

Friday Flyer – July 15, 2022

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Summer Worship*
 - **Worship at 8:30 AM**– July 17th
 - **Worship Next Week** – *Harbour Singers*
 - *Anne Murray*
 - **Worship at 8:30 AM**– July 24th
 - **Church Activities This Week:**
 - Sunday, July 17 @ 8:30 AM - Summer Worship
 - Monday, July 18 @ 10:00 AM - B&G Planning Meeting
 - Wednesday, July 20 @ 6:00 PM - *Harbour Singers*
 - Thursday, July 21 @ 7:00 PM - *Alphabet Soup*
 - Sunday, July 24 @ 8:30 AM - Summer Worship
 - Thursday, July 28 @ 7:00 PM - *Alphabet Soup*
- 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

- **Church Office Closed**

The office will be closed next week as Brian is away on vacation. He will return on Monday, July 25th. For this reason, the *Friday Flyer* will not be sent out next week.
- **Summer Services**

Service Leaders are needed for Summer Services! Services (30 minutes) will be held Sunday mornings in the Parish Hall from July 10 to August 28. Available dates are: July 17, 31; August 7 and 28. For weeks when there is no leader a reading will be provided for contemplation and meditation. The Sign-Up sheet is on the bulletin board.
- **Thoughts from Rev. Lori**

Hello Good People!

We are near to mid summer already. We have just passed a glorious full moon! I hope you are enjoying the warmth of our summer sun!

We are in the pause of our year. Hopefully being outdoors and letting it feed our souls like nothing else can! There is some activity afoot with our committees. Gentle stirrings about what our next year will bring. Movement on green sanctuary and climate justice. Thoughts about the impact of gun violence on our society and on and in our building. The beautiful work on the building. Bellowing organ music in a hot, empty church. Conversations about homeless folks in our community and offering tents and

support in the ways we are able. All of these rest in me this week. Perhaps you can hold them to and we can let them invite us forward into the next season of our time together.

I share with you one of my very favorite prayers by Rabbi Nachman of Breslove

Grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grass - among all growing things and there may I be alone, and enter into prayer, to talk with the One to whom I belong. May I express there everything in my heart, and may all the foliage of the field - all grasses, trees, and plants - awake at my coming, to send the powers of their life into the words of my prayer so that my prayer and speech are made whole through the life and spirit of all growing things, which are made as one by their transcendent Source. May I then pour out the words of my heart before your Presence like water, O Lord, and lift up my hands to You in worship, on my behalf, and that of my children!

READ- this out loud and in your head

MEDITATE- on a word or idea that resonates with you

PRAY-about what message is for you this passage

CONTEMPLATE-how you might take these words into your life

We pause next week from the flier and so I invite you to take this prayer with you through two weeks.

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

- **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.