

Unitarian Universalist Church
of Saco & Biddeford
www.uuchurchsacobiddeford.com



60 School St.
Saco, Maine 04072
207 282-0062
uuchurch@gwi.net



INSIDE

[You can click on a page number
to go directly to that page.]

- [Page 2](#) Words from Rev. Lori
Live stream of Services
- [Page 3](#) Biographies
Social Media Team
- [Page 4](#) Music Notes
The Bell of Now
- [Page 5](#) Caring Connection
Tree of Hope
- [Page 6](#) Share the Plate
Arcadia Band Concert
- [Page 7](#) Holiday Fair
- [Page 8](#) Holiday Fair
Holiday Wreaths
- [Page 9](#) Who Knew....?
WIONN
- [Page 10](#) Faith in Action
- [Page 11](#) Grean Sanctuary 2030
Membership Committee
- [Page 12](#) Financial Information
- [Page 13](#) UU Post It Notes
Little Free Pantry
- [Page 14](#) Membership Information

November Worship

Sundays at 10:00 a.m.

- November 6th** — Guest Speaker Rev. Jake Fahey
“Reconnecting to the Mother Culture”
- November 13th** — Rev. Niki Norman
“The Change is Gonna Do us Good”
- November 20th** — Rev. Lori Whittemore
“Changing the Narrative”
- November 27th** — Rev. Lori Whittemore
“The Advent of Change”

Winter Cancellations

It is getting to be that time of year again when we start to enjoy winter weather. In the event of cancellation of Sunday service, channels 6, 8 and 13 will all be notified for them to post on TV. In addition, an email notification will be sent out and the church phone message will be updated to reflect the closure.

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

Words from Reverend Lori



Change is afoot. Can you feel it? We are deeply into our year now. After a month of exploring belonging and the next exploring courage, we find ourselves headed into November when we will explore change. Despite my disdain for trite sayings, I will say that the only constant is change. I feel it bubbling up around us.

We are developing reliable video for our Sunday services to be broadcast via YouTube. There is a social media committee forming to develop a strategy for moving us out into the ethos sphere, where we can share our message and ourselves in the world. I am hoping to have some young people with young eyes give us feedback on our services and provide us with information to consider regarding what feels meaningful and what might make it more so.

I love the metaphor for change as midwifing what comes next. We are spiritual pilgrims standing ready to midwife each other on each of our own spiritual journeys. If we want others to join us, we need to speak their language, account for their needs and be open to change. It isn't just a good idea. It is necessary to be in the world, to change the world, to save the world.

I share these words by self-proclaimed queer mystic, Jan Phillips. She says, "We are attendants at the wake of the old way, and each of us—through our actions, our thoughts, our work and relationships—is midwifing a new world into existence. This is our destiny, our meaning, our purpose, and when we come to our days with this awareness, when we fully wake up to this tremendous privilege, when we sense the oak in the acorn of our beings, then we will have the energy to move mountains and shift the tides. It is an illusion that we are powerless. It is an illusion that someone else is responsible. It is an illusion that we cannot transcend these dualities and differences that are making a mockery of democracy. We are the people. This is our world."

None of us can sit idle any more waiting for the world to change. I invite you to re-read the above passage. Let your mind settle on a word or phrase that stands out to you. Re-read that word or sentence a few times. Ask yourself the following questions and hand write out the answer to three questions.

1. What is the most important reason (to me) that this Church lives, grows, thrives?
2. What am I willing to do to make this happen?
3. What am I willing to let go of to make room for something new?

I look forward to our time together in November!

Live Stream of Services

Over the past few weeks, some upgrades were made to the audio/video equipment used to live stream church services. Streaming will move from Facebook to YouTube which will allow people to join without the need to join Facebook. This will give the church a wider reach beyond our sanctuary.

The equipment upgrades have been made possible due to the contributions made to UUCSB in memory of long time member, Thomas Muise, who passed away last December. He would have been pleased to know that his fundraising legacy continues to support the church.

Please join us for the livestreams which can be found at <https://www.youtube.com/channel/UCxrh25Hvip6uxjA9fMVVwGw> or by searching Unitarian Universalist Church of Saco-Biddeford. Subscribing to the channel and liking the streams will help increase our visibility.

Biographies

Reverend Lori Whittemore (Rev. Lori) serves as a contract minister for the Unitarian Universalist Church of Saco and Biddeford. She holds a Master of Divinity from Bangor Theological Seminary and is ordained by the Chaplaincy Institute of Maine (Chime). She is a Board-Certified Clinical Chaplin and Diplomate Supervisor certified by the College of Pastoral Supervision and Psychotherapy. She received her doctorate in ministry from the George Fox University's Portland Seminary focusing on semiotics, church and culture. She is delighted to be with us.

Reverend Niki Norman is a community chaplain and interfaith minister in southern Maine. Rev Niki graduated from and was ordained by the Chaplaincy Institute of Maine in 2020, where she currently serves as a board member. Rev Niki provides weekly interfaith services each week for the residents of St Joseph's Rehab and Residence in Portland and was honored to be the Minister of the Week at Ferry Beach in the summer of 2021. Rev Niki is a member of the UUCSB and is deeply grateful for the support from the UUCSB community. She loves people, laughter, music, cats and poetry, in no particular order!

Reverend Jake Fahey is an interfaith chaplain and organizer living in Portland, ME (Abenaki/Wabanaki territory). He organizes with Community Change Inc, Showing Up for Racial Justice, Relational Uprising, and the Racial Equity Institute, in order to build more equitable communities across Northern New England. He provides his chaplain services to majority-white faith communities to bridge interfaith spirituality with racial justice, as well as providing one-on-one spiritual support through the Spiritual Care Services of Maine.

Although it has taken him a quarter of a century to get there, he dedicates his life to the movement for collective liberation, and to the seeking of Truth inside and outside himself. He continues to stumble along this path of awakening as a white cis-gendered straight man, and works faithfully to heed his call from Spirit. Jake also devotes time to dancing, singing, playing ukulele in community, and spending solitude with the Earth Mother.

Social Media Team

The social media team (Anne Wilkinson and Trevor Neitz) are looking for enthusiastic people to join the team. The team is planning to create a social media strategy this fall and implement it as soon as possible. The team will be selecting platforms (Facebook, Instagram, TikTok) as examples. They will also determine how to create content, manage posting, and develop an effective, sustainable process. Even if you are not a pro, we are planning to grow our skills as a team developing content and supporting each other as we learn and navigate these platforms. Please let Anne or Trevor know if you are interested in joining.



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.

Music Notes

from Choir
Director, Ellie Rolnick



'There are chambers in heaven which can only be opened by song', *The Kabala*

- **Rehearsals:** Pick Up Choir will rehearse on the 2nd and 4th Sundays of each month followed by singing in church on that day. Upcoming Dates: November 13 and 27; December 11 and 24. (dates may shift but anyone on the choir email blast will know)
- **Time:** 8:45 – 9:45 We meet in the Parish Hall to start and we begin 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. In November 'Special Music' will be provided by Patrick Freeman on 11/6 and Alex Caron on 11/20.

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

Favorite Hymn Polls: The first week showed #1064, Blue Boat Home to be the top favorite followed by #159 'This is My Song' and #318 'We Would Be One' (same tune, different words); #6 'Just as Long as I Have Breath' and #21 'For the Beauty of the Earth' plus many others with single votes. If you didn't have a chance to enter your favorite into the running please drop me an email. You don't need to know the number – just the name, the first few words or even a phrase in the song that you like. Rev. Lori and Rev. Niki will use these choices as appropriate throughout the rest of the church year.

For more information please contact me directly at uucsbchoir@gmail.com

The Bell of Now

by Keith Walker

Lay down all your tools
your life your death and your names
until you vanish

Hear chimes stirred by the sky
watch shadows painting the clapboards
breathe with the whispering elm

Join them in the stream
immersed in the ever sounding
bell of now

resonating in silence
on the twitching branch freed from
the weight of a bird

Don't mourn the last trill
of the sparrow as it fades
no wave is ever lost to the sea

Caring Connection



This month, the Caring Connection has coordinated cards, meals, rides, and visits for several members of our community who have had needs. However, we know that there will be future needs. To be ready, we will be distributing a volunteer questionnaire this fall to be sure we know how you wish to help. Forms will be available in the church sanctuary after October 28th. If you cannot come in to pick up a form, please contact one of the Caring Connection members and we can get a form to you. We ask that you check all the kinds of caring assistance you are willing to provide. You will not be asked for a specific task or time, only if you are generally able to assist a member or friend in these ways. You may accept or decline any request. Options include:

- Transportation (shopping, doctor's appt., etc.)
- Make and/or deliver meals
- Visits (home or hospital)
- Write notes
- Phone calls
- Other (i.e. walk the dog, yard work, etc.)

In our summer Messenger, we talked about our efforts to support the Biddeford homeless task force, which is working on finding housing for the growing homeless population in the Biddeford Saco area. Our homeless problem remains, and winter is coming. It's not too soon to start thinking about warm hats, scarves, and socks for our Tree of Hope, which will go up in November.

Please let us know if you do experience times of difficulty, or if you know of others in our community who may need support.

The Caring Connection Team: Paula Howard, Donna Ravn, Pat Snyder, and Marilyn Stoesser-Casad

Tree of Hope

The Caring Connection is carrying on this tradition of loading the tree out in front of the Church with winter items such as mittens, gloves, hats, socks and scarves for adults as well as children-anyone in need.

Last year, the Board of Trustees headed up the project and hung approximately 300 items beginning in November!

The success of the project was made possible thanks to the folks who donated items to hang on the tree, bagged items, hung bows and items on the tree, drilled and tied pipe cleaners onto clothes pins, made signs and shoveled snow paths to and around the tree.



We need donations of winter items to hang on the tree. They can be left in the baskets outside of the Sanctuary or you can reach out to Pat Snyder who will gladly pick up your donations.

We also need some volunteers to occasionally shovel paths to and around the tree, replenish the tree with donated items, and make signs for the front of the tree.

Please contact Pat Snyder at: c.islandgal@yahoo.com if you can help with the this wonderful, giving project!

Share the Plate

Each month a designated charity receives 1/2 of the money collected. Share the Plate brings our name and good intentions into the community and each month an important cause gets our attention, expanding our perspective on the world around us. If you have a suggestion for a local charity or non-profit to receive the Share the Plate offering please talk to Lori.



November Share the Plate: Southern Maine Conservation Collaborative

The Southern Maine Conservation Collaborative works collectively in Maine to create mutually beneficial relationships with the earth, communities, and people through the conservation movement.

Mission: To work collectively in Maine to create mutually beneficial relationships with the earth, communities, and people through the conservation movement.

Vision: Conserved, restored and stewarded lands provide climate resiliency, community health, justice and equity for generations.

Our relationship with the earth is primary in society, restoring sovereignty to the earth and Indigenous people, benefiting all.

Please learn more by visiting their website at: <https://southernmaineconservation.org/mission-vision/>.

Arcadia Band at UUCSB

Sunday, November 6 at 4pm — \$10.00 at the door

Join us for an evening of music with Arcadia Band. -- 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. They blend sweet vocal harmonies with bluegrass-flavored instrumental colors.

The members of the band met while recording Doug's 2018 record, Arcadia, and felt it was such a good fit they wanted to keep it going. They play Doug's original tunes as well as Janice's, along with some favorite covers from the artists who inspired them.





HOLIDAY CHEER UUCSB FAIR

Saturday, November 19th
8:00 AM to 2:00 PM

Old Country Store


Granny's Attic

Soups and Hot Dogs
Sweets and Baked Goods

Christmas Arrangements

Plants, Jewelry

Entertainment, Holiday Basket Raffle



Unitarian Universalist Church of Saco & Biddeford

60 School St Saco, ME 04072

207-282-0062 or www.uuchurchsacobiddeford.com

Holiday Fair

Yes, it may be only October, but your Holiday Fair Committee is hard at work planning and organizing for the kitchen, Granny's Attic, the Country Store, Jewelry Table, Baked Goods, Wreaths, Crafts, Plants and more. Mark your calendars. This fun event happens on **Saturday, November 19th from 8-2.**

What we need now is you - your time, and energy, and creativity, and your willingness to help make this an event to talk about - one that draws the crowds of early holiday shoppers from our church and our community - an event that generously supports our church financially.

We need bakers of sweets and bread, soup makers, creators of crafts, people to set up, others to decorate, still others to clean up. We need talented musicians to set the holiday mood. We need friendly smiling faces to work shifts at tables during the fair and folks to handle money. We need people to publicize in a variety of ways. Again, we need you. It takes a village - or a whole church - to run a successful holiday fair.

No doubt, we will be asking for your help. What would be better is if you would contact us to volunteer to help at a table or to work on a specific task. There will be a variety of opportunities, whether to work the day of the fair or to join small work parties. It is not too early to start knitting, crafting, and/or planning how you can contribute to this major fundraiser for our church.

Contact Wendy Colman who will delightfully welcome your time and talents - as little or as much as you have to offer - as well as your ideas for our Holiday Fair.

Holiday Wreaths

Reserve a Fully Decorated Holiday Wreath!

Pat Snyder and Jane Perkins are creating ten lovely holiday wreaths for sale. Local nurseries *will not receive* fresh wreaths until Friday, November 18. We will do our best to decorate as quickly as possible; as long as we have the wreaths, we will set up a table at the Fair and decorate right there. There will be different themes for the wreaths so choose your favorite and email Jane to reserve your choice of design. First Come, First Served! There will be:

- 2 with Santa in his sleigh and eight reindeer
- 1 called "Christmas Roses" with red and cream silk flowers
- 2 using large red, green and gold balls accented with more ornaments
- 1 "homestyle" with burlap ribbon and large red wooden beads as garland
- 1 all silver balls and ornaments
- 1 all gold balls and ornaments
- 2 "traditional" with multicolored balls and ornaments

Each wreath will have appropriate accent decorations and large, beautiful bows. Cost is \$45. Reserve your first choice of design by emailing Jane at jperkins17@maine.rr.com.

Invitation to “Who Knew....?”

We offer you an invitation to share yourself – your talents/and/or pastimes – with our congregation through a monthly Messenger article. Anne Dobson calls it a “Who Knew....?” piece – an exploration of things we don’t know about folks we do know. Send us a few paragraphs about yourself, along with a photo.

This month’s article focuses on Anne Dobson.

Who Knew....?

A Happy Place

In June of 1961, armed with my high school diploma and a suitcase, I left the place that had been my lifelong home. What a vivid memory! We were driving up that big hill on route 100 headed from Pittsfield to Newport. Mom and Daddy and I were chatting about my new job in Northeast Harbor. Familiar homes were rushing by the car window. Freeze frame! Like a whack upside the head, it hit me. I was leaving home. I would not ever go back home, at least not back to the routines that had been mine for 18 years. My parents didn’t notice or maybe they just did not make note of the tears in my eyes or the look on my face. But I knew. And I felt sad and lucky, too. I was to know that I was leaving all my familiar things and beginning a whole new experience.



By afternoon we were at the Asticou Inn in Northeast Harbor. My parents left for home and I settled into a tiny room with my roommate Betty. At first we worked as hand dish washers - fine crystal and china were used at this exclusive place. Within a week, though, they had a need for help in the pantry and I got promoted to that job. I was totally fascinated by the job and by my workmates. We made most everything from scratch - ice cream, soups, sauces, souffles. One of my jobs was to squeeze a case of oranges each and every morning. I drank in the information that our boss and the pantry leader put out.

A very big bonus was the crew. I, who have a sister who is twelve years older than me, suddenly had about twenty summer siblings. Wait staff, bell hops, grounds men. We became a family quickly in the Asticou environment. We hiked, swam in the town water supply, shared meals, read Shakespeare in the evenings, sailed, and had crushes on each other.

I loved to climb the Asticou Terrace to Thuya Lodge and just sit smelling the pines and grasses and thinking about my good fortune to have landed in this enchanted place. Many of us returned year after year. For me there were seven magical summers

There have been many happy places in my life, but none that loved me more.

— Anne Dobson

Welcome Immigrants Our New Neighbors (WIONN)

WIONN is a 15 year old nonprofit group of volunteers who work with refugee and asylum seeking families primarily in the Biddeford and Saco area. Several of our UUCSB members have been involved in helping asylum seeking families over the last 4 years. These families sometimes find themselves in difficult financial situations.

If you would like to donate to help families in need you may write checks to: **Christ Federated Church** ("Refugee Project" on memo line please) or give cash to Randa Thomas, Sonja Gerken or Matt Gerken.

Green Sanctuary

It is becoming more and more urgent that we educate ourselves about Climate Change and take action to save our planet. At a local level, our community needs you; our Church needs you; our Faith in Action Team (FiAT) needs you! Will you join us?

In the past, FiAT has been an umbrella supporting the myriad social justice passions and concerns of individual team members. But now, we want to focus our energies on **Climate Change**, which impacts social justice, equity, and more - disproportionately impacting BIPOC people (Black, Indigenous, and people of color). We will begin by focusing our efforts on being a **Green Sanctuary**. Yes, many of you are aware that we were once accredited as a Green Sanctuary; but we have much to do to meet the current standards of what it means to be Green.

How will we energize you to join with us? By helping you to see the need and showing you how you can participate in small but important ways. By asking you to participate in our self-assessment profile. By having drawings of “green products” to raise awareness of simple changes each of us can make to live more “green”. By asking questions designed to provoke thinking about issues that impact being “green”. By offering Green services and occasional after service videos, speakers, conversations.

FiAT is at the beginning of our “green” path. We have much work to do. We invite you to walk the path with us.

Popular Responses to Questions

Where do you find solace in nature? Backyard, beach, river, lake, woods, garden, trails. Specifically Ferry Beach Conference Center, Goosefare Brook, pier at Camp Ellis, Laurel Hill Cemetery, Saco River, Horton Woods, Ocean Beach in Wells, Laudholm Farm, Southport Island.

How do you decrease your use of plastic? No more plastic water bottles, wash and re-use plastic bags, limit purchasing items in plastic, use glass food storage containers, use reusable plastic bags at grocery store, use bar shampoo, use cloth drop cloths when painting, use more storage containers than storage bags.

How has climate change affected you? Lack of water, higher temperatures, fires, storms, too hot and humid in the summer, extreme weather, higher energy costs, making me broke, higher water levels creeping closer to our summer home, beaches eroding, too many ticks, creatures of the sea moving north, tough on my garden, impact on low-income people, feeling frustrated and powerless about how little response there is, worry for our future, our children, and the elderly. I worry.



Green Sanctuary 2030

Next Step: Historians and Researchers needed

Green Sanctuary 2030 aims for both climate action and climate justice; the former to reduce the effects of climate change and the latter to rectify situations where the most vulnerable to climate-related problems (usually people of color) are disproportionately affected. In Stage 1 of Green Sanctuary 2030, we must complete a Congregational Profile. To better understand our history of systemic racism, Question 11 (text below) asks us to identify historical cases of oppression of people of color in our area.

*As part of your review of your congregation's historical context, we ask that you take a long view, even as far as identifying the indigenous people whose land you occupy. Across our denomination, as part of the national reckoning around systemic racism, congregations are identifying their location in the context of historical oppression of indigenous people and of all people of color. **Research and identify any historic moments when systemic oppression was locked in for people of color in your area.** Examples include redlining, sundown towns or counties, abrogation of treaties with indigenous people, or pervasive repression of voting rights. This process will further your understanding of systemic racism in your region, and it may also help you identify a future justice project and a potential partner for collaboration. Please describe whether this information is new to your congregation or was already known prior to this opportunity assessment.*

If local history or historical research is interesting to you, FiAT asks you to help us tell this story. Who was William Pepperell? Did redlining take place in our neighborhoods? How were indigenous people removed from this area? If these or other questions are intriguing to you or if you already know about this history, please tell us about it. We will post some of the findings in the December Messenger. *Please email Randa (randat@gwi.net) or [click here](#) to add directly to the document created for collecting this information.*

Maybe YOU would like to join the Membership Committee

We greet and welcome church visitors, learn their fascinating stories, introduce new visitors to members and rejoice when some formally join our community. We plan fun events such as Souper Sunday in winter so friends and members can meet each other. Pre-Covid (remember when that was?), we organized Candlelight Music events to entice the larger community around us to visit our church. We invite interested visitors to meet with our minister and organize services to recognize new members. We also keep track of members, update our directory annually, and help ensure that the correct count of Members is sent to the Unitarian Universalist Association once each year. We also update the **Welcome Brochure** as needed and co-ordinate with our Board on issues requiring their response. We meet regularly the 2nd Tuesday of every month, usually at 4:30pm. (But we have adjusted that meeting time as needed.) We also meet informally over the internet, by phone, before the service, and at Coffee Hour.

Why not come to one of our meetings and see what we are all about. (Just let our chair, Edite Kroll, know beforehand – phone 283-8787). Odette Danserau, Jean Horton, Edite Kroll, and Trevor Neitz would welcome you. *Hopefully, some of you may want to join us!*

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 10/21/2022 are as follows:

Checking	\$8,379.08
Accounts Payable	\$138.01
Moulton Trust	\$1,059.65
Restricted Savings	\$49,128.05
Saco/Bidd Investments	\$146,023.42

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 Parish Hall every Sunday after the worship service, or if you are worshipping virtually, just call or email Ellie Lockwood (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 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.

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

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 and 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.