

## Friday Flyer – July 28, 2023

### News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Summer Worship*
- **Worship at 8:30 AM – July 30<sup>th</sup>**

- **Church Activities This Week:**

- Sunday, July 30 @ 8:30 AM - Summer Worship
- Wednesday, August 2 @ 5:00 PM - Finance Committee
- Thursday, August 3 @ 6:00 PM - SBGM – Dine Out (off site)

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](mailto:revlori.uucsb@gmail.com))  
Mon-Wed-Fri – 8-11 AM (vacation July 16-22)

**Caring Needs** – Please contact church office.

### **Upcoming Events and Activities**

- **Concert – August 12**

The Deep Blue C Studio Orchestra will be performing a free concert at the Wells Harbor Park on August 12. The show is from 6:30-8:30pm. Bring your picnic basket and wave to our own **Anne W playing cello!**

FMI: [www.wellstown.org/748/Summer-Concert-Series](http://www.wellstown.org/748/Summer-Concert-Series)

- **Summer Services**

Service Leaders are needed for Summer Services! Services (30 minutes) will be held Sunday mornings in the Parish Hall from July 2 to August 27. Many dates are still available. The Sign-Up sheet is on the bulletin board.

- **Thoughts from Rev. Lori**

July Houseguests

Here we are in mid summer. Although it feels like the very beginning as we are getting more sun for these last two weeks than we did the first half of summer, We are knocking on August's door. I have pledged to my family that I would slow down this summer. Take more pauses than I am used to. Stick my toes in the sand as often as possible. Living in vacationland means that most of our family and friends from other places try to come to us. And so it has been this summer. You never know with visitors. In the best of circumstances, they have shared with me ahead of time what they want to do, what their needs are or what they expect. And sometimes I make a special meal only to learn that there is a food allergy, and we need to start from scratch with different ingredients. Sometimes we make plans to do one thing and they want to do something totally different. The Universe has a way of testing my ability to go with the flow and be grateful for the visit and not the details.

As I reflect on this with my summer vibe, I am grateful that the slowing down has given me the space and grace to take it in stride. I am not racing to get to my next appointment or do the next thing on my list and getting caught up with the need to control. I am recognizing more and more what is actually mine and what is someone else's. I was driving my oldest around this past weekend and the song "Let It Be" came

on. While some of the Beatle's lyrics are a little light, this song always makes me pause and remember that all will be well. Whether I insert myself or not. Simple and profound. The visitors may leave wet towels in the washer, clog the commode, let the cats out by mistake, but there will be laughs and memories. Especially when we invite in, and make room for grace.

Wishing you an August full of sun and peace and grace. I include in my reflection the prayer I am holding onto. The serenity prayer

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.  
and Let it be!

Peace and Blessings

Rev Lori Whittemore, (she/her/hers)

Unitarian Universalist Church of Saco and Biddeford

[revlori.uucsb@gmail.com](mailto:revlori.uucsb@gmail.com)

- **Share the Plate – June, July & August – Equality Community Center**

The ECC is a collaborative workplace for LGBTQ+ and allied social justice seeking non-profit organizations, including Equality Maine, 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.

- **Live Stream on YouTube**

We are now live streaming our services on YouTube every Sunday at 8:30am

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%.