

## Friday Flyer – August 4, 2023

### News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – Discussion “Girls Like Us” Banned Book
- Rev. Lori Whittemore
- **Worship at 8:30 AM – August 6<sup>th</sup>**

- **Church Activities This Week:**

- Sunday, August 6 @ 8:30 AM - Summer Worship
- Tuesday, August 8 @ 4:30 PM - Membership Committee
- Wednesday, August 9 @ 5:00 PM - Trustees
- Thursday, August 10 @ 6:00 PM - SBGM – Zoom (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

**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**

Hello Good People,

I will begin my reflection quoting a very timely Richard Rohr Newsletter article that I opened this morning:

*If you are not struggling to love people, if you are not trying to build understanding with those you disagree with, then you are not really doing the work of building Beloved Community. The work of building Beloved Community is understanding that we're not trying to win over people, but to win people over. Historically, winning a war has meant defeating the opponent. There is a clear winner and a clear loser.... But in nonviolence, there is no real victory until everyone is on the same side.*

I believe our covenant and principles give us a good roadmap of navigating a path toward beloved community. It is not a place to be arrived at but a constant practice and journey. That we have agreed to take together. There are some issues challenging our journey right now. Let each of us commit to returning to kindness and covenant. Let that be our beacon as we navigate the challenging issue of heating source (s). I believe that how we do things is for the very most part as important as what we do. A thoughtful, kind, courageous path is in front of us. It is not a war. And there is not one answer. How do we get back to focusing on the journey together and not a one answer.

The real struggle is to love people and build understanding when there is disagreement. Our gray hairs and wrinkles remind us that we can get through, have gotten through storms. Hopefully, they also remind us that we can choose grace. I choose another piece of wisdom to share from Pema Chodron. It is called "Obstacles can become our teachers. *"On the night on which he was to attain enlightenment, the Buddha sat under a tree. While he was sitting there, he was attacked by the forces of Mara (the lord of destruction). The story goes that they shot swords and arrows at him, and that their weapons turned into flowers. What does this story mean? My understanding of it is that what we habitually regard as obstacles are not really our enemies, but rather our friends. What we call obstacles are really the way the world and our entire experience teach us where we are stuck. What may appear to be an arrow or a sword we can actually experience as a flower. Whether we experience what happens to us as obstacle and enemy or teacher and friend depends entirely on our perception of reality. It depends on our relationship with ourselves."*

And may it be so!  
Peace and Blessings

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- **Furnace Replacement Q&A**

There has been a great deal of conversation regarding the replacement of our old oil boiler. FiAT has provided links to provide more information. Here is a [Side-by-side comparison](#) with answers to questions various people have posed. [https://docs.google.com/document/d/1UiwHyeuDj7mn5Pox7nc5KImz9qpihIYH-N\\_bKMZDsYU/edit](https://docs.google.com/document/d/1UiwHyeuDj7mn5Pox7nc5KImz9qpihIYH-N_bKMZDsYU/edit). Keep your eyes open for dates of upcoming Q&A meetings as well as a date for a congregational meeting yet to be scheduled.

- **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%.