



Sanford Unitarian Universalist Church  
UU NOTES Volume XLIII  
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Sanford UU Church  
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Like us on Facebook  
Minister: Rev. Shay MacKay  
Religious Education: Meshia and  
Ryan Quinn  
Choir Director: Rev. Charles Grindle  
Pianist: Ruth Leipold  
Newsletter Editor: Mona Ouellette  
Church Historian: Helen Kane  
Maintenance/Sexton: 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 Services are held every Sunday at 11:00am - Coffee hour is held at 10:00am  
Child Care is Provided - Everyone is Welcome!**

**May 5th** – *The Four Noble Truths of Buddhism* - The service will be led by Heather Edgerly

**May 12th** - *The Cathedral of the World: A Universalist Theology* - The service will be led by Rev. Shay MacKay

**May 19th** - *The Shape of Justice with Project Community and The Corner Cupboard*- The service will be led by Rev. Shay MacKay

**May 26th** - *Calling in Our Ancestors*- The service will be led by Rev. Shay MacKay



## *Shay's Sharing...*

It's finally Spring! The peepers are awake and all of our snowbirds are coming home from their various warmer-climate wintering over spots. Old Orchard Beach is unshuttering and spring cleaners all across the land are decluttering everything collected in the shadows of the long winter.

One year ago, my family and I were here for Candidating Week, meeting and greeting you, and falling in love over and over again. It's been quite a year and I couldn't be happier with where I've landed, and with whom.

Now that we've gotten to know each other better, we're ready to jump into the hard work of discovering where we can bloom and blossom – together and individually.

What are our roots and where are they planted?

What are the sources of nutrients, of water and light, that nourish us?

What beauty and fresh air, sweet pollen and soft petals can we provide for our larger community?

My friends, I'm delighted to be in this with you. There's always more work to do, but for right now, I say, "Get out and play! Enjoy Spring and let her revitalize you!"



## Thoughts From the President

I sincerely wonder, where did April go? Not that I don't totally look forward to smelling lilacs, planting seeds, and walking barefooted again; there's just so much to do before the church year ends!

For one thing, Annual Meeting is approaching, the time we gather together to make important decisions about the life and future of our church. The Board agreed to move this event to June 2nd and to start at 9:00 in the morning! This gives our minister the opportunity to attend both churches' meetings and Flower Communion services on subsequent Sundays. As the saying goes: Mark Your Calendars! The Board members will reward your early attendance with a special Coffee Hour Brunch after the meeting.

For another, Howard and the Capital Projects Building Committee are confirming bids to abate and replace the Vestry and kitchen flooring, supplementing money from the Second Century Memorial Building fund with a May fundraising "experience." Thanks to Howard's skillful negotiating, the supplementary funds will be less than anticipated, in the \$7,000 range! This will happen after June 30th, and will mean limited or no access to the downstairs for a couple of weeks.

There's the Second Annual Pride Picnic the first of June. Project CommUnity is offering a free lunch at the Picnic, and would welcome help preparing sandwiches in the church the afternoon before, on May 31st. Please watch for sign-up sheets in the Parlor if you want to help.

Finally, a Yard Sale for our church is in the early planning stages for sometime AFTER the Fiscal Year's end on June 30th. Korali and I invite any and all suggestions of a location for this event, one preferably with a bit of storage space on site and in a prominent location. The summer will culminate with a Ferry Beach State Park picnic with the UUCSB folks on August 10<sup>th</sup>! We are, as usual, springing and bounding ahead, thanks to this devoted church family. In hope, Diane

## SUUC Mini-Auction Fundraiser - Hand-Made Items, Services, and Excursions

Do you have a new hand-made item (delectable dessert, bread, quilted item, ...), service (massage, garden work, computer work, ...), or excursion (guided tour, dinner at your house, weekend getaway, ...), that you would like to contribute to a silent mini-auction that will be held in the parlor during coffee hour from Mother's Day May 12th and each Sunday thereafter, until June 2nd. To donate, send an e-mail to the church [info@sanforduuchurch.org](mailto:info@sanforduuchurch.org) (or use donation sheets in the parlor) with the following

Item:

Description:

Minimum Bid (if any):

Donor Name:

You can also use the attached form fill-able PDF that was sent to you via email. If you use the PDF, when you are done entering the information, click File | Save As, save it, and attach to an e-mail going back to the church. Auction donations will be accepted through Friday, May 10th. The auction will kick off on Sunday, May 12th. For the following 3 Sundays ( 5/19, 5/26, and 6/2) after church, bidders can peruse and bid on the items for auction. On June 2nd after church, we will close the bidding and find out who will take home the auction treasures. Don't see something that catches your eye? Feel free to make a monetary donation! Thank you.



## Cake Carnival Sunday, April 7th with Special Guests, The TriQuire



Cakes in Abundance



Vocalizing, then  
Luncheoning



Raffling



Harmonic Reunion



TriQuire Assembling



**2nd Annual Sanford Pride Picnic**  
**Saturday, June 1st from 10:00am to 2:00pm**  
**Gowen Park, Sanford, Me**  
Hosted by  
**Project CommUnity**

Free family event including music, picnic lunch and fun!

Free food distribution provided by

**Sanford Backpack Program**

Visit our Facebook page for more details

[facebook.com/projectcommunitymaine/](https://facebook.com/projectcommunitymaine/)







## April and May Corner Cupboard

On Saturday, April 20th, SUUC members and friends opened the church's Corner Cupboard to provide free non-food items to community people who needed them. These included cleaning, paper, health and many other essential items, as well as donated clothing and assorted treasures. It's reported that volunteers had fun serving 138 households (14 were new ones). More items are being picked up and restocked before the next Corner Cupboard opening on May 18 (10:00am-12:30pm). If you would like to know more about what the Corner Cupboard is, take a short tour, or learn about volunteer opportunities, check with Bev, Judi, Dee, or Ruth some Sunday. Project CommUnity will be providing a healthy, tasty, free luncheon to all in the parlor during the May Corner Cupboard hours.



## SUUC Book Group

The Book Group will meet Friday May 17th at 6:00pm in Goodall Hall. We will discuss: *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* – by Brené Brown.

When our embarrassments and fears lie, we often listen to them anyway. They thwart our gratitude, acceptance, and compassion - our goodness. They insist, "I am not worthy." With original research and plenty of encouragement, Brown explores the psychology of releasing our definitions of an "imperfect" life and embracing living authentically. Her "ten guideposts" are benchmarks for authenticity that can help anyone establish a practice for a life of honest beauty - a perfectly imperfect life.

Now more than ever, we all need to cultivate feelings of self-worth, as well as acceptance and love for ourselves. In a world where insults, criticisms, and fears are spread too generously alongside messages of unrealistic beauty, attainment, and expectation, we look for ways to "dig deep" and find truth and gratitude in our lives.

All are welcome.

## Yard Sale and Bake Sale at the UUCSB

May 11th from 8:00am to 1:00pm the Unitarian Universalist Church of Saco and Biddeford will hold their final fundraiser of the fiscal year. Let's support our sister church!

## Our Sister Church's Fundraiser: Doing for Dollars is Almost Here!!!

We've got dinners and picnics and gardening classes, weaving and quilting and Reiki! There's lots to discover and new friends to make as you bid for places at gatherings galore. Early next week we will e-mail the complete bidding book to all Church Members and friends. Carefully review the offerings and select the events you are interested in attending. **After each service on May 5<sup>th</sup> and May 12<sup>th</sup> (at UUCSB) you may enter bids** on the bid rosters in the Parish Hall. Feel free to buy places at events as gifts for your friends and family, as well as for yourself. We will also allow bidding by e-mail and telephone for those of you who are unable to be present at the church during these Sundays. All proceeds will go to support the very important work of UUCSB church, both within our walls and in the surrounding community. We are very much looking forward to offering this multi-faceted multi-generational community- building auction and hope you will get excited about it, too! The UUCSB

# Free Community Meal

All Are Welcome!



**Saturday, May 18, 2019 at 10am**

Sanford Unitarian Universalist Church  
5 Lebanon Street, Sanford, Maine

Presented by Project CommUnity  
[facebook.com/ProjectCommunityMaine](https://facebook.com/ProjectCommunityMaine)

This meal will take place alongside the Corner Cupboard non-food item pantry for those in need hosted at the Sanford Unitarian Universalist Church. Its mission is to assist members of the community by providing non-food essentials in a dignified and non-discriminatory manner. The Corner Cupboard is open the third Saturday of every month from 10:00-1:30. You do not need to be a resident of Sanford to receive help from this pantry.

Project CommUnity would love to include anyone who would like to help serve or prepare a dish to serve. Volunteers should arrive at 9:30am on the morning of Saturday, May 18th if possible. We start serving at 10:00am and go until the food runs out. Please contact Kael Parker for more information.



# May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Newsletter Day  Project Com. 6:30pm-8:30pm in Goodall hall  Narcotics Anon. in Vestry 7:30pm to 9:00pm	<i>2</i>  Music lessons 2:15-6:45  VNM Vestry 5:00pm	<i>3</i>  AA in Vestry 6:00pm to 7:00pm  Al-anon 6:30pm-7:30pm in GH	<i>4</i>
<i>5</i> Worship Service 11:00am  Joint Church Spring Retreat for Worship Associates 3:00pm to 5:30pm at SUUC  AA in Vestry 5:00pm to 6:15pm	<i>6</i>  Brown Bag Supper with Rev. Shay in the parlor 5:00pm-6:30pm	<i>7</i>  MTN meeting in Parlor and GH 6:00pm	<i>8</i>  Women's Alliance meeting at noon  Narcotics Anon. in Vestry 7:30pm to 9:00pm	<i>9</i>  Music lessons 2:15-6:45  VNM Vestry 5:00pm	<i>10</i>  AA in Vestry 6:00pm to 7:00pm  Al-anon 6:30pm-7:30pm in GH	<i>11</i> Church Work Party 8:00ish to noon
<i>12</i> Mother's Day Choir Rehearsal 9:00am Worship Service 11:00am Mini Auction Fundraiser begins  AA in Vestry 5:00pm to 6:15pm	<i>13</i>  Brown Bag Supper with Rev. Shay in the parlor 5:00pm-6:30pm  Board Meeting 6:00pm-8:00pm	<i>14</i>	<i>15</i>  Project Com. 6:30pm-8:30pm in Goodall hall  Narcotics Anon. in Vestry 7:30pm to 9:00pm	<i>16</i>  Music lessons 2:15-6:45  VNM Vestry 5:00pm	<i>17</i> CC sets up  Book Group 6:00pm GH AA in Vestry 6:00pm to 7:00pm Al-anon 6:30pm-7:30pm in the parlor	<i>18</i> CC Open 10:00am to 1:30pm and free community luncheon
<i>19</i> Choir rehearsal 9:00am Worship Service 11:00am Mini Auction Fundraiser continues  AA in Vestry 5:00pm to 6:15pm	<i>20</i>  Last Brown Bag Supper with Rev. Shay in the parlor 5:00pm-6:30pm	<i>21</i>  MTN meeting in Parlor 6:00pm	<i>22</i>  Narcotics Anon. in Vestry 7:30pm to 9:00pm	<i>23</i>  Music lessons 2:15-6:45  VNM Vestry 5:00pm	<i>24</i>  AA in Vestry 6:00pm to 7:00pm  Al-anon 6:30pm-7:30pm in GH	<i>25</i>
<i>26</i> Worship Service 11:00am  Mini Auction Fundraiser continues  AA in Vestry 5:00pm to 6:15pm	<i>27</i> Memorial Day The office is closed	<i>28</i>	<i>29</i>  Narcotics Anon. in Vestry 7:30pm to 9:00pm	<i>30</i>  Music lessons 2:15-6:45  VNM Vestry 5:00pm	<i>31</i>  AA in Vestry 6:00pm to 7:00pm  Al-anon 6:30pm-7:30pm in GH	

# Our Beloved SUUC Community

## Covenant of Right Relations

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### Preamble

*We enter this Covenant of Right Relations with open hearts and open minds.*

To covenant with one another is to engage in the spiritual and everyday practice of loving better. Although this document expresses our written promise to each other, our true covenant lives and breathes in our actions. In times of growth we will use it to deepen our bonds with one another; during times when we are loving well, it will inspire us to love better; and in times of conflict, we will use it to guide us. We expect this document to be challenging, and we also expect it to inspire us to strengthen our relationships and deepen our sense of community.

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### Our Living Practices

*(examples given by the congregation are in italics)*

#### Radical Hospitality

We accept one another in all our complexity and diversity, fostering a multicultural and multigenerational community. We embrace radical hospitality, welcoming all those who enter, seeing diversity in all its manifestations as a sign of strength.

*Greet people warmly, get acquainted with others; treat visitors as fellow worshipers; welcome newcomers into conversations; treat one another kindly outside of church as well as inside. Engage with those who are different from us; challenge bigotry in all its forms; work to empower those who are disempowered; actively confront our assumptions through critical and studied examination of the forces that disadvantage some and privilege others.*

#### Respectful Listening and Speaking

We embrace listening and communication, cultivate active listening, sincere understanding, a culture of gratitude, and compassionate honesty using care-filled language. We trust one another's intentions and recognize that our behaviors have an impact regardless of our intentions.

*Assume that people have good intentions; listen intentionally and compassionately; encourage people to speak without blaming or judging them when they do; ask open, honest questions; remember that respectful listening is especially important during meetings.*

Continued next page...



## **Our Beloved SUUC Community**

### **Covenant of Right Relations Continued**

#### **Compassionate Conflict Resolution**

We embrace conflict resolution – we communicate directly with one another, especially when we are in conflict and, when necessary, consider conflict resolution with a mediator. When conflict is not addressed, it festers and grows.

*Make every effort to settle differences directly and openly; stay engaged with each other through difficult conversations; hold ourselves responsible for hearing all sides; be willing to come back into covenant.*

#### **Reconciliation and Forgiveness**

We embrace reconciliation and forgiveness. When we are hurt or hurt others, we seek reconnection and/or forgiveness. When we engage in reconciliation, we invite change that will transform a relationship. Reconciliation transforms individuals by bringing the parties to a new consciousness of the way they see, treat, and interact with each other.

*Acknowledge our own and others' imperfections; forgive ourselves and others; be accountable for keeping our promises; lovingly call each other to account for behavior that is hurtful to others; seek restitution; develop the courage, confidence and will to reconcile and forgive.*

#### **Generosity of Service and Accountability**

We embrace service and accountability. We are responsible for ourselves and are accountable to one another for creating opportunities to encourage, challenge, and connect. We serve our church and local community with generosity and good humor, working to create social justice. We acknowledge the service of others.

*Honor all levels of service to the church; solicit the input of others; encourage people to make choices that balance their needs with the needs of others; help others identify the right level of engagement for them; invite others to join us in our activities; honor the right of others to say no; see service as mission-driven; be playful and deliberate in our efforts, setting clear priorities; acknowledge equitably all service done by the congregation.*

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### **Closing**

Through these choices and actions, we realize the interconnected network of both mutuality and responsibility to each other and to our beloved community – we support each other in times of joy and need; we pledge to accompany one another on the journeys we face publicly and privately; and we acknowledge that learning to live covenantally is an ongoing process.

## Board 2018-2019

**President:** Diane Whiteside-Peck - June 30, 2019

**Vice President:** Karen Nelson - June 30, 2019

**Clerk:** Janie Waterhouse - June 30, 2020

**Financial Secretary:** Ginny Howe - June 30, 2020

**Treasurer:** Marcel Gagnon - June 30, 2019

**Liaisons:** Patty Kidder - June 30, 2019

Judi Reis - June 30, 2020

**DREs:** Ryan and Mesha Quinn

## Church Leadership 2018-2019

Building and Grounds: Bob McCormick

Caring Circle Chair: Gail Burnett

Choir: Charles Grindle

Church Historian: Helen Kane

Corner Cupboard: Peg Sawyer, Judi Reis, Dee Ames, Helen Kane

Covenant of Right Relations Team: Aileen Fortune, Melody Wood, Lee Burnett, Karen Nelson, Rev. Shay

FIAT (Faith in Action Team): Patty Kidder

Finance Committee: Peg Sawyer, Pat Herrick, Ginny Howe, Deb Folsom

Fundraising Coordinator: Jan Sacco

Homesteaders: Jan Sacco, Melody Wood

Investment Management Committee: John Steffens, Peg Sawyer, Art Dumas, Howard Dupee

Members and Friends: Tonia Chase

Ministerial Relations Team: Tom Huber, Dee Ames, Bev Brent

Music Committee Chair: Melody Wood

Nominating Committee: Lisa Huestis 2019, David Agan 2021, Deb Folsom

Stewardship/Members: Helen Kane

Women's Alliance: Nancy Farnham

Worship: Rev. Shay MacKay

Worship Associates: Rev. Shay, Patty Kidder, Mesha Quinn, Tom Huber, Beverly Brent, Judi Reis, Jan Sacco, Janie Waterhouse

**Caring Circle** - Gail Lemley Burnett is in charge of our Caring Circle for providing help in case of illness or in the event of hospitalization. Please call Gail at 324-1596 if you need assistance.

**Minister** - Rev. Shay MacKay. In the event of a pastoral emergency, please contact Rev. Shay at 207-518-8059 or at revshaymackay@gmail.com Shay's office hours are on Mondays from 11:00am-5:00pm and Tuesdays 2:30pm-5:30pm

**Administrative Office Hours** - Monday, Wednesday, Thursday, Friday - 7:00am to noon info@sanforduuchurch.org

**Co-Directors of Religious Education** - Mesha and Ryan Quinn - dre@sanforduuchurch.org

## UUCSB Leadership

**President:** Al Casad

**Vice President:** Niki Norman    **Secretary:** Ron Hiser

**Treasurer:** Wendy Coleman    **Collector:** Betsey Pace

**At Large:** Mojens Ravn, Pat Snyder, James Stranderfer, Anne Dobson

Please contact UUCSB at uuchurch@gwi.net for contact information

## SUUC Church and Community Groups

1. AA Meetings: AA meetings are held every Sunday from 5:00pm-6:15pm and Fridays 6:00pm-7:00pm in the Vestry
2. Al-anon Meetings: Fridays in GH 6:30pm-7:30pm and meeting in the Parlor on days the Book Group meets in GH
3. Board Meeting: Monday, May 13th, meeting from 6:00pm-8:00pm NO potluck in May
4. Book Group: Next meeting is May 17th at 6:00pm in Goodall Hall
5. Brown Bag Suppers with Rev. Shay - Mondays from 5:00pm-6:30pm in the Parlor through May 20th
6. Choir: Rehearsal May 12th and 19th
7. Church Work Party: May 11th, 8:00ish to noon
8. Corner Cupboard: CC is open on May 18th with a free community luncheon, 10:00am-1:30pm.
9. 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 Parlor
10. Music Lessons: Lessons are given on Thursdays from 2:15-6:45 in the Sanctuary
11. Narcotics Anonymous: Meets every Wednesday in the Vestry from 7:00pm to 9:30pm
12. Project CommUnity: Meetings are held on the first and third Wednesday of each month in Goodall Hall from 6:30pm-8:30pm.
13. Violence No More: Every Thursday at 5:00pm in the Vestry
14. Women's Alliance: Meets the second Wednesday of every month at noon
15. Worship Associates: Sunday, May 5th from 3:00pm to 5:30pm. Worship Retreat at the SUUC. For Worship Associates from Sanford and Saco.