

The Messenger

October
2023



Unitarian Universalist Church of Saco & Biddeford
60 School St., Saco, Maine 04072

www.uuchurchsacobiddeford.com 207-282-0062

youtube.com/@uucsb uuchurch@gwi.net

October Worship

October 1st — Reverend Lori Whittemore and
Lisa Sockabasin (See bio on page 2)
“Honoring Indigenous People’s Day”

October 8th — Reverend Laurence Miller
“Blessing of the Animals”

October 15th — Reverend Lori Whittemore
“Leaving a Legacy”

October 22nd — Reverend Niki Norman
“What’s Another Word for Heritage?”

October 29th — Reverend Lori Whittemore
“Celebrating Samhain”

INSIDE

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

- [Page 2](#) Biographies
- [Page 3](#) Words from Rev. Lori
Social Media Committee
- [Page 4](#) Music Notes
Welcome Immigrants
- [Page 5](#) Share the Plate
Board of Trustees
- [Page 6](#) Around the Building
- [Page 7](#) Financial Information
Little Free Pantry
- [Page 8](#) Membership Information

The Worship Committee wants to encourage contemplative time at the beginning of our service. You are invited to sit silently while gathering music is being played.

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.

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.



Lisa Sockabasin, is a citizen of the Passamaquoddy Tribe at Motahkomikuk. Lisa has expertise in tribal and state governments, non-profits, and philanthropic organizations. In her capacity as the CEO of Wabanaki Public Health and Wellness, Lisa collaborates with tribal leadership, federal agencies, and philanthropic partners to address systemic inequities experienced by indigenous people. Lisa enjoys developing and implementing culturally based programs that respond to the needs of all communities.



Lisa has over 20 years of experience addressing inequities experienced by and providing opportunities to tribal populations. Prior to joining WPHW, Lisa served as the Director of the Office of Health Equity in the Maine Department of Health and Human Services, as an epidemiologist in the Infectious Disease Program for the State of Maine, as a nurse epidemiologist with the North American Indian Center of Boston, Inc., and served for two decades as coordinator of the Four Directions Summer Research Program at Harvard Medical School & the Brigham and Women's Hospital.

Lisa holds a B.S. in Biology from the University of Maine, a B.S. in Nursing from the University of Maine, and an M.S. in Health Policy and Management from the University of Southern Maine. She holds a graduate certificate in Non-Profit Management and serves on several boards including Maine Philanthropy Center, Planned Parenthood of New England, Maine Development Foundation, and the ACLU of Maine.

Reverend Laurence Miller is an Interfaith Minister, Ordained by the Chaplaincy Institute of Maine. He is the Chaplain at the Barron Center, and the program designer for 'Musical Chairs TM', an all-inclusive program specifically designed for folks in wheelchairs, hospital beds and other mobility assisted devices for the specific purpose of dancing and enjoying music. Laurence has facilitated Musical Chairs at the Barron Center and St Joseph's Residence & Rehab since 2012. Holistic in nature, Laurence's ministry focuses on the sense of 'Belonging and Invitation'. Laurence lives in Danvers Massachusetts with his husband John and their two Borzoi/Russian Wolfhounds, Betty and Fred. He teaches dance, Reiki, meditation and creates ceremony and ritual for weddings and all of life's Blessed Journeys.



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!



Words from Reverend Lori



Hello Good People,

October is traditionally a homecoming month! Even though we began our worship year again in September, October feels to me like we are back in it fully. October is many things. I had mentioned in my last message that the overarching theme for the year is challenge. The month of October theme is heritage. There will be rich ways that we celebrate and explore heritage together. We begin our first service on October 1, honoring those who were on this land before us. Lisa Sockabasin of the Passamaquoddy Tribe and leader from Wabanaki Public Health, will come to share about the important work being done in their organization. We will share the plate with them for the month of October. We are very lucky to have Laurence Miller join us for a blessing of the animals, exploring heritage through legacy and culminating with Samhain.

From Howard Thurman's *Deep is Hunger*:

“So you do not expect to live to see the trees reach sufficient maturity to bear fruit?” I asked. “No,” he replied. “But is that important? All my life I have eaten fruit from trees that I did not plant, why should I not plant trees to bear fruit for those who may enjoy them long after I am gone? Besides, the man who plants because he will reap the harvest has no faith in life.”

Let us consider this month, what has been our legacy and what will be our legacy. Our heritage is from a long line of intellects and social activists. It is also from a long line of extremely committed humans who have invested their body and soul. People who sacrificed, working to maintain and forward their liberal religious tradition. As we look backward, let us consider what we will do to forward our liberal religious tradition that is so sorely needed right now. So sorely needed! As challenging as these reflections might be, our heritage will be about what we have done. Our heritage is also about what we haven't done and what we leave undone. This month we consider heritage backward and forward!

— *Rev. Lori*

Social Media Committee

The Social Media Committee is thrilled to return to our mission of sharing UUCSB with the community. We've been very busy improving the sanctuary audio system, our weekly live streams, and our postings to social media platforms. The sound board has now been moved to the filming pew for easier control and fewer wires across the floor. We are also now projecting hymn lyrics to the wall. Our weekly YouTube streams have resumed and have attracted new viewership. Continuing from last season, we are posting regular quotes from the UUA's Soul Matters Sharing Circle social media package. The committee would like to expand the content we post online, such as including church announcements and news, and we appreciate any and all suggestions from the congregation.

The Social Media Committee is always looking for new members for help with Sunday Services, filming and creating content.. If this interests you, please talk to Anne Wilkinson, Rev. Lori, Paul Colman, or me.

— *Trevor Neitz*

Music Notes

from Choir
Director, Ellie Rolnick



“It is not worth singing for ourselves; it is nicer if two people sing together. Then more people: hundreds, thousands, until the huge Harmony can be heard, in which we can all be just one, indeed. Then will we be able to say: “May the whole world be happy!”

— *Zoltán Kodály, Bicinia Hungarica, 1937*

- **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: October 8, 22
- **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

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.

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.



October Share the Plate: Wabanaki Public Health & Wellness

Wabanaki Public Health & Wellness is comprised of different departments that house our various program and service offerings, which are:

WABANAKI HEALING & RECOVERY: Addressing the treatment and recovery needs in our communities, we opened doors to multiple locations to support tribal members on their recovery journey.

WABANAKI PUBLIC HEALTH: We provide public health services including nutrition and physical education, environmental health, youth engagement, a women's economic hub, injury and violence prevention, maternal and child health, culture, education and language, infectious disease, and community wellness.

WABANAKI HEALTH & WELLNESS: Our mission is to provide high-quality, culturally relevant behavioral health services, substance use treatment, and housing support services to our Wabanaki community and other Indigenous people.

CENTER FOR WABANAKI RESEARCH, KNOWLEDGE & INNOVATION: The mission of the Center for Wabanaki Research, Knowledge & Innovation is to create a world where Wabanaki people overcome barriers to improve health and wellness in our communities empowered by Wabanaki-led data and research.

Notes from the Board of Trustees

The Board met on Tuesday, September 12, at 5:00pm. (A change from our regular meeting time and day of second Wednesday of each month at 5:30pm.)

The Board approved the minutes of our August meeting, which are now posted outside the church office. The Treasurer's report was also approved.

Committee liaisons shared reports from the committees they are assigned to work with: Committee on Ministries, Social Media, Finance, Worship, B&G, FiAT, Membership, Caring and Music. Committee liaisons are asked to present a list of committee members and committee chairs at our October meeting for ratification as per our Bylaws, Article VI, section 6b, "ratify or approve all chairs of standing committees of the Board...". Of note from the liaison reports is the plan to do an online social media questionnaire about people's spiritual preferences. Membership is also asking for a brief description of what each committee does to go in a packet for new members.

The Board reviewed Rev. Lori's contract for the coming year. Her specified work includes three services a month during the church year and four pastoral sessions during each month. During July and August she is paid to do pastoral care as needed.

We are in discussion with Rev. Whittemore about INSTALLING her as our minister. More information about this service will be forthcoming. We will also be having a congregational discussion and a special congregational meeting to approve going forward with the INSTALLATION, most likely in the spring of 2024.

(Continued on page 6)

Notes from the Board of Trustees

(Continued from page 5)

The Board updated its presentation to the congregation about its recommendations for replacing our present boiler.

This is a recap of our meeting. It is not the official, approved minutes. We do want you to be kept informed about what we are doing. Please contact any Board member with questions and suggestions. We are Paul Coleman, Anne Dobson, Wendy Coleman, Jane Perkins, Betsey Pace, Trevor Neitz and Jean Horton.

— Anne Dobson

Around the Building....

Why Jane ate the caramel corn.

Why did Jane eat that caramel corn? Well, we were waiting for the Structural engineer to come look at our basement. These engineers are rare birds. We have been trying to lure one to the UUCSB since last June. After waits, delays, and rescheduling, Jane and I were waiting for Joe Leasure to inspect our basement – and he was running late! Jane was hungry and she went foraging. What she located was a stale, soggy bit of caramel corn. As Jane was licking the salty, sugary stuff off her fingers, Joe arrived.

We had asked for an engineer to inspect the basement under our main entrance/long hallway because by history we had issues, with the basement wall facing the street, that needed fixing years ago. We wanted an opinion about breaching this wall to accommodate a chute or fill pipe should our members decide to install a pellet furnace. For two hours, Jane and I were treated to a detailed inspection of our basement with on-going tutorials about how and why buildings are built as they are.

We watched Joe insert a screwdriver into the two by four just under our main doors and push it clear to the outside with little effort. We saw the big chunk of rusted material that he pulled off one of our three “I” beams. We listened to his thoughts about dealing with the rot and rust created by the poor drainage associated with the patio outside our main doors. A report with recommendations will follow in several weeks.

Here's what we know now.:

- 1) A fill pipe/chute could be safely installed back near where the oil delivery pipes are. However, that area is not a part of the basement under our hallway. It is rather part of the old basement under the bit of hallway that has the Parish Hall door and the kitchen door. Any pipes or chutes would have to U-turn to get to where the oil tanks currently are located.
- 2) The area under the main doors is indeed damaged to the point of needing attention before we have very serious consequences of the continuing water damage. This issue has been raised many times in the last 25 years, but always deferred in order to address more immediate stuff like boilers and roofs and blown off doors. Now we have a current, definitive assessment of the problem and several resolutions to work with.

Jane and I will be sharing all of this with B&G and the Board for discussion and attention. We would love to take you on a tour of the areas in question. Let us know.

And, yes, the information we got from Mr. Leasure was well worth eating yucky, stale caramel corn for!

— Anne Dobson

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 9/21/2023 are as follows:

Checking	\$10,139.09
Accounts Payable	\$85.03
Restricted Savings	\$51,540.13
Saco/Bidd Investments	\$165,588.91

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 (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)

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.