



Don't miss Souper Sunday on the 23rd.

See page 5.

Unitarian Universalist Church of Saco & Biddeford

60 School St., Saco, Maine 04072

www.uuchurchsacobiddeford.com 207-282-0062

youtube.com/@uucsb uuchurch@gwi.net

April Worship

April 2nd — Rev Lori Whittemore

“Strangers in a strange land and YCCAC”

April 9th — Rev Lori Whittemore

“ Embodied Disobedience (Easter)”

April 16th — Rev Niki Norman

“Resisting Resistance?”

April 23rd — Rev Lori Whittemore

“The Earth is Alive (soil communion)”

April 30th — Rev Todd Glacy

“What is Truth?”

Vesper Services

Lori and I would like to invite you to join us for Vespers Services on Thursdays until April 20, 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 meet in the Parish Hall at 7:00 PM Hope you'll join us.

Peace, Rev Niki

Live Stream of Services

Please join us for the live stream of services at
youtube.com/@uucsb.

INSIDE

[You can click on a page number
to go directly to that page.]

- [Page 2](#) Words from Rev. Lori Biographies
- [Page 3](#) Board of Trustees Q&A
- [Page 4](#) Music Notes
Special Music
- [Page 5](#) Souper Sunday
Share the Plate
Welcome Immigrants
- [Page 6](#) Who Knew.....?
Our Principles - My View
- [Page 7](#) Caring Connection
Around the Building
- [Page 8](#) Green Home, Energy Show
MUUSAN
- [Page 9](#) Little Free Pantry
Financial Information
- [Page 10](#) Membership Information

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

Words from Reverend Lori

Welcome to April at UUCSB.

We have arrived to this beautiful month of spiritual significance to many traditions: Passover, Easter, Ramadan and Eid. Earth Day is in April and April is climate justice month. And the theme for April is resistance. Niki and I will weave resistance through our messages this month and encourage you to consider areas in your life that need reawakening. Places that have become automatic that need reconsideration and attention. Most specifically when it comes to climate justice and action. What one thing can you do OR not do that will make a difference? This is the month to really consider that. We will be joined by Carter Friend from York County Community Action Corporation on April 2 to hear about the great work they are doing to end poverty in York County and support people getting on their feet in the many ways that can mean. Welcome to April! "

Biographies

Reverend Lori Whittemore (Rev. Lori) serves as a contract minister for the Unitarian Universalist Church of Saco and Biddeford. She holds a Master of Divinity from Bangor Theological Seminary and is ordained by the Chaplaincy Institute of Maine (Chime). She is a Board-Certified Clinical Chaplin and Diplomate Supervisor certified by the College of Pastoral Supervision and Psychotherapy. She received her doctorate in ministry from the George Fox University's Portland Seminary focusing on semiotics, church and culture. She is delighted to be with us.



Reverend Niki Norman is a community chaplain and interfaith minister in southern Maine. Rev Niki graduated from and was ordained by the Chaplaincy Institute of Maine in 2020, where she currently serves as a board member. Rev Niki provides weekly interfaith services each week for the residents of St Joseph's Rehab and Residence in Portland and was honored to be the Minister of the Week at Ferry Beach in the summer of 2021. Rev Niki is a member of the UUCSB and is deeply grateful for the support from the UUCSB community. She loves people, laughter, music, cats and poetry, in no particular order!



Reverend Todd Glacy is an enlightenment advocate, empowerment educator, and instigator of joy. He is an ordained interfaith minister, licensed counselor, certified life coach, yoga and meditation instructor and professional musician. He has traveled extensively as a guest speaker and workshop facilitator helping empower people to lead happy, healthy and fulfilling lives.



Carter Friend is the Executive Director of York County Community Action Corporation (YCCAC), where he provides leadership to ensure that YCCAC achieves its mission: To alleviate the effects of poverty, attack its underlying causes, and promote the dignity and well-being of the people of York County. His career has focused on improving the lives of Maine children, families and adults, particularly those who live in poverty or are disadvantaged.



Board of Trustees Q&A

Do you wonder about the workings of your Board of Trustees? Are you curious? Do you have questions? Concerns? Contact one of us and ask. We would love to hear from you. The more we communicate, the less likely we are to have misunderstandings and the more likely we are to have increased congregational involvement.

Who are we? There are presently six of us serving on the Board of Trustees: Paul Coleman, President, Donna Beveridge, Secretary, Wendy Coleman, Treasurer, Jean Horton and Anne Dobson, members-at-large, and Betsey Pace, collector.

When do we meet? We meet in the Church on the second Wednesday of each month at 5:30 PM.

Am I welcome to attend Board meetings? Absolutely, except for the occasional executive session. Only Board members can vote on policies, but we will listen to your suggestions or concerns.

How can I find out what happens at a Board meeting? Minutes from the previous month are emailed to members and friends and posted on the bulletin board near the office once they are approved, as are committee notes and policies.

Does the Board of Trustees run everything? No, our job is governance of the Church. As such we create policy and oversee the committees. These amazing committees do the work of the church – Buildings & Grounds, Worship, Faith in Action Team, Membership, Music, Social Media, Caring Connection, Committee on Ministries, Finance, Worship Committee.

What if I'd like to serve on the Board? Contact Myra Robinson or Jeannine Wilson, members of the Nominating Committee, if you are interested in consideration for any Board openings to be voted on at the Annual Meeting.

When do I get a vote in what happens in our church? Attend the up-coming annual meeting on June 11.

Your BoT members serve you. Please talk to us; ask questions; volunteer to serve. Who knows, you may inspire an article in a future Messenger.

Music Notes

from Choir
Director, Ellie Rolnick



"Our songs enter the Universe and build bridges that allow all to cross as they need, in comfort and company." — Rev. D'vorah Kelly

- **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: April 9 and April 23. There will be an additional rehearsal for Easter Sunday TBD.
- **Time:** 8:45 – 9:45 We meet in the Parish Hall to start and we begin on time. 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 April

4/2: Niki Norman – "I can't remember a time that I wasn't interested in music! My mother says that I was singing before I could talk. Born in Austin, TX, I grew up in the Pacific Northwest. I attended Mt Hood Community college, majoring in music. These days I play the piano and African drums, and I'm the percussionist with Renaissance Voices in Portland. I'm a graduate of ChIME and I'm part of the clergy team here at the UUCSB."



4/9: 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!

4/16: Melody Wood: "My mother instilled in me a love of music at an early age. My siblings and I all had piano lessons and played an instrument. Today I play flute and harp. Harp is what feeds my soul the most. It is my musical right connection with the universe. I am grateful for the support and acceptance I get from the members of my UU church in Sanford; particularly with my music."

4/23: The UUCSB Pick Up Choir

4/30: Rev. Todd Glacy, leading the service, will weave his music throughout.

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 23rd, 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

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.



April Share the Plate: "York County Community Action Corporation"

YCCAC provides a range of resources and programs to support households and individuals throughout the county, providing a unique combination of health and social services. At YCCAC, we are driven by the belief that when our communities are strong, all of its members have opportunities to thrive— and, in turn, that when an individual achieves personal success and independence, our communities grow healthier, stronger and more vibrant.

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 UU/CSB 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 is written by Donna Ravn.

I’ve been fortunate to turn a lifelong passion for books and reading into satisfying careers, spending over 30 years as a teacher, tutor and a librarian.

Since childhood I have spent my summers as part of the Ocean Park community. Mogens and I were UU’s when we relocated to Maine in 2006, and I first connected with our Church through the Saco Coffeehouse. I have participated in the Green Committee, Small Group Ministry, spiritual services and meditation groups, Worship Weavers and Associates, FIAT and the Board of Trustees. I currently serve as a member of the Caring Connection.

Many of my most memorable and satisfying moments have been interactive, hands-on, and creative. At Emerson College I loved performing in the musical theater shows that administrators and staff performed each year. As library Director, I helped redesign libraries at both Emerson College and the Cambridge School of Weston. While working at Emerson, I designed and built (with friends) a passive solar house in Kennebunkport, where Mogens and I were married. My friends and I had already built a 42-foot fishing boat, so I figured we ought to be able to build a house. At the Cambridge School of Weston, I reconnected with my love of art, fitting drawing classes and sketch booking into my experience.

After moving to Maine, I studied watercolor painting, and have been a member of Maine Women in the Arts and the Southern Arizona Watercolor Guild. My art is mostly an attempt to cultivate the right-brained part of me that languished during 30 plus years as a teacher and administrator. I’m grateful to live in a beautiful place to inspire my painting.



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.

Caring Connection



As you may know, the role of the Caring Connection is to care for our church family by coordinating short-term support and assistance for members of the church during times of need. As always, this has been a busy month of cards, calls, and shawl preparation and delivery. In addition, we had the joyous task of helping to celebrate a very special milestone in the life of our congregation. We sent a special celebratory card to share our appreciation to Paul Benya for his 35+ years of service as organist of our congregation. Thank you, Paul!

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*



The card of thanks to Paul

Around the Building

The B&G folks have been super busy this month addressing emerging building needs.

- 1) You may know that our furnace had a major malfunction around the first of the month. Our furnace fixers got a temporary fix for this and ordered a new part. They also suggested replacing our 50+ year old boiler.
- 2) Two weeks ago on our weekly tour of the building, we discovered a major leak in the roof over the back valley between the annex and the Sanctuary. (In the corner where the organ is.) Our roofer came to assess the situation. He walked the entire roof and made some minor repairs. He has submitted an estimate for the necessary replacement.
- 3) Of course our main entrance door, which was broken in February, is also temporarily mended and awaiting replacement.
- 4) On March 20, we called an electrician because we lost power to lights in the Nursery, stairway, and upstairs boardroom. Breakers checked out as ok.

Here's what we are doing about these urgent needs:

- 1) The Board decided to replace the main circulator pump on our existing boiler and to look at costs for replacing it. These actions are being carried out. And we are also getting estimates about supplementing our Sanctuary heat with heat pumps.
- 2) We have an estimate for the replacement of the roof area that is leaking.
- 3) Our contractor will replace the door this spring.
- 4) Awaiting a call back from the electrician about the lights.

At this writing, we have estimates on the circulator pump, the door and the roof. These items come to about \$20,000. The costs most likely will not be reflected in the operating budget presented at our canvass kick off on March 26, nor will the painting of the front of the church building and our conversion to LED interior lighting.

Do you think these are needed or worthy projects? If you do, let us hear your ideas about how to finance these needs. Do you need more information about any of these things? Your support and actions are needed asap. Speak to a Board member, Jean Horton or Wendy Coleman of the Finance Committee or Betsey, Anne, Jane or Trevor of B&G.

— Anne Dobson

Green Home & Energy Show

April 1, 2023 10am – 4pm

The Point Community Center, 345 Clark’s Pond Pkwy, South Portland

<https://greenmainehomes.com/show-2023>

The Green Home + Energy Show is a one-day event that brings together the leaders in Maine’s sustainable home and energy industries. From solar power to heat pumps, air quality to air sealing, and electric vehicles to green home goods, you’ll find endless inspiration for creating your high-performing, green & healthy home—whether you are looking to build, buy or enhance an existing property. Test drive an electric vehicle at the EV Expo, enjoy coffee & lunch, shop sustainable goods at the Maine Makers Fair, and learn directly from experts at free workshops included with admission!

Electric Vehicle Expo 12 – 3pm
 Workshops 11am – 3pm
 Exhibitors all day
 Food Trucks
 Maine Makers Fair

***Tickets:** \$10 advance / \$15 day of event. Kids under 18 are free at the door with an adult ticket holder. Students with a valid student ID are free at the door.

*Ticket sales to benefit **Maine Foodscapes**, a nonprofit organization with a mission to improve community food security and well-being throughout Southern Maine. Proceeds from ticket sales will directly support the installation of new raised bed vegetable gardens at the homes of low-income families throughout Southern Maine.

MUUSAN (Maine Unitarian Universalist State Advocacy Network) at the State House



Diane Eiker, Sonja and Matt Gerken joined other MUUSAN members at the State House on March 16 for the historic State of the Tribes address and to advocate for Tribal Sovereignty for Wabanaki Nations. MUUSAN’s liaison to the Wabanaki Alliance Tribal Coalition, Meret Bainbridge is also a familiar face at UUCSB.



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.

Greetings from the Treasurer

Account balances as of 3//24/2023 are as follows:

Checking	\$8,870.15
Accounts Payable	\$1,991.93
Restricted Savings	\$46,833.27
Saco/Bidd Investments	\$154,395.14

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.

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.