

The Messenger

January
2023

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

Happy
New Year!



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January Worship

Sundays at 10:00 a.m.

- January 1st — Rev. Charlie Grindle and Rev. Niki Norman
— “Janus Service”
- January 8th — Rev Lori Whittemore — “Walk With Me”
- January 15th — Rev Lori Whittemore and Vassie Fowler
from Seeds of Hope — “Eat With Me”
- January 22nd — Rev Niki Norman — “Sing With Me”
- January 29th — Rev. Lori Whittemore — “Be With Me”

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.

Live Stream of Services

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.

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

Words from Reverend Lori

Happy New Year!

It is hard to believe that we are already at the beginning of a new year! The new year is a time of resolutions. I believe we all have habits that we wish to change or eliminate. It is a great start to set the intention, but we all know how hard it really is to reform. I heard it said recently that beginning to form a new habit takes no less than 21 corrected behaviors. And that is just the start. It is indeterminate how many actual iterations it really takes to fully form a new habit. But again, setting intention is a good place to start. The theme of the month is “finding our center”. With that in mind and considering it is a time of resolution, Rev. Niki and I will be exploring mindfulness practices and ideas with our intention of cultivating your inspiration, creating space for perhaps 31 days of newly centered actions that will set you on your new path.

This month’s Share the Plate offering will be split with Seeds of Hope. Their new Executive Director, Vassie Fowler, will be here to share what is happening with them.

Peace and Blessings.



Biographies

Reverend Charlie Grindle considers himself a free-range minister. He has led services and performed marriages from Bar Harbor to York. Charlie is pleased to be offering the Janus Service to the congregation this year. Presently, he serves on the board of the Sanford UU Church, is the summer organist at St. James, Scarborough, and will be guest Music Director at First Parish in Portland.

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 UUCCSB and is deeply grateful for the support from the UUCCSB community. She loves people, laughter, music, cats, and poetry, in no particular order!

FROM OUR BOARD PRESIDENT

Just a quick note this month to thank all of you who have supported me through my hip replacement. I am three weeks into recovery and feeling great and doing well. I am driving short distances, walking with a cane now, hopefully for a short time, and going up and down the stairs. I will be in full swing to support the church next month.

Again, thank you all for the cards, meals and well wishes

In peace,

— Paul

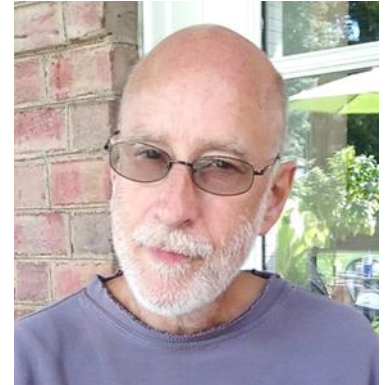
Invitation to “Who Knew....?”

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 Ben Parker.

Who Knew....?

I grew up in the idyllic, sheltered town of Wayland, Massachusetts. My parents, who lived there nearly 60 years, had built a beautiful cinder block house on the top of a hill. My mother was a violin teacher who taught forty students a week in the corner of our house for over forty years. She taught the Suzuki method. I will always remember her singing along with Twinkle, Twinkle, Little Star: "Open up your elbow, Open up your elbow, Open up your elbow, Open up your elbow". I believe that all of those out-of-tune violins were very good for my sense of pitch. She was very eager for me to be a musician. She started me on piano lessons when I was six years old. My piano teacher, Ramon Rivera, was a very nice man but my clearest memory of him was crying during my lessons.



By the time I was twelve I could tell that I would never be a pianist, and I wisely took up the acoustic bass. Acoustic bass players are always in demand, so I had lots of opportunities to perform in classical and jazz ensembles over the next 40 years. Eventually, I stopped playing bass and went back to the piano. I love to sing and play, albeit poorly, and I have been hosting a quiet sing-along and play-along on every full moon for the last 8 years. My sweetest childhood memories were of attending the Kinvhaven Music Camp, in Weston, Vermont. Orchestra, choir, chamber music, and concerts every Sunday. On the final concert we would always perform a Bach Chorale. We were always bare-footed. There was lots of dancing, and frisbee on the big grass hill.

I studied physics in college and graduate school, and went on to work at IBM Research for 30 years. Within five years of my arrival, IBM went through a big shake-up, and they stopped doing pure research, so I became a chip-designer. Lou Gerstner, the new CEO, came from RJR Nabisco and probably didn't know that our chips made of silicon, not chocolate.

While I was working at IBM I lived in a poor neighborhood in Peekskill, NY, for 36 years. I was pretty much the only white man on my block. I loved the pedestrian life style and was able to do everything on foot or by bike. But eventually I realized that the traffic and the smog were killing me, so I reluctantly listened to my (dead) Mainiac ancestors and moved to Maine. Now you can see me walking my lovely dogs and riding my bike in Saco. I'm damn glad to be here!

— Ben Parker

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*



"Music is the space between the notes." — Claude Debussy

- 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: January 8 and 22. February 26 will be the only date next month.
- Time: 8:45 – 9:45 We meet in the Parish Hall to start and we begin on time. Dress warmly as the heat is not always ready for us.
- 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. January's Special Musicians will be announced in the Friday Flyer.

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 uucsbcchoir@gmail.com

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.



January Share the Plate: "Seeds of Hope"

The Seeds of Hope Neighborhood Center in Biddeford partners with our local communities and neighbors to find solutions to poverty and to promote personal growth. Besides the drop-in center, they provide support for job searches, finding housing, and other needs, as well as health promotion and education.

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.

Please contact Donna Beveridge (dbeveridge18@gmail.com) if you would like to share your view.

Caring Connection

Have you read the recent article in the *Courier* about our Tree of Hope? Thank you all for your donations! They are welcome anytime and we will use them to continue to fill the tree throughout the cold months of Winter.

Our wonderful tree is giving a lot of people warm apparel for the cold, winter months. Since we began, about 3 weeks ago, we have given over 200 items to folks in need! It is exciting to see that we are able to help our community keep toasty warm this winter.

Of course this is all because of you who have so generously donated the hats, scarves, gloves, mittens and socks to this project. We hope you will continue to donate as you are able so we can keep our tree going a little longer. We also welcome your help in hanging items on the tree, from the basket by the door, whenever you are at the church. Thanks so much!!!

The Caring Connection hopes the holidays have been a time of renewal, joy, connection, and light for you. If you do experience times of difficulty, please let us know how we can help. We depend on you to reach out to any one of us to let us know of your need or of a concern you may have for someone else. Thanks to all of you for your generous support.

Happy Holidays everyone!

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!





Faith in Action Team (FiAT)

FiAT is working hard to renew our Green Sanctuary accreditation with the UUA. The current version of Green Sanctuary is GS2030, focusing on climate change. Part of this accreditation is incorporating the new 8th Principle, currently in the process of being adopted by member congregations. The text of the principle currently reads:

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

The charge to us is to “secure justice for marginalized communities most impacted by, but least responsible for, climate change.” One of the most marginalized communities in Maine is that of the Wabanaki Confederation, the five tribes: the Abenaki, Houlton Band of Maliseets, Mi’kmaq Nation, Passamaquoddy Tribe, and Penobscot Nations. This is largely due to the restrictions imposed on them by Maine Indian Claims Settlement Act (MICSA) of 1980.

What is the Maine Indian Claims Settlement Act, and why is it a problem?

MICSA, passed in 1980 by Congress, was an attempt to settle claims by the tribes for Maine land that they claimed belonged to them. They were paid \$81.5 million dollars, and both they and the government appeared satisfied with the settlement. As time went on, however, it became apparent that the Wabanaki had lost more than they had gained. While the economic benefits seemed good in the beginning, over time they lost ground. Because of the language in the Act, the Maine tribes are treated as municipalities, making them ineligible for such federal resources as funding for disaster relief, domestic violence prevention and public health. No other tribe throughout the US has this restriction because they are recognized as sovereign nations.

What is sovereignty, and what stands in the way of it for the tribes?

According to Zeke Crofton-Macdonald, Tribal Ambassador for the Houlton Band of Maliseets in Maine, sovereignty is a misunderstood concept. His belief is that the Euro-centric view of sovereignty is of a claim over land, whereas the Wabanaki view is that land is not something that can be owned or claimed in that way. Rather, sovereignty is a relationship, that treaties establish a relationship among nations to live and use the land alongside each other as sovereign nations and allies. An example of how this might work is the process of consultation, the participation of tribes when any new legislation is considered. This is the policy of both the US and Canada, but it is not available to the Wabanaki due to the language of the Settlement Act. No Federal policy applies to the Wabanaki unless the state specifically allows it. It is this belief that if we are to examine treaty documents within a mindset of equality today, we must give equal time and understanding to the world view of each culture who made the original treaty.

Two recent legislative attempts to provide some significant improvements have both failed. A bipartisan bill that would have done much to correct the restrictions of MICSA passed both houses of the Maine legislature this year, but was withdrawn when Governor Mills threatened veto. And just as of this writing, a bill introduced by Rep. Jared Golden passed the US House but was removed from the just-passed omnibus spending bill due to the efforts of ME Sen. Angus King.

What can we do?

MUUSAN, the Maine Unitarian Universalist Social Action Network, is working as allies with the Wabanaki Alliance Coalition, participating in legislative work, keeping us informed of actions we can take. Currently the Wabanaki Confederation is drafting new legislation to introduce to the 131st Maine Legislature. We’ll keep you informed of the issues and ways you can be of support!



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.

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

Thank you for putting your Faith into Action.



Photo by Liz Gotthelf/Journal Tribune

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 UUUCSB 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.

Financial Information

Greetings from the Treasurer

Account balances as of 12/21/2022 are as follows:

Checking	\$13,740.39
Accounts Payable	\$285.99
Moulton Trust	\$0.00
Restricted Savings	\$51,703.48
Saco/Bidd Investments	\$149,854.09

Any questions, just call.

Sincerely, *Wendy Coleman*



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

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 UUUCSB, 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

CLYNK

Help UUUCSB 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.



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.