



Shay's Sharing...

In our Winter Solstice service on December 22nd, we heard a reading by Macrina Wiederkehr that encouraged us to “listen” to Winter and to find the awe-ful beauty within the darkness, emptiness, and cold:

*I am listening to the kind permission of the season to rest more often,
to reflect more deeply,
to pray without words.
I am listening to the sacrament of non-doing.*

I also spoke of how I love January because I'm an introvert. What better month for introverts than this dark quiet? Recovering after the busy-ness and noise of November's and December's holidays. Kept inside by snow and cold.

This month we are exploring *Tao*, the absolute principle underlying the universe, combining within itself the principles of yin and yang and signifying the way, or code of behavior, that is in harmony with the natural order – as interpreted in the Tao Te Ching by Lao Tzu twenty-five hundred years ago. January is the perfect month to do this exploration, this month in which we are encouraged into the sacrament of “non-doing” and reflection. One of the key concepts of *Tao* is that you cannot get anywhere or anything by grasping for it, but rather by *not trying* or going with the flow.

In the words of **Edward Slingerland**, professor of Asian Studies and Embodied Cognition at the University of British Columbia and a renowned scholar of Chinese thought,

“We have been taught to believe that the best way to achieve our goals is to reason about them carefully and strive consciously to reach them. Unfortunately, in many areas of life this is terrible advice. Many desirable states — happiness, attractiveness, spontaneity — are best pursued indirectly, and conscious thought and effortful striving can actually interfere with their attainment.”

So I invite you into “useful emptiness” this month – the title of one of Lao Tzu's chapters in the Tao Te Ching. Stop trying so hard and surrender to Winter's call of non-doing – you may be amazed by what happens.

AED

Our new defibrillator is located in a cabinet, along with the necessary supplies, on the wall in-between Goodall Hall and the parlor. It is mounted on the left hand side of the door leading out to the ramp. The cabinet does not lock, it is easy to access in an emergency.



SUUC Book Group

Our next meeting will be January 17th. We will be discussing: *An Indigenous People's History of the United States (ReVisioning American History)* Roxanne Dunbar-Ortiz (2015) In *An Indigenous People's History of the United States (ReVisioning American History)*, Dunbar-Ortiz adroitly challenges the founding myth of the United States and shows how policy against indigenous peoples was colonialist and designed to seize the territories of the original inhabitants, displacing or eliminating them. Spanning more than 400 years, this classic bottom-up peoples' history radically reframes US history and explodes the silences that have haunted our history. Please see Karen Nelson for more information. The group will meet at Mee D Thai (near Aroma Joe's in Midtown Mall) at 6:00 p.m.

Our Sister Church

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

Storm Cancellation Information

Sanford Unitarian Universalist Church service and event cancellations are announced on the following television stations: WCSH 6, WMTW 8 and WGME 13. You may also receive the latest information regarding cancellations by calling the church office (324-3191) for the latest recording, check the top of our website or our Facebook page. In addition, a congregational email will be sent. Please note, if church is cancelled due to inclement weather, you will be able to watch and listen to Rev. Shay's sermon on Podcast via a link which will be sent to you.

December Corner Cupboard

Volunteers provided non-food essentials to 141 households including 14 new ones. They distributed forty felt blankets to CC shoppers. The material for the blankets was donated by the U.S. Felt Co. Inc. of Sanford and cut into blankets by the Project CommUnity team. Special seasonal surprises for children and adults included stuffed animals, toys, children's books, school supplies, kitchen glassware, warm hats and gloves.



MPA (Maine People's Alliance)

MPA is having a Lobby Day Orientation on January 7th, 2020 from 8:45 a.m. to noon at the State House in Augusta. Anyone wanting more information, to attend, or a ride, please contact Patty Kidder at 324-8995 (H) or text 207-608-7956.

MUUSAN (Maine UU State Advocacy Network)

MUUSAN is meeting Saturday, January 11th, 2020 from 9:30 a.m. to noon at the Augusta Community UU Church on Winthrop St. in Augusta. Anyone wanting more information, to attend, or a ride, please contact Patty Kidder at 324-8995 (H) or text 207-608-7956.

We Demand: Portland Maine Women's March

Saturday, January 18, 2020 at 10:30 a.m. in Monument Square, 465 Congress Street, Portland, ME 04101. For more information please contact Patty Kidder.

FIAT News

Please join us on January 12th at 4:00 p.m. in Goodall Hall for the UUA's kick off webinar, "UU the Vote in 2020 Campaign." We will learn what we can do to defeat hate and vote love in the most important election year of our life time. Come and be inspired to do what you can to help save our democracy. Refreshments will be served. For more information contact Patty Kidder, 324-8995 (H) or text 207-608-7956.

FEDCO SEED SALE 2020

“Think Spring”

It is that time again!

The Sacco family is coordinating a group order of seeds, potato and onions sets and other growing supplies for spring gardens. These seeds, sets and supplies come from a Maine-owned cooperative run by the Maine Organic Farmers and Gardeners known as FEDCO (www.fedcoseeds.com). Maine and NE grown – these are hardy untreated and organic varieties.

Please support a Maine cooperative and a sustainable lifestyle by buying your seeds, potato and onion sets, and growing supplies during this year’s sale. Any extra proceeds from the group order will go to the church. Catalogs are available to borrow or keep. Take one to review over the holiday or check out the catalog online at <https://www.fedcoseeds.com/seeds/>

You can use the order forms in the catalog or one of the extras provided. All orders and prepayment in the form of cash or a check made out to SUUC must be received on or before Sunday, January 26, 2020. Want help picking out seeds? Any other questions? Contact Jan Sacco at jrsacco@metrocast.net or 207-457-9268.





January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 New Year's Day Office is closed</p> <p>Al-Anon 6:00pm-7:00pmGH</p> <p>Narcotics Anon. in vestry 7:30pm-9:00pm</p>	<p>2 Newsletter Day</p> <p>VNM Vestry 5:00pm</p> <p>Quiet Social Time 5:00pm-7:00pm Rev. Shay's office</p>	<p>3</p> <p>AA Vestry 6:00pm-7:00pm</p>	<p>4</p>
<p>5</p> <p>11:00am worship service</p> <p>AA Vestry 5:00pm-6:15pm</p>	<p>6</p> <p>Choir 6:30pm-8:00pm in Sanctuary</p>	<p>7 Music Lessons 3:00pm-8:00pm</p> <p>Brown Bag Supper with Rev. Shay 5:00pm-6:00pm</p> <p>MTN meeting in Shay's office 6:00pm</p>	<p>8</p> <p>Women's Alliance meeting at noon</p> <p>Al-Anon 6:00pm-7:00pmGH</p> <p>Narcotics Anon. in vestry 7:30pm-9:00pm</p>	<p>9 Bereavement Support Group GH 5:00pm-6:30pm</p> <p>VNM Vestry 5:00pm</p> <p>Quiet Social Time 5:00pm-7:00pm Rev. Shay's office</p>	<p>10</p> <p>AA Vestry 6:00pm-7:00pm</p>	<p>11</p>
<p>12 RE classes 10:00am 11:00am worship service</p> <p>AA Vestry 5:00pm-6:15pm</p>	<p>13</p> <p>Board Meeting 6:30pm-8:00pm</p>	<p>14</p> <p>Music Lessons 3:00pm-8:00pm in Sanctuary</p>	<p>15</p> <p>Project CommUnity 6:30pm-8:30pm in GH</p> <p>Al-Anon 6:00pm-7:00pmGH</p> <p>Narcotics Anon. in vestry 7:30pm-9:00pm</p>	<p>16</p> <p>VNM Vestry 5:00pm</p> <p>Quiet Social Time 5:00pm-7:00pm Rev. Shay's office</p>	<p>17 CC sets up</p> <p>SUUC Bok Group 6:00pm to 7:30pm at Mee D Thai restaurant in Mid Town Mall</p> <p>AA Vestry 6:00pm-7:00pm</p>	<p>18 CC is open 10:00am -1:30pm RE meets at the church 10:00am-noon</p>
<p>19</p> <p>11:00am worship service</p> <p>AA Vestry 5:00pm-6:15pm</p>	<p>20 MLK Day - the office is closed</p> <p>Vespers with Rev. Shay at UUCSB 7:00pm</p>	<p>21</p> <p>Music Lessons 3:00pm-8:00pm in Sanctuary</p> <p>Brown Bag Supper with Rev. Shay 5:00pm-6:00pm</p> <p>MTN meeting in Shay's office</p>	<p>22</p> <p>Al-Anon 6:00pm-7:00pmGH</p> <p>Narcotics Anon. in vestry 7:30pm-9:00pm</p>	<p>23</p> <p>Bereavement Support Group GH 5:00pm-6:30pm</p> <p>VNM Vestry 5:00pm</p> <p>Quiet Social Time 5:00pm-7:00pm Rev. Shay's office</p>	<p>24</p> <p>AA Vestry 6:00pm-7:00pm</p>	<p>25</p>
<p>26 RE classes 10:00am 11:00am worship service FEDCO orders are due today AA Vestry 5:00pm-6:15pm</p>	<p>27</p>	<p>28</p> <p>Music Lessons 3:00pm-8:00pm in Sanctuary</p>	<p>29 Newsletter Day</p> <p>Al-Anon 6:00pm-7:00pmGH</p> <p>Narcotics Anon. in vestry 7:30pm-9:00pm</p>	<p>30</p> <p>VNM Vestry 5:00pm</p> <p>Quiet Social Time 5:00pm-7:00pm Rev. Shay's office</p>	<p>31</p> <p>AA Vestry 6:00pm-7:00pm</p>	

Our RE Play and Christmas Eve Candlelight Service



Roger personned the video equipment

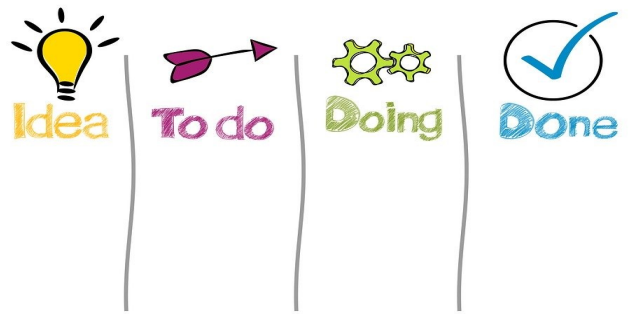


Alumni Christmas visitors arrived from Gorham and Berwick...



from Bangor and Vermont... and from DC.





Notes From the Board of Management

The December Board meeting involved a number of exciting steps and challenges for the future. Among the exciting steps is Shay and Mona's new Welcome Brochure that updates information and highlights our UU heritage as well as our unique local features. Second, the AED defibrillator has been installed (information is available in the parlor). We still need people willing to be certified to use it. The Board will reimburse you for any expense in getting certified.

Third, Shay found a consultant to recommend a device that will enable her to record an audio file of her sermons that will then be edited and uploaded to our website (which Evelyn and Shay are working to improve). Shay anticipates using the device in early January. Unfortunately, due to copyright laws, we are unable to provide most of our music on the website.

Fourth, St. George's Episcopal Church is ready to open a "warming center" from 8:00 p.m. to 6:00 a.m. any night when the temperature is expected to fall below freezing. Although they have established the rules for persons to come to warm themselves, we are waiting for further stipulations for volunteers. They are hoping that people from a range of faith communities will volunteer to staff the center. We will be providing more information and asking for volunteers.

We also addressed issues related to our being an accessible church. We obviously want to ensure a warm and welcoming space. While our furnace is limping along, we know that the natural gas pipeline in Sanford is being expanded. Since the cost of converting to solar is prohibitive, we are investigating the possibility of converting to gas heat which would substantially reduce our monthly costs despite a sizeable initial investment.

In addition, we became aware of serious limitations of our church, especially in the winter, for those who are physically disabled. There is no drop-off location for access to the ramp that goes directly into the sanctuary. The ramp from Lebanon to Goodall moves to a door that currently doesn't have an exterior handle and, if one enters, there are steps to get up and into the parlor. We are considering several steps: (1) asking Sweetser if we can use their parking lot to make access to that ramp easier (with our assuming liability if someone is injured), (2) moving the "reserved" signs on Lebanon to provide both parking for Shay and access to the Lebanon Street ramp and improving the situation at that door which may require having a greeter there, and (3) providing clearer information to members and guests about how best to access our wonderful faith community. We are also investigating hearing-assistive devices for those who need them.

The Board continues to watch UUA webinars on small churches; as we move into the new year, we will be discussing their implications for SUUC. Finally, minutes from the Board's meetings are in a notebook in the parlor. We try to post a draft within two weeks, an accepted version a little more than a month after each meeting.

With best wishes for a happy 2020.

Karen

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: Marcel Gagnon
Capital Projects Building Committee: Howard Dupee, Bill Ouellette
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: 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: Helen Kane
Women's Alliance: Nancy Farnham
Worship: Rev. Shay MacKay
Worship Associates: Rev. Shay MacKay, Patty Kidder, Mesha Quinn, Tom Huber, Beverly Brent, Judi Reis, Jan Sacco, Janie Waterhouse and Georgia Renfroe.

Minister - Rev. Shay MacKay. In the event of a pastoral emergency or caring concern, please contact Rev. Shay at 207-518-8059 (text/call) or at revshaymackay@gmail.com
Office hours are every Wednesday from 9:00am to 4:00pm.

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: January 13th from 6:30pm to 8:00pm in Goodall Hall

Book Group: Next meeting is January 17th at 6:00pm at Mee D Thai restaurant in Mid Town Mall

Choir: January 6th, 6:30pm to 8:00pm

Corner Cupboard: CC is open on January 18th from 10:00am to 1:30pm

Evening Bereavement Group: Meetings are on Thursdays from 5:00pm-6:30pm in Goodall Hall

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 3:00pm-8:00pm 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

Quiet Social Time: In Rev. Shay's office with Scott Knight on Thursdays from 5:00pm-7:00pm

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