

Friday Flyer – March 4, 2021

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** — *Get Out of Church*
 - *Rev. Lori Whittemore*
 - **Worship at 10:00 AM— March 6th**
 - **Church Activities This Week:**
 - Sunday, March 6 @ 10:00 AM - Worship
 - Monday, March 1 @ 3:30 PM - Membership Committee
 - Wednesday, March 9 @ 6:30 PM - Trustees
- 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

- **Thoughts from Rev. Lori**

Hello Friends.

I hope you have had a wonderful week! I am speaking this week about something you won't likely hear from any minister ever. My challenge is to GET OUT OF CHURCH! It is an invitation to experience other services. Hopefully you can team up with at least one other person and experience other ways of being with the HOLY. Many are available on line. I will have a list of ones I have screened in the bulletin. I will also list them below. All are available online, so are convenient to view. I also challenge you to go live to Good Shepherd Catholic Mass and/or New Life Christian center in person. There are alternative times to our service available. Soak in the atmosphere and sense of welcome from these communities. Listen without thinking too much. Feel the words and songs wash over you. Witness the elements that make the experience sacramental. If possible, look at who else is at the service. Notice how the ceremonies, music, sacraments make you feel. Listen for commonalities in the messages. Pull out of your backpack your open-mindedness and open-heartedness. Look for the light. Marvel in the diversity of expression of Divine we have the chance to witness. It is now March...Let's begin our epic journey and March out of Church!

Services to witness or attend: please attend at least 1 this next week and 4 by the end of the month.

There will be a quiz!!!!

<https://www.facebook.com/TheNationsMosqueDC/>

scroll down to the speakers and click on one. Wait for open Arabic comments, the message will be in English

<https://www.facebook.com/TheNationsMosqueDC/>

National Cathedral, Washington, DC Episcopal

<https://www.tarabrach.com/cultivating-loving-kindness/>

Dharma Talk about Loving Kindness

<https://www.facebook.com/nyganeshtemple>

<https://www.hindu.org>
Hindu Service

<https://www.newlifemaine.org/home-1>
New Life Church Biddeford

<https://goodshepherdparish.us/mass-times>
Catholic Mass, Good Shepherd, SACO
<https://www.bethaam.org/worship/shabbat/>
Temple Bet Ha'am South Portland

Lectio Divina
Daring to have no enemies

Whether it's ourselves, our lovers, bosses, children, a local Scrooge, or the political situation, it is more daring and real not to shut anyone out of our hearts and not make the other into an enemy. If we begin to live like this, we'll find that we actually can't make things completely right or completely wrong anymore, because things are a lot more slippery and playful than that. Everything is ambiguous; everything is always shifting and changing, and there are as many different takes on any given situation as there are people involved. Trying to find absolute rights and wrongs is a trick we play on ourselves to feel secure and comfortable. Pema Chodron

READ in your head and out loud and in your head again.

MEDITATE notice a word or sentence that lingers in your mind or on your tongue

PRAY in whatever way that resonates with you, seek what message there is in the reading for you.

CONTEMPLATE Carry these words with you to Sunday. Call a chum and talk about what is showing up for you from this reading. Heck, just call a chum.

I look forward to seeing you Sunday! Try to get to one of those services before Sunday!

Peace and Blessings
Rev. Lori (she/her/hers)

- **Live Stream on Facebook**

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.

(Facebook link on our web page)

- **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

- **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.