

Friday Flyer – March 18, 2021

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Forgiveness – the Challenges and Rewards*
 - *Rev. Niki Norman*
 - **Worship at 10:00 AM– March 20th**
 - **Church Activities This Week:**
 - Sunday, March 20 @ 10:00 AM - Worship
 - Sunday, March 20 @ 11:00 AM - Social Hour in Parish Hall
- Unless indicated otherwise, these activities welcome all members and friends.

Office Hours

Minister, Rev. Lori Whittemore
Administrator, Brian Dustin

By Appointment
Mon-Wed-Fri –8-11 AM

Caring Needs – Please contact church office.

Upcoming Events and Activities

- **Thoughts from Rev. Lori**

Happy Friday Good People,
A story of the Buddha:

A restless businessman once came into Buddha's assembly, walked straight to him and spat at Buddha. He was furious that his children who could have spent their time earning money, sat with Buddha instead, with their eyes closed. Buddha merely smiled at him. There was no word, no reaction. The man walked away in a huff, shocked. He could not sleep all night. For the first time in his life, he met someone who smiled when he was spat at. His whole world had turned upside down.

The next day he went back to Buddha, fell at his feet and said, "Please forgive me! I didn't know what I did." But Buddha said, "No! I cannot excuse you!" Everyone in his assembly was taken aback! Buddha said, "Why should I forgive you when you have done nothing wrong?"

The businessman reminded him of what he did on the previous day. Buddha simply replied, "Oh that person is not here now. If I ever meet the person you spat on, I'll tell him to excuse you. To this person here, you've not done any wrong."

Compassion is not saying, "I forgive you." Your forgiveness should be such that the person who is forgiven, does not even know that you are forgiving them. They should not even feel guilty about their mistake. This is real compassion.

Sunday Rev Niki will be leading service and sharing about forgiveness. Forgiveness is the greatest gift we can give to ourselves. Holding on to anger, hurt, resentment, sorrow eats away at our soul. We may think subconsciously or consciously that holding a grudge will "punish" another, we are really trapping ourselves in an unhealthy mental and spiritual cycle. Keeping with the theme of the month to get out, I will share with you 5 proposed steps to get out of your own way and forgive yourself and others.

1. reflect on the situation
2. put yourself in the other persons shoes
3. choose to learn from the experience
4. let it go
5. decide what is the most holistic and healing path for you moving forward

Or as the story about Buddha illustrates, maybe we are able to let go altogether in a gesture of compassion. Perhaps recognizing that the person who offended us at some time in the past, is no longer the same person in front of us now, we are able to show compassion towards them instead of disdain.

Peace and Blessings go with you
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 are OPTIONAL 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
- Social hour in the parish hall – no food or coffee

- **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.