

# Friday Flyer – January 5, 2024

## News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *It Starts with a Seed*
- *Tim Wilson, Seeds of Peace & Rev. Lori Whittemore*
- **Worship at 10:00 AM – January 7<sup>th</sup> – Zoom (meeting opens at 9:50 AM)**
  - <https://zoom.us/j/94655474414?pwd=bFh4Zzhzc2pzd2lPYUpmYU82K3A1Zz09>
  - Meeting ID: 946 5547 4414    Passcode: 928059

### • **Church Activities This Week:**

- Sunday, Jan 7 @ 10:00 AM                      - Worship (ZOOM)
- Monday, Jan 8 @ 5:30 PM                      - FiAT
- Tuesday, Jan 9 @ 2:30 PM                      - Membership Committee
- Wednesday, Jan 10 @ 5:30 PM                      - Trustees
- Thursday, Jan 11 @ 7:00 PM                      - SBGM – dine out (off site)
- Friday, Jan 12 @ 9:00 AM                      - Coffee & Carbs (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**

### • **Thoughts from Rev. Lori**

Let it snow, Let it snow, Let it snow

We are ready! Thanks to Trevor and Brian we are prepared to have Sunday Church by Zoom. No need to put on your coats and hats and shovel your driveway. Keep your pajamas on and your favorite hot beverage nearby! You may click on the link at the top of the page at 9:50 to be admitted to zoom church. We will be joined by Tim Wilson from Seeds of Peace who will speak about the important work they are doing to build peace across the globe by starting with creating and planting seeds. In the shadow of what is happening in the middle east, it is helpful to hear about what is happening in the world to change hearts and souls in these troubled areas. It is important to know there are peacemakers and bridge builders growing around us! This is our reading for Sunday.

#### Planting Seeds by Sawhney

I wish you could see  
All the love  
I'm learning how to grow I planted seeds, Watered the lot, And impatiently observed  
What I would have in time Some seeds grew to bear lovely  
fragrant flowers,  
Others failed I grew sad seeing what didn't grow, Blaming myself for circumstances out  
of my control  
But then I grew wiser  
My happiness was renewed  
When I found out That I could learn from the failures I  
observed  
Life is too short To expect instant flowers, to have  
perfect growth

No time for instant happiness,  
No space for love on demand I'm learning how To water this garden Of Love and passion,  
Truth and sorrow  
And create a new beauty Like the ones I'd envisioned in my

mind I'm planting these seeds,  
waiting for all the love to finally grow and grow  
and grow  
One step at a time,  
One morning of sunshine,  
One night of rest and darkness,  
One moment to water,  
One afternoon to contemplate All the growth and rest I need to  
take in order to do and be more  
I'm planting my own seeds  
And here I am  
Waiting patiently  
While I'm learning how to thrive  
As my luscious garden grows

I invite you to:

Read it again to yourself and out loud  
Reflect on a word or sentence that resonated with you  
Meditate or prayer seeking understanding about what that word or sentence means for you at this time  
Contemplate. Take the word or sentence with you into the weekend and see how it shows up for you

See you on Sunday!

Peace and Blessings  
Rev Lori Whittemore, (she/her/hers)  
Unitarian Universalist Church of Saco Biddeford  
[revlori.uucsb@gmail.com](mailto:revlori.uucsb@gmail.com)

- **Worship Support Signup**

Please take a moment to sign up for worship support duties for the winter/spring season. Thank you.

- **Annual Hymn Sing – January 28**

Join Choir Director Ellie Rolnick and the UUCSB Pick Up Choir for a 'hasn't happened in a while but Annual Hymn Sing'. We'll weave YOUR favorite hymns throughout our typical church service. Look for the hymn survey slip in your Order of Service or send Ellie an email at [uucsbchoir@gmail.com](mailto:uucsbchoir@gmail.com). We'll need the name or number or first line of the hymn (from the gray or teal hymnal). No sermon or big picture message but you'll learn a little about UU Hymnody and how some of those favorite hymns came to be as well as do a lot of singing or enjoying the music as the words and sounds wash over you.

- **The Little Tree That Could**

Please help out *The Tree of Hope*. Today, after church, please take a few items from the basket by the door and attach them to the clips you'll find hanging from the tree. You can replenish hanging items anytime you are at the church! Thank you!

- **Share the Plate – January – Seeds of Peace**

Each summer, hundreds of young people engage with each other across lines of conflict and difference—sharing meals, living spaces, and learning experiences in a traditional summer camp program. It is here that personal and interpersonal change begins, as perceptions and attitudes shift in the face of a new reality they create at Camp. As participants find their own voices, form relationships, and gain insights into the root issues that divide them, they build greater levels of confidence, trust, respect, and empathy, which inspire their commitment to work for change at home.

We are sharing our plate for the month of December with the Hope Squad. The mission of the Hope Squad is to see those who are invisible; to hear those who have no voice, to reinforce the infinite value and worth of each person we meet by providing a compassionate ministry of presence, needed resources, and hope to those living on the streets of Maine through mobile outreach."

- **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%.