



Sanford Unitarian Universalist  
Church  
Sanford, Maine

Sanford Unitarian Universalist Church  
UU NOTES Volume XLIV  
May 1, 2020, Issue 11

Sanford UU Church  
5 Lebanon Street  
Sanford, ME 04073  
Telephone: 207-324-3191  
E-mail: [info@sanforduuchurch.org](mailto:info@sanforduuchurch.org)  
Facebook: [www.sanforduuchurch.org  
facebook.com/](http://www.sanforduuchurch.org/facebook.com/)  
Website: [sanfordunitarianuniversalist  
church/](http://sanfordunitarianuniversalistchurch/)  
Minister: Rev. Shay MacKay  
Religious Education Directors: Meshah and Ryan Quinn  
Choir Director: Rev. Charles Grindle  
Pianist: Ruth Leipold  
Church Administrator: Mona Ouellette  
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)



**Until further notice services are held online using Zoom.  
Link (below, same link every Sunday) will be emailed to the  
congregation on Fridays and is also available on our website and on our Facebook page**  
Join Zoom Meeting <https://zoom.us/j/2399631729> Meeting ID: 239 963 1729  
One tap mobile +16468769923,,2399631729# US (New York)  
Dial by your location +1 646 876 9923 US (New York)

Originally, May was going to be the month during which we learned more about the Islamic faith tradition, but I feel that right now is not the time for a "class" on world religions. Instead, I think it is important for us to explore how to take care of ourselves spiritually during these strange times, as we move through our third month of being isolated and distanced. Please join me at 10:00 a.m. each Sunday to be together in spirit as a community.

**May 3rd** - *Beltane - Honoring Life as a Spiritual Practice* with Rev. Shay  
**May 10th** - *The Need for Spiritual Practices* with Rev. Shay  
**May 17th** - *A Spiritual Practices Sampler* with Rev. Shay  
**May 24th** - *The Importance of Sabbath* with Rev. Shay  
**May 31st** - *Social Justice as Spiritual Practice* with Rev. Shay and your Faith in Action Teams

## *Shay's Sharing...*

Listen, this is important.  
Dance when the music moves you.  
Pray when the world moves you.  
Walk when you can't be still,  
and do your spiritual practices when  
you want to open your body and loosen your mind.  
When you want to lose yourself in connection with something bigger.

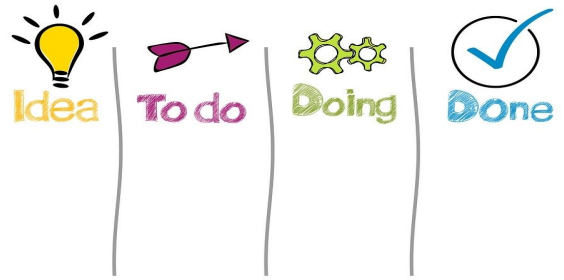


Nap when the raindrops tap-tap-tap at the window.  
Breathe when your heart thunders in your chest.  
Sing when you sense the rhythm of the ocean and want to flow with it.  
Meditate when you see the swaying of the trees,  
and listen when the Sun rises and the Moon sings.

When friends call, play.  
When children laugh, pray.  
Dance when love bursts through you,  
inspiring your heart to jump for joy.  
Wail when grief tears through you,  
breaking your heart into a million pieces.

Beloveds, don't forget to turn to your spiritual practices...  
in play  
in pleasure and in pain,  
in profound moments and profane ones,  
in prayer.

Practice, breathe, flow -  
when you are, where you are.  
Just breathe and flow.



**From the Board**

The Board’s first official Zoom Meeting [internet audio and video chat] took place on Monday, April 13<sup>th</sup>. As you might imagine, most of the agenda items were influenced by our altered world since Covid-19.

Annual Meeting – The Annual meeting will be held on June 14<sup>th</sup>, after the service. If we are not physically back in church by June, we are planning to hold the Annual Meeting via Zoom. The congregation would have the option of joining on their computers (with or without camera), or over the phone. We are currently exploring alternative ways of voting and we will provide procedural details in advance, including distribution of reports. We want to make sure everyone who would like to participate will be able to do so.

Marcel has applied for the Paycheck Protection Program for our employees through the Credit Union. The plan sponsored by the federal government offers non-profits two and a half months of payroll with no payback required. Our finances for the current year are stable, despite a couple of unplanned expenses: repairs of the furnace and the sprinkler system. On the plus side, other expenses are lower due to suspended building use.

Next year’s budget is still preliminary – our current pledges for fiscal year 2020-2021 stand at \$46,990. We are looking at delaying the replacement of the furnace, to offset a decreased pledge total. We will keep everyone informed as the budget is finalized.

=====

**Our Sister Church** - Visit our sister church’s website at <http://www.uuchurchsacobiddeford.com/>

**MUUSAN News**

**MUUSAN Network Meeting on May 9th from 10:00-11:30 a.m.** Special Guest Speakers will frame what’s at stake nationally and what’s at stake in Maine for the 2020 Elections:

**Susan Leslie**, Congregational Advocacy & Witness Director, UUA Organizing Strategy Team

**Nicole Pressley**, UUtheVote National Organizer

**Evan Tess Murray**, Education and Engagement Projects Manager, Maine League of Women Voters and the Democracy Project.

MUUSAN is ready to identify and leverage the resources, opportunities, and needs that the current electoral cycle offers us to fight for our values, counter voter suppression, expand democracy, and engage in spiritually grounded, values-based issue conversations with other voters in our own communities. We are all stronger together than apart. Please join us on May 9th. Register to attend at <https://docs.google.com/forms/d/e/1FAIpQLSe6bmhFAuNnKPWUX5tadzjnwXOwPhs2q6EFLatTSKBVKzic5w/viewform> MUUSAN's website is [www.muusan.org](http://www.muusan.org).



**A Note from Southern Maine Agency on Aging**

Thank you to the Corner Cupboard at the Sanford Unitarian Universalist Church for partnering once again with the Sanford Meals on Wheels site to help Meals on Wheels to serve our communities. Our Sanford Meals on Wheels site has been sharing some of the pet food we receive from the Kennebunk Animal Welfare Society to help with their clients and in return

the Corner Cupboard is helping to supply Meals on Wheels clients with essential household items. Each week, Sanford area Meals on Wheels clients can receive up to 4 non-food items such as paper towels, toilet paper, dish soap, trash bags, toothpaste, and more! Clients should receive a notice on how to request items with this week's deliveries. Thanks again Corner Cupboard!

**Shared Information**

In these disjointed times it is really difficult to gather and disseminate church calendar events accurately. To avoid confusion, please make sure that the office [info@sanforduuchurch.org](mailto:info@sanforduuchurch.org) has your information ahead of time so data can be as inclusive and up-to-date as possible. Thank you.

**Opportunities to Connect with UUCSB and SUUC**

I have created some private Facebook groups for us to use as a space where we can share things with each other in a more informal way. Here's one where we can share books, movies, music, photos, and all things fun that we are doing while stuck at home: <https://www.facebook.com/groups/revshayfunathome> Sanford folks can connect and coordinate efforts to care for each other here: <https://www.facebook.com/groups/suucconnect> Saco/Biddeford folks can connect and coordinate efforts to care for each other here: <https://www.facebook.com/groups/uucsbconnect> Virtual Brown Bag Suppers with Rev. Shay: Every Wednesday from 5:00 p.m. to 6:00 p.m. on Zoom - all are welcome to come chat and eat together! Follow this link on any Wednesday: <https://zoom.us/j/2399631729> In peace, Reverend Shay MacKay



**CLYNK Bottle and Can Return at Hannaford**

Money generated through this program is picked up throughout the year and goes into our fundraising line. Please pick up a CLYNK bag at the church for your returnable cans and bottles, the bags are located on a table in Goodall Hall for your convenience. Please save only the cans and bottles that are redeemable. You may drop your CLYNK bag off at any Hannaford offering this incentive or at the church. Thank you to everyone for participating in this recycling program, we can all make a difference!

# MAINERS TOGETHER

A community-based response to coronavirus

- Do you or someone you know need assistance due to the COVID-19 outbreak?
- Are you able to make a financial donation to assist vulnerable Mainers?
- Do you want to volunteer to help within your community?

If so... *Please* visit

[www.MainersTogether.com](http://www.MainersTogether.com)

or call [207-797-0967](tel:207-797-0967) and leave a message

**About us:** We are Mainers from York County and across the state who have experience in building a movement for change. In this time of crisis, the **Maine People's Alliance** has decided to dedicate organizing resources to supporting community-based efforts to respond to the community distress caused by the COVID-19 pandemic and protect our most vulnerable friends and neighbors.





## 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, Marcel Gagnon  
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: Natasha Nolan and Ginny Howe  
Women's Alliance: Nancy Farnham  
Worship: Rev. Shay MacKay  
Worship Associates: Rev. Shay MacKay, Patty Kidder, Mesha Quinn, Tom Huber, Beverly Brent, 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 During the COVID-19 crisis, Rev. Shay will not have office hours until further notice.

**Administrative Office Hours** - Closed until further notice due to Gov. Mills executive order for non-essential workers to remain at home - 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 Mogens Ravn Please contact UUCSB at uuchurch@gwi.net for contact information

## SUUC Events and Meetings

**The church is closed to all activities, events, meetings, etc. until further notice.**



*Thank You  
to All the  
Amazing  
People  
Working  
Hard  
Taking Care  
of Us  
and  
Saving  
Lives.*