

Friday Flyer – November 18, 2022

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Changing the Narrative*
- *Rev. Dr. Lori Whittemore*

- **Church Activities This Week:**

- Saturday, Nov. 19 @ 8 AM – 2 PM - Holiday Fair
 - Sunday, Nov. 20 @ 10:00 AM - Worship
 - Thursday, Nov. 23 - No Meeting - Thanksgiving
- 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

- **Holiday Fair – November 19**

Doors open to the public at 8:00 am. Set up on Friday, November 18th. Please be sure to sign up to assist with our Holiday Fair on Nov. 19. Sign up sheets are in the Hall just outside the Parish Hall.

A big part of the Fair is Grannie's Attic. Because we have so many items to set up, we bring stored items from the basement to the Sanctuary on Nov. 13 after church. We set up Grannie's Attic on Nov. 15, 16, 17 and 18. Please consider helping with this set up. We also need help disassembling the Attic for our regular Sunday service on the 20th.

If you have items to donate to the Attic, please leave them in the narthex.

Thank you for helping Grannie.

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- **Little Free Pantry**

During the cold weather and freezing temperatures please refrain from placing canned or glass items into the Little Free Pantry.

- **Thoughts from Rev.Lori**

Hello Good People

We are in the season of thanks and there is much to be thankful for. I feel the church becoming alive with the fall and winter activities that build community and strengthen our bonds. This week's message will be about changing the narrative. Perfect contemplation as we head into the Thanksgiving holiday. We have already started talking about shifting the old ways of thinking and talking about this time of year. And it is always easy to pick the low hanging fruit for discussion. False and colonizing ideas about native American's is an easy one to begin to unpack. We have an opportunity and invitation to go even deeper into the uncomfortable recesses of our assumptions and begin looking at a next level of assumptions that need tending. I share with you this saying by Lao Tzu, great man of history credited with the Tao De Ching. "'Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes

your destiny.” As we head into Sunday, I invite you to specifically reflect on your thoughts about Thanksgiving. The images, assumptions, joy, pain, food, traditions, hopes for this year and years to come. Think back to images of Thanksgivings past, from childhood, from closer years also. What are the narratives about this holiday that stick with you? What ones will you let go of. I believe gratitude could never be overstated as an important cornerstone of our existence. What are the thoughts about gratitude that would shape a destiny worthy of your personhood and the community at large. As the saying goes, those thoughts will manifest your/our destiny.

READ: Lao Tzu’s passage again. Out loud and in your head

MEDITATE Let your mind rest on a word or a sentence

PRAY Ask what that particular word or sentence means to you in this time and this place

CONTEMPLATE Take these words and meanings with you into your life this weekend and bring them to service on Sunday

Peace and Blessings

Rev Lori Whittemore, she/her

Unitarian Universalist Church of Saco Biddeford revlori.uucsb@gmail.com

- **Share the Plate – November – So. Maine Conservation Collaborative**

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

Full profile go to

<https://southernmaineconservation.org/mission-vision/>

Please Give Generously

- **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
- 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%.