



Sanford Unitarian Universalist Church
UU NOTES Volume XLIV
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Minister: Rev. Shay MacKay
Religious Education: Mesha and Ryan Quinn
Choir Director: Rev. Charles Grindle
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Church Historian: Helen Kane
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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)



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

November 3rd - *Love is the Root of Everything . . . Love, or the Lack of It* - The service revolves around this quote by Fred Rogers and will include talking about his persona, his beliefs, his deep love, his “Neighborhood” and hopefully, show how his life can still be a positive influence on us all. The service will be led by Rev. Beverly Brent.

November 10th – *Boundless Universal Love* - The service will be led by Rev. Shay MacKay.

November 17th – *All Ages Service: We Are a Web* - The service will be led by Rev. Shay MacKay.

November 24th – *What Moves Us*- The service will be led by Rev. Shay MacKay.



Shay's Sharing...

“For you love all things that exist, and detest none of the things that you have made, for you would not have made anything if you had hated it. For your immortal spirit is in all things.”
~ Wisdom 11:24, 12:1

“For do you not know that you are God’s temple and the Spirit of God dwells within you?”
~ 1 Corinthians 3:16

“We affirm and promote the inherent worth and dignity of every person.”
~ 1st Principle of Unitarian Universalism

“We are spiritual beings, created in God’s image. The spirit of God lives within each person; therefore, all people are inherently good.”
~ Unity (New Thought) 2nd Basic Principle of Belief

Imago Dei – the assertion that human beings are created in the image and likeness of God. This core belief, instilled into the very depths of my being by the three spiritual traditions that have formed me, is the container which holds all I believe about divinity and humanity and the interconnection between them. As C.S. Lewis says, we are all “possible gods and goddesses... All day long we are, in some degree, helping each other to this destination... There are no ordinary people.”

There are no ordinary people. Each of us is created in the image of something Divine. Most of us have forgotten this fact; or it has been buried under the effects of trauma or neglect; or obscured by fear and grief. When we lose our awareness of the divine within, and our connection to the divine in others, there is suffering, grief, anxiety, loneliness. My job, as I understand it, first and foremost, is reminding, affirming, and guiding people back into the fullness of their own divinity and their connection to all beings and to the Holy/Love/Nature/Mystery.

As we launch into exploring Universalism more deeply this month, let us remember all we have learned from the Myth of the Shattering of the Vessels (Judaism) in which we are tasked with recovering all the shards of divine light that have been scattered throughout the Universe, and the belief from Hinduism that Brahman dwells within everyone and everything. During this month of remembering those we have lost, and giving gratitude for all that we have, I ask you to open your hearts to seeing the “worth-ship” of everyone you meet.

A Beautiful and Moving Ceremony, the Installation of Rev. Shay MacKay at the Alfred Parish Church on Sunday, October 6th



We are pleased
and proud to
have Rev. Shay
as our newly
installed
minister!



Notes from the Board

The good energy and “can do” spirit was in the room for our October Board of Management meeting. A lot is going on at church, here are the Board highlights:

Marcel told us there is an issue with the sprinkler system and a valve in our very old furnace needs repair, which explains why it has been so cold in church the last few Sundays. He volunteered to head the Building and Grounds Committee.

Forming a Joint Communications Team between us and our sister church, UUCSB is in the works. The Search Committee’s joint website will be updated so both churches can use it to share information, especially about events. On that note, UUCSB’s annual Holiday Fair is coming up. It’s a fundraiser for us too so please remember to sign up to contribute to our table at the fair.

The readings and sermons from our Sunday services will soon be available online; the Board approved the purchase of a small recorder that can hook into our sound system.

The holidays will look a bit different in church this year. We are buying a wooden tree that is easy to put up and take down, no watering required! It’s different and pretty cool!

The training for our new defibrillator will be happening in Biddeford. Two Board members are going, if you are interested please check with Diane Whiteside-Peck.

We are considering merging the Caring Circle and Members and Friends into The Committee on Congregational Life. Its purpose will be welcoming visitors, creating new members and caring for existing members.

Changes are coming to our Wayside Pulpit: there will be a rainbow banner with several statements about our beliefs. Each of us will have a chance to choose our favorites, and the congregational favorites will go on the banner. See you in church, Janie Waterhouse



November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Newsletter Day AA Vestry 6:00pm-7:00pm	2 Turn your clocks back one hour before retiring for the night
3 Choir rehearsal 9:00am 11:00am worship service Daylight saving ends AA Vestry 5:00pm-6:15pm	4 Our Theater in GH 6:00pm-9:30pm	5 Election Day Music Lessons 2:00pm-7:30pm Brown Bag Supper with Rev. Shay 5:00pm-6:00pm Our Theater in GH 6:00pm-9:30pm MTN meeting in Shay's office 6:00pm	6 Project CommUnity 6:30pm-8:30pm in GH Al-Anon 6:00pm-7:00pmGH AED training at Biddeford Fire Dept. 6:00pm Narcotics Anon. in vestry 7:30pm-9:00pm	7 Bereavement Support Group Shay's office 5:00pm-6:30pm VNM Vestry 5:00pm Our Theater in GH 6:00pm-9:30pm	8 AA Vestry 6:00pm-7:00pm	9 Movie Night and discussion at UUCSB at 7:00pm "It is Time Now"
10 RE classes 10:00am 11:00am worship service UU Social Justice History 1:00pm-3:00pm in GH AA Vestry 5:00pm-6:15pm	11 Veterans' Day The office is closed Board Meeting 6:30pm-8:00pm	12 Music Lessons 2:00pm-7:30pm Our Theater in GH 6:00pm-9:30pm	13 Women's Alliance meeting at noon Al-Anon 6:00pm-7:00pmGH Narcotics Anon. in vestry 7:30pm-9:00pm	14 VNM Vestry 5:00pm Our Theater in GH 6:00pm-9:30pm	15 CC sets up SUUC Book Group 6:00pm-7:30pm AA Vestry 6:00pm-7:00pm	16 CC is open 10:00am -1:30pm RE meets at the church 10:00am-noon Project CommUnity Harvest Meal alongside the Corner Cupboard
17 Choir rehearsal 9:00am 11:00am worship service AA Vestry 5:00pm-6:15pm	18 Monthly vespers in Saco at 7:00pm	19 Music Lessons 2:00pm-7:30pm Brown Bag Supper with Rev. Shay 5:00pm-6:00pm MTN meeting in Shay's office 6:00pm Vespers service with Rev. Shay 6:30pm	20 Project CommUnity 6:30pm-8:30pm in GH Al-Anon 6:00pm-7:00pmGH Narcotics Anon. in vestry 7:30pm-9:00pm	21 VNM Vestry 5:00pm	22 AA Vestry 6:00pm-7:00pm	23 Holiday Cheer UUCSB Fair 60 School Street, Saco 8:00am-2:00pm SUUC will have a table at the fair
24 Choir rehearsal 9:00am RE classes 10:00am 11:00am worship service Choir will sing AA Vestry 5:00pm-6:15pm	25	26 Music Lessons 2:00pm-7:30pm	27 Al-Anon 6:00pm-7:00pmGH Narcotics Anon. in vestry 7:30pm-9:00pm	28 Thanksgiving Office is closed VNM Vestry 5:00pm	29 Office is closed AA Vestry 6:00pm-7:00pm	30

Our Sister Church

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

Celebration of Life

A Celebration of Life will be held for Virginia (Ginny) Reusch at the Sanford Unitarian Universalist Church on Saturday, December 28th at 11:00 a.m. Donations in her memory may be made to the Great Works Regional Land Trust, Post Office Box 152, South Berwick, Maine 03908.

SUUC Book Group

The book group will meet from 6:00 p.m. - 7:30 p.m. on Friday, November 15th in Goodall Hall (location may change). We will be gathering for a "show and tell" to determine which books we want to read in the winter and spring. If you have a suggestion and can't make our meeting, let Karen know (karenhnelson77@gmail.com).

Please Join Rev. Shay for These Special Events This Month:

Saturday, November 9th at 6:30 p.m. - Movie Night! in the Parish Hall in Saco. We will, together, watch Reverend Marta I. Valentín's sermon from the closing worship service, titled "It is Time Now" and then have discussion afterward. Light snacks will be provided, but feel free to bring more to share!

November 10th at 1:00 p.m. - Monthly UU Social Justice History Group in Goodall Hall at the Sanford UU Church. This month we will be discussing:

- ◆ The three strategies that 19th-century Unitarians and Universalists used when wrestling with how best to respond to the institution of slavery
- ◆ how to connect these strategies with our own experiences of social justice work
- ◆ discuss how modern sensibilities influence views of the past.

November 18th at 7:00 p.m. - Monthly Vespers service in the Parish Hall in Saco and November 19th at 6:30 p.m. monthly Vespers in Sanford. This will be a soft and quiet service of remembrance in this month of All Souls Day, Veterans Day, and Transgender Day of Remembrance.

First Aid Training

CPR/ first aid and AED (defibrillator) training is being offered in Springvale on November 13th from 9:00 a.m. to 1:00 p.m. through Sanford Community Adult Education. The cost is \$50 plus \$17 for the CPR card. Please call 490-5145 or go to sanford.maineadulted.org if you are interested.



*The office will be closed
on November 28th and
29th for Thanksgiving.*

Sanford Backpack Program



Sanford Backpack Program

The Sanford Backpack Program is looking for help from our community. Right now we are unable to purchase macaroni and cheese and canned vegetables. Area businesses have stepped up to be drop off locations for canned items and mac and cheese, Sanford UU Church has joined the effort. Each week we send 260 bags of food home with Sanford School students to help reduce the meal gap over the weekends when they have no access to school meals. The items that go into each bag every week are: can of fruit, can of veggies, canned tuna or chicken, whole wheat pasta, spaghetti sauce, whole wheat mac and cheese, pancake mix or rolled oats, dry soup mix or assorted side dish, and once a month we add brown rice and peanut butter. ANY of these items will be helpful of course, but we are in need right now of the veggies, mac and cheese and fruit. Project CommUnity is on board and will be collecting and donating

as well, and we will be at SUUC to serve a nice harvest meal on November 16th alongside the Corner Cupboard. I'd like to take a photo then and pick up the items with the backpack van anytime in the following week.

- * 15 oz canned items preferred
- * no glass

Any and all help is appreciated. Thank you all for your other efforts in town and service to the community.

Lori Williams Project CommUnity Member and
Administrative Assistant Sanford Backpack Program

Bins are located in the parlor of the church for your donations.

October Corner Cupboard

Ruth announced that one hundred, forty-three households received free essential items at the latest shopping day at SUUC's Corner Cupboard. Ten of them were new clients. Joy and Isabel reported that there were a lot of donated coats, hats, gloves and socks selected by people preparing for the coming season. Paul described a client who gave a permanent shopping bag to another who was carrying out too bulky a load of items. Reflecting on the camaraderie between shoppers, Paul observed "Corner Cupboard has its own vibe." And he suggested "If you haven't been to Corner Cupboard, come visit and experience it." You can ask Paul or Dee or one of the many volunteers how to visit.

Daylight Saving Time

Please note, daylight saving time ends at 2:00 a.m. on November 3rd. Don't forget to turn your clocks back one hour before bedtime Saturday evening, November 2nd.



Once again, SUUC will take part in the UUCSB Holiday Fair, which is scheduled for Saturday, November 23rd. It is great fun being with our UUCSB friends and helping to make their event a success. Baked breads and cookies, pickles, jams and jellies, as well as small craft items and creative stocking-stuffers have been popular. Sign-ups are in the parlor or by emailing Jan Sacco jrsacco@metrocast.net



HOLIDAY CHEER
UUCSB FAIR
Saturday, November 23rd
8:00 AM to 2:00 PM

Fine crafts by Local Artisans

Old Country Store

Granny's Attic

Soups, Hot Dogs and Lots More

Sweets and Baked Goods

Christmas Arrangements

Entertainment, Holiday Basket Raffle

Unitarian Universalist Church of Saco & Biddeford
60 School St Saco, ME 04072
207-282-0062 or www.uuchurchsacobiddeford.com

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 Rev. Shay's office on days other meetings are in GH

Board Meeting: November 11th from (note new time) 6:30pm to 8:00pm in Goodall Hall

Book Group: Next meeting is November 15th at 6:00pm in Goodall Hall or location TBD

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

Corner Cupboard: CC is open on November 16th from 10:00am to 1:30pm - Harvest meal will be served in the Parlor alongside CC

Evening Bereavement Group: Meetings are on Thursdays from 5:00pm-6:30pm in Rev. 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 Rev. Shay's office

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

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

Our Theater - In Goodall Hall November 4th, 5th, 7th, 12th and 14th from 6:00pm-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