

# Friday Flyer – January 27, 2023

## News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Be with Me*
- *Rev. Dr. Lori Whittemore*
- **Worship at 10:00 AM– January 29<sup>th</sup>**

- **Church Activities This Week:**

- Sunday, Jan. 22 @ 10:00 AM - Worship
- Thursday, Jan. 19 @ 7:00 PM - SBGM – Movie Night

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](mailto: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,

This weeks service is about being. Be With Me is how I titled the talk. It dovetails nicely with our theme of “finding our center”. What better way to do so is to be present and mindful. I share these words from Pema Chodron: “We can stop struggling with what occurs and see it’s true face without calling it the enemy. It helps to remember that our spiritual practice is not about accomplishing anything- not about winning or losing-but about ceasing to struggle and relaxing as it is.” Join us on Sunday for a time to truly relax and let go of the struggling you may have experienced over the week. Be your full self in relationship to all of us.

Peace and Blessings

Rev Lori Whittemore, she/her

Unitarian Universalist Church of Saco Biddeford [revlori.uucsb@gmail.com](mailto: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**

- **Tree of Hope**

The Tree of Hope is performing well! Holding tight and then gifting winter wear that folks need. We would be so grateful if anyone could help us out as we have depleted our supply. Just drop your items in the basket by the door as you enter the church.

- **Social Media Training Session**

The Social Media and Worship committees are looking for volunteers to learn service video recording for YouTube. A training session will be held after church on Sunday, January 29<sup>th</sup>. This is an important tool to allow more participation in our services and can not be done by only one person. The tasks to make this happen are pretty straightforward. Please join in next week.

- **Clothing Swap Returns**

We are having our Annual (Almost) Clothing Swap on Feb. 18 from 10 to 12. Donations may be placed in the Parlor – be sure to label your items as for the Swap – or they may be brought to the Parish Hall on Feb. 17 from 3 to 5. We ask for a donation of \$5/ bag of stuff you take home. Any money raised will go to a UUCSB project to be decided by those at the Swap. Left over items will be shared with a local charity. Come enjoy some coffee and goodies, try on someone's clothes and have a good visit with your UUCSB friends. FWI: Contact Jean Horton.

- **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%.