



Sanford Unitarian Universalist Church
UU NOTES Volume XLIV
May 2021, Issue 11

Sanford UU Church
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Religious Education Directors:
Mesha and Ryan Quinn
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)

Services Continue to be Celebrated Online via Zoom at 10:00 a.m.

<https://us02web.zoom.us/j/2399631729> Meeting ID: 239 963 1729 Call In: (646) 876-9923

May 2nd – *Simple Gifts* with Anne Cyr and Worship Associates

May 9th – Music Sunday with Rev. Shay and Our Talented People

May 16th – *The Little Way* with Rev. Shay - The way to deal with big problems is not with big solutions but by doing little things that add up to big things.

May 23rd – *Giving Up the Need to Be Something* with Rev. Shay

May 30th – *Memorial Day Sunday* with Patty Kidder and FIAT

Rev. Shay's Sharing...

May Theme ~ Simplicity

Simplicity is not the pursuit of austerity but an ongoing life exploration that asks us to carefully examine what truly contributes to well-being and what undermines inner balance, happiness, and spaciousness.

~ Christina Feldman from *Heart of Wisdom, Mind of Calm*



It's always hard to write these newsletter articles without knowing what will be happening in our world or in your lives when you read them. I'm writing this on Thursday, April 22nd - at least a week before you will read it, two days after you all received two letters from your Boards and me, and three days before we'll all sit down to start talking about what's happening. So where will things be in a week, when you open your email and find this article waiting for you?

I don't know the answer to that question. What I do know is that we will have many conversations over the next few weeks as we figure out what's next, and I know there will be many emotions and ideas and debates, and sometimes it will all feel very heavy.

So, how about I write about something not-so-heavy right now?

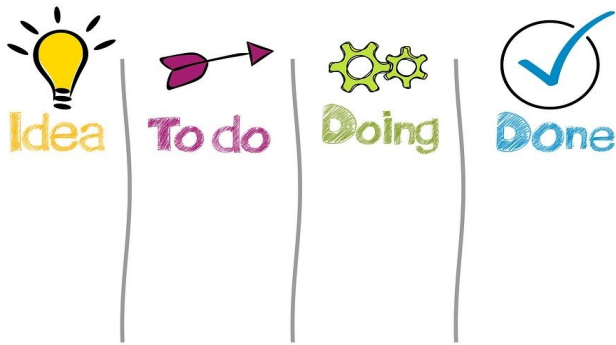
In her book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, Japanese organizing consultant Marie Kondo says, "The question of what you want to own is actually the question of how you want to live your life."

When my partner Diana and I were finally able to combine households and move into a shared apartment last summer, we made a deliberate choice towards voluntary simplicity – a decluttering of our lives, both materially and emotionally. With each item we packed, we followed Marie Kondo's advice to pick it up, hold it for a moment, and ask, "Does this spark joy in me?"

Ultimately, we shifted our frame of reference from "What do I want to get rid of?" to "What do I want to keep?" This led to many Goodwill trips and dump runs, many Facebook Marketplace and Craigslist ads. And as we moved into our new apartment and unpacked and found ourselves with more space than we needed, everything changed. Even Diana's son Aidan got involved, making a plan that allowed him to "practice" for packing for college – he chose seven plastic bins and committed to fitting all of his belongings in those bins, nothing more.

If you were to be a fly on our wall now, you would often hear one of us exclaiming, "It feels so spacious in here!" We feel like we can breathe, like our lives have expanded and with that physical expansion, our minds and hearts are free to expand as well.

We have to be vigilant, of course, to not fill up that spaciousness with more *stuff*, and sometimes we do better than others. But then we just make another Goodwill run and get back on track, always asking ourselves, "Does this make me happy?" We are learning that simplicity is not about depriving ourselves of things, but about making sure that the things we do have are worth having.



Update From Your Board of Management

It is six o'clock on Sunday, April 25, and we had our congregational meeting this morning. First of all, the Board members want to thank all twenty-six of you who attended the meeting, and the half dozen who expressed their opinions via emails because they could not attend. A strong Hug and a huge Thank-You to all of you for being a part of

this first step toward creating our new form of ministry! Everyone will be heard as we go forward.

I honestly had to take a few minutes today to reread Board Updates in previous newsletters before attempting to write this update, in order to bring my thoughts into focus, so to speak. So much has been talked about over the past few weeks. And now, to continue: at the April 12th Board meeting, Janie centered us with a reading by Anne Lamott. In the area of finances, around \$37,000 in pledges has been received out of \$53,565 total pledged, but expenses have been down in Programming, Pianist, Choir, Childcare, Sewer, and Electricity, because the building is closed - one of the Ironic Blessings of Covid-19. The Minister, Clerk, Liaisons, and Covid Relief Fund gave their reports. Shay had met with Mesha and Ryan and updated us on RE, and it seemed prudent to include \$500 in next year's budget for any RE expenses should the RE program need it. Marcel and the Finance Committee are still finalizing the FY 2021-2022 budget details. We were visited by Katherine Blouin Adams, who is affiliated with the York County Child Abuse and Neglect Council. She is requesting space in our church to hold Summer and Fall training for the public on when and how to report possible abuse issues, and Shay will keep in touch with her about when our building will reopen. The Board will discuss reopening at our May meeting. Our annual Flower Communion service will be on June 13 followed by our Annual Meeting, and hopes are high that we can meet outdoors for both!

There will be further plans made for expanding the Liaison roles, and defining those of the Members At Large who will join the Board in August, possibly to incorporate duties which have been fulfilled by the Caring and the Members and Friends Committees in the past. Any definitive job descriptions will have to wait until the upcoming Small Group congregational meetings reveal how our ministry will look after July. This is a new variety of flower, just coming to bud now, which will open and grow in the coming months. I wish each of you good health and peace, especially as we welcome and cultivate new flowers in our church garden.

~ Diane Whiteside-Peck

Ferry Beach Camp

Sue Gabrielson is coordinating one of the weeks at Ferry Beach Camp this summer and they are looking for more counselors. The dates are July 4th through the 10th. There is a lot of information on the Ferry Beach website (www.ferrybeach.org) about how camp will look this year. Are you interested in volunteering for the week? If you volunteer for a week and have a child who wants to attend camp, that child is free (that is the compensation). If you do not have a child for camp there is a \$400.00 stipend for the week (and of course, all of costs are covered in terms of staying there and the food). It is a fun time, and this year will be more relaxed as there will be half as many kids. Anyone interested can email Sue directly at suegabes@gmail.com

Our CMP Usage

Each month our CMP bill lists the # KWh we use and the # KWh we generate with solar panels. In the summer we generate more than we use and in the winter we use more than we generate. But each year we generate more than we use so we “bank” the extra KWh to be available to offset future costs. At this time we have a considerable # of KWh banked so it is expected that ALL OF OUR USAGE will continue to be at NO COST. The only monthly charge for CMP that we incur every month is a service charge of \$16.31

I calculated what the cost for CMP would have been had we paid for actual usage. The savings realized for 2020 as a result of solar panels was \$1,089.87. The savings would have been more had the church been open; we would have used more electricity! ~ Marcel Gagnon, Church Treasurer



Sanford UU Church Book Group

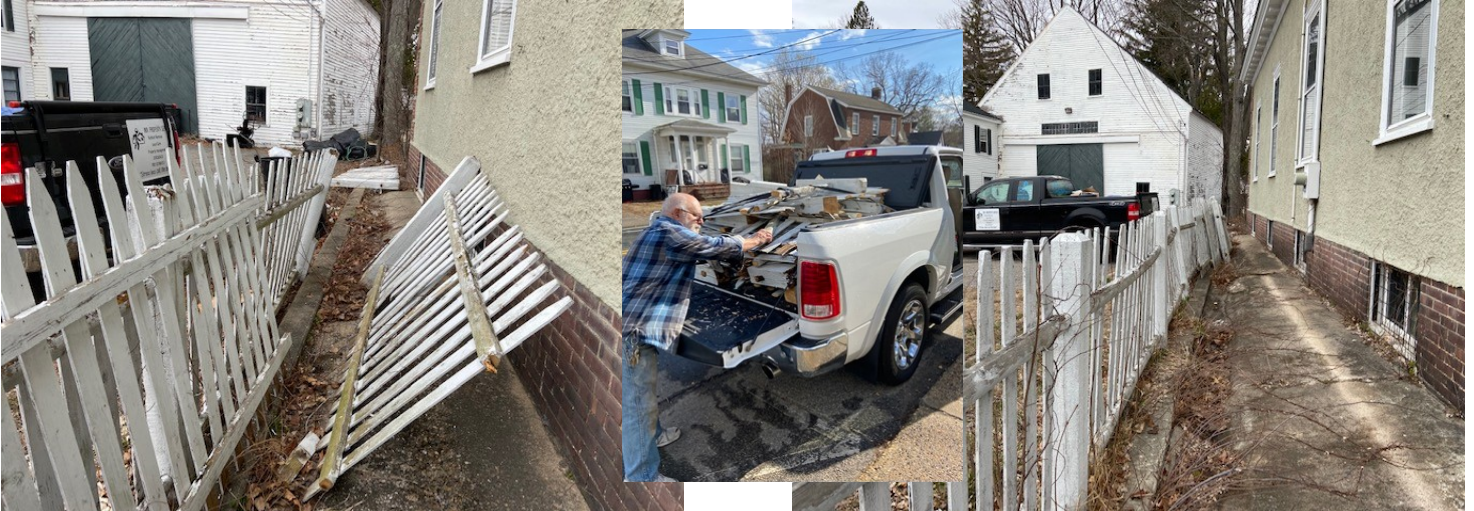
The SUUC book group will discuss Anne Lamott’s newest book in our May meeting (May 14, 2021 at 4:30 p.m. on Zoom). In *Dusk, Night, Dawn*, Anne Lamott explores the tough questions that many of us grapple with. How can we recapture the confidence we once had as we stumble through the dark times that seem increasingly bleak? As bad news piles up—from climate crises to daily assaults on civility—how can we cope? We begin, Lamott says, by accepting our flaws and embracing our humanity. Drawing from her own experiences, Lamott shows us the intimate and human ways we can adopt to move through life’s dark places and toward the light of hope that still burns ahead for all of us.

Lamott explores the thorny issues of life and faith by breaking them down into manageable, human-sized questions for readers to ponder, in the process showing us how we can amplify life's small moments of joy by staying open to love and connection. As Lamott notes in *Dusk, Night, Dawn*, “I got Medicare three days before I got hitched, which sounds like something an old person might do, which does not describe adorably ageless me.” Marrying for the first time with a grown son and a grandson, Lamott explains that finding happiness with a partner isn't a function of age or beauty but of outlook and perspective.

Full of the honesty, humor, and humanity that have made Lamott beloved by millions of readers, *Dusk, Night, Dawn* is classic Anne Lamott—thoughtful and comic, warm and wise—and further proof that Lamott truly speaks to the better angels in all of us.

Karen has copies of the book she can lend to interested readers. Let her know (karenhnelson77@gmail.com) if you would like to be included in the Zoom invitation.

SUUC Maintenance



The white picket fence in-between the church and the white house next door was in very bad shape. It has been repaired and repainted numerous times. Many of the pickets are broken and most of the posts are broken or rotten. When snow was removed next door, a section of the fence was broken due to the snowplow. As the fence served no useful purpose, it was decided to have Bill remove it and completely clean the area.



Bill was busy raking and disposing of the leaves in all of the flowers beds, alley-ways and all around the church grounds.
We welcome spring!



Relief Committee Update for



For the benefit of any newcomers to the SUUC newsletter, this Fund originated in May of 2020. One of our dear members donated a substantial amount of money, earmarked toward financial support to any group or person in the Massabesic area impacted by the Covid-19 pandemic. The funds rest in a Fidelity Investment account, and at this time, the balance is \$22,656.89. A church Team was chosen, whose job it is to oversee the account and to review and discuss requests for funds as they are emailed to us. The team meets each Thursday evening. We have two requests currently: one is for rent, and one for car repairs. As always, please let Pat, Lee, Lindsay, or Diane know of anyone who may need a financial push up the hill created by Covid. Thank you, and be well!

~ Diane, for the Team

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Celebration of Life

You are warmly invited to "Save the Date" for the Celebration of Life for Meredith (Marty) Walton, beloved family member and friend to so many.

Saturday, June 26, 2021 at the Sanford Unitarian Universalist Church*

- 1:00 p.m. Celebration of Life in the manner of Friends (Quakers) with sharing and reflection
- 4:00 p.m. Light refreshments, SUUC
- 5:00 p.m. Dedication of Memorial Bench in Marty's name at Laudholm Farm, Wells, Maine

For planning purposes, please RSVP with your name(s) and number of people in your party to: Linda Lyman, lindajlyman@gmail.com, 207 251-1702

*This is a hopeful tentative date dependent on Covid restrictions and guidance. If you RSVP, you will be notified of any changes.

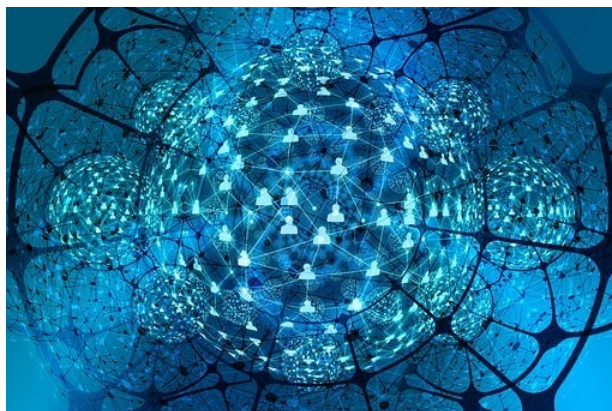
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Corner Cupboard

This month we have continued to respond to individuals who contact us expressing needs for non-food items. We got 1 referral from the Covid Relief Team, and were also able to bring her a box of food from the York County Shelter program.

We made 2 deliveries to the pantry at the Sanford Adult Education site in Springvale. Thanks to Jeanne McDonald they have been able to offer adult students food and winter clothing in addition to the non-food items.

We have begun talking with Rev. Lauren from St. George's Episcopal Church about working with them to offer items through their Baby Blessings Program, which currently offers diapers, wipes, and gift cards to moms in need. We have shared some additional supplies with them and we will see how they are received before deciding how to proceed.



OPPORTUNITIES FOR CONNECTION FOR MAY

Weekly Vespers Services – Every Thursday from 7:00 pm to 7:30pm on Zoom.

<https://us02web.zoom.us/j/83734173380> Meeting ID: 837 3417 3380 Call In: (646) 876-9923

Coffee Hour with your Board Members and Rev. Shay – Every Sunday after our worship service.

Join Rev. Shay and members of your Board of Trustees on Zoom for small group discussions based around the monthly theme, that day's sermon, and other relevant topics from your lives. Here is the zoom link for our Sunday services and Coffee Hour:

<https://us02web.zoom.us/j/2399631729> Meeting ID: 239 963 1729 Call In: (646) 876-9923

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Music Notes from Choir Director, Ellie R.

The 'BiChoir' is now preparing music for services in May and June. We are researching how we might be able to rehearse and record our music in person.

Are you enticed? Do you love to sing? All are welcome who love to sing or who want to be involved with our Music Ministry.

We rehearse on Sunday mornings at 11:30. Upcoming rehearsals are: May 2nd, 16th and 23rd. We continue to rehearse via Zoom until it is safe for us to gather again in person. When we come up with an 'in person' rehearsal plan I'll have something posted in the Friday Flyer and Sanford UU Church News.

For more information, please contact me via my email in the church directory or send an email to the church (uuchurch@gwi.net) and Brian will forward it to me.

♪ May 9th – Music Sunday! ♪

Do you sing or play an instrument or have a reading about music that you'd like to share? The May 9th service will feature our talented musicians and writers. Contact Ellie from UUCSB or Rev. Shay if you'd like to participate.

Board 2020-2021

Vice President: Karen Nelson - June 30, 2021

Clerk: Judi Reis - June 30, 2022

Financial Secretary: Ginny Howe - June 30, 2022

Treasurer: Marcel Gagnon - June 30, 2021

Liaisons: Janie Waterhouse - June 30, 2023, Natasha Nolan Parker - June 30, 2022, Diane Whiteside-Peck - June 30, 2021

DREs: Ryan and Mesha Quinn

Church Leadership 2020-2021

Building and Grounds: Marcel Gagnon

Capital Projects Building Committee: Howard Dupee, Bill Ouellette

Choir:

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

Music Committee Chair: Melody Wood

Nominating Committee: David Agan, Jan Sacco, Deb Folsom

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, Jan Sacco, Georgia Renfro

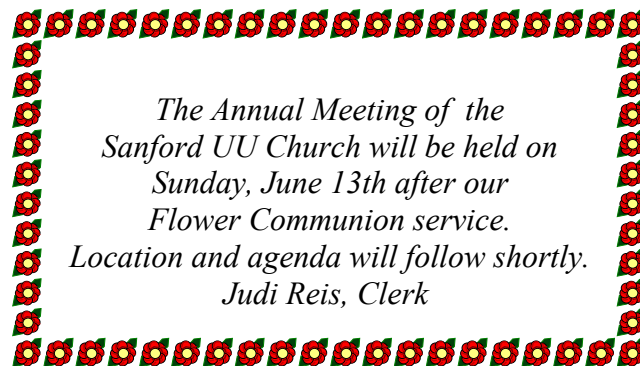
Rev. Shay's Schedule - Monday is Writing Day, with limited availability. Tuesday, Wednesday and Thursday completely available to you, please email, text or call to set up an appointment time. Friday is day off, emergency availability only. Saturday on call for pre-scheduled meetings and events; available for emergencies. Sunday is Worship and Coffee Hour. Email revshaymackay@gmail.com Phone/text 207-518-8059

Administrative Office Hours - Church office is closed due to pandemic, working from home - info@sanforduuchurch.org
Email anytime, always available, any time, any day.

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

Our Sister Church

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



*The Annual Meeting of the
Sanford UU Church will be held on
Sunday, June 13th after our
Flower Communion service.
Location and agenda will follow shortly.
Judi Reis, Clerk*

Newsletter Deadlines for 2021

Our FY ends June 30, 2021

May 24th for June newsletter

June 21st for July newsletter

MUUSAN Network Meeting

May 8th, 2021

10:00am-12:00pm via Zoom

Crossing the Finish Line

guest speaker, Senator Kathy Breen

Register online at MUUSAN.org

