

Friday Flyer – August 12, 2022

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** –*Summer Worship*
- *Trevor Neitz*
- **Worship at 8:30 AM– August 14th**
- **Church Activities This Week:**
 - Sunday, August 14 @ 8:30 AM - Summer Worship
 - Wednesday, August 17 @ 6:00 PM - *Harbour Singers*
 - Thursday, August 11 @ 7:00 PM - SMGM – Game Night

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**

Happy Friday Good People!

I offer this simple prayer from Rabbi Nachman of Breslov. I invite you to live it these lovely days of August!

Grant me the ability to be alone, May it be my custom to go outdoors each day among the trees and grasses among all growing things and there may I be alone, and enter into prayer to talk with the one that I belong to

READ it out loud and in your head

MEDITATE considering which word or sentence speaks most to you

PRAY ask for guidance about what you are to take away from this

CONTEMPLATE take this with you through the day and into the weekend!

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.