

The Messenger



UU Church of
Saco & Biddeford

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SEPTEMBER 2025 WORSHIP

Sept 14 - Rev. Lori Whittemore &

Rev. Niki Norman

“Water Communion, the Great
Commissioning and Building
Belonging”

Sept 21 - Rev. Niki Norman

“Love Lifts Us Up Where We Belong”

Sept 28 - Rev. Lori Whittemore

“Building Our Community With
Love at Our Center”

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



IN THIS ISSUE

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



Coming back to where we all belong!

We join together in September in our formal, traditional ways again! I am so excited to be with you all!! We gather on September 14th for our kick off of the church year with our water communion service. I will be adding a bit of a commissioning of the new committees and volunteers and frankly all of you as beloved members of our community to the call of showing up with open hearts and hands for the year ahead! The children will be joining us for the water communion and we will use their closing when we extinguish our chalice. We will have a new RE person to introduce and a new filmer as well. Mostly it will be wonderful to see you in the pews, listen to the organ and to the choir and enjoy your company!

The overarching theme for the year is community. Building, sustaining, and fostering beloved community. The theme for the month is Building Belonging. It is the perfect bookend to begin our year together. We join back together around our values and principles. We join back together with love at our center. We join back together to be a rock for ourselves and a beacon in the world right now!

There are new programs starting this fall! A2S...formally known as Aging to Saging. See below for more details. The new Futures Committee will launch and there are many other programs launching this next year that you will hear about soon. The new website will launch and we will have new church management software which will improve communications. Task forces will likely launch addressing accessibility issues. There is a labyrinth team cooking something up. There is a new mentoring program coming together this fall, matching long timers with young ones and possibly even long timers with newcomers. There is a great new banner! There is so much more that I am sure you will read about below that I have not mentioned!

First Friday lunches will resume September 5 at 12:00 in the green room. Bring your own lunch... No rsvp necessary! Talk about the theme of the month or anything at all. It is always a wonderful circle of humans present!

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Words from Reverend Lori (cont.)

We have a need for coffee hour leadership! Someone to take on the scheduling of it for the year...or at least the fall. We want to keep the formula as simple as possible. Drinks and simple snacks. However drinks alone are just fine too. (although I do always appreciate some cookies!) The lead would ensure that each Sunday has coverage. Coverage means someone to set up the coffee table, start the coffee prior to service, and get it all put out just before service ends. They traditionally bring some snacks. It is a beloved tradition and so critical to staying connected with one another and meeting new folks who drop in! Please let me know if you would be willing to be the scheduler for coffee hour coverage! I will personally buy you a coffee!

So much great work has been happening... all in service to... Building, sustaining and fostering our beloved community. It is such a joy to be with you and among you and I am excited to see your faces in a few weeks!

Return to Beloved Community

There's a chip in the sidewalk I know by heart—
the way the sun slips through side windows of the chancel and heats it up
how laughter, and tears, and music seems to hang in the dust
like pollen or memory. My feet find the path
as if they never left.

Returning is never just coming back.

It's the slow gathering of faces and stories,
the way hands find hands when greeting our neighbors, the way the beautiful
tones of voices and organ pipes fill my soul.

A table set with candles and sand, a beautiful covenant on the wall reminds me of
what is truly important. It is you, it is us.

In this place, the world slows.

We speak in the shorthand of memory,
fill silence with the comfort of belonging.

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Words from Reverend Lori (cont.)

Here, I am not just myself,
but a piece of something larger—
woven through with history and hope,
rooted deep in the soil of our shared days.

To return is to remember what endures:
kindness, laughter, love, the warmth of being known—
a beloved community, waiting with open arms,
reminding me that home is not a place you find,
but one you carry and return to,
again and again.

We have chosen this and been chosen for this. To live a life in a way that supports each other.

To live a life in service to each other. To live a life in service to the world.

I am delighted and profoundly grateful to return again to beloved community!!



Music Notes from Choir Director, Ellie R.

*“We sing high” (sopranos and tenors). “We sing low” (basses).
“We sing somewhere in the middle of the road” (altos).
“When we sing together, our voices sing as one.”
– Ellie Rolnick, from ‘Unitonian Univocalists’*

Singing in unison or singing in harmony, there is simply something about singing. It is good for our hearts and good for our souls and good for our brains. So many studies have touted its importance. Many years ago before I ever became a choir director, a survey went around the church by our interim minister. She asked how we wanted to serve in the congregation – what would we be passionate about. My answer was ‘music’ – I didn’t know how or why or when but I knew that eventually I would serve in that capacity. If your passion is music, join me in this very amazing way to serve.

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Music Notes (cont.)

- **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: September 14 and September 28.
- **Time: 8:45 – 9:45 am** 8:45 – 9:45 We meet in the Parish Hall to start and we begin on time. Helpers arriving at 8:30 are appreciated.
- **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 September:

9/14 **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!

9/21 **Patrick Freeman** – Patrick was born in Fort Kent, Maine in 1948. He lived with foster care from the ages 3 to 18. He had some music lessons when he was young but at about the age of 9 he did not have a piano at the house so had to discontinue the lessons. Around age 20 he had private music lessons for about a year. In his late twenties he moved to Bangor and found employment selling organs, receiving free music lessons from the owner for a year. He continued to play organs and became self-taught. Patrick graduated from UMaine in 1976 with a teaching degree. After several teaching and other jobs he settled in Portland working at Maine Medical Center for 16 years. He continued playing the organ and keyboard during those times. He retired from MMC in 2013 and started playing music in Nursing Homes throughout Southern Maine. He usually plays music from way back in early 1900 to the present day. He has started a music recording studio in his apartment which continues to be a learning process. Patrick says “I enjoy playing music. I have been playing music by ear for many years. I guess that is a God gift.”



9/28 **The UUCSB Pick Up Choir**

Share the Plate

We will be sharing the September's plate with the Minister's Discretionary Fund. This fund is usually a separate checking account that the minister or pastoral care team can use to provide confidential assistance to those facing emergency financial need, for congregational or community programs in need of seed money, or for other tax-exempt purposes stated in board policy.

From Your Board of Trustees

September is here! Let's see what has happened on summer "Break"!



At this writing, we are in the process of interviewing people to coordinate RE and to record and stream our services. Our webpage is nearing its publishing date. First floor hallway, nursery and office floors have been painted and we're awaiting a decision about a permanent flooring choice. Plans for a meditation labyrinth are underway. We're getting a new, free method of accepting donations and all kinds of other payments. Our banner has been printed and awaits hanging in our "courtyard". We have had not one but two church picnics this summer!

Your Board of Trustees is delighted to host the first coffee hour of the church year on September 14. After that... see our "advertisement" for help filling some open spots.

Board meetings for the coming few months are on the first Wednesdays of the month at 10am. All are welcome to join us. If you have business you would like us to consider, contact any Board member.

The work of the church is for all of us. Please complete [this general interest form](#) so we can find the best matches for your time and talents! Let's have a wonderful church year!

Love, Randa Thomas

President, Board of Trustees

Caring Connection News

Wow! It is nearly Autumn already! Where did the Summer go?

Although we had abbreviated summer services at church, we still were able to keep in contact with one another and fulfill every request asked of us. Paula and Rosemary sent out cards as soon as we became aware of situations. Thanks to all who help us in this task by alerting us to happenings where we can be of assistance. Your guidance is crucial and we depend on it to serve our beloved church family.

We gained a new committee member over the summer. Anna Flanagan joined us and is a great addition to our group! Hats off to Paula who faithfully joins every meeting through Facetime and has been on our committee for many years. Somehow, she manages to contribute right along with the rest of us even though she lives farther away.

Take care everyone and we look forward to seeing you all in the Fall!

Sincerely, Marilyn, Paula, Rosemary, Pat & Anna

Greetings from the Treasurer

Account balances as of 8/22/2025 are as follows:

Checking	\$24,440.84
Accounts Payable	\$219.47
Restricted Savings	\$45,520.99
Saco/Bidd Investments	\$128,913.54

Any questions, just call.

Sincerely, Jean Horton

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.

Walking Through the Maine Woods

A Natural History Lesson at Deb Lipsky's home

October 11, 2025 at 11:00am

The wooded landscape of Maine today is vastly different than it was 100 years ago. Learn to “read” the forest history through natural clues. Deb will share her knowledge with folks as well walk her wooded trails and nature preserve. She will share why different tree species dominate different wooded parcels, how to identify and date logging stumps and roads, the role of the “nurse” tree and so much more. Share kinship with the community and lunch and something to share. Enjoy a beautiful afternoon together and walk away with a better understanding of the anatomy of forests and why we need to conserve them. Please RSVP by texting Deb: 207-521-4085.

Hannaford Gift Cards

Would you like to donate to the church in a way that doesn't cost you anything? If you buy your weekly groceries with a Hannaford gift card purchased from UUCSB, the church gets 5%. Our church depends on this fundraiser to contribute to its operating budget. Cards are available in \$100 or \$50 denominations. Gift cards are for sale in the Parish Hall every Sunday after the worship service. If you are worshipping virtually, just call or email Ellie L. and make arrangements to pick them up at another time. Thank you for participating in this fundraiser in support of our church.

First Friday Brown Bag Lunches!

The Membership and Welcoming Committee is excited to announce the continuation of our popular First Friday Brown Bag Lunches! Restarting Friday, September 5th, 2025, join us for an informal and welcoming gathering with church members and friends. Bring your own brown bag lunch and enjoy good company and conversation from 12:00 noon to 2:00 p.m. in the Church Parish Hall. We look forward to seeing you there!

A2S... Aging to Saging

Group will meet once or twice a month October -May with a celebration in June. It will meet once a month, formally structured and organized by Rev. Lori. There is an invitation for group to meet informally another time (or weekly) during month for informal coffees or luncheons as a wisdom or sharing circle or general social meeting.

9:30-11:30am on 2nd Wednesdays starting October 8

The first meeting will be covenanting together, setting ritual and expectations is our first meeting, going over schedules, working out if it is a closed group or open group and whether there should be additional meetings during the month (soul collage, embodied movement, sound bathing, creating and enjoying ritual and ceremony together personal storying telling) considering the tasks of aging (letting go, dealing with grief, choosing a legacy for yourself and the church). Could be as formal or casual as you like. Timing would allow for coffee, breakfast or lunch together, before or after.

Here is the outline that came to me:

- October...naming the group and covenanting together
- November...book discussion..On the Brink of Everything, Parker Palmer
- December...Soul Collaging
- January....Storytelling and Writing Your Story as a Spiritual Practice
- February...From Doing to Being authentic movement/meditation and other spiritual practices
- MarchTruth and Forgiveness...letter writing ...the 5 things
- April....choosing a legacy...your own and for the church...brainstorming, vision board making or just talking
- May...mapping a way forward together...what will we continue into the next year, what feels completed
- June....ceremony/ritual...saying/sovereign or just dancing by the moonlight and fire pit.

Please sign up by emailing Rev. Lori at revlori.uucsb@gmail.com.

Futures Committee... coming soon!

UUCSB is forming a Futures Committee or really more of a think tank.

Dreamstorming is my word for this. This is not a short term project but an ongoing dialogue. One that involves commitment to discernment of how we translate our principles and values into the world around us. Futures is a self reflective discernment group that seeks to integrate the church's spirituality into looking outward and forward with missional eyes. In essence, the group creates a mind map of the impact they would like the church to have on the community and the world. This group provides a unique opportunity for the congregation to actively engage in creating a legacy that involves both the hopes and dreams of our long timers with the new ideas and knowledge of those just joining us. Drawing on the history, experiences, and hopes of our long time members as well as the passions and new ideas of our new members, the Futures does a number of things to help orient a congregation for the next leg of their growth.

The group takes spiritual inventory of the community. Revisits mission, visions, values, covenants, and commitments. The group assesses physical, financial, and personnel assets to consider how the church can plan for succession and growth for its next phase. It inventories passions and energy to help discern where the community is and focus their collective energy living out their shared values and assets.

The group also involves the larger community in their inventorying and data gathering. They will eventually convene folks from the town, chambers of commerce, local non profits, local historians, schools, etc to consider the needs of the community and how we are positioned to respond. We can *dreamstorm* how our assets can support the local community in what it needs and in support of those who are doing the work.

The structure and commitment will be determined by those who gather. The group could be a "standing group" that meets monthly, or an informal drop-in group that meets on a quarterly basis with some research and sharing of information in between. The group could decide to meet for a year or two and present results at annual meetings, publish learnings in the newsletter and annual report, or just report out semi-annually at forums.

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Futures Committee... coming soon!

It will be convened by Rev. Lori, drawing on some of the elements of more formal futures committees and adapted to our community's wants and needs for discernment. She will concurrently be meeting with clergy groups and ED's of community groups and city officials to gather data and present. (She has begun to do this already...and will integrate those organizations into our share the plates.)

The group will meet initially on September 28th after church in the parlor and discuss the particulars of the group. Composition, goals, meeting times and frequency. Initial thoughts are that the church will do some internal work in the fall and then invite some community partners in the winter or spring for additional data gathering to integrate into our discernment together.

Please let Rev. Lori if you can join her on the 28th, what questions you might have, and what is important to you in building a legacy for our church.

revlori.uucsb@gmail.com.

Online Sales Update

Unfortunately, due to health reasons, I will not be able to continue with online sales for the church and church members.

Pat Snyder



Coffee Hour Help Wanted!

1. Set-up: make coffee, arrange tables, put out creamers, etc
2. Provide simple snacks
3. Clean up: dishes, sweep, put tables away
4. Schedule volunteers

Can you do any of these tasks at any time?

Contact Randa T: rantho2000@gmail.com.

Come for “Hope and Healing” to the
Unitarian Universalist Church of Saco & Biddeford
60 School Street, Saco, Maine

 **Saturday, September 13, 2025** 
from 10 am - 2 pm for the

Saco Wellness Fair!

*Join us for a premiere event featuring Alternative Care
Practitioners, local vendor booths, and more!*



Reiki Healing



Sound-bath



Laughter Yoga



Being Mindful



Foraging for Mushrooms



EFT-Plus



DoTerra Essential Oils



Vendor Tables

Entry fee / **Donation of \$15 at the door*** (cash only please)
gets you access to any / ALL breakout rooms above!



(NOTE: vendor tables sell their wares separately)



*donations support this historic church! FMI: call UUCSB (207) 282-0062

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