

Friday Flyer – February 18, 2021

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Laughter – It Really is the Best Medicine*
 - *Rev. Niki Norman*
 - **Worship at 10:00 AM– February 20th**
 - **Church Activities This Week:**
 - Sunday, Feb. 20 @ 10:00 AM - Worship
 - Sunday, Feb. 20 @ 11:00 AM - Congregational Meeting
- Unless indicated otherwise, these activities welcome all members and friends.

Office Hours

Administrator, Brian Dustin

Mon-Wed-Fri –8-11 AM

Caring Needs – Please contact church office.

Upcoming Events and Activities

- **Communication Update**

Beginning this week, the *Friday Flyer* will be distributed along with a copy of the Order of Service for the coming Sunday. The OOS will also be posted on the website www.uuchurchsacobiddeford.com with the specific service notice. This will enable participants on Facebook to be more included in the service.

Rev. Lori's sermons will also be posted on the website as they become available. This will also be posted on the Sunday that they are scheduled for. You can simply click on "service archive" on the home page to access past services.
- **Thoughts from Rev. Lori**

Happy Friday good people! Below is the passage for you to reflect on for the service this week. May you be filled with compassionate humor!

"The Buddha's sense of humour-which is so evident in many of his discourses-is closely bound up with his sense of compassion; both are born from an understanding of greater connections, from an insight into the interrelatedness of all things and all living beings and the chain reactions of cause and effect. His smile is the expression of one who can see the "wonderful play of ignorance and knowledge" against its universal background and its deeper meaning. Only thus is it possible not to be overpowered by the misery of the world, or by our own sense of righteousness that judges and condemns what is not in accordance with our own understanding, and divides the world into good and bad. A man with a sense of humour cannot but be compassionate in his heart, because his sense of proportion allows him to see things in their proper perspective."

Lama Anagarika Govinda, *The Way of the White Clouds* (London: Hutchinson, 1956), p. 177.

READ: I invite you to read through this a couple of times in your head. Then take a deep breath and read it aloud, paying attention to what the words sound like and the rhythms and cadences of the language of the passage.

MEDITATE: Pay attention to what words or sentences stand out for you. Was there a rhythm of a sentence that sounded fancy or resonant? Keep that with you today.

PRAY: In whatever way you connect with the Holy, engage this passage, sentence or word in your prayer today.

CONTEMPLATE: Ask the passage questions. Where is humor in my life? Is it teasing humor, sarcastic humor, gentle humor? Do I laugh at myself more or others? Is there a relationship between compassion and humor for me? And certainly generate as many questions as you possibly can to get yourself inside this passage! Peace and Blessings, Rev. Lori (she/her)

- **Ushers & Flowers**

We need Ushers and flower donations every Sunday. Please sign up on the schedule on the bulletin board by the restrooms. Thanks.

- **Hannaford Cards**

Ellie L. will be selling Hannaford Gift Cards in the Nursery on Sundays after church. If you buy your groceries with a Hannaford card, the church receives 5%. Please enter the Nursery one person at a time to purchase your cards.