

# THE MESSENGER

March 2024



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

[www.uuchurchsacobiddeford.com](http://www.uuchurchsacobiddeford.com)

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## March 2024 Worship

March 4<sup>th</sup> – *For The Transformed w/Rev. Lori Whittemore*

March 10<sup>th</sup> – *New Member Sunday: Community  
Transformed w/Rev. Lori Whittemore*

March 17<sup>th</sup> – *Transforming Despair: An Act of Hope &  
Defiance w/Lori Sivonen & Diane Eiker*

March 24<sup>th</sup> – *TBA w/Rev. Nikki Norman*

March 31<sup>st</sup> – *Transformed by Easter w/Rev. Lori  
Whittemore*



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*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.*

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## Live Stream of Services

Please join us for the live stream of services at  
[youtube.com/@uucsb](https://www.youtube.com/@uucsb).



Whoever you are, wherever you  
come from, whomever you love,  
you are welcome here.

## Words from Reverend Lori

Marching Right In.....

To a month of transformation with the joining of new members, pledging for the upcoming year, Palm Sunday and Easter. It is truly a jam packed month. There will be inter-generational gatherings and preparations for small group ministry to begin again. There are children in our midst adding their voices and energy to our community in wonderful ways. With Paul performing on our organ and Ellie conducting our choir, not to mention special musicians, we are a blessed community. I look forward to all of the ways we will be together and all the ways that these new relationships and connections will transform our community. The Unitarian Universalist Association has been working to transform our principles. They have adapted and expanded them into values that incorporate the spirit of beloved community in addition to the many values that our principles point to.

Transformation requires many things. It often means to break down and fall apart before the new will emerge. March is the true month for this. It has typically been the month of late wet snow followed by muddy melts. Warmish days and cold night raising the sap from the trees for our maple candy and syrup to be made. Ralph Waldo Emerson writes: Nothing is secure but life, transition, the energizing spirit... People wish to be settled; only as far as they are unsettled is there any hope for them. March is unsettling. We are done with winter but not quite. We are ready to smell the earth and see the sprouts. It is the month where the hibernation has transformed the dormant energy into frenzied renewal. It truly feels that way here at UUCSB.

Our pledge drive is coming up. We certainly need you to help us pay the bills and we are really excited for you to get involved in any or all of our ministries. Nurturing a beloved community means investing your time and your heart into the relationships created here. Committees may not seem appealing after working all day, but they are more than committees. They are places where people share stories and activities and values. We look forward to new energy and new ideas. Those will help emerge what we will become.

And so we march...

Peace and Blessings

Rev. Lori



## NEW EDITOR WANTED!

After careful consideration, it is my decision to relinquish the role of editor and distributor of The Messenger. Ultimately, The Messenger is taking more time to put together than I have available to give at this moment in my life, and therefore I do not feel that I am quite the right person for the job.

If you or another member are interested in taking over this role, please contact the office.

-Beau Grothendick

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Greetings from the Treasurer,

Account balances as of 02/23/2024 are as follows:

Checking	\$3,640.49
Accounts Payable	\$-0-
Restricted Savings	\$48,197.83
Saco/Bidd Investments	\$168,883.88

Any questions, just call.

Sincerely,  
Wendy Coleman



### **Music Notes** from Choir Director, Ellie R.

*All deep things are song. It seems somehow the very central essence of us, song; as if all the rest were but wrappings and hulls.*

*-Thomas Carlyle*

- **Rehearsals:** Upcoming rehearsal and singing dates are a little different over the next couple of months. Please make note of the changes.
  - March 10 – Rehearsal and Singing in Church; rehearsal after church for Easter Sunday (3/31 and Rev. Lori's Installation 4/7)
  - March 24 – Rehearsal before and after church for Easter Sunday and Lori's Installation
  - March 30 (Saturday)- Rehearsal at Ellie's house 10 a.m. for Easter Sunday and Lori's Installation
  - March 31 – Easter Sunday; Rehearsal before and singing in Church
  - April 7 – Rehearsal before the installation service (around 1:00); Installation service begins at 3:00;
  - April 14 – NO CHOIR
  - April 28 – Rehearsal and Singing in church as usual
- **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. (additional rehearsal times are noted above)

- **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](mailto:uucsbchoir@gmail.com)

## Special Music for March

3/3 Rob Aston

3/10 The UUCSB Pick Up Choir – Our choir, directed by Ellie Rolnick, will offer special music and often supports the congregational singing. Make a joyful noise with us!

3/17 N/A

3/24 Ellie Rolnick. Ellie has been a practicing chiropractor in Biddeford for 44 years. She started singing in the choir at UUCSB in 1995 and in 2007 she wrote her first song and became called to be a music leader. She has been Choir Director at UUCSB since 2008. Her personal mission statement is 'to bring love, light and healing to the world through music and chiropractic'. Her music ministry and the songs she writes are informed by the idea that we are all 'one' and interconnected and hopes that her music moves people to hear one another even when they disagree.

3/31 Easter Sunday - The UUCSB Pick Up Choir with special guest Nathan Caron on trumpet

## Around the Building

B&G has been doing the usual things this past few weeks, cleaning, washing and organizing.

Of note is the kickoff of the UUCSB Foundation Fund. Jane Perkins explained the need for this fund on Feb. 4. This is our share the plate for Feb. We will be getting more information to you about the extent of this project as it becomes available. In a nutshell, the foundation beneath the main entrance has been badly damaged. We have had it on our to-do list for years. A structural engineer has finally looked at the issue and has recommendations. We are waiting for his report which will include estimates. Jane and Anne D. have done a couple of tours of the area in question. Let us know if you would like a tour.

**GIFT** – Clarissa Frost's family would like to make a memorial gift of a stained-glass window. We are talking with them about this generous offer.

**LIGHTS** – Lights in the Sanctuary have been going out. That's not so you can nap during the service! About every ten to twelve years this happens. We usually replace all three lights at the same time because staging is involved. To save \$\$ we had planned to rent staging and make this a do-it-yourself project. On closer inspection we decided that we'd better hire someone to help us. Help is on the way! In the meanwhile, nap on.

### Children's Religious Exploration

We have had an enthusiastic start to the Children's Religious Exploration programming at UUCSB. Most recently we had a chalice lighting, we shared joys and concerns, and we read the children's version of the UU principles together. After that we did an art activity inspired and led by one of the older children!

I'd love to hear from you if you are interested in sharing your own talents and exploring your own faith connections as part of the children's religious exploration ministry. There are so many ways to do this – from sharing your own activity ideas, to helping plan activities, participating in activities, sharing in the fun on Sunday mornings, or helping to co-host an intergenerational event. It will be fun to spend time together growing our congregation and deepening our own faith and fellowship roots. Please reach out!

Melissa Caminiti

Email: [Mcaminiti0124@gmail.com](mailto:Mcaminiti0124@gmail.com)

Cell: 207-778-1266

### Intergenerational Events

I'm happy to announce that in March we will host our first two Intergenerational Events! I hope you'll join in the fun!

*Pizza and Game Night – March 2, 4-7p*

We will start the afternoon with a Chalice Lighting and brief centering activity, then move into some fun board game play! I will bring a variety of games for all ages, but please feel free to bring your own favorite games to share too! We'll have pizza around 5, and then continue game playing!

Please RSVP to [mcaminiti0124@gmail.com](mailto:mcaminiti0124@gmail.com) by Friday, March 1<sup>st</sup> at 5p so I will know how much pizza to order! (Please include any special dietary considerations.)



### *Tacos and “UU Tick-Talk” – March 23, 5-7p*

Many of you have heard of the popular social media phenomenon Tik-Tok, a platform for a wide variety of creative expression captured on video. In this version, UU Tick Talk, we will be using creative outlets to explore the UU Principles. As this is an intergenerational event, we will use the Tapestry of Faith children's version of the principles. This will be the first in a series where we will explore and “talk” about each Principle and “tick” them off as we go down the list!

We will start the evening with a Chalice Lighting and brief centering activity, before piling your plate high with taco fixing's! After dinner, we will move into a fellowship time, where we will explore the First UU Principle and what it means to us. The First Principle we will explore is:

*“We believe that each and every person is important.”* There will be art supplies available to express yourself visually, paper and pencils for writing, and space to simply discuss your thoughts. At the end of the evening, those who wish to can make short video (Tik-Tok style) to share what they came up with.

Please RSVP to [mcaminiti0124@gmail.com](mailto:mcaminiti0124@gmail.com) by Friday, March 22<sup>nd</sup> at 5p so I will know how much food to prepare! (Please include any special dietary considerations.)

### *Easter Egg Hunt – March 31*

We will be having an Easter Egg hunt on Sunday March 31. All children are welcome to participate. Please let Melissa or Jeannine know if you would like to bring Guests... guests are welcome but we want to let the Easter bunny

know how many eggs to bring . (Also if there are any food allergies.)

Also, we have a tradition of wearing Easter “Bonnets” decorated any way you like... from silly to stunning! They usually have great supplies and kids straw hats at the dollar store. Hope you can join us.



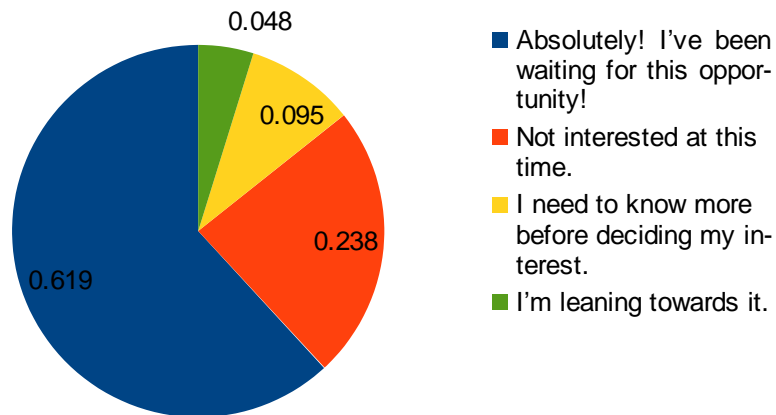
## Small Group Ministry (re)Starting In April!

You may have completed an interest survey either online or in person. At the time of this writing we have enough people for 2-3 mixed-gender groups.

This is what will happen:

- SGM team (Rev. Lori, Randa T. and Melissa C.) will create balanced groups.
- Facilitators will be assigned to a group.
- Group members will be contacted with the time and location of their group.
- Facilitators will attend a SGM training session in late March.
- The first round of SGM will include 6 sessions from April to June.

Are you interested in participating in SGM?



Session topics for the first 3-month round will follow the *Soul Matters* curriculum that Revs Lori and Niki use to guide their sermon themes. All SGM groups will use the same topics and discussion questions, which will reflect the theme of the month from the pulpit.

To join a Small Group Ministry group, or if you have any questions, please contact RevLori, Randa or MelissaC. We will accept applications until mid-March when the final group assignments will be determined.

If you miss out on this round, new groups will start again in October!

# Ministry of Faith In Action(MoFA)



## Green Sanctuary 2030: Mobilizing for Climate Justice

UUA\_GreenSanctuary@UUA.org

**Step 1: Congregational Profile** We described who we are and what motivates us. The Congregational Profile includes an extensive history by Anne Dobson about the historical oppression of Indigenous and Black people in our area.



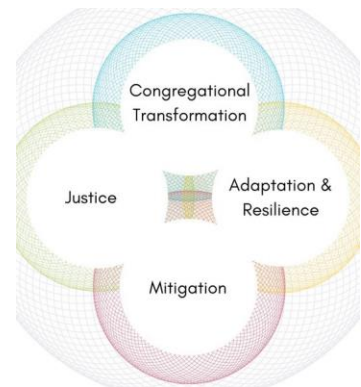
### **Step 2: Opportunity Assessment**

In our 1st poll we named our community concerns. We now ask you to help us determine the top priorities of this congregation by ranking concerns in Poll#2.



**Step 3: Action Plan** In March we begin to develop our Action Plan that will include the 4 components of GS2030. This will include acting on the guidance from MUUSAN to support pertinent legislation (Justice), collaborating with RE to in a community project for Earth Day (Congregational Transformation) and other yet-to-be-determined actions of Mitigation and Adaptation & Resiliency.

We're excited to be getting clearer all the time about how our actions can move us towards Climate Justice. Learn more about GS2030 at:  
<https://sidewithlove.org/climatejustice>



Each month, MoFA will “assign” one action that we think will be manageable for most and beneficial for all.

This month (if you haven't already) please complete Poll #2. Paper copies will be available upon request.

### Don't Just Sit There....

Rev. Lori was away on Feb. 4 and I had the privilege of organizing the service. The theme was celebrating our work together. Eleven church groups were asked to participate. Ten of these groups accepted the invitation to do an up to three-minute presentation on what their group is doing. All this yada, yada could have had us snoozing in record time. However, the speakers left us in awe of what a 66 member congregation accomplishes.

My regret is that we did not have time to hear from every church group. Here's are some church related groups that were not featured on Feb. 4.

**Saco Bay Gay Men** – This group started over 15 years ago as a social action project of the UUCSB. They continue to meet at our church one Thursday evening a month for fellowship. FMI – contact the church office.

**Harbour Singers** – These hospice singers shared the same history as the SBGM folks. They continue to meet in our Parish Hall two Wednesday evenings a month. Always in search of a new voice. Contact 207 – 252 – 8674.

**UUCSB Archives** – We keep the records. Contact us with any questions or if you'd like to help in organizing our collection at 207 – 282 – 6600.

**Messenger** – Our monthly newsletter. We currently need an editor. Contact the current editor or the church office.

**Fairs, Yard Sales** – These activities fall under the auspices of the Finance Committee. (We used to have a separate Fund-Raising Committee.) Alas, no more. Help is always needed for these events which recruit helpers as they occur. Watch for notices.

**Coffee and Carbs** – Take a break and join this group at Saco Bay Variety, 216 Beach Street, Saco on Friday mornings at 9:00a.m. No agenda no work, just a chance to solve the problems of the world in sixty minutes or less! All are welcome.

**Annual Clothing Swap** – March 2. 9 to noon. Watch for notices.

**Board of Trustees** – The Bot meets the second Wed. of each month in the Green room. The BoT keeps track of where we are at, where we are going and where we'd like to go. The BoT is also an opportunity for members who would like to be part of the "big picture" of the UUCSB. Contact any BoT member with questions or offers of service.

If you add what these groups do to the activities of the groups that spoke on Feb. 4, you will be amazed by what we do as individuals and as the UUCSB.

**Don't just sit there, we have so much more to do!**

## UU PRINCIPLES AND SOURCES ARE BEING UPDATED

### We are a Living Tradition.

We UUs don't have a creed, written once and maintained for all time. Instead, we have a statement of values (Article II containing our Principles and Sources) that is to be examined regularly to ascertain that they continue to reflect who we are.

### Our by-laws require a revision process.

Our by-laws say that every fifteen years we must review Article II, and that time is here. Over the past several years an Article II Study Commission has been re-examining the Principles and Sources. Last year's General Assembly devoted a large amount of time to hear and discuss amendments proposed by delegates. Here is [the final draft of its proposed revision to Article II](#).

### The "new look"

Rather than replacing the seven principles, it is seen as expanding our statement of values to include commitment and action. It reflects some of what we have learned since the last major revision in 1987, largely in the areas of diversity and care for the Earth.

### Watch for further information

Future Friday Flyers and church events will discuss these changes in more detail.

**Join me at General Assembly this June** *when the member congregations of the UUA will vote to accept or reject this proposed revision of Article II. This year's GA will be totally virtual; you can participate from the comfort of your own living room! Full registration, entitling you to take part in a wide variety of workshops, worship services, featured speakers, etc. is \$280 until March 15 when it will increase to \$315, <https://www.uua.org/ga/registration>. Delegate only registration is by donation. Each congregation is entitled to a limited number of delegates, based on the size of the congregation.*

Diane Eiker

## Welcoming Immigrants Our New Neighbors

WIONN is a group of volunteers who work with refugees and asylum-seekers in Biddeford, Saco and OOB. Several of our UUCSB members have been involved in helping these families over the last 6 years. These immigrants usually encounter difficult financial and cultural situations in the first months after their arrival in Maine.



W. . . an opening for a Furniture Acquisitions and Moving Specialist to h . . . and delivery of large household items. Need truck or trailer. 1-2 moving events per month on your schedule. Contact [RandaT.](#) FMI.

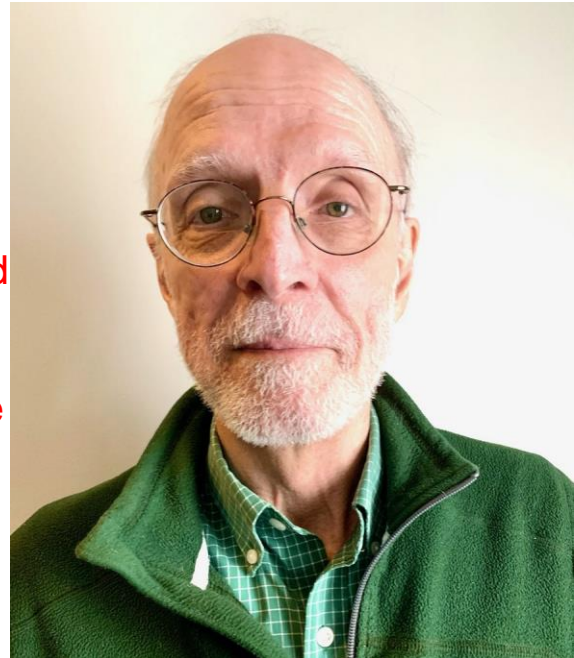
To donate to help immigrant families in need, you may write checks to:  
Christ Church Federated, [55 Church Street, Lyman, ME 04002](#) (Memo: "WIONN")

[RandaT.](#) or [SonjaG.](#) will also accept donations and answer questions about volunteer opportunities. Find more ways to help [here](#).

## John Baillargeon

John Baillargeon was born in Biddeford on May 8th, the last of six children, and raised there. Both sides of the family are mostly Franco-American, some going back to 1648. After attending parochial schools, he attended college in Vermont.

John worked for the State of Maine for thirty-five years, beginning as a social worker and going on to various administrative roles in the central office of DHHS in Augusta, particularly the Office of Elder and Adult Services. After living in the great little 'city' of Hallowell, he moved to Portland and now has lived in Saco for many years, to be closer to family.



John never married and has no children, but he feels lucky to be close to siblings, a niece and five nephews, and several great and great-great nieces and nephews, most of whom live in the area. He loves seeing these new generations grow and develop. Interests include reading good novels/mysteries, keeping up with the news, listening to classical music and jazz, and enjoying the PSO's Sunday classical series, as well as meeting and keeping in touch with friends. He started coming to this church's services at his therapist's suggestion, who thought I might benefit from reconnecting with a religious community after having none for most of my adult life. John joined UUCSB a few months ago; his report: "so far so good...."



## Melissa Caminiti



Melissa Caminiti didn't make an offer on her home in Biddeford, until after she visited our church because it's important for her to have a spiritual fellowship and a church that felt like home. UUCSB instantly felt that way to her!

Having belonged to several UU churches, Melissa felt closest to the UU of Chapel Hill, where she was an active member for 12 years, including being a leader for their Children and Adult Religious Exploration Committees. She loved being part of the broader UU community by representing her church at

the UU General Assembly 4 times. She is excited to be part of our religious programming, starting with the new children's worship program.

Melissa has a nursing degree and Master's of Public Health. She started her career as a pediatric oncology nurse and then later moved into the prison system working in addiction medicine. She now works with Groups Recover Together and is focused on expanding access to outpatient addiction treatment for formerly incarcerated individuals.

In her spare time, she loves to spend time with her son, Tristan (27 yo), and his wife Erin and her two grand-dogs Kaydo and Sam. She loves all things related to water, nature, board games, and reading.



## James J Guillerault



James Guillerault was born March 27, 1971 and lives in Biddeford; he is married and enjoys his 4 grown children, 2 grandsons, a dog, and a cat.

A retired Army and Maine National Guard (28 years), he currently works for the Portland Water District. He enjoys spending time outdoors, with family and friends, listening to music (from heavy metal and rock to Bocelli), reading (his favorite book is *URANTIA*), and he respects politicians like

Jimmy Carter who found greater success in giving to mankind after their political careers ended.

James joined our church because its members share his belief that social connections with like-minded people who are also searching for higher meanings, values and our purpose in this life and beyond, can only be enhanced by sharing our faiths and beliefs. He thinks it is wonderful that our church allows for this.

Being able to assist with tasks requiring physical and mental assistance, James hopes we will ask whenever we need such help.

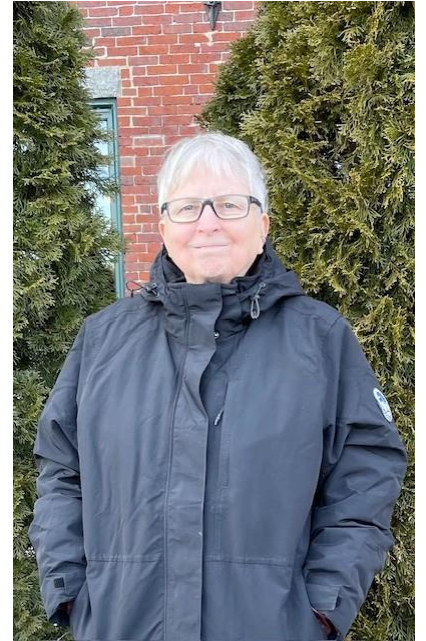
## Sandra (Sandy) Hendrickson

Sandy tried out several other UU churches in the area before deciding ours was the one she wanted to join. She especially enjoys the warm welcome from our members who have made it easy for her to fit right in.

After retiring from a demanding Human Resources job in a high end company, Sandy loves her peaceful 2 ½ acres in Alfred, where she has lived for about eight years, with her rescued Japanese Chin mix dog named “Red”.

Her son lives in Massachusetts and she has a niece in Georgia.

Sandy is enjoying her free time reading lots of books and listening to light Jazz and Far Eastern music. Since college, volunteering has been a way of life for her, including mentoring inner city preschoolers and sponsoring a refugee family who lived in her home for 2 months. At previous churches, Sandy has worked with the council, vestry, and community outreach (e.g., the Sanford Corner Cupboard). She is creative, spiritual and intuitive and plans to join the Caring Committee at our church.



## Kelsey Holt & Matt Hokanson



After a number of years away, Kelsey Holt (July 4) and Matt Hokanson (Jan.29), with Lucas (age 9/Nov.29) and Nadine (almost 4/April 5), recently returned to Maine, where they are building a small homestead with a flock of chickens and 3 Nigerian Dwarf goats – to start with. **They live in Saco.**

Matt is a Senior Software Engineering Manager; Kelsey is presently a stay-at-home mom while applying for her license as a psychotherapist in Maine. **Kelsey, Lucas and Nadine all take dance classes at a local studio, and Matt fits in disc golf whenever he can.**

Kelsey and Matt decided to join our church for the community and regular spiritual practices with others, as well as exposing their kids to more spiritual education and activities in the community. **Right now, they are exploring the opportunities for participating in church life.**

## Hollis

I knew him from the diner  
red faced in a white apron  
sweating all winter long.

Short, stocky, and strong –  
military sidewalls  
wide pale-blue eyes.

He jogged bussing tables  
shuffling plates into tilting  
stacks like Popeye, and dealt

flatware and mugs smack  
down on the wet counter.  
If he caught me looking

he bet *you never seen*  
*nobody this fast.*  
He debated the dishwasher

*who'd you rather fight*  
*a great white shark or a saber tooth tiger.*  
After they went out of business,

replaced by a bar and gallery,  
I would see him pacing  
all over the city. He'd nod

but never slowed down.  
He thinned and stopped looking up.  
One July in the square

he stepped out of the crowd,  
sun beaten and unclean.  
He met my eyes and whispered

*remember me, can you spare*  
*a dollar–* glassy-eyed  
electric as a prophet.