

News Update This Week...

Kosovo: Deborah Burke will give a brief talk with 20 slides on her personal experiences in Kosovo on Wednesday, April 10, 7 pm at Engine, 128 Main Street in Biddeford.

****Easter Flowers-**If you are interested in donating flowers for the Service on Easter morning, please sign up in the foyer of the church or contact Katie Koles so that she may include your information and if the flowers are 'in honor of' or 'in memory of' someone special. Thank you. (lassierosie@aol.com)

Retreat Time in April: Linger in the Light, Tuesday, April 9th, 9:30-Noon at BPCC. Reflections with Mary Oliver, John Denver and more. Led by Rev. Jan Hryniewicz. Please sign up at the entry to the church.

Call of the Forest: A Film by Jeff McKay will be shown at UNE on Thursday evening, April 11th, 6:30, Alford Allied Center for Health Services, Room 113, Hosted by UNE's Earth E.C.O. Club and Union Church. Suggested donation \$15 to benefit Treesisters.org. Please join us-

Cinco de Mayo-Since this is a big event at the church and requires many helpers, we are trying to get a sense if folks will be around and have the energy and interest to help with this again this year. There will be a sheet in the foyer for those who are interested in helping out again. If we have enough interest, we will let you know. Thanks all.

***NEW CONCERT DATE: MICHELLE CURIE & FRIENDS @**
Vinegar Hill Music Theatre ... Monday Aug. 26th @ 8pm! The

Outdoor Garden Bar opens at 6:30pm for cocktails, and doors open at 7:15 for the show. For tickets go to: www.vinegarhilltheatre.com OR call 207 985-5552.

Upcoming Walk: April 10th- Lenten Walk for April 10 is at Ferry Beach Association, 5 Morris Ave., Saco (parking on left at end of street).

Broad Reach Ministries is a Coast of Maine Sailing Retreat Ministry located next door to UNE.
FMI: BroadReachMinistries.com.

For Your Reflection: What if we're not meant to live and work in perfect consistency day after day, week after week? What if like everything around us we're meant to thrive, rest and hibernate in seasons? I constantly feel bombard with this notion that we should be laser focused on maintaining productivity and constantly growing in every way possible – income, social media following, weight loss – and there's no time for rest.

The more I think about it the more I notice how varied my energy, focus and motivation is throughout the year. I've realized I'm naturally more productive in winter, where as in summer I prefer to be outside more and my focus on work naturally takes a backseat. Those long summer days seem to slow everything down. Autumn has that fresh new back to school feeling and I can guarantee my energies will rise again when it comes around. The more I think about the idea of seasonal living (and working) the more I see it literally *everywhere.*

Jessica Rose Williams

In Praise of Slowness, visit his website at
<http://www.carlhonore.com/in-praise-of-slow/>

On Seasonal Living:
<https://www.jessicarosewilliams.com/seasonal-living/>

Rev. Paula Norbert (207) 205-4951 or (pnorbert1217@gmail.com)
If you are interested in joining Union Church or would like to set up a time to meet with our Pastor, please contact Pastor Paula directly.

Union Church website: www.unionchurchme.com. **Church Address:** Union Church, P.O. Box 344, B.P. ME. 04006. **Union Church Office:** North Dam Mill Building 18, Suite 221, 2 Main St., Biddeford. (207) 282-4172

Prayer Chair Lent Week 5

"A Time for Every Matter"

Settle into the chair and breathe deeply.

For losing touch with the creation of which we are a part... forgive me.

For the times when I don't let things unfold in their own time... forgive me.

Help me slow down when it is the season of my life for doing so. Help me celebrate and embrace the ebbs and flow of life. Give me the ability to sense the balance so that I might take pleasure in the toil of my life *and* enjoy the fruits of my labor. In this moment we hear your promise:

"I have set in motion all you need for happiness.

It's OK to slow down and reconnect with the world around you."

You do not ask us to go back to some yesteryear,

but to take time to smell the roses, savor the twilight, bask in the sun. We are your children, created to flourish along with all of creation.

I bring my petitions to you this day, O God.
Here are the people and things I am worried about ...

Holy God, who holds me close as a Loving Parent does, I honor this life you have given me and this moment to remember what's important.

I pray that your love will reign in all the earth and in my heart. Give me what I need to get through the next 24 hours. No more. No less. Open me to give and receive forgiveness when and if that's needed so that serenity will return.

Your world is precious. This moment will never pass again. With this breath I offer my deepest thanks.

Put any worries in your God Box, if you have one, and pray the Serenity Prayer that is printed on the Box. As an "amen," take a deep breath before you leave the chair.

Serenity Prayer: God, Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Amen.

-Reinhold Niebuhr