

Friday Flyer – May 13, 2022

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *The Gift of Grieving*

- *Rev. Todd Glacy*

- **Worship at 10:00 AM**– May 15th

- **Church Activities This Week:**

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| ○ Sunday, May 15 @ 10:00 AM | - Worship |
| ○ Sunday, May 15 @ 11:00 AM | - Social Hour in Parish Hall |
| ○ Sunday, May 15 @ 11:10 AM | - Faith in Action Team |
| ○ Wednesday, May 18 @ 6:00 PM | - <i>Harbour Singers</i> |
| ○ Thursday, May 19 @ 7:00 PM | - <i>Alphabet Soup</i> – Movie Night
<i>Joe Bell</i> starring Mark Wahlberg |

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

- **Union Church Plant Sale – May 14**

Saturday, May 14, 2022 - Rain Date Saturday May 21, 2002

2 Courtlyn Circle, Saco Maine

9:00 a.m. to Noon or until all the plants are sold.

- **Coffee Hour Returns – May 22**

The B&G Monday morning crew will host coffee hour in the Parish Hall after worship. Please join us and help congratulate Rev. Lori on earning her Doctor of Ministry degree.

- **Yard Sale & Bake Sale – June 4**

Saturday June 4th, from 8am-1pm.

Baked goods will be limited to cookies and bars, prepackaged 4 to a package.

Household goods and jewelry sell really well.

Books are fine.

No clothing.

- **Thoughts from Rev. Lori**

A Pilgrims Progress by Mary de La Veuille

*I do not have to go
To Sacred Places
In far-off lands.
The ground I stand on
is Holy.*

*Here, in this little garden
I tend
My pilgrimage ends.
The wild honeybees
The hummingbird moths
The flickering fireflies at dusk
Are a microcosm,
of the Universe.*

*Each seed that grows
Each spade of soil
Is full of miracles.*

*And I toil and sweat
And watch and wonder
And am full of love.
Living in place
In this place.
For truth and beauty
Dwell here.*

Hello Good People! This felt like just the right poem for this Friday's flier. It seemed to capture exactly where I am cosmically this week. I enjoyed my time away on my first venture away since Covid struck over 2 years ago. Attending my graduation was a wonderful celebration for sure. As I sat back at my desk to read and research, I came across this poem by Mary de La Vallette. Mary de La Vallette's words as an eco warrior and poet lifted me right out of my chair. It spoke to the metaphorical pilgrimage we are on. I thought of the soil we recently mixed and how our stirring and mixing made it holy. Inso doing, our common ground is made more miraculous as we sew our seeds together right here.

As always, I invite you to:

READ it out loud and in your head..a few times

MEDITATE pay attention to a work or phrase that stands out to you. Write it down or draw it. Take it in.

PRAY: Ask for guidance on what message is meant for you in this poem.

CONTEMPLATE Spend time with a breathing exercise, or mindfully walking outdoors. Hold this passage in your heart as you move.

Enjoy your time with Todd! He brings joy and good vibrations to all of his encounters!

Peace and Blessings

Rev. Lori

she/her

- **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
- 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.