



Meet Our Six New Members

[See pages 5 and 6.](#)

Unitarian Universalist Church of Saco & Biddeford

60 School St., Saco, Maine 04072

www.uuchurchsacobiddeford.com

207 282-0062 uuchurch@gwi.net

March Worship

March 5th — Rev Lori Whittemore

“Lessons in vulnerability”

March 12th — Rev Lori Whittemore

“Spirituality of imperfection”

March 19th — Rev Niki Norman

“It takes Courage to be Vulnerable!”

March 26th — Rev Lori Whittemore

“When we really care”

Vesper Services

In my February 19 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”

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

Words from Reverend Lori

Hello Good People,

I share here an excerpt of a passage by David Whyte:

Vulnerability is not a weakness, a passing indisposition, or something we can arrange to do without, vulnerability is not a choice, vulnerability is the underlying, ever present and abiding undercurrent of our natural state. To run from vulnerability is to run from the essence of our nature, the attempt to be invulnerable is the vain attempt to become something we are not and most especially, to close off our understanding of the grief of others. More seriously, in refusing our vulnerability we refuse the help needed at every turn of our existence and immobilize the essential, tidal and conversational foundations of our identity.



This month's theme is vulnerability. I am new to this community. Some of you have known each other for years. There is a depth to that knowing that has been created by multiple opportunities to share, or perhaps even trust, your vulnerability with others. Vulnerability is often not a chosen state of being. Folks on the street, or otherwise isolated or ill we understand to be vulnerable. The aged and the young are understood to be vulnerable. Vulnerability can also lead to great learning and a deeper level of spiritual intimacy with self and others. I invite you to re-read the passage. Consider who is vulnerable in our pews, in our community and in the larger world. How do we respect and nurture each other in these tender places? How do we let ourselves be vulnerable in community and as a community to deepen our spirituality and live more fully into our principles? I look forward to journeying through March with you!

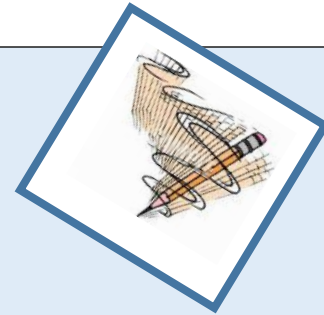
Share the Plate

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.



March Share the Plate: "Age Friendly Saco"

The theme for the month is vulnerability. Our share the plate is Age Friendly Saco. On March 5th we will be joined by Jean Saunders. **Jean Saunders RN, MSN, MPH** is originally from the Central Maine area but now lives in Saco and is helping to coordinate the Age Friendly effort for the City of Saco. She spent her career both as a Nurse and hospital administrator in New Hampshire, NYC and most recently at Maine Medical Center helping to initiate such projects as Turning Point, a Cardiac Rehab program. Her interest has always involved building new programs and she became very interested in helping the City of Saco join the Age Friendly Network. Since starting in 2016, Age Friendly Saco has developed multiple service programs such as a program to assist homeowners with small home modifications and repairs in addition to a Technology Handy Helper group that has helped older residents become more digitally connected. In conjunction with the City of Saco, Age Friendly Saco helped produce a video on how a simple echo dot might function as a virtual personal assistant: <https://youtu.be/-PoLNKRt3T4> Most recently Age Friendly Saco has created a volunteer driver program to provide rides to medical appointments for our older residents. In 2018, Age Friendly Saco was able to make their public beach accessible with the support of an AARP Challenge Grant to place beach mats at the beach. <https://www.aarp.org/livable-communities/about/info-2018/2018-community-challenge-saco-maine.html> In addition to her Age Friendly work, Jean enjoys supporting her husband's electronics manufacturing company as well as spending time with her 3 children, dog and 2 cats. Jean will share with us about the great work they do to support Saco's older generations.



Thoughts from your Board of Trustees

On **March 26**, immediately after our church service, the Board will kick off our **Annual Pledge Drive** with a potluck luncheon in the Parish Hall. Please join us for food, fun and fellowship. Details and sign-up sheets to follow.

The BoT is very interested in your preference about how we communicate with you. If you were one of those who responded to our recent survey, thank you. Although it seems to depend on what is being communicated, the results of the survey indicate that you prefer e-mail blasts and the Friday Flyer to other methods of telling you about things that are going on. We are committed to keeping folks up to date; so, please let any Board member know what your thoughts are on this or any other issue here at the UUCCSB.

We talked about the Board liaisons to committees role and we are thinking that this is improving communication. Is this going well for you and your group? Let us know.

Did you know that the Board and several committees are working on up-dating Policies and Procedures. (The current P&P manual is posted on the bulletin board outside the office. It was last revised in 2015!) The Caring Connection, Social Media, Membership and Building and Grounds Committees are currently updating the portions of the P&P manual that pertain to their work.

By the way, Board minutes are posted on the bulletin board outside the office as soon as they are finalized. In addition to the minutes, reports from committees and groups are attached.

The Finance Committee is busy building a budget for the next fiscal year. Committees have been asked to get their requests by Feb. 20. An estimate of our operating costs will be ready for the **March 26** luncheon.

The BoT meets on the second Wednesday of each month at 5:30 at the UUCCSB. You are welcome to join us.

— Anne Dobson

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 UUCCSB 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.

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 divine way to tell beautiful, poetic things to the heart."

- Pablo Casals

- **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: 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 March

March 5: Patrick Freeman. Patrick was born in Fort Kent, Maine in 1948. He lived with foster care from the ages 3 to 18. He had some music lessons when he was young but at about the age of 9 he did not have a piano at the house so had to discontinue the lessons. Around age 20 he had private music lessons for about a year. In his late twenties he moved to Bangor and found employment selling organs, receiving free music lessons from the owner for a year. He continued to play organs and became self-taught. Patrick graduated from UMaine in 1976 with a teaching degree. After several teaching and other jobs he settled in Portland working at Maine Medical Center for 16 years. He continued playing the organ and keyboard during those times. He retired from MMC in 2013 and started playing music in Nursing Homes throughout Southern Maine. He usually plays music from way back in early 1900 to the present day. He has started a music recording studio in his apartment which continues to be a learning process. Patrick says "I enjoy playing music. I have been playing music by ear for many years. I guess that is a God gift."

March 19: See the Music Bulletin Board for updates

Live Stream of Services

Please join us for the livestreams which can be found at 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.

We Welcome You!

On Sunday, February 11, our UUCSB congregation welcomed the following new members. We look forward to knowing each of you better and to helping you feel a part of our church community.

Welcome, Lori Whittemore



I was born in Presque Isle, I grew up in Yarmouth. Grew up in the UCC. I loved swimming, politics (even as a youth), and traveling. I had the great good fortune and privilege of getting a lot of education. In college, I studied psychology, political science, and church architecture. I have lived in Washington, DC, Seattle, Washington, Anchorage, Alaska, Maine, and Monteverde, Costa Rica. I have been married to Pieter for 28 years and have 2 wonderful adultish daughters. We currently have a young English cream retriever, Juno, and are hosting Sammi's cat, Bacon. I take my coffee very strong. My greatest hobbies are learning and do-gooding. I felt the warmth and welcome from this community from the first time I walked through the door and have enjoyed it immensely ever since. When I realized I would want to be here even if I wasn't the minister, I decided it was time to join.

Welcome, April Israelson

I was born and raised in the Bay Area of California and moved to Maine in 2018. Between leaving California in 2006 and coming to Maine, I have lived in Hawaii, Southern California, Texas, Florida, and Japan for both academics and work. I have an older sister still in Texas and my parents retired to Maine. I love all the beautiful towns and history of New England! I used to work for Disney Parks on both coasts and I am still a fan of Disney and Marvel movies. I live with my adorable 2 cats, Poppy and Wendy. For fun, I like exploring new places, visiting friends, watching movies and shows on stream, playing video/PC games, shopping and antiquing with my mom, cosplay, and doing puzzles and arts & crafts. I work for an event planning website, and you can also find me volunteering at Biddeford City Theater behind the bar!



Welcome, Melissa Warren



I moved to Maine in 2015 - a kind of coming full circle as I spent summer and winter vacations in Saco with family. I am very excited about the connections to my Greek great- grandparents, who fled ethnic cleansing in the late 1910s and worked in the Saco mills. My son Nicholas was the 4th generation to graduate from Thornton Academy.

I enjoy music, genealogy, thrifting, kayaking, tending my chickens, vegetable and flower gardens. I can often be seen around town with my trusty dog Juniper- "my cosmic wizard." I am passionate about outreach and social justice, am deeply spiritual and a seeker.

Welcome, Patrick Freeman



I was born on April 30, 1948, so I am now 74 years old. (Young at Heart). I was born in Fort Kent, Maine. I do not remember my first 3 years of living. My father was unknown. I was raised by foster care parents from the age of 3 to 18. I went to grammar school and high school in St. Agatha, Maine. My foster mother was a cook for the schools and my foster dad was a bus driver. I was well cared for and loved. I have 4 half-brothers and an older sister. I do not know much about them now. As for myself, I have worked at various jobs, including paper mill, airplane engine plant, McDonald's, nursing homes, and organ sales. I graduated from UMO with a BS in Special Education. I did some teaching in Maine and Florida. Then I worked at the Maine Medical Center for 16 years as a CNA III and Unit person. I retired in 2013. I now play music in nursing homes. I will be able to start playing again in March. This is my passion: I hope to continue doing music as long as I can and my higher power allows me. I am looking forward to playing for our church.

Welcome, Beau Gothendick

I am new to Maine this year and loving it after 17 years in Phoenix AZ. I enjoy playing piano and accordion, spending time with my partner, our two cats and pug, hiking, and gardening, and I have a long passion for cooking. I started attending UUSCB in October and have been very blessed with meeting such a wonderful community and learning more about my spiritual path.



Welcome, Pieter Whittemore



I grew up as a foreign service "brat;" and have lived in places such as India, Bangladesh, Morocco, and Zaire (now the Democratic Republic of Congo). This gave me such a great appreciation for different peoples and cultures. After graduating college I worked for the US Agency for International Development through which I met the lovely and talented Lori, the future Reverend/Doctor as she will have you know. We have two wonderful twenty-something daughters, Maddy and Sammi. These days I have become a professional futzer and find ways to take something operational and make a mess of it. I enjoy exploring local hiking trails, walking my dog, Juno, at Ferry Beach State Park, and am currently reading *CHIP WAR; THE FIGHT FOR THE WORLD'S MOST CRITICAL TECHNOLOGY*. I really enjoy the caring community here and am starting to warm up to Brian's puns.

“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, *Connecting Threads*, is written by Jane Perkins.

Connecting Threads

When I was five years old, the year before I started school, my mother went back to work part time. I was “farmed” out to various of her friends who had children my age while she worked; but the place I loved most was Grandma’s and Grandpa’s. In his late 60’s, Grandpa was still working so I did not interact much with him. What I remember best about Grandpa was how he always, always said “tack så mycket” after every meal (thank you very much). Anyhow, Grandma had chosen a stamped piece of linen cross stitch for me to work as a Christmas present for my mother. Every day I was at her house, I would be required to sit in Grandpa’s Morris chair by the kitchen window and make xx# of stitches. My mother kept this little table runner all the decades after that, then gave it to me about ten years before she died. I look at it now – so many uneven stitches – and think of these women who preceded me. Although I never knew my great-grandmother I know she supported herself and her family as a seamstress after her husband died. Threads – always threads – connecting us.



Grandma was an amazing thread worker. She made the finest embroidered pieces and her crochet work was voluminous and impeccable. I am blessed to have many of those pieces and I use them regularly. Because of her skill I always had someone to turn to for help. My mother, on the other hand, was skilled in knitting. She could embroider and crochet, also, but she did not really like doing those things. So, I had my mother for a knitting mentor.

Both Grandma and Mama sewed. It was how Grandma kept her family warm with quilts and how she clothed them. I am blessed to have many of those quilts. It is such a sentimental journey to look at the pieces of fabric and remember the clothing article that was made from that fabric before the new material scraps were used for a quilt. And clothing. As I reached an age where I could use clothing patterns and choose material, if I wanted a new “whatever,” I made it from scratch. Grandma’s old Singer sewing machine (electrified as a Christmas present from Grandpa back in the 1920’s) was in the kitchen in front of a window – for the light. Mama’s Kenmore machine sat in a bay window in the dining room of the house I grew up in. And sewing became another connecting thread.

Weaving and spinning did not enter my life until after I stopped working in the late 1990’s. That plus some of the other “weird” fiber arts (tablet weaving, ply split braiding, bobbin lace making, lucet braiding, et al.) came as I had time and “enabling friends” to lure me onto these fiber trails. I have never wanted to be a professional “fiber artist” or to sell my work. I had lots of pressure in my career – lots of deadlines doing things others required. I did not want to spoil what was a true pleasure and joy by adding those constraints.

So... Career, education, other characteristics??? For another day, perhaps. I am most happy to be connected to my family and so many, many friends by the threads I have held in my life.

— Jane Perkins

Caring Connection



Our Caring Connection Survey, offering transportation, help with meals, visits, calls, rides, etc. for those among us who may be struggling, was updated just in time! It has been a challenging few weeks. Things started with the deep freeze and our congregations' wonderful response. Next, we made and delivered 8 baskets to parishioners who have been undergoing long term medical challenges. Finally we responded with meals and companionship for members undergoing a sudden medical crisis. As always, we have sent cards to those in need of cheer. We feel blessed by all your support and by the generous, warm thankful responses from our recipients. Thanks to everyone who has contributed. If you would like to add your name to the list of those willing to help, it's not too late to contact Marilyn S-C, who will coordinate. Remember, we will only contact you when a need arises, and you can choose if it is a convenient time to help.

Please continue to call on us if you know of a caring need. We can only help if we know help is needed. Any communication will be kept confidential.

The Caring Connection:

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

Around the Building

And then the door blew off!!! Never a dull moment for our B&G crew. Before the door episode we were working this month on several projects.

One of our concerns is the temperature in the Sanctuary on Sunday mornings. We tried keeping two of the blowers going and fans on. We tried shutting the Sanctuary hall door and we have explored boosters to our heating system.

The Board considered our proposal to install an external heater on a trial basis right away. A decision on this was deferred until Fall due to other pressing issues like the door that got damaged.

We are working on a revision of our Building Use Policy. That revision is almost complete.

Our folks have been busy implementing the recommendations of the Saco Police Department about our building security and safety. You may notice that some of our in-swinging doors have wedge type stoppers behind them to facilitate emergency closing. New locks have appeared in a couple of places. We are planning some grab bars on the stairs to the cupola. A slide lock is about to be installed in the Sanctuary.

We were just setting up for our Warming Station week end when wham!! The wind caught the main entrance door and our attention got diverted, or was it derailed?

Our gratitude to Mark Gotjen who secured the door. Many thanks to the folks who made alternate ways to enter and exit the building possible for our neighbors and friends.

We now have a temporary fix and the Board has authorized funds to replace the broken door this fiscal year.

— Anne Dobson

Welcome Back to Souper Sunday

On April 23rd 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 Beveridge, Diane Eiker, Sonja Gerken., Laurie Sivonen, and Randa Thomas



Note from the Saco Fire Department



REVEREND LORI, PARISHIONERS, AND
FRIENDS,
THANK YOU VERY MUCH FOR
MOBILIZING IN ADVANCE AND
THROUGHOUT THE RECENT COLD
SPELL. YOU DISPLAYED TREMENDOUS
GENEROSITY FOR THE PUBLIC.
IT IS GREAT TO KNOW THAT WE
HAVE COMMUNITY PARTNERS WHOM
WE TRUST WILL BE THERE IN
THE FUTURE.

DAVID PENDLETON
FOR

SACO FIRE DEPARTMENT
300 Main Street
Saco, Maine 04072

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.

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.

Greetings from the Treasurer

Account balances as of 2//22/2023 are as follows:

Checking	\$6,510.35
Accounts Payable	\$29.21
Restricted Savings	\$51,792.77
Saco/Bidd Investments	\$156,585.59

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 (eleanor.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.