

Friday Flyer – March 3, 2023

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Lessons in Vulnerability*
 - *Rev. Dr. Lori Whittemore*
 - **Worship at 10:00 AM– MARCH 5th**
 - **Church Activities This Week:**
 - Sunday, March 5 @ 10:00 AM - Worship
 - Wednesday, March 8 @ 5:30 PM - Trustees
 - Thursday, March 9 @ 7:00 PM - SBGM – Zoom
 - Thursday, March 9 @ 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**

Greetings one and all,

It is our custom to share the contents of our offering plate with different community organizations. This gives us a chance to learn about and support the work that is happening out in the community. It is a newer custom to invite someone from the community organization that we are collecting for, to join us on the first Sunday of month to present about their organization. The month we are sharing our plate with Age Friendly Saco. We will be joined by Jean Saunders of Age Friendly Saco to share about the great work they are doing! There are many markers of a healthy society and high on that list is the marker of how we care for and honor our seniors. Join us on Sunday to learn how Saco is doing just that.

A poem by Hsin Ch'i Chi

In my young days I never
tasted sorry. I wanted
to become a famous poet.
I wanted to get ahead
So I pretended to be sad.
Now I am old and have known
The depths of every sorrow,
And I am content to loaf
and enjoy the clear Autumn.

I invite you to re-read the poem and pay attention to a sentence or word that stands out for you. Say that sentence or word again out loud. Ask what it has to tell you? Reflect on how it intersects with your life. Journal, draw or meditate on that meaning. Carry that meaning with you through to Sunday.

See you Sunday!

Peace and Blessings

Rev Lori Whittemore, (she/her/hers)

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

- **Lenten Vespers**
Please join for vespers on Thursdays beginning March 2nd for a short devotional period exploring our UU principles.
- **Fellowship Luncheon – March 26**
Please hold the date March 26th. This will be a gathering for a potluck Fellowship Luncheon to kick off the Pledge Drive. It will be in the Parish Hall immediately following the church service. We will have pledge packages to hand out and there will be an opportunity to provide your pledge right then. Please come and enjoy the luncheon and musical entertainment. There will be a signup sheet on the board in the hall to sign up for the potluck. If you have any questions, please contact Wendy Coleman.
- **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 – March – Age Friendly Saco**
Age Friendly Saco's mission, "A Community for a Lifetime", is to promote active aging by optimizing opportunities for health, engagement, and safety while removing barriers that prevent our citizens from remaining in their homes as they age. This will be accomplished through engagement with community organizations as well as collaboration with the City of Saco and the recruitment of community volunteers for the delivery of services that will empower residents to remain in and engaged in their community as they age.
- **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%.