



Unitarian  
 Universalist  
 Society of Bangor

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# Chalice & Chimes

**February 2020**

**SUNDAY SERVICES AT 10:00 A.M.**

# Resilience.

- the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity
- ability to recover readily from illness, depression, adversity, or the like; buoyancy

**February 2 - *Approaching Joy Through Resilience***—Every day, we hear news and have experiences that push our buttons and add stress to our lives. So, how are we to be resilient and remain open to what unfolds next? Together we will look for answers to this question through the practice of cultivating joy, which can help us bounce back in difficult and troubling times. This week’s service will be led by Rev. Drew, with our worship associate, Phyllis Havens, and technical coordinator, John Arimond. Music will be provided by the UUSB Choir, directed by Molly Webster, UUSB Music Director.

**February 9 - *Getting at the Truth of History***—Understanding history provides us with a fundamental way of viewing the world and understanding our identities as individuals and as a nation. Often that understanding is distorted by how history is taught because the version that endures is usually shaped by the dominant culture. This Sunday, we will reflect on the UUA Common Read book, *An Indigenous People’s History of the United States*, as a means of getting closer to a truer view of our common history as a country. This week’s service will be led by Rev. Drew, with our worship associate, Laurie Cartier, and technical coordinator, Wendy Erickson. Music will be provided by Molly Webster, UUSB Music Director, and Jessica Mehre.

**February 16 - *Sacred Sorrow*** - As we face the harsh realities of our time, sorrow and other painful emotions are inevitable. This morning’s service will visit the work of Buddhist scholar and eco-activist Joanna Macy for wisdom on dealing with such feelings and embracing them as sources of power and resilience. This week’s service will be led by Lane Fisher, M. Div., with our worship associate, Phyllis Havens, and technical coordinator, Wendy Erickson. Music will be provided by the UUSB Choir, directed by Molly Webster, UUSB Music Director.

**February 23 - *Building Resilience in Our CommUUunity*** - This week’s service will be led by Rev. Drew, with our worship associate, John Arimond, with technical coordinators, Judy & Tim Martin. Music will be provided by Robin Wood.

In March, our theme will be “Wisdom.” If you have any special stories, readings, or ideas on next month’s theme please let Rev. Drew or a member of the worship committee know. We appreciate your ideas.

## Drew's Views

Dear Ones,

Have you ever been on a big rollercoaster? One moment you're going way, way up and the next you are plummeting down. Then a sharp turn one direction. Then the other. No time to catch your bearings. No time to prepare for what is next. It is exhilarating, but only for a short time, by the end of the ride, I am as excited to get off the rollercoaster as I was to get on.

This month our worship theme is "Resilience," which is a word I find myself coming back to more and more because our lives can feel like a roller coaster. The difference is we can't get off and the ride never stops, especially in a world full of 24/7 news feeds, random tweets, and the many work- and family-related demands on our energy. All of this can be exhilarating, but after a while, we need rejuvenation. This is where resilience comes in.

Resilience is the quality of being that allows us to experience life as it is without having our bodies, spirit, and energy drained to the point where we can't recover or rebound quickly. Resilience is the quality that allows us to rejuvenate without needing to plug into the charging station of life. Resilience is a way of life that, at times, seems elusive, yet necessary, in our modern, 24/7 world.

All of us need resilience. In my work as a minister, I need to cultivate resilience so I can transition from journeying with others in difficult places to writing sermons to leading meetings to standing up and delivering a message of hope and encouragement. Doing these things is not always easy in the midst of a world that sometimes seems ravenously out of control. To be effective, it takes energy, focus, and concentration, without a lot of recuperation time in-between.

So, what is the magic well from which I draw resilience? It varies from day to day. Sometimes it's going for a walk, making time to eat a good nutritious meal, or trying to get some extra sleep. When I don't have time for those things, what seems to be the most effective for me is my meditation practice.

Many of you know that I am currently in the middle of a two-year mindfulness meditation teacher certification program. In that program, I am learning to grow my meditation practice beyond simply sitting down and doing deep breathing. In this program, I am learning not just one, but many meditation techniques that I can draw on when I am getting jerked around by the steep ups and downs of life.

When I feel like life is a roller coaster, my meditation practice doesn't eliminate the stressors. What helps is learning to identify the stressors in my life and "be with them" in a way where I don't get caught up in the steepness of the climb or the drop of the descent. Instead of removing the stressors, resilience helps clear my mind to a point where I can stabilize my state of being, like a gyroscope. It lessens the gravitational pull of the situation so that the peaks doesn't seem so high and the valleys don't seem so low.

This level of centeredness helps me keep my perspective and balance. It helps me be aware of what the stressors are in my life and also helps me identify what I need most to bounce back and not get overwhelmed by the moment.

Meditation is a skill that works for me and seems to help more and more as I continue to develop it. I also know that many people have other skills that help smooth the herky-jerky ride of life and build resilience. Things like doing yoga, focusing on grati-

tude, praying, making space for contemplative practices, or walking in nature, all these things help create resilience.

Developing these skills takes time. It doesn't always offer immediate results. When we take the time to establish these practices, I believe they help us lead more sensitive and meaningful lives and make life so much more rewarding.

So, find whatever you do that helps center and nurture you. I encourage you to find a technique that

helps you develop your inner resilience, so the pressures of life don't burn you out and you can stay on and enjoy the rollercoaster of life!

Namasté,

Rev. Drew



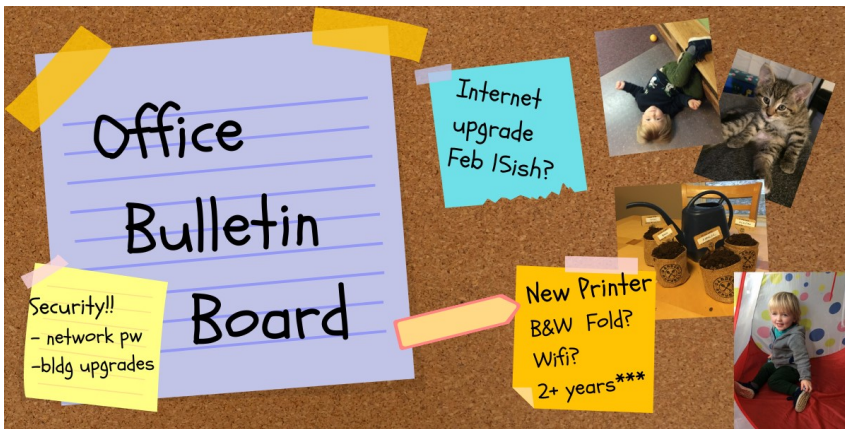
### Rev. Drew's Schedule for February

|                  |   |
|------------------|---|
| <b>Monday</b>    | Minister's Sabbath Day (day off)  |
| <b>Tuesday</b>   | 10 AM - 1 PM - Office Hours   2 PM - 4 PM by Appt                         |
| <b>Wednesday</b> | 10 AM - 1 PM - Office Hours   2 PM - 4 PM by Appt                         |
| <b>Thursday</b>  | Sermon Writing / Worship Planning<br>(Not in office / Not checking email) |
| <b>Friday</b>    | 10 AM - 1 PM - Office Hours   2 PM - 4 PM by Appt                         |
| <b>Saturday</b>  | By Appointment  |
| <b>Sunday</b>    | Afternoons / Evenings by Appointment                                      |



Rev. Drew's weekend off this month is February 15-16.  
Rev. Drew will also be gone February 17-19.

If you wish to meet with Rev. Drew, please contact via email ([drewuu2@gmail.com](mailto:drewuu2@gmail.com)) or cell phone (1-860-655-5890), to set up an appointment.



Hello all!

So far this year, I have started a new indoor herb garden, gotten a new kitten, traveled to visit family, and spent a lot of time with loved ones. I hope your year is going at least as good!

In the office, we have a lot of new changes going on as well, including the ongoing security updates, a new copier, and coming soon: a *huge* internet upgrade! If you want to hear the funny and tragic tale of why we are getting a new printer, feel free to stop by to say hi and hear what I have fondly dubbed *The Printing Nightmare Before Christmas*, or email me. I'm almost as funny by email as I am in person.

~ Christine Sprague, Office Admin

**Office Printer:** We now have a lovely Xerox WorkCentre in the office that will hopefully be with us for many years to come. Please let me know, if you need training with the new printer or have questions on the new available functions.

**Internet Upgrade:** We have been working on a 15Mbps plan for our internet for a while now, but with the speed we now require to stream audio or video for different tasks, that wasn't cutting it. Spectrum will be updating their lines for our area in February and doing our upgrade to 210Mbps shortly after construction finishes.

**Internet Network & Passwords:** Please use the UUSB Guest network, if you wish to use the internet during services or other events in the building. If you need to stream something as part of the service, a class, or event, please ask a staff member for the password. Passwords will change every three months.

**Security:** We are updating our security and want to do everything we can to keep members and guests safe. However, we are located downtown and the building is open to the public on Sunday mornings. Please do not leave your belongings unattended and do not send young children out of the sanctuary unattended.

**Office Hours:** Tuesday-Friday, 10-2

Other times are available by appointment.

**Deadlines for February**

*Chalice & Chimes* (March ed.)

Thursday 2/20 - soft deadline

Tuesday 2/25 - hard deadline

E-News (weekly)

Every Thursday by 10:00am

Committee Notes for Council

Wednesday, 2/12

## Unitarian Universalist Society of Bangor

**Minister:**

Rev. Andrew Moeller  
drewuu2@gmail.com

**Minister Emerita:**

Rev. Becky Gunn

**Music Director:**

Molly P. Webster  
uusbmusic@gmail.com

**Music Accompanist:**

Jessica Mehre

**Director of Religious Education:**

Karen Childs  
uubangorre@gmail.com

**Office Administrator:**

Christine Sprague  
uubangor@gmail.com

**Council Chair:**

Tom Bickford  
bickford@mainerobotics.org

**Council Clerk:**

Will Seavey  
william.seavey@gmail.com

**Council Treasurer:**

Rosemary Parsons  
roxemary@gmail.com



## Council Crier Notes ~ January 2020

Well, it has certainly been a busy month on Council! On January 11<sup>th</sup>, Council members, Reverend Drew and several Committee chairs convened for a potluck and afternoon of discussion about our roles and ways we can collaborate to help one another achieve mutual goals. Additional dialogue centered on where we would like to see UUSB both in the near and distant future. Some great feedback was given and received and we want to thank all of you who attended and shared your experiences and thoughts with us!

At our January meeting, significant time was devoted to reviewing the draft of the budget. Balancing the budget is no small feat; there always seems to be an increasing need for resources and it can be very difficult to determine where to make the financial cuts. One of the goals is to continue to plan for the future so that when situations arise, such as Reverend Drew's sabbatical, the resources are available. Additionally, we want to be true to our UU principles and allocate a wage increase to our staff and Reverend Drew. As a result, we will be seeking a modest increase in pledges over last year in an effort to meet the demands of the budget. We discussed the idea that if we were able to raise greater than the amount requested from pledge, the additional funds could possibly go towards increasing our share of UUA dues.

As many of you may know, the office has been suffering from copier woes. This has been an ongoing problem throughout the years due to copiers being constructed in a more disposable fashion (the average life span is 2 years). Christine has done a great job investigating options and the decision by Council was to invest in a minimally-used professional copier and contract with Transco. The terms of the contract include a 5 year fix or replace guarantee. The cost will be approximately \$235 per month, however all of the other copying costs we currently incur, except for paper and staples, will go away. We will no longer have to purchase toner (about \$100.00 monthly) or go to Staples for larger prints. Furthermore, the time that is currently spent weekly collating, folding, etc. can now be spent more effectively doing other Church business.

Along those same lines of building needs, the internet has been a bit of a challenge as of late. We will be switching to a cable modem. This will allow a sufficient portion of the bandwidth to be designated to church business so that when church is in session and we all come in with our cell phones, we do not interfere with RE and OWL classes. The cost will be about the same and we will have at least 5X the internet speed.

Catherine Foxson, along with Laurie Cartier, crafted a Statement on Violence in Houses of Worship. This is a document that can quickly be adapted and publicly communicated when tragic events occur specifically in churches, mosques, synagogues, and other houses of worship. The Council voted to accept the statement and created a procedure to implement its use. A huge thank you to both Catherine and Laurie for tackling this disheartening, but needed document.

Please note that we voted that on February 2<sup>nd</sup> we will share the plate with the Australian Red Cross. Reverend Drew has communicated with the UU community in Australia and they indicated that this would be the best use of any funds that we could send their way.

Respectfully submitted,

Kate Dutra, Council Member



# Treasurer's Report



TREASURER'S REPORT FOR MONTH OF DECEMBER written in January

The report through December covers 50% of the year.

December Pledge Income was terrific at \$11,167. This brings our 6-month total to \$69,501 which is 57% of the budget. Historically pledges are fulfilled at near 98%. Thank you for your giving.

The December checking account balance was \$29,052.41.

The Dinner Anywhere Raffle had brought in \$18,776 as of December 31. This is \$3,160 over expectation. It's great to have this sum of money in the bank so there are no worries about paying bills at this time.

Fuel expenses have been modest. Our bill for 01/15/20 was \$1,802. Last year the amount was \$2,287. The total cost through 12/31/19 is \$3,376 and last year it was \$5,137 for the period. One of the furnaces (we have two) needed repair in December which cost us \$590.

We received the check from the French Fund for \$720 in December. This fund pays four times per year and is budgeted for \$2,800 this fiscal year.

Rental income is also doing well with \$5,364 which is 67% of the budget of \$7,750.

Council has approved the lease of a used Xerox WorkCentre printer, a commercial grade machine. The lease payments for 5 years may increase our costs, but after that we own it. This new machine will eliminate all outside printing costs. Our last office printer died after two years of use.

Income for the month of December was \$31,271. Expenses were \$25,913 leaving a balance of \$5,358 for the month. The net income for the 6 months ending 12/31/19 is \$22,443.

Council has approved a budget proposal for FY21, so that the Stewardship committee has information for the brochure. More about the budget in coming months.

In service,  
Rosemary Parsons

## Collection Plate Reminders:

- 1) If you use a check for anything other than your pledge, please indicate on the check's memo line for what your donation is intended.
- 2) If you pay your pledge with cash, it is important that we know it came from you! You can use your own envelope and write your name on the outside; you can pick up envelopes from the table to your left as you enter the sanctuary; or you are welcome to take several or a whole box of 50 envelopes. If you can't find them or have questions, please speak with Amy Starkey-Lam.

FROM THE FINANCIAL STEWARDSHIP COMMITTEE



## MONEY MATTERS



This year we are having a one-day pledge drive and we're looking for everyone to join in the fun! The Pledge Team has given a lot of thought to our rich past as a congregation and how we can build off of that to envision our future. So, the theme of this year's pledge campaign will be Moving Forward Into the FUUTURE.

**FORWARD**   
**INTO THE FUTURE** 

This theme will play off of the Back to the Future film and incorporate some fun activities, such as a time capsule that RE classes will work to fill and will be opened in five years, so parents - start thinking about what your kids might want to contribute! More information on this will be shared during REC Sunday activities on February 16th.

Pledge brochures and pledge cards will be mailed out in early February, so now is a great time to start thinking about what you envision for this community's future and how our commitment of financial support can make those visions a reality. Remember to bring your completed pledge card on March 1st and plan on staying after the service for a light lunch and the Variety Show!

If you have any questions, please contact anyone from the Pledge Team: Amy Starkey-Lam, Mike Lam, Connie McVey or Phyllis Havens.

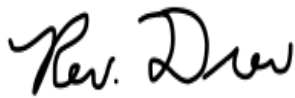
(Snow Date: March 8)



# Mid-Maine YoUUtH Group

The Mid Maine YoUUtH Group wishes to thank everyone who contributed to their fall Guatemala trip mailing fundraiser. Combined with donations from family, friends, and members of the four UU Congregations, we raised over \$10,000. A special thanks to UUSB's AUW Guild for their generous donation to help our five youth go on this year's trip! Individual thank you cards will be sent out soon, but owing to the ice storm that cancelled their last meeting, we are behind in sending them out.

Namasté,



Rev. Drew



Do you have a **CLYNK** Bag?? Be sure to have one handy, so you can easily be collecting bottles and cans to help raise money for our UU Youths' Social Justice Service Trip. The bags are in the

Dorothy Memorial Room. Please see Laura Santilli for details. Thank you for your support!!!

**CLYNK Update:** thanks to everyone who's been bringing in cans and bottles. We were just able to give \$1030 to the mid Maine youth group for their service trip. But please keep the donations going! They need to raise more to fund the trip.



Unitarian  
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Society of  
Bangor



Religious  
Education  
News

The *Soul Matters* theme for February is **Resilience**. This month, our *Soulful Home* packet shares with us the importance of giving our kids the tools they need to boost their resiliency. Preparing our kids to adapt, adjust, recover, and respond during times of change, hardships, and difficult situations are some of the first steps in seeing our children thrive in the world they live in. To start us off this month, you'll find a neat parable on the next page that may help start the conversation on what resiliency is.

In comm-UU-nity,  
Karen Childs, DRE  
UUSB  
120 Park St  
Bangor ME 04401



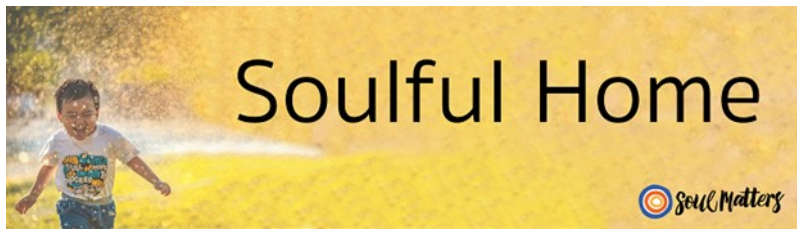
## FOOD CUPBOARD & PERSONAL CARE COLLECTION

Please remember to bring nonperishable food items and personal care items

**SUNDAY, FEBRUARY 9**

Items will be collected during the service.

Last month, despite the weather's repeated attempts to thwart our food collection service, we still donated 10 pounds of food!



## **The Parable of the Egg, Potato and Coffee Beans**

*A daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed that just as one problem was solved, another one soon followed.*

*Her father, a chef, took her to the kitchen. He filled three pots with water and placed each over a higher fire. When the water began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them boil for a while without saying a word to his daughter.*

*The daughter moaned and waited impatiently, wondering what her father was doing. After twenty minutes he turned off the burners. He took the potatoes and eggs out of the pots, and placed them in different bowls, and poured the coffee into a cup. Turning to her he asked, "What do you see?" "Potatoes, eggs and coffee," she quickly replied. "Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After removing the shell she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face. "Father, what does this mean?" she asked. He then explained that the potatoes, eggs and coffee beans had each faced the same adversity - boiling water. However, each one reacted differently.*

*The moral of the story...*

*The potato went in strong, hard and unrelenting, but in boiling water it become soft and weak.*

*The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.*

*However, the ground coffee beans were unique. After being exposed in the boiling water, they changed the water and created something new.*

*"Which are you?" he asked his daughter. "When adversity knocks to your door, how do you respond? Are you a potato, an egg or a coffee bean?"*

*~source unknown~*

## Special Gift February 2 Only



On February 2, half our undesignated funds will go to the Australian Red Cross in the name of the UU Congregations of Australia and New Zealand to help combat the losses from the recent wildfires. This charity was chosen after reaching out to the those congregations to find out how best we can help. Here are some of the ways that these donations are being used:

|  |   |   |
|--|---|---|
| <p>Supporting people at evacuation centres and recovery hubs</p>     | <p>Psychological first aid to reduce trauma</p>           | <p>Emergency assistance including cash grants</p>                     |
| <p>Locating missing loved ones through our Register.Find.Reunite</p> | <p>Supporting our volunteers and covering their costs</p> | <p>Longer-term recovery programs in disaster affected communities</p> |



For the month of February, half of the undesignated funds in our plate each Sunday will go to Health Equity Alliance. HEAL was one of the organizations voted on by the congregation last fall.

The Health Equity Alliance (HEAL) is a non-profit agency providing direct service and advocating on behalf of Maine's LGBTQ+ community, people living with HIV/AIDS, and people who use drugs.

They envision a world in which all people are valued and celebrated, and health disparities such as HIV, Hepatitis C and AIDS-related deaths are nonexistent.

For more information, call (207) 990-3626 or visit [www.mainehealthequity.org](http://www.mainehealthequity.org).

### Update on Share the Plate December: UUSB Food Security Programs

In December, we were able to give \$375 to our Food Security Programs. This includes our monthly Soup Kitchen, Bag Lunches, and Bean Suppers. It is exciting to know how many people will benefit from this money. Thank you for your generous gifts!







## Upcoming Events

The next Social Justice Committee meeting will be February 16<sup>th</sup>

### Martin Luther King, Jr. Breakfast

What an array of superb, distinguished and inspiring presenters: Angus King, Jared Golden, and Janet Mills, each in their own way speaking to Rev. King's words: "We are caught in an inescapable network of mutuality, tied in a single garment of destiny, Whatever affects one directly, affects all indirectly"

There were over 320 attending the breakfast and UUSB had two full tables there and more UUSBs scattered through the audience. The keynote speaker was Joyce Taylor Gibson, Assoc. Professor of Leadership & Organizational Studies at USM. As a way to move us toward social justice action, she had each table decide to select two actions we could commit to that would move us closer towards justice. Each UUSB table, individually, selected ensuring that the Community Connector Bus Hub remained downtown and at Pickering Square AND ALSO that we engaged in ensuring voting rights in 2020.

Rev. Drew provided an inspiring benediction: he had us pause for a moment and hold in our hearts the *beloved community* we were experiencing at the event.

### Local Justice: Bus Hub in Pickering Square

The Bangor City Council vote on January 27<sup>th</sup> gave a final confirmation that the bus hub will remain in Pickering Square! Thank you to everyone who has supported our Social Justice Committee and Food AND Medicine's Transportation for All to help make our voices heard!

### MUUSAN: Climate Change Task Force & Local Event

There was so much CC activity happening that it was hard to take it all in! Firstly, we heard from Rep. Seth Berry about an LD that will be voted on in the upcoming state legislative session: **LD 1646: "An Act to Restore Local Ownership and Control of Maine's Power Deliver System:" MOVING FROM PRIVATELY OWNED TO PUBLICLY OWNED POWER.** Our task force voted unanimously to give this legislation a "1" rating, i.e. top priority in terms of MUUSAN support. It's likely that the MUUSAN Steering Committee will approve the rating and actions.

*A Dangerous New World: an Anthology of Maine Writers and Artists on the Climate Crisis*, will be presented on Wednesday, February 12<sup>th</sup> @ 6 PM at COESPACE in Bangor.

**Check out the Social Justice table in the Dorothy Memorial for more information.**

# Update on Homeless Outreach in Bangor

Last November, Torelin Jager came to speak to us about her work as the Homeless Outreach Coordinator for Bangor. Because of the important impact for our homeless community, we have kept in contact to provide what help we can. As of the beginning of 2020, there have been some impressive and exciting accomplishments and donations.

- 15 people have received housing in Bangor
- The cold weather has slowed work as many people switch from tents in known areas around Bangor to couch-surfing to keep warm and it becomes more difficult to maintain contact
- 16 people have received bus tickets to other areas where they have housing secured, including Massachusetts and Arizona and many others, often returning closer to family
- The Brick Church has opened itself as a warming center 24/7, allowing families and pets access to warmth, meals, clothes, toiletries, household items; donations are appreciated in the form of money to pay for oil or in items provide to those in need (clothes, toiletries, etc.)
- Dirigo Counseling, Higher Ground Services, and Community Care have stepped up to provide quick mental health assessments to assist in receiving housing vouchers, as well as help get people the mental health and substance abuse treatment they need
- An anonymous faith-based group donated a variety of mattresses to provide to the homeless community, once they have secured housing
- UUSB has provided storage space for mattresses and other items, until people are ready to bring them home
- Monetary donations to the outreach program have been used for bedding, food, water, birth certificates, household items, and a variety of things needed for the process of finding housing and making it livable

If you have already donated, Torelin and those working with her are deeply grateful. If you want to get involved, please reach out to Torelin or Orinda and the Homeless Outreach program.

Orinda Fogler - [rindy.fogler@bangormaine.gov](mailto:rindy.fogler@bangormaine.gov)

Torelin Jager - [torelin.jager@bangormaine.gov](mailto:torelin.jager@bangormaine.gov)



Instagram 1 BILLION MONTHLY USERS IN 2019!

# CAN YOU HELP GROW UUSB'S SOCIAL MEDIA PRESENCE?

The Communication Committee is looking to expand our social media presence to Instagram!

Instagram is an essential tool for churches to grow their congregations, since it is the preferred platform for young adults.

Currently, a small group of us have been able to keep a growing presence on Facebook, but our bandwidth only goes so far. We'd like to work with an interested UUSBer on developing an Instagram profile.

If you think this might interest you, we would love to chat with you.

To get involved, email Karen Cashman at [ksanborn2004@yahoo.com](mailto:ksanborn2004@yahoo.com)

# Instagram Statistics in 2019

-  Instagram has **1 Billion** monthly active users
-  **83%** of Instagramers says they discover new product and service on Instagram.
-  **2nd** most engaged network after Facebook
-  **500 Million** IG accounts use Instagram stories
-  **71%** of users are under age 35
-  **50%** of IG users follow at least one business.
-  Users spent an average of **0:53** minutes per day.
-  Generate over **4X** more interaction
-  **73%** of business use Instagram.
-  Instagram helps **80%** of Instagrammers decide whether to buy a product or service.

MIRRORREVIEW



# UUSB at the 2020 MLK-NAACP Breakfast





## Looking Ahead with Membership-Fellowship

### Family Game Night – Saturday, February 8<sup>th</sup>

It is almost time for us to get together and play board or card games, enjoy snacks, and laugh *a lot!* Our annual Family Game Night starts Saturday, Feb. 8 at 6 PM in the Dorothy Memorial Hall. Bring a game and a snack and share in the fun!

### Last Souper Sunday for This Year – February 23<sup>rd</sup>

Souper Sundays are pot-luck style luncheons during Fellowship Hours (after the worship services) featuring soups, breads, desserts, and other complementary items. If you have a soup or other dish you would like to share, please bring it and an ingredient list on an index card with you (as many members have allergy or dietary restrictions).

**The next and last Souper Sunday is Feb. 23.**

### Monthly Tea with Reverend Drew

Rev. Drew will be holding a monthly tea that will provide opportunities for informal conversation/questions and answers for UUSB members, friends, and visitors. Attending one of these teas meets one of the requirements for those wishing to become a UUSB member. **The next dates for the teas are Feb. 23 and March 22.** There will be a limit of ten people per tea. Each participant can bring tea or coffee and a snack from the Fellowship Hour table and come down to Rev. Drew's office.

### New Options for UUSB Membership

The Membership-Fellowship Committee and Rev. Drew have launched new options for Friends and Visitors who want to consider becoming a member of UUSB.

Until now, joining has been possible only twice a year, following New to UU classes in the spring and fall. Now, joining will be possible at any time. The *new system* consists of (1) completing an *information request card* indicating interest in becoming a member; (2) reading through a Self-Study Guide describing UUism and UUSB; and (3) attending a new *Monthly Minister's Tea* or a New to UU Class. The Monthly Minister's Teas are on the UUSB's online calendar. **The next Minister's Teas are Feb. 23 and March 22.** The information request cards will be available in the Sanctuary and at the Guest Book Table in the Dorothy. They can be dropped in the box at the door to the Sanctuary.

New members will continue to be introduced to the congregation at our semi-annual Membership Signing Sunday. The next Membership Signing Sunday is April 26. We can also quickly reactivate the membership of a past UUSB member or initiate a new membership for a member of another UU congregation who wants to join UUSB.

## Looking Ahead with Membership-Fellowship (cont.)

### New to UU Classes

The Membership-Fellowship Committee will continue to hold its semi-annual New to UU Classes in the Dorothy Memorial Hall. The spring classes will be held during the evenings of April 8 and 15 from 6:30 PM to 8:30 PM. Whether you are interested in becoming a member, just curious about UUism, or want a refresher, these classes are for all interested parties. A sign-up sheet will be posted on the bulletin board in the Dorothy Memorial Hall. Childcare will be available if needed. (Please let us know in advance.)

### Save this Date!

Saturday, April 4<sup>th</sup>

### The Annual Live & Silent Auction

This is our church's largest fundraiser! Are there any quality items in your home that you would like to donate? Are you a great (or even good) chef or an amazing artisan? You can donate things such as meals, custom or handmade items in "like-new" condition, or services (like an hour or two of yardwork or gardening, cooking, or art/crafting work). Be creative! Donate! It's FUN!

The event begins at 6:00 PM, Saturday, April 4<sup>th</sup> with "heavy hors d'oeuvres" at 6:00 in the Dorothy Memorial Hall. The silent auction will continue until 11:30 AM, Sunday, April 12<sup>th</sup>. Cash and checks are accepted.

The exciting, live auction will start at 7 PM!!!

Please contact Sue McKay at [suemckay@midmaine.com](mailto:suemckay@midmaine.com) with items, meals, or services you would like to donate. There will also be a donation list posted on the Dorothy Memorial Hall bulletin board for you to list your items.



## Keep in Touch with UUSB!

Are you moving? Going through a change? Just updating your contact info?

Let us know, so we can keep in touch!

If you have a change in your address, phone number, email, or even name, contact a member of Membership-Fellowship or the church office with the new information.



# LET'S MEET AND KNIT!

## Knitting Circle

Dorothy Memorial Hall

February 14th & 28th

12:30-2:00

2nd & 4th Friday every month

# Mindfulness Meditation



February 4th & 18th

5:45-7:00 PM

Last month, we began studying the "Path of Freedom®"\* curriculum, put together by the Prison Mindfulness Institute. This curriculum teaches a variety of practical mindfulness-based skills, in addition to mediation practices.

Join us on the first and third Tuesdays every month in the sanctuary.

All are welcome!

\*Rev. Drew is a certified teacher for this curriculum.



UUSB Vestry

## CoffeeHouse | Open Mic

February 4th + 18th

7-10PM

1st + 3rd Tuesdays



We enjoy a variety of acoustic music and poetry and welcome any family-friendly acts you might come up with.

Come join the fun!



MONDAY, FEBRUARY 10TH

AT 6:00PM

## Spirit of Drumming

with Laurie & LyAnn

We invite you to join us and access your inner rhythm; release tension and stress; and have a good time.

We will learn easy rhythms, play drumming games, and jam to the monthly theme.

For more info contact Laurie. [amalauriec@gmail.com](mailto:amalauriec@gmail.com) or 944-0650





# SOUPER SUNDAY

BRING YOUR FAVORITE  
POTLUCK DISH!

Sunday, February 23  
after the service

Join us for some good food & good company! as we appreciate the food we have, We can remember those who are in need.

Attendance is free,  
Donations are welcome to support our food Security Programs

UUA PRESENTS

## The UU Common Read 2019-2020

Discussion will take place  
February 9 at 11:45,  
in the Vestry

*An Indigenous Peoples' History of the United States* is this year's Common Read.

There are still a few copies available in the office for \$16. Call or email to reserve your copy



## UUSB

## VARIETY

## SHOW



March 1st  
Sunday  
After the Service

UUSB's Variety Show is scheduled for Sunday, March 1st, after the Pledge Sunday service and a light lunch, and we're looking for performers!

Please contact Susan Olson to get involved with this fun event for all ages! Please call her at 478-5044 or email [sukeyolson@gmail.com](mailto:sukeyolson@gmail.com).

Also, we are looking for anyone who is able to bring finger foods to share as part of the light lunch.  
Thank you!



## UUSB'S ANNUAL FAMILY GAME NIGHT

SATURDAY, FEBRUARY 8  
6:00 PM

Bring your favorite board game, a snack to share, and the whole family for an evening of games, fun and laughter.

# 2

# UUSB CALENDAR

## FEBRUARY

| SUN   | MON  | TUE   | WED  | THU  | FRI   | SAT   |
|---|--|---|--|--|---|---|
| <p><i>Happy Birthday!</i></p> <p>2/1 - Jill Packard<br/>2/1 - Will Seavey<br/>2/3 - Tom Wheeler<br/>2/8 - Pat Moulton<br/>2/11 - Valerie Carter</p> <p>2/13 - Becky Anderson<br/>2/15 - Eric Olson<br/>2/17 - Teddy Weston<br/>2/19 - Jonathan Wood<br/>2/23 - Jessica Scheik</p> |  |   |  |  |   | 1   |
| <p><b>2</b><br/>8:45 AM<br/>R.E.A.L.<br/>10:00 AM<br/>Service<br/>11:00 AM<br/>Fellowship</p>   | <p><b>3</b><br/>9:00 AM<br/>Soup Kitchen<br/>6:00 PM<br/>Glitter Done</p>            | <p><b>4</b><br/>5:45 PM<br/>Meditation<br/>7:00 PM<br/>CoffeeHouse</p>  | <p><b>5</b><br/>6:30 PM<br/>Shawl<br/>Ministry</p>   | <p><b>6</b><br/>5:15 PM<br/>Choir</p>  | <p><b>7</b></p>   | <p><b>8</b><br/>6:00 PM<br/>Family Game<br/>Night</p>  |
| <p><b>9</b><br/>Food<br/>Collection<br/>10:00 AM<br/>Service<br/>11:00 AM<br/>Fellowship<br/>11:45 AM<br/>Common<br/>Read</p>   | <p><b>10</b><br/>6:00 PM<br/>Glitter Done<br/>6:00 PM<br/>Spirit of<br/>Drumming</p> | <p><b>11</b><br/>10:30 AM<br/>Staff<br/>Meeting<br/>5:30 PM<br/>COM on<br/>Shared<br/>Ministry</p>                              | <p><b>12</b><br/>Committee<br/>Reports Due<br/>6:30 PM<br/>Membership-<br/>Fellowship</p>                  | <p><b>13</b><br/>5:15 PM<br/>Choir<br/>6:30 PM<br/>Executive<br/>Committee</p> | <p><b>14</b><br/>10:00 AM<br/>B&amp;F Cmte<br/>12:30 PM<br/>Knitting<br/>Circle</p> | <p><b>15</b></p>  |
| <p><b>16</b><br/>10:00 AM<br/>Service<br/>11:00 AM<br/>Fellowship<br/>11:45 AM<br/>Social Justice</p>   | <p><b>17</b><br/>6:00 PM<br/>Glitter Done</p>  | <p><b>18</b><br/>5:45 PM<br/>Meditation<br/>Group<br/>7:00 PM<br/>CoffeeHouse</p>   | <p><b>19</b><br/>11:30 AM<br/>AUW Guild<br/>2:00 PM<br/>Pastoral Care<br/>Team<br/>6:30 PM<br/>Council</p> | <p><b>20</b><br/>C&amp;C Soft<br/>Deadline<br/>5:15 PM<br/>Choir</p>           | <p><b>21</b></p>  | <p><b>22</b><br/>10:00 AM<br/>Bag Lunch<br/>Prep<br/>3:00 PM<br/>Bean Supper<br/>Prep<br/>4:00 PM<br/>Bean Supper</p>                     |
| <p><b>23</b><br/>10:00 AM<br/>Service<br/>11:15 AM<br/>Souper<br/>Sunday<br/>11:45 AM<br/>Tea with<br/>Rev. Drew</p>  | <p><b>24</b><br/>6:00 PM<br/>Glitter Done</p>  | <p><b>25</b><br/>C&amp;C Hard<br/>Deadline<br/>10:30 AM<br/>Staff Meeting<br/>5:30 PM<br/>Shared Min.<br/>7:00<br/>Humanist</p> | <p><b>26</b><br/>5:30 PM<br/>Worship</p>   | <p><b>27</b><br/>5:15 PM<br/>Choir</p>   | <p><b>28</b><br/>12:30 PM<br/>Knitting<br/>Circle</p>                               | <p><b>29</b><br/>10:00 AM<br/>Bag Lunch<br/>Prep<br/>3:00 PM<br/>Bean Supper<br/>Prep<br/>4:00 PM<br/>Bean Supper</p>                     |



Do you have a **CLYNK** Bag?? Be sure to have one handy, so you can easily be collecting bottles and cans to help raise money for our UU Youths' Social Justice Service Trip. The bags are in the Dorothy Memorial Room. Please see Laura Santilli for details. Thank you for your support!!!

**UUSB is always in need of volunteers** – for fundraisers, childcare, teaching, and to fill positions on our active committees. The great perks of volunteering are not just the satisfaction of contribution, but the sense of community we all feel when we accomplish important tasks with others. Since we don't always know who is able to take part, please contact a council or committee member if you are open to volunteering in any large or small way.

The **UUSB Worship Committee** is looking for more member participation in our worship services and is extending an INVITATION to one and all of you to consider if you might be interested in joining our services as READERS.

### Collection Plate Reminders:

1. If you use a check for anything other than your pledge, please indicate on the check's memo line for what your donation is intended.
2. If you pay your pledge with cash, it is important that we know it came from you! You can use your own envelope and write your name on the outside; or, you can pick up envelopes from the table to your left as you enter the sanctuary; or, you are welcome to take several or a whole box of 50 envelopes.
3. If you can't find them, or have questions, please speak with Amy Starkey-Lam.



### Ongoing Church Fundraiser



Hannaford Grocery  
Cards are sold every Sunday during fellowship time. Convenient to carry! Every card purchase helps UUSB!! Cards are available in increments of \$25, \$50 or \$100. Cash, or checks made out to UUSB are accepted. Buy cards for your own grocery shopping, or buy cards for gifts, or even donate a card to a local food bank.

### Friends and Frequent Visitors

*Please take a moment to make a name tag!*  
To avoid holes in your shirt, hook the pin to a necklace, lanyard, or tie. Wear it while you are here, and you can leave it in the rack when you leave. If you plan on being a regular attendee, name buttons are now an option for anyone. Ask the Sunday greeter for info!





## ABOUT US

### Unitarian Universalist Society of Bangor

#### Our Mission Statement

The Unitarian Universalist Society of Bangor is an historically liberal religious community, celebrating diversity and supporting spiritual growth and social responsibility in each child and adult.

#### A Welcoming Congregation

We welcome individuals and families of all religious upbringings, racial and ethnic backgrounds and sexual orientations. We, a member of the Unitarian Universalist Association, covenant to affirm and promote the inherent worth and dignity of every person.

#### A Green Sanctuary

The UU Society of Bangor, recognized as a Green Sanctuary by the Unitarian Universalist Association, endeavors to incorporate care for the Earth into its worship and religious education while working to promote environmental justice and sustainable living. We covenant to affirm and promote respect for the interdependent web of all existence, of which we are a part.

#### Church Council:

Tom Bickford, Chair

Will Seavey, Clerk

Rosemary Parsons, Treasurer

Francis Grey

Gayle Zydlewski

Catherine Foxson

Kate Dutra

Becky Anderson

*Council meets at 6:30 PM  
on the third Wednesday  
of each month.*

## UUSB Church Cancellation Guidelines

In the case of bad weather, the most important thing is for everyone to be safe. Please do not travel to the UUSB for morning worship if you feel that doing so would be unsafe. UUSB may need to be cancelled due to no lights, no heat, no water, disasters, and other unforeseen circumstances. The decision to cancel worship and religious education will be made by Sue McKay, Rev. Drew Moeller and Laurie Cartier—who will make such decision by 7:00 Sunday morning.

An announcement will be put on the outgoing phone message of the church office (207-947-7009); announcements will also go out to the local network television and radio stations; if possible (power permitting), one will be sent out via email, on the UUSB Facebook page, and posted on the UUSB website ([www.uubangor.org](http://www.uubangor.org)).



#### About Our Newsletter

*The Chalice and Chimes* is published ten times a year (Sept-June). The hard deadline for submissions is the 25th day of each month. Please notify the office of your intent to contribute by the 20th of each month, on the soft deadline. Contributions are solicited and should be sent to the Administrator/Editor at the church office. An email reminder is sent out to all member and friends on the church's database mailing list when the newsletter has been posted to the church website, where it may be viewed or downloaded. It is also available in paper format on the table by the sanctuary entrance and by US mail (request from the Church Office).

#### Editorial Policy

Articles submitted for publication in the *Chalice & Chimes* must strive to include, in an unbiased way, only that information that is consistent with the UU faith. Articles should deal with issues of a spiritual nature meant to inspire, encourage, educate, or inform. Although every effort will be made to be inclusive, the Editor reserves the right to determine which articles are accepted for publication. The Editor has the right to edit for space, availability, libelous remarks, or unwarranted personal



#### Newsletter Submittals Next Newsletter Deadline: February 25, 2020

The next issue will be March 2020. We value your contributions and very much appreciate submittals. When sending email contributions to *The Chalice and Chimes*:  
[uubangor@gmail.com](mailto:uubangor@gmail.com)