

Friday Flyer – July 29, 2022

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Wisdom from the Waters*
 - *Laurie Sivonen*
 - **Worship at 8:30 AM – July 31st**
 - **Church Activities This Week:**
 - Sunday, July 31 @ 8:30 AM - Summer Worship
 - Tuesday, August 2 @ 5:30 PM - Membership Committee
 - Wednesday, August 3 @ 6:30 PM - Finance Committee
 - Wednesday, August 3 @ 6:00 PM - *Harbour Singers*
 - Thursday, August 4 @ 6:30 PM - SMGM – dinner @ *Jimmy the Greek's*
- 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

- **Thoughts from Rev. Lori**

Today's entry

The dog days are upon us. Officially July 3-August 11, these are the hottest, most unbearable days of summer. I remember first hearing the term at my grandmother's house, where I spent a good chunk of my summer. It was a time when the St John River, which was right across the road from her house, was low enough to walk across. The real reference is to the constellation Sirius the dog constellation, which occupies the same region of the sky during this period. From July 3-August 11, Sirius, the "dog star" rises sets in conjunction with the sun. The Romans actually thought that this alignment contribute to the heat of the sun. We now know that the heat is related to the tilt of the earth. During the summer, the northern hemisphere is tilted such that the subs rays hit a more direct angle towards the sun for a long period of time during the day causing more time of sun to beat down in our region. More heat, more sun, less water in the St John River.

This has caused me to reflect on two things. First, that these dog days of summer are really an opportunity for us residents of the northern hemisphere to slow down. Navigate the heat with a more mindful occupancy in our own bodies. Feel the heat. Enjoy the coolness of lemonade, water, and ice cream and whatever else that gives you relief. It used to be a time. before AC. that people sat on their porches and yelled out to their neighbors passing by. We don't sit on porches much anymore, but let this time be a time when we reach out to our neighbors and friends in that same spirit. Porch occupancy reminded us of the interdependent web of existence that we are a part of.

The second thing is an acknowledgment that we now know many things about our reality that we didn't know years ago. Like the heat of this very hot time of summer comes from the tilt not an alignment of stars. This causes me to reflect on the work of the UUA and of our Faith In Action Team and their recommitment to all of our work ahead in pursuit of crafting our way forward toward green sanctuary 2030. We know the effects of climate change are also causing more heat around the globe. We know this affects people disproportionately based on race and socioeconomic status. We at UUCSB can't change the trajectory of all of this. Or maybe we can. I draw on a quote from Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has." - Friends, that is us.

As we slow down and sit on our metaphorical porches this summer, I invite you to think about what your small piece of your changing the world might be. Particularly in regard to climate change and climate justice. Keep your eyes peeled for the stirrings of FIAT as they help us launch us a collaborative journey to become those thoughtful, committed citizens that Margaret Mead references.

We won't get relief from the heat for a few more weeks. I invite you to reach out to another UUCSB friend to enjoy an ice cream or glass of lemonade. Slow down, reach out, sit a spell. We are woven into the fabric of our community together. Let our call to change the world percolate in this balmy heat.

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.