



“What conversations can we begin to deepen our spiritual life as a church and as people?”

See “Words from Rev. Lori” on [page 2](#).

Unitarian Universalist Church of Saco & Biddeford

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February Worship

February 5th — Rev Lori Whittemore

**“Loving Our New Neighbors, Maine Association of
New Americans”**

February 12th — Rev Lori Whittemore

**“Expanding Our Beloved Community”
(new member Sunday)**

February 19th — Rev Niki Norman

“Lent for UUs”

February 26th — Rev Lori Whittemore

“When Loving Gets Hard”



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

February is the month of love. Of course culturally we experience Valentine's Day in February. That indeed has something to do with selecting that theme for the month. But love is not "Hallmark, chocolate and champagne". In fact I feel that love is even better defined as choosing the sometimes difficult conversations and doing the hard work around topics that make us uncomfortable. Conversations about things we disagree about or things we would rather not think about.



When I agreed to be your contract minister last winter, I had asked a minister friend what it was like to be a minister of a congregation. I realized that I was contracted to preach, but I was scared that I wouldn't know how to live up to expectations or responsibilities that I hadn't yet encountered. Her response to me was, "you just need to love them." That has been easy at UUCSB. You have made it easy. And love is also about the tough stuff. I have not encountered much of that here. I have heard rumblings about tough things. But I sense some avoidance of some of the really big issues. What to do with our building? How to grow and/or translate our church into the modern era? Why do we have to talk about race? How do we grow or create a legacy while there are still people left to turn the lights off. These are tough, tough questions that will lead to even more difficult conversations.

Interestingly, I have received some feedback that our service feels a bit transactional and not necessarily spiritual enough. I wonder if avoidance of difficult conversations and the feeling of missing spirituality are linked. When we glide along in comfort, we don't need to stretch our values or draw on spiritual strength to help us navigate the tough stuff.

This month I want to engage our 3rd principle. Acceptance of One Another and Encouragement of Spiritual Growth in our Congregations, by communicating about what is troubling you. What needs attention and love in order to transform it into a new thing. What conversations can we begin to deepen our spiritual life as a church and as people? We have new member Sunday on the 12th. How do we receive new input about what is important to folks joining us and how do we make room for it I don't mean to open a Pandora's box here. Or maybe I do. February is Let's Love Fiercely month, and I invite you to step into it with courage and authenticity. Let's Love.

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.



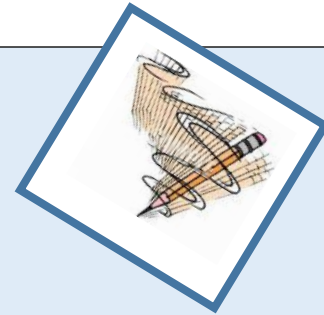
February Share the Plate: Maine Association of New Mainers (MANA)

MANA is an immigrant-led organization that promotes social & personal empowerment of immigrants through:

- Raising awareness of individual and collective trauma and how they affect our lives
- Expanding people's resilience building strategies by exploring various resources
- Providing trauma-aware, multilingual transportation services to address social determinants of health
- Connecting people with their peers across cultures

On February 5, we will be joined by Yvette Unezase. Yvette is the interim executive director. She holds a masters in genocide studies and prevention.

Please give generously!



Thoughts from your Board of Trustees

The snow is steadily falling this morning, collecting on the roofs, ground, and tree limbs. It is a winter wonderland outside our mill home. Inside I am warm and dry, yet isolated from the community outside these brick walls, - even if only for 24 hours. I am reminded of the extended isolation that we experienced during COVID when our church was cold and empty, when services were only on Zoom, when we lost the church events that brought us together – services in the Sanctuary, Souper Sundays, auctions, clothing swaps, yard sales, choir rehearsals, committee meetings, and more. Folks worked hard to carry on the work of the church by phone calls, emails, and Zoom.

Eventually our church re-opened its doors, and we returned to in-person services. Folks returned as they were comfortable, and new folks began to join us. Committees began to meet in person, and there was a great effort to return to normal. We are, however, challenged. We often hear folks complain about lack of communication. We, on the Board of Trustees hear you, and we are trying to be more open and current with information. I remember one former BoT member reminded us that it is not enough to provide information to the congregation in only one way – that five different types of communications are needed to ensure reaching everyone. These might include the Messenger, our website, Friday Flyer, Order of Service, Email Blasts, posting on bulletin boards, etc.

The question becomes: Who reads these communications, and how can we improve them? Some congregants have said that they don't read the Messenger, which begs the question, why. The BoT discussed this and considered (and rejected) offering the Messenger every two or three months instead of monthly. We need more and better communication, not less. And we need to provide you with what you most need and want. We need to hear from you about what you want to know about our church and how you most wish to learn about upcoming worship, meetings, events, the workings of committees, the business of and decisions by the Board. We welcome your responses. Watch for an insert in your Order of Service asking these questions. Fill it out. Let us know,

We know that communication is important, and that you are more likely to read the Messenger if it includes more and fresh information about all aspects of our church community. This includes better communications from your Board of Trustees. We look forward to serving you better.

— Donna Beveridge, BoT Secretary

Winter Cancellations

It is that time of year again when we have 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.

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



“You know what music is? God's little reminder that there's something else besides us in this universe; harmonic connection between all living beings, everywhere, even the stars.”

— Wizard, “August Rush”

- **Rehearsals:** Pick Up Choir typically rehearses on the 2nd and 4th Sundays of each month followed by singing in church on that day. Upcoming Dates: February 26th only; March 12th and 26th.
- **Time:** 8:45 – 9:45 We meet in the Parish Hall to start and we begin on time. Dress warm. Helpers arriving at 8:30 are appreciated.
- **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.

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 uucsbchoir@gmail.com

Special Music for February

2/5: Tom Benoit — Tom grew up in the *Asbury Park, NJ* area to a land of amazing music at a time when *Folk, Rock 'n Roll, and Rhythm & Blues Music* was at the height of being both creative and new. He was in a number of bands as well as performing as a solo artist at the *Jersey Shore*, until he went out West in the early 2000's. Tom performed and recorded for almost two decades, then, left the Rocky Mountains for the Rocky Coast of Maine. Tom and his wife Marea have been coming to UUCSB since 2021. <https://tmbenoit.com/>

2/12: Trevor Neitz

2/26: The UUCSB Pick Up Choir — Our choir, directed by Ellie Rolnick, will offer special music and often supports the congregational singing. Make a joyful noise with us!

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.

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 Pat Campbell.

Who Knew....?

I was born and grew up in Hopkinton, New Hampshire. My mom was a teacher, and my father was an architect and a developer of the early craft movement. We were surrounded by artists and craftsman, and lived a happy life in a small town with many friends. As an architect, my dad built both a summer house and a winter house for the family. We learned how to mix concrete and work hard on these projects from an early age. After attending Northfield school for Girls, I attended Colby College here in Maine. I majored in Art History, and after a year in Boston working at MIT, I joined the Peace Corps and spent 2 years in Brazil. I developed a weaving co-op and returned to the states to attend grad school at the University of Georgia. From there I went to NYC and designed knitted fabrics for a couple of years and then accepted a teaching job at Kansas City Art Institute as Head of the Fiber Department. I helped to found the Surface Design Association while there, but decided to go to Cranbrook to further develop my work. After Cranbrook, I spent 2 years in Philadelphia teaching at various schools. Soon I decided to move to Maine to spend time with my family. At that time, I started working on large commissions in the states and one large piece in Singapore. For 10 years it was very exciting to put up large metal pieces and smaller pieces through the Maine Arts Commission.

— *Pat Campbell*



Caring Connection



What a great addition our Tree of Hope has been to our holiday traditions! Thanks to you all for your donations. Our Community has given hundreds of warm socks, hats, scarves, mittens, etc. to help neighbors in need this Winter. We look forward to helping continue this tradition next December.

People have been responding to our Caring Connection Survey, offering transportation, help with meals, visits, calls, rides, and even pet care for those among us who may be struggling. If you want to add your name to the list of those willing to help, we will collect surveys for the next two Sundays, or contact Marilyn Stoesser-Casad, who will coordinate. Remember, we will only contact you when a need arises, and you can choose whether or not it is a convenient time to help.

Please continue to call on us if you know of a caring need. Days are still short, temperatures drop, and we are all susceptible to challenges ranging from slipping on ice, to succumbing to winter depression, to falling ill. A call, card, or pot of soup may not be a cure, but we hope it can help!

The Caring Connection:

Paula Howard, Donna Ravn, Pat Snyder, Rosemary Stewart, and Marilyn Stoesser-Casad

Around the Building

Are you chilly in church? Our committee is looking at ways to keep you warm. Trevor's friend, who owns an insulation business, recently reviewed our Sanctuary and made several observations and recommendations. These ideas have been briefly shared with the Finance Committee and more recently with Buildings and Grounds via phone.

The most practical suggestion is using an external heater to augment our system. We have asked the Board to ok a one month trial of this suggestion at the February meeting (Feb.8). If this is OK'd, we'll start the trial right away.

What we need from you is your thoughts about this idea. We'd like them now, during the trial and after the trial. We are aware of issues around carbon footprint, cost effectiveness and your comfort. You may have other thoughts about this. Please share your thoughts with Trevor Neitz, Jane Perkins or Anne Dobson.

We need all the in-put we can get. Thank you.

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.

Clothing Swap Returns

We are having our Annual (Almost) Clothing Swap on February 18 from 10 to 12. Donations may be placed in the Parlor – be sure to label your items as intended for the Swap – or they may be brought to the Parish Hall on February 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 else's clothes and have a good visit with your UUCSB friends.

FWI: Contact Jean Horton.

Greetings from the Treasurer

Account balances as of 1/20/20223 are as follows:

| | |
|-----------------------|--------------|
| Checking | \$10,098.27 |
| Accounts Payable | \$0.00 |
| Restricted Savings | \$51,747.97 |
| Saco/Bidd Investments | \$150,476.87 |

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

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

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.



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

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

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

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. More information on membership can be found at: www.uuchurchsacobiddeford.com/connection/become-a-member/

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 |

We strive to be a Green Sanctuary and a Welcoming Congregation.