



Sanford Unitarian Universalist Church
UU NOTES Volume XLIII
September 5, 2018, Issue 3

Sanford UU Church
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Like us on Facebook
Minister: Rev. Shay MacKay
Religious Education: Mesha and
Ryan Quinn
Choir Director: Rev. Charles Grindle
Pianist: Ruth Leipold
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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)



PLEASE NOTE NEW TIME:

**Worship Services are held every Sunday at 11:00am - Child Care is Provided
Everyone is Welcome!**

Sunday's Service September 9th at 11:00am - *Gathering of the Waters* - You've caught yourself a minister, but the Search is not over. Where do we flow from here? The service will be led by Rev. Shay MacKay. On this day we will gather to celebrate and reconnect and we will mingle the waters we have collected over the summer, please don't forget to bring your collected water on Sunday. Our SUUC choir and UU Notes will provide special music.

Sunday's Service September 16th at 11:00am - *Stepping Into Transformation* - How does Joseph Campbell's concept of *The Hero's Journey* work within the context of community? How does Carl Jung's "night journey on the ocean" guide us *as a community* toward self-enlightenment? The service will be led by Rev. Shay MacKay.

Sunday's Service September 23rd at 11:00am - *Serving With Grace* - On this path together, how do we serve ourselves, each other, and our larger community with patience, compassion, and grace? The service will be led by Rev. Shay MacKay.

Sunday's Service September 30th at 11:00am - *What We Believe* - The service will be led by the SUUC Worship Associates.



Shay's Sharing...

When I first started on my path to ministry, I began working in a small UU fellowship in rural, northern California. They had had a rough past and had too often been told No! I promised myself that I would say Yes as often as I could with them, and began rebuilding the groundwork for a congregational culture of hope and possibility.

Over the years of ministerial training and work, I've had to learn how to balance my desire to always say Yes! with the needs of my family and my mental and physical health – I've had to learn again how to say No.

Many of you have expressed concern about burnout and fatigue, and these are valid concerns given the history of ministerial expectations. But I promise you, I have learned my lesson well and am confident in my ability to set limits and maintain boundaries. I'm pretty good at saying No when I need to (and my partner Diana is even better at reminding me!). However, our society, especially in these days of fear-mongering, has become much too comfortable with an instant and unwavering No in response to so many things. It makes me again want to promise myself that I will, as often as possible, answer with a Yes instead.

I've organized the year into a series of themes, giving all of us a chance for a deeper dive into certain ideas and more time to look at concepts from different angles. We'll begin with "The Journey," exploring this new path we are walking together. What I'm hoping is that we can set aside some of our fears and anxieties, knowing that this beloved community is strong enough to hold them, and have the courage to say Yes more often than not as we figure out where we're going.

I'm reading a great book called *The Answer to How is Yes* by author and trainer Peter Brock. The basic premise is that we can so very often, both as individuals and as institutions, get stuck in the How questions, spinning our wheels as we dig ourselves further and further into the pit of how much will it cost? and who will we upset? and what if it doesn't work? Instead, Brock says, we need to "understand that the task is to shift the demand for the right answer to the search for the right question." We need to "raise the question of what do we want to create together?"

And then we do it.

And deal with all the how's and what if's as we go. Maintain space and time for heartfelt conversations that discuss and affirm doubts, feelings, and intuitions.

At our beginning of the year retreat, the Boards of the two churches and I explored some ideas of a new "culture" we want to encourage and inspire at both SUUC and UUCSB. A culture of making decisions based on our values and convictions. A culture of spiritual depth and maturity in all that we do. A culture of saying Yes! without letting ourselves get stuck in the fear and grief that always accompany change.

Now, I'm not saying that fear and grief aren't perfectly valid and real and reasonable responses to taking steps in new directions. And it will be important that our churches are places where it is safe to have and express these feelings. And, together we can move through them, continuing our journey, allowing curiosity and compassion be our guides as we search and search anew for where our hearts are leading us.

I guess what I'm really saying is, in the words of Joseph Campbell, "The big question is whether you are going to be able to say a hearty YES to your adventure."

Peace, Reverend Shay MacKay

Thoughts From the President

I'm excited for September 9th, our Ingathering and Water Service Sunday. I've always loved Ingathering, and this year is most special because of Reverend Shay MacKay! I am already feeling enthusiastic about how we can implement ideas to reach more people with our message, and further practice our good works in the community. I am impressed with our new minister's sincere desire to reach out to us as members and friends, too, and with her commitment to be here deeply when she is with us.

Our Summer Services were absolutely inspiring! Thank you very much to all who participated, and to Evelyn, Judi, and Bev for facilitating. Board members from both churches gathered at Ferry Beach for a thought-provoking Retreat on August 25th, and our congregations continue to explore new ways to engage in joint efforts in the areas of Social Action and policy alignment when possible. The building's outside trim and its Sanctuary have been repainted this summer, too! Very inviting.

Lastly, I want to commend my fellow congregants on their patience with and involvement in the change to our Sunday service times process. We were unsure of the next step last May and June, but with Shay's guidance and your participation, we are giving it a try. I will always remember Reverend Boothby's sermon that dealt with transitions. He compared them to being between two trapezes—you have to let go of the first one, and have faith that your hands will find the second one. It's the space between the trapezes that can be frightening! Thanks to everyone who helped us get a good grip on the second trapeze this time, and may we continue to communicate and find solutions together in our future. See you at 10:00 Coffee Hour and 11:00 services on the 9th!

~In Hope, Diane

Renew, refresh, rejuvenate..... a fresh coat of white paint!





UNITARIAN
UNIVERSALIST
ASSOCIATION

New England
Region

None of us alone can save the world.
Together—that is another possibility waiting.

~Rev. Dr. Rebecca Parker, Choose to Bless the World

Claiming Our Spiritual Leadership

Faithful, Effective Practices for Boards, Staff & Volunteers

Saturday, October 13 & 27, 2018 9:30am-3:00pm

This workshop is for boards, committees, church staff, newly nominated or elected leaders, and longtime volunteers who want to tap their individual and collective power for living into the mission and purpose of their congregation.

Spiritual leadership assumes that all people have gifts the world needs, that everyone has access to a power within that can fuel the community's collective creativity and action. Congregations can be purposeful communities where we celebrate and share our gifts, where covenanting is a practice, not just words on a website, where we take faithful risks together that liberate us from ruts and limits. **Spiritual leadership transforms church work into spiritual growth, community building, and faithful action.**

This workshop is designed for religious professionals and lay leaders to build collective practice for collective action. **You are strongly encouraged to attend this workshop with a team of five or more.** Read more and register today!

REGISTER: uuaner.eventbrite.com

Questions? Call (617) 948-6415 or email: newengland@uaa.org

DATES & LOCATIONS

Saturday, October 13, 2018
Brunswick, ME

Saturday, October 13, 2018
West Hartford, CT

Saturday, October 27, 2018
Dedham, MA

Saturday, October 27, 2018
Woodstock, VT

REGISTRATION RATES

\$35 per person for
2-4 registrants on a team

\$25 per person for
5+ registrants on a team



New Worship Time Begins September 9th - Your Board and I have heard your voices, read your emails, taken your phone calls. Thank you to everyone who has shared their thoughts and feelings about the Sunday service start time. After much miscommunication and many map miscalculations (on my part), we are going to give it a go. **Beginning on Sunday, September 9th, SUUC's Sunday services will begin at 11:00 a.m. Coffee hour will be held *before* the service, beginning around 10:00 a.m. I promise to have you out of worship by noon!** I'm excited to share three Sundays a month with you and believe this will open up all sorts of possibilities for us. Let's give this a try and see how it goes. Please continue to share your feedback with your Board members and with me. I will see you soon! Peace, Reverend Shay MacKay

Church Directory - Towards the end of September we will have a new church directory. If you have any changes regarding your phone number, address or email address, please make note of it on the draft directory located on a table in Goodall Hall. We want to make sure our directory is as accurate and up-to-date as possible. Please indicate if the listed phone number is a cellular phone, whether or not you can be texted, and how you want to be notified in an emergency. (i.e. call, text, or email). Thank you.

SUUC Choir Greetings! If you've thought about singing in the choir, now's your chance! All it takes is some time, and a cheery attitude. You'll need to join us for the three rehearsals (on Monday nights) before we sing. A short term commitment is fine. We'll sing Christmas Eve, three Sundays in March for TriQuire, Easter, Flower Communion, and three undecided dates. 6:30 is the magic hour! See you then! Rev. Charles Grindle

Caution - If you park in front of the church, please take care to see what's coming along behind you before you pull out, and we encourage you not to make a U-turn out of a parking space in front. Motorcycles, cars, pick-ups, and semis are moving fast along Route 202 on their way to Biddeford or Rochester. Other vehicles are turning left and right off Main Street at the light beside the church. Please take care; we need you!

Common Good Reminder - Don't forget to check out the date(s) you would like to host coffee hour, provide flowers or greet. Sign-up sheets are located on the bulletin board in the parlor. Thank you!

Women's Alliance - The Women's Alliance will meet at the home of Nancy Farnham on Wednesday at noon, September 12th. Please bring your lunch, thank you.

Book Group - The SUUC Book Group's first meeting will be September 21, 2018 at 6:00pm, to discuss *A Man Called Ove* by Fredrik Backman. Ove is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave, Ove has given up on life. Enter a boisterous young family next door who accidentally flattens Ove's mailbox while moving in and earning his special brand of ire. Yet from this inauspicious beginning an unlikely friendship forms and we come to understand Ove's past happiness and heartbreaks. What emerges is a heartwarming tale of unreliable first impressions and the gentle reminder that life is sweeter when it's shared. The book group endeavors to meet on the third Friday of each month at 6:00pm in Goodall Hall during the church year. All are welcome.

Note of Appreciation - A most appreciative "THANK YOU" to our congregation for the card and words of comfort and encouragement during my recent illness. Marcel

2nd Century Update #8

July, 2018

The Ministerial Presence in our Church

by Reverend Beverly Brent

Our wonderfully dedicated church historian, Helen Kane, is assembling a new edition of our Centennial history. She has asked me to fill in as acting minister, in order to write a piece on the ministerial presence in our church.

After a two-year intense ministerial search conducted with our sister church, the Unitarian Universalist Church of Saco/Biddeford, on May 6, 2018, we invited Reverend Shay MacKay to be our settled minister. She begins with SUUC and UUCSB on August 1, 2018. We have bid farewell to our 2-year interim minister, Reverend Stephen Cook.

To my count, we have had 14 full time ministers and 4 interim ministers from 1909-2018. Shay will be our 15th.

Personally, I have had the privilege of knowing and being informed and moved by 2 of these settled ministers, Reverend Paul Boothby and Reverend Sue Gabrielson and 2 interim ministers, Reverend Jenny Justice and Reverend Stephen Cook. And I cannot forget our wonderfully unique and blessed minister emeritus, Maurice Cobb. Each of them has, in his or her own way, left an imprint on my way of being in the world. And each of them has made it possible for me to embrace and adhere to and believe in the principles of this faith. I proudly affirm that I am a Unitarian Universalist!

I was brought up Christian, in the Congregational Church. I tried to accept the total Christian rhetoric, but ever since I was young, something was missing. I tried visiting different denominational churches, but nothing seemed to fulfill what I was looking for. I wasn't even sure what it was. I felt the need to be in a community that would accept me as an individual who could question. That is, until I walked into a UU Church. I have been coming to SUUC for nearly 20 years, and signed the membership book in 2002 after falling in love with Unitarian Universalism in general, and the SUUC congregation in particular.

I was ordained as a chaplain/minister in 2006 by the Chaplaincy Institute of Maine (fondly known as, ChIME). ChIME is an Interfaith ministry program that respects all spiritual paths including "no path" and honors Divine wisdom in all faiths.

Shortly after I was ordained, SUUC, under the leadership of Reverend Sue Kingman, minister from 2003 - 2015, created a group of Worship Associates to assist the minister and lead services when she was not there. I have been a WA since its beginning and was the facilitator for many years. We are now 9 strong and all are dedicated to presenting informative, sensitive and caring topics that align with our principles. We also are fortunate to have among our congregants many who have come forward to offer meaningful presentations. And we have been so very fortunate to have a number of guest ministers who have graced us with their presence.

As with most churches, attendance at Sunday services has declined over the years. Under the guidance of Rev. Sue, it was decided in 2012 that she would serve both SUUC and UUCSB in a half time position at each church, thus serving the needs of each church, and still maintaining a full time position for Rev. Sue. It was indeed fortuitous that a Worship Associate group had been formed as they would be called to cover the Sundays that Rev. Sue was at UUCSB.

Forever enthusiastic and forever caring, we at the Sanford Unitarian Universalist Church will continue its legacy with great pride, humility, awareness, peace, and love.

Love our church, Love our congregation, Love what we stand for – Thank You SUUC for being such an integral part of my life!

Update #9
March, 2018

A Little About Me
by Rev. Shay MacKay

I am a Divine being dwelling amidst Divine creation through which Spirit is always present and moving. As a spiritual caregiver, I am a guide, companion, and witness with others as they (re)discover and express the Divine within themselves, and heal their connection to the Divine in all of Its forms (Spirit, Self, Other, Creation).

I am silence and stillness. I am a deep listener. I am a voice for those who cannot speak, for those who are prevented from speaking, for those who don't have words. I am a truth-teller and a depth-shifter. I am committed to affecting one life at a time through respectful, informed, compassionate, and humble dialogue. In my ministry, I am welcoming to all and respect that the differences among us make us stronger.

I am a chaplain who creates and maintains sacred space, a deep listening presence, and opportunity for prayer and healing ritual. I am also a poetic preacher and use my gifts of prophetic witness and imagination to educate, challenge, and inspire. I am a creative liturgist who composes ritual and worship using story, song, and silence to engender a shared experience and expression of the Divine Mystery that moves us all. And finally, I am a responsible and responsive member of the global community, ignited by the fire of our faith toward action that heals our broken world and co-creates a global culture of equity, justice, and freedom for all.

I was raised in the flowing, golden prairies and rolling hills of central North Dakota. My parents were elementary school teachers, and my younger sister and I had what most would call a happy, normal childhood – privileged and protected, cradled in the embrace of our large German-Russian family and the Catholic Church.

From a very early age, music was an essential part of my life, and given that Church was central to everything we did, it was only natural that the two became interwoven for me. I was fascinated by it all – the ritual, the music, the mystery, the awe. I was most especially interested in people's experiences of these things.

I joined the Jesuit Volunteer Corps after getting my BA in Psychology, and was sent to Tacoma, Washington, to work at Nativity House, a day shelter for the homeless and marginalized. From the moment I walked in the doors, I knew it was where I was supposed to be. My eyes and heart were opened wide to the realities of our society and the struggles of our marginalized peoples. It was at Nativity House that I first began to really name and explore my call to ministry. I also began to explore the feminine divine, pagan spirituality, and discovered how to use art, journaling, meditation, and nature as ways to connect with Spirit.

My decision to come out as a lesbian at age 29 was a monumental shift in my image of self and how I moved through the world. I spent the next ten years discovering all it meant to be queer in today's world – and in *my* world, with my family and friends and co-workers. As I lived more and more into this truth, my spirituality began to emerge in a deeper and fuller way.

In 2010, Spirit led me to two congregations at the exact same time – a UU Fellowship and a Unity church. I became the administrator of one and the pianist of the other and fell in love with both. My call to ministry came booming out of the wilderness loud and clear, and both congregations encouraged and nurtured me toward seminary.

My mom is my biggest supporter and will always hold a strong sense of home for me in the middle of North Dakota. I am deeply committed to my beloved partner, Diana, who is also a UU minister, and her 15 year old son, Aidan.

I am a musician and composer, love animals and books, and am slowly improving my skills in both cooking and knitting.

Nature is an important source of renewal and inspiration, and I especially find comfort in trees, mountains, and the wind that sweeps across the prairie. I like to get out hiking and camping whenever I can - there's nothing better than a book and a hammock, gently swinging in the trees.



September 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Summer worship 9:30am with Bob Ortiz AA in Vestry 5:00pm to 6:15pm	3 Labor Day The office is closed MUUSAN and MPA in GH 5:00pm- 8:00pm	4 MTN meeting in Parlor and GH 6:00pm	5 Newsletter Day Project Com. 6:30pm -8:30pm in Goodall hall Narcotics Anon. in Vestry 7:30pm to 9:00pm	6 VNM Vestry 5:00pm	7 AA in Vestry 6:00pm to 7:00pm	8 Church Work Party 8:00ish to noon
9 Regular Worship services begin - NOTE NEW START TIME 11:00am with Rev. Shay AA in Vestry 5:00pm to 6:15pm	10 MUUSAN and MPA in GH 5:00pm- 8:00pm Board Meeting 5:30pm potluck, meeting 6:00pm- 8:00pm	11	12 Women's Alliance meeting at the home of Nancy Farnham at 12:00 Narcotics Anon. in Vestry 7:30pm to 9:00pm	13 VNM Vestry 5:00pm	14 CC sets up AA in Vestry 6:00pm to 7:00pm	15 CC Open 10:00am to 1:30pm
16 Worship Service 11:00am with Rev. Shay RE classes begin AA in Vestry 5:00pm to 6:15pm	17 MUUSAN and MPA in GH 5:00pm- 8:00pm	18 MTN meeting in Parlor 6:00pm	19 Project Com. 6:30pm-8:30pm in Goodall hall Narcotics Anon. in Vestry 7:30pm to 9:00pm	20 VNM Vestry 5:00pm	21 SUUC Book Group meets at 6:00pm in Goodall Hall AA in Vestry 6:00pm to 7:00pm	22 Fall begins
23 Worship Service 11:00am with Rev. Shay AA in Vestry 5:00pm to 6:15pm	24 MUUSAN and MPA in GH 5:00pm- 8:00pm	25	26 Narcotics Anon. in Vestry 7:30pm to 9:00pm	27 VNM Vestry 5:00pm	28 AA in Vestry 6:00pm to 7:00pm	29
30 Worship Service 11:00am with the SUUC Worship Associates AA in Vestry 5:00pm to 6:15pm						

August 5th Service- *The Music of David Larrabee* with David Larrabee
August 26th Service - *Me Too. Now What?* with Clare Fortune-Lad



Dave was in tune



Ruth was there beside him



Ginny was delighted



The Steffens beamed



Old friends

Board 2018-2019

President: Diane Whiteside-Peck - June 30, 2019

Vice President: Karen Nelson - June 30, 2019

Clerk: Janie Waterhouse - June 30, 2020

Financial Secretary: Ginny Howe - June 30, 2020

Treasurer: Marcel Gagnon - June 30, 2019

Liaisons: Patty Kidder - June 30, 2019 - Judi Reis - June 30, 2020 - Cheryl Weymouth - June 30, 2021

DREs: Ryan and Mesha Quinn

Church Leadership 2018-2019

Budget and Finance Chair:

Building and Grounds: Bob McCormick

Caring Circle Chair: Gail Burnett

Choir: Charles Grindle

Church Historian: Helen Kane

Corner Cupboard: Peg Sawyer, Judi Reis, Dee Ames, Helen Kane

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

Music Committee Chair: Melody Wood

Nominating Committee: Lisa Huestis 2019, Vickie Bugado 2020, David Agan 2021

Religious Education Committee:

Stewardship/Members: Helen Kane

Women's Alliance: Nancy Farnham

Worship: Rev. Shay MacKay

Worship Associates: Rev. Shay, Patty Kidder, Mesha Quinn, Evelyn LaBree, Tom Huber, Bev Brent, Judi Reis, Jan Sacco, Janie Waterhouse, Vicky Bugado, Cheryl Weymouth

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 Shay's office hours are on Mondays from 11:00am-5:00pm and Tuesdays 2:30pm-5:30pm

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: Al Casad

Vice President: Niki Norman **Secretary:** Ron Hiser

Treasurer: Wendy Coleman **Collector:** Betsey Pace

At Large: Mojens Ravn, Pat Snyder, James Stranderfer, Anne Dobson

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 Vestry

Board Meeting: Monday, September 10th - potluck at 5:30pm and meeting runs 6:00pm-8:00pm

Book Group: Friday, September 21st at 6:00pm in GH

Choir: TBA

Church Work Party: The next work day will be held on Saturday, September 8th from 8:00ish-noon

Corner Cupboard: Next date the CC is open is September 15th from 10:00am-1:30pm

Maine Transgender Network (MTN): Meets on the first Tuesday of the month at 6:00pm in the Parlor and GH and the third Tuesday of the month at 6:00pm in the Parlor

Music Lessons: Mondays 4:30pm-7:00pm and Wednesdays 9:00am - 11:00am in the Sanctuary

MUUSAN and MPA: Meets on Mondays in Goodall Hall from 5:00pm to 8:00pm through November 5th

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. Please email us at the following: projectcommunity@gmail.com or join the group on Facebook!

Violence No More: Every Thursday at 5:00pm in the Vestry

Women's Alliance: Meeting at noon on Wednesday, September 12th, at the home of Nancy Farnham.

Worship Associates: TBA