



Serving with Grace at UUCSB

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Unitarian Universalist Church of Saco & Biddeford

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youtube.com/@uucsb uuchurch@awi.net

June Worship

June 4th — Reverend Lori Whittemore with
Chris O'Connor — “Love is Love”

June 11th — Reverend Lori Whittemore
“Let There Be Delight”

June 18th — Reverend Niki Norman
“Flower Communion”

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Live Stream of Services

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



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

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.

Words from Reverend Lori

Glorious June is upon us!

What a winter and spring we have had! We enter into June with such gratitude for the last worship year! The theme for June is delight. It is Pride month and we have flower communion. We celebrate Father's Day and there is the annual meeting. So many joyful things to mark the month of delight! Chris O'Connor from the Equality Community Center in Portland will be joining us to share about their center and the work they do there. What a wonderful thing to wrap up our year in delight. I look forward to incubating our next year's time together, being grounded in the love and joy that our community shares. As we conclude our year and prepare ourselves for a summer respite, I share these words with you by Wilfred Pelletier and Ted Poole:



Wherever you are is home.
 And the earth is paradise.
 Wherever you set your feet is holy land.
 You don't live off it like a parasite.
 You live in it, and it in you,
 Or you don't survive.
 And that is the only worship of God there is!

Take these words with you through June and into the summer. Enjoy the holy land of sand and earthen paths. Find your home in fellowship with nature and each other in new and different ways in the warm, sunny days of summer that are upon us!

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.



June Share the Plate: Equality Community Center

The Equality Community Center, a 501c3 non-profit org, is a collaborative workplace for LGBTQ+ and allied social justice seeking non-profit organizations, including EqualityMaine, MaineTransNet, Pride Portland, PFLAG, Khmer Maine, Cross Cultural Community Services, Democracy Maine, Sexual Assault Response Services, Through These Doors, Prevention Action Change and the Kindling Collective.

Located at 15 Casco Street in downtown Portland, the Center provides a safer and more inclusive gathering space with social and educational programming for all, working to support the most marginalized in our communities.

Additionally, the organization is in the midst of a capital campaign - Building and Supporting Community - to raise the critical funds needed to complete renovations to the new home and finalize all the initial planning to break ground on a 54-unit affordable housing complex for LGBTQ+ older adults, their families and allied community members which will be located right next to the ECC!

For more information, visit: <https://eccmaine.org>.

Biographies

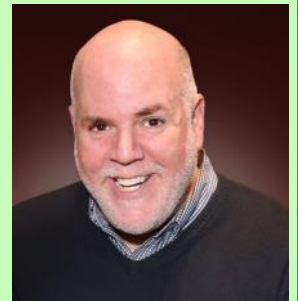
Reverend Lori Whittemore (Rev. Lori) serves as a contract minister for the Unitarian Universalist Church of Saco and Biddeford. She holds a Master of Divinity from Bangor Theological Seminary and is ordained by the Chaplaincy Institute of Maine (Chime). She is a Board-Certified Clinical Chaplin and Diplomate 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 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!



Christopher O'Connor (he/him) joined Equality Community Center as manager of the ECC in February of 2022, and as of April 2023, has become its first-ever Executive Director. He is no stranger to LGBTQ+ organizing in Maine as he worked for EqualityMaine as their Development Director for seven and a half years prior to joining the ECC family. He is one of the co-founders and chairs of Pride Portland, and also served as a co-chair for Governor Mills' Inaugural Ball in 2019.



Prior to his professional work in the LGBTQ+ movement, Chris worked in student affairs at the University of Southern Maine for 16 years, Originally from NJ, he moved to Maine several years after receiving his Bachelor's degree in Sociology from the University of Massachusetts at Amherst.

Chris' passion has always been in social justice work, and he enjoys bringing his knowledge and skills in organization leadership, fundraising, large scale event planning, community organizing, and relationship building to the ECC. He currently serves on the board of Cross Cultural Community Services, an organization working to educate Maine communities on better serving our immigrant and refugee communities.

Yard Sale/ Bake Sale/ Art Sale

June 24-June 25 8:00 - 1:00



We have lots of jobs open. Please sign up to help. If you can't get to the sign-up sheet, just call Anne Dobson at 282-6600. Jean Horton needs you to bake stuff as well. She is at 283-0717.

Questions about donations can be directed to Anne Dobson or Jane Perkins. We'll be setting up June 22 and 23. Setting up is our most challenging job. Shifts are flexible and benefits are generous.

Your help is important to our success at this, our final fundraiser of the year. See you there.

Music Notes

from Choir
Director, Ellie Rolnick



“A painter paints pictures on canvas. But musicians paint their pictures on silence.”

~Leopold Stokowski

- **Rehearsals:** Pick Up Choir typically rehearses on the 2nd and 4th Sundays of each month followed by singing in church on that day. Upcoming Date: June 11. Choir will resume in September.
- **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 June

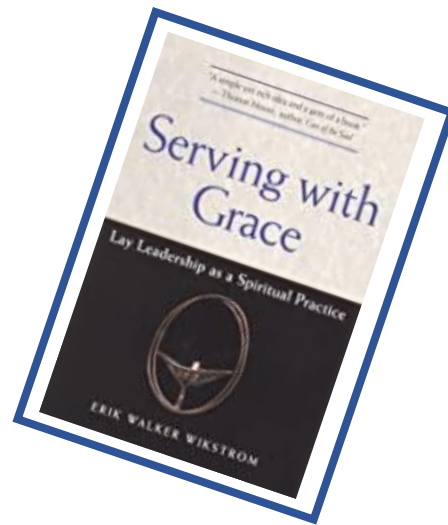


6/4: Pretty Girls Sing Soprano - Since their first singing gig at UUCSB’s former Coffee House, Pretty Girls Sing Soprano have quickly turned heads and gained a loyal following with their tight, clever and original harmonies. Ingrid Ayer-Richardson, Susan Mathews and Deana Gurney have combined voices to share their love of acoustic and acapella music.

6/11: 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!



6/18: 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/>



Serving with Grace at UUCSB

Food for thought.....

Each morning at the breakfast table Betsey and I read something spiritual. Recently we have been reading from **Serving with Grace: Lay Leadership as a Spiritual Practice** by Erik Walker Wikstrom. I know many of you have this book, but have you read it?

We are a small congregation. What we are called to do to keep this church running can often feel overwhelming and time consuming. After all, we mostly come to church for spiritual fulfillment, not to work on committees and events. How do we find balance between our spiritual needs and the running of our church? I found an answer in Wikstrom's book.

“There is yet another level which opens up most fully when you see service to your congregation as a spiritual practice, when you look at leadership through a spiritual lens.....leadership can provide countless opportunities to learn more about yourself – your strengths and challenges – and how you work with others. You will have the chance to practice patience and learn about listening, really listening, to people with whom you disagree yet who may well have something you need to hear. These are valuable lessons. And they are only the beginning.”

Our church depends on each of us. For some, that may mean serving on the Board of Trustees or on a committee. For others it may mean working on the yard sale or Christmas Fair or other church events. And for others it may be as simple as signing up to be an usher, providing flowers for Sunday worship, or setting or cleaning up for after-service social hours. It could even be as simple as making a pot of coffee.

I have made closer connections to people in our congregation by currently serving on the Board of Trustees, or on a variety of committees over the years. I particularly love greeting folks as they arrive at church each Sunday and having conversations with visitors at our social hour. I look for people who are standing alone with their cup of coffee. Chatting with them is an opportunity to erase the awkwardness of being new and to have conversation that may encourage that visitor to return to our church. These are spiritual practices, for me.

What are your spiritual practices? What can you do for our church community, and how can your service become a spiritual practice for you?

— Donna Beveridge

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.

My View: Creating Climate Justice by Breaking Free from Fossil Fuels

By Randa Thomas (she, her, hers)

Our church's oil burner is on its last legs and needs to be replaced. I hope we can find the courage, energy, vision, money, creativity and whatever else it takes to choose a heating method that will free us from fossil fuels.

We know that we are truly in a climate crisis. We know how harmful the extraction and burning of fossil fuels is to our environment. We know that the most vulnerable are the ones who pay the biggest price. We know that we are *not* the most vulnerable, yet we are part of the interconnected web of existence. How can we fully live our UU principals unless we do everything we can possibly do to stop contributing to the problem?

The easiest and cheapest thing is to replace our dying oil burner with another, more efficient oil burner. But even a more efficient oil burner still uses non-renewable energy. We have an estimate for installing wood pellet boilers. Delivery of pellets is similar to that of oil, and the system would fit with our current duct and blower system. After installation, fuel costs per BTU are significantly lower.

A wood pellet system will cost more than an oil burner. However, with significant renewable energy rebates, the cost will come closer and its heating efficiency will save money throughout its life. Fuel costs will not fluctuate unpredictably as oil does. Powered by our principles, we can find or raise the difference in the cost of a renewable energy system.

We need to make a decision very soon. Since we will need to find money for whatever choice we make, there will be an informational congregational meeting to discuss our options. This is a great opportunity for our church to break free from fossil fuels, to live our principles in a concrete way, and to become a true Green Sanctuary

Here is a link to read more this system. <https://www.maineenergysystems.com/partial-load-heating-big-savings-opportunity/>

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.

Who Knew Marea Doherty and Tom Benoit?

Who knew that Marea and I would live in Maine full time? We met in New Jersey 1999, started our trek in Key West, then back to NJ, then to Utah for close to 20 years. Circumstance led to our departure from the Southwest, only to land in Maine, purchase a home at the worst time in history, (although, we felt like we did ok, and did not get devalued by the questionable real estate practices at the time.)

We loved the fact that we could step outside and walk all over town and easily walk into Saco, where we met a lot of wonderful people, awesome eats, and an overall good feeling of our new life.

I realized, during this precious gift called life, that indeed, people who need people are the luckiest people in the world (a song sung by Barbara Streisand way back when) :) And that is really apparent at UUCSB. I've been able to express my music, as has Marea, who joined the choir.

I love to hear the sermons from our blessed clergy during these hard times we are currently living. I believe we are all children of God, and that he made us perfect in every way, and I get that from the folks at UUCSB.



Around the Building – June 2023

If you have been following the B&G notes in the Messenger, you understand we have had some big issues to deal with. The roof is scheduled for fixing, the main entrance doors are still in process, and the BoT has looked at several ways to address our need for a reliable central source of heat. FIAT has entered these discussions. In the next several weeks you will hear much more about our findings. You will be asked at the Annual Meeting on June 11 to vote on a way to resolve the immediate heating issue. Please ask any Board member the questions you have about this important issue.

B&G member, Jane Perkins, has installed grab bars for the stairs leading to the balcony. Jane has also donated many hand sewn table cloths and napkins to our dwindling supply of linens.

As a result of B&G contact with Community Solar, the church is now in line for this type of power and FIAT will be sponsoring a workshop with Community Solar to get new folks signed up. That means that the UUCSB will get \$50 for every new household that signs up as a result of this workshop.

We are looking forward to working with Finance and FIAT as we journey toward Green Sanctuary 2030.

— Anne Dobson

Greetings from the Treasurer

Account balances as of 5/22/2023 are as follows:

Checking	\$9,035.04
Accounts Payable	\$245.71
Restricted Savings	\$41,905.66
Saco/Bidd Investments	\$159,871.98

Any questions, just call.
Sincerely, *Wendy Coleman*



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 UUUCSB 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.

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 UUUCSB, 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 (eleonor.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

CLYNK

Help UUUCS 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.



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

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.