



Heating System Proposal Discussion

September 17

In the Sanctuary following the Service.

Unitarian Universalist Church of Saco & Biddeford

60 School St., Saco, Maine 04072

www.uuchurchsacobiddeford.com 207-282-0062

youtube.com/@uucsb uuchurch@gwi.net



September Worship

September 10th — Reverend Lori Whittemore

“Water Communion”

September 17th — Reverend Niki Norman

“Giving and Getting”

September 24th — Reverend Lori Whittemore

“How shall we welcome you?”

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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.

Words from Reverend Lori

Hello Good People

Where did it go? Where is that beautiful Maine summer that we had become accustomed to? Sunny, hot, and dry. I suspect some of you still have wet basements and are staving off mold! And here we are. Moving into fall together. We return to traditional services on September 10 and will enjoy our water community/ingathering. I have missed being together and look forward to seeing all of you. What a wonderful community we have!!



I invite you all to imagine a few things with me as we enter the fall. What activities could we undertake this upcoming year to engage us beyond the service? What are you willing to do to launch them?

Could we start a banned book group and meet once a month after service to discuss the book? We could advertise this to the public and have coffee or snacks to lure people in or invite people to BYOL (bring your own lunch)?

Are there other ideas that you have been thinking about to engage your faith in community? Who, outside of this community, could you invite to join us for a service? I am under the impression that once they meet us they will love us, so how can we get people to stop in for a Sunday or two?

Are there topics you would like me to explore through sermons that could lead to broader community conversations and in what forum would we facilitate those conversations?

Are there ways you would like to see the church engage with community-based organizations that we are not currently doing? For instance, Saco would like to form a shelter team to help set up community shelters, like we did during the cold snap. And potentially when there are extended power outages or storm surges. Is this something that people would want to do or have the church involved with?

Our Sunday service is the fuel that feeds us! Can you all raise your hand to help out with the worship experience, even if it is 2-3 Sundays over the fall? We need help with special music, ushering, worship assistance, hosting coffee hour, filming? Please sign up on the sheet in the hallway or risk us calling you directly!

I look forward to our wonderful community blossoming in unexpected and beautiful ways this year!

Peace and Blessings,

— Rev. Lori

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.



September Share the Plate: Minister's discretionary fund

Considering Community

There has been a lot of “energy” around choosing a new heating system. More than a couple of people have pulled me aside to express concern about the temperature of the conversation, and the lack of a community wide conversation. This is a significant decision that will impact our community, our endowment, the environment, our comfort, our intention of moving away from fossil fuels, our relationships to each other, our relationship to the larger community and to the earth itself. What we decide is impacted by our principles. How we arrive(d) at the decision is also important and is impacted by our principles.

I don’t doubt for a minute that we want to choose a system responsibly and move away from fossil fuel consumption. How do we thoroughly consider our alternatives taking into consideration comfort, cost, and benefits to the environment. Before our next conversation, I invite us all to consider some questions for ourselves.

Should moving away from fossils fuels be a priority for this community and what time frame could we commit to? If going with an oil burner with a plan to supplement and bypass it over the next few years with renewable heat sources is our plan, what would our timeline look like? Should we go with a pellet boiler now? Or could we repeat an energy audit now and get some help mapping out a way forward? Is there a middle way through all of this?

How do we pay for whatever choice we make? How do we weigh the significance of say, paying for an audit over making the decision based on our committees’ recommendations? How do we fund whatever our choice is? Endowment, capital campaign, financing?

Most importantly, to me at least, is how do we have this conversation as a conversation? How do we engage respectfully with one another honoring our covenant and allowing for differences of opinions? Just as moving towards our goals for changing our carbon footprint is important, so is the way we engage in discernment. How do we move away from outside chatter into transparent conversation?

I share with you a short reflection by Pema Chodron; *Others will always show you exactly where you are stuck. They say or do something, and you automatically get hooked into a familiar way of reacting-shutting down, speeding up, or getting all worked up. When you react in the habitual way, with anger, disdain and soforth, it gives you a chance to see your patterns and work with them honestly and compassionately. Without others provoking you, you remain ignorant of your painful habits and cannot train in transforming them into the path of awakening.*

This process is an opportunity for each of us to see where we are stuck and where we get hooked. It is a chance to recognize what happens to us during conflict. How we disagree and treat those who think differently is as much a spiritual practice as any choice we make. I hope we can use this situation as an opportunity to deepen our own self-awareness and recommit to our community to collectively map our way towards our commitment to less or no dependence on fossil fuels.

As I do in my Friday Flier posts, I invite you to:

READ This in your head and out loud.

MEDITATE Let this reflection settle into your being.

PRAY Consider this faithfully, letting our principles and covenant guide you.

CONTEMPLATE How to be a part of this conversation in an affirming and compassionate way, speaking your truth in love at all times.

— Reverend Lori

Music Notes

*from Choir
Director, Ellie Rolnick*



*And the night shall be filled with music,
And the cares that infest the day
Shall fold their tents like the Arabs
And as silently steal away.*

~Henry Wadsworth Longfellow, *The Day Is Done*

- **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: September 10, 24.
- **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 uucschoir@gmail.com.

Caring Connection

I hope you are all having a great summer and your gardens are thriving!
(Mine are not!)

Church will begin soon and our small committee needs 2 more members ~ we have fun, we’re efficient and welcoming! If you’re interested please contact me: Marilyn Stoesser-Casad, text or email. My information is in the directory.

The Caring Connection:

Paula Howard, Pat Snyder, Rosemary Stewart, and Marilyn Stoesser-Casad



Notes from the Board of Trustees

The following committee liaisons have been established for this year. We encourage all members to consider joining our committees which are the lifeblood of our church. We need your talents!

Committee on Ministries: Paul Coleman
Social Media Committee: Trevor Neitz
Finance Committee: Wendy Coleman
Worship Committee: Betsey Pace
Building and Grounds: Anne Dobson
Faith in Action: Jane Perkins
Membership Committee: Jean Horton
Caring Committee: Jane Perkins
Music Committee: Anne Dobson

Who is on the board?

Paul Coleman: President
Anne Dobson: Vice President
Jane Perkins: Secretary
Wendy Coleman: Treasurer
Jean Horton, Trevor Neitz, and Betsey Pace: At large

Approved minutes of the BOT are posted on the bulletin board by the office.

There will be a meeting on September 17, following the Sunday service, to discuss the board's proposal on replacing the furnace. The meeting will be held in the sanctuary.

The new policy and procedures manual is posted on the board by the office.

New Steeple

Many years ago, Roger Panek, a retired architect specializing in church restoration, helped us evaluate our buildings and develop plans for our Capital Campaign. Roger recently called me about his continuing work. He now is involved with Maine Steeples Fund. He feels that the UUCSB would be a great place for a new steeple, and he encouraged us to apply for funding through them.

At our recent Board meeting it was decided that we would ask members of the congregation to respond to this challenge. So, "google" Maine Steeple Fund to get information about what they offer and how this works. Then, if you would like to be involved, contact Anne Dobson at 282-6600.



The church with steeple.

Faith In Action Team: UUCSB's Social Justice Arm



MUUSAN is a statewide advocacy and public policy network anchored in our UU faith and animated by its principles. MUUSAN welcomes as partners and collaborators all those who share our values and links our 26 Maine congregations in an active legislative Ministry.

Next MUUSAN meeting:
 September 16, 10-12
 Augusta Community UU Church

Climate Justice recognizes the disproportionate impacts of climate change on low-income communities and communities of color around the world, the people and places least responsible for the problem.

[University of California Center for Climate Justice](#)

We believe that all of UUCSB wants to reduce our dependence on oil. Neither of the options (new oil boiler or wood pellet boiler) presented this spring is perfect but both will reduce our carbon impact, if to different degrees. Our last energy audit in 2003 offered suggestions about reducing our reliance on fossil fuels: window inserts, more insulation, programmable thermostats to name a few. We have worked diligently to address those over the years. And we now stand on the edge of a big decision: how to heat the building moving away from fossil fuels.

The UUA created a statement of conscience in 2006 for UUs to go fossil free and listed many philosophical reasons and Congregational Actions to support that statement. Here are a few:

- celebrate reverence for the interdependent web of existence in all aspects of congregational life
- treat environmentally responsible practices as a spiritual discipline
- seek certification as a green sanctuary
- educate ourselves, our children, and our future generations on sustainable ways to live independently
- use congregational financial resources to positively address the climate change crisis
- practice environmentally responsible consumption and encourage voluntary simplicity among members

[Threat of Global Warming/Climate Change, 2006 UUA Statement of Conscience](#)

Taking all of this into consideration, FiAT is continuing its research into a pellet system. We are now looking into using a single pellet boiler as the primary source of heat, together with a smaller/more efficient oil boiler for the additional BTUs needed on cold days. We have created a side by side comparison of the two systems based on what information we have. The link for the comparison is below and there are copies of the comparison in the Parish Hall on the informational table. We look forward to discussing this as a community when we come back together in the fall. If you have any questions, please reach out.

[Comparison: Oil Boiler and Wood Pellet Boiler](#)

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 Beveridge

Who knew that we, Donna and Betsey, met 22 years ago at a meeting of Sister Space in the Parish Hall of this very church!

Who knew that we hadn’t married years ago when marriage between two women became legal, when Sonja and Matt and others were working so hard for marriage equality!

Who knew that we married one another in a simple, creative, intimate ceremony on June 4th of this year! No one knew on that day except for the few who had been asked to assist, including Wendy, Paul C., Anne, Jane, Brian, Paul B., and Trevor.

Who knew that Rev. Lori would end the Sunday service by inviting all to stay for our wedding ceremony. Surprise! Joy! Everyone stayed, including, of course, family members and a few long-time friends who did know.

Who knew that we would have a sand ceremony and a time of candles of joy and that we’d say our vows through the words of Oriah Mountain Dreamer’s, “The Dance.”

Who knew that Pretty Girls Sing Soprano would provide special music in the church service and that our dear friend, Peter, would sing our special song to us, accompanied by our own Paul Benya.

Who knew that we would gather in the Parish Hall after the ceremony to enjoy coffee and donuts (a family tradition), to cut a rainbow cake made by my daughter, and to snack on other delightful treats provided by the Colemans. It was a beautiful moment, a beautiful ceremony, a beautiful day. Thank you, Rev. Lori, for marrying us so beautifully.

Who knew all this? At first no one. It was our secret. Then a few knew. And now you all know that we are married! We feel and appreciate your warmth, support, and joy.





NOTES FROM A GA JUNKIE

Yes, I am becoming something of a “GA junkie.” This June was my second General Assembly, thanks to the pandemic that made this event, like so many others, become accessible via Zoom/the internet.

I was able to enjoy a multitude of *workshops*; many varied *worship experiences*; *exhibitors*; *entertainment* (my favorite Emma’s Revolution!); *plenary sessions* that captured my attention; *inspiring speakers*; more than I could possibly take in.

The primary business of the week was in work on revision of Article II of the by-laws, the section that lays the foundation for our faith, the Principles and Purposes. It includes what we know as the 7 principles and the 6 sources.

For some religions, the equivalent of our Article II would be seen as a permanent statement of belief. Ours being a living tradition, however, we recognize that we grow in understanding, and, therefore, commit ourselves to regularly re-examine our Principles and Purposes. We make them adaptive to the times in which we live and to our growth in understanding.

The last major revision of Article II was in 1984, with some small changes since then. Now, with serious work being done in the UUA toward dismantling white racism, as well as experiencing major societal changes, it is felt that it is time for a major overhaul. At this year’s GA the Article II Study Commission brought the result of their two-year study, their proposed new Article II. Delegates offered amendments, some were approved. The final revised version will be presented to next year’s GA for final approval. For the full discussion of Article II and the Study Commission, go to <https://www.uua.org/uuagovernance/committees/article-ii-study-commission>.

In other major business, Dr. Susan Frederick-Gray said her good-byes as she completes her 6-year term as our president, and Rev. Dr. Sofia Betancourt was elected and welcomed as her successor. From Dr. Frederick-Gray’s final report:

"For this is no time to go it alone. We belong to each other. We need each other, and we make each other strong and brave."

General Assembly helped me to be a part of the larger picture. I am proud to be a UU and very excited about the work being done by the UUA and the resources available to us. Next year’s GA will be entirely virtual. Will you join me, June 20-23, 2024, in cyberspace?

— Diane Eiker

Around the Building

The roof is fixed, the main entrance door is fixed. The carpets have been steam vacuumed. Most of our springtime gardens have been put to bed. Brass is being polished. Plans to clean our basement are under way. Despite our rainy summer, B&G has found plenty to do.

We need to scrape and paint the exterior of the trash room and the area around our main entrance. Although we thought we had a young person to do this job, alas that did not work out. **Please let us know if you or someone you know would be able to help us with this. This would be a paid job! Please contact Anne Dobson or Jane Perkins** if you need more information or would know someone who could do this job.

— Anne Dobson

What's Cookin' in the Archives....

In mid-June when we were setting up for our Yard Sale, Brian got a call from Books to Benefit in Normal, IL. A volunteer stated that they were sorting through donations and had found a 1912 Cookbook compiled and published by the Second Parish Unitarian Church of Saco, Maine. They wanted to return it to us. I offered a donation to the non-profit. The book was sent, and the check was sent.

So many old Saco names are in that book. Merrow was one of them. I contacted Paula Merrow Howard about recipes in the book from her family. That conversation led to a summer service "In Good Taste" which we put together and baked for from this and other UU cookbooks. If you were with us on Aug. 13, you got to examine this cookbook and others. If you were not, the 1912 Cookbook is in our Archives for all to enjoy.

— Anne Dobson



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 UUCSB 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.



Brian at the temporary Dutch door while the entrance doors were being repaired this summer.

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 8/23/2023 are as follows:

Checking	\$9,656.15
Accounts Payable	\$430.91
Restricted Savings	\$51,496.64
Saco/Bidd Investments	\$165,813.91

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 (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

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)

Visit our website at: www.uuchurchsacobiddeford.com.

If you would like to add or correct something on the website, 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.

Donate On-Line: PayPal may be used for donations and pledge payments. Go to the church website and at the very top of the page click "Give" and then click "Donate".

By Mail: Send donations and pledge payments to: UU Church of Saco & Biddeford, 60 School Street, Saco, ME 04072

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.