

Friday Flyer – September 5, 2025

News You Can UUse

From the UU Church of Saco and Biddeford

- No Worship This Week

• Church Activities This Week:

- Tuesday, Sept 9 @ 2:30 PM - Membership Committee
- Thursday, Sept 11 @ 9:00 PM - SBGM – Zoom
- Saturday, Sept 13 @ 10AM - Saco Wellness Fair

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

A Sunday slow, the pews left bare,
No hymns to rise, no whispered prayer.
The halls are silent, doors stay closed,
One week to wander, mind composed.

Light filters in through windows still,
No organ calls, no hands to greet.
Yet faith persists, not bound by walls—
It breathes in rest, and softly calls.
Hello friends,

I write this while en route to some time away...my week to wander. I realized that our halls are never really silent. Brian bustles around doing all the things that keep us knit together. B&G is also always around caring for our beautiful building and preparing for every next thing! Yet, you are all on your bi-week as they say in the sports world. A reset week. A reset week. I hope this time prepares us all for what is to come next Sunday!

I invite you to close your eyes and take a deep breath. While we won't be in our building let's come to church in our minds. This will help you inventory what about our church physically touches your soul. Picture walking up the path to our door. What do you see first? How does that make you feel? Walk through the door in your mind's eye. Do you look right or left? What do you see as you look towards the Parish Hall? Turn to your left and walk to the Sanctuary. Go in. From your memories, what is the first thing that comes to mind when you enter our Sanctuary in your mind? Look long and hard at it. Take it in. Is it the pews? Is it the organ? Is it the chancel...(where the pulpit is)? Is it the stained glass? Is it the chalice or container of sand where we place our candles? What colors do you see? What do you smell? What makes you smile about walking into the sanctuary?

Keep that image in your mind this week as we prepare ourselves to return on the 14th. Reflect on what parts of our beautiful building deepen your experience and feed

your spirit? Hold those this week in your mind's eye. Images can be prayers, as Orthodox Christians know. Resting on images, like stained glass, or icons, or architecture, or symbols can lead us into a state of connection to our beliefs and all the folks that came before us. As we prepare to reconnect through our water communion service, let's recognize that those connections never go away!

Peace and Blessings

Rev Lori Whittemore (she, her, hers)

Unitarian Universalist Church of Saco Biddeford

revlori.uucsb@gmail.com

- **Aging to Saging**

Our new program of aging to saging created but not limited to our long timers is set to begin on October 8. at 9:30. It will take place the 2nd Wednesday of each month from 9:30-11:00 and will explore several practices to deepen spirituality. There is a much more in depth description in this month's newsletter. Please rsvp to revlori.uucsb@gmail.com to let her know if you are planning to attend!

- **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 – September – Minister's Discretionary Fund**

Please help replenish this fund. It provided for immediate assistance from the minister. The more that is in the fund, the more that we can help others.