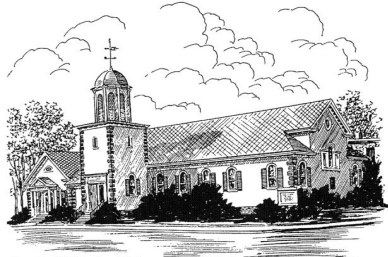


# Sanford Unitarian Universalist Church

UU NOTES Volume XXXXII

August 2, 2017, Issue 2



Sanford Unitarian Universalist Church  
Sanford, Maine

Sanford UU Church  
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Like us on Facebook  
Minister: Rev. Steve Cook  
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)

**Summer Lay Led Services are Held in the Parlor or Goodall Hall at 9:30am  
Everyone is welcome!**

- |                    |   |
|--------------------|---|
| <b>August 6th</b>  | <i>The Better Angels of Our Nature: Why Violence has Declined</i> (2011) by Steven Pinker- Service will be led by Karen Nelson  |
| <b>August 13th</b> | <i>Spirit in Baseball</i> - Service will be led by David Agan   |
| <b>August 20th</b> | <i>Welcome Home</i> - Service will be led by Bob Ortiz  |
| <b>August 27th</b> | <i>My dear Sarah: The Recently Researched Civil War Story of Major Sullivan Ballou and his Touching Love Letter to his Wife and his Country</i> - Service will be led by Helen Kane |



**Join Us for Summer Services  
9:30am on Sundays**

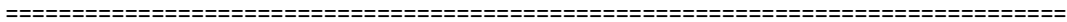
**Reminders Regarding Summer Services**

- Services begin at 9:30am
- Held in the Parlor or Goodall Hall
- Informal
- There may be music, there may not
- Lay or minister led services
- No snacks following worship service
- No RE classes
- No child care



**Upcoming Services**

- August 6**     *The Better Angels of Our Nature: Why Violence has Declined* (2011) by Steven Pinker - Karen Nelson
- August 13**   *Spirit in Baseball* - David Agan
- August 20**   *Welcome Home* - Bob Ortiz
- August 27**   *My dear Sarah: The Recently Researched Civil War Story of Major Sullivan Ballou and his Touching Love Letter to his Wife and his Country* - Helen Kane
- September 3**   *Domestic Violence* - Janie Waterhouse and Evelyn LaBree



**Water Service**

As the summer winds down, we would like to remind you that during our first service, which will be held on September 10th, that it will be held at a different time; instead of 10:30am it will be held at **9:00am**. Please note this is for the September 10th service ONLY. This will enable Rev. Cook to lead the service both at the Sanford UU Church and the UU Church of Saco and Biddeford. We will gather to celebrate and reconnect with our annual Water Celebration and Ingathering and we will mingle the waters we have collected over the summer. See you in church!

Visit our sister church, UU Church of Saco and Biddeford at

<http://www.uuchurchsacobiddeford.com/>



**Church Entrance**

Work has begun on restoration of the church steeple. Scaffolding has been set up at the front entrance of the church. Staging was constructed in such a way that access to the church door is available except when the construction crews are on site. Clearly, it's safer to use the Goodall Hall door but use of the church door at appropriate times (in the evenings, weekends, rainy days etc.) is available.



**Monthly Church Work Party**

Linda took out a whole jungle of invading weeds along the side wall of Goodall Hall on the second Saturday in July. “I love doing this kind of stuff” she was heard to say. She thinks some of you might enjoy joining in on the Building and Grounds work party on the second Saturday in August or a later one. Our wonderful, hard working church work group will meet again on Saturday, August 12th from 8:00ish to noon. Please contact Bob McCormick for more information. Thank you to Bob and all of his volunteers for the work they do!



## **MEDITATION with JAPANESE ACUPRESSURE (JIN SHIN JYUTSU) & Self-REIKI**

Classes will be held at the Sanford UU Church from 9:00am - 10:00am  
on the following Tuesdays: September 26, October 24, November 28 and December 26.

Cost is only \$10.00 per person, per class.

A minimum of 3 students are needed in order for the class to run.

Contact Cindy at [scmbstim@aol.com](mailto:scmbstim@aol.com)

Learn the healing power of redirecting the flow of energy throughout your body! Find help with digestion, chronic pain and memory issues, depression and anxiety! Feel a deep sense of relaxation. Increase energy. Improve heart and respiratory health. Practice acupressure points, self-Reiki techniques, and guided meditations.

**LEARN TO BRING MEDITATION INTO YOUR EVERYDAY LIFE AND DISCOVER DEEPER RELAXATION, SLEEP, PATIENCE, AND CALM, LESS ANGER, LESS ANXIETY & LESS DEPRESSION!!**

Cindy Simon, Published Author, M.A., NCC, RMT  
Healthy Lifestyle & Writing Coach/Community Educator  
[Well-spring-shanti.squarespace.com](http://Well-spring-shanti.squarespace.com).

# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Newsletter Day  Project CommUnity 6:30pm-8:30pm in GH  Narcotics Anonymous in Vestry 7:30pm to 9:00pm	3  VNM Vestry 5:00pm	4  AA in Vestry 6:00pm to 7:00pm	5
6 Summer worship 9:30am  AA in Vestry 5:00pm to 6:15pm	7	8	9 Mainers for Health Care meeting in GH 6:30pm-8:30pm  Narcotics Anonymous in Vestry 7:30pm to 9:00pm	10  VNM Vestry 5:00pm	11  AA in Vestry 6:00pm to 7:00pm  Ministerial Search Committee in GH 6:30pm	12 Church Work Party 8:00ish-noon
13 Summer worship 9:30am  AA in Vestry 5:00pm to 6:15pm	14	15	16 Project CommUnity 6:30pm-8:30pm in GH  Narcotics Anonymous in Vestry 7:30pm to 9:00pm	17  VNM Vestry 5:00pm	18 CC sets up  AA in Vestry 6:00pm to 7:00pm	19 Corner Cupboard is open 10:00-2:00
20 Summer worship 9:30am  AA in Vestry 5:00pm to 6:15pm	21	22	23 Mainers for Health Care meeting in GH 6:30pm-8:30pm  Narcotics Anonymous in Vestry 7:30pm to 9:00pm	24  VNM Vestry 5:00pm	25  AA in Vestry 6:00pm to 7:00pm	26 Joint Board Retreat at Porter Memorial Hall in Ocean Park from 9:00am to 2:30pm
27 Summer worship 9:30am  AA in Vestry 5:00pm to 6:15pm	28	29	30  Narcotics Anonymous in Vestry 7:30pm to 9:00pm	31  VNM Vestry 5:00pm	Sept. 1.  AA in Vestry 6:00pm to 7:00pm	Sept. 2

**Administrative Office** - The office is operating on reduced summer hours of Monday, Wednesday and Thursday, 7:00 to noon. Regular hours will resume the week of August 28th.

**Nursery and K-1 Childcare Provider Needed at SUUC** - The person interested in this position should be a mature teenager with a safe sitter course certification and have experience with young children. Please contact our Religious Education Director, Mesha Quinn at 712-7927 or call the church office at 324-3191 if you would like more information.

**Coffee Hour** - We all enjoy coffee hour after church. It's especially important as a time to welcome newcomers and chat with them. We are going to work really hard to have one or two folks signed up to host coffee hour each week. In an effort to make it easier, we'll try to keep crackers, nuts, dried fruit, etc. on hand. Remember coffee hour is just a little snack to have with conversation, nothing fancy is required. The cupboards are organized and a diagram is available on the counter. We are looking forward to seeing everyone back for the regular church on September 10th.

**SUUC Choir** - Do you like singing in a choir? Finding it hard to make a big time commitment? Are you more comfortable in a liberal, affirming spiritual community? We may have just the right situation for you! The Sanford UU Church is searching for singers who like to make good music, and have fun doing it. If you can commit to three rehearsals before we sing, you're in. You don't need to be able to read music, just have good ears and be ready to be a part of a fun and challenging choral experience. FMI, contact Rev. Charlie Grindle at [interfaithchap@gmail.com](mailto:interfaithchap@gmail.com). Anyone who likes to sing is welcome to join us!

**Win a Weekend in Jonesport, Maine!** - If your bid is the highest, you will win this extraordinary "Mini Fall Vacation" hosted by Jan and John Steffens. The package includes Friday and Saturday nights' lodging, breakfast on Saturday and Sunday, Saturday lunch, and dinner on Friday, with a Full Lobster Feast Saturday evening! Bike to Beals Island or hike around Great Wass during your stay. Minimum bids apply: \$250 for two people, \$400 for four people. Submit your bid on or before Sunday, August 13, 2017, by emailing Jan Sacco at [jrsacco@metrocast.net](mailto:jrsacco@metrocast.net). John and Jan love sharing their beautiful spot in Jonesport, and our church is very grateful for this donation. GOOD LUCK!

**Collecting for First Responders** - Felicia Cronk and others are putting together a pasta bar dinner for the first responders and other departments who came to help at the mill fire. The dinner will be held at Mackenzie's Diner in the Midtown Mall on August 28th from 12:00 noon to 6:00pm. They are looking for food donations of different pastas, sauces, and parmesan cheese. If you would like to help, we have a box set up in the parlor to collect your donations. Thank you!



## **Daytime Bereavement Support Group in Sanford Begins September**

Hospice of Southern Maine will be sponsoring a daytime bereavement support group for adults who have experienced the death of a loved one. This group will meet for 8 consecutive Thursdays from 10:00 - 11:30am, beginning on September 28th and ending on November 16, 2017. The group will be held at the UU Church at 5 Lebanon Street in Sanford. We ask that people try to attend every session if possible.

This group will be facilitated by Pilar Gizzi, an experienced support group facilitator. Our bereavement support groups assist individuals who may be dealing with issues of sadness, grief, depression, anger, guilt or any other related feelings accompanying the death of a loved one. *This is not a therapy group, but rather a support group where individuals can share their feelings and experiences in a caring and safe environment.*

This closed 8 week session, limited to 12 participants, is offered at no charge. Receipt of a Support Group Questionnaire will indicate your intention to participate in the group.

We care about your loss and consider it a privilege to be of service. Please call Pilar Gizzi at (207) 289-3521, or contact through email at [pgizzi@hospiceofsouthernmaine.org](mailto:pgizzi@hospiceofsouthernmaine.org) for further information.

**Church Directory** - Towards the end of September we will have a new church directory. If you have any changes regarding your phone number, address or email address, please make note of it in the draft directory located on a table in the parlor. We want to make sure our directory is as accurate and up-to-date as possible.

**The Corner Cupboard** - The Corner Cupboard s happily accepting household items, both useful and decorative. Our clients really look forward to picking up some needed or just fun items at the CC, in addition to their essential items. Toys and books are also popular. When "Clean Out " time comes to your home, think of the CC. Items can be brought to church during office hours and on Sundays. Next date our CC is open is Saturday, August 19th. Thank you!

**Jumble Sale (English Yard Sale)** - St. George Episcopal Church, 1 Emerson Street in Sanford, will host their annual Jumble Sale on Saturday, August 5th from 9:00 to 2:00. All proceeds benefit Sanford Maine Outreach Programs. There will be lots of wonderful items for sale, something for everyone!

## Board 2017-2018

President: Diane Whiteside-Peck June 30, 2019  
Vice President: Karen Nelson June 30, 2019  
Clerk: Bruce Harrison June 30, 2018  
Financial Secretary: Janet Wood June 30, 2018  
Treasurer: Marcel Gagnon June 30, 2019  
Co-DREs: Mesha and Ryan Quinn

### Liaisons:

Gary Wood June 30, 2018  
Patty Kidder June 30, 2019  
Judi Reis June 30, 2019

## Church Leadership 2017-2018

Building and Grounds Chair: Bob McCormick  
Caring Circle: Gail Lemley Burnett  
Choir: Charles Grindle  
Church Historian: Helen Kane  
Corner Cupboard: Peg Sawyer, Judi Reis, Dee Ames, Helen Kane  
Earth Stewards Green Team: Judi Reis  
Finance Committee:  
Fundraising Coordinator: Jan Sacco  
Grant Manager: Marcel Gagnon  
Homesteaders: Jan Sacco and Melody Wood  
Members and Friends: Tonia Chase  
Music Committee: Melody Wood  
Nominating Committee : Ginny Howe 2018, Lisa Huestis 2019, Vicky Bugado 2020  
Pianist: Ruth Leipold  
Religious Education Committee:  
SUUC Search Committee: Lee Burnett, Evelyn LaBree, Tom Huber, Lisa Huestis  
Stewardship: Kristie Praschak  
UUSC:  
Women's Alliance: Nancy Farnham  
Worship: Rev. Steve Cook  
Worship Associates: Rev. Steve Cook, Bev Brent, Judi Reis, Jan Sacco, Janie Waterhouse, Patty Kidder, Mesha Quinn, 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 not be in the office for the months of July and August. In case of a pastoral emergency please call 781-330-2521  
stephenmichaelcook@ME.com

## Administrative Office Hours

Summer office hours are: Monday, Wednesday and Thursday 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

Bereavement Group: Meetings will be held on Thursdays from 10:00-11:30 from September 28th to November 16th

Board Meeting: Meetings will resume in September, and every second Tuesday of the month thereafter

Book Group: Will resume in the fall

Choir: Will resume in the fall

Church Work Party: The next work day will be held on Saturday, August 12th from 8:00ish-noon

Corner Cupboard: Next date the CC is open is August 19th from 10:00am-2:00pm

Finance Committee: Meets the Sunday before a Board Meeting, will resume meetings in the fall

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

Mainers for Health Care: This group will meet in GH from 6:30pm to 8:30pm on the 2nd and 4th Wednesday in August and September (August 9th and the 23rd and September 13th and the 27th) for "Mainers for Health Care" Meetings. This is a group made up from Maine People's Alliance members, MUUSAN members and anyone who wants to help us expand access to affordable health care in Maine. FMI please contact Patty Kidder at 324-8995 or 608-7956.

Music Lessons: TBA

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

Project CommUnity: Meetings are held on the first and third Wednesday of each month in Goodall Hall from 6:30pm-8:30pm. Please email us at the following: projectcommunity@gmail.com or join the group on Facebook!

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: TBA