

Union Church Newsletter September 2019



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From the Pastor...

It truly has been a lovely summer at Union Church. We welcomed many of our summer residents back to church as well as special guests and family of those in our community. It is so nice to reconnect with familiar faces from summers past. In June, we held our semi-annual meeting and the various committees shared the great work they have accomplished over the recent months. In July and August the eagerly awaited Summer Speaker Series returned as we enjoyed visits by the authors who grace us with the presence. Each one shared interesting stories and thoughtful remarks about their writing and they engaged those

in attendance with readings from their respective works. It was a successful series and we remain grateful to the many from our church who share their time and talents generously to bring us these writers. On August 25th, we heard from Jo Dupree, a Board Member at Education For All Children, which is a recipient of funds from the Mission Committee supported by the Speaker Series. It was wonderful to hear her personal experience of this program and how much it makes a difference in the lives of the students in Kenya who benefit. They are just one of the many wonderful programs that our Mission helps support.

In mid-August, our talented Music Director, Michelle Currie, along with the wonderful musicians from our community, including Choir Director, Patricia Mulholland and members of our Church Choir, musician and singer Jen Comeau, and frequent guest musician Neal Zweig shared their wonderful music on Music Sunday. We dedicated this to the memory of Laura McKenney who died in the fall of 2018. Several members of her family were in attendance as we shared her love and appreciation of music. It was a wonderful day of Worship and Music. Following the Service, we enjoyed time together at the annual Church Picnic.

As we look ahead to the coming of fall, I hope that all may continue to enjoy the beautiful days of September, which many agree, are among the loveliest here in Maine. May you continue to take time to pause, enjoy the beauty of the moments, rest, pray, and be open to the new gifts of each day. "Autumn tiptoes in on Summer's heels and taps her on her shoulder. 'Boo' she whispers and all at once the earth is laughing in a thousand shades of calico and shimmering in hoarfrost."

m.k. moulton

"Summer's lease hath all too short a date," said William Shakespeare in his famous Sonnet 18 ("Shall I compare thee to a summer's day?"). As short as summer's lease is, the change of seasons gives us the opportunity to reflect on the special moments of the season.

In my reading, I found this prayer by Bob Hostetler...

A Prayer of Thanks

Thank you, God, for the pleasures of summer,
the bright sunny days and perfect moonlit evenings,

the smells of mowed grass and air thick with rain.
Thank you for days at the lake
and evenings chasing fireflies,
for vacations and festivals,
picnics and cookouts,
baseball and concerts and swimsuits and popsicles.
Thank you for the fireworks of thunderstorms,
for watermelon sweetness,
for summer's pace and summer's grace,
for all your beauty and power, faithfulness and fecundity
displayed in summer,
Amen.

As we look back with gratitude, we look ahead with expectation for what the
days will bring. May you be happy, may you be well, may you be safe, may
you be peaceful...(Loving Kindness Meditation)
Blessings,
Paula



A Note from Eve McPheeters

Yesterday (August 13) I received a note from Kathy Schoyer (a local Biddeford Pool resident) saying she had received word from her dear friend **Vicki Breault** – who is “not doing well at all” – that she would love to receive some cards and notes. Vicki is Karen Barbee’s sister for those of you who remember Karen. Both Vicki and Karen were Goodwin’s, an old family from Biddeford Pool. You may remember that Vicky came to church this Spring for the dedication of the Union Church Memorial Garden. She has been struggling with throat cancer for quite some time. Her address is in the back of the UC directory, but will give it to you here:

Vicki Breault

P.O. Box 301

Milton Mills, NH. 03852

Phone: 207-284-9328

jbreault@metrocast.net – husband Jerry’s email

2019 Summer Speaker Series Success! By Jen Comeau

It's a Thursday evening. A balmy breeze moves through the church where rows of folks are gathered, eager to learn about a writer's life and the inspiration for a novel, or to experience the way a poem settles into them, or to watch with fascination the building of a stone wall.

Union Church's Summer Speaker Series provided all those things for our devoted attendees. We experienced Andre Dubus III's charming and funny insights, and heard a poignant love letter from father to son; we were captivated by stories Jessica Shattuck told us, about what her grandmother experienced as an everyday German in World War II; we were moved by how Wesley McNair captured us northern New Englanders so eloquently in his poems; and utterly entranced by Kevin Gardner's dexterous stone wall-building as he spoke about his interesting life.



Union Church, through the seemingly limitless hard work of so many, has given audiences moments like these for 18 years. Please extend your gratitude to committee members when you see them. And we are planning a well-deserved celebration picnic towards end of September, so stay tuned!

In 2019, our total income from ticket sales and program ads was \$14,465.00. Expenses – largely printing and honoraria – were \$5534.51. Our net proceeds of \$8930.49 will go directly to Union Church's Mission programs. Thanks to everyone who attended, volunteered, and supported making the 2019 Summer Speaker Series such a success.



A Note from Nancy Bernier

Perhaps some music-loving members of our congregation might be interested in attending one of my orchestra's concerts. Some have in the past and others have asked about upcoming concerts. More information can be seen at Fiddleicious.com

Fiddleicious – Maine's Largest Fiddle Orchestra 2019 Concert Schedule

Topsham, ME

Saturday, October 19th, 7:00 PM

Orion Performing Arts Center, 66 Republic Avenue, Topsham, ME

\$15 General Admission / Ages 18 and under are free.

South Portland, ME

Sunday, October 20th, 2:00 PM

South Portland Auditorium, 637 Highland Avenue, South Portland, ME

Gorham, ME

Saturday, October 26th, 7:00 PM

McCormack Performing Arts Center, 41 Morrill Avenue Gorham, ME

Lewiston, ME

Sunday, October 27th, 2:00 PM

Gendron Franco Center, 46 Cedar Street, Lewiston, ME

\$20 Reserved Seating

And if anyone would like to take a glimpse of my trip to Canada. It can be viewed at: <https://youtu.be/IHznuFFbnUY>



Blessing of the Animals 2019

Union Church of Biddeford Pool held its annual Blessing of the Animals at 10:00 a.m. on Wednesday, August 21 on the McPheeters' lawn. We had a few rain sprinkles, but we managed to get our service in before serious rain started. We had about 25 people attend. Pastor Paula Norbert bestowed a blessing on 15 dogs. Each dog had a few words said about him or her and received Paula's blessing. Cotton Schlaver offered each pet-owner a bandana which said, "I am Blessed," as well as a collar tag with the same saying and, if wanted, a doggie, treat. In addition, financial donations were received for the Animal Welfare Society and Lucky Pup Rescue, each of which had representatives at our event. I want to thank all the many volunteers who helped make this blessing possible.





Union Church Mission Committee

The Union Church Mission Committee continues to provide financial support to our local mission partners: In-a-Pinch Non-Food Pantry, Seeds of Hope Neighborhood Center, Stone Soup Food Pantry, Saco Meals Program, Animal Welfare Society, Lucky Pup Rescue, Ever After Mustang Rescue and the Mission Hill Community Garden in Biddeford. In addition, we support a student in Kenya through Education for All Children, and a student in Belize at the Holy Cross Anglican School. We also set aside funds which we direct through the Rev. Shirley Bowen at Seeds of Hope Neighborhood to provide confidential assistance to individuals in need.

We also carry out charitable activities more directly.

- On the third Monday of most months a team of Union Church people make a meatloaf dinner for the Saco Meals Program.
- A few times a year, another team prepares a supper meal to provide to those using the In-a-Pinch Non-Food Pantry, which is located at Seeds of Hope.
- During the school year, a team of volunteers which grew out of the Knit Wits goes twice a month to the Alternative Pathways Center, Biddeford High School's program for students who learn differently. A separate article about this ministry can be found elsewhere in this newsletter.
- Each year we present the Blessing of the Animals service; this year's event is also described elsewhere in this newsletter.
- And in December we provide special holiday cheer to the guests at the Saco Meals Program and the students at the Alternative Pathways Center.

All are welcome to participate in projects and/or serve on the Mission Committee, which meets five or six times a year. Please speak to Ken Murray if you would like to know more. He may be reached at 207-494-9376 or ktmurray1727@hotmail.com.



Knit Wits and Alternative Pathways Center

As readers may remember, a wonderful ministry to students at Biddeford's alternative high school program got started a few years ago within our Union Church Knit Wits group. This group had a very successful 2018-2019 school year with these students, and is making plans for the new school year that is just beginning.

The Knit Wits that go to Alternative Pathways Center (APC) will be attending school every other week starting September 19. Most of the days we will go from 12:00pm to 1:30pm. Our first activity will be baking pies for the Biddeford Community Event. We will get to bake for others and we might bake a couple for the Alternative Pathways students, as well.

A sample of possible activities for this year are;

- Bingo and Hot Popcorn
- Pumpkin carving and Halloween decorating
- Halloween Party for student and neighborhood
- Thankful Party
- Cookie and Holiday decorating
- Line Dancing
- Chinese New Year
- Valentine's Day Party

Tex-Mex and Texas Hold 'Em Cinco de Mayo Party

Graduation is June 2, 2020



In addition, the Knit Wits also still knit. If you love knitting or want to learn, the Knit Wits are going to meet once a month on Wednesdays at the Union Church Office Biddeford's North Dam Mill. The first meeting will be on Wednesday, September 4 at 10:00 a.m. All are welcome. You may knit on your own project or knit prayer shawls. Union Church provides the yarn for the prayer shawls.

Saco Meals Program

We are so excited to share the news that Saco Meals Program, a Union Church mission partner, has been selected to be a part of the Hannaford Helps Reusable Bag Program, which is designed to make it easy for customers to contribute to their local community while supporting the environment. For the month of **October**, each time a \$2.50 reusable Fight Hunger Bag is purchased at the Saco Hannaford, \$1 will be donated to Saco Meals Program. This is a great way to raise awareness, support the environment and fund raise for Saco Meals Program.



Union Church Choir

The Union Church Choir will sing on Sunday, September 15. That means we will rehearse on Saturday morning, September 7, from 9:30 -11:15. For those of you even considering joining the choir, I cordially invite you to give us a try. We spend the first part of rehearsal warming up and developing our musicianship, then move on to create our arrangement of the selected song for the service. We have fun and do our best to bring the music to life. Call or email me if you're interested: patriciamulholland7@gmail.com or 207-457-3372



A message from Moderator Paul Schlaver

I want to mention that Union Church hosted two fun events in August in addition to the Speaker Series.

On August 11th, Music Sunday in the Church, we gathered for a church family picnic at the Biddeford Pool Community Center following the service. It was a potluck event and highlighted the culinary talents we know so well

at Union Church. Great salads, a cucumber soup, beans and even hotdogs on the grill thanks to Chris Sorrentino. I believe a good time was had by all in attendance and want to offer a big thank you to all the worker bees that made this happen.

On August 21st the annual Animal Blessing Event was held on the McPheeters lawn. This is a fun event to simply attend even if you are not bringing a pet for a blessing. But over a dozen dogs were there and each received their blessing from Pastor Paula and then received some gifts to commemorate their attendance.

A photo Gallery from the Animal Blessing is now posted on the Union Church Website. You can find it via the home page. I would also encourage you to regularly visit the website if you are not always able to attend church on Sunday morning. The sermons, church bulletin and its newsy insert are always posted following the Sunday services so you can stay informed.

<http://www.unionchurchme.com/home/>



From the Deacons

We welcomed the following new members to our Board of Deacons at our June semi-annual Union Church meeting: Denise Kinney, Martin Grohman and Sandy Ragan. Each brings various talents and enthusiasm to foster the spiritual wellbeing of our congregation and we are happy to have them on board (pun intended). They join Steven Fox and Lamar Robinson currently serving.

Our heartfelt gratitude goes to our outgoing Deacons: Beth Baskin, Eve McPheeters and Chris Sorrentino. This group agreed to serve longer than

originally planned so we could provide continuity and stability during Pastor Paula's transition. Their dedication and love for our church family is unparalleled and it was truly a privilege to work with this special group of people.

Our pew bibles are ordered. The original one we selected was out of print and our supplier needed to find another vendor. I will keep you posted on the progress.

Katie Koles

Church Directory: We have collected a short list of edits to the Church Directory that was published last year. If in the future, you have changes to your contact info, would you kindly send them to our Moderator, Paul Schlaver. Schlaver@maine.rr.com We will be publishing a few more copies of the Directory as we have run out of them.

E-Course Opportunities:

[How to Harness The Power of Pause](#)

eCourse begins: September 9

Cost: \$39

When you SLOW DOWN and harness the power of pause, you are transformed and:

- Life flows from a place of gladness
- Relationships are savored and cherished
- Make decisions intentionally
- Sufficiency expands in all areas of your life
- Wake up knowing your soul purpose
- Feel empowered to say how the story ends
- Experience peace of mind no matter what is happening around you.

FMI: <https://www.terryhershey.com/harness-the-power-of-pause/>

Centering Prayer as a Way of Life: Just the Facts

An e-course about Centering Prayer's profound influence on intentions, attitudes, and actions. Registration remains open through the conclusion of the course on Thursday, October 10.

WHAT: Centering Prayer as a Way of Life

WHO: Led by Pamela Begeman, Mary Anne Best, and Julie Saad of Contemplative Outreach, with video teachings from Fr. Thomas Keating

WHEN: Monday, September 2, through Thursday, October 10.

COST: \$79.95

FORMAT: Monday and Thursday emails; an online Practice Circle; Q & A with presenters; and opportunities to be part of a Zoom video-enabled prayer chapel.

COMMUNITY: A worldwide community posting responses in the online Practice Circle (a forum open 24/7) and a live experience of prayer and discovery in an online prayer chapel.

TO SIGN UP AND FOR MORE INFO: Spirituality and Practice.com

For Local Retreats: Visit the Marie Joseph Website for their Offerings

For your reading pleasure as shared by Deborah Burke...

There will be something, anguish or elation,
that is peculiar to this day alone.

I rise from sleep and say HAIL to the morning!

Come down to me you beautiful unknown!

by Jessica Powers

Bend like the limb of a peach tree
Tend to those who need help
Disappear three days with the moon.

Don't pray to be healed
or look for evidence of some other world.
You are the soul
and medicine for what wounds the soul.

A new moon teaches gradualness
and deliberation and how one gives birth
to oneself slowly. Patience with small details
makes perfect a larger work, like the universe

What nine months of attention does for an embryo
forty early mornings will do
for your gradually growing wholeness *by Jelaluddin Rumi*



NOVEMBER
2019 24
10 A M - 2 P M

The Nonantum Resort
95 Ocean Ave.
Kennebunkport, ME

Tickets are \$30 per person
Reserve a table of 8 for \$210
Buy online at www.seedsofhope4me.org

RAFFLE & SILENT AUCTION

Save the Date – Seeds of Hope Benefit Brunch

Seeds of Hope's major annual fundraiser – the "Give Thanks ~ Give Hope" Benefit Brunch, Silent Auction and Raffle will be held again at The Nonantum Resort in Kennebunkport on Sunday, November 24, 2019 from 10 AM – 2 PM. Tickets for this popular event (\$30 each or \$210 for a table for 8) will be available on-line at www.seedsofhope4me.org.

Interested in helping out? Would you consider using your creativity and skills to put together a basket or offer a class or gift card for the silent auction or raffle? This could be a fun way to participate even more directly in the event. If you have any questions or for more information, please contact Debbie Lamb (207-475-8505) or: dlamb4711@gmail.com