Bow Project is a simple community thank you to our medical and support services for their services and sacrifice by placing a white bow on mailboxes, shrub, or tree. The hope is for this staff to see that their community thanks them and recognizes their sacrifices. When a person places their white bow, they are saying "we are in this together.". The more bows placed, the greater the message of appreciation and community solidarity. May every Maine mailbox have a white bow!



— Sonja Gerken

## Around the Building...

A very routine month for B&G - consult with the Finance Committee about the new FY budget, work with contractors and the Finance Committee on funding for some critical building repairs, keep up with cleaning, try out our almost new donated vacuum - you probably know the drill. And then the DREADED PHONE CALL! "Hi, Anne, it's Matt. I am here with Paul Benya and there is NO heat in the Sanctuary."

Our folks reacted like a well rehearsed drill team setting up the service in the Parish Hall and getting our heating system service people to our facility. By 11:30 our technician had arrived and in consultation with Matt had determined that the battery in our thermostat had failed. From the ice cube that we found in Paul's organ humidifier, the heat had been off for at least a couple of days!

As of 1:30 on Monday work was winding up thawing the frozen pipes, sealing leaks and replacing burst pipes. We had significant damage, but, as they say, it could have been worse. Great from-a-distance hugs to Pine State's Chris and Jason and to the UUCSB fighting force of building specialists for all the damage control.

Please remember to check your home thermostat batteries. We do NOT make house calls!

— Anne Dobson

## A Cold January Night to Remember

Those of you who joined us online for Sunday, Jan 23rd service, "This is For the Choosers" with Rev Lori, probably noticed that we were not gathered in the sanctuary. Here's the back story....

Thankfully our organist, Paul B., had come in early to practice. It was cold! 30 degrees cold. The water in the organ humidifier was, you guessed it, frozen solid.

Once it was determined that the batteries in the thermostat had died, an SOS went out to appropriate people. The pipes were frozen solid. There would not be ANY heat in the sanctuary today. While troubleshooting began, Rev. Lori and Paul B. discussed their willingness to livestream from the sanctuary for those at home despite the below freezing temperature.

Then a magical scene of community effort began to unfold. As congregants began arriving they jumped (or stayed clear) to help set up for the service in the Parish Hall. A tablecloth covered a 6' table and became the chancel, the podium was located under tarps in the Parlor and our chalice and candles for sharing from the heart were brought from the sanctuary. While chairs were being set up, the air purifier, collection plate, OOS and hymnals were brought from the sanctuary. The portable sound system was retrieved from the Nursery and mic stand from the choir area. Anne W. was headed to a rehearsal directly from the service and had brought her cello inside to keep it from the cold. She spontaneously played hymns along with Paul on piano. What a bonus on such a crazy morning!

The Ipod was suctioned to the back of a chair for live streaming and we were off and running at 10:03am. The "village" that made the service possible settled into their seats with a collective sigh of relief. Thank you to those waiting patiently (hopefully) at home.

The saga continued through the day and into night as Kerosene heaters placed under the sanctuary began to thaw the pipes slowly. Due to liability issues, Anne D. spent the night at church with her dog pal Chewie. What a trooper! Hopefully Anne D. will document this overnight adventure and it will be found in the archives many, many years from now- "A Night to Remember-Dead Battery & Freezing Temps". Thank you Anne Dobson and Chewie!

— Sonja Gerken

## 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 1/22/2022 are as follows:

|                       |              |
|-----------------------|--------------|
| Checking              | \$5,515.76   |
| Accounts Payable      | \$992.92     |
| Moulton Trust         | \$1,093.41   |
| Restricted Savings    | \$49,036.50  |
| Saco/Bidd Investments | \$177,558.74 |

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)

### 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!