

Friday Flyer – July 25, 2025

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Connecting Through Stories*
- *Donna Beveridge & Betsey Pace*
- **Worship at 8:30 AM – July 27th**

- **Church Activities This Week:**

- Sunday, July 27 @ 8:30 AM - Summer Worship
- Thursday, July 31 @ 7:00 PM - SBGM – Game Night

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**

Happy Friday!

I came across a quote the late politician and civil rights champion John Lewis this week. It spoke to me very strongly about our spiritual mandate at this time. As we hold outward advocacy and action as a dear piece of our religious community, I can't emphasize enough that maintaining our spiritual health and commitment to hope, love, justice, right relationship, kindness and optimism is not only a spiritual mandate but one of the highest forms of activism. Says John Lewis:

Do not get lost in a sea of despair.

Do not become bitter or hostile.

Be hopeful; be optimistic.

Never, ever be afraid to make some noise and get in good trouble, necessary trouble.

We will find a way to make a way out of no way.

It is his most famous quote. They are his legacy words. And it captures the heart of our religion to the very core. It marries our spirit to the call to right action, in gentle ways. Unitarian Universalism draws on wisdom of all sources and some that we emphasize more than others are those that advocate liberation through nonviolent resistance, Resistance. Resistance to the chaos and despair that is being propagated to discourse and disempower us. I am taking this church time, summer time pace to gird my loins so to speak. To prepare myself for work of creating and sustaining the radical resistance of love this next year. We need to be that for the world more than ever. And we need that for each other as we grapple with the chaos and despair in the world.

I invite you to read the words by John Lewis once again. First in your mind and then out loud. What word stands out to you the most? Read it once again then ask yourself what that word says to you personally in your life right now. Think about what it calls you to do in our community. Think about what it calls you to do in the world. Take that word with you this week. Maybe journal about it or do a walking meditation where you

bring the word to mind in each step for even 100 yards. The Universe speaks through all that you are and all that you do. Who will you be this week? How will you resist?

Do so in love!

Peace and Blessings

Rev Lori Whittemore (she, her, hers)

Unitarian Universalist Church of Saco Biddeford

revlori.uucsb@gmail.com

- **The Floor Renovation Has Begun**

The carpets in the office, nursery and hallway have been removed. The moulding has been taped off in preparation for painting.

We are looking for volunteer furniture movers, vacuumers & painters beginning Friday, August 1st!

Next step will be "cutting in" along the mouldings with nylon brushes to make the rolling easier. Painters tape will be in place!

Next we'll roll the paint on. Two coats will be necessary for durability. Humid weather will delay drying time.

Here's the tentative plan:

- Fri. August 1 @ 9:00 am - Move Hallway & Nursery furniture to Parish Hall
Vacuum & begin cutting in the Hallway & Nursery
- Fri. August 1 @ noon - Move Office furniture and equipment to the adjoining file room or middle of Hallway
Cut in & roll Office
- Sat. August 2 @ 9:00am - Finish Office and Nursery
- Sun. August 3 @ 9:00am - Move Office furniture/equipment back into place if possible.
- Tues. August 5 @ 9:00am - Roll the Hallway
- Thur. August 8 @ 9:00am - Complete any unfinished areas and Celebrate!

If you can commit to *any* of these dates, and/or bring/loan Nylon brushes, paint pans or rolling equipment with handle extensions (rolling pads provided) please let Sonja G. know. s55gerken@gmail.com. 207-632-9138

- **Save the Date – August 23**

Church Picnic at the Stoesser-Casad's on Bonny Eagle Pond in Standish.

- **Hannaford Gift Cards**

Buy your groceries with Hannaford Gift Cards available during Coffee Hour. The church gets 5%.

- **Share the Plate – Summer – Equality Community Center**

Located at 15 Casco Street in downtown Portland, the Equality Community Center (ECC) is the first of its kind in Maine - a collaborative workplace for LGBTQ+ and allied social justice-seeking non-profit organizations, in addition to serving as a community center for Maine's LGBTQ+ community.
