

The Messenger

May
2022

Unitarian Universalist Church
of Saco & Biddeford
www.uuchurchsacobiddeford.com



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Worship for May

Sundays at 10:00 a.m.

- May 1st** – Rev. Lori Whittemore –
"Encountering the earth: earth communion"
- May 8th** – Rev. Niki Norman –
"Things my Mother Taught Me"
- May 15th** – Rev. Todd Glacy –
"The Gift of Grieving"
- May 22nd** – Rev. Lori Whittemore –
"Encountering each other"
- May 29th** – Rev. Lori Whittemore –
"Encountering the broader community"

(See Sermon Notes on the next page)

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

Sermon Notes

May marks the 5th month of our 6th month spiritual pilgrimage together. After the toil and trouble, after the sunburn and swelling, after all the anticipation and expectation comes the approach, the sighting. There comes the climax of the journey. The encounter. It is when the traveler attempts to slide through the thin membrane in the universe and return to the garden of origin, where humans lived in concert with all of creation. A full and true ONE ness. What an amazing part of our pilgrimage that is synchronized with Mother's Day, with the return of flowers and bees.

Our first encounter will be with the earth. On May 1 we will have an earth communion. I invite you to bring a tablespoon or 2 of earth from your yard or from a potted plant. We will mix these together and once mixed send everyone home with the newly mixed soil. This earth communion symbolizes and actualizes that our community can never be separated again. Once our soils are mixed they can never be unmixed. I invite you to bring some in a baggie or containers so that you can leave with some of the mixed earth when you leave.

We will also explore encountering each other and encountering the community in new ways later in the month. I look forward to spending May with you!

Peace and Blessings,

— Reverend Lori

Life is Change, and change inevitably leads us to the experience of loss.

We are all grieving the loss of something or someone on some level most of the time whether we realize it or not, and if we don't take the time to be aware of and acknowledge grief in our life we can become stuck in the "heaviness" of it.

Grieving is a natural and multi-faceted process of healing from loss by properly honoring and letting go of what was, and moving towards a present-moment acceptance of what is.

In this way it can be seen as a spiritual journey that offers us a way back to joy, gratitude, and love.

— Reverend Todd Glacy

**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.uuchurchsacobidford.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 recently received 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.



Rev. Todd Glacy is an enlightenment advocate, empowerment educator, and instigator of joy. He is an ordained interfaith minister, licensed counselor, certified life coach, yoga and meditation instructor and professional musician. He has traveled extensively as a guest speaker and workshop facilitator helping empower people to lead happy, healthy and fulfilling lives.



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 — Pat Snyder, Wendy Coleman and Cathy Vollkommer

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.

REFLECTIONS FROM THE BOARD OF TRUSTEES

Hello Everyone!

Spring is finally here and we are hoping to welcome some fresh, new members and a settled, focused and caring leadership.

Our Annual meeting is coming up quickly. June 12, 2022 is the date to save. We are looking forward to a positive, productive meeting. We need your help. Members are the only folks who can vote on matters and, as such, will make important decisions at the meeting. Please be sure to save the date and come ready to participate.

We realize we need new members and more of our current members to help in church affairs. The Board is focused on trying to improve this situation. If you can help in any way, please contact any Board member who will guide you in the right direction.

You will soon notice the bulletin board just outside of the parish hall has a new look! Thanks to Sonja.

We are hoping Social Hour after church will soon include coffee. It is so good to be able to gather together again.

Finally, a lovely note was left in the Little Free Pantry anonymously. It reads: "I will always be grateful for your kindness. Thank you so much. It helps more than you know".

Have a wonderful Spring!

— Your Ever Faithful Board of Trustees: *Paul Coleman, Wendy Coleman, Mike Dolan, Sonja Gerken, Pat Snyder, Cathy Vollkommer, Anne Wilkinson*



Music Notes

*from Choir
Director, Ellie Rolnick*



- **May Choir:** May 8 and May 22; rehearsal at 8:45; singing in church
- **Participation:** If you want to join the choir for May, please contact me ASAP
- **Masks:** Masks are no longer required for choir.
- **Special Music:** Do you play an instrument or sing? If you would like to offer your music talents to sing or play a hymn or other music during a service, please let me know!

All are welcome who love to sing or who want to be involved with our Music Ministry.

For more information, please contact me directly at choir@uuchurchsacobiddeford.com

Share the Plate

Hello all.

As you know we donate half of the collection plate on Sunday to a local non profit. I am the coordinator of this effort but I need your input as to which local groups you are passionate about. We only have June left for this year but I would love to have ideas for next year. Please contact me by email (or text) with any ideas you may have.

Jeannine Wilson (jwilso118@gmail.com)

May Share the Plate: UUCSB Minister's Discretionary Fund

This is a confidential assistance fund that is used to support our members and friends in times of emergency or other unexpected need. This is a vital service we provide within our own beloved community.



Please give generously!

This Year's Share the Plate Contributions

October	Maine Cancer Foundation	\$224.25
November	MaineTrans.Net	\$254.00
December	Adoptive & Foster Families of Maine	\$247.50
January	Preble Street	\$222.00
February	Saco Food Pantry	\$294.50
March	Seeds of Hope	\$259.13
April	MUUSAN (as of 4/17)	\$265.00

For God So Loved *by Keith Walker*

For God so loved that
one day wandering the cloud
of infinite love

the love without end
and without beginning felt
it was less than love.

And in that moment
before time, love knew that love,
to be love at last,

must be lost, must be
given and given until
every trace is gone.

And so God became
fire and ash and cooled into
the garden that bloomed

and crawled and stood
and walked and felt the emptiness
in the center of the heart

where the crystals of salt
from a vanished sea burn with
love's endless yearning.

And love becomes love
as God bleeds out all Godness
into these failing

and breakable hearts
fleshed and tethered to hours
that dwindle towards grief.

For God so loved, God
is born and broken in each
begotten daughter's

son's, and sparrow's fall,
in the pierced heart that feels where
every nail has been.

Caring Connection

The 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. We hope you all stay safe and well. If you do experience times of difficulty, please let us know how we can help. 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. Thanks to all of you for your generous support. Please contact one of our members if you need assistance or if you would like to be involved in the Caring Connection Team.



The Caring Connection:

Paula Howard, Margaret Merrill, Donna Ravn, Pat Snyder, and Marilyn Stoesser-Casad



Next

FIAT meetings:

May 1 and 15

11:15 -12:15

To be determined:

In the Parish Hall, Parlor,
or outside.

All are welcome.



Faith in Action Team: An Invitation

After a two-year Covid-induced hiatus, maybe it's time to get our Faith in Action Team back together!

[This is an unauthorized, last-minute newsletter submission.

I'm acting alone, but hopefully not for long! — Randa Thomas]

I have loved being a part of FiAT! I loved that we always tried “to put faith into our action and action into our faith.” We call ourselves the Faith in Action Team with the idea that we don't all have to be working on the same project to be on the same team. I loved that meetings incorporated shared spiritual practices to help us recognize our limits and bring deeper meaning to our actions. I loved that we had a non-hierarchical structure with no chairperson or official membership and that we used a consensus model because we were learning about the limitations and contradictions of the patriarchy from which many of our “traditional” church structures had grown. And we did good work!

Now that church life is starting to look a little more ‘normal’ I'm hoping you are as eager as I am to get into some social justice work together. This will mean spending some time getting to know each other and learning about individuals' priorities and passions. It will require rebuilding some structures for communication and norms for meetings. We will need to figure out how we will decide on things and who will do what.

This is my broad vision for how we would get started:

After settling on some of the nitty gritty of actual meetings, we start close to home, clarifying our church's mission and evaluating how we're doing with that. And we just start on something. Here are some close-to-home ideas. We could:

- Learn about the Green Sanctuary recertification process and tune up our collective practices.
- Host a neighborhood clean up followed by a picnic in the park.
- Figure out how to make Wi-Fi available to the neighborhood kids.
- Get active with MUUSAN or a local group that is already doing excellent work.

Around the Building

Everything is coming up green around the UUCSB - both inside and outside! Take a look at the daffodils, crocuses and other plants around our yard. Taking our cue from Spring, we have finished painting the Green Room.

Our contractor is about to start the work on our Parish Hall chimney, eaves, connector roof, and front of the Sanctuary.

As reported last month, we have a recurrence of issues on the connector roof. The roofer says that this may be due to the way the wind blows around that part of the building. To avoid further damage we will try to stretch our limited funding to cover these repairs.

Remember that “freeze up” we had this winter? Well, when Jane was dusting the Sanctuary window sills (dead flies pile up even in Winter!); she discovered a leak in our heat pipes below the middle window on the west side of the Sanctuary. This was most likely because of a crack that happened during that freeze up in February and just grew with time. Thanks to our wonderful folks at Pine State, this got fixed in short order.

The unexpected heating system issues cost us about \$4600. A big chunk of money for a small church with small financial resources.

— Anne Dobson

Chaplaincy Institute of Maine

The Chaplaincy Institute of Maine (ChIME) is now accepting applications for its 20th class, which will begin the 2022-2023 academic year on September 10, 2022.

As ChIME’s 20th anniversary year has approached, the organization has taken some time to reflect on its mission, approach, and role in an ever-changing world. Just as the pandemic has shone a spotlight on the inter-connected injustices of our time, it has illuminated the ways in which interfaith study and practice can play a vital role in communicating across barriers, mending bridges, and building community. Interfaith Ministry is our Calling.

ChIME remains deeply devoted to its mission to educate and ordain interfaith leaders who serve with integrity, spiritual presence, and prophetic voice.

Students arrive at ChIME with a wide array of religious and spiritual affiliations and life experiences. After deep personal exploration in a supportive community and many opportunities to companion others through spiritual formation, graduates leave ready to bring reverence, compassionate listening, courageous voice, and ceremony to individuals and communities. If Interfaith Ministry could be your calling too, consider submitting your application to ChIME today!

Learn more about ChIME at www.chimeofmaine.org and direct inquiries to the Dean, Lisa Steele-Maley at lisa@chimeofmaine.org or call the office at (207) 347-6740.

Good Stuff Sale!

We’re sure everybody must have some good stuff around the house that they would be willing to donate to the church to be sold. While you’re cleaning out that attic or basement, or just sprucing up, downsizing or moving, consider giving any larger items to the church. (Small items of \$20 retail or less should be held for church yard sale). Pat Snyder will take care of the sale of these items with proceeds supporting our church. This is an easy, contact free way to help raise money toward the fundraising needs of the church this year. Please contact Pat Snyder if you have any items that you think might be appropriate.



Easter Sunday Morning

Photos by Pat Snyder



The Choir



Rev. Niki and Rev. Lori



Anne



Pat



Jeannine



Myra



Jean

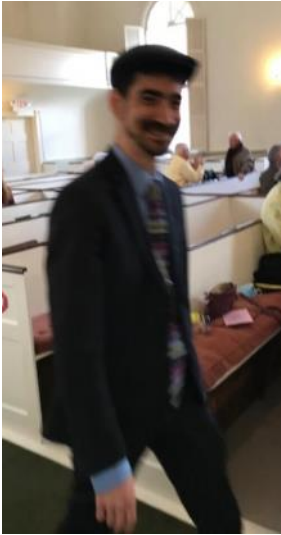


Peggy



Edite

More pictures on the next page.



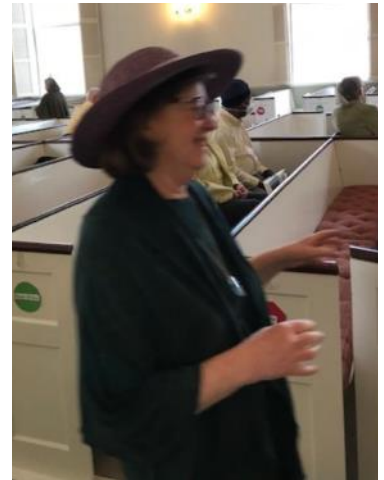
Trevor



Laurie



Donna



Ellie



Niki and Donna



Ellie



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 4/22/2022 are as follows:

Checking	\$13,095.24
Accounts Payable	\$142.22
Moulton Trust	\$1,083.15
Restricted Savings	\$45,549.08
Saco/Bidd Investments	\$166,752.74

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) and make arrangements to pick them up at another time. Thank you for participating in this fundraiser in support of our church. .



Ellie Lockwood

On-Line PayPal Payments

Donations and pledge payments can be made using PayPal. To do so, go to the church website at www.uuchurchsacobiddeford.com and at the very top of the page click "Give" and then click "Donate".

Donations and pledge payments may also be mailed to:

Unitarian Universalist Church of
Saco & Biddeford
60 School Street
Saco, ME 04072

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.

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 Friday 8 to 11 am.

[207/282-0062](tel:2072820062) or [207/632-4512](tel:2076324512)

www.uuchurchsacobiddeford.com

Little Free Pantry

Bring what you want; take what you need.

Some suggestions are peanut butter, pasta, rice, baking products, protein bars, cereal, canned soups, canned vegetables, powder laundry detergent, feminine hygiene products, diapers, toothpaste, bar soap and paper products.

Thank you for putting your Faith into Action.



Photo by Liz Gotthelf/Journal Tribune

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 and 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!

We are a Green Sanctuary and a Welcoming Community