

Friday Flyer – October 28, 2022
News You Can UUse
From the UU Church of Saco and Biddeford

- **Worship This Week** – *The Courage to Let Go*
- *Rev. Dr. Lori Whittemore*

- **Church Activities This Week:**

- Sunday, Oct. 30 @ 10:00 AM - Worship
- Wednesday, Nov. 2 @ 5:00 PM - Finance Committee
- Wednesday, Nov. 2 @ 6:00 PM - *Harbour Singers*
- Thursday, Nov. 3 @ 6:30 PM - SMGM – Dining Out

Unless indicated otherwise, these activities welcome all members and friends.

Office Hours

Minister, Rev. Lori Whittemore
Administrator, Brian Dustin

By Appointment (email: revlori.uucsb@gmail.com)
Mon-Wed-Fri –8-11 AM

Caring Needs – Please contact church office.

Upcoming Events and Activities

- **Thoughts from Rev.Lori**

Good Morning Good People

The end of November is approaching. Some say this time of year represents the thin veil of reality. When we are closest to the totality of things both living and dead. The dark time begs a slowing down, a quieting, a period of observation, a time of letting go. This Sunday we will join together in ritual. We will light candles for life, death, love and divine spirit. We will remember those we have lost this past year, and the hard times and broken situations that no longer serve us. We will create a Samhain altar together by placing fall offerings and lighting candles for that which we want to let go of. If you are joining us from home, please have a candle ready to join in our ritual.

I offer you this as a meditation for today. Find some place quiet to sit. I invite you to do some quiet, attentive breathing. Once you are settled, read these questions, let them rest in your consciousness and journal about them if you feel called to do so.

LIFE: What does the idea of life mean to me in this moment?. How am I cultivating a rich, robust existence for myself? What do I need to let go of to fully live into the gift of this one precious life?

DEATH: Who have I lost? Literally or figuratively? What does death mean to me right now? With the veil thinned, what can I let cross over so that I may prepare myself for preparing myself for the new year

LOVE: Where and how is love present in my life? How does it sustain me? Where am I called to love and to love more?

DIVINE SPIRIT: What does this mean to me? Where do I feel it in this moment? How will I let it abide and guide me into and through this dark time?

Consider these as you feel called. Bring them with you to our sacred space on Sunday so that we can honor them together.

Peace and Blessings
Rev. Lori
Peace and Blessings

Rev Lori Whittemore, she/her
Unitarian Universalist Church of Saco Biddeford revlori.uucsb@gmail.com

- **Five Ways to Cultivate Courage**

Some folks asked for me to share the 5 ways of cultivating courage so I am sharing them from my service

1. **Make fear your friend.** You will never be completely without fear, so when you feel fear ask it what it has to tell you. Treat it like a friend or companion with useful information to share.

2. **Embrace courage as a mindful response to fear.** Responding thoughtfully to fear will build courage. Rather than giving into anxiety of the unknown, know that you have the capacity to respond in a helpful way.
3. **Choose to be bold by simply committing to action.** You don't even have to have an answer or the answer. Commit to be a part of the solution and you will step into your future courageously
4. **Be vulnerable.** Sharing your fears and anxieties in community will remind you that you are not alone and that there is strength in numbers
5. **Do it for others.** Nothing cultivates courage like standing up for and with others in the face of difficult times.

- **Share the Plate - October**

This month's plate offering will be split with the National Resources Council of Maine. Acting boldly on climate change has become deeply entwined with Maine's identity - whether it's coastal communities planning for sea-level rise or homeowners embracing heat pumps as a way to lower pollution and lower energy costs. The Natural Resources Council of Maine (NRCM) has long advocated for ambitious climate action in line with what the science says is necessary to avert the worst impacts of climate change. Today, we partner with people across the state to accelerate the transition to a clean energy future that works for all Mainers. We do this by advocating for stronger clean energy and climate laws in the State House and envisioning a stronger, more flexible electric grid to support electrification of our homes, businesses, and transportation sectors.

NRCM advocated for a strong, statewide Climate Action Plan that provides a framework for action and helped pass ambitious new laws to invest in renewable energy, especially solar, and hold utilities accountable for acting on climate. With your help, we will continue to work directly with Mainers in all 16 counties to push for clean energy solutions that build a healthier Maine, strengthen our economy, and protect the way of life we all cherish. Learn more about NRCM and our work to address climate change at our website at nrcm.org.

Please Give Generously

- **Arcadia Band – November 6**

The Arcadia Band will be performing at 4:00 PM in the UUCSB sanctuary. Suggested donation \$15.

- **Holiday Fair – November 19**

8:00 am to 2:00 pm.

Doors open to the public at 8:00 am. Set up on Friday, November 18th. Please sign up in the Parish Hall. We need folks to set up, work during the day, and then clean up when the fair is over. There are sign-up sheets in the hallway. We also need baked goods, soups, crafts, jewelry and plants to sell. See Wendy C for more information.

- **Coffee Hosts, Ushers & Flowers Needed**

We need Ushers and flower donations every Sunday. Coffee hosts are also needed to make coffee, bring snacks, and clean up. Please sign up on the schedule on the bulletin board by the restrooms. Thanks.

- **Live Stream on YouTube**

We are now live streaming our services on YouTube 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 YouTube channel

Unitarian Universalist Church of Saco-Biddeford.

(YouTube 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%.