

The Messenger

November
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

November Worship

November 5th — Reverend Lori Whittemore
Fiat Sunday — “Be The Change”

November 12th — Reverend Lori Whittemore
“What will you hold onto?”

November 19th — Reverend Niki Norman
“It Takes a Village”

November 26th — Reverend Lori Whittemore
“The Still Small Voice of Change”



INSIDE

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

- [Page 2](#) Words from Rev. Lori
Happy 196 to UUs !!
- [Page 3](#) Music Notes
- [Page 4](#) Share the Plate
Around the Building
- [Page 5](#) Caring Connection
Storm Closings
- [Page 6](#) Who Knew....?
Welcome Immigrants
- [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.

Words from Reverend Lori

Good tidings for the thin veil time,

It is indeed the time of the thin veil. We reflected on that during the last service of October. For First Peoples in Europe October 31/November 1st marks the end of one year and the beginning of another. It is the end of the harvest and the beginning of a quiet, rest period that allows for contemplation. Taking stock of the past year's experiences. The gifts and the challenges that you faced the year before. It is no wonder that it parallels or coincides with Rosh Hashanah and Yom Kippur. Jewish New Year and Day of Atonement. Nor is it surprising that Christians found a way to mark these important transition times in ways that reflect their own identity. Day of the dead, All Saints Eve and all Saints Day. This month we will use this time to think about how we can impact our world given our principles. Also consider what we will hold on to and what we can let go of. I invite you to use the time reflectively. Do some journaling. Create a retreat for yourself, even if for only an hour. Engage your creativity through music or art. Enjoy time spent outside. And all the while reflect on the bounties and challenges of this past year. Make space for intention and curiosity for what this next year will bring. Nurture yourself, energize yourself, prepare yourself for what comes next in your life. Get ready to be the change you most want to see in the world, in the church, and in your own life.



— Rev. Lori

Lisa Sockabasin left some wonderful books about First People's in our Parish Hall.

Please feel free to borrow and read!

Happy 196 to UUs !!

In 1825 the "Unitarian controversy" raged in the Congregational Church, the local Universalists met in Central Hall in Saco, the Unitarians met elsewhere, and the Saco City fathers offered land to any educational or religious group that could build a facility within two years. The Second Parish Unitarians got out their hammers and pocketbooks and started building. Our Sanctuary was opened in late November 1827 as the Second Parish Unitarian Meeting House.

For many years, we have celebrated the grand opening of our Meeting House as the birthday of our present UUUCSB. My hope for many years has been to light a candle of gratitude and joy on our 200th birthday, and this year, at long last, I think I may make it! More important, we may make it to 200 and beyond. Both of our UUs have struggled to stay alive, to be relevant in difficult times: community opposition to our guiding principles, financial hardship, growing numbers, waning numbers, green back controversy, adequate buildings.... We've been through a great deal. We are still here facing our challenges – meeting our joys and concerns.

HAPPY BIRTHDAY to UUs!

— Anne Dobson

Music Notes

from Choir
Director, Ellie Rolnick



I learned very early in life that ‘Without a song, the day would never end; without a friend, a man ain’t got a friend; without a song, the road would never bend – without a song.’ So I keep singing a song.

— Elvis Presley

- **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: November 12 and 26
- **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. I’m also seeking musicians to play and/or sing for the Snowflake Fair on December 2.

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 in November

11/5: Niki Norman — *“I can't remember a time that I wasn't interested in music! My mother says that I was singing before I could talk. Born in Austin, TX, I grew up in the Pacific Northwest. I attended Mt Hood Community college, majoring in music. These days I play the piano and African drums and I'm the percussionist with Renaissance Voices in Portland. I'm a graduate of ChIME and I'm part of the clergy team here at the UUCSB.”*

11/12: UUCSB Pick-up Choir

11/19: Anne Wilkinson

11/26: UUCSB Pick-up Choir

Share the Plate

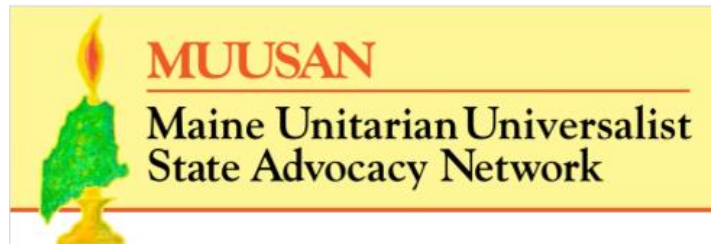
Each month a designated charity receives 1/2 of the money collected. Share the Plate brings our name and good intentions into the community, and each month an important cause gets our attention, expanding our perspective on the world around us. If you have a suggestion for a local charity or non-profit to receive the Share the Plate offering, please talk to Lori.



November Share the Plate: MUUSAN

MUUSAN (Maine Unitarian Universalist State Advocacy Network) is a statewide advocacy and public policy network anchored in our Unitarian Universalist faith and animated by its principles. MUUSAN welcomes as partners and collaborators all those who share our values. We link our 26 Maine congregations and many friends in an active legislative ministry.

Unitarian Universalism calls us to change oppressive policies and structures to those that promote human development, protect the environment, and support communities. Our mission is to educate and to organize for a more just society.



Around the Building....

We are facing the challenge of fixing our increasingly rotten supports under the main entrance. This has been an issue for many years. When our present main entrance “patio” was put in about 37 years ago, the platform/patio at the top of our walkways was slightly tilted toward the building. Look at the mailbox. Just under that is where water goes.

Before the walkway was put in, we had steps and flat walkways leading to them. Over the years, this tilt of the “patio” has been cited as needing attention. Damage has now reached a critical point. The supports, both metal and wood, have severely deteriorated. Luckily we have had L. & L. Engineering inspect the problem. A written report with recommendations will come in the next month or two. Jane and I were lucky enough to be with the engineer when he did his inspection. We’ll be facing the major expense of correcting this problem. It is important that you understand what’s going on. So, we’ll be offering you a chance to see the area of concern at coffee hours over the next couple of months. If you can’t take one of these tours, just see Anne Dobson or Jane Perkins to schedule a private viewing.

See you in the basement.

— Anne Dobson

Caring Connection

Here we are in the midst of autumn already. November, the month with the most magnificent leaf colors, exciting football games, apple picking is in full swing, our little "Tree of Hope" will soon be bursting with winter clothing accessories, and the warm, wonderful Thanksgiving Holiday is right around the corner. We hope all of you will experience the warm, loving feelings the season brings.



We must also keep in mind that there are those among us who have recently, or are about to, experience difficult times. Soon, on Sundays, you will be able to pick up a blank caring note to share your unspoken concerns or joys with Rev. Lori and/or the Caring Committee. After filling out the slip, you can drop it in a basket as you leave the service. The Caring Connection tries to keep up on the needs and concerns of folks who could use a little help in these trying times. That's where you can be of help. Reach out to any one of us to let us know about any concerns you have for yourself or others or drop us a note in the basket on Sunday. We are always here ready to help.

Let's all try to become more aware of others this holiday season...open a door for someone, let someone into traffic, pause and converse with someone if the occasion arises, keep in touch with friends and neighbors with the goal of keeping everyone safe, heard and supported.

We wish you all a happy, healthy holiday season!

*Marilyn, Paula, Rosemary, Jean,
Pat S., Rev. Lori + Jane
(Board Mem)*

Storm Closings

It is getting to be that time of year, folks. In the event of bad weather, the board president and vice president will make the decision to cancel Sunday services by 7:30 a.m. The church administrator will post the cancellation on television (WCSH-6, WMTW-8 and WGME-13) as well as on the church voice mail message and website. An e-mail message will also be sent out from the church office if possible. As always, please use your own best judgement for safety.



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 our organist, Paul Benya

Your dedicated church organist has been serving the Unitarian Universalist Church of Biddeford/Saco since 1988. Originally from Yonkers, NY, my early fascination with organ music was sparked by visits to Radio City Music Hall. I studied organ performance at Concordia College in Bronxville, NY, under Dr. Richard Heschke. My education continued at Valparaiso University in Indiana, mentored by the renowned Phil Gehring.

In addition to my love for music, I appreciate the support of the community at the UU church. When I’m not playing the historic tracker organ in the sanctuary, you’ll find me cycling through the scenic landscapes of southern Maine.

I enjoy quality time with my partner, Kristin, my mother, Marie, and step-granddaughter, Scarlett, who recently turned one. I eagerly look forward to sharing my passion for music with the next generation.



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.

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 10/23/2023 are as follows:

Checking	\$11,355.84
Accounts Payable	\$539.89
Restricted Savings	\$51,583.31
Saco/Bidd Investments	\$158,466.69

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.

During the cold weather and freezing temperatures please refrain from placing canned or glass items into the Little Free Pantry.

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.