

Friday Flyer – August 16, 2024

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Land Acknowledgement – Part 2*
- *Rev. Lori Whittemore*
- **Worship at 8:30 AM – August 18th**

- **Church Activities This Week:**

- Sunday, August 18 @ 8:30 AM - Summer Worship
- Wednesday, August 14 @ 5:30 PM - Trustees
- Wednesday, August 14 @ 6:00 PM - Small Group Ministry (closed)
- Thursday, August 15 @ 5:15 PM - SBGM – EQME/NOA (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)
Mon-Wed-Fri – 8-11 AM

Caring Needs – Please contact church office.

Upcoming Events and Activities

- **Thoughts from Rev. Lori**

Hello Good People,

I recently enjoyed lunch with a Parishioner, and he shared some Carl Jung quotes for us to contemplate together. One that stuck out to me particularly was this one. "Everything that irritates us about others can lead us to an understanding of ourselves." I remember one time in seminary being very put off by someone. The woman had said straight out to anyone who would listen that she wasn't called to ministry. She also questioned every teacher in every class about everything. It was hard to be in class with her as she challenged every premise and bit of information that was shared by our faculty which caused delays and missed course content. She frustrated me to no end. When I shared my frustration with a student colleague, she asked me, what about that person did I relate to and feel troubled by. I began to recognize my frustration with not having a straightforward call, as well as my growing contempt for old theologies that didn't represent the living God I was experiencing. I really did come to appreciate her and recognize that we connected deeply about what we were going through. My angst about her was very closely connected to my internal angst.

Carl Jung was one of the crafters of psychoanalysis and invites people to look beyond what is happening to what is really happening. Someone does something that annoys you. What is the annoyance really about? Where are you in the annoyance factor? If we overlay this concept onto our thinking about the Inherent Worth and Dignity of All People, it can help us live out that principle. Not only do we know it is our spiritual journey to act on this principle, but it gives us a tool to live into that principle. It can move us to find connectedness to the issue that is annoying rather than the person. An example...This person annoys me because they don't spend enough time helping out. I have to do more work and I am resentful that I have to do so much. What is really going on could be a number of things. I don't have time boundaries, or the work needs more than the team can give, or I wish I could say no. My anger at the person is not in fact about them. It is about me.

I invite you to call to mind a time when you have been annoyed by someone. Think specifically about an experience with them and think about what specifically was annoying. Where and when else have you experienced this issue? How did you resolve it or is it unresolved? Is that issue still lingering and spilling over into this experience? Have you worked to resolve it or let it go fully? Does this issue interfere with living into the principle of recognizing and supporting the inherent worth and dignity of all people?

As we approach a new church year, I invite you to do some metaphorical space clearing. Think about how you will prepare to return to community with fresh eyes and an open heart and mind to all people and possibilities that will challenge us!

Peace and Blessings

Rev Lori Whittemore, (she/her/hers)

Unitarian Universalist Church of Saco and Biddeford

revlori.uucsb@gmail.com

- **Fall Worship Support Sign-up**

It is getting to be that time to sign up for worship support duties for the fall. People will be needed as ushers, coffee hour hosts, flowers, and worship assistants. A list has been posted on the board near the bathrooms. Please think about helping to make our Sunday worship happen. A suggestion is to sign up for at least one task in the fall and again in the spring.

- **Choir and Music Ministry Potluck Barbecue – August 25**

Have you been part of the choir this past year?

Have you offered ‘Special Music’ this past year?

Are you interested in participating in our Music Ministry during the next church year?

Are you a supporter of the music program at UUCSB?

If the answer to one or more of these questions is ‘Yes!’ then you are invited to our Potluck gathering In August. Date is Sunday, August 25 from 12 – 3. I will be sending out specifics to those who I know answered yes to the first 2 questions but if you answered yes to the third or fourth question – you need to reach out to the Choir Director, Ellie R at: uucsbchoir@gmail.com

- **Share the Plate – June, July & August – Equality Community Center**

The ECC is a collaborative workplace for LGBTQ+ and allied social justice seeking non-profit organizations, including Equality Maine, MaineTransNet, Pride Portland, PFLAG, Khmer Maine, Cross Cultural Community Services, Democracy Maine, Sexual Assault Response Services, Through These Doors, Prevention Action Change, and the Kindling Collective. Located at 15 Casco Street in downtown Portland, the Center provides a safer and more inclusive gathering space with social and educational programming for all, working to support the most marginalized in our communities.

- **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%.