

Friday Flyer – September 12, 2025

News You Can UUse

From the UU Church of Saco and Biddeford

- **Worship This Week –**
- ***Water Communion, the Great Commissioning and Building Belonging***
- *Rev. Dr. Lori Whittemore*
- **Worship at 10:00 AM – September 14th**

- **Church Activities This Week:**

- Saturday, Sept 13 @ 10:00 AM - Saco Wellness Fair
- Sunday, Sept 14 @ 10:00 AM - Worship
- Wednesday, Sept 17 @ 6:00 PM - *Harbor Singers*
- Thursday, Sept 18 @ 5:15 PM - SBGM – EQME NOA (off site)
- Friday, Sept 19 @ 9:00 AM - Worship Ministry

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 –8-1 AM

Caring Needs – Please contact church office.

Upcoming Events and Activities

- **Water Communion – September 14**

This Sunday we will celebrate water communion at 10:00 AM. Please bring some water with you representing your summer adventures. This will be an **intergenerational service** so there will be no church school.

- **Sunday Security**

For our Sunday security, we lock the doors at 10:05. Ushers will monitor the doors until 10:15.

- **Thoughts from Rev. Lori**

Hello Wonderful People!

I AM SO EXCITED TO BE COMING TOGETHER AGAIN ON SUNDAY! There is magic in our gathering and it will feel especially so this time as the kiddos join us for an intergenerational service. We will fold their rituals into our service and have them participate in water communion and our commissioning too! The music begins again. How wonderful to hear the choir and the organ again! For me however, it is seeing all your faces, getting all those hugs and of course snagging a cookie after church! Shout out to the BOT who are hosting our first coffee hour. Don't forget the cookies please!

It is our water communion service. Please remember to bring some water of significance that you can add to our shared waters along with a story about it. Or even some tap water and a story from the summer you want to share! It is wonderful to have us inextricably joined back for this next year! The website goes live on Sunday! I invite you to explore the site under our newish name. uuchurchsacobiddeford.ORG. That's the change. The .org. Rev. Morgan Rowe, our web designer, is so amazingly talented and extremely generous with her time and patience. I can't wait for you to experience

the site and meet her at some point! While she lives down east a bit, we will have to convince her to visit for a special service!

I share these words with you:

We come from many rivers,
hands cupped with the summer's yield—
grain and memory,
clear drops gathered from journeys
near and far.

Here, in the hush of return,
we pour what we carried:
water, hope, the rough and shining
stories of our year.

Together, we make one stream—
an ingathering of hearts,
flowing forward, whole again.

In the lectio tradition, I invite you to read these words in your head and then read them out loud.

Notice if a word or phrase stands out to you.

Pause with that word or phrase and repeat it out loud or in your head.

Ask what meaning it has for you in this moment or time in your life.

Take it into meditation or prayer.

Take it into the weekend and bring it to church!

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!

- **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.