

Friday Flyer – February 24, 2023

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *When Loving Gets Hard*
 - *Rev. Dr. Lori Whittemore*
 - **Worship at 10:00 AM– February 26th**
 - **Church Activities This Week:**
 - Sunday, Feb. 26 @ 10:00 AM - Worship
 - Wednesday, March 1 @ 5:00 PM - Finance Committee
 - Wednesday, March 1 @ 6:00 PM - *Harbour Singers*
 - Thursday, March 2 @ 6:00 PM - SBGM – Dine Out – *El Rodeo*
 - Thursday, March 2 @ 7:00 PM - Lenten Vespers
- 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**

Happy Friday!

This weekend I will offer a message about how we engage our principles when love gets tough. In Buddhism, there are four elements to true love. Loving Kindness/benevolence, compassion, joy, and equanimity or freedom. When I think of love having different expressions it helps me recognize that is possible to invoke love in any circumstance and with/for any person. When I feel annoyed or angry, I can cultivate compassion for another or offer my full presence on an even keel. These are ways to choose love when we feel less than loving towards or friends and neighbors and even those we don't know. I invite you to pick on one of these four aspects of love and work with it. Call to mind a difficult person or a person you care for who has been difficult or troubling. Can you overlay the four aspects of love onto them or their behavior? Can you hold them in your mind's eye with loving kindness? Knowing that who they are and how they have treated you is more a reflection on them than on you? It is easy to recognize love as joy with our loved ones who extend joy to us. Can we hold compassion as a measure for those who don't offer or reflect joy back? Can we choose equanimity and freedom over anger and resentment as acts of love? We will explore toughing up in the name of love in response to difficult situations, people and a very challenging world right now.

I look forward to seeing you Sunday!

Peace and Blessings

Rev Lori Whittemore, (she/her/hers)

Unitarian Universalist Church of Saco and Biddeford

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Lenten Vespers

In last Sunday's sermon, I invited folks to join me in considering our 7 (8) principles as a practice for Lent, UU style! To that end, Lori and I would like to invite you to join us for Vespers services on Thursday evenings between now and Easter, focusing on a different principle each week. The services will include a short devotional piece, after which we'll explore together one of our UU principles. We'll meet in the Parish Hall at 7:00 PM, starting with March 2nd. Hope you'll join us! Peace, Rev Niki

Welcome Back to Souper Sunday

- On April 2nd we welcome back another Souper Sunday. This is always a fun time to enjoy conversation & homemade soups, breads and desserts after a Sunday service. We hope to have information about Green Sanctuary 2030 to share with you as well. Mark your calendars now for Sunday, April 2nd, and bring your appetite and maybe something to share. As the date approaches, there will be sign-up sheets for set up, soups, bread, desserts, and clean up. It would be appreciated if everyone could contribute in some way or another. We thank you and look forward to seeing you at this event!
The Faith in Action Team (Donna B., Diane E., Sonja G., Laurie S., and Randa T.)
- **Share the Plate – February – Maine Association of New Americans**
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
- **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%.