



Sanford Unitarian Universalist Church

UU NOTES Volume XXXXI

December 1, 2016, Issue 6

Sanford UU Church
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Religious Education: Mesha/Ryan Quinn
Choir Director: Charles Grindle
Pianist: Ruth Leipold
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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 Services are held every Sunday at 10:30am - Child Care is Provided
Everyone is Welcome!**

December 4th Service - The service is entitled *Not in the Earthquake, Not in the Fire* and will be led by Rev. Steve Cook. We will consider an Old Testament narrative of the prophet Elijah, a figure venerated by Jews, Christians and Muslims. When threatened with death for his religious witness by the new Queen of Israel, he fled in fear, thinking that he alone was left to carry on. Seeking refuge and solace, he found instead inspiration and renewed strength to continue his work. He found it not in the earthquake, not in the fire, but in a surprising place of stillness and silence. Special music will be provided by Gary Peck.

December 11th Service - The service is entitled *Were We Meant to Survive?* and will be led by Worship Associate, Tom Huber. Special music will be provided by the UU Notes, SUUC's a capella group.

December 18th Service - The service is entitled *Now Light is Less* and will be led by Rev. Steve Cook. The church season of Advent offers us an opportunity to appreciate the quieter gifts of darkness and silence that come round as our year circles into the colder months.

December 24th Christmas Eve Service - Please note, this service will be held on Saturday evening at 7:00pm. This is a special candlelight service and music will be provided by our bell and vocal choirs. The service will be led by Rev. Steve Cook and childcare will be provided.

December 25th - Sunday - Christmas Day - Please note, no service on this day



Along the Way...

A traditional description of Christmas, one steeped in piety and sentiment, is “The Season of Miracles.” Miracle, as it is generally understood in this context, refers to the supposed conception of Jesus by the Holy Spirit of God to the young Virgin Mary, followed by his birth in that humble stable in Bethlehem, a birth announced by a “heavenly host” of angels. Such a tale fits the definition of miracle, “an object of wonder” a thing unexpected and unexplainable by any normal standards.

Miracle stories, if intended to be taken literally, have long since been “outlawed” by science. There are still certainly many “objects of wonder” in the universe, things and occurrences not expected or explained by normal standards, but science regards them, perhaps, as just *not yet* explained by contemporary knowledge. Rejecting supernatural causes, science regards them as susceptible eventually to explanation as our knowledge of the universe grows and becomes more sophisticated.

There is, as well, a looser definition of miracle that we all use, that of the unexplained and unaccountable that just seems to happen through grace, serendipity or the surprising power of love and good will. This kind of “miracle” occurs when good things that don’t need to happen do happen, when people do kind and loving things they don’t need to do for people they don’t even know, when people sacrifice their own time, talent and treasure for causes that might not benefit them in the least. This is the kind of “miracle” I have in mind when I say that every Unitarian Universalist congregation is an ongoing miracle.

Unitarian Universalism holds out no promise of supernatural rewards for believing and belonging; we hold out no threat of supernatural punishment for not believing and belonging. We offer next to no answers to the persistent questions of the religious quest, or perhaps, a bewildering variety of different answers. In any case, those looking for theological certainty will not find it in our churches. Any ten UU’s will have at least twelve opinions on most religious questions. (We joke about UU “evangelists” knocking on your door for no particular reason, or burning a question mark on your lawn.)

We cherish personal and congregational independence so highly that it’s often difficult to get us to agree on much of anything or financially to support our district and national organizations. Some of our historic congregations in this area feel the weight of their heritage so heavily it’s hard for them to acknowledge changes that have occurred since the 17th Century; some of our newest congregations out west think they invented the whole movement 30 years ago.

So why, given all that openness and uncertainty, do so many nonetheless give up their Sunday mornings, often the only free day of the week, to come to church? Why do so many give of their time, talent and treasure to an enterprise that does not always reflect their particular beliefs, or perhaps, evinces more belief than they care to espouse? By the expected and normal standards of explanation, we should probably all be found sleeping late on Sunday, or holding on to our precious free time with family and friends instead of going to one more evening meeting. By those standards we should not be handing over substantial amounts of money to an institution that pays no tangible dividends and, in fact, is prone to asking for more.

Why do we do it? Personally, I call it a miracle—and leave God out of it, if you wish. I believe that there is a concatenation of grace or loving, human serendipity that moves us all, week by week, year by year, to manifest these ongoing miracles we call UU congregations. We don’t have to, we want to, we choose to. In this “season of miracles” especially I am reminded that your congregation, as all UU congregations, is an ongoing, living miracle, and for that, I humbly offer thanks.

Rev. Steve



Post Election Ideas

Following up on Rev Steve's message Sunday, I want to direct my anger to something constructive. There are so many groups asking for support and money following the election of Donald Trump, for purposes many UUs agree with. I know as part of a group we can speak louder and have more effect. I want to be sure my resources go to trusted and proven organizations. I'll share this and add some contact information.

In a New York Times article entitled "12-step Program for Responding to President Elect Trump" by Nicholas Kristof, he shares many good ideas, 3 of which I'll offer here. . * I will support groups like The Southern Poverty Law Center that fight hate groups and the center's position calling on Trump to disavow bigotry.

* Depending on my interests I'll support an immigration rights group, the ACLU, or Planned Parenthood. *I will support refugees, one of the most demonized groups in the world. Support IRC, the International Rescue Committee or other known groups working for refugees.

ACLU Maine aclumaine.org

In the coming weeks and months, the ACLU will be focusing our legal and advocacy strength on:

- ♦ protecting the "Dreamers" who received presidential deferred action protection
- ♦ resisting any attempt to create a dragnet deportation force
- ♦ obstructing any effort to defund Planned Parenthood and other reproductive health service providers or deny reproductive rights
- ♦ preserving civil rights protections for transgender Americans
- ♦ preventing "stop-and-frisk" policies from being adopted nationwide
- ♦ opposing any ban levied against Muslims for entry into the United States or discrimination against Muslims in the United States.

♦

Southern Poverty Law Center- splcenter.org

The SPLC is a non-profit that combats hate, intolerance and discrimination through education and litigation.

Planned Parenthood plannedparenthood.org

In October 2016, Planned Parenthood turned 100 years strong. Planned Parenthood was founded on the revolutionary idea that women should have the information and care they need to live strong, healthy lives and fulfill their dreams — no ceilings, no limits.

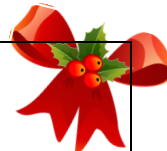
Judi Reis Please share your ideas in upcoming newsletters, Friday Notes, Facebook etc.

Concerned About the Election Results? Connect with MUUSAN

The Maine Unitarian Universalist State Advocacy Network is a "state advocacy and public policy network anchored in our UU faith and animated by its principles" Recently Randa Thomas came to church to share information on this fast growing arm of the UUA. Find MUUSAN at www.muusan.org, or on Facebook.



Holiday Cheer UUCSB Fair



Saturday, December 3rd - 8:00am to 2:00pm

- Fine crafts by local artisans
- Old country store
- Granny's Attic
- Soups, casseroles and lots more to eat in or take out
- Sweets and baked good
- Plants
- Books

Unitarian Universalist Church of Saco & Biddeford
60 School Street, Saco, ME 040742
207-282-0062 - www.uuchurchsacobiddeford.com

**➔ The SUUC will have tables at this fair offering great items!
Come to this wonderful fair and support the fundraising efforts of the
UUCSB and SUUC Churches.**

Decorating the Church Christmas Tree

You are warmly welcome to remain following worship service on Sunday, December 4th, to help us decorate the church Christmas tree. We hope you are able to join us at this annual, fun filled event.

Refreshments for Christmas Eve Service

Our traditional Christmas Eve Candlelight Service will be held at **7:00pm** on Saturday, December 24th. Our SUUC bell and vocal choirs will perform and childcare will be provided. Following the service, join us for some refreshments provided by the congregation. If you are able, we ask you to kindly bring finger foods, healthy snacks, or cookie treats. Coffee and other beverages will be available. Thank you. Please note, we will NOT have a service on Sunday, December 25th, Christmas Day.

Candles Lit in Memory or Honor of a Loved One

Light a candle on Christmas Eve in memory or honor of a loved one. Donations are welcome.

In Honor/Memory of _____

Your name: _____

Please leave your donation and information in the office or in the offertory plate. Thank you.



A Note From John and Jan Steffens

Dear Family and Friends,

On this Halloween day, we are aware that we will be leaving for our four month Asian trip in just 26 days. Time scurries by and we have much left to do to prepare. I became aware today that I was not comfortable leaving without wishing each of you peaceful and happy holidays. It is unlikely that we will find the time to send Christmas cards out this season, so please accept this letter as our holiday greetings and message to each of you. As always we will try to send out periodic updates on our adventures.

We ask for your understanding as we email this out to many of you, realizing that it is a short cut that we just need to take this year. It doesn't replace a hand written note in a greeting card. In the remaining days before we leave we are headed to the Baltimore area so that we can take Simba to Jenny and Doug's house for the time that we will be away. They graciously have agreed to care for her and there she will spend her days with their BIG St. Bernard "Gus" and getting much love from Ellen & AJ. On our way home we will make a quick stop to John's elderly Aunt Agnes in Allentown, Pa and continue onto Glens Falls, N.Y. for a last visit with John's brother and sister-in-law. We will leave two days after Thanksgiving from Boston, flying Emirates Air to Bangkok. After a couple days in Bangkok to rest, we fly onto Dhaka, Bangladesh.

During December we will be spending 3 ½ weeks at the spinal cord hospital in Bangladesh where I will work with the Speech-Language staff and students and where John will work alongside the executive director on any variety of tasks. We look forward to seeing our friends there. The original plan was for the cleft palate team to return during this time but unfortunately, the head surgeon, Dr. Ed is recovering from a major personal recent surgery and the cleft clinic had to be cancelled for this year. John and I decided to return to CRP hospital as we had already purchased our tickets and had renewed our visas.

For Christmas we will be in Bangkok, Thailand, a remarkably beautiful city of temples and festivals and then on the 26th we fly north to the mountains and the city of Chiang Mai to celebrate the start of 2017 with street fireworks and thousands of lanterns floating up into the New Year eve sky. From there we will journey further north to Mae Hong Son province to work and live in a small, remote Karen village.

As always we look forward to our teaching and working in this new Hill Tribe village for several weeks. We have made some great Thai friends in this far northern province from our previous visits and we look forward to seeing as many as we can. We will also return to visit the School for the Deaf in Chiang Mai to reconnect with the young deaf man, Lang, who we were able to help on our last visit, and also the teaching staff with whom we tried to improve their English skills.

Next we will spend our month in a delightful small cottage in the rice paddies in a small rural village northeast of Chiang Mai. We also plan to volunteer part time in a local school during our stay there. We will then spend our last week in Thailand at a beach in the lovely coastal city of Hua Hin, south of Bangkok, where the ocean temperature is delightfully warm and getting out of the water is difficult.

Our next stop is central Nepal where we return in mid March to help with the dental clinic at the Pema Tsal Monastery in Pokhara. Last year we screened and/or treated over 700 kids and adults during the weeklong clinic. We return to Boston and home to Maine near the end of March.

We are so very blessed with the international opportunities that continue to present themselves to us. We know that at some point in the future we will be unable to travel these long distances to volunteer and work in these remote areas of Asia. But for now we feel fortunate to travel and to give back in the ways we can.

So during this early fall season, we send our love and blessings out to each of you, asking for your love and blessings in return. May your holidays be meaningful and may the winter months wherever you may live provide moments of both lively gatherings and quiet respite. We wish you a Happy New Year as well.

Blessings, John and Jan Steffens

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Newsletter Jeff Kaz. Music lessons in Sanctuary 9:00-12:00 VNM Vestry 5:00 World AIDS Day 7:00 service at UUCSB	2 AA in Vestry 6:00-7:00	3
4 Worship 10:30am AA in Vestry 5:00-6:15	5 Jeff Kaz. Music lessons in the Sanctuary 4:30-7:30 Bell Choir 6:00-6:45 Vocal Choir 7:00-8:30	6 Social Justice meeting in GH 6:30pm-8:00pm	7 Narcotics Anonymous in Vestry 7:30-9:00	8 Jeff Kaz. Music lessons in Sanctuary 9:00-12:00 VNM Vestry 5:00	9 AA in Vestry 6:00-7:00	10 Church Work Party 8:00ish-noon
11 Worship 10:30am AA in Vestry 5:00-6:15	12 Jeff Kaz. Music lessons in the Sanctuary 4:30-7:30 Bell Choir 6:00-6:45 Vocal Choir 7:00-8:30	13 Social Justice meeting in GH 6:30-8:00 Board Meeting 6:30	14 Narcotics Anonymous in Vestry 7:30-9:00	15 Jeff Kaz. Music lessons in Sanctuary 9:00-12:00 VNM Vestry 5:00	16 CC sets up Book Group meeting in Parlor 6:00pm AA in Vestry 6:00-7:00	17 Corner Cupboard is open 10:00-2:00
18 Worship 10:30 AA in Vestry 5:00-6:15	19 Jeff Kaz. Music lessons in the Sanctuary 4:30-7:30 Bell Choir 6:00-6:45 Vocal Choir 7:00-8:30	20 Social Justice meeting in GH 6:30-8:00	21 Narcotics Anonymous in Vestry 7:30-9:00	22 Jeff Kaz. Music lessons in Sanctuary 9:00-12:00 VNM Vestry 5:00	23 AA in Vestry 6:00-7:00	24 Afternoon rehearsal for bell and vocal choir Christmas Eve Service with choir and bells 7:00
25 Christmas Day No Worship Service today AA in Vestry 5:00-6:15	26 The office is closed	27 Social Justice meeting in GH 6:30-8:00	28 Narcotics Anonymous in Vestry 7:30 -9:00	29 Jeff Kaz. Music lessons in Sanctuary 9:00-12:00 VNM Vestry 5:00	30 AA in Vestry 6:00-7:00	31

Electricity Maine

Important information regarding Electricity Maine in the Bangor Daily News.

<http://bangordailynews.com/2016/11/18/news/state/ex-customers-sue-electricity-maine-for-35m-claim-company-defrauded-thousands/>

Corner Cupboard

The holidays are just around the corner, so it's certainly time to think about your gifts to family and friends. Wouldn't a financial donation to the Corner Cupboard in your loved one's name make a great present? All donations will be acknowledged with a handwritten note to honor the donor and will include a brochure explaining the work of the Corner Cupboard. We are serving nearly 200 clients each month and are striving to give more necessary items to each family, as well as to offer some new choices. Thank you for giving this some thought. The CC team.

Angel Tree

We are again helping the Salvation Army with an Angel Tree this year. We chose to have 20 children. A "tree" is up by Rev. Steve's door. A plastic tote is located below the angel tree to fill with non-perishable food items for local families who need a little extra for their holiday meal. The Salvation Army will take care of distributing all gifts and food. Thank you for brightening a child's Christmas.



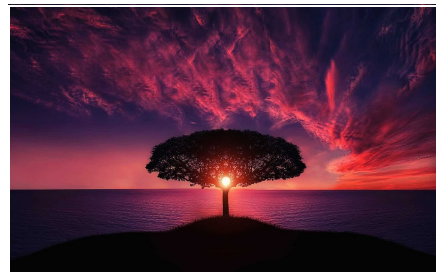
CLYNK

Friday, November 4th, we picked up \$120.95 at Hannaford's from our CLYNK account. Money generated through this program is picked up throughout the year and goes into our fundraising line. 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!



The SUUC Choir

Our talented choir, under the direction of Charlie Grindle, shared their beautiful voices with us at our November 13th service.



Abundant Peace - Holidays With a Purpose

Come and join the conversation and discover how you can add peace to your day. You will enjoy this evening with light refreshments and learning a variety of simple practices which support our active schedules during this holiday season. This event will be held from 6:00pm to 8:00pm at St. George Episcopal Church in Sanford, presented by Patti Frohloff, PhD and is free of charge.



Book Group

We will gather next on the third week in December - the 16th.

The two books members have recommended are "Ocean of Insight" by Heather Lyn Mann and "Healing the Core Wound of Unworthiness" by Adyashanti. The Adyashanti book is available only in audio form and is very short (barely two hours). I have the disks and Tom Huber has the book in audio. He is willing to copy the audio book onto a disk drive (also called thumb drives) for you and I can

lend out the disks. We will plan on starting the new year with this book and you are invited to bring your disk/thumb drives to the December meeting. I am considering having the Adyashanti discussion at my house with potluck dinner where we would all listen to the audio together. More on this at the December meeting. Please mark your calendars for December 16 at 6:00pm. We will gather to discuss "Ocean of Insight", which has been recommended by the Thich Nhat Hanh Foundation. It is a new book, and available on Amazon. Evelyn LaBree

Time, Talents and Treasures Auction



Janet and Peg smile about November auction income.



One lucky family outbid the field for Ruth Leipold's renowned chocolate pizza.



Marcel and Bruce enjoyed dinner and socializing. Now let the puzzling begin.

Thank You

Thank you to Diane Whiteside-Peck for organizing this event! We also thank everyone who helped with our Time, Talents and Treasures Auction and Dinner. We made over \$1,500.00! Many of you helped to set up, cleaned up, baked and cooked, made items to sell, donated items to sell, manned the tables, attended and purchased items. Our thanks to each of you for helping to make this fundraiser an enjoyable and successful event. We could not have done this without each and every one of you!

Church Bulletin Bloopers ☺ -The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Storm Cancellation Information - The Sanford Unitarian Universalist Church service and event cancellations are announced on the following television stations: WCSH 6, WMTW 8 and WGME 13. You may also receive the latest information regarding cancellations by calling the church office (324-3191) for the latest recording or visit our website www.sanforduuchurch.org or our Facebook page for the most recent information. In addition, a congregational email will be sent.

Snow Removal - We are forming a Building and Grounds "Snow Buddies" phone tree. We need some volunteers to help with snow removal... many hands make light work. We will break up the areas to be cleaned into sections, and are asking for volunteers to help for half an hour, an hour, or however long they would like. Please contact Bob McCormick, who is taking care of snow removal, at 432-1018 or via email at rpmccrmck@gmail.com. Thank you!

Name Tag Board - Our thanks to Kristi Hayes Devlin and family for painting the name tag board rainbow colors! We are a welcoming congregation and what better way to see that as you enter the church. Thank you!

Addendum - An addendum to the list of capital improvements at SUUC published in the November newsletter: Old oak tree right behind church office was removed in 2016. It would have shaded solar panels in the summer and was a potential threat to Goodall Hall's roof if it fell.



A number of people have taken a kind interest in my choir, Boston Saengerfest Men's Chorus. I just thought I would share this for your information. To harmony! Rev. Steve

Social Justice Group - This group meets on Tuesdays in Goodall Hall from 6:30pm to 8:00pm. They are looking for any members who have energy and ideas to contribute to this ongoing social justice work AND in addition, they will be "marching" for peace, unity, community and justice from the church every Sunday at noon - the more the merrier. Bring signs with messages reflecting the above values and clothes for the weather! Please contact Natasha Nolan for more information.

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.
Town Realty: NO
Sweetser Lot: NO
Salvation Army: NO
(Their services are held at 10:45am)

Board 2016-2017

President: Aileen Fortune June 30, 2017
Vice President: Diane Whiteside-Peck June 30, 2017
Clerk: Bruce Harrison June 30, 2018
Financial Secretary: Janet Wood June 30, 2018
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, 2019

Church Leadership 2016-2017

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
Corner Cupboard Treasurer: Peg Sawyer
Earth Stewards Green Team: Judi Reis
Finance Committee:
Fundraising: Diane Whiteside-Peck
Grant Manager: Marcel Gagnon
Homesteaders: Jan Sacco and Melody Wood
Members and Friends: Tonia Chase
Music Committee: Melody Wood
Nominating Committee : Tonia Chase 2017, Ginny Howe 2018, Lisa Huestis 2019
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. Steve Cook
Worship Associates: Rev. Steve Cook, Bev Brent, Judi Reis, Jan Sacco, Janie Waterhouse, Stella DiAnn, Patty Kidder, Mesha Quinn, Evelyn LaBree, Tom Huber, Vicky Bugado

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. Steve Cook will be in his office on Wednesdays, as needed, from 11:00-3:00
781-330-2521 stephenmichaelcook@ME.com

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: December 13th, Tuesday, at 6:30pm

Book Group: Meeting on Friday, December 16th in the Parlor at 6:00pm

Choir: Vocal and bell choir rehearsals are held on Mondays in the Sanctuary

Church Work Party: The next work day will be held on Saturday, December 10th from 8:00ish-noon

Committee on Ministry: Meets as needed

Corner Cupboard Meetings: Next date the CC is open is December 17th from 10:00-2:00

Council Meeting: Meets as needed

Earth Stewards Green Team: Meets as needed

Finance Committee: Usually meets 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 4:30-7:30 in either the Sanctuary, Goodall Hall or one of the rooms downstairs and on Thursdays from 9:00-12:00 in the Sanctuary

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

Second Century Building Committee: Meets as needed

Social Justice Group: This group meets in Goodall Hall on Tuesday evenings from 6:30pm to 8:00pm

UUYC (UUs of York County) Meeting: Meets as needed

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