

Sanford Unitarian Universalist Church UU NOTES Volume XXXXII October 2, 2017, Issue 4

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. 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

Worship Services are held every Sunday at 10:30am - Child Care is Provided Everyone is Welcome!

October 1st Service - *Freedom of the Pulpit*- The service will be led by Rev. Steve Cook. The first of two sermons on the distinctive Unitarian Universalist principle of "Freedom" that applies both to ministers and congregations, yet in somewhat different ways.

October 8th Service - *Domestic Violence is Everyone's Business-* The service will be led by Janie Waterhouse.

October 15th Service - *Freedom of the Pew* - The service will be led by Rev. Steve Cook. Our second sermon on "Freedom" in Unitarian Universalism.

October 22nd Service - Little Things Make A Difference - The service will be led by Jan Sacco.

October 29th Service - Halloween Themed - The service will be led by Rev. Beverly Brent.



Along the Way...

Here are a couple of poems about hawks:

HAWKS

I loved seeing those hawks just now, how obliquely the sun gave tinge fleeting and flushed to steering feathers. Red-tailed we call these hunting creatures, though when close, not fifty feet above, they are buff and bland in the belly. Only astroke the curving air in afternoon light do some feathers flicker rouge enough to suggest that name to we who are the naming creatures.

A HAWK AT TWENTY YARDS

Has eyes of jewel blackness needs not our admiration.

I have never been a serious birder—no expeditions, no life lists—and only in latter years have come to a keener appreciation of these dinosaur descendants found almost everywhere—ground and sky, wood and lake, ocean and desert, winter and summer. I happened to live for a time near a reserved area of ponds, woods and meadow crossed by very tall, high-voltage transmission lines. You couldn't design a better habitat for raptors and soon I came to recognize the little, hawkformed apostrophes on the spars of the towers. They spent their time doing what raptors do, looking for things to eat at the interface of tall grass, trees and streams. They were also bold, perching at times in small trees if that's where they thought they could find a meal, and couldn't have cared less about the occasional human with binoculars leaning on a car roof at twenty yards, breathless with excitement at seeming to look directly into their enormous, hunter's eyes.

I also lived for a few years in Arlington Heights, Massachusetts, a densely populated suburb of greater Boston that borders Belmont and Cambridge. Thus, it is hardly a nature preserve, but many times saw a pair of red tailed hawks hunting over a patch of scrub bordering a ball field hard by busy Route 2, and more than once perched in a poplar bordering my backyard, smack in the middle of fifty homes. They hardly seemed bothered by cars, humans and houses, in fact, didn't seem much to notice us. I'm happy about that. With all of our human self-centeredness, it is well to be reminded of our true place in the world.

See you in church,

Steve



RE Committee Volunteers Needed! - Please think about joining the RE Committee as we meet to discuss important issues affecting RE in our church and UU churches across New England. I hope to inspire the congregation to begin the journey of transitioning traditional Religious Education into a progressive Family Ministry. Come learn about what Family Ministry is and be an active part of change and growth! If you are interested, please contact Co-DRE, Mesha Quinn.

Food Security Seminar - First Parish UU Church in Portland is holding a Food Security Seminar taught by Donna Beegle entitled, "Closing Maine's Hunger Gap: Exploring Myths, Realities, Solutions." Donna Beegle, president of Communications Across Barriers, is a nationally-acclaimed expert on understanding the causes of and solutions to poverty and hunger. If you are unable to attend, but interested, do not worry! The information from this event will be included in the Adult RE Poverty Workshop. The seminar is free and will be held on 10/18 at 11:00am at First Parish Church, Portland, ME. You must register for the event as seating is limited. Registration information can be found below or by emailing Lisa Lindenschmidt at lmlinden@maine.edu http://usm.maine.edu/food-studies/closing-maines-hunger-gap-exploring-myths-realities-solutions-0

Adult RE Workshop Opportunity - Over 46 million people live in poverty in the United States. As a certified Poverty Coach through Dr. Donna Beegle's Poverty Institute, Mesha Quinn will guide the group through a 7-week Poverty Workshop as we explore poverty and how to make a difference. At the completion of the workshop participants will be armed with information and strategies to "fight poverty, not the people living in it." The workshops will be held following Sunday church services in Goodall Hall for 7 weeks, beginning on October 8th through November 19th, and will be 1 hour in length. For more information, please contact Co-DRE, Mesha Quinn. A sign -up sheet will be available before and after church services. "Poverty is resolvable, however, making a difference for people who live in the crisis of poverty requires a paradigm shift. A shift that moves us beyond stereotypes and judgment to a deeper understanding of the causes of poverty and its impact on human beings. With this awareness, we can work together to provide genuine opportunities for people to move out of poverty." -- Donna Beegle.

SUUC Book Group - Our readers agreed that Harriet Learner's book: "Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts" will be our next read. We normally meet on the third Friday of the month, but this month we will meet on Friday, October 27th at 6:00pm in Goodall Hall. All are welcome.

Snow Removal - We are putting out a request for help with snow removal, if anyone knows of a strong, dependable person to help Bob McCormick with snow blowing and shoveling this winter, please contact Bob.

Mainers for Health Care - Mainers for Health Care needs YOUR HELP to get out the YES vote for Referendum #2, Expanding Medicaid to 70,000 low income Mainers. If you are not available during the scheduled canvass/phone bank hours, you can still help by receiving a quick one on one training and you can work on your turf or phone list on your own schedule. For more information, please contact Patty Kidder at 324-8995 (h) or 608-7956 (c).



2017 Communities CARE DAY

What: A day of serving our communities by meeting some of the

needs of those who are experiencing challenging times

When: Monday, October 9, 2017 Columbus Day

Where: North Parish UCC Church, 895 Main Street, Sanford

Time: 8:30 AM – 1:00 PM

Sponsored By:

Acton Congregational UCC Church, Acton

Alfred Parish UCC Church, Alfred

Crossroads Methodist Church, Sanford

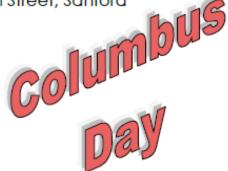
Evergreen Covenant Church, Sanford

North Parish UCC Church, Sanford

St. George's Episcopal Church, Sanford

St. Therese Catholic Church, Sanford

Sanford Unitarian Universalist Church, Sanford



FLU SHOTS – Maine Care, Reg. Insurance (RITE AID) Free Meals Provided:

Breakfast 8:30 - 9:30AM Lunch 11:30 -12:30 PM

Free and Offered All Day:

Blood pressure screenings
FREE Hair cuts by Snip & Tone
Toe nail trimming and foot care
Dental Health with Jill Kelly
Eye tests for 7 basic eye problems
Sanford Lions Club-Cliff Randall

Reflexology Mary Ann Ratteree Manicures

Activities:

Childcare play area so parents may have time to check out resources. Arts and Crafts for children with a Reading Corner / Books to take home Presentations and up-to-date information-Come and learn about how to better care for you and your family with:

Pathways

Center for Grieving Children

Recovery Programs

Hospice of Southern Maine York County Community Action

Partners for a Healthier Community

Sr. Food Distribution Info

Caring Unlimited

Trafton Sr. Center

Kid's Peace

NAMI National Alliance on Mental Illness

Free Store

Offering socks, underwear, blankets, first-aid packets, toiletry items, 9v batteries for smoke alarms, winter coats, clothing, hygiene products, etc.

5 chances to win a \$50.00 grocery card

The Social Action Group of our Sister Church, the UU Church of Saco & Biddeford, Extend a Warm Welcome

SMGM (Southern Maine Gay Men)

SMGM would like to extend a warm welcome to all who would like to join their group. The name will change beginning October 28, 2017 at the Annual Anniversary Dinner; anyone is welcome to join them on any Thursday evening from 7:00pm – 9:00pm. For further information contact Tom Muise at tmansmk49@gmail.com. They hope to see many of you at their meetings, they try to make the evenings fun for all.



Ghostly Themed Pot Luck Dinner Night

Thursday, October 5, 2017 – 7:00pm – 9:00pm - Location: UUCSB. Join them for a relaxing evening of socializing and eating. Some type of meat will be provided, as well as beverages. Please bring salads, side dishes and desserts to share. Leader: Tom Admission: FREE

Board Game Night

Thursday, October 12, 2017 – 7:00pm – 9:00pm - Location: UUCSB. Bring a friend or two and join them for a fun packed evening playing a board game and socializing. Beverages will be provided, please bring snacks to share. Leader: Mark/Brian Admission: FREE

Gay Themed Movie Night

Thursday, October 19, 2017 – 7:00pm – 9:00pm - Location: UUCSB. Please note that this movie night is earlier due to other events later this month. Bring a friend or two and join them for a relaxing evening watching a Gay Themed Movie and socializing. Brian usually finds a good movie for everyone to watch. Beverages will be provided, please bring snacks to share. **Leader:** Brian **Admission:** FREE

Annual Halloween Costume Party

Thursday, October 26, 2016 – 7:00pm – 10:00pm - Location: UUCSB. This is their Annual Event, in which everyone is asked to dress up in costume and come enjoy a night of refreshments and fun party type games. Folks are asked to bring some type of snack finger food to share. There is also a costume contest, best costume, original costume, and scariest costume. The winners will receive a special prize. This is just a fun evening, invite your friends and family to come with you and ask them to join in the fun. Leader: Tom/Mark Admission: FREE

Annual Anniversary Dinner Night

Saturday, October 28, 2017 – 5:00pm – 8:00pm - Location: UUCSB. Join them for their Annual Event, they will be celebrating their 10th year as a group. You are all invited to come and share their excitement. This year they will also unveil the groups new name and tell you all where they will be going for the future. They are very excited about this event and hope you will all come and join in the fun. Dinner will include, appetizers, salad, choice of stuffed pork tenderloin, baked stuffed chicken, and a vegan dish, and then a dessert. Please RSVP by Monday, October 23, 2017 to Tom M. at tmansmk49@gmail.com. The cost of the dinner will be \$10.00 per person. Please talk to Tom if you have a problem with paying. **Leader:** Tom/Mark/Brian **Admission:** \$10.00

Ministerial Search Committee Update

The Ministerial Search Committee (MSC) is continuing to work through steps towards a new shared minister. The surveys are completed and the Cottage meetings are almost completed (Saco/Biddeford church has one more Sunday). Then the rush is on to compile all this information and complete the Congregational Report that has to be reviewed and then submitted on October 31. Any searching Ministers can then review our document on November 1.

Our next projects are generating a web page – that process is underway. And then to devote all hands to the "packet" which is a collection of everything that might explain who we are, our passions, how we have fun... so Lee is going around to both churches taking some video. We also have people collecting documentation, past stories, doing interviews... the packet has to be completed by the end of December and posted on a password-protected website for searching Ministers to visit.

January 1, 2018 the Ministerial Search Committee gets to see what Ministers are searching and to read their information.

There will be times when you, the congregation, wants to know who, where, why.... And once we start reviewing potential Ministers everything (and I mean everything) is confidential. So I will apologize in advance for times when the MSC may seem secretive... we are. Some congregations don't know their Minister is searching, some Ministers would prefer to not be bombarded with questions from current congregants or from potential congregants.

Both the Sanford and Saco/Biddeford churches will get to meet and hear the final candidate. Then they will get to vote on accepting (or not) the candidate. The MSC carries all the feedback from the surveys, cottage meetings and face-to-face conversation in evaluating the final candidate that we hope will fit our needs, wants, desires, passions, dreams... and everything in between.

Lisa Huestis - MSC Chairman

Thoughts from the President

Today, I want to write about being amazed. I am amazed at the variety of requests made, and questions needing answers, which arise in the process of running our church. In August, we received requests to use our building from both the Maine Transgender Network and Our Theater Company. We welcome MTN, who will hold support meetings in the Parlor and Goodall Hall every first and third Tuesday of the month. The Board unfortunately could not grant OTC as many hours as were needed to rehearse and produce their three plays this year, and I want to thank the Board members for communicating promptly and thoughtfully on both these requests. Also, great thanks to Mona and Bill Ouellette, two people who I've discovered take care of numerous requests in an amazing way every single day!

Our amazing Ministerial Search Committee requested your thoughts and desires regarding a new minister, and the enthusiastic responses from our church family to the Survey and the two Cottage Meetings were, again, amazing. (This support wasn't surprising; it's who we have always been!) And just when I think my pride in this congregation cannot be stronger, I witness a service whose brilliance captivates me. On September 24, the Worship Associates presented such a service, and everyone in attendance was moved deeply by their words. It's amazing how the WAs come up with such fulfilling services time after time! I'm sure they heard the words "thank you" many times that Sunday, and it is truly deserved.

Finally, I want to share a request from our Directors of Education, Ryan and Mesha Quinn. They will very soon be in need of a home, since they've just had word that their landlord wants to sell the house they've rented and loved for five years. Please spread the word to all your colleagues, neighbors, and friends that an amazing family of eight needs to rent a house, preferably in Sanford, before December. We may be a small congregation in numbers, but we are hugely amazing in spirit.

~ever in hope, Diane



What 'Spirit of Life' Means to Me

by Helen Kane

I first came to know 'Spirit of Life' in 1992 at the UU Church of Buffalo, where our inestimable Minister of Music, the late Barbara Wagner, introduced it for probable inclusion in our soon-to-be new hymn book, Singing the Living Tradition, for which she was a member of the Resources Commission. The flowing, lilting accompaniment to Carolyn McDade's prayer transported me to a transcendent place of ineffable joy and sadness that touches something deep in the human heart.

When one learns that Carolyn McDade - one of the two originators of our Water Ceremony, incidentally - wrote her prayer at a time when she had been engaging in social justice work at home and abroad, to a point beyond exhaustion verging on total depletion, one can better understand why it is so very moving.

"I feel like a dried piece of cardboard that has been in the attic, and I'll be dust. I was tired, not with my community, but with the world," she expressed to Kimberly French in an October, 2007, interview for UU World. She describes walking into her house, finding her piano, and PRAYING, not writing, the resultant plea: "May I not drop out." Such divine inspiration is a rarity, and it touches us at our core.

Spirit of Life, come unto me.
Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea;
Move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.

Sadly, I no longer have the original accompaniment, but it was much like the fluid version Ruth plays so feelingly each Sunday. I must tell you from personal experience that when I play the more prosaic form from our hymnal, our just having been entrusted with the deepest sorrows and exquisite joys of members of our congregation, there are rare times when the reverent response is a palpable beating of hearts and breathing together in perfect synchronicity. For a precious moment in time, we are one. It is a profound and deeply humbling experience. For me, 'Spirit of Life' is the spiritual essence, the soul, of our worship service. It is a bulwark that sustains me against the buffets of the coming week: safe, sure, reliable--until it isn't any more.....

SUUC Family



The Quinns in caps!



Listening and speaking at one of our Cottage Meetings.







Our wonderful Worship Associates huddling, laughing and singing!



October 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
I Worship 10:30am	2 Newsletter Day	3	4 Music lessons 9:00am - 11:00am	5	6	7 Mainers for Health
	Music lessons 4:30pm - 7:00pm	MTN in the parlor	Project CommUnity 6:30pm- 8:30pm in Goodall hall	Bereavement Group 10:00-11:00 in the Parlor		Care meeting in GH 9:30am to 1:30pm
AA in Vestry 5:00pm to 6:15pm	Mainers for Health Care meeting in GH 5:00pm-8:30pm	and GH 6:00pm	Narcotics Anon. in Vestry 7:30pm to 9:00pm	VNM Vestry 5:00pm	AA in Vestry 6:00pm to 7:00pm	
8 Worship 10:30am	9 Columbus Day Office is closed	10	11 Music lessons 9:00am - 11:00am	12 Bereavement Group	13	14 Church Work Party 8:00ish-noon
Poverty Workshop with Mesha Quinn in GH following Worship	Music lessons 4:30pm - 7:00pm Mainers for Health		Mainers for Health Care meeting in GH 5:00pm-8:30pm	10:00-11:00 in the Parlor		Mainers for Health Care meeting in GH 9:30am to 1:30pm
AA in Vestry 5:00pm to 6:15pm	Care meeting in GH 5:00pm-8:30pm	Board Meeting 6:30pm (5:30pm potluck)	Narcotics Anon. in Vestry 7:30pm to 9:00pm	VNM Vestry 5:00pm	AA in Vestry 6:00pm to 7:00pm	
15 Worship 10:30am Poverty Workshop with Mesha Quinn in GH following Worship AA in Vestry 5:00pm	16 Music lessons 4:30pm - 7:00pm Mainers for Health Care meeting in GH 5:00pm-8:30pm	17 MTN in the parlor	18 Music lessons 9:00am - 11:00am Project CommUnity 6:30pm- 8:30pm in Goodall hall Narcotics Anon, in	19 Bereavement Group 10:00-11:00 in the Parlor Compensation Workshop for MSC 5:00pm in Parlor	20 CC sets up AA in Vestry 6:00pm	21 Corner Cupboard is open 10:00-2:00
to 6:15pm	Choir 6:30pm – 8:00pm	6:00pm	Vestry 7:30pm to 9:00pm	VNM Vestry 5:00pm	to 7:00pm	
22 Worship 10:30am Poverty Workshop with Mesha Quinn in GH following Worship AA in Vestry 5:00pm to 6:15pm	23 Music lessons 4:30pm - 7:00pm Mainers for Health Care meeting in GH 5:00pm-8:30pm Choir 6:30pm - 8:00pm	24	25 Music lessons 9:00am - 11:00am Mainers for Health Care meeting in GH 5:00pm-8:30pm Narcotics Anon. in Vestry 7:30pm to 9:00pm	26 Bereavement Group 10:00-11:00 in the Parlor VNM Vestry 5:00pm	Book Group 6:00pm in Goodall Hall AA in Vestry 6:00pm to 7:00pm	28 Mainers for Health Care meeting in GH 9:30am to 1:30pm
29 Worship 10:30am Choir sings	30 Music lessons 4:30pm - 7:00pm	31 Happy Halloween! 🎡				
Poverty Workshop with Mesha Quinn in GH following Worship	Mainers for Health Care meeting in GH 5:00pm-8:30pm Choir 6:30pm –					
AA in Vestry 5:00pm to 6:15pm	8:00pm					

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
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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, Evelyn LaBree

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

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

<u>Bereavement Group:</u> Meetings will be held on Thursdays from 10:00-11:00, through November 16th in the Parlor

<u>Board Meeting:</u> Tuesday, October 10th at 6:30pm in the Parlor. Meeting begins with a potluck supper at 5:30pm

Book Group: Friday, October 27th at 6:00pm in GH

<u>Choir:</u> Rehearsals on October 16th 23rd and 30th from 6:30pm-8:00pm in the Sanctuary

<u>Church Work Party:</u> The next work day will be held on Saturday, October 14th from 8:00ish-noon

<u>Corner Cupboard:</u> Next date the CC is open is October 21st from 10:00am-2:00pm

Mainers for Health Care: 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. Please see the October calendar in this newsletter for meeting dates and times. FMI please contact Patty Kidder at 324-8995 or 608-7956.

Maine Transgender Network (MTN): Meets on the first Tuesday of the month at 6:00pm in the Parlor and GH and the third Tuesday of the month at 6:00pm in the Parlor

<u>Music Lessons:</u> Mondays 4:30pm-7:00pm and Wednesdays 9:00am - 11:00am in the Sanctuary

<u>Narcotics Anonymous:</u> Meets every Wednesday in the Vestry from 7:00pm to 9:30pm

<u>Poverty Workshop:</u> Sunday workshop will be led by Mesha Quinn in GH following worship, Oct. 8th - Nov. 19th

<u>Project CommUnity:</u> 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

<u>Women's Alliance:</u> Meets the second Wednesday of the month at 12:00 noon

Worship Associates: The Worship Associates will meet on Sunday, November 19th at 9:30am