

## Friday Flyer – May 20, 2022

### News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Encountering Each Other*
  - *Rev. Lori Whittemore*
  - **Worship at 10:00 AM– May 22<sup>nd</sup>**
  - **Church Activities This Week:**
    - Sunday, May 22 @ 10:00 AM                      - Worship
    - Sunday, May 22 @ 11:00 AM                      - Coffee Hour/Celebrate Rev. Dr. Lori
    - Tuesday, May 24 @ 1:00 PM                      - Caring Connection
    - Thursday, May 26 @ 7:00 PM                      - *Alphabet Soup* – via ZOOM
- 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**

- **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 4<sup>th</sup>, 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. Bags needed.
- **Thoughts from Rev. Lori**  
Hello friends!

I have missed you these last two weeks and are delighted to be with you this morning. This week I will share about encountering others. I will begin by offering you my Namaste

Namaste is a Hindu term of formal greeting. It literally means “I bow to you”. I have heard Yoga teachers and friends extrapolate the meaning to mean, “the holy essence of me, sees and greets the holy essence of you.” What a beautiful way to acknowledge the spark of Divine in ourselves so that (we) I can recognize this seed of what is Holy in you. I invite you to take this word and this concept with you through the weekend. As you encounter others, I invite your to breathe in with an affirmation of your sacred center and breathe out with acknowledgment of the sacred center of the person you are encountering. I invite you to witness the

miraculous connection between your soul to another when you begin by acknowledging your own inherent worth and dignity.

SAY OUT LOUD	Namaste
MEDITATE	On this word and the entry above and see what words or ideas ring louder than others for you
PRAY	Ask the Divine what meaning does this have in your life right now.
CONTEMPLATE	Hold these thoughts in consciousness and take them with you as you go about your life

I look forward to seeing you Sunday

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 Parish Hall 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.