



Sanford Unitarian Universalist  
Church  
Sanford, Maine

Sanford Unitarian Universalist Church  
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Sanford UU Church  
5 Lebanon Street  
Sanford, ME 04073  
Telephone: 207-324-3191  
E-mail: info@sanforduuchurch.org  
www.sanforduuchurch.org  
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!**

**November 4th Service** - The actual Dedication date of our church building is fast approaching: November 3, 1918. The closest we can come to our 100th anniversary is the next day, Sunday November 4, 2018, when we will hold a very special church service of commemoration, followed by a traditional noontime supper in Goodall Hall, to which everyone is invited. Come prepared to see our history brought to life by some of your fellow congregants as we look back on our forebears' lives and achievements on behalf of the Sanford Unitarian [Universalist] Church, and continue to move forward in their consequential footsteps. The service will be led by Helen Kane, Church Historian.

**November 11th Service** - *Gratitude: New Frontiers* – What would it mean to abandon these shoes and find new ways to tread, finding new ways to be and to move forward? What needs to be let go? What are the gifts already present that can help in this new land? The service will be led by Rev. Shay MacKay.

**November 18th Service** - *Gratitude: Holy Ground* – “And this is the marvel that you see through the eyes of gratefulness: that this whole world – every little detail of it – is filled with the life of Life, with Spirit, with fire!” ~ Brother David Steindl-Rast - The service will be led by Rev. Shay MacKay.

**November 25th Service** - *Gratitude: As Kingfishers Catch Fire* – What I do is me: for that I came. You show yourself grateful not by saying ‘thank you’ or doing something, but by being yourself. What would it be like if we were willing to who our gratefulness for our particular gifts by allowing them full expression in the world? The service will be led by Rev. Shay MacKay.



## *Shay's Sharing...*

I hate politics. I always have. I'll spend hours talking to you about almost anything except the latest candidates or legislative bills or judicial rulings. Partly, this stems from the fact that I have always been diametrically opposed to the political opinions of the rest of my family – actually, to most of the rest of the population of my state (growing up in North Dakota).

However, this aversion to all things “political” does not serve me well as a minister in a faith that, by its very principles, urges me to call attention to oppression, demand change, and hold leaders and institutions accountable for their actions and policies.

And so, as Election Day approaches, I keep thinking about the charge to action I gave to you in my sermon on October 14<sup>th</sup>.

“We need to do more than voice support. We need to show up and keep showing up.”

Whenever I want to turn off the news and bury my head in the sand, I must keep reminding myself to show up – and I must figure out how that works for me. You will figure out how it works for you and together we will move our way through these times as a united front, knowing that together we stand.

And when I say, “I hate politics.” I have to remind myself that what I am being called to do is not political – it is theological.

One of the roles of a minister is to be "prophetic"--which means not to predict the future, but to speak the truth even when it is difficult or dangerous. The truth is that there are horrible things happening in our nation and elsewhere, and that many of them are endorsed or directly caused by the current administration.

John Pavlovitz recently created a Facebook meme that says, "People say that I'm anti-Trump. That isn't the real story. I'm pro-humanity. I'm pro-diversity. I'm pro-decency. I'm pro-equality. I'm pro-compassion. I'm pro-justice. That this almost always leaves me in direct opposition to this president is simply a sad by-product."

Our first principle states that we affirm the inherent worth and dignity of all beings. This is not a political statement. It is one of the foundational theological statements of our Unitarian Universalist faith.

Showing up in support of refugees, immigrants, our trans siblings, and women is not political--it is a living out of our theology. We must show up in our pulpits, on the streets, in letters to the editor, in our families and workplaces, on social media, wherever we can use our voices and bodies to resist the oppression of any human being.

We must show up – and that includes me, because this isn't politics. This is Truth. For some, this is Life or Death. Ultimately, this is Love and I want to be there, walking hand in hand with you, standing strong in the face of hatred and fear. Let's show up together, my friends.

Rev. Shay

## Thoughts From the President

With our church building Centennial celebration this Sunday, and Fundraising plans in full swing, Sanford UU Church is energized! The Board has been kept abreast of the new Covenant of Right Relations Committee, members of which will manifest UUA suggestions of how we will treat one another, and I'm pleased that Shay speaks of this each Sunday she is with us. At the "Love Beyond Belief" workshop, which Karen, Al (President of UUCSB), and I attended with Shay at Portland First Parish last Saturday, the facilitator, Thandeka, lovingly compelled the approximately forty participants to explore our cognitive biases in a participatory way I'd never experienced. Through personal examples, skits, singing together, and visuals from "Smarter Every Day" and the movie "About Schmidt", we dug deep to reveal our own tendencies to talk at others, rather than just pausing to be with them. Thandeka claims that our experiences with what is beyond our limited senses, with the joyful and the awesome, are what differentiate our UU faith from other belief systems, and must be lived in each encounter with our fellow humans.

Even with the sad news from Pittsburgh this week, and the lack of compassionate leadership in our country, love can still prevail. I came across this poem by Edwin Arlington Robinson that seems to echo my feelings, though it was written at the turn of the 20th Century:

"If there be nothing, good or bad, but chaos for a soul to trust--  
God counts it for a soul gone mad, and if God be God, He is just.  
And if God be God, He is Love; and though the dawn be still so dim,  
It shows us we have played enough with creeds that make a fiend of Him.  
There is one creed, and only one, that glorifies God's excellence;  
So cherish, that His will be done, the common creed of common sense.  
It is the crimson, not the gray, that charms the twilight of all time;  
It is the promise of the day that makes the starry sky sublime;  
It is the faith within the fear that holds us to the life we curse --  
So let us in ourselves revere the self which is the Universe!  
Let us, the Children of the Night, put off the cloak which hides the scar!  
Let us be Children of the Light, and tell the ages what we are!"

In Hope, Diane

## Thanks, Ginny

When you want an easy hike to look at foliage, visit Mt. Washington and the Mousam River Valley, you can take the trail from Fox Farm Hill Road up Bauneg Beg Mountain. Near the top, the trail splits. You can go right and climb over and through the rocks of Devil's Den or you can go left up a gentler trail called "Ginny's Way" named after SUUC's own Ginny Reusch.

Ginny and Don Reusch retired to Maine about 25 years ago. To be near family, they built a home on Estes Hill Road, a gravel stretch out in the back end of North Berwick. Right away, they joined SUUC and the Great Works Regional Land Trust. Before coming to Maine, Don had practiced family medicine and Ginny had led the way in land preservation in Easton, Massachusetts.

An article in the Fall 2018 newsletter of the Great Works Regional Land Trust recorded a recent event on the mountain. It read: "A few family and friends held an impromptu gathering in the parking lot of Bauneg Beg Mountain Conservation Area. It was a warm August morning and we were there to show Ginny Reusch the recently installed plaque honoring her years of devotion to land conservation. Daughter Cath Mende (l.) and granddaughter Caroline Mende (r.) are pictured with Darrell DeTour, Ginny and Patti Mitchem."



Photo courtesy of Ross Alan Bachelder of Artful Endeavors New England, Berwick.

The plaque reads: Virginia (Ginny) Reusch Director Emeritus. In honor of 50 years of land conservation, including 25 years with Great Works Regional Land Trust. We owe Bauneg Beg Mountain Conservation Area in part to her.

Thank you, Ginny!



Photo courtesy of \*pykz

Ginny and Don at the trailhead, 2008

Ginny and Don now reside at Huntington Common in Kennebunk.

**Holiday Fair Fundraiser at UUCSB**  
**Saturday, November 24 - 8:00am - 2:00pm**  
**Mark your calendars!**

The annual Holiday Fair at UUCSB is on Saturday, November 24th starting at 8:00am. Please support our sister church by planning to attend. As in recent years, we will be participating in the fair as part of our annual fundraising and need your help to make that fundraising effort a success. Please sign up in the parlor to contribute to the fair or contact Jan Sacco (207-457-9268, [jrsacco@metrocast.net](mailto:jrsacco@metrocast.net)) with questions or donations. Thanks to all for helping to make this fundraiser a success!



**Introducing Your Covenant of Right Relations Team!**

The congregational covenant of this community that we commit to when we sign the membership book, or even when we walk through the front doors, is beautiful and brief. It contains multitudes – and rightly so, for we are a diverse and varied group. But it leaves questions – questions about *how* we exactly hope to live the values we profess to hold. Developing a Covenant of Right Relations is an important step in clarifying expectations and creating a safe environment for congregations. Creating and agreeing to a covenant can be an extremely effective tool for setting guidelines and building trust.

This is a fleshing out of our congregational covenant. It's taking a wider perspective by shifting our view and understanding ourselves to be searching *together* rather than individually. It's giving us a foundation to which we can hold ourselves and each other accountable while on that journey, and it's a way to build grace into our lives together. Through a covenant of right relations, we will promise to assume the best, give the benefit of the doubt, and offer forgiveness rather than judgment.

Aileen Fortune, Melody Wood, Lee Burnett, and Karen Nelson will be hard at work over the next few months researching and creating a covenant of right relations for our community. Your input will be essential and welcomed in the process. Stay tuned for more info in the coming months!

**Centennial News**

The actual Dedication date of our church building is fast approaching: November 3, 1918. The closest we can come to our 100th anniversary is the next day, Sunday November 4, 2018, when we will hold a very special church service of commemoration, followed by a traditional noontime supper in Goodall Hall, to which everyone is invited.

Come prepared to see our history brought to life by some of your fellow congregants as we look back on our forebears' lives and achievements on behalf of the Sanford Unitarian [Universalist] Church, and continue to move forward in their consequential footsteps.

Thank you to all who have volunteered to clean up following the community meal and thank you to those who have signed up to prepare a community dish to complement the Homesteaders' roast pork and slow-cooked beans.

Please mark the date on your calendar, and plan to attend this singular event, not to be repeated for another 100 years of community service and camaraderie on the corner of Main and Lebanon Streets!

A gentle reminder to all participants in the November 4th Centennial Service, there is a full dress rehearsal at 9:00am on Sunday.

Helen Kane, Church Historian



# Celtic Harp on Holiday!

*With*

*Regina Delaney*



*Sunday, December 9, 2018 at 2:00pm*

Sanford UU Church - 5 Lebanon Street - Sanford, ME

The Sanford Unitarian Universalist Church invites you to be swept away by the ethereal echoes of the Celtic Harp and usher in the Christmas season with Celtic Harp on Holiday! - a concert featuring Regina Delaney. An accomplished harper, dancer, and singer, Regina has been performing traditional Celtic music since 1997. In the United States, she has studied Irish harp with Aine Minogue and Maeve Gilchrist, and in Ireland with Janet Harbison and the Belfast Harp Orchestra. Regina founded and directs The New England Irish Harp Orchestra and is an artist on the New Hampshire State Council on the Arts roster and the Maine Arts Commission. Regina also performs hard and soft shoe step dancing, ceili and set dancing, and teaches harp and ceili dancing throughout New England to students of all ages. Join Regina at the church as she guides us on a magical musical journey through the Celtic nations, weaving traditional melodies, poetry, and dance with songs of the Christmas season. Reception of home-baked goodies, coffee, tea and cider to follow the concert.

**Tickets in advance or at the door: Adults - \$15, Children (5-18) - \$10,  
Family (2 adults + children) - \$45, Children under 5 FREE.**

**Parking at nearby Midtown Mall**

## Recycling and Composting Update

### Recycling

To avoid contamination, Eco Maine is asking recyclers to be sure only eligible items are put into the recycling bins.

### PLEASE:

NO- tissue, paper towels, tissue paper – these items are at the end of their recycled life.

NO Styrofoam even though it has a number on it.

NO plastic bags or other plastic film – take to Hannaford, Shaw's, Lowe's, etc.

YES to ½ and ½ and other milk containers. Yes to paper, cardboard, paperboard, foil, magazines, glass jars, aseptic drink boxes, junk mail, cans including empty aerosol cans.

YES to rigid plastic numbered 1-7, except Styrofoam. For an interesting read check out this website to see what each plastic contains and how it is recycled.

<http://naturalsociety.com/recycling-symbols-numbers-plastic-bottles-meaning>

### Composting

There is a counter top compost container in the upstairs kitchen. It can be used for all fruit and veggie scraps and coffee grounds and filters, stale bread, crackers or chips. There is a compostable bag in it and if full, the entire bag can be put in the outside composter, located down the ramp from the sanctuary. Thanks everyone!!!! Judi Reis

## Ringers and Singers Notice

It's that time! Ringers and Singers, if you'll be with us this year in the choir or ringing a bell, please let me know, even if you've already said yes. I need to get numbers so I can make good music choices to enhance Rev. Shay's service and make this a very special Christmas Eve. Thank you, Charlie



Rev. Shay at the Project CommUnity gathering held at Central Park in Sanford on Sunday, October 28th.

Corner Cupboard Stalwarts







# November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Newsletter Day  VNM Vestry 5:00pm	2  SUUC Book Group 6:00pm in Goodall Hall  AA in Vestry 6:00pm to 7:00pm	3
4 Daylight saving ends  Worship Service with Helen Kane 11:00am Centennial Celebration and Supper  AA in Vestry 5:00pm to 6:15pm	5	6 Elections - Vote!  Rebuild Maine Coalition MPA Others in GH or Vestry 4:30pm- 8:30pm  MTN meeting in Parlor and GH 6:00pm	7  Project Com. 6:30pm -8:30pm in Goodall hall  Narcotics Anon. in Vestry 7:30pm to 9:00pm	8  VNM Vestry 5:00pm	9  AA in Vestry 6:00pm to 7:00pm	10 Church Work Party 8:00ish to noon
11 Choir rehearsal 9:00am  Worship Service 11:00am with Rev. MacKay  AA in Vestry 5:00pm to 6:15pm	12 Veterans' Day  Board Meeting 5:30pm potluck, meeting 6:00pm- 8:00pm	13	14 Women's Alliance meeting at noon  Narcotics Anon. in Vestry 7:30pm to 9:00pm	15  VNM Vestry 5:00pm	16 CC sets up  AA in Vestry 6:00pm to 7:00pm	17 CC Open 10:00am to 1:30pm and free lunch by Project CommUnity
18 Worship Service 11:00am with Rev. MacKay Our Choir sings  AA in Vestry 5:00pm to 6:15pm	19	20  MTN meeting in Parlor 6:00pm	21  Project Com. 6:30pm -8:30pm in Goodall hall  Narcotics Anon. in Vestry 7:30pm to 9:00pm	22 Thanksgiving Office is closed  VNM Vestry 5:00pm	23 Office is closed  AA in Vestry 6:00pm to 7:00pm	24 Saco Church Fair 8:00am -2:00pm We will have tables at the fair
25 Worship Service 11:00am with Rev. MacKay  AA in Vestry 5:00pm to 6:15pm	26	27	28  Narcotics Anon. in Vestry 7:30pm to 9:00pm	29  VNM Vestry 5:00pm	30  AA in Vestry 6:00pm to 7:00pm	



## **Storm Cancellation Information**

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 check our Facebook page for the most recent information.

## **Administrative Office**

The office will be closed November 5th through the 16th. The office will also be closed for Thanksgiving, November 22 and 23.

## **Election Day**

Tuesday, November 6th is Election Day, vote!

## **CLYNK**

October 11th \$55.32 was picked up from Hannaford. This money was generated from returned bottles and cans and goes into our fundraising line. Thank you to all who participate in this endeavor, we appreciate it! CLYNK bags are available on the table in Goodall Hall.

## **Book Group**

The Book Group will meet on November 2nd to discuss "The Answer to How is Yes" by Peter Block. There will be no other Book Group meetings in November due to the holiday. Please stay tuned for the December book information. All are welcome. Thank you, Evelyn

## **Does Your Commitment to Action Include the November 6 Election? - Please Vote!**

You can register at your town (or city) office up until election day or at the polls on election day. You can vote early any weekday at your town/city office. Do you want to canvass, make calls, help Get Out the Vote, or volunteer in another way for a particular candidate or party? If you need help making that connection, call Patty Kidder (608-7956) or David Agan (432-1868). Would you like to support a ballot measure or gather signatures at the polls for a future measure, if so please contact Patty.

## **Daylight Saving**

Daylight saving time ends this weekend, don't forget to set your clocks "back" one hour before retiring Saturday evening.



## 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

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

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: 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

**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, November 12th - potluck at 5:30pm and meeting runs 6:00pm-8:00pm

**Book Group:** Friday, November 2nd at 6:00pm in GH

**Choir:** Next rehearsals are November 4th and 11th. The Choir will sing on the 18th

**Church Work Party:** The next work day will be held on Saturday, November 10th from 8:00ish-noon

**Corner Cupboard:** Next date the CC is open is November 17th from 10:00am-1:30pm. A free lunch will be served.

**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 6th

**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:** No meeting in November