

CHALICE & CHIMES

THE MONTHLY NEWSLETTER OF UUSB

MARCH 2023

THIS MONTH IN WORSHIP

Our theme this month is **Vulnerability**.

March 5 - *Stewardship Sunday* - This Sunday, we kick off the pledge campaign! Join our Stewardship Committee as we focus on the theme for fiscal year 2024: *It Takes a Village! YOU Matter!* This service will be led by Amy Starkey-Lam and the Financial Stewardship Committee with Phyllis Havens, Laurie Cartier, and Atticus Foster as our worship team. Music will be provided by the UUSB Choir, Molly J. Webster, and Jack Derosier.

Meeting ID: 930 5308 3090 Passcode: 126853 [Zoom Link](#)

March 12 - *Prayer & Vulnerability* - In a community with such a variety of backgrounds and beliefs, there are many different ways to pray, to understand prayer, and even to avoid prayer. This month's theme of Vulnerability is a perfect opportunity to explore some of them. This service will be led by Rev. Rebecca Liberty with Kat Allen, John Arimond, and Atticus Foster as our worship team. Music will be provided by the UUSB Choir, Molly J. Webster, and Jack Derosier.

Meeting ID: 915 2527 7193 Passcode: 231408 [Zoom Link](#)

March 19 - *Guest Minister: Rev. Sara Hayman* - Rev. Sarah Hayman will join us to talk about the proposed changes to Article II of the UUA Bylaws, as well as the proposed 8th Principle. Both these changes will be voted on at UUA General Assembly this year. This service will be led by Rev. Sarah Hayman with Sue McKay, Francis Grey, and Atticus Foster as our worship team. Music will be provided by John Arimond.

Meeting ID: 965 5447 7531 Passcode: 550128 [Zoom Link](#)

March 26 - *Maple Syrup Communion* - It is Maine's Maple Syrup Sunday and our annual Maple Syrup Communion ritual and service. Come join us and share tiny cups of sweet sap, a sampling of donuts, some poetry and song, as we welcome the start of Spring. This service will be led by Rev. Rebecca Liberty with Laurie Cartier, Phyllis Havens, and Ben Goff as our worship team. Music will be provided by the UUSB Choir, Molly J. Webster, and Jack Derosier.

Meeting ID: 910 5917 8483 Passcode: 625434 [Zoom Link](#)

We Love Your Suggestions!

Do you have a poem, reading, piece of music, story, or personal experience that relates to a monthly theme? Share your ideas with Rev. Drew, Molly, or Laurie. Your suggestions make our worship experience even richer!

Upcoming Themes

April: Resistance

May: Creativity

June: Delight

UNITARIAN UNIVERSALIST SOCIETY OF BANGOR

120 PARK ST
BANGOR, ME 04401

SUNDAYS AT 10:00 AM

(207) 947-7009

WWW.UUBANGOR.ORG

UUBANGOR@GMAIL.COM

HIGHLIGHTS:

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3 - COUNCIL CRIER

3 - PLEDGE DRIVE

4 - MEMBERSHIP-FELLOWSHIP

4 - VARIETY SHOW

5 - NEW TO UU CLASS

5 - APRIL RAFFLE & AUCTION

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Winter to Spring

FROM REV. REBECCA LIBERTY

It seems fitting that our time together officially started on February 1st, when some of us celebrate Imbolc. Midway between the winter solstice and spring equinox, Imbolc calls our attention to movements toward spring, as yet unseen under the frozen ground here in Maine. This month, we will see more of those movements rise to the surface, as we look forward to UUSB's annual Maple Syrup Communion at the end of March. Ever since I moved to Maine 10 years ago, Maple Syrup Sunday has become one of my family's favorite spring rituals, and I'm really looking forward to celebrating that day with you at UUSB.

At the same time, winter is not quite done with us yet! Thanks to a book I read recently, I continue to ponder winter's invitations to attentiveness or spiritual practice. In *Wintering: The Power of Rest and Retreat in Difficult Times*, Katherine May talks about the many ways a metaphorical winter can come upon us when life gets upended by change, as by illness or loss. We enter what is sometimes called a "liminal space"--from *limen* meaning threshold--a space between "what was" and "what will be." It's a space where transformation and growth can happen. It's also a space of uncertainty and thus discomfort, and it can't be rushed through. In such times, the ways we take care of ourselves and each other are the ways we learn in winter--such as rest, warmth, hope, and attention to light wherever it appears.

"Liminal space" brings to mind Rev. Drew on sabbatical, a time that makes space for "the power of rest and retreat" as an invitation to transformation and growth. It also makes me wonder if this time for us together at UUSB might also be seen as a kind of "liminal space"--a time in-between that invites us to tend the connections with each other, ministries, and the wider community in some different ways, without Rev. Drew's presence and leadership. How might this opportunity lead to some transformation and growth at UUSB also? Our time together is already working on me, but in ways I can't yet put into words (sort of like movements underground, still unseen!). In upcoming sermons, I'll be reflecting on what I'm learning from you all.

In the midst of these reflections on liminal space, the word "threshold" caught my attention in the next book I picked up, *Believers: Making a Life at the End of the World*. Author Lisa Wells notes that as we face a changing climate, the whole world--and North America in particular--is on a threshold between the ways we have lived, and the ways we will need to live next. (Already the liminal space of the COVID-19 pandemic has caused many of us to reflect on what was before, and what is changing.) I'm eager to read about the ways some people are choosing to inhabit this liminal space. It makes me wonder, could even this time of global change lead to transformation in human community--and perhaps some new growth in attention, skills, and spiritual practices?

It is not easy, as Katherine May says, to "winter," as a verb. Physical and spiritual winters can be uncomfortable, anxiety-producing, and even threatening. At the same time, they point us to gratitude: for companions on the threshold, for all sources of warmth and light, and for hope of growth that will emerge. I am grateful to be in community with you, watching for spring!



The UUA 8th Principle

An eighth principle will be voted on by the Unitarian Universalist Association during General Assembly in June. The principle states:

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

The Council would like to have a special congregational meeting on March 19 to discuss publicly supporting the principle. More details to come.



Have you ever wondered what happens at the Unitarian Universalist Association's General Assembly?

Have you ever wanted to meet UUs from all across the country?

The UUA General Assembly is taking place in Pittsburgh, PA in June 2023. UUSB will need delegates to represent us at GA and we are always looking for volunteers to fulfill this role. We can offer financial support for you to attend and the UUA is once again offering in-person and virtual options, so you can attend in whatever way works best for you. If you are an active member, contact a member of Council about being a delegate; if you just want to get to know the UUA better by attending, you can register online or contact a member of Council for more information.

UUSB Fiscal Year 2024 Pledge Campaign

“It Takes a Village – YOU Matter”

Pledge Goal: \$139, 377

- Stewardship Sunday is March 5th
- **EVERYONE** PLEASE return your Pledge response to Amy Starkey-Lam by Sunday, March 26th
 - Can respond via email, mail, phone call, text – whatever is easiest for you!
 - Email: amystarkeylam@gmail.com
 - Call or Text: 207-356-2651
- Members and Friends will receive a Pledge card via email early-February
 - Will be mailed to members and friends not on email list
- Consider what kind of financial commitment you can make for Fiscal Year 2024 (July 2023 – June 2024)
 - If you are a member and unable to make a financial commitment, you need to simply indicate on your Pledge card that you are requesting a waiver



April 10, 2022 Earth Day SEE Intergen Outdoor Planting Activity



Unitarian
Universalist
Society of Bangor

LOOKING AHEAD WITH MEMBERSHIP-FELLOWSHIP

Souper Sunday: Tapas Table at the Variety Show on March 26

On March 26, instead of a potluck in the Dorothy, we'll have a "Tapas Table" in the Vestry for folks attending the Variety Show. Plan to bring some finger foods or dessert to share or just bring your appetite to enjoy this special time together to celebrate our pledge drive!

Interested in Joining UUSB?

If you are interested in joining UUSB, there are a few required steps to help you to learn about our community and for us to get to know you.

First, you complete an information request card. This is available on our [website](#) or at the welcome table at the church.

Second, you read through a Self-Study Guide describing Unitarian Universalism and the Unitarian Universalist Society of Bangor which is on our website: <https://uubangor.org/new-to-uusb-2/uusb-self-study-guide/>

Third, you attend a New to UU Class which will be offered twice in April.

The next New to UU Class will be Wednesday, April 5th from 6:30pm to 8pm in person at UUSB, OR Wednesday, April 12th from 6:30 - 8 pm on Zoom. The content will be basically the same on both dates, so you only need to attend one of them.

If you are interested in participating in any of these gatherings or in becoming a member, you can email uubangor@gmail.com.

New Member Sunday

The service on April 30th will be to welcome any and all new Members of our beloved UUSB community. It is a wonderful way to get to know our newest members and witness them signing the Membership book.

VARIETY★SHOW

Calling all in the UUSB Community with a talent or an act to share!

The Financial Stewardship Team, AKA Pledge Campaign folks, are inviting all interested members, young and old, to join us for the return of our annual Talent (No Talent) VARIETY Show to be presented after the March 26th service in the VESTRY at 11:30.

If you wish to "perform" for all of our joyful entertainment, please contact Phyllis Havens of the Pledge Campaign (# 944-0181) OR our official Emcee for the Event, Dave Paterson!! We are now officially collecting names and ideas for your "act."

This event is always so much fun. After Covid closed us down for 3 years, it's time to celebrate being all together again!! (and a successful pledge campaign!!)

During the Variety Show, Membership-Fellowship will be helping to host a Tapas Table, instead of the monthly Souper Sunday. So bring a favorite dish to share and snack on some tasty tapas treats, while we all share our talents.



New to UU Class



WEDNESDAY, APRIL 5 ~ 6:30PM IN PERSON
WEDNESDAY, APRIL 12 ~ 6:30PM ON ZOOM

Interested in becoming a member of UUSB?
Just have questions about Unitarian universalism?
Looking for a refresher?

For anyone new to the Unitarian Universalist Society of Bangor and anyone interested in a refresher on unitarian-universalism, the goings on at UUSB, and how you can become involved in this community, the spring edition of New to UU class is for you.

The classes will be on each of the following two evenings: Wednesday, April 5, 6:30 - 8 pm and Wednesday April 12, 6:30 - 8 p.m.

The April 5 class will be in-person at UUSB. The April 12 class will be via Zoom. Each class will present the same material, so you can choose which one is more convenient for you. Please send an email to Cathy Elliott at cathyelliott25@gmail.com; with a copy to Christine at uubangor.org. If you will be attending April 12 via Zoom, Christine will send you a Zoom link.

For those who are considering becoming a member of UUSB, a New to UU Class will satisfy one of the primary steps for doing so. But please attend if you are simply curious, with no immediate plans to join UUSB.

Questions?

Cathy or other members of the Membership-Fellowship Committee (Evan Richert, Linda Sisson, Eleanor Steele) will look forward to answering them.



The UUSB Raffle is moving to the Spring, after last November's cancellation. More specifics will be available by the March *Chalice & Chimes*, but mark your calendar now!

Raffle sales will begin on April 2!

Raffle drawing will take place on May 21

at the Annual Meeting!

Tickets are \$20 each

Grand Prize value of up to \$5,000!!!



Our annual goods and services auction will be April 15 on Zoom. Do you have a skill to share? Some good quality items you no longer need? Speak with Sue McKay about volunteering an auction item. Past auctions have included a variety of delicious meals, deliveries, yard and home care, furniture, art, classes, and more. Save the date and make sure you can attend this exciting fundraising event!!

Office
Closed
Mar. 17 for
OWL Training

In-Person
Office Hours
Tues, Wed, Fri

C&C
Submissions
Due
Mar. 23

Office
Closing Early
Mar 31

Photos to Feature
on Website or in
C&C ALWAYS
WELCOME

Office
Volunteers
Wanted!



Sabbatical Minister:
Rev. Rebecca Liberty
uusb.sab.minister@
gmail.com
Minister Emerita:
Rev. Becky Gunn
Music Director:
Molly J. Webster
uusbmusic@gmail.com
Director of SE:
Karen Childs
uubangorre@gmail.com
Office Administrator:
Christine Sprague
uubangor@gmail.com
Tech Coordinator:
Atticus Foster
Council Chair:
Sue McKay
swm4631@gmail.com
Council Clerk:
Jessica Glant
glanjm979@gmail.com
Council Treasurer:
Rosemary Parsons
roxemary@gmail.com

Staff Working Hybrid Hours; General Update

Staff are working hybrid hours. The office is open Tuesday, Wednesday, and Friday every week from 10-2. I will be responding to emails and voicemails on Thursdays, but may not be in office every Thursday. Please contact me to schedule meetings to make sure that there are no other meetings when you will be stopping by. Masks are required for all office visits and meetings.

Office Closures in March

The office will open late on March 7 and 21, due to staff meetings; the office will be open roughly 12-2. The office will close early on Friday, March 31; the office will be open 10-12.

Sunday Announcement Submissions Must Be Received By Friday

If you have an announcement to have presented on Sunday morning that didn't appear in the weekly e-news on Thursday, please submit it, by email, to the office *and* the worship associate by Friday afternoon. If it is received after 2:00 PM on Friday, there is no guarantee that it will appear in the Sunday morning email or in the announcements during the service.

If you want your announcement to appear in the printed announcements on Sunday, it must be received by 10:00 AM on Fridays.

Building Use Must Be Scheduled with Office!

If you are planning to move to committee or small group meetings in the UUSB building, instead of via Zoom, you **MUST** submit the request to the church office. Please call or email to schedule your meeting and come back "home."

UPCOMING DEADLINES

**CHALICE & CHIMES (APR. ED.)
THURSDAY, MARCH 23**

**E-NEWS (WEEKLY)
THURSDAYS AT 10:00AM**

COMMITTEE NOTES FOR COUNCIL
WEDNESDAY, MARCH 8

OFFICE HOURS

10:00AM - 2:00PM
IN-PERSON: TUESDAY,
WEDNESDAY, FRIDAY
REMOTE: THURSDAY

TREASURER'S REPORT

BY ROSEMARY PARSONS

TREASURER'S REPORT FOR MONTH OF JANUARY 2023. This report covers 58% of the year.

Total income for the month of January was \$17,813. YTD income is \$138,429, 56% of the year's budget. In January 2022 income was \$13,269. Last year's YTD income was \$157,990, which included \$16,040 total from the raffle. Total income was 68.8% of the year's budget.

Expenses were \$19,683. YTD expenses are \$141,706, 57.7% of the budget, showing a loss of (\$1,870) for the month. In January 2022 expenses were \$22,144 and last year's YTD expenses were \$127,891, 55.5% of the budget.

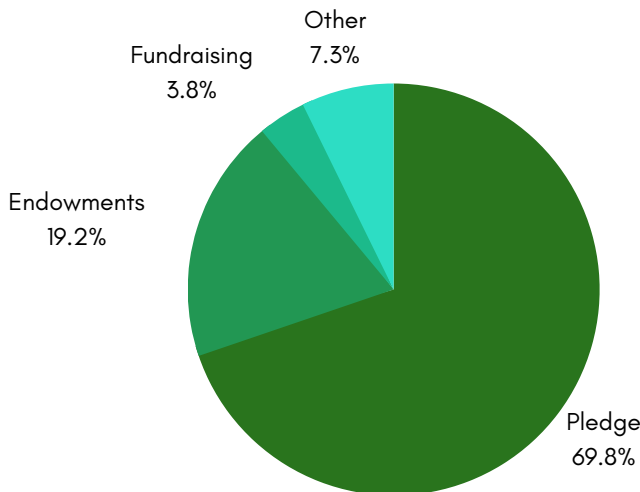
January income included pledge of \$11,026. Plate donations were \$1,139!! Half of that amount goes to the Hungarian Refugee Program for Ukrainian refugees. Rev Drew will deliver this check when he visits the area during his sabbatical. Endowments were \$3,082. Rental income was \$1,840.

VANCO: In January 2023: 16 people used the Vanco link to make payments totaling \$2,044.48 gross in all categories with a net of \$2,000.55. Fees were \$19.61 and the offset paid was \$25.48. Additional charges invoiced were \$24.32. Donations were: General Fund for \$49, pledges for \$1,826, Share the Plate for \$144.

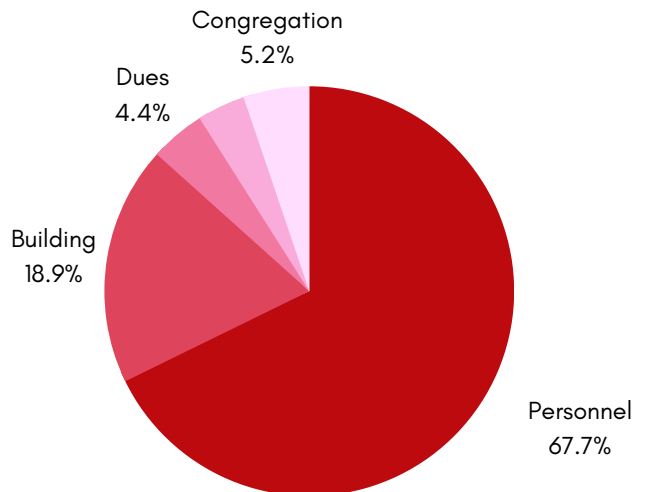
Expenses for the month break down as Personnel \$13,335 (68% of total costs), Building \$3,719 (19%), Fair Share to the UUA \$847 (4%), Administrative \$748 (4%), and Congregational expenses for \$1,024 (5%). Total expenses for 7 months was 57.7% of the year's budget.

In Service,
Rosemary Parsons

January Income



January Expense



SPIRITUAL EXPLORATION EXPERIENCE

MAR 2023 - SOUL MATTERS THEME: VULNERABILITY

Hello and Howdy-do to our Spiritual Explorers!! Often, it takes a **leap** of faith to be vulnerable. It can be a struggle and in these moments, we might worry about being disconnected, or wonder about our worthiness. But, it's also the place we can find love, and connection, and authenticity, and learn to believe in ourselves.



While this month's topic is quite complex, know that it's something we can keep coming back to. It is something that we can continue to practice. It is so important to find ways to share with our littles these opportunities of practicing vulnerability - being authentic, loving with our whole heart, trusting in others and ourselves, and asking for help.



UNITARIAN
UNIVERSALIST
SOCIETY OF
BANGOR

120 PARK ST
BANGOR, ME 04401

SUNDAYS AT 10:00 AM
(207) 947-7009

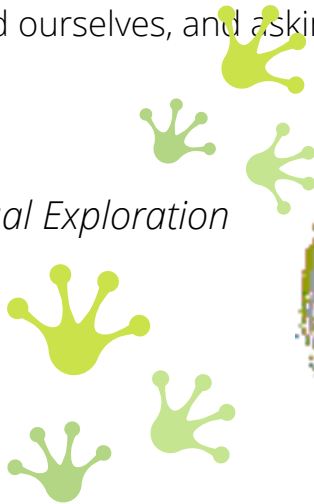
WWW.UUBANGOR.ORG

UUBANGORRE@GMAIL.COM



Karen Childs

Director of Spiritual Exploration



UPCOMING

- DATES**
- Mar 5th - SEE Classes ~ SE Wing, 10AM
 - Mar 12th - S.E. Action League ~ Café, 8:45AM
 - Mar 12th - SEE Classes ~ SE Wing, 10AM
 - Mar 19th - NO SEE CLASSES
 - Mar 26nd - SEE Classes ~ SE Wing, 10AM

If you haven't already, please **REGISTER** your family for our Spiritual Exploration Experience



CLASSROOM HIGHLIGHTS:



This month, our PreK-Kindergarten class read 'Sweetest Kulu'. This beautiful book focused on our Seventh Principle, the interconnectedness between animals and people.

Four of our little ones, Maggie, Tilly, Rosie, and Cora, created these adorable polar bears

While they worked on their art projects, they chatted about their connection with each other, and with all kinds of other things, including the animals and plants!

"Being brave with our feelings puts us on the path toward discovering the infinite power of our own light."
~ Brené Brown



**HAVE YOU REGISTERED
FOR
FERRY BEACH?**

[email for details](#)

This past weekend found me among some of Mid-Maine's finest DREs! Our local contingent of religious educators/spiritual explorers connected, shared, collaborated, created community, filled our cups, shared joys and concerns, and created some beautiful art together during our annual retreat. Our local region is truly blessed to be staffed by this talented and committed crew of professionals!



SOCIAL JUSTICE COMMITTEE

MUUSAN (Maine Unitarian Universalist State Advocacy Networks) News

Things are heating up as the 131 Legislative Session and its proposed bills take shape. If you are interested in what's coming up in legislation involving: Climate Change, Democracy, Racial, Immigrant and Native Justice, and/or Healthcare PLEASE check out the MUUSAN web page for what's happening, how you can become informed AND what you can do to ensure that our UU principles are strengthened in upcoming legislation. You will find:

- MUUSAN's Tips and Tools for Legislative Advocacy. They include all the resources you need to participate in citizen advocacy with the Maine state legislature.
- Legislative priorities and a watchlist of potential bills and bills already under consideration

Tips & Tools for Legislative Advocacy

Getting Started!	Understanding the legislative process and schedule	Testifying before the legislative committees	Letter writing, calls, and letters to the editor
Navigating the Maine Legislature website	Faith in Advocacy	MUUSAN Legislative Agenda and watchlist	

MUUSAN Network Meeting on Zoom on Saturday, March 11, 10-12:30

The major focus will be a Q&A on Tribal Sovereignty, the primary primary endeavor effort for all issue groups. Come and learn how you can help. You can register on MUUSAN's website: MUUSAN.org.

If you have any questions about MUUSAN and upcoming legislation you can check with your Congregational Legislative Liaison (CLL): Suzanne Kelly, suziekr@gmail.com.

Check the weekly e-news for how you can get involved.

Can you find me?

I'm a new addition,
 But I'm also very old.
 I used to tell people where to go
 And where to build.
 Now, I tell you what once was
 And decorate a space for what will come.

Have you seen me?
 Can you find me?
 What am I?

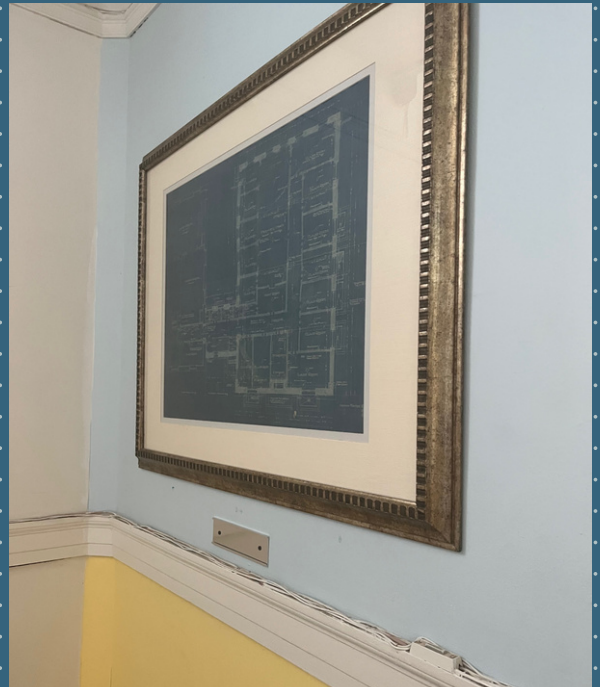


Photo of the framed blueprints of the SE Wing's original design. Framed and hung by Karen Childs. Photo by Christine Sprague.



Polar Vortex: Thank You from Needlepoint Sanctuary

Dear friends and all those who supported our efforts,
Thank you.

We are awed at the community response we received this weekend. The outpouring of support showed that not only is the community capable of responding to emergencies as they arise, but that we can do so in a way that is faster and more effective than large municipalities. We couldn't have done it without all of you- from the volunteers who put in grueling hours at great personal cost, to those who donated what time and resources they could, and to those who helped spread awareness about the need within your circles- thank you, thank you, thank you.

We are taking a moment to catch our breath after the intensity of this weekend, but in a few weeks time we will be back to our regular outreach schedule and by this summer we will be expanding to doing outreach in more places and more times a week.

We will be scheduling an in-person volunteer training for mid to late March where we will train potential volunteers on how to engage in the work we do, how to use naloxone, and what sort of volunteer opportunities will be available as we continue to expand our operations.

To briefly summarize the successes of this campaign:

- Through community support Needlepoint Sanctuary was able to provide housing for over 50 unhoused community members in Bangor and Sanford from Thursday night to Sunday morning.
- With over 100 volunteers helping out this weekend in varying capacities we were able to operate a low-barrier warming center that was utilized by 30-40 unhoused community members per day from Thursday evening to Sunday Morning. We were able to provide meals and snacks to all who came. We created a warm and welcoming environment that met people where they were at. We also were able to provide to all who came warm winter gear such as coats, gloves, and sleeping bags.
- During the 60+ hours that the warming center was in operation we were able to facilitate an environment where there were zero overdoses from substance use, no calls to 911 or police involvement, and where not a single guest who utilized the warming center was asked or forced to leave. All of these things are unprecedented in such environments and everyone who participated-in any manner-should be extremely proud of the work that was accomplished.

Thank you so much, we look forward to speaking with you more. For those interested in continuing to financially support our work, please subscribe to our Patreon, which is a monthly subscription service where even \$5 a month can help us continue to do the work we are engaged in so we can keep providing low barrier services throughout the state of Maine.

In gratitude and solidarity,
The volunteers of Needlepoint Sanctuary

For questions or to speak further please reach out via this email (Please do not reply all) or reach out to:

Willie Hurley
Needlepoint Sanctuary
207-505-1510

Zach Campbell
Needlepoint Sanctuary
207-570-5474

FEBRUARY EMERGENCY WARMING CENTER

NeedlePoint Sanctuary & UUSB Partner to Save Lives During Historic Cold Snap

As Chair of the UUSB Council, I wanted everyone connected to UUSB to be aware of the amazing efforts to save lives of unhoused people during the frigid first weekend of February. Below is a timeline of the events as they unfolded.

NeedlePoint Sanctuary, which works to better the lives of drug users and by extension the unhoused in the Bangor Area, called the church office Tuesday (1/31) morning in hopes we would partner with them to provide shelter and food to get folks through this historic cold snap. They had called a number of churches and were not finding much success. Christine, our church administrator, called me and by that afternoon our Church Council approved the use of the vestry.

By Thursday afternoon, NeedlePoint volunteers were here, preparing to serve whoever walked through the door. Christine was amazing contacting our security company, relocating groups that would normally use that space and getting info posted on our community Facebook page. She also handled the media and was featured in a segment NewsCenter Maine ran that aired statewide throughout their evening newscasts. (The other local TV channels as well as the BDN promoted the location of all the warming centers in the area.)



Karen Childs our SEE Director hopped on with more postings and providing instructions on how people could help with funding and other donations. Karen came in that Sunday and put in additional hours after the NeedlePoint volunteers finished the best cleanup job they could.

I met with the NeedlePoint volunteers on Thursday (2/2) and pledged our support.

From Thursday afternoon through Sunday morning, our vestry was open morning, noon and through the overnights. Thursday there were maybe 15 guests, but by Friday that number had more than doubled, perhaps as high as 40 by Sunday morning.

The homeless weren't the only people coming into our vestry. People from all walks of life braved the cold and came in with donations of food, blankets, jackets and more. UUSB provided kitchen supplies with funds donated to the Minister's Discretionary fund that was collected on Christmas Eve from many of you.



Though this was primarily a NeedlePoint project, because they have the expertise to work with this diverse population, we had several volunteers from UUSB lending a hand throughout the 4 days.

This extreme cold has been described as a once in a generation event and I hope it is. UUSB answered the call and while I can't say for sure we helped save lives over that long weekend, I am sure we made a difference.

I hope you all are as proud as I am, to call UUSB our spiritual home.

Yours in service,

Sue

Susan W McKay, UUSB Council Chair

Looking to the Future

Some current members of the UUSB Guild (standing from left to right, Eleanor Steele, Cathy Elliott, Page Eastman, Cindy Todd, Marge Lawrence, Phyllis Havens, and Catherine Foxson) stand in front of the Dorothy Hawkes Memorial Quilt with Phyllis Havens, who recently donated china cups and saucers to the Guild's tea service. Just as earlier generations provided for future Guild teas, so we, too, are pleased to continue the proud tradition of hosting church celebrations when requested.



Small Groups

UUSB Mindfulness Meditation Group

Tuesdays. March 7 & 21, 5:45 – 7:00 PM on Zoom

The group will be led by Aimee Bhatt one of the regular members of the group.

The group provides an opportunity to develop one's silent meditation practice (both sitting and walking) in a supportive, friendly and non-judgmental environment. Much of our learning and experience is cumulative, so regular attendance is helpful though not required. Drop-ins are welcomed.

We ask that newcomers sign in fifteen minutes early (at 5:30 PM). Signing in early allows newcomers to hear about our group process and receive a short introduction to sitting and walking meditation before the group begins promptly at 5:45 PM. Questions? Contact the UUSB Office at uubangore@gmail.com to be put in contact with Aimee.

This program is free of charge to all. If one wishes to make a free-will offering (dana) to the group, one can donate by donating to UUSB by cash, check, or online and include "Meditation Group" in the memo/notes line.



Chalice Side Chat

Tuesdays at 7:30 PM on Zoom

Join Sue Henri-Mackenzie and other members of our community each week on Zoom. Each session is a chance to offer and receive support and check in with those we miss seeing in person.

Please check your email for the login link or use the following info to call in!
Meeting ID: 812 9832 4116 Passcode: 878608

Photo by Chris Montgomery via Unsplash

Spirit of Drumming with Laurie, LyAnn, & Jim

March 12 & 26 at 11:30 AM in the Sanctuary

The Spirit of Drumming Circle is led by Laurie Cartier, LyAnn Grogan and Jim Shimko. With a variety of drumming including basic instruction, directed rhythms, and jamming to a song or the monthly theme (March is Vulnerability!), we rock out in the sanctuary every second and fourth Sunday after church. We start about 11:30 and drum until 1. No experience is necessary. We have a good supply of drums or you can bring your own. We hope you will join us soon.



Photo by Debby Hudson via Unsplash

Shawl Ministry

March 7 at 6:30 PM in the Dorothy

Are you interested in knitting or crocheting? Are you interested in creating gifts for beloved members of our community?

You don't have to have any experience with knitting or crocheting ahead of time to join the Shawl Ministry. Bring your own supplies or borrow some. All that matters is you come and join the fun!

Open Jam

March 7 at 6:00 PM in the Vestry

Before the pandemic, UUSB hosted an Open Mic and CoffeeHouse on the first and third weeks of the month. Since we started reopening, our Open Mic returned on fourth Wednesday. In January 2023, we added an "Open Jam" night on the second Wednesday. Our first Open Jam included 17 people, six of whom are already part of UUSB. Drinks and snacks are available for a small donation, which helps cover the heat and lighting for the space and helps support UUSB.



First ever Open Jam night at UUSB!
Photo by Karen Childs

So, come join the fun and play with our community or hang out and listen in. It's a wonderful way to build our connection within our community!



Open Mic & CoffeeHouse at UUSB
Photo by Karen Childs

Open Mic | CoffeeHouse

March 7 at 6:00 PM in the Dorothy

UUSB's Open Mic and CoffeeHouse have returned! You can join the fun on the fourth Wednesday every month as a listener or performer. We have a wonderful group of people who attend regularly and would love to grow the event with even more of our UUSB community.

Drinks and snacks are available for a small donation to help cover heat and lighting for the space, as well as to help support UUSB. All are welcome to perform or hang out and listen. We look forward to seeing you there!



Ringling Bells and Feeding Souls

Second Sundays at 11:30 AM

Open Air Chimes Concert & Food Collection



On Sunday, March 12, UUSB will, hopefully, once again host our Second Sunday Food Drive & Open Air Concert, the church's monthly community food collection, from 11:30-12:00.

There will be drop off bins on the Park Street sidewalk in front of the church for those wishing to donate. There is also a new option to donate inside, before or after the service. The bins will be placed in the Dorothy for your items, before moving outside for the drive-thru and curbside donations.

We invite everyone to step outside and take a listen. You are welcome to enjoy from the church lawn, surrounding areas, or your car.

The food collected is given to the Ecumenical Food Pantry in Bangor. They can also take monetary donations, which buys up to six pounds of food for every dollar given. Make checks out to Bangor Ecumenical Food Cupboard (Bangor EFC), and we'll keep feeding souls.

Since 2020, when we began our open-air chimes concert and food collection, we have collected over 8,000 pounds of feed! You are making a difference!

There is a sign-up sheet for volunteers to continue this important event. You can sign up in the Dorothy to help collect food on Sundays or to deliver food to the Ecumenical Food Cupboard during the week. Without volunteers, this outreach opportunity will, unfortunately, have to come to an end. With one week each, we could cover the volunteers for the next year and then some!



Photo by Ben Speed

MARCH 25

COMMUNITY BEAN SUPPER

UUSB AT 4:00 PM

Throughout the pandemic, our volunteers have continued to put on the monthly community bean suppers as to-go meals. This has made it possible for at-risk volunteers and community members to pick up their food and avoid as much potential exposure as possible. We are thankful to all the amazing volunteers who have done all this work, despite the stress and changes over the last two years!

As guidelines and risks have changed, the Community Bean Supper has also made adjustments. With our recent changes, meals may be eaten at UUSB in the Dorothy Memorial Hall or taken home in to-go containers. This allows us to bring back the community and social aspects of this monthly event, while still accommodating those who may be at higher risk or unable to attend in person.

If you have any large paper grocery bags, like from Hannaford2Go, the Bean Supper crew are looking for additional bags to use to send meals home with those who attend each month.



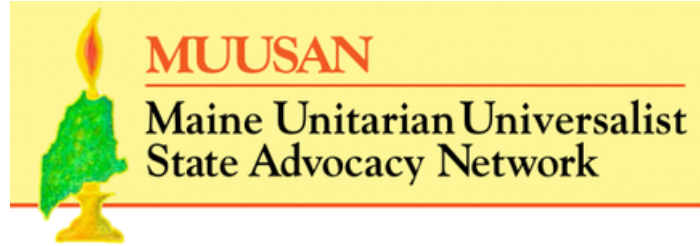
Photo by P.O.sitive Negative via Unsplash



SHARE THE PLATE



Every Sunday, we share half of our undesignated plate offerings with an organization that works toward our UU values. In March, half of the undesignated funds in the plate will go to MUUSAN. The Maine Unitarian Universalist State Advocacy Network is a statewide advocacy and public policy network anchored in our Unitarian Universalist faith and animated by its principles. This legislative ministry links Maine's 22 Unitarian Universalist congregations to promote just, humane laws and policies in keeping with our UUA Seven Principles.



In January, we gave \$570 to the Hungarian Unitarian Church and its charity organization, Providence, to serve the needs of the Ukrainian refugees fleeing across the border to Romania, as well as internally displaced people in Ukraine. Rev. Drew will be visiting them as part of his Sabbatical and will be delivering this share the plate check in person.



You can give to the collection plate through the UUSB website and Vanco or by mailing a check to the church office.



Gift Card Fundraiser

Convenient to carry! Every card purchase helps UUSB!!

Cards are available in increments of \$25, \$50, \$100, \$200, or \$300. Just email or call to set up pick-up or delivery. 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.

To purchase your Hannaford card and support UUSB, please purchase after the Sunday service or contact Rosemary.

- Kate Dutra: Sundays in the Dorothy Memorial Hall after the Sunday Service
- Rosemary Parsons: 327-1045, roxemary@gmail.com

If you are interested in setting up an automatic grocery card purchase, please contact Rosemary. You can schedule to get your card once per month or get an emailed code to use in store.

2023 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
			1 5:30 PM Worship Meeting	2 5:30 PM Choir	3	4
5 10:00 AM Service SEE Classes 11:30 AM Common Read Discussion	6	7 9:45 AM Staff Meeting 5:45 PM Meditation Group 6:30 PM Shawl Ministry 7:00 PM Chalice-Side Chat	8 Reports Due to Council 6:00 PM Open Jam	9 7:00 PM Executive Committee Meeting	10 10:00 AM Budget & Finance Meeting	11
12 8:45 AM SEAL Meeting 10:00 AM Service SEE Classes 11:30 AM Drumming Food Collection	13	14 7:00 PM Chalice-Side Chat	15 11:30 AM Guild Meeting 2:30 PM Pastoral Care Team 6:30 PM Council Meeting	16 5:30 PM Choir 7:45 PM Comm. Meeting	17 Office Closed	18
19 10:00 AM Service 11:15 AM Special Meeting 11:30 AM Social Justice Meeting	20 First Day of Spring 	21 9:45 AM Staff Meeting 5:45 PM Meditation Group 7:00 PM Chalice-Side Chat	22 6:00 PM CoffeeHouse Open Mic	23 C&C Deadline	24	25 10:00 AM Bag Lunch Prep 3:00 PM Bean Supper Prep 4:00 PM Bean Supper Served
26 10:00 AM Service SEE Classes 11:30 AM Drumming Variety Show Tapas Table	27	28 7:00 PM Chalice-Side Chat	29	30 5:30 Choir	31 Office Closing @12:00	

REMINDERS

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.



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 contact 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.

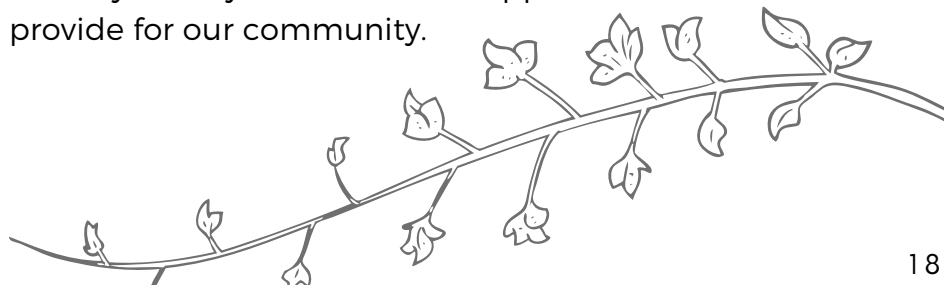
Collection Plate & Pledge Reminders

One way you can help continue our outreach efforts is to keep up with your financial pledge. Without our weekly passing of the collection plate, we still need to make sure that we can pay our bills. Keeping up with your pledge allows our staff and leadership to focus on providing services to members, friends, and guests. There are three options to make is easy to keep up with your pledge:

1. Mail a check to the church office at 120 Park St, Bangor, ME 04401
2. Contact Rosemary Parsons, our treasurer, to set up a direct withdrawal from your paycheck or bank account
3. Donate online through Vanco. This option will be available on our website, as well as shared in our weekly e-news



Thank you for your continued support as we all work to provide for our community.



ABOUT THE *CHALICE & CHIMES*

Church Council:

Sue McKay, Chair
Jessica Glant, Clerk
Rosemary Parsons, Treasurer
Francis Grey
Tracy Haskell
Ali Khavari
Karen Sanborn
Franny Wilson-Charuk

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



UUSB Staff Contact:

Rev. Rebecca Liberty,
Sabbatical Minister
(207) 922-2956
Christine Sprague, Office Admin.
(207) 947-7009
Karen Childs, Director of SE
(207) 949-0733
Molly J. Webster, Music Director
(207) 947-7009
Jack Derosier, Accompanist
Atticus Foster, AVS Tech

About Our Newsletter

The *Chalice and Chimes* is published ten times a year (Sept-June). 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 down-loaded. 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 attacks. The Editor also reserves the right to refuse any item that may affect our Tax Exempt Status.



Newsletter Submissions Next Newsletter Deadline: March 23, 2023

The next issue will be April 2023.
We value your contributions and very much appreciate submissions. When sending email contributions to The *Chalice & Chimes*:
uubangor@gmail.com

Issue:	Deadline:	Publication Goal Date:
April	March 23	March 30
May	April 21	April 28
June	May 23	May 30