

Sanford Unitarian Universalist Church  
UU NOTES Volume XLV  
July 2021, Issue 1



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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)

*Please refer to page two of this newsletter regarding summer service options.*



*Wishing everyone a wonderful, safe and healthy summer!*

## Informal Summer Gatherings

While there are no official Summer services happening this year, the Board is encouraging members and friends of this congregation to explore Covid safe ways to meet informally over the Summer. Here are some suggestions: plan a hike or nature walk, set up a Google watch party and watch a movie "together" in your separate homes, have a picnic and swim at Holdsworth Park (let people know what time you plan to be there and then just show up!), host a "grill 'n' chill" in your own backyard (let folks know what time you plan to fire up the grill and give your address!), go bird-watching, host an evening backyard fire...get creative! This is a great time to start to dip our toes back into what it feels like to spend time together in person. If you'd like to let the congregation know about an Informal Summer Gathering opportunity you'd like to coordinate or host, just email a Board member and we will get the word out.



We have listed the website of local Unitarian Universalist Churches below. Enter a link on your browser to the church of your choice and you will be directed to their website where you will be able to see what they offer for summer services, both in person or online.

### *UU Summer Services Available at These UU Churches:*

1. Allen Avenue  
<https://www.a2u2.org/services/poems-of-the-summer-solstice-2/>
2. Kennebunk  
<https://www.uukennebunk.org/p/sundays-fpuu>
3. First Parish Portland  
<https://firstparishportland.org/>
4. South Church  
<http://www.southchurch-uu.org/>
5. Haverhill Mass  
<https://www.uuhaverhill.org/>
6. First Parish Beverly  
<https://firstparishbeverly.org/service-overview/services/>
7. First Parish Arlington  
<https://firstparish.info/calendar/> Arlington MA
8. UU Gloucester  
<https://www.gloucesteruu.org/worship/upcoming-worship-services/>

## Nicole's Run

Caring Unlimited, York County's Domestic Violence Program, is hosting a Virtual 5k Run/Walk this July 17! All the information is located at: <https://www.caring-unlimited.org/about-nicoles-run>

There will be lots of prizes for finishers, the t-shirts are always beautiful, and if you follow Caring Unlimited on Facebook you may see some familiar SUUC faces in the Featured Walker section!



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## Heating Source Update

The Building & Grounds Committee reviewed proposals from Jeremy (the ongoing furnace maintenance man) and Revision Energy (the company that installed the solar panels). Both proposals recommend installing heat pumps, a more eco-friendly alternative to the use of fossil fuels which will also reap significant future savings. The Committee recommends contracting with Revision Energy (which presented an “all costs included” proposal) to install heat pumps throughout the church building.

We need an additional **\$31,000** for this project. So far \$11,000 has been pledged (including a \$10,000 donation from congregation member(s) to an eco-friendly alternative to fossil fuels); \$20,000 - \$25,000 is the sum we need to fund.

## Donations to “SUUC – Heating Source” will help bridge the gap!

The Finance Committee approved a loan from trust funds; that loan will be repaid through planned budget allocation starting next year. To be continued.....

*After 18 ½ years of working at the SUUC, Bill and I are looking forward to our retirement. This was a tough decision to make as it has truly been a joy working at the church. Thank you for the wealth of information, support and love so many of you have provided. We will hold close to our hearts all of the many relationships we have developed within our church family over the past years. It has been an amazing experience for us and our hearts hold many memories of our time together. Special thank you for all the well wishes we have received, it means so much to us.  
Gratefully and with much love, Mona and Bill Ouellette*



## Relief Committee Update






The Covid Relief Fund team met on June 3<sup>rd</sup> via Zoom. There were no new requests to discuss, but we were again concerned about how to help those who have no permanent homes. Although this is not our mandate, Lee said he would ask City Hall whether it is at all possible to convert part of our church into a temporary housing apartment. SUUC's Board of Management investigated this idea years ago but were unable to meet the stringent requirements for such housing (i.e. private shower room, kitchen, and so forth). The CRF team agreed to not meet over the summer months unless a request came to our attention. Please be on the alert for anyone or any group who may need funds due to Covid 19 hardship; \$15,000 remains in the account.

Have a safe and enjoyable summer!

The CRF team, Lee, Pat, Lindsay, and Diane

### SANFORD BACKPACK PROGRAM SUMMER SCHEDULE

JUNE 10 EAST SIDE ACRES	
JUNE 17 MEADOWCREEK	
JUNE 24 EAST SIDE ACRES	
JULY 1 TIMBERIDGE	
JULY 8 EAST SIDE ACRES	
JULY 15 MEADOWCREEK	
JULY 22 EAST SIDE ACRES	
JULY 29 TIMBERIDGE	
AUGUST 5 EAST SIDE ACRES	
AUGUST 12 MEADOWCREEK	
AUGUST 19 EAST SIDE ACRES	
AUGUST 26 TIMBERIDGE	
SEPT 2 EAST SIDE ACRES	

**Sanford Backpack Program**

In addition to these locations we will also be at Breary farms & Willard School EVERY Thursday from 3:30pm-5:30pm

**These free food distributions are open to all sanford/springvale residents**



## SUUC Garden

For all who enjoy gardening... you are welcome to come and work on the church garden. Anyone can come to divide the plants, add or thin plants, water, or do anything your heart desires. The garden belongs to all of us.



## Annual Meeting, Flower Communion and Final Service with Rev. Shay

On Sunday, June 13, 2021, members of the Sanford Unitarian Universalist Church gathered in person with one another, for the first time in fourteen months. The Parker-Nolan's grassy yard was our Sanctuary, and overhead was a dome of mature oaks and pines and blue sky. We hugged hello to one another, heard UU hymns and tunes sung by the Bi-Choir – including several members of the UUCSB church – who have graced us with music in unbelievable virtual form all year, swayed to an amazingly sweet harp piece by Melody, held our Flower Communion together, and toward the end, said good-bye to Reverend Shay MacKay. We welcomed Georgia and Charlie as new members and celebrated the work of those leaving the Board.

When the service ended, a short break was called before our Annual Meeting began. Twenty-two members voted to accept the Annual Reports, the budget for Fiscal Year 2021-2022, the dissolution of Reverend MacKay's contract, and the induction onto the Board of Jan and Lisa as Members-At-Large and Charlie as Liaison. Kael was voted onto the Nominating Committee.

The peace and happiness which the outdoor ceremonies and cheerful conversation created in this church family, despite sad feelings of losing our minister, only served to strengthen our resolve to support one another: as the Worship Associates again delight us with sermons twice a month and visiting ministers are invited for the remaining Sundays; as we seek replacements for the irreplaceable Mona and Bill; as we rely on tech-savvy members to increase our WiFi signals and support our virtual services in the hybrid manner we plan to provide once the building reopens; as we help temporarily in the office and plan summer services; and as we emerge from isolation and stay humble and forgiving of one another, ever mindful of the spirit of this church, which is Love, and its expression through our Covenant of Right Relations.

Sincerely submitted by Diane





*Flower  
Communion  
Service  
June 13, 2021  
Photos courtesy of  
David Agan*









To my church family,

I am leaving my Board of Management position on June 30<sup>th</sup>, but, rest assured, I intend to keep working for the good of our church going forward. There is so much to redefine and recreate in the next months together! Also, I am so appreciative of the wonderful flowers, cards of thanks, and chocolates with which I was showered on June 13<sup>th</sup>!



I'd like to share something with you at this time. When I first joined SUUC and worked as Fundraising Chair, I did sit on the Board, as Chairpersons did in "the old days", but I was not very confident in speaking. Over the years, I became certain that fellow congregants were a safe group of people to whom I could express my opinions and ideas: I was moved to lead a few services, to ask more questions, to become a better listener, and finally to garner enough courage to take on the position of President. I had never been President of anything before! It was a challenge I decided to rise to, and it wouldn't have happened if you all weren't so accepting of me and forgiving of my mistakes, anyone's mistakes in fact. That is what is meant when the Board Covenant says, "...our meetings give us the opportunity to employ patience, humility, and faith in each other and ourselves".\* It is also what is meant when the Covenant of Right Relations states, "We embrace reconciliation and forgiveness...We are accountable to one another for creating opportunities to encourage, challenge, and connect." These are words we need to understand not just in our heads, but with our hearts. These words, manifested in actions, are what make us a Unitarian Universalist family, and also make us our best selves outside the church.

So, thank you all for being part of this, and for aspiring to make the words we speak real in our lives. I have learned, and continue to learn, so much from you. Gratefully, Diane Whiteside-Peck

\*from the book, *Serving With Grace*, which I recommend highly.

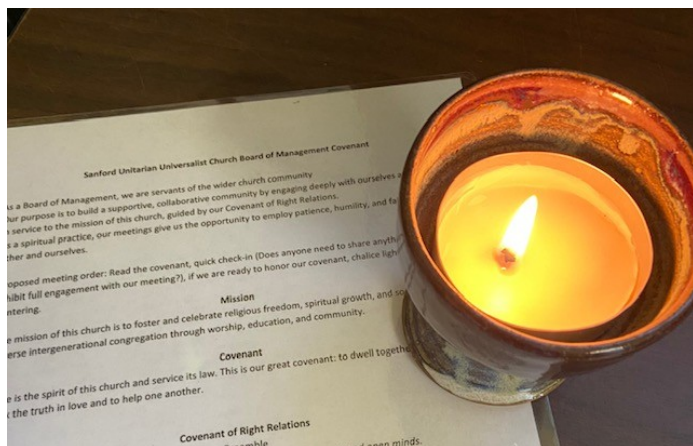
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### Sanford UU Church Book Group

The Book Group will be meeting on Thursdays in the Fall of 2021, beginning September 9 (Thursday) at 4:30 with *The Deepest Well: Healing the Long-term Effects of Childhood Adversity* by Nadine Burke Harris MD.

Dr. Nadine Burke Harris was already known as a crusading physician delivering targeted care to vulnerable children. But it was Diego - a boy who had stopped growing after a sexual assault - who galvanized her journey to uncover the connections between toxic stress and lifelong illnesses. The stunning news of Burke Harris's research is just how deeply our bodies can be imprinted by ACEs - adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our biological systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in *The Deepest Well* represent vitally important hope for preventing lifelong illness for those we love and for generations to come.





Dear Congregants and friends of the SUUC,

This month the Board meeting was held in person, outdoors. There was a full agenda as there are many changes upon us! Hiring for the positions of Admin Asst. and Facilities Manager was at the top of the list as Mona and Bill start their retirement at the end this week! We talked at length about job descriptions, compensation and how to go about advertising the positions.

Additionally the Board has been working to expand the Wi-Fi service in the church for better bandwidth throughout the building, especially in the sanctuary. This will be vital for the hybrid model we hope to offer when we are meeting again in person. (Hybrid model means that services, held in person, will also be live streamed through Zoom to anyone who cannot make it in to church!) Paul Poyant has done significant research on this matter and has ordered the necessary equipment and will also install it for us! Thank you, Paul!

As this was Shay's last meeting with us she helped us hone in on some of the things we might need to keep in our sights. It is clear that Board members will be wearing many hats over the year ahead including making decisions about when to resume in person services, how to continue to keep our community healthy and safe, ensuring a rich and diverse line up of guest ministers and lay-led services, reestablishing working relationships with committees, and other functional tasks such as learning how to run the sound system and making sure we have adequate tech support.

Due to the uptick in responsibilities for Board members, we have decided to continue meeting throughout the Summer in hopes of having a smooth start to the church year come September. Speaking of Summer! Shay has compiled a list of links to virtual worship that can be attended since there is no organized offering of Summer services this year. And, while we are not planning formal worship, we do encourage informal opportunities to gather within this church community (see Informal Summer Gatherings blurb for more details) throughout the Summer.

We are thrilled to welcome Jan Sacco, Lisa Heustis, and Charlie Grindle to the Board as new members. Diane Whiteside-Peck and Karen Nelson finish their term on June 30th. We are so grateful for their years of contribution to this Board.

Happy Summer Solstice,  
Natasha

Judi Reis - [jcreis8@gmail.com](mailto:jcreis8@gmail.com)      Janie Waterhouse - [janieswaterhouse@gmail.com](mailto:janieswaterhouse@gmail.com)

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Charlie Grindle - [interfaithchap@gmail.com](mailto:interfaithchap@gmail.com)      Natasha Nolan - [99missedkisses@gmail.com](mailto:99missedkisses@gmail.com)

## Board 2021-2022

**At Large Members** - Jan Sacco - June 30, 2023

Lisa Huestis - June 30, 2024

**Clerk:** Judi Reis - June 30, 2023

**Financial Secretary:** Ginny Howe - June 30, 2022

**Treasurer:** Marcel Gagnon - June 30, 2022

**Liaisons:** Natasha Nolan Parker - June 30, 2022

Janie Waterhouse - June 30, 2023

Rev. Charles Grindle - June 30, 2024

## Church Leadership 2021-2022

Building and Grounds: Marcel Gagnon

Capital Projects Building Committee: Howard Dupee,

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) and MUUSAN: 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

Music Committee Chair: Melody Wood

Nominating Committee: David Agan, Kael Parker,

Deb Folsom

Pianist: Ruth Leipold

Stewardship:

Women's Alliance: Nancy Farnham

Worship Associates: Patty Kidder, Mesha Quinn, Tom Huber,

Beverly Brent, Jan Sacco, Georgia Renfroe Natasha Nolan



### Our Sister Church

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

**NURTURE Your Spirit.**

**Help HEAL Our World.**

**Are you searching for a spiritual community where people with  
different beliefs worship as one faith and work together for justice?**

**Then join us!**



**Unitarian Universalists**  
uua.org