



Sanford Unitarian Universalist Church

UU NOTES Volume XXXX

February 5, 2016, Issue 14

UUA PRINCIPLES

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- * The inherent worth and dignity of every person.
- * Justice equity, and compassion in human relations.
- * Acceptance of one another and encouragement to spiritual growth in our congregations.
- * A free and responsible search for truth and meaning.
- * The right of conscience and the use of democratic process within our congregations and in society at large.
- * The goal of world community with peace, liberty and justice for all.
- * Respect for the interdependent web of all existence of which we are a part.

(Adopted by the 1984 and 1985 General Assemblies)

Sanford UU Church
5 Lebanon Street
Sanford, ME 04073
Telephone: 207.324.3191
E-mail: info@sanforduuchurch.org
www.sanforduuchurch.org
Like us on Facebook
Minister: Rev. Sue Gabrielson
Religious Education: Mesha/Ryan Quinn
Choir Director: Charles Grindle
Newsletter Editor: Mona Ouellette
Church Historian: Helen Kane
Webmaster: Emma Burnett
Maintenance: Bill Ouellette

Worship Service and Church School Every Sunday - 10:30am Child Care is Available - Everyone is welcome!

February 7th Worship Service - *The One and Only You* - The service will be led by Rev. Beverly Brent. Special music will be provided by David Larrabee.

February 14th Worship Service - *What Inspires Us* - As we kick off our annual Stewardship Campaign, we will remember what inspires us. The service will be led by Rev. Sue Gabrielson. Special music will be provided by the SUUC UU Notes.

February 21st Worship Service - *Women Leaders in Civil Rights* - The service will be led by Janie Waterhouse, SUUC Worship Associate

February 28th Worship Service - *Let All Hearts Now Gather Here* - We will worship together graced by the beautiful music of the tri-church choir led by Mr. Charlie Grindle. The service will be led by Rev. Sue Gabrielson.



Minister's Musings...

It is hard to believe that I have only been at work for a month. Church life is busy! There is planning for our stewardship campaigns, new social justice initiatives, major building work, plans for solar presentations, dinners, auctions, new web sites and so much more! It has been a joy to witness all of the positive energy and commitment. I am learning to live into serving two congregations. Most of the time, I feel like it is just one job, but there happens to be two locations and the people are really spread out! Sanford and Saco/Biddeford really have so much in common. I am looking forward to watching our congregations grow and blossom under this slightly new configuration.

Last Sunday was a "fifth Sunday" which meant I was not expected to be in either pulpit. Instead, I had the privilege of delivering the message at the retirement service of a good friend and colleague of mine. While the community toasted "and roasted" him after the beautiful liturgy, I was reminded of how even across denominations, we are all one people seeking spiritual fulfillment. We so often focus on our differences instead of our commonalities. I wonder why we are so eager to divide ourselves when the ultimate result is isolation and loneliness. I love the message we were given by Francis David, who said, "We need not think alike, to love alike." Boy, I wish the current field of politicians across our state and country could embrace that message.

Finding our common humanity is not always easy, but is an exercise worth engaging in. See you in church.

Blessings, Rev. Sue

Celebrate Costa Rica!

A World Community Dinner

Delicious food and lively music

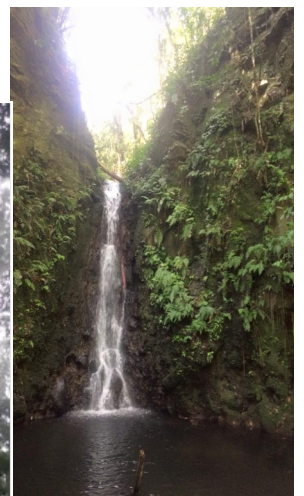
Conversation and good cheer

Together with friends and family

Can you think of a better way to spend a cold mid winter evening?

We are planning what we hope will be the first of new tradition of annual mid-winter dinners that celebrate the cultures of our wider world. Please mark your calendars for Saturday evening, February 27th at 5:00pm, when SUUC will host a dinner celebrating the cuisine and culture of Costa Rica. The dinner is a "pay as you are able" event open to any and all, but to pull it off and help with planning we need the following:

- Number of people attending – please help us by committing to attend and provide numbers of guests in advance – sign up at church or email Jan Sacco at jrsacco@metrocaster.net
- Volunteers to set up, cook, and serve – sign up!



**Update from the SUUC 2nd Century Capital Fund Committee
as shared at Congregational Meeting, January 24, 2016**

Capital work completed in 2015:

Installation of solar panels, heat pumps, and electric system

Capital work completed in 2016 (to date):

Installation of trusses to support Sanctuary roof, insulation of Sanctuary cap, replacement of some early 20th Century electrical wiring above Sanctuary

Capital work ahead in 2016:

Insulate Sanctuary walls, paint and repair exterior trim, review and attend to church tower assessment

**THANKS TO ALL MEMBERS AND FRIENDS WHO HAVE GIVEN SO GENEROUSLY TO
MAKE THIS WORK HAPPEN.**

Funds received in 2015:

\$46,033

(In addition- a \$28,000 investment in solar electric system was made)

Gifts and anticipated funds in 2016 (to date):

\$6,950

(Includes \$1000 from SUUC operating budget, \$4000 to come from Steeples Project of Maine Community Foundation, and \$1950 in gifts and gift commitments)

**During 2016, we will ask members of the congregation to help review Capital improvement priorities
and assist in community fundraising efforts.**

Lee Burnett, Chair

David Agan

Howard Dupee

Reverend Sue Gabrielson

Become a Hospice of Southern Maine Volunteer

We are currently accepting applications for our spring training which begins in March. If you are interested in becoming a hospice volunteer, and would like more information, please contact our volunteer department. You may also visit www.hospiceofsouthernmaine.org and click on **Volunteering**. Please inquire ASAP, as training sessions fill quickly.

Phone: [\(207\)289-3652](tel:(207)289-3652) Email: volunteer@hospiceofsouthernmaine.org

Volunteers help form the heart of hospice. Their dedication and compassionate care support the well-being of our patients and their families in immeasurable ways. Volunteers are needed in your community. Trained hospice volunteers provide an average of 3-4 hours per week of non-medical assistance and support to patients and families, including the following:

- Emotional support to patients and caregivers
- Respite care to allow caregivers time to themselves
- Assistance with light household chores, light meal prep or family concerns
- Help with errands

Kellie Patti

Manager, Volunteer Services

Hospice of Southern Maine

kpatti@hospiceofsouthernmaine.org

207.289.3652 Office

207.289.3823 Fax

Flu Season

The flu season is upon us and we all need to remember to wash our hands often, and not touch our eyes, nose or mouth. We have placed hand sanitizers throughout the building. Please note that you do not need to shake hands when greeting one another, an alternative way of greeting is perfectly acceptable and is not to be taken in a personal way. Stay well!



FEBRUARY 14TH IS MORE THAN VALENTINE'S DAY!

It's hard to believe it's February already, but I am one who's happy that we're halfway through winter!

And February also means the beginning of the church's Annual Budget Drive, when we ponder the importance of SUUC in each of our lives, and gather our monetary Pledges and Promises to ensure its future. Pledge Cards will be available on Sunday, the 14th, and we then have until March 13th to return Pledge Cards to church. Your Pledge will be added to the budget for the next Fiscal Year which runs from July 1, 2016 to June 30, 2017, and we begin our Drive early enough for the Board and the Budget & Finance Committee to prepare a balanced budget by May 15th, the day of our Annual Meeting.

This year's theme is INSPIRATIONS. The idea arose from my remembering the many times I've been inspired by messages from the Pulpit or Hymnal on so many Sunday mornings. For instance, I shared the one-second videos from the online project, "The Beauty Of A Second" with my six-year-old grandson; I was inspired enough by this Saco Worship Associate's presentation to want to share the message with family! Also, I have used the moving words from one of our Hymns or Responsive Readings for most of my Christmas cards over the past 10 years, and I have snipped out printed poems from Reverend Sue's Incidental Inspirations and taped them to my bathroom wall so I can read them each day!

What we sing together and what we hear together every Sunday hopefully provides us with a small revelation about how we can be our best selves, or perhaps a glimpse into the mystery of our true selves. Remember when "Rev Bev" gave us each a red Styrofoam nose to wear, to remind us of the precious power of laughter? Which Prelude or Postlude, played so elegantly by Ruth each Sunday, has made your day lighter? I invite you to remember a Sunday Inspiration, and share it if you can with your church family, either in front of the congregation during a service, or in the March 3rd newsletter.

WHAT SUNDAY MOMENTS HAVE MOVED YOU? This is certainly part of why we belong to and care for our church. As one of the hymns from yesterday's service says: "We search for truth, equality, and blessed peace of mind, and then we come together here to make sense of what we find. And we believe in life, and in the strength of love, and we have found a joy being together..." See you in Church. ~Diane Whiteside-Peck

Church Night Potluck

Our next Church Night Potluck will be held on Tuesday, February 9th at 5:30pm. Following the potluck, there will be a Board Meeting at 6:30pm. Everyone is welcome to attend and enjoy good food and fellowship. The next Church Potluck after this will be held on Tuesday, February 16th. If any group or committee would like to meet following the potluck, please feel free to do so.

Church Work Party

The next church work party day is scheduled for Saturday, February 13th from 8:00-noon. Please contact Bob McCormick for more information.



"I will try, like them
To be my own silence:
And this is difficult. The whole
World is secretly on fire. The stones
Burn, even the stones
They burn me. How can a man be still or
Listen to all things burning? How can he dare
To sit with them
When all their silence
Is on fire?"

Rev. Sue's Incidental Inspiration

~ Thomas Merton ~

In Silence

(The Strange Islands: Poems by Thomas Merton)

Be still.
Listen to the stones of the wall.
Be silent, they try
To speak your

Name.
Listen
To the living walls.
Who are you?
Who
Are you? Whose
Silence are you?

Who (be quiet)
Are you (as these stones
Are quiet). Do not
Think of what you are
Still less of
What you may one day be.
Rather
Be what you are (but who?) be
The unthinkable one
You do not know.

O be still, while
You are still alive,
And all things live around you
Speaking (I do not hear)
To your own being,
Speaking by the Unknown
That is in you and in themselves.

CLYNK Bottle and Can Return at Hannaford

Money generated through this program is picked up throughout the year and goes into our fundraising line. Wednesday, January 20th, we received \$167.87 from this endeavor. Please pick up a CLYNK bag at the church for your returnable cans and bottles, the bags are located on a table in Goodall Hall for your convenience. Please save only the cans and bottles that are redeemable. You may drop your CLYNK bag off at any Hannaford offering this incentive or at the church. Thank you to everyone for participating in this recycling program, we can all make a difference!

Sanford Unitarian Universalist Church Has a Facebook Page

Along with many other churches, we have clicked into 'social media' with a Facebook page. All other means and modes of communication will continue; this is just another (excellent) way to share news plus have some visibility for the good stuff happening here. We hope you will like... and "LIKE" this page so that it shows up on YOUR page. Feel free to share it. Feel free to post information that might be of interest to others in our congregation, for example news from the UUA or photos from events at church.

URL: <https://www.facebook.com/sanfordunitarianuniversalistchurch>

First Parish UU Church in Kennebunk

Welcome Back to "Embracing Aging: Moment to Moment"

We are starting our 5th year of thoughtful, provocative discussions of the Aging Cycle. If you are aging you are very welcome. Jaylene Summers and friends facilitating.

Here are the dates for this year. Please note our new time is **4:00pm- 5:30pm** in the Library (or Parlor).

Wednesday, February 10 & 24, 4:00 - 5:30pm

Wednesday, March 9 & 23, 4:00 - 5:30pm

Wednesdays, April 13 & 27, 4:00 - 5:30pm

FMI please contact Jaylene Summers @ 985-7412 (H), 251-3317 (C) or jsummers@roadrunner.com

Presidents' Day Office Hours

The office will be open on Monday, February 15th Presidents' Day, and closed on Monday, February 22nd.

New Newsletter Schedule Reminder

After much discussion, a decision was made to change the UU Notes publishing schedule from bi-weekly to once a month. This will not only save the church money in the way of paper, toner, labels and postage, but will correspond with the Saco and Biddeford UU Church newsletter schedule. We will continue to provide information via our weekly orders of service, on our website, our Facebook page and with our weekly congregational email blasts. The new publication dates will be the first day of each month, depending on when it falls. For the remainder of this fiscal year the newsletter dates are February 5, March 2, April 1, May 2 and June 1. A new schedule is posted on the bulletin board in the parlor. If you have anything you would like included, please make sure to send the office your information no later than the last day of the month, thank you.

Parking for the Church

MIDTOWN MALL (one block southeast) has plenty of free parking.

If you need to park closer to the church:

Lebanon Street: YES - in front of the church and Goodall Hall only.

Twombly Road: YES.

Sweetser Lot: NO

Salvation Army: NO

(Their services are held at 10:45am)

Morning Coffee With Bhante Sujatha



For all the different troubles life presents, their ending result for us are all the same; we either accept them, or allow them to cause us suffering.

Board 2015-2016

President: Aileen Fortune	June 30, 2017
Vice President: Diane Whiteside-Peck	June 30, 2017
Clerk: Bruce Harrison	June 30, 2016
Financial Secretary: Janet Wood	June 30, 2016
Treasurer: Deb Folsom	June 30, 2017
Co-DREs: Mesha and Ryan Quinn	
Choir Director: Charles Grindle	

Liaisons:

Stella DiAnn	June 30, 2017
Gary Wood	June 30, 2018
Patty Kidder	June 30, 2016

Church Leadership 2015-2016

Budget and Finance Chair:
Building and Grounds Chair: Bob McCormick
Caring Circle: Gail Lemley Burnett
Choir: Charles Grindle
Church Historian: Helen Kane
Committee on Ministry: Ryan Quinn, Gail Lemley, Rev. Sue
Corner Cupboard Treasurer: Judi Reis
Denominational Affairs:
Earth Stewards Green Team: Judi Reis
Finance Committee: Peg Sawyer, Pat Herrick, Ginny Howe, Deb Folsom, Lisa Huestis
Grant Manager: Pat Herrick
Homesteaders: Jan Sacco and Melody Wood
Investment Management Committee: John Steffens, Peg Sawyer, Art Dumas, Howard Dupee, Pat Herrick, Ginny Howe
Members and Friends: Tonia Chase
Music Committee: Melody Wood
Nominating Committee: Tonia Chase, Patty Kidder, Lucinda French
Partners For Sacred Places: Lee Burnett
Pianist: Ruth Leipold
Religious Education Committee:
Second Century Fund Committee: Lee Burnett
Social Action Committee:
Stewardship: Diane Whiteside-Peck and Patty Kidder
UUSC:
Webmaster: Emma Burnett
Women's Alliance: Nancy Farnham
Worship: Rev. Sue Gabrielson
Worship Associates: Bev Brent, Judi Reis, Jan Sacco, Janie Waterhouse, Stella DiAnn, Patty Kidder, Mesha Quinn, Evelyn LaBree, Tom Huber

Caring Circle

Gail Lemley Burnett is in charge of our Caring Circle for providing help in case of illness, hospitalization, need for a ride to church, doctors' appointments, etc. Please call Gail at 324-1596 if you need assistance.

Minister's Hours

Rev. Sue's office hours are Thursdays from 8:30am to 5:30pm. She is also available by appointment.

Administrative Office Hours

Office hours are: Monday, Wednesday,
Thursday and Friday 7:00-12:00
info@sanforduuchurch.org

Co-Directors of Religious Education

Mesha and Ryan Quinn - dre@sanforduuchurch.org

Church and Community Groups

AA Meetings: AA meetings are held every Sunday from 5:00pm-6:15pm and Fridays 6:00pm-7:00pm in vestry

Board Meeting: The next Board meeting will be held on Tuesday, February 9th at 6:30pm following the potluck

Book Group: Meeting on Friday, March 4th at 6:00pm in Goodall Hall

Choirs: Choir rehearses February 8, 15, 22 - March 7, 14, 21, 28 - April 4 at 6:30pm

Church Work Party: The next work day will be held on Saturday, February 13th from 8:00-noon

Committee on Ministry: TBA

Corner Cupboard Meetings: Next date the CC is open is February 20th from 10:00-2:00

Council Meeting: TBD

Earth Stewards Green Team: Meets as needed

Finance Committee: Meetings are generally held the Sunday before a Board meeting

Homesteader's Group: Generally meets 6:30pm at the church or a member's home on the third Thursday of the month

Music Lessons: Private lessons are given on Mondays from 12:30-3:00 and Wednesday from 1:40-3:00 and 6:50-7:35 in the Sanctuary or Goodall Hall

Narcotics Anonymous: Meets every Wednesday in the vestry from 7:00pm to 9:30pm

Second Century Building Committee: Meets as needed

UUYC (UUs of York County) Meeting: TBA

Violence No More: Every Thursday at 5:00pm in the vestry

Women's Alliance: Meets the second Wednesday of the month at 12:00 noon

Worship Associates: Sunday, March 6th at 9:00am