



Sanford Unitarian Universalist Church
UU NOTES Volume XLIII
October 1, 2018, Issue 4

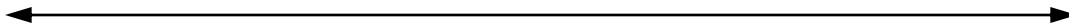
Sanford UU Church
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Sanford, ME 04073
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Like us on Facebook
Minister: Rev. Shay MacKay
Religious Education: Mesha and
Ryan Quinn
Choir Director: Rev. Charles Grindle
Pianist: Ruth Leipold
Newsletter 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)



**Worship Services are held every Sunday at 11:00am - Coffee hour is held at 10:00am
Child Care is Provided - Everyone is Welcome!**

Sunday's Service October 7th at 11:00am - *An Early History of Sanford UU Church* - The service will be led by our Church Historian, Helen Kane. Expect some surprises!

Sunday's Service October 14th at 11:00am - *Gratitude: Wholeheartedness* – The antidote to exhaustion is wholeheartedness. Where and when do you show up wholeheartedly? How does this impact you, others, the world? The service will be led by Rev. Shay MacKay.

Sunday's Service October 21st at 11:00am - *Gratitude: Pilgrimage* – What does it mean to move through life as a pilgrim – seeing life as a journey or search of moral or spiritual significance? The service will be led by Rev. Shay MacKay.

Sunday's Service October 28th at 11:00am– *Gratitude: The Glimpse* – Sometimes we catch a glimpse of the road up ahead or a hint of what's around the bend, but most times we don't. How do we pay more attention to the many gifts life offers us along the way rather than always craning our necks for a glimpse of what's coming next? The service will be led by Rev. Shay MacKay.



Shay's Sharing...

As Autumn arrives, I'm excitedly unpacking my jeans and light sweaters. I love this change of season, as the light slowly begins giving way to longer nights and the air is crisp and clear. My partner, Diana, and I finally made it to the beach last weekend and wandered in muted sunshine and bare feet, the wet sand just cool enough to make our flannels feel cozy.

Over the next two months, our Sunday sermon series will explore Gratitude from a variety of angles, and I can't think of a better time of year to be reminded of all there is to be grateful for. Beginning October 14th and leading us through to Thanksgiving, we'll be taking our cues from an on-line web series I attended, co-facilitated by Irish poet David Whyte and Benedictine monk Brother David Steindl-Rast.

“You can think about gratefulness...as a state of being, a kind of frontier, a measure of the intensity of your presence and the ability to occupy this edge between what you think is you and what you think is not you.”
~ David Whyte

As we discovered throughout the sermon series in September, the spiritual journey is a never-ending pilgrimage - a continuous cycle of departure, arrival, and return. It isn't something to be mastered; rather, it is something to be *lived*.

If the spiritual journey is something to be lived, then spiritual practices like gratefulness can help bring us back to our intention. A spiritual practice is anything we do, think, or say that is deliberate and has a regular rhythm – it's something you've intentionally decided to focus on, on a regular basis – whatever that may look like for you. Spiritual practice calls us to return and remember - to return to our intention and remember the journey we are on.

I know – I hate practicing, too. I always did, even though I *loved* playing the piano. Even though I enjoyed soccer and volleyball. I *hated* practicing. Practicing takes discipline, and uses time and energy I'd rather spend on other things. And in our society, the whole concept of “practice” suggests that there is an end goal, a level of expertise we must aim for, and achieve.

How many of us ever actually get there?

And then we feel bad, ashamed, disappointed. Where's the joy in that?

Remember Joseph Campbell? “Follow your bliss.”

Brother David Steindl-Rast says, “It is not joy that makes us grateful; it is gratitude that makes us joyful.”

So let's forget about perfection and think about joy as the world moves us into Autumn.

Let's re-define “practice” to mean:

out beyond the fury and frenzy of the flow -

A quieter strength,

a gentler intention,

a calmer attention,

with all the time in the world

to breathe in

and see

the beauty all around us.

Thoughts From the President

Hail and esteem to our church's Unsung Heroes! They are Everywhere, and Everyone. They often work “behind the scenes:” while rehearsing music or planning fundraisers; at Women's Alliance meetings or at Book Club; when shopping for Coffee Hours or the Corner Cupboard; while gathering maintenance bids or executing that maintenance; when editing newsletters or pulpit presentations; while writing grants, histories, or pledge checks; during Religious Education classes or performing Special Music; and while connecting to and improving lives outside our walls as we perform the jobs we've chosen, or as we bring meals to friends in need. You are all Heroes.

The Board of Management continues to develop an Emergency Action Plan that will keep all who gather here safer; more on this when we meet later this Fall with our Sanford Police Department contact. Plans are also being made to seal the Vestry tiles this year, a much-needed maintenance project. I extend again an open invitation to you, to bring your ideas and questions to any relevant Committee Chair, your Liaisons, your Board members, or your Minister, Shay. There is love and trust everywhere in our church, and we are listening!

In Hope, Diane Whiteside-Peck

Rev. Shay's Office Hours For the Week of October 1st

Rev. Shay will not be in the office at all this week, (week of October 1st) but will be available by text, phone, and email throughout this time. Please don't hesitate to contact her if you have a concern. She will be back in the office and resume her normal schedule on Monday, October 8th, in time for the Board meeting.

The People of the Windows

An updated edition of our church history, *The People of the Windows*, is still available for sale, 35 pages of new articles and photos to bring us into our 2nd Century on the corner of Main and Lebanon Streets. The price is \$20.00, all proceeds benefiting our church. Please see either Helen Kane or Marcel Gagnon to purchase your copy.

Storm Cancellation Information

This does seem a bit early to be talking about storm cancellations, but in Maine, you just never know, we must be prepared. 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 or you may visit our website www.sanforduuchurch.org or our Facebook page for the most recent information. In addition, a congregational email will be sent alerting you of any delay or cancellation.

Church Directory

New church directories are ready! Don't forget to pick up a copy for your family. They are located on the table in the Parlor.

A Note From John and Jan Steffens

Dear SUUC Community,

Our warm thanks for your comments, your notes and your hugs as we once again jump in the river and travel to yet new places with new adventures for sure. We will miss you after so many years of being a part of this community. We wish each of you good health, joy and at least a little adventure. We will stop in to say hello when we come back to York County. John and Jan Steffens

Special Music

Special music on Sundays enhances our services and we are very fortunate to have our Choir and UU Notes. The Worship Associates invite you, adults and youth alike, to share your special talents with us on the Sundays when the Choir and UU Notes are not scheduled. Please contact Rev. Beverly Brent or Evelyn LaBree to sign up for a date. Thank you!!

Vocal Choir

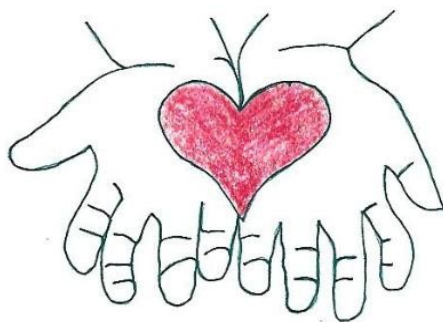
This will be our schedule for this year, with one Sunday as of yet undecided. I hope this will work for all of you. We're extra good in our bigness (LOL). **Rehearse:** September 30, October 7 **Sing:** October 14; **Rehearse:** October 28, November 4, 11. **Sing:** November 18; **Rehearse:** December 2, 9, 16 **Sing:** December 24; **Rehearse:** March 10, 17, 24 **Sing:** March 31 and April 7 (TriQuire); **Rehearse:** April 7, 14 **Sing:** April 21 (Easter); **Rehearse:** May 19, 26, June 2 **Sing:** June 9 (Flower Communion). If you have any questions, feel free to ask. May my mind think kind thoughts, may my lips speak gentle truths, may my heart feel deep love.
Rev. Charles Grindle

Need a Room to Rent

Is there anyone in the congregation who would consider renting a room to me as a housemate? I have some good work possibilities as an electrician if I return to the area, I'm down South right now. Thanks, John Poole
If you have a room to rent or know of someone who does, please contact the office, thank you.

Worship Associates

The Worship Associates seek "Deputy Worship Assistants" to assist with Sunday morning services. You would not be required to do a service on your own unless you wanted to. The senior Worship Associates will mentor and provide training. All members of the congregation are encouraged to participate. Please talk to one of the Worship Associates for additional information: Rev. Beverly Brent, Jan Sacco, Judi Reis, Evelyn LaBree, Tom Huber, Janie Waterhouse, Meshia Quinn or Patty Kidder. Thank you! Evelyn



2018 Communities CARE DAY

What: A day of serving our communities by meeting some of the needs of those who are experiencing challenging times

When: Monday, October 8, 2018 Columbus Day

Where: North Parish UCC Church, 895 Main Street, Sanford

Time: 8:30 AM – 1:00 PM

Sponsored By:

- ♥ Acton Congregational UCC Church, Acton
- ♥ Alfred Parish UCC Church, Alfred
- ♥ North Parish UCC Church, Sanford
- ♥ St. George's Episcopal Church, Sanford
- ♥ St. Therese Catholic Church, Sanford
- ♥ Crossroads United Methodist, Sanford
- ♥ Sanford Unitarian Universalist Church, Sanford

**Columbus
Day**

Free Meals Provided:

Breakfast 8:30 - 9:30AM

Lunch 11:30 -12:30 PM

Free and Offered All Day:

Blood pressure screenings
FREE Hair cuts by Snip & Tone
Dental Health with Jill Kelly
Reflexology with Mary Ann Ratteree

FREE STORE providing...

- Bedding and blankets
- Clothing
- Toiletries
- Winter coats and boots

Activities:

Making healthy snacks
Childcare play area so parents may
have time to check out resources
Arts and Crafts for children
Children's Reading Corner / Books



October 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Newsletter Day	2 Rebuild Maine Coalition MPA Others: Meet in Goodall Hall or Vestry from 4:30pm-8:30pm MTN meeting in Parlor and GH 6:00pm	3 Project Com. 6:30pm -8:30pm in Goodall hall Narcotics Anon. in Vestry 7:30pm to 9:00pm	4 VNM Vestry 5:00pm	5 AA in Vestry 6:00pm to 7:00pm	6
7 Choir rehearsal 9:00am Worship Service 11:00am with Church Historian, Helen Kane AA in Vestry 5:00pm to 6:15pm	8 Columbus Day The office is closed Communities Care Day at North Parish 8:30am-1:00pm Board Meeting 5:30pm potluck, meeting 6:00pm-8:00pm	9 Rebuild Maine Coalition MPA Others: Meet in Goodall Hall or Vestry from 4:30pm-8:30pm	10 Women's Alliance meeting at noon Narcotics Anon. in Vestry 7:30pm to 9:00pm	11 VNM Vestry 5:00pm	12 AA in Vestry 6:00pm to 7:00pm	13 Church Work Party 8:00ish to noon
14 Worship Service 11:00am with Rev. Shay - The choir will sing AA in Vestry 5:00pm to 6:15pm	15	16 Rebuild Maine Coalition MPA Others: Meet in Goodall Hall or Vestry from 4:30pm-8:30pm MTN meeting in Parlor 6:00pm	17 Project Com. 6:30pm -8:30pm in Goodall hall Narcotics Anon. in Vestry 7:30pm to 9:00pm	18 VNM Vestry 5:00pm	19 CC sets up SUUC Book Group 6:00pm in Goodall Hall AA in Vestry 6:00pm to 7:00pm	20 CC Open 10:00am to 1:30pm
21 Worship Assoc. Meeting 9:30am in Goodall Hall Worship Service 11:00am with Rev. Shay AA in Vestry 5:00pm to 6:15pm	22	23 Rebuild Maine Coalition MPA Others: Meet in Goodall Hall or Vestry from 4:30pm-8:30pm	24 Narcotics Anon. in Vestry 7:30pm to 9:00pm	25 VNM Vestry 5:00pm	26 AA in Vestry 6:00pm to 7:00pm	27
28 Choir rehearsal 9:00am Worship Service 11:00am with Rev. Shay AA in Vestry 5:00pm to 6:15pm	29	30 Rebuild Maine Coalition MPA Others: Meet in Goodall Hall or Vestry from 4:30pm-8:30pm	31 Halloween 🎃 Narcotics Anon. in Vestry 7:30pm to 9:00pm			

SUUC Book Group

Readers, let me know if the October 19th date does NOT work for you. Thanks, Evelyn

The SUUC Book Group's October read is Peter Block's "The Answer to How is Yes: Acting on What Matters." In his classic book from 2001, Block raises our awareness of the tradeoffs we've made in the name of practicality and expediency, and offers hope for a way of life in which we're motivated not by what "works," but by the things that truly matter in life -- idealism, relationship, intimacy, and engagement. Discussion date: Friday, October 19th at 6:00pm in Goodall Hall. All are welcome.

Centennial News

Please mark your calendars for the following Sunday morning services to celebrate our Centennial:

October 7: An Early History of Sanford UU Church. Expect some surprises!

November 4: Reenactments by The People of the Windows and The Women's Alliance, with a musical interlude, to be followed by a luscious old-fashioned celebratory lunch organized by the Homesteaders, to which everyone is invited. Look for more details soon.

Helen Kane, Church Historian

Please Note Change in Name/Day/Time

MUUSAN and MPA met in Goodall Hall on Mondays from 5:00pm-8:00pm. The group name has been changed to Rebuild Maine Coalition/MPA/Others, and they now meet on Tuesdays, either in Goodall Hall or in the Vestry from 4:30pm-8:30pm. All are welcome. For more information please contact Patty Kidder.

Administrative Office

The office will be closed on Monday, October 8th, in observance of Columbus Day.

Communities Care Day

Please see poster in newsletter - This annual event will take place on Monday, October 8th at the North Parish Congregational Church, 895 Main Street in Sanford, from 8:30am to 1:00pm. Joan Wood from Acton and Sandi Shields are in charge of the lunch portion again this year. They have asked us if we could help by providing three dozen sandwiches - either tuna, ham and cheese, or egg salad; also, several dozen cookies or brownies. They will supply everything else, including condiments. You may drop your donation off either at the North Parish Church or at the SUUC on Sunday, October 7th. Thank you to all who are supporting this event!

Volunteer at Southern Maine Agency on Aging

Make a difference in the life of someone with Alzheimer's Disease or Related Dementia. Friendly visitors sought by Southern Maine Agency on Aging for 1-2 hours per week to provide companionship and support to people with a memory concern living alone, and to help maintain a link from the client's home to program staff. For more information, contact Southern Maine Agency on Aging at (207) 396-6595.

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, Vickie Bugado

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, October 8th - potluck at 5:30pm and meeting runs 6:00pm-8:00pm

Book Group: Friday, October 19th at 6:00pm in GH

Choir: Next rehearsals are October 7th and 28th on Sundays at 9:00am. The choir will sing on the 14th

Church Work Party: The next work day will be held on Saturday, October 13th from 8:00ish-noon

Corner Cupboard: Next date the CC is open is October 20th 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 Parlor

Music Lessons: Mondays 4:30pm-7:00pm and Wednesdays 9:00am - 11:00am 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.

Rebuild Maine Coalition/MPA/Others: Will meet in Goodall Hall or the Vestry from 4:30pm-8:30pm on Tuesdays through November 3rd

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: October 21st at 9:30am in GH