

Sanford Unitarian Universalist Church

UU NOTES Volume XXXX

May 3, 2016, Issue 17



Sanford Unitarian Universalist
Church
Sanford, Maine

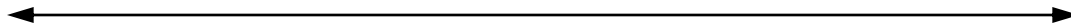
Sanford UU Church
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Sanford, ME 04073
Telephone: 207.324.3191
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Like us on Facebook
Minister: Rev. Sue Gabrielson
Religious Education: Mesha/Ryan Quinn
Choir Director: Charles Grindle
Pianist: Ruth Leipold
Newsletter Editor: Mona Ouellette
Church Historian: Helen Kane
Maintenance: Bill Ouellette

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)



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

May 8th Service - *Embracing the Dances of Life* - Celebrating Mother's Day and learning how to embrace the nontraditional lessons we received from our parents. The service will be led by our Director of Religious Education, Mesha Quinn. Special music will be provided by Violet Quinn.

May 15th Service - The service is entitled *Leading into the Future*. Rev. Sue Gabrielson will help us look forward into the future of our church and the church of the future!

May 22nd Service - The service is entitled *Leaving is a Process, Not an Event*. Rev. Sue Gabrielson will reflect back on her last 13 years in Sanford and what comes next. Special music will be provided by the UU Notes.

May 29th Service - The service will be led by Rev. Fayre Stephenson. Special music will be provided by the SUUC Choir.

June 5th Service - *RE Sunday* - The service will be led by our Directors of Religious Education, Ryan and Mesha Quinn.



Minister's Musings...

By now, I hope that you have all heard about my resignation from the church. If for some reason you did not receive the email or read the letter, it is posted on the web site or you can call the office for a copy. It has been an emotional few weeks as I have shared my news with all of you. I am so grateful to the leadership for their amazing work as we begin to make plans for our transitions. Please know that even though my departure is imminent, I will still be available for the next few months. If you would like to see me, please feel free to be in touch for an appointment. Instead of a long narrative this month, I will offer one of the most meaningful poems for me right now, from one of my favorite poets. Also, please SAVE the date for a final worship and farewell dinner to be held at the Sanford Church on June 12th at 5:00PM. Blessings, Rev. Sue

For a New Beginning

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.

~ John O'Donohue

To keep shade off the solar panels, Josh Fenoff of Dogwood Tree Service took down the big maple outside the church office window. This will also prevent an accidental fall onto Goodall Hall.



Before



After



Minister Transition Update: Friday, April 29, 2016

Since our application for an Interim Minister went in on 4-22, we've had a bit of a breather. This week's transition activities have included gathering items for an information packet for prospective Interim Ministers and planning for an Exit Interview with UU District staff. The next step will be on May 10, when we learn about Ministers who have expressed interest in our two church ministry. Because this has been a relatively slow week, we won't have an official after church discussion this Sunday. Feel free to be in touch with the SUUC Interim Search Committee members, Deb Folsom, Janet Wood or myself anytime with your questions.

See you at Church, Aileen Fortune



SUUC hosts Solar Energy Workshop

People came to our church from as far away as Limerick, Portland, and Kittery on Saturday, April 30 for a program on "Solar Energy for Churches and Non-Profits, It's Possible." Organized and led by Lee Burnett, the program focused on SUUC's experience of greening our church, especially featuring our new solar panels for heat and electric. Lee, Howard Dupee, David Agan and Rev. Sue spoke, as did Jack Dash of Bonney Memorial Library in Cornish and Hazel Onsrud of Maine Green Power. Questions and discussions were enthusiastic and informative.



Aileen, Hazel, Fred Greenhalgh of ReVision Energy and Lee enjoyed the event.



Rev. Sue commented on the role of faith communities as stewards of our earth.



Hilary Zayad Inspires



Hilary Zayed, long-time member and former DRE at SUUC, presented her vision of *Mayday: From Devastation to Celebration by Reinventing Oneself* at our May 1 Worship Service. Ably assisted by her husband Salah, Hilary shared her beautiful artwork in a slideshow along with her inspiring words from the pulpit as contained in her new book [Reinventing Oneself After Loss: An Artful Insight](#).

Hilary's transformation from a 3rd grade teacher and horsewoman to a woman with a closed head injury (after a fall from a horse) through rehab and continuous recalculation to become a gifted artist is a fascinating and uplifting story. www.reinventingoneself.com

Sanford Unitarian Universalist Church

*Call to Annual Meeting, Sunday May 15, 2016,
immediately following the worship service.*

WARRANT

Members of the Sanford Unitarian Universalist Church are hereby notified and warned that the Annual Meeting of said religious society is to be held in the Sanctuary of the Church on Sunday May 15, 2016, with action to be taken on the following:

1. To hear the call to the Meeting and reading of the Warrant
2. To hear the Clerk's report of the previous Annual Meeting
3. To hear the reports of the Financial Secretary & Treasurer
4. To hear the report of the President of the Church
5. To hear the report of the Nominating Committee
6. To elect members to the Board and the Nominating Committee for the coming fiscal year
7. To hear various committee and organization reports
8. To consider and vote on the proposed 2016-2017 budget
9. To hear an update about the 2nd Century Fund
10. To hear an update about the Ministerial Transition

Adjournment to the next Annual or Special church meeting.

Bruce W. Harrison
Clerk of the Church

News from John and Jan Steffens

Dear Family and Friends,

We have very intermittent Wi-Fi at the monastery in Pokhara so I hope you all receive this update. Please feel free to share in the church newsletter and with others I may have forgotten. Though we would love to send pictures there isn't enough broadband so I will try to put into words our journey so far.



We have been in Nepal for a week now excluding travel time, several days in Kathmandu and surrounding places and now at the large Buddhist monastery where we are now staying for 6-7 days.

The dental clinic began yesterday for the monks and the area school children and the poor. As always the people especially touch our hearts in the deepest ways and the children are amazing as they are wherever we travel.

We rise at 5:30 for chanting and prayers at 6:00 in the temple with the older monks. Then breakfast and preparation for the arrival of the first patients. We are nestled in the high Himalayas and it is approaching monsoon season, so it is hot and dry and foggy so our view of the Himalayas is very limited. Thank God for the breeze which helps with 90 degree temps. Flights from Katmandu were cancelled yesterday due to fog and smog per a guest who just arrived.

Yesterday the team saw 200 children and adults for dental inspection and treatment. Many cavities, but with the smallest children, because of baby teeth, usually no treatment. Of course there is no fluoride. Of the two hundred, there were 50 extractions and fillings and screams and tears and very scared children. And as always the medical/dental team is amazingly wonderful. What a privilege to work alongside them.

We are teaching kids and adults alike how to brush their teeth. Each gets a new brush, stickers, silly bands and another little toy. We see filthy, underweight kids and others who look well.

We wash our clothes in a bucket and lock our windows so the monkeys can't get in. Aggressive big animals. Last night I squashed two cockroaches in our simple but adequate bedroom with running water and a shower, much appreciated at the end of the day.

The monks are great and funny and playful and they can now play Uno and Spot It. Tonight John is going to set up the badminton set we brought with us for the monks ages 6-??? adult. Yesterday John put up new basketball nets for the kids. They are grateful for everything.

We are reasonably well. I have a cold and congestion but decongestions help. We are tired at the end of the day due to work, fatigue, and the heat. We will walk to a Tibetan refugee camp near here tonight. We are still not certain what we will do for the last five-six days of our trip after the team leaves. We would like to fly north over the Himalayas but with the weather not certain we can do that.

We are profoundly grateful for the opportunity to serve in this manner and as always we always receive so much more than we give.

Our love to everyone with blessings to you from Nepal. Jan and John



IMPORTANT YARD SALE INFORMATION FOR MAY 28

There will be sign-up sheets in the parlor on May 8. Please indicate what you plan to bring, and how you would like to help on Yard Sale Day. Posters will also be available for you to place in hairdressing salons, banks, libraries etc. PLEASE REMEMBER TO ASK PERMISSION TO POST. (Hannaford, for example, does NOT allow yard sale postings.)

We know that past yard sales at other venues have been more hospitable regarding early drop offs and storage, and we do recognize the inconvenience of self-storage until the actual day, but it is a necessary evil, given the limitations of Helen's circumstances. However, we also know that the negatives are offset by the positive aspects of a well-established neighborhood yard sale that is eagerly anticipated at this time each year.

Therefore, it is ideal if you can bring things between 6.30 and 8.00 a.m. on the 28th. If you have big things, need to make other arrangements, or need help, please contact Helen. We ask for NO electronics to sell this year.

Likewise, cleanup and transporting left-overs must be done right after closing time (2 p.m), which means 'all hands on deck' for complete removal of all vestiges of the sale. (Our neighbors are very impressed by the seasoned job we do at the end. Little do they know how often we do this sort of thing routinely!)

Table categories will include plants, clothing, books, kitchen items, and house wares. We need to replenish books, which are more easily transported in smaller boxes or plastic bags. Cookies are the baked goods that sell best, packaged in small amounts for immediate consumption.

We'll keep you well-fed and hydrated for the duration.

PLEASE REMEMBER TO BRING YOUR SUNSCREEN!!

NEW THIS YEAR

My next-door-neighbor Katy has made temporary NO PARKING signs to go on one side of the street throughout the development. This is an attempt to prevent an accident in a crowded situation where some are paying more attention to bargains and less to personal safety.

THEREFORE, AFTER DROP OFF, OUR HELPERS SHOULD PARK BEHIND HELEN'S WAY, IN JACKSON SQUARE, WHICH RUNS OFF RTE 109 BETWEEN BREARY AND JAMES AVENUES. TURN ONTO DAIGLE LANE (OPPOSITE GREENWOOD CENTER), THEN LEFT INTO THE LOT. THERE IS A WALKING RIGHT OF WAY BETWEEN BUILDINGS D AND E AT THE MAILBOXES INTO THE 2ND AND 3RD HOUSE YARDS ON HELEN'S WAY.

DOES ANYONE KNOW OF A LIGHTWEIGHT CANOPY(IES) WE COULD BORROW TO TRY TO AVOID SUNBURN?

The day of the yard sale will be here before we know it. This is our last big venture before the end of the fiscal year, so let's go all out to make it happen. As always, your joyful efforts are GREATLY APPRECIATED. More to follow--stay tuned. The Lady of the Yard, Helen K.



Rev. Sue's Incidental Inspiration

Life is Always Unfinished Business

Meditation

By Richard S. Gilbert

In the midst of the whirling day,
In the hectic rush to be doing,
In the frantic pace of life,
Pause here for a moment.

Catch your breath;
Relax your body;
Loosen your grip on life.

Consider that our lives are always unfinished business;
Imagine that the picture of our being is never complete;
Allow your life to be a work in progress.

Do not hurry to mold the masterpiece;
Do not rush to finish the picture;
Do not be impatient to complete the drawing.
From beckoning birth to dawning death we are in
process,
And always there is more to be done.

Do not let the incompleteness weigh on your spirit;
Do not despair that imperfection marks your every day;
Do not fear that we are still in the making.

Let us instead be grateful that the world is still to be
created;
Let us give thanks that we can be more than we are;
Let us celebrate the power of the incomplete;
For life is always unfinished business.

Thank You - Thank you to Kristi Hayes-Devlin for her donation of the beautiful flower painting hanging over the stairwell in the front entry, leading downstairs. Kristi knows the artist which makes the painting all the more special. We appreciate her generosity and thoughtfulness.

Annual Meeting - Our Annual Meeting will be held on Sunday, May 15th. It is important that everyone attend this meeting.

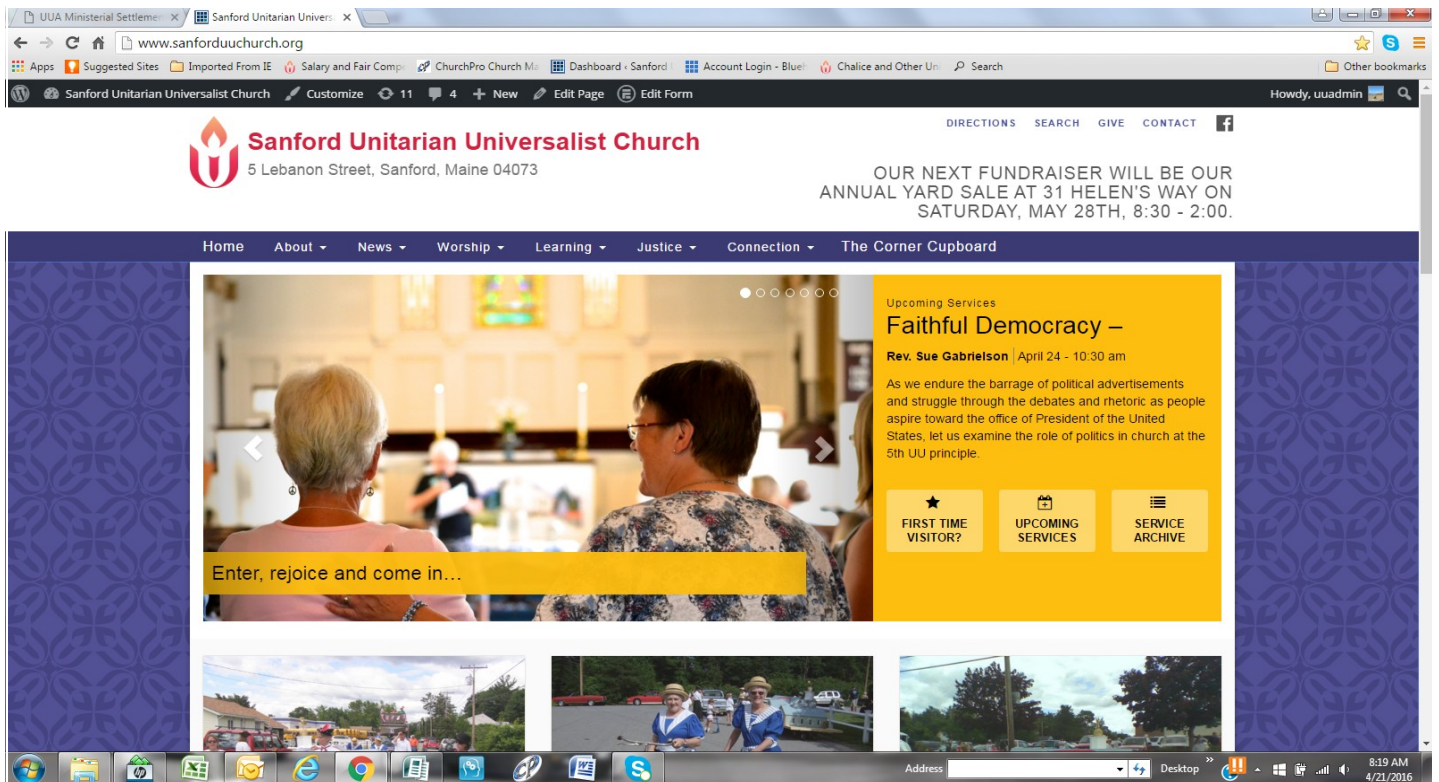
Newsletter - The next date the UU Notes will be published is Wednesday, June 1st. Please send any information you would like included in the newsletter to the office no later than Tuesday, May 31st. Thank you.

Church Potluck Suppers - Our next church night potluck supper will be held on Tuesday, May 17th at 5:30pm. We ask, as you are able, to bring a dish to share with the congregation. If any group or committee would like to meet following the potluck, they are welcome to do so.

Book Group Meeting - Our next book is a wonderful quick read: *Aging as a Spiritual Practice* by Lewis Richmond, and Buddhist teacher. It is a fairly new book and easily found in a local library or on Amazon. Our meeting will be on June 10th at 6:00pm at the church. This will be our last gathering before we start up again in the fall. Your thoughts and suggestions on how to make it extra special are always welcome.
Evelyn LaBree

Rev. Sue's Farewell Party - The farewell party for Rev. Sue will be held at the church on Sunday, June 12th at 5:00pm. We will have a special service honoring Rev. Sue, complete with a wide variety of beautiful music, followed by a delicious meal in the vestry. Please RSVP to Mona at 324-3191 - info@sanforduuchurch.org or to Aileen at 646-1263 - aileen.fortune@maine.edu.

Help Needed - We are in need of folks to help with coffee hour. It can be as simple or as fancy as you like. With 1/2 and 1/2, a few snacks and juice, you can make a lot of people happy. Sign ups are needed for May 15 through June 12. Many snacks are still available at church. Thank you.



New Website!

We sent the congregation an email April 1st announcing our new website. In case you missed the announcement, please visit and explore our new site at www.sanforduuchurch.org, we've given it a brand new look! We're pleased to unveil our new website with a sleeker design and easier to find features. Our new site more effectively highlights what's most important to our church and to our community. Plus, it's mobile-friendly! We hope you like the fresh new look and improved navigation which allows you to find the information you need more quickly and easily.

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.

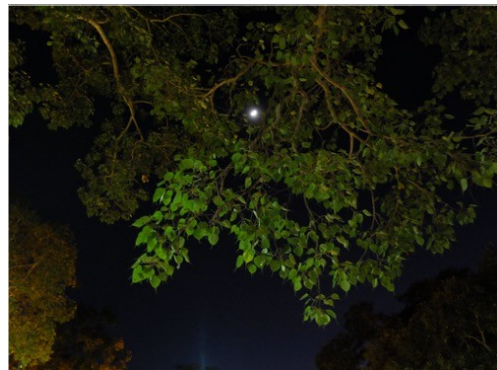
Twombly Road: YES.

Sweetser Lot: NO

Salvation Army: NO

(Their services are held at 10:45am)

Morning Coffee With Bhante Sujatha



Don't base your beliefs on another's account of what is good or bad. In short, don't build your life around the opinions of others; listen, think, and decide who you want to be.

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
Earth Stewards Green Team: Judi Reis
Finance Committee: Peg Sawyer, Pat Herrick, Ginny Howe, Deb Folsom, Lisa Huestis
Grant Manager: Marcel Gagnon
Homesteaders: Jan Sacco and Melody Wood
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
Stewardship: Diane Whiteside-Peck and Patty Kidder
UUSC:
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, Vicky Bugado
Worship Committee Coordinator: Rev. Bev Brent

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: Tuesday, May 17th, 6:30pm-8:00pm at the church, with Joe Sullivan, following the potluck supper

Book Group: Meeting on Friday, June 10th at 6:00pm at the church

Choir: Choir rehearses May 9, 16 and 23 at 6:30pm

Church Work Party: The next work day will be held on Saturday, May 14th from 8:00ish-noon

Committee on Ministry: TBA

Corner Cupboard Meetings: Next date the CC is open is May 21st 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

Interim Minister Search Committee: Tuesday, May 10th at 6:30pm at the SUUC, with Saco Board members

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: Meeting on Sunday, May 15th at