

## Friday Flyer – March 25, 2021

### News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Get Out of Your Mind*
  - *Rev. Lori Whittemore*
  - **Worship at 10:00 AM– March 27<sup>th</sup>**
  - **Church Activities This Week:**
    - Sunday, March 27 @ 10:00 AM - Worship
    - Sunday, March 27 @ 11:00 AM - Social Hour in Parish Hall
    - Wednesday, March 30 @ 5:00 PM - *Harbour Singers*
- 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**

- **Prayer Service for the Ukraine - March 27 @4:00 PM**

Rev. Lori will co-facilitate a prayer service for the Ukraine. The service will take place at 4:00pm on Sunday the 27th at First Parish UCC in Saco. We will make space for anger, fear, and sadness while joining our voices together in hope and peace. Please join us and represent UUCSB!!
- **Thoughts from Rev. Lori**

Happy Friday Good People!  
Passage for the week.

“The simplest rudiment of mystical experience would seem to be that deepened sense of significance of a maxim or formula which occasionally sweeps over one.”  
William James, *Variety of Religious Experiences*” It can be something that you have heard, read or encountered all your life, but in a split second its underlying, quintessential meaning washes over you and leads you to a core realization. Its one of the reasons repeated prayers and prayer formulas and practices are effective. At some point they can lead you into a quiet and deep place. A place in your heart that connects. That’s what get out of your mind means for us this week. Whatever practice you use, drop into it so you can ride through it to a meaning beyond your rational thought. Get out of your mind!

Read	through this out loud and in your head
Meditate	see what word or idea bubbles up for you
Pray	seek divine guidance for what you’re supposed to glean from the passage
Contemplate	carry these words with you today and see what pops up

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 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.