

Sanford Unitarian Universalist Church
UU NOTES Volume XLIV
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Sanford UU Church
5 Lebanon Street
Sanford, ME 04073
Telephone: 207-324-3191
E-mail: info@sanforduuchurch.org
www.sanforduuchurch.org
facebook.com/sanfordunitarianuniversalistchurch/
Minister: Rev. Shay MacKay
Religious Education: Mesha 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)



Services are held at 11:00 a.m. Every Sunday Everyone is Welcome!

October 6th - *The Elephant in the Room* - Interesting how we can avoid thinking about the most obvious thing in our life. The service will be led by Worship Associate, Tom Huber.

October 6th - Rev. Shay MacKay's Installation at 4:00 p.m. at the Alfred Parish Church in Alfred.

October 13th - *Hindu: Harmony IN Diversity and Unity* - The service will be led by Rev. Shay MacKay.

October 20th - *All Ages Worship: Seeing the Sacred Everywhere* - The service will be led by Rev. Shay MacKay.

October 27th - *Diwali: A Festival of Light* - The service will be led by our Worship Associates.



Shay's Sharing...

Hinduism, the world's oldest religion, has no beginning--it precedes recorded history. It has no human founder. It is a mystical religion, leading the devotee to personally experience the Truth within, finally reaching the pinnacle of consciousness where human and God are one.

For me, one of the most beautiful aspects of Hindu practice and belief is the sacred sound of OM – the most holy syllable, the primordial sound that is associated with the creation of the universe from nothing. In one of the early sacred texts (vedas) of Hinduism, the three phonetic components of Om (A – U – M) are believed to correspond to the three stages of cosmic creation. Other texts offer various shades of meaning to this sacred sound, such as “the universe beyond the sun”, or “the infinite language”, or “the essence of breath, life, and everything that exists.”

OM – the sound that sang us into being, that continues to sing us into transformation and greater life, an infinite song-cycle of birth, death, and rebirth.

Just last week, I travelled back to the Midwest, back to my roots, to spend a few days celebrating my mom's 70th birthday and reconnecting with friends and family, with familiar places and half-forgotten memories. It was a journey into the origins of who I am, and during this trip, I realized there were things I needed to let go of, heavy things I had been carrying around for far too long; and I was reminded that there have been transitional moments throughout my life (often when I've been back in the Midwest) during which a primordial Om rang clearly in my ears as I stepped into new ways of being and seeing.

We all have small deaths, and then sudden rebirths, bringing us new life and new perspectives – and it is important, sometimes, to remember, to go back to our origins and examine where we have been in order to understand better where we are and where we might be going. Last week, in Minnesota, I realized the importance of being there and in finally letting go of some old stuff. It was liberating and beautiful, leaving me feeling energized and refreshed, singing a song of connection to all of creation.

Rev. Shay

In the Family...

We lost a special long-time member of our community. Ginny Reusch died on Monday evening, surrounded by her family and well taken care of by the community at Huntington Commons. Ginny lived a long and happy life - she celebrated her 90th birthday last April and her 70th wedding anniversary with Don in May! She and Don were valued members of the SUUC community for many years and our hearts will be heavy as we feel this loss. The family will be having a Celebration of Life service at the church sometime later this Fall and we will let you know as soon as more information is available. If you are able and willing, Don would love to have visitors during this time of grief. He is at Huntington Common in Kennebunk.

Thanks, Ginny - When you want an easy hike to look at foliage, Mt. Washington, and the Mousam River Valley, you can take the trail from Fox Farm Hill Road up Bauneg Beg Mountain. Near the top, the trail splits. You can go right and climb over and through the rocks of Devil's Den or you can go left up a gentler trail called "Ginny's Way" named after SUUC's own Ginny Reusch. Ginny and Don Reusch retired to Maine about 25 years ago. To be near family, they built a home on Estes Hill Road, a gravel stretch out in the back end of North Berwick. Right away, they joined SUUC and the Great Works Regional Land Trust (GWRLT). Before coming to Maine, Don had practiced family medicine and Ginny had led the way in land preservation in Easton, Massachusetts. At the trailhead, GWRLT placed a plaque in 2018. The plaque reads: Virginia (Ginny) Reusch Director Emeritus. In honor of 50 years of land conservation, including 25 years with Great Works Regional Land Trust. We owe Bauneg Beg Mountain Conservation Area in part to her. Thank you, Ginny!



Ginny and Don at the trailhead, 2008
(Photos courtesy of *pykz)



2019 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 14, 2019

Indigenous Peoples' Day Where: North Parish UCC Church, 895 Main Street, Sanford **Time:** 8:30 a.m. – 1:00 p.m.

Sponsored By: Acton Congregational UCC Church, Acton, Alfred Parish UCC Church, Alfred, North Parish UCC Church, Sanford, St. George's Episcopal Church, Sanford, St. Therese Catholic Church, Sanford, Sanford Unitarian Universalist Church, Sanford

Free Meals Provided: Breakfast 8:30 - 9:30 a.m. Lunch 11:30 -12:30 p.m.

Free and Offered All Day:

Blood pressure screenings - Hair cuts
Dental health - Pastoral care - Therapy dogs

Activities:

Making healthy snacks
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
Face painting & nail polishing
Free Store Providing:
Bedding and blankets
Clothing
Toiletries
Winter coats and boots



Chances to win raffles!



October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Music Lessons 2:00pm-7:30pm</p> <p>No Brown Bag Supper this evening</p> <p>MTN meeting in Shay's office 6:00pm</p>	<p>2 Newsletter Day Project CommUnity 6:30pm-8:30pm in GH</p> <p>Al-Anon 6:00pm- 7:00pm parlor</p> <p>Narcotics Anon. in vestry 7:30pm- 9:00pm</p>	<p>3</p> <p>Bereavement Support Group Shay's office 5:00pm -6:30pm</p> <p>VNM Vestry 5:00pm</p>	<p>4</p> <p>AA Vestry 6:00pm- 7:00pm</p>	<p>5</p>
<p>6 11:00am worship service Tom Huber Rev. Shay's installation at Alfred Parish Church in Alfred 4:00pm The choirs will sing AA Vestry 5:00pm- 6:15pm</p>	<p>7</p>	<p>8</p> <p>Music Lessons 2:00pm-7:30pm</p>	<p>9 Women's Alliance meeting at noon</p> <p>Al-Anon 6:00pm- 7:00pm GH</p> <p>Narcotics Anon. in vestry 7:30pm- 9:00pm</p>	<p>10</p> <p>Bereavement Support Group Shay's office 5:00pm -6:30pm</p> <p>VNM Vestry 5:00pm</p>	<p>11</p> <p>AA Vestry 6:00pm- 7:00pm</p>	<p>12</p>
<p>13 RE classes 10:00am 11:00am worship service</p> <p>UU Social Justice History workshop/ discussion 1:00pm- 3:00pm</p> <p>AA Vestry 5:00pm- 6:15pm</p>	<p>14 Indigenous Peoples' Day Office is closed</p> <p>Communities Care Day at North Parish 8:30am-1:00pm</p> <p>Board Meeting 6:00pm-8:00pm</p>	<p>15 Music Lessons 2:00pm-7:30pm</p> <p>Brown Bag Supper with Rev. Shay 5:00pm-6:00pm</p> <p>MTN meeting in Shay's office 6:00pm</p> <p>Vespers with Rev. Shay 6:30pm</p>	<p>16</p> <p>Al-Anon 6:00pm- 7:00pm parlor</p> <p>Project CommUnity 6:30pm-8:30pm in GH</p> <p>Narcotics Anon. in vestry 7:30pm- 9:00pm</p>	<p>17</p> <p>Bereavement Support Group Shay's office 5:00pm -6:30pm</p> <p>VNM Vestry 5:00pm</p>	<p>18 CC sets up</p> <p>SUUC Book Group 6:00pm</p> <p>AA Vestry 6:00pm- 7:00pm</p>	<p>19 CC is open 10:00am -1:30pm</p> <p>RE meets at the church 10:00am- noon</p> <p>Candlelight Concert at UUCSB 7:00pm</p>
<p>20</p> <p>11:00am worship service</p> <p>AA Vestry 5:00pm- 6:15pm</p>	<p>21</p>	<p>22</p> <p>Music Lessons 2:00pm-7:30pm</p>	<p>23</p> <p>Al-Anon 6:00pm- 7:00pm GH</p> <p>Narcotics Anon. in vestry 7:30pm- 9:00pm</p>	<p>24</p> <p>Bereavement Support Group Shay's office 5:00pm -6:30pm</p> <p>VNM Vestry 5:00pm</p>	<p>25</p> <p>AA Vestry 6:00pm- 7:00pm</p>	<p>26</p>
<p>27 RE classes 10:00am 11:00am worship service</p> <p>AA Vestry 5:00pm- 6:15pm</p>	<p>28</p>	<p>29</p> <p>Music Lessons 2:00pm-7:30pm</p>	<p>30</p> <p>Al-Anon 6:00pm- 7:00pm GH</p> <p>Narcotics Anon. in vestry 7:30pm- 9:00pm</p>	<p>31 Halloween 🎃</p> <p>Bereavement Support Group Shay's office 5:00pm -6:30pm</p> <p>VNM Vestry 5:00pm</p>		

Our Sister Church

Visit our sister church's website at <http://www.uuchurchsacobiddeford.com/>

Candlelight Concert

Join our sister church in their historic sanctuary for a candlelight concert featuring the words and songs of their talented, creative church members. The concert will be held at the UUCSB, 60 School Street in Saco on Saturday, October 19th from 7:00 p.m. to 9:30 p.m. Suggested donations of \$10 -\$20 will be gratefully accepted for the support of their church. \$5 for children, \$30 family maximum.

SUUC Book Group

The Book Group will meet again on Friday, October 18th from 6:00 p.m. -7:30 p.m. in Goodall Hall. Tomi Adeyemi conjures a stunning world of dark magic and danger in her West African-inspired fantasy debut. *Children of Blood and Bone* is a young adult novel that is far easier to read than it looks – it's long but an easy read. It's also an engaging myth. If you loved Harry Potter, you may fall in love with Zelig, Amari, and others in their clans. More important, its Nigerian-American author writes it as an analogy to the state of our world for many young people. We should have a fascinating discussion. The book group may not meet at the church and meet, instead, nearby. Please let Karen Nelson (karenhnelson77@gmail.com) know if you plan to come so she can confirm location. Karen has a copy of the book she can lend; contact her if you'd like it.

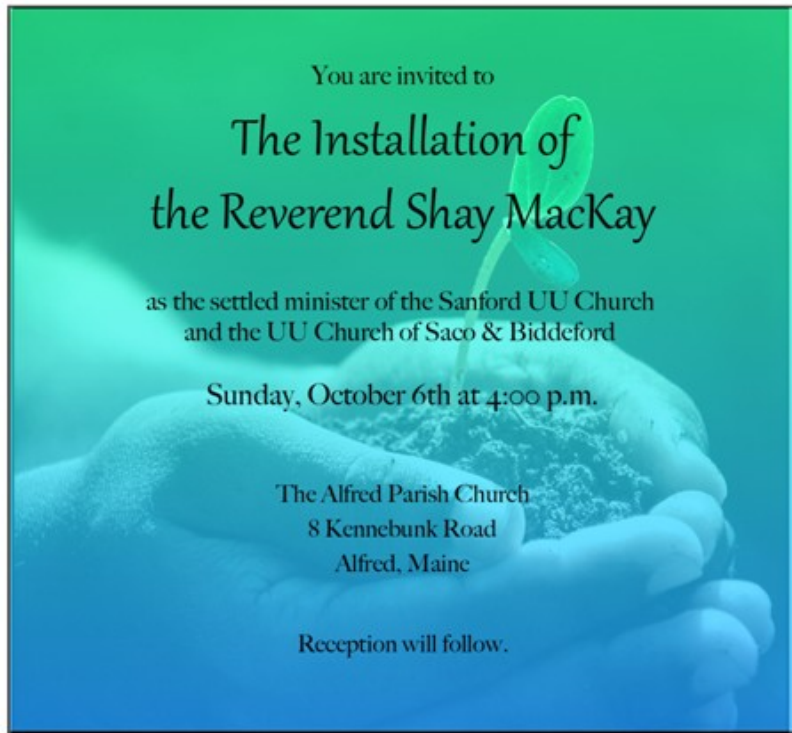
Thursday, October 10th, "Poor People's Campaign - Maine Tour March"

The Maine Tour March is meeting at 5:45 p.m. in Lincoln Park, Portland, ME. The march starts at 6:00 p.m. MUUSAN has asked us to support this March any way we can.

In the Spirit of UUing the Vote and my own belief that the 2020 elections will be the most important election of our lifetime. Our children and grandchildren need us to participate as fully as possible so we have NO REGRETS after Election Day. On Sunday, Oct. 13th, the People's Presidential Forum will be at the Field House, UNH, 145 Main St., Durham NH at 2:00 p.m., doors open at noon. I have volunteered to help at this event and I am planning to go right after church if anyone wants a ride. Anyone wanting more information about Faith In Action Team events, please contact me. Love & Light, Patty Kidder
text is best, 207-608-7956 or email, "patty_kidder@hotmail.com" or home phone, 207-324-8995

Corner Cupboard

Saturday, September 21st, was a hot day. Still, shoppers from 137 different households (including 11 new ones) came out to receive non-food essentials at SUUC's Corner Cupboard. The good people of One Love, the new Jamaican restaurant across the street, brought big cups of lemonade to the long line of clients waiting on the sidewalk before the doors of Goodall Hall opened for the day's business.



THE INSTALLATION OF THE REVEREND SHAY MACKAY

Sunday, October 6th at 4:00 p.m. at the Alfred Parish Church, 8 Kennebunk Road, Alfred, ME.
(Reception to follow)

An Installation is a ceremonial worship service in which a minister is recognized as being Called to serve a specific community – it highlights and reaffirms the relationship between the minister and the people. It is an important milestone in the life of the church(es), signifying a transition into a new era and an openness to new ideas. It is both solemn and celebratory, with serious words from various people and a wicked party afterwards!

One of my beloved mentors, The Reverend Victoria Safford, will be preaching for the service and her words are not to be missed. There will be

guests from out of town, other UU clergy from around New England, and, of course, as many of you as possible – all come together to bless and celebrate our journey with one another.

I would be honored if you would join me for this important occasion. Rev. Shay

Transportation

Let's show up in large numbers and be present for Shay. Offer rides to those who can't or don't like to drive. Let's fill our cars and fill the Alfred Church. See you there!

Notes from the Board

The SUUC Board of Management is one month into our collaborative effort, and we're off to an energetic start. We are all looking forward to the installation of Rev. Shay on October 6 at 4:00 p.m. at the Alfred Parish Church. In our UU faith, the installation is the formal ceremony to recognize a covenantal relationship between the minister and her church(es). There will be a morning Worship Service on October 6, led by Tom Huber. After much talk about raising the money to buy a defibrillator, we were blessed with good fortune, as one of our members donated one for church use. More on this when it's installed and ready to use. On another note, any of you gardeners who would like to offer any plants to our garden, please feel free. This garden belongs to all of us. If you are dividing perennials, and have some to offer, come and plant them or let me know and I'll be glad to add them to our collection. Autumn blessings, Judi Reis, Liaison

Resistance and Transformation: Unitarian Universalist Social Justice History

The second Sunday of each month from 1:00 p.m. to 3:00 p.m. Rev. Shay will hold a workshop/discussion at the Sanford UU Church. This workshop leads Unitarian Universalists to ask the justice questions that pertain to our lives, congregations, and society today, and provides models of action that inspire us to take on the social justice challenges of our era. The workshops/discussions will take place on October 13th, November 10th, December 8th, January 12th, February 9th, March 8th, April 12th and May 10th. All are welcome to attend any or all!



Gary, Patty, Bev and our young people

Worship Service on Sunday September 22, 2019

*The service was led by Worship Associate,
Patty Kidder, special music was provided by
Gary Peck and our UU Notes.
We welcomed distinctive visitors, our former
minister, Rev. Fred Muir and his wife Karen.*



Rev. Fred Muir and his wife Karen with
diana tomasello.



Our UU Notes



Choir Rehearsals

The choir will sing at the installation of Rev. Shay on October 6th. Choir rehearsals are held at 9:00 a.m. and are scheduled for November 3rd, 10th and 17th, with the choir singing on November 24th. December rehearsals will be held on December 8th, 15th, 22nd and 24th, with a performance on December 24th. Anyone who would like to join us only needs to come to the three rehearsals before we sing any time this year. No fees, keep your number, no contracts, no long-term commitment! Rev. Charles Grindle

Board 2019-2020

Vice President: Karen Nelson - June 30, 2021

Clerk: Janie Waterhouse - June 30, 2020

Financial Secretary: Ginny Howe - June 30, 2020

Treasurer: Marcel Gagnon - June 30, 2021

Liaisons: Judi Reis - June 30, 2020, Natasha Nolan Parker - June 30, 2022, Diane Whiteside-Peck - June 30, 2021

DREs: Ryan and Mesha Quinn

Church Leadership 2019-2020

Building and Grounds:

Capital Projects Building Committee: Howard Dupee, Bill Ouellette

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: Deb Folsom, David Agan, Jan Sacco

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

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 Office hours are Tuesdays 2:00 p.m. to 5:00 p.m. and Wednesdays 8:00 a.m. to 11:00 a.m. and 2:00 p.m. to 4:00 p.m. (and other various times by appointment)

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: Allen Casad

Vice President: Ron Hiser **Secretary:** Pat Snyder

Treasurer: Wendy Coleman **Collector:** Betsy Pace

At Large: Susan Young, Laurie Sivonen, Isa Ahmed

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

SUUC Church and Community Groups

AA Meetings: AA meetings are held every Sunday from 5:00pm-6:15pm and Fridays 6:00pm-7:00pm in the Vestry

Al-Anon Meetings: Wednesdays in GH 6:00pm-7:00pm or in the parlor on days other meetings are going on in GH

Board Meeting: October 14th from 6:00pm to 8:00pm in Goodall Hall

Book Group: Next meeting is October 18th at 6:00pm in Goodall Hall

Choir: Rehearsals November 3rd, 10th, 17th and singing on the 24th

Corner Cupboard: CC is open on October 19th from 10:00am to 1:30pm

Evening Bereavement Group: Meetings are on Thursdays from 5:00pm-6:30pm in Shay's office through November 7th

Maine Transgender Network (MTN): Meets on the first Tuesday of the month at 6:00pm in Shay's office and the third Tuesday of the month at 6:00pm in Shay's office

Music Lessons: Lessons are given on Tuesdays from 2:00 p.m.-7:30 p.m. in the Sanctuary

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

Violence No More: Every Thursday at 5:00pm in the Vestry

Women's Alliance: Meets the second Wednesday of every month at noon

Worship Associates: TBD