

# The Messenger

September  
2022

Unitarian Universalist Church  
of Saco & Biddeford  
[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)



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## September Worship

Sundays at 10:00 a.m.

- September 11<sup>th</sup> — Rev. Lori Whittemore —**  
**"Ingathering: Returning to Covenant"**
- September 18<sup>th</sup> — Rev. Niki Norman — "We belong!"**
- September 25<sup>th</sup> — Rev. Niki Norman —**  
**"Ubuntu - Belonging in Community"**

Board of Trustees agendas are posted one week prior to the meetings. Approved Board minutes are posted on the bulletin board nearest the Sanctuary and emailed to the congregation.

Whoever you are, wherever you come from, whomever you love, you are welcome here.

## Words from Reverend Lori

Happy Fall to you!

Here we are embarking on a new church year. I hope you have had a restful and rejuvenating summer. This is my first full year as your contract minister. I am grateful and excited to be in relationship with you in this way! Niki and I and the worship team have been planning for the fall and are excited to facilitate worship for you. We still need ushers and flowers. Please consider signing up for at least one Sunday. The theme for the month of September is belonging. Very fitting for a return to church. I invite you to return to UUCCSB feeling an overwhelming sense of belonging! You are a most welcome and valued part of our tapestry! Some things to know about our fall together and indeed the year together. Each month will be themed. It is our intention to have outside speakers on the first Sunday of the month and knitting together our theme with a principal, with a cause, and with a local organization. At least as best as we are able. We are also trying to tie our table offerings to the theme and have the organization send a representative to talk. We will announce these in the newsletters. As many know FIAT has been mapping a path toward Green Sanctuary 2030 with consideration of the 8th principle of becoming intentionally antiracist. (The effects of climate change correlate very strongly with racism). Building and Grounds has accomplished great things over the summer with repairs to the windows and siding, painting the green room and archives. Many hands have contributed to our building and community and have kept us connected to our larger Saco community. Our Church is made sacred by your presence! I look forward to our time together!



Peace and Blessings,  
Reverend Lori

## FROM OUR BOARD PRESIDENT

In our August meeting one of the topics the board discussed is this wonderful document you are reading now. Over the summer there was some discussion about The Messenger and its relevance. Some of the discussion centered on content and frequency. We conducted a survey asking you, the congregation, how often you would like to see the Messenger published. Most responses want it to continue to be monthly through the normal church year.

Here are a few quotes from the emails:

- “I personally love reading the Messenger monthly, in its entirety.”
- “I love getting the monthly Messenger and reading it from cover to cover.”
- “Personally I do enjoy it monthly, and enjoy seeing the monthly calendar.”

However, here is a quote addressing the content of the Messenger”

- “BUT there’s a lot of duplication from month to month.”

Mogens R and Donna B continue to do an exemplary job on publishing this document. We, the board, have taken on the task of increasing the variety of content in each month. Some suggestions we have come up with so far are:

Who’s Who in the Pews, list of birthdays and celebrations, a letter from the board president each month, Green Sanctuary article each month, rotating articles from our church committees.

We will continue to publish it on a monthly basis. If you have ideas of your own to increase content, please send a message to me or anyone else on the board.

In peace,  
Paul

## Music Notes

from Choir  
Director, Ellie Rolnick



"Singing alone is beautiful. Singing together is holy." - Phillip dePoy

As September grows closer, my thoughts turn to choir and singing together!

- **Rehearsals:** Choir will rehearse on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of each month followed by singing in church on that day. We will have a 'pick up choir' at first with relatively simple songs, unison or 2 parts. Dates for 2022: September 11 and 25; October 9 and 23; November 13 and 27; December 11 and 24. (except for September the other dates may shift)
- **Time:** 8:45 – 9:45 We start and end on time.
- **Participation:** 'Pick up Choir' means that you do not need to commit to every Sunday that we sing; but if I can know in advance that you'll be there, it helps me plan for appropriate music.
- **Special Music:** Do you like to sing solo or play an instrument? Special music is always a welcome addition to a service.

All are welcome who love to sing or who want to be involved with our Music Ministry.

For more information please contact me directly at [uucsbchoir@gmail.com](mailto:uucsbchoir@gmail.com)

Anne Wilkinson will be performing with the [www.deepbluecorchestra.com](http://www.deepbluecorchestra.com) at Vinegar Hill <https://vinhillmusic.com>

in Arundel, Maine on September 30. The Deep Blue C Studio Orchestra performs a wide variety of songs from Bacharach to the Beatles. Anne is sure you will be singing along with many memorable songs. Rumor has it that she will be playing a new arrangement of the Chet Baker tune, *There Will Never Be Another You* with the amazing Christine Petrucci on piano.

Anne hopes to see you there!

### Saturday, September 10th MUUSAN Network Meeting: UU the Midterms!

10 am - 12:30 pm on Zoom

Attend the September Zoom MUUSAN Network Meeting to learn about how we're working to UU the Vote here in Maine, why this state election matters so much for reproductive justice, and how UU the Vote National is helping our congregations get involved in this critical election.

Register online at [www.muusan.org](http://www.muusan.org) and they will send you the Zoom link. Hope to see you there!

## It takes a Village to create a Welcoming Sunday Experience!

You can help by reading the job descriptions below and then signing up on the bulletin board opposite the restrooms.

**Worship Assistants-** Assist the speaker by arriving early to meet with them and to familiarize yourself with the script provided. Training provided by Ellie R. Email her- [erolnick@maine.rr.com](mailto:erolnick@maine.rr.com).

**Ushers-** Preferably 2 people who arrive at 9:30am and follow the detailed job list to prepare the sanctuary. A few jobs include turning on lights, folding Orders of Service, lighting candles and providing water at podium for speaker and most importantly greeting people as they arrive. There is an easy to follow list to guide you for both before and after the service. Sonja G. can walk you through it. Email her- [s55gerken@gmail.com](mailto:s55gerken@gmail.com)

**Choir/Special Music-** We love music! Please consider joining the choir, which rehearses a couple Sundays a month @ 8:30am, and/or sharing your vocal or instrumental talents with us. Email Ellie Rolnick.- [uucsbchoir@gmail.com](mailto:uucsbchoir@gmail.com)

**Flowers-** Arrangements are welcomed for the chancel table. If they are in memory of someone, their name can be printed in the Order of Service by emailing Brian D. [uuchurch@gwi.net](mailto:uuchurch@gwi.net).

Thank you for sharing your talents with our community. When everyone does what they can, we can do a lot!

## Arcadia Band at UUCSB

We've narrowed down the dates to the weekend of 10/15 or 10/22 but I'm still trying to confirm with everyone. Let me know if you need more info

Arcadia Band, is a Folk/Americana band from the greater Portland area, featuring Janice O'Rourke on vocals and guitar, Bill Holden on Dobro and vocals, Colin Kolmar on percussion and vocals, and Doug Kolmar on vocals, guitar, mandolin. The band grew out of the recording sessions for Doug's 2018 album, Arcadia. In addition to the songs from that album, the band also features original songs by Janice, new originals by the band, and creative cover tunes. Instrumental colors from a spectrum - including bluegrass, jazz, folk and acoustic rock - blend with multipart harmonies, to take you on a journey from toe tapping sing-alongs to hushed ballads that bring a tear to your eye.





## Invitation to “Who Knew....?”

Fall is coming – perhaps faster than we would like. But it’s also an exciting time. We return to regular services in our beautiful sanctuary, led on most Sundays by our treasured Rev. Lori and filled in on others by our own Rev. Niki as well as guest speakers. Because of COVID and online services and then summer, we have not seen one another for quite some time. Now we can reconnect and get to know one another better. How?

I offer you an invitation to share yourself – your talents/and/or pastimes – with our congregation through a monthly Messenger article. Anne D. calls it a “Who Knew....?” piece – an exploration of things we don’t know about folks we do know.

How wonderful it would be if you would send us a few paragraphs about yourself, along with a photo. It might be about your passion for fiber arts or jazz or writing stories for your family. It might be about your love for biking, for playing an instrument or singing, for gardening, traveling, painting, or ??????????

This month our initial article will focus on Rev. Lori. Who Knew that.....?

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I studied psychology and political science at the George Washington University. My professor of abnormal psychology worked with the Secret Service as a profiler, before there was a name for it. He facilitated me having an internship with the Presidential Protection unit that managed that program. It was very interesting! It led me to my first Government job as a “stay in school clerk” in the Counterfeit Division of the Secret Service Washington Field Office. That was a work study kind of job. From what I gathered from my time there, I didn’t see my future as an agent. However after graduation, I was recruited by the General Services Administration, the arm of the government that provides procurement services, real estate, vehicles and other sundries for government agencies. I started in Washington, DC being groomed to do landscaping and pest control contracts for federal buildings in Washington, DC. As a management intern, I spent a year moving around to all of the divisions of GSA learning how they worked so that I would have relationships with the experts I needed to do my work. After spending 2 weeks with the real estate group that leases and builds property for other agencies, I enjoyed it so much I never left. Because of my previous job with the secret service and the clearance I had, they assigned me to do real estate work for the CIA and FBI. Oh the stories I could tell. Except then I would have to kill you. And those stories would be like 25 years old, so would have no relevance today. I worked for the Government for 15 years in Washington, DC, Auburn, Washington, Anchorage, Alaska, and Portland, Maine. My most rewarding project was facilitating the build to suit Coast Guard station in Eastport, Maine. My scariest moment was being present during the terrorist shooting at the CIA headquarters in Langley, Virginia. My most adventurous I moment was being deputized by the Marshal Service to transport a female prisoner from Fairbanks Alaska to Anchorage Alaska on a four seater plane. My least favorite moment was actually writing that pest control contract. I was sent to many cool places to do many cool things. The greatest part of it all was meeting all the people I met along the way. As I think I mentioned in a sermon, I was a leasing officer when 9/11 happened. My job would have been to support the New York region that was offline and help with security leasing. At that moment I knew I wanted to be there, but not as a government contracting officer, but as a chaplain. I knew that I would go to seminary to make that transition, although it took a few years. I am grateful for the 15 years of government service. I couldn’t imagine a more delightful government work experience! Who Knew???

— Reverend Lori

## Around the Building

**Dorinne Spirito, B&G member, emeritus**

On a recent Monday morning we gathered to discuss several items relate to B&G. Most of these items were about recent activities around the UUCSB - window stabilization, leak repairs, Parlor re-settling, painting the stairway.....

We also accepted the resignation of long-time B&G member **Dorinne Spirito**. Dorinne has been a B&G member for over 30 years. Her focus during that time has been on our grounds. Those wee gardens at the top of our walkway, the circle around “Beth’s tree”, indeed, the tree itself, the day lilies along the building and by our main entrance are all projects that Dorinne initiated and tended. As I look back, I recall one very hot day about 30 years ago when Carlo, Dorinne and I painted the area around the main entrance. (We probably won’t be doing that again!)

As I said, we accepted with regret Dorinee’s resignation from our group. We resolved that she is a B&G member emeritus. Thanks, Dorinne for all the faithful service.

Good times. Good people. Good work.

— Anne Dobson

## Our Principles - My View

In this time of unrest and uncertainty in our community, country, and the world, do you, as a UU, feel strongly about an issue? Here’s an opportunity to share your view with our UU community and for others to respond by sharing a different point of view. We welcome thoughtful discourse through this opinion-based column. The Messenger will accept opinion pieces that are grounded in our Principles and the Sources from which they are drawn. Our Messenger editors will review each contribution to determine its appropriateness. My View articles represent the beliefs and opinions of the authors. We are a congregation that accepts one another as we search for truth and meaning in our lives and our community.

## My View

### Listening in Rumi’s Field *by Ellie Rolnick*

The 14<sup>th</sup> Century Persian mystic we know as Rumi wrote these words:

Out beyond ideas of wrongdoing and right doing, there is a field. I’ll meet you there.

A few years ago, I found myself in a quandary and wondering, as our world became more and more polarized, if Rumi’s field exists and how to get there. So much so that I wrote a song about it. I’ll share the words later.

This quandary I found myself in brought me to a juxtaposition of contradictory feelings, ideas, thoughts and beliefs. I called it a combination of a crisis of politics, religion and faith. I have strong opinions and sometimes I blurt them out without thinking about what others might think or if they’ll agree with me or not. This used to be okay – but not anymore. Since we are now living in the most polarized time in my history there is so little middle ground. I often find myself standing in it and trying to understand people to the right and the left of me. So, how do we make it to Rumi’s field, where we might actually listen to and hear one another?

When I was in chiropractic school, I was taught that while a patient is telling me their problems that I am to imagine myself being a big ear. I’d like to think that I’m good at it. I listen, let the patient share what they

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**Rumi's Field***(Continued from page 6)*

need to and when they are done, I dig in and ask questions. The questions clarify things for me. They help me understand and if I'm curious and ask the right questions I learn more about the patient and they learn more about themselves.

I have a friend who was studying at the Chaplaincy Institute of Maine (ChIME) a few years ago. She was learning about creating safe space and deep listening. When I would rant and rave about my opinions she would be that same 'big ear' for me and listen. When I was done she might ask a few questions for clarification. She might agree with me and sometimes disagree with me. But she listened. If she disagreed – she didn't love me any less.

My aunt Bella, whom you've all heard me talk about, lived to be 100. She would say 'I'm old – I can ask whatever questions I want'. And she would. She was curious. She always wanted to know more about people and understand them better. She didn't always agree with them and sometimes when they'd be done sharing with her, she might say something like 'that's the stupidest thing I ever heard'! Maybe not a safe space – but still, a conversation.

I have friends who are very dear to me but they have different political opinions from me. I could dismiss them and decide not to be friends with them anymore because we don't agree but I decided to take a page out of Bella's book and be curious. Why were these intelligent women voting for someone whom I would never consider voting for? Why do they have different opinions about supreme court rulings than mine? Well, I decided to start asking. However, if I disagreed I didn't say 'that was the stupidest thing I've ever heard'. I tried to create a safe space for us to have a conversation. I learned a lot and I understood a lot more.

The same can be said for family members. I recently had the opportunity to sit with my niece and ask her questions about her political beliefs and we shared an amazing conversation. She had been an ICU nurse during the pandemic and her stories of that experience and perceptions were very helpful and affirming for me to hear. I love my niece and her husband. They are two of the most amazing and caring people that I know. We may not see eye to eye on every subject but I trust them on a very deep level and respect their choices and ideas as they respect mine.

I think we agree about more than we disagree and I tried really hard to look at things from their point of view. Another lesson I've learned over the years is 'If you change the way you look at things, things you look at change'.

We gather in social networks, family, friends, co-workers. The people we resonate with, agree with, believe concurrently with – these people become our tribe. We come to them knowing we will be embraced and agreed with – until we aren't. Do we stay silent because we know they will disagree with us – or do we speak our truth and hope that they will hold a space for us and listen with empathy, compassion and curiosity?

I am guided strongly by our first UU Principle (they are not supposed to be in any particular order by the way): 'The Inherent Worth and Dignity of All People' This principle is what drew me to this faith. I'm glad it was #1 because I may not have read any further. I believe this fervently although I feel tested by it all the time. We believe in the inherent worth and dignity of all people. We believe in a world of diversity. But diversity is not just about race, age, gender or sexual orientation. It is also about opinions.

I read once that many very old people don't worry so much about what they see going on in the world. They've seen it all before. Live 80 or 90 or 100 years and the pendulum swings. It reminds me of a quote from the bible about 'the fullness of time'. Maybe in the fullness of time, the pendulum, which today is swinging in extremes, will come to rest in the center.

We are spiritual beings having a human experience. We are learning. We are making mistakes. We some-

*(Continued on page 8)*

## Rumi's Field

*(Continued from page 7)*

times, maybe more than that, get it right. We are but a moment of time in a millennia. If we can be curious and pretend to be a 'big ear' this is how we can listen in Rumi's Field.

Rumi's Field *by Ellie Rolnick*

Out beyond in Rumi's field  
There is a place where we may heal.  
I'd like to meet you there one day  
And hear everything you have to say.

Out beyond this place of pain,  
There is a field where we may think the same.

But for now, can you hear me when I speak?  
Can you feel me when I cry?  
Can we forgive that it's impossible  
To see eye to eye?

Out beyond in Rumi's field,  
There is a place where we may heal.  
I'd like to meet you there one day  
And hear everything you have to say.

Out beyond this place of pain  
There is a field where we may think the same.

But for now, can you hear me when I speak  
Can you feel me when I cry?  
Can we imagine that it's possible  
To see eye to eye?

Out beyond in Rumi's field,  
Out beyond in Rumi's field,  
I'll meet you there.

Listen to this song at: <https://www.dropbox.com/s/bd5c2ym1vvapw3y/In%20Rumi%27s%20Field%20-%20updated%202022%20for%20Messenger.m4a?dl=0>

This month's *My View* article is offered by our long-time member, Ellie Rolnick.  
This is her view. What's yours?



Just how hot did our Sanctuary  
become this past summer?



## Financial Information

### Pay Your Pledge Automatically!

Annual pledges paid in regular installments help the Church's cash flow - and yours! You can set up an **automatic debit** from your bank directly to the church account - no checks or mailing hassles. You may also **use a credit or debit card for pledge payments**. These, too, can be set up ahead of time to transfer automatically an amount you choose on the date you select. These Electronic Giving options can help you manage monthly expenses and help the church funds available regularly to meet our payroll and other bills.

Contact Brian in the church office to set up a payment plan. Automatic payment arrangements are kept confidential.

- Finance Committee

### Greetings from the Treasurer

Account balances as of 8/29/2022 are as follows:

Checking	\$12,504.53
Accounts Payable	0
Moulton Trust	\$1,059.65
Restricted Savings	\$45,580.33
Saco/Bidd Investments	\$157,879.83

Any questions, just call.

Sincerely, Wendy Coleman



### Hannaford Gift Cards

Would you like to donate to the church in a way that doesn't cost you anything? If you buy your weekly groceries with a Hannaford gift card purchased from UUCSB, the church gets 5%. Our church depends on this fundraiser to contribute to its operating budget. Cards are available in \$100 or \$50 denominations. Gift cards are for sale in the nursery every Sunday after the worship service, or if you are worshipping virtually, just call or email Ellie Lockwood ([elenor.lockwood@twc.com](mailto:elenor.lockwood@twc.com)) and make arrangements to pick them up at another time. Thank you for participating in this fundraiser in support of our church. .



Ellie Lockwood

### On-Line PayPal Payments

Donations and pledge payments can be made using PayPal. To do so, go to the church website at: [www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com) and at the very top of the page click "Give" and then click "Donate".

Donations and pledge payments may also be mailed to:

Unitarian Universalist Church of  
Saco & Biddeford  
60 School Street  
Saco, ME 04072

### CLYNK

Help UUCS by returning your bottles and cans through the CLYNK service at Hannaford. Green bags may be picked up at the welcome table when you come to church on Sundays. Please remember that Market Basket labeled bottles and cans are not accepted by CLYNK.





## UU Post It Notes



Post It!

### Committee on Ministries

**What should I do if I have a conflict with a church member or group?**

#### Conflict Resolution Process

The Unitarian Universalist Church of Saco and Biddeford is committed to fostering right relations among its members, friends, and staff.

We understand that conflict can be an inevitable part of a healthy community and can serve as an opportunity for growth and development. As members of this congregation, it is incumbent on all of us to handle conflict in ways that are reflected in our covenant.

You are welcome to speak informally with a member of the Committee on Ministries (Niki Norman and Pat Campbell).

Please read the Conflict Brochure developed by this committee and follow the Conflict Resolution Pathway that applies to your situation. When needed, the CoM will assist in developing a mediation plan for all involved parties.

Keep in mind that the CoM doesn't handle anonymous input. Be assured that information communicated will be handled with appropriate confidentiality.

### Website

Visit our website at

[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com).

If you would like to add or correct something, please let me know. Please be specific with corrections as we have over 75 pages on our site. Added content for areas that have not yet been developed will be gratefully accepted. Thank you to those folks who have provided content and updates.

- Brian Dustin, Webmaster

### Church Administrator

**Brian Dustin**

Hours: Monday, Wednesday, and Friday 8 to 11 am.

[207/282-0062](tel:2072820062) or [207/632-4512](tel:2076324512)

[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)

## Little Free Pantry

**Bring what you want; take what you need.**

Some suggestions are peanut butter, pasta, rice, baking products, protein bars, cereal, canned soups, canned vegetables, powder laundry detergent, feminine hygiene products, diapers, toothpaste, bar soap and paper products.

Thank you for putting your Faith into Action.



Photo by Liz Gotthelf/Journal Tribune

## Thinking about becoming a member?

To learn more about our congregation:

Please speak to any member or someone from the Membership- Welcoming Committee. Plan to attend a Sharing Your Spiritual Journey orientation.

To learn more about our faith and practice:

Various aspects of Unitarian Universalism are explained in brochures kept in a rack as you enter the sanctuary. You are welcome to take these home. You can also talk with members of our congregation.

### Our Church

We are a voluntary association of those committed to this special religious community. We share common values, but we do not require or expect conformity to any specific religious beliefs. We welcome each person's spiritual exploration and expression.

Web sites [www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com) and [www.uua.org](http://www.uua.org), contain more information on the traditions, activities and people of our church and association. Our Membership Welcoming Committee is also willing to assist you.

There are seven principles which Unitarian Universalist congregations affirm and promote:

1	The inherent worth and dignity of every person
2	Justice, equity and compassion in human relations
3	Acceptance of one another and encouragement to spiritual growth in our congregations
4	A free and responsible search for truth and meaning
5	The right of conscience & the use of the democratic process within our congregations & in society at large
6	The goal of world community with peace, liberty, and justice for all
7	Respect for the interdependent web of all existence of which we are a part

### Our Membership

Those who sign the Membership Book agree to sustain our church through continuing contributions of time, effort and financial support. All members are part of the non-profit corporation that owns the church, and they govern it through democratic process in which each one is entitled to be heard. Members elect a Board of Trustees and must also approve the "call" of a minister to our pulpit. By participating in our worship, events and activities, you'll get a sense of how this congregation might work in your life, and you in the life of the congregation. As you discover the privileges and responsibilities of membership, we recommend that you take the time to:

- Attend a Sharing Your Spiritual Journey orientation offered by the Membership Committee to find out more about Unitarian Universalism and our church's history and traditions.
- Attend church for a while to get to know the community and think about whether you share in our common values and feel ready to make a commitment to the shared spiritual journey.
- Decide your financial and time commitment to this church community.

When you're ready, speak to the chair of Membership or president about signing the Membership Book!

**We strive to be a Green Sanctuary and a Welcoming Congregation.**