

Friday Flyer – January 6, 2023

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Walk with Me*
- *Rev. Dr. Lori Whittemore*
- **Worship at 10:00 AM– January 8th**

- **Church Activities This Week:**

- Sunday, Jan. 8 @ 10:00 AM - Worship
 - Tuesday, Jan. 10 @ 2:00 PM - Membership Committee
 - Wednesday, Jan. 11 @ 5:30 PM - Trustees
 - Thursday, Jan. 12 @ 7:00 PM - SBGM – ZOOM
- 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**

Hello Good People,

We are marching right into the month of January. Our theme the month is 'finding our center and is a month of contemplation and intention setting. Of course it is coming on the heels of the New Year and the Janus service which are all markers that point us to measuring where we have been so that we can map out where we are going. This week we focus on the beginning of the journey. We will explore walking meditation together and get to know a practice that we can use for ourselves. When I began to prepare for our time together, I found that there are no less than 7 kinds of Buddhist walking meditations. I will lead us through a type that is specific to Thich That Hanh. It is a modern walking meditation that is inclusive of folks not affiliated with a monastery. Buddhist walking for non-monks.

From Thich Nhat Hanh, “Walking is an important form of Buddhist meditation. It can be a very deep spiritual practice. You can make a step and touch the earth in such a way that you establish yourself in the here and now. You don't need to make any effort at all. Your feet touches the earth mindfully, and you arrive firmly in the here and now. You are fully present, fully alive, and you are touching the earth.”

Such simple words, and a perfect place to “ground” ourselves as we find our centers together.

Peace and Blessings!

Rev Lori Whittemore, she/her

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

- **Share the Plate – January – 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.

Please Give Generously

- **Little Free Pantry**

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

- **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%.