

Friday Flyer – August 29, 2025

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week** – *Preparing for Our Church Year Together*
- *Rev. Lori Whittemore*
- **Worship at 8:30 AM – August 31st**

- **Church Activities This Week:**

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| ○ Sunday, August 31 @ 8:30 AM | - Summer Worship |
| ○ Wednesday, Sept 3 @ 10:00 AM | - Trustees |
| ○ Wednesday, Sept 3 @ 5:00 PM | - <i>Harbour Singers</i> |
| ○ Wednesday, Sept 3 @ 5:00 PM | - Finance Committee |
| ○ Thursday, Sept 4 @ 6:00 PM | - SBGM – Dine Out @ <i>El Tequila</i> |
| ○ Friday, Sept 5 @ 12:00 PM | - Brown Bag Lunch |

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 Wonderful People!

It is the last summer Sunday service before we start our regular services again on September 14. I will be leading the service hoping to share some of what we have been doing to prepare for the year. Many exciting things!! And I will keep it brief in the way of our summer services! Please don't forget that the 14th is water communion. For those new to us that is when each person brings a small amount of water to pour in a shared container. The water can come from your favorite beach, pond, pool, puddle or even your tap. Hopefully some will come from Bonny Eagle Lake where 37 of us shared a meal and fun, hosted by Al and Marilyn. Their hospitality was amazing and it was such a lovely event! You pour the water in the shared container and share with the group where it comes from and what meaning it has for you. The symbolism of the water communion is that we are blending together our community again in ways that are inseparable and will flow together spiritually for this next year. Start thinking of where you can get your water and get it. After service, it gets boiled and set aside to become our community holy water so to speak, for occasions that arise.

Enjoy these last days of summer. Time is changing once again. We move from lazy, hazy days of summer back to church time. Parents will be sending their kiddos back to school if they have not already. Time changes for them for sure. I invite you to contemplate your need for sabbath this next coming year as you recalibrate yourself this fall and this new church year! I am encouraging you (and myself) to make time for your spirit and your health. Both of which are completely entangled. Another piece of this is nurturing yourself is being in community. We will have additional programming to nourish your souls and will be growing fellowship opportunities. Time will shift again both in chronology and in content for which I am looking forward. This is the week to nourish and relax, however, and I thoroughly encourage you to do that.

I will be off the 2nd-10th and returning to the office on the 12th if you need me. I am more than excited to be with you all again on the 14th.

For reflection:

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August lingers on the windowsill,
But the light has started to shift.
Calendars fill with new plans,

And the air hums with alarms again.

As we trade in slow sunsets ,shorts, and beach walks for long pants, and sweaters, organ music
For Coffee and cookies in the Parish Hall, committee/ministry meetings, neighbor greetings.

We open our hearts again to community

Summer fading.. but not quite gone,

And summer time sweet and slow shifting to busy time that requires extra effort to make it to sacred time.

Still, as the busyness returns remember to reflect on the gifts of creation.

The water that you touched and that touched you this summer

Remember the ways that the slowness fed you.

Remember the beauty of nature and the many ways your experienced it, through birds on your
windowsill, feet on grass, or a walk on the beach.

Reminders, as you hurry on,

That summer never fully leaves.

...

Read aloud and in your head

Reflect on what word or phrase lifts up for you

Ask that that word or those words have to tell you right now in your life

Carry that word or phrase with you into the week ahead!

Peace and Blessings

Rev Lori Whittemore (she, her, hers)

Unitarian Universalist Church of Saco Biddeford

revlori.uucsb@gmail.com

- **First Friday Brown Bag Lunch**

The first Friday brown bag lunch resumes next Friday, September 5th at 12:00 PM.

- **Message from Jane**

Miracles never cease! I managed to noodle my way around in the Hannaford Gift Card online system and actually have ten gift cards valued \$100 each! I would be thrilled to sell them on to **you** this Sunday in church. Come see me in the Parish Hall. Jane P.

- **Special Thank You to Marilyn & Al**

Thank you for your hospitality last Saturday as you hosted a ver enjoyable church picnic.

- **Fall Worship Support Signup**

The sign-up sheet for worship support duties has been posted on the bulletin board near the office. Please take a moment to select at least one or two tasks that you will do to help make our worship amazing. Tasks include worship assistant, coffee hour host, flowers, ushers, AV/filming and RE assistance.

- **Saco Wellness Fair – September 13**

Please Note: the fundraising *Saco Wellness Fair* at our church on Sept. 13 is only \$15 to get in, (not \$20 as previously reported). The updated flyer is attached. Please help get the word out by posting / sending it to friends!

Also, we could really use more hands on the day of; if you can spare an hour or two (or even three or all four?) we can stagger volunteers if we have enough. Whatever you want to do for however long would be a great help.

- **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.