

The Messenger



UU Church of
Saco & Biddeford

60 School St., Saco, Maine 04072

207-282-0062

uuchurch@gwi.net

uuchurchsacobiddeford.com

youtube.com/@uucsb

FEBRUARY 2025 WORSHIP

Feb. 2 - Rev. Lori Whittemore

“Celebrating Imbolc”

Feb. 9 - Rev. Lori Whittemore

“Including All As Our Act of Love”

Feb. 16 - Rev. Niki Norman

“We All Belong”

Feb. 23 - Rev. Lori Whittemore

“Including Our Muslims Neighbors -
Celebrating Ramadan”

LIVE STREAM OF SERVICES

Please join us for the live
stream of services at:
youtube.com/@uucsb



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WORDS FROM REV. LORI

MUSIC NOTES

ADMINISTRATIVE &
ANNOUNCEMENTS



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

Words from Reverend Lori



Welcome to February Good People,

What a January it has been. I invite you to pause as you read this and take a deep breath. Bring to mind something you are grateful for right now. Hold it in your mind's eye and take a couple more deep breaths. Bring to mind someone you are grateful for. Offer them a hug in your mind's eye. Feel the warmth of their body and the comfort of their arms around you. Sending wishes of gratitude to them from your heart and mind! These are the things that buoy us right now. No matter what is happening in the world and in our lives, there is always something to be grateful for. Whether it is a warm meal made by our hands or another's. Whether it is a pet or a friend. I will repeat, there is always something to be grateful for.

We may not always feel that way. And this is where community comes in. We need to be there for one another right now. Willing to lend an ear on the phone, meet for coffee or even Zoom. Check in on one another. Especially if you know someone is struggling. There are new faces showing up in church right now. People who have heard about our inclusivity and beloved community and need that desperately right now. Let's figure out how to be that for the world that needs love and connection these days!

We will be having a brown bag lunch on the 7th at noon. Join us in the Green Room at 12:00 with your lunch. We may even spill over into the Parish Hall. In addition to kinship, we can talk about where we are at right now. What we need and what we have to offer the world. The theme for the month is inclusion. We will explore inclusion through different traditions and also consider inclusive love. We are sharing our offering this month with Maine Trans Net and I am hoping to have someone from their organization join us on the 9th to share about their organization and perhaps let us know how we can support them right now beyond just our dollars.

A poem by Chad Snyder

Belonging

To belong

Is

To be longing

For a space to be held

And that will hold

Friend, stranger, neighbor, other

For silences

(continued on page 2)

Words from Reverend Lori (cont.)

For silences

Broken by songs of the silenced

For time

That does not stretch

But encircles

To belong

Is

To be longing

For wholeness

Of the beloved

Of all

Who belong

And are longing.

Let us remain open to those seeking to belong right now. Extending extravagant welcome, compassion, and patience! And in all things love and inclusion!

Peace and Blessings.



Music Notes from Choir Director, Ellie R.

“Diversity is having a seat at the table, inclusion is having a voice, and belonging is having that voice be heard.”

– Liz Fosslien

As I read the above quote I think about how music has made me feel included. I am neither a liberal nor a conservative but yet feel called to the UU Principles. In today's world I sometimes feel the need to remain silent rather than share my views. I have found that my music crosses the barriers that I might not be able to cross in any other way so that my voice may be heard in the space between.

- **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: February 9 and 23.
- **Time: 8:45 – 9:45 am** We meet in the Parish Hall to start, and we begin on time. Helpers arriving at 8:30 are appreciated.

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Music Notes (cont.)

- **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.

Special Music for February 2025:

- **Feb 2:** Trevor Neitz: Trevor grew up in southern New Hampshire to a music-loving family. He spent many hours knelt next to the piano as his grandmother played hymns and nursery rhymes. A lifelong fan of the bagpipes, Trevor was finally able to take lessons after zoom became popular in 2021. He started attending the UUCSB later that year.
- **Feb 9:** 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!
- **Feb 16:** TBD
- **Feb 23:** The UUCSB Pick Up Choir

Brown Bag Lunches

On January 3rd, several of us met for lunch in the Green room at noon. There were 9 of us and we all brought our own lunches and drinks. One of us brought a nice box of candies to share. It was so much fun catching up with one another! We shared good times and concerns. Never a lull in the conversation. We all agreed that we wanted to continue to meet the first Friday of every month. The next lunch is on Friday, the 7th of February. Come and join in on this delightful get together! No reservations needed! Hope to see you there!

CLYNK Bags

Help UUCBS 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.

Greetings from the Treasurer

Account balances as of 1/27/2025 are as follows:

Checking	\$5,073.91
Accounts Payable	\$-0-
Restricted Savings	\$41,459.84
Saco/Bidd Investments	\$155,562.83

Any questions, just call.

Sincerely, Wendy Coleman

Share the Plate

This month we are sharing our plate with MaineTransNet- Their mission is to support and empower transgender people to create a world where they can thrive. MaineTransNet is a community based organization led by transgender people for transgender people. Maine Transient works to support and empower transgender people by providing peer-to-peer support groups, social and community events, advocacy for the transgender community across Maine, and training for medical, mental health, and social service providers. We engage transgender people and our allies across Maine in the practice of community building and organizing for mutual liberation. Their work is rooted in a deep desire to care for one another which informs how we build systems of mutual support centering accessibility, inclusivity, and hospitality. MTN views structures of power and oppression as interlocking, and believe in finding our leadership among those with lived experience. We are proud to support them this month!

Learn more at: <https://www.mainetrans.net/about>

Ministry of Faith in Action (MoFA)

Putting our Faith into Action

As part of UUCSB's [Green Sanctuary 2030](#) focus on homelessness, Ministry of Faith and Action has reached out to [Seeds of Hope Neighborhood Center](#). Seeds of Hope partners with local communities to find solutions to poverty and to promote personal growth. We will be collecting new (or nearly new) items for adults in the Biddeford /Saco area. Seeds of hope has provided us with a specific list of 4 urgent needs:

- Men's boxers
- Socks
- Thinsulate gloves (no mittens)
- Hand warmers



Our goal is to collect 200 items by Sunday Feb 9. Items will be collected during offering Sunday services.



We are in consultation with Seeds of Hope to see how we can help next. Please contact a member of MoFA if you would be interested in volunteering at Seeds, including helping to prepare and serve meals.

And, as always, if you want to become more active in following our UU values to Climate Justice in our community, please join MoFA!

MUUSAN

Maine Unitarian Universalist State Advocacy Network

Centering Love: MUUSAN Moves Forward <https://www.muusan.org/>

To join MUUSAN's mailing list and to receive Action Alerts:

<https://www.muusan.org/email--action-alert-sign-up.html>

Upcoming MoFa Meetings
2nd Sunday of each month
11:30am at the home of
Anne and Charles W. in Saco
Next Meetings:
Feb 9 and March 9
All Are Welcome!



Children's Corner

Children's Worship

In January we spent time talking about our values and our hopes for the future. We made vision board collages and created art that reflected things we care about. Check out the bulletin board in the Parish Hall to see some of the children's creations! In February we will spend time talking about celebrating Black History Month.

Children's Worship/RE Volunteers Needed

Please see the bulletin board to sign up to assist with RE on Sunday mornings. Volunteers are needed starting on February 2nd. Melissa prepares and leads the lessons, but it is important to have a second adult available to assist. Feel free to reach out to Melissa directly at mcaminiti0124@gmail.com if you have questions or want to learn more. Thank you!

Intergenerational Game Night

On February 22 from 4-7p the Ministry on Religious Exploration will be hosting an Intergenerational Game Night! I will order pizza and have some drinks, and I invite you to bring a snack to share with others. Please use this [form](#) to RSVP by 2/20 and indicate the amount of pizza desired whether you can help with clean-up! Optional donations welcome to help set off the cost of food! I am also looking for volunteers to help with clean-up.

Coffee Hour

Dear Folks, we all enjoy having a Coffee Hour after church on Sundays when we meet together for coffee and conversation. We are planning a schedule for the rest of the year and need your help. Please pick a date and sign up for doing Coffee Hour in the hallway outside of Brian's office. Ask one or two other people to join with you on that date. This is to bring Half & Half, make coffee, setup, bring a few munchies, and clean up Parish Hall and kitchen areas afterwards.

Thank you! We so appreciate your help and friendship!

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: [Become A Member](#)

Church Administrator

Brian Dustin

Hours: Monday, Wednesday, and Friday 8 to 11 am.

207/282-0062 or 207/632-4512

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 Online: 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