



UUSB

October 2023

CHALICE & CHIMES

Unitarian Universalist Society of Bangor



OCTOBER SERVICE HIGHLIGHTS

Our theme this month is **Heritage**.
Rev. Drew's "Origins of Our Faith" sermons on October 1 and 15 will dive into our UU heritage. On October 22, "Decolonizing Our Faith" will explore how we can respectfully engage with other heritages.

See page 2 for full service descriptions!

More on Page 2

120 PARK ST
BANGOR, ME 04401
SUNDAYS AT 10:00 AM
(207) 947-7009
WWW.UUBANGOR.ORG
UUBANGOR@GMAIL.COM

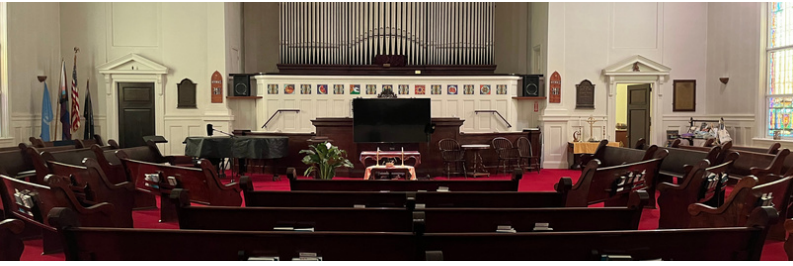


Above: Ferenc Dávid holding his speech at the Diet of Torda in 1568 by Aladár Körösfői-Kriesch (1896).
Below: The Hungarian Unitarian Church, photo by Rev. Andrew Moeller

OCTOBER EVENTS

- Apple Chapel and Showing Up for Equity on 10/1.
- Shawl Ministry on 10/3.
- Spirit of Drumming on 10/8 & 10/22.
- Meditation Group on 10/3, 10/10, 10/24, & 10/31.
- CrUUnes on 10/27.
- Great Pumpkin Yard Sale on 10/21.
- Food Collection & Chimes Concert on 10/8.
- Community Bean Supper on 10/28.
- Find your copy of the UUSB Calendar on Page

OCTOBER SERVICES



October 1: "Origins of Our Faith: On Kings, Councils, and Edicts" with Rev. Drew
Today we explore the origins Unitarianism as part of a multi-part sermon series on the Origins of our faith.

This week's worship team is: Rev. Drew Moeller, Phyllis Havens, Sue McKay, and Atticus Foster. Music will be provided by Molly J. Webster and Jack Derosier.

Meeting ID: 923 5033 4495 Passcode: 527303 [Zoom Link](#)

October 8: Indigenous Peoples' Day

This week we will honor our Wabanaki neighbors.

This week's worship team is: Laurie Cartier, Sue McKay, and Atticus Foster.

Meeting ID: 953 2166 1823 Passcode: 603780 [Zoom Link](#)

October 15: "Origins of Our Faith: Love to the Nth Degree" with Rev. Drew

Our service today will continue our exploration of our faith by looking as the foundation of Universalism and the theological controversy it created.

This week's worship team is: Rev. Drew Moeller, Phyllis Havens, John Arimond, and Atticus Foster. Music will be provided by the UUSB Choir, Molly J. Webster and Jack Derosier.

Meeting ID: 995 0419 0076 Passcode: 301527 [Zoom Link](#)

October 22: "Decolonizing Our Faith: Appreciation or Appropriation" with Rev. Drew

In the early to mid 19th century some of our Unitarian ancestors started looking outside their Christian faith to the wisdom of nature and other world religions for wisdom. In the light of that culture we too find wisdom in many sources. How can we appreciate those sources and still be respectful to their origins and traditions.

This week's worship team is: Rev. Drew Moeller, Linda Sisson, and Atticus Foster. Music will be provided by Jack Derosier.

Meeting ID: 943 0166 0864 Passcode: 252307 [Zoom Link](#)

October 29: TBA

This week's worship team is: Rev. Drew Moeller, Laurie Cartier, Phyllis Havens, and Ben Goff. Music will be provided by the UUSB Choir, Molly J. Webster, and Jack Derosier

Meeting ID: 925 2977 9310 Passcode: 548516 [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!

DREW'S VIEWS

Dear Ones,

When people near the end of their lives, there is often a shift in their spiritual perspective. Instead of asking the existential question, "Why am I here?" people at the end of life often ask, "What is my Legacy? What will I leave behind? How will I be remembered?"

On my sabbatical journey, I traveled through my mother's homeland (Scotland) and our Unitarian faith's homeland (Romania). Visiting these places let me reflect on my family and our Unitarian heritage. The Cambridge English dictionary defines heritage as "features belonging to the culture of a particular society, such as traditions, languages, or buildings that were created in the past and still have historical importance."

In other words, our heritage is our ancestor's legacy. Many aspects of Unitarian Universalists today reflect our ancestors' beliefs, worldviews, customs, and manners. Some of it is good, and some not so much.

In a recent workshop on decolonizing faith, we did a brief exercise where we remembered our ancestors and talked about how far our awareness of where our ancestors came from and what conditions brought them or us to Maine - the land of the Wabanaki People. I've always felt a bit self-conscious about

these exercises - because both my parents lost their fathers when they were young, and some rifts in the family ensued. The result is that I only know my family history back to my parents and very little beyond. Now that my parents are gone, the history of their parents is mainly gone, but not their legacy.

Historians tell us it's essential to study our history so we avoid making the same mistakes. Psychologists tell us that studying the history of our childhood and family systems is crucial because many of our behaviors are learned and re-learned and then passed down from generation to generation. Dysfunction, propensity for depression, substance use disorders, joy, adventuresome, and happiness are all wrapped up in our ancestors' legacy and cultural heritage.

In the workshop, it turns out I was not alone. In our small breakout group, all four participants knew where their people came from but little else. There is a way we've lost our awareness of our families' origin stories and the wisdom that that understanding can bring.

STAFF

Rev. Andrew Moeller,
Settled Minister
drewuu2@gmail.com

Karen Childs,
Director of Spiritual Exploration
uubangorre@gmail.com

Christine Sprague,
Office Administrator
uubangor@gmail.com

Molly Webster,
Music Director
uusbmusic@gmail.com

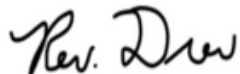
The same holds for our Unitarian Universalist heritage. How well do we know our history? We may know of a couple of historical touchpoints, but how well do we know where we came from? How have we grown? What have we learned from our experiences? What patterns of behavior do we struggle with today? And what habits do we need to unlearn to continue living into our faith so we can transform and liberate our faith - leaving a healthier and improved legacy for the future?

We teach our children about spirituality through the lens of social justice and other world religions. Still, we need to better prepare them and ourselves about our own - history that informs how we embrace our faith today.

I plan to continue working to change by bringing more preaching and teaching to my work as a minister. I hope that we can continue to find ways we can share that awareness with our children and in our conversations with other groups of faith as we try to celebrate the wisdom of our ancestors and be aware of the ways our ancestors caused harm and taught us some behaviors that might not be as healthy as we think they are. In doing so, I plan to continue decolonizing our faith and put forth the effort to build on the lasting heritage of our ancestor's call to religious and spiritual freedom and building a beloved community.

I invite you to join me on that journey!

Namasté and Love,



Rev. Drew

MINISTER'S SCHEDULE

Sunday

- 10:00 AM UUSB Service
- Afternoon/Evening by Appointment

Monday

- *Minister's Sabbath: Unavailable*

Tuesday

- 10:00-1:00 Open Office Hours
- 2:00-4:00 By Appointment

Wednesday

- 10:00-1:00 Open Office Hours
- 2:00-4:00 By Appointment

Thursday

- *Writing Day: Unavailable*

Friday

- 10:00-1:00 Open Office Hours
- 2:00-4:00 By Appointment

Saturday

- By Appointment Only

Please Note:

While Rev. Drew does have open office hours, he often has morning meetings that may occur during that time. You may want to call ahead, just to check.

Rev. Drew's regular weekend off will be **October 7-9**.

Rev. Drew will be **out of the office October 17-19** to attend the Northern New England UU Ministers Association Fall Retreat.

COUNCIL

Sue McKay, *Chair*
Tracy Haskell, *Vice Chair*
Jessica Glant, *Clerk*
Rosemary Parsons, *Treasurer*
Zach Falcon
Francis Grey, Jr.
Ali Khavari
Tim Martin
Erin Seavey

COUNCIL CRIER

Dear UUSB Community,

By the time you are reading this, the wheel will have turned a little further into the year. We have passed and entered the season of the Autumn Equinox, also known as Mabon, Alban Elfed, Meán Fómhair, or simply Fall. After the tropical storm last week, I am relishing the gloriously sunny days and cool evenings that is characteristic of this season.

Your Council continues to juggle many balls. In August, we had a productive retreat: celebrating Rev. Drew's return and joyously welcoming Zach Falcon and Tim Martin to Council. This month, we are saddened by Frannie Wilson-Charuk's need to step down from Council. We are incredibly grateful for the energy and insight Frannie brought to Council and wish her well in her endeavors. We are also extremely pleased to welcome Erin Seavey to Council!

Council and the Building & Grounds Committee have been meeting with Rebecca Kirk from BACT - a Bangor area group providing assistance and resources for folks who are unhoused. Rebecca spoke at length about how UUSB might best serve and engage with unhoused people. We also continued discussions about what our facilities may need in order to safely provide services such as warming centers and emergency overnight shelter. Both Council and B&G are exploring resources that may assist UUSB with the financial costs associated with providing such services.

In brief:

- Discussions continue to ensure UUSB's insurance policy best meets our needs.
- Tim and Zach are updating our "Board Book" - a collection of documents many of which are outdated. It is a **huge** project and Council is grateful for their efforts.
- Discussions continue around mitigating the bouncy sound and noise in the Dorothy. Tracy is checking in with her engineer husband about ideas for steps we might take.
- Despite a tropical storm, the book sale was a SUCCESS!!! Thank you to all who made this event a reality.
- Sue, Tracy, Cathy Elliot, and Rev. Drew are planning to attend a UUA Board Retreat in October - look for us to return inspired!
- Council approved adding two holidays for UUSB staff: Indigenous People's Day and Juneteenth.

In faith,
Tracy Haskell

NEXT COUNCIL MEETING:

OCTOBER 18 @6:30 PM

MEETING ID: 981 5195 3077 ~ PASSCODE: 610814

HEALTH SAFETY @UUSB

A few people have asked how we plan to address COVID as cases increase.

UUSB's multiplatform services are excellent options to "attend" on Sundays. If you are not feeling well, or have tested positive, please join via Zoom.

Remember, it isn't just COVID, but also other conditions such as RSV, flu, and pneumonia that can inflict great harm.

If you have been attending in person, you have probably seen several people wearing masks. Please be respectful of those who are taking extra precautions. For example, some may choose not to hold hands during the benediction. When in doubt, just ask.

We don't foresee a need to require masking or having to go all virtual. However, respecting our congregants' decisions on self care is very important in our Beloved Community.

Respectfully,
Sue McKay, Council Chair

VIEWS FROM THE JOURNEY

SILENT MEDITATION RETREAT

On October 29 at 11:30 in the sanctuary, Rev. Drew will give his first in a series of short travel-log presentations about his journey on sabbatical. This first presentation will focus on Spirit Rock

Meditation Center and Rev. Drew's month-long silent meditation retreat last February. The program will last for about 20 minutes and include slides, discussion, and your questions about Insight (Vipassana) meditation as a spiritual practice.



REPORT ON UUA GENERAL ASSEMBLY

Report by Laurie Cartier, Sue Henri-MacKenzie, and Sue McKay

It was our honor to serve as your delegates. As we considered each resolution, we kept in mind how we thought our congregation's members would feel about each issue.

Some of our observations: UUs are very sensitive to the meaning of each and every word when it came to Article II amendments. There were many hours of discussion on amendments that were voted on each day.

Most of the votes for elected positions were uncontested. The next President will be Dr. Sofia Bentancourt to serve for the six-year term.

The Proposed Article II as amended was approved by 86.3% of the delegates to move forward for final vote at the 2024 GA where it will require a 2/3rds vote by the delegates. There was quite a bit of discussion about trying to somehow incorporate the current 7 Principles into the revised Article II, but at the end of the day, the majority felt we needed to evolve beyond those beloved Principles.

The three Action of Immediate Witness (AIW) for the coming year were all approved: Stop Cop City, (83.8%), Organizing for Health Equity, (85.8%) and Protect the Dreamers, the Recipients of Deferred Action for Childhood Arrival (DACA) with a Pathway to Permanent Residence (98.1%).

What was NOT adopted by 68.3% of the delegates was the Business Resolution which would have required the UUA to immediately divest completely from Fossil Fuels and to give as Reparations the investment gains made by the UUA over the past 12 months from fossil fuels. The rationale for voting against the resolution is it takes time to divest. (It took UUSB several years to divest from fossil fuel investments and the UUA has been making slow progress towards the goal of 100% divestment.) Concerning reparations, while sounding like a good idea in theory, the resolution was not specific about what and how populations would receive reparations, and how the UUA would absorb that loss in revenue. Please refer to the UUA website for details on these resolutions.

In a nutshell, we agreed with the final votes. Where we diverged was around some of the wording on particular amendments. The 7 Principles proposed amendments were thought provoking and the arguments to leave them out appeared to be the better road to travel into the future.

If anyone has questions, we are happy to discuss our votes.

TREASURER'S REPORT AUGUST 2023

This report covers 16.7% of the year.

In August 2023, income was \$13,162. Expenses were \$20,458, leaving a net income of **(\$7,296)** for the month. In August 2022, income was \$15,460, expenses were \$16,663 leaving a net income of **(\$1,203)** for the month. Current YTD income is \$49,379, with expenses at \$41,158. So our YTD net is \$8,221. Our prepaid pledge was excellent, so we have sufficient funds though the summer income is low.

August income included pledge of \$18,018. Plate donations were \$361. Half of that amount goes to our Food Programs. Endowments were \$3,909. Rental income was \$300.

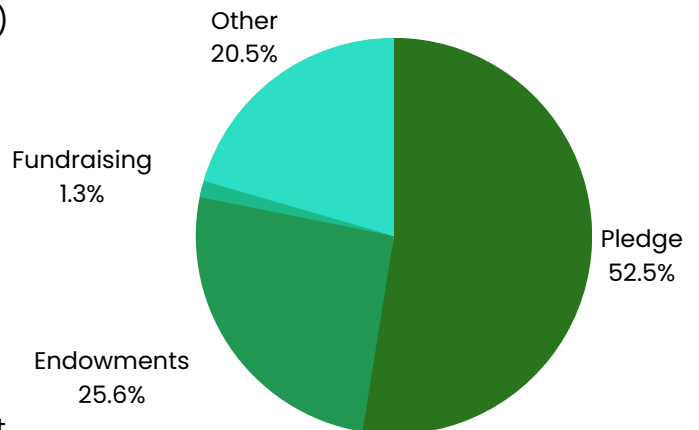
VANCO: In August: 9 people used the Vanco link to make payments totaling \$1,349.60 gross in all categories with a net of \$1,300.65. Fees were \$21.41 and the offset paid was \$24.60.00 Additional charges invoiced were \$27.54. Donations were General Fund for \$45, pledges for \$1,200, and Share the Plate for \$80.

Expenses for the month break down as Personnel \$14,675 (81% of total costs), Building \$2,728 (13%), Fair Share to the UUA \$869 (4%), Administrative \$1,250 (6%), and Congregational expenses for \$936 (5%). Total expenses for 2 months was 19% of the year's budget.

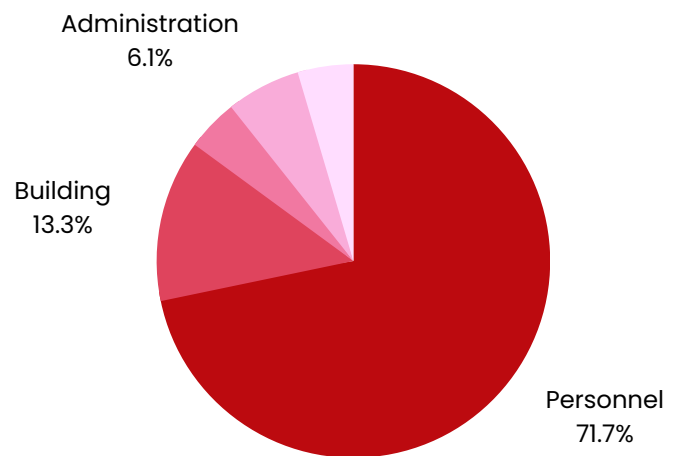
Administrative costs were high because the bookkeeper purchased a large supply of checks

In Service,
Rosemary Parsons

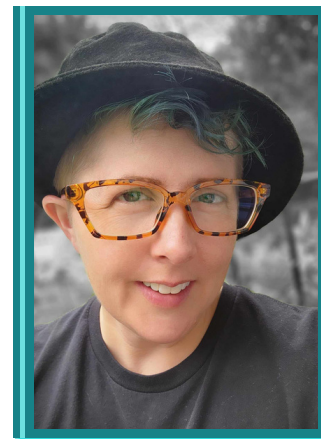
August Income



August Expenses



SPIRITUAL EXPLORATION EXPERIENCE



Welcome back Spiritual Explorers!!

This month, we are focusing on HERITAGE. Storytelling is an important piece of heritage.

I was fortunate to attend a performance of *Where the River Widens*, a play written and performed by members of local Indigenous nations. Laced throughout the acts were spoken word stories, brought out of the archives for the first time since they were recorded. Simple stories of food, and family, and of folks making plans for their futures.

These stories bind folks together, and bring long lost memories to the forefront of folks minds and stir the hearts of their people.

What stories do you remember from your elders? What stories will you share with future generations?

Karen Childs

Director of Spiritual Exploration

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UPCOMING DATES

- Oct 1st - **Apple Chapel**
SE Wing, 10AM
- Oct 15th - **SEE Classes**
SE Wing, 10AM
- Oct 22nd - **SEE Classes**
SE Wing, 10AM
- Oct 29th - **Halloween Hullabaloo**
SE Wing, 10AM
- Nov 5th - **Field Trip: Tribal Farm**
Bradley ME, 10AM

2023-2024 GROUPINGS

To see full descriptions of this year's classes, check out The Explorer: the monthly UUSB SEE newsletter.

- Youngest (PreK-K) - Rainbow Connection Curriculum
- Younger (1st-3rd) - In Your Shoes Curriculum
- Middle (4th-6th) - CartUUns Curriculum
- Jr. High (7th-8th) - D'Oh God Curriculum
- High (9th-12th) - Fifth Dimension Curriculum

THE OFFICE ORGANIZER

Find all your UUSB Church Office Updates in this updated space. You can find publication deadlines, office hours and scheduled closures, as well as important building updates and more!

FY2024 Office Hours & Closures

The in-person office hours for the administrator are generally 10:00 to 2:00 on Tuesday, Wednesday, and Friday.

If you need to meet and can't during the normal in-person hours, please schedule a time ahead and Christine can adjust the flexible hours in the week to meet.

The Office will be closed on Tuesday, October 10.
The Office will close at 1:00 on Friday, October 27.



Important Publication Deadlines

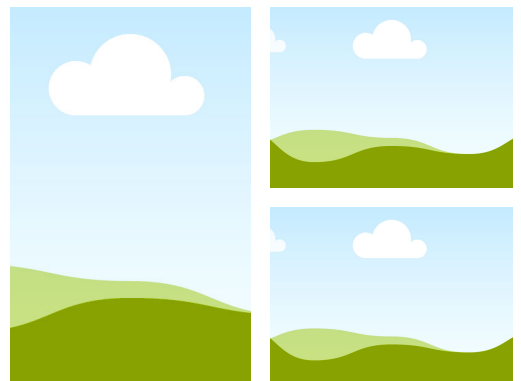
The **Chalice & Chimes** submission deadline for FY2024 is the **20th of each month**. Late submissions can be posted on the website, in the e-news, or the Sunday announcements.

The deadline for the **UUSB Directory of Members & Friends** FY2024 update is **November 1**. Please check your listing for any outdated information. Your comfort is our top priority, so let us know what you want shared or kept private and we will make sure to accommodate that.

Miscellaneous Office Announcements

Photos Wanted! Did you see the beautiful photo of Linda & Rissa's wedding? Your photo could be featured in our newsletter too! Email your photo, whether it's of a UUSB event, congregation members, or just something that inspires you, it's all worth celebrating!

Please remember to schedule all room use with the office



Chalice & Chimes Deadline:
Friday, October 20

Weekly E-News Deadline:
Thursdays @10:00

In-Person Office Hours: 10:00-2:00
Tuesday, Wednesday, Friday

UPDATE YOUR INFO!

Name ~ Phone ~ Address ~ Email
Family Members ~ Photos



UUSB Directory
2023-2024 Update

Member & Friends Directory Updates Needed by November 1

We will be updating the UUSB Directory of Members and Friends. Please email uubangor@gmail.com or call the office with any changes to your information. This can include phone numbers, addresses, email addresses, photos, and what you want listed or not listed. You can also fill it out the information to the right and drop it in the mail or deliver it to the office directly.

For photo updates, please use a portrait orientation to fit the directory layout. Photos can be individuals or households.

You can check your entry in last year's directory by requesting a digital copy or checking the copy in the Dorothy on Sunday mornings in October. To get the digital directory, please email uubangor@gmail.com. For the privacy of members and friends, the directory is not posted in any public database, so an email is required.

FY2024 Directory Update

Please only list information you want to appear in the directory. If you have additional private updates for church records, please contact the office directly or make a note of what you do or do not want published.

Name: _____

Household Members: _____

Mailing Address: _____

Home Phone: (____) ____ - _____

Cell Phone 1: (____) ____ - _____

Cell Phone 2: (____) ____ - _____

Email 1: _____

Email 2: _____

MEMBERSHIP-FELLOWSHIP

Fellowship Hour

Members, friends, and visitors enjoy socializing with some coffee or juice and other tasty treats during the fellowship hour in the Dorothy after the service. The coffee and refreshments are provided by teams of volunteers each Sunday.. Each team serves four times a year. If you'd like to be on one of the teams, please contact Cathy Elliott cathyelliott25@gmail.com

The schedule for all of the teams is posted in the Dorothy near the kitchen.

Fellowship Hour Teams for September

Thank you to these teams for hosting Fellowship Hour in October:

Oct 1 - Team D - Team Leader Valerie Carter

Oct 8 - Team E - Team Leader Erin Seavey

Oct 15 - Team F - Team Leader Cathy Elliott

Oct 22 - Team G - Team Leaders Judy & Tim Martin

Oct 29 - Team H - Team Leader Patti Woolley

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 a membership request card. This is available on our website:

<https://uubangor.org/wp-content/uploads/2019/10/Request-for-Membership-Form.pdf> or at the welcome table at the church.

Then, You read through a Self-Study Guide describing Unitarian Universalism and UUSB which is on our website: <https://uubangor.org/new-to-uusb-2/uusb-self-study-guide/>

The next New to UU Class will be Saturday, November 4th from 9:30 to 12:00 in person at UUSB.

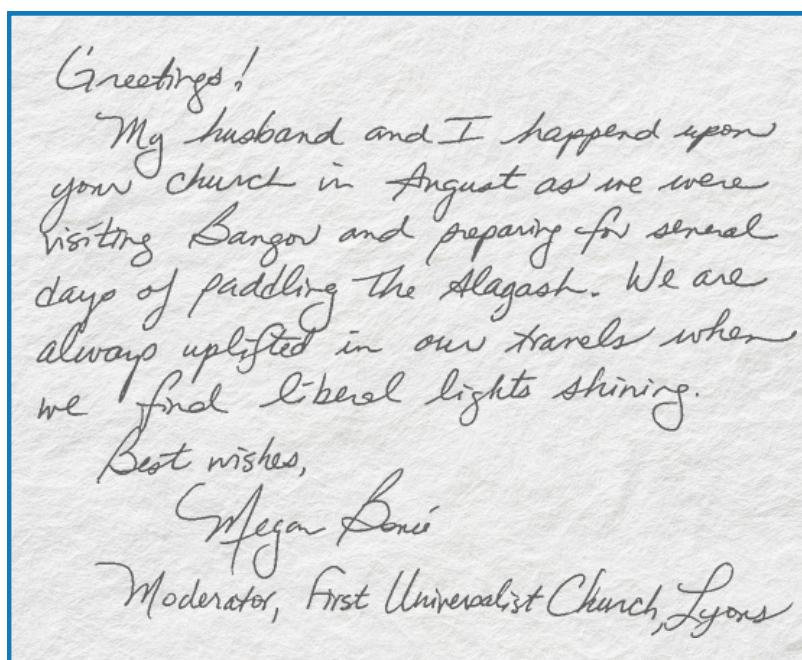
This class is open to anyone interested in learning more about Unitarian Universalism and our congregation.

If you are interested in participating in the class or in becoming a member, please email our Administrative Assistant, Christine Sprague uubangor@gmail.com

New Member Sunday

The service on November 19th 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.

Next Chat with Reverend Drew will be Sunday, December 10, following the service. This will be held in Reverend Drew's office.



SOCIAL JUSTICE

Social Justice Committee Restructuring

Thank you to those of you who completed the recent Social Justice Committee survey. Your responses provided us with valuable feedback about how to proceed in the restructuring of our committee.

As Unitarian Universalists we know social justice work is a key component of our spirituality and, for many of us, the primary reason for being part of this denomination. There are countless ways in which UUs demonstrate our commitment to making the world a more just and equitable place. However, our committee's membership has dwindled in recent years, and the remaining few of us are unable to engage in all the work required.

Thus, the survey. Your answers helped us define the main areas in which our congregation is willing to engage going forward. The results also helped us define a new structure. The Social Justice Committee of the past will no longer exist. In its place these are the primary groups in which members can be involved: 1.) Racial justice: the SURE (Stepping Up for Racial Equity) group will be the focus of this issue; Laurie Cartier and Joanie Ellis are the contacts for this group; 2.) Local issues: since FLIA is already engaged in these issues, we will continue our collaboration with FLIA on issues of poverty, food security, homelessness, etc.; Suzanne Kelly and Valerie Carter are the contacts for this group. Additionally, Reverend Drew has expressed a personal interest in continuing to work with the Needle Sanctuary and the effort to become an emergency shelter.

MUUSAN (Maine Unitarian Universalist Social Advocacy Network) will continue its work on legislative issues of concern to UUs, and Suzanne Kelly and Jessica Glant will keep our congregation informed about how we can respond to legislation involving a variety of social justice issues.

We welcome any members of the congregation who are drawn to these issues to get involved with one of these groups. Additionally, if your social justice passion involves another area of focus, please take the initiative and make it happen.

Working for Local Justice

If you are interested in working on local justice issues such as food security, affordable childcare and housing, dependable public transportation, access to public bathrooms, etc. contact either Suzanne Kelly or Valerie Carter. UUSB has always had a hand in helping to level the playing field. Valerie and Suzanne will identify a regular meeting time so we can figure out next steps.

Faith Linking in Action Convening

SAVE THE DATE:

Tuesday, October 3, 5:00-8:00

Join us for the convening to be held at the First United Methodist Church, 703 Essex Street in Bangor.

There will be a potluck dinner followed by a program sharing about Faith Linking In Action's work on Food Justice, Childcare and Early Childhood Education, and Public Transportation.

The Housing Justice team will then facilitate a conversation about current housing issues.



SOCIAL JUSTICE

Find Social Justice Committee, MUUSAN, and partner organizations' updates here!

Showing Up for Racial Equity (S.U.R.E.)

Interacting with Wabanaki Maine History

ZOOM Workshop by Wabanaki Reach

October 23rd from 6pm-8pm

Sponsored by Maine Conference, UCC Anti-Racism Resource Team.

All are welcome!

As the Maine Conference UCC, we voted to support "A Resolution of Support for Tribal Sovereignty in Maine." This workshop is an important opportunity to continue to understand this commitment to justice. Held on Zoom, the workshop is interactive seeking to engage participants in the history of 400 years of colonization of Wabanaki people by Europeans in this territory now called the state of Maine. Participants are invited to genuinely increase their understanding of colonization and what it means for current descendants and our future generations. To sign up, please register [here](#).



Needlepoint Sanctuary Volunteer Training

SAVE THE DATE: Saturday, November 18, 9:00-2:00

9:00 - 10:30 Greetings & Community Circle

10:30 - 12:00 Warming Center Training

12:00 - 12:30 Lunch

12:30 - 2:00 Breakout Rooms:

- Drugs & What They Do
- Art & Harm Reduction
- Harm Reduction & Political Education

To register in advance or to get more information, please email or call: needlepointsanctuary@gmail.com or (207) 505-1510.

MUUSAN Network Meeting: Still Flippin' MUUSAN

SAVE THE DATE:

Saturday, November 4, 10:00-12:30

Join us at the Unitarian Universalist Community Church at 69 Winthrop St., Augusta

We will be looking ahead: What are the issues you and your congregation really care about, and how can MUUSAN support with advocacy

FLIPPING MUUSAN

Staying relevant, as UUs, in a world that needs our advocacy work.



RINGING BELLS, FEEDING SOULS

On **Sunday, October 8**, UUSB will 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. You can also drop items off inside, before or after the service. The bins will be in the Dorothy, before moving outside for the drive-thru and curbside donations.

We invite everyone to step outside and take a listen to our historic chimes.

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.



COMMUNITY BEAN SUPPER

Everyone is invited to join community members and our amazing volunteers for our monthly community bean supper!

Meals may be eaten at UUSB in the Dorothy Memorial Hall or taken home in to-go containers. This allows us to enjoy the community and social aspects of this monthly event, while still accommodating those who may be 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.

BAG LUNCH VOLUNTEERS NEEDED

Starting in January, we need someone to take on the task of organizing the bag lunch prep. This involves purchasing groceries for the bag lunches (currently 45 bags); contacting the list of volunteers to find 1-2 people to help that Saturday; and showing up to help stuff the bags, which takes about an hour. The bag lunch organizer is also responsible for submitting expense slips to the bookkeeper and treasurer. Not too hard!

This is a wonderful way to support social justice work and UUSB's food programs.

Please contact Joanie Ellis if you are willing to take on this task. jellis@ellisnursery.com.

SMALL GROUPS



Mindfulness Meditation Group

We will continue meeting on Tuesdays from 5:45 to 7:00. You can join in-person or online.

This month the group will meet on October 3, October 10, October 24, and October 31.

This meditation group is accessible to meditators of all experience levels, including people new to meditation. The program consists of walking and sitting meditation and a Dharma lesson with group discussion. The group intends to meet in a supportive, friendly, and non-judgmental environment. Each session is self-contained material-wise. Regular attendance is helpful though optional.

Drop-ins are always welcome though we encourage newcomers to arrive or sign in fifteen minutes early (at 5:30 PM). Signing in and coming early allows newcomers to meet Rev. Drew and help Rev. Drew learn more about newcomers' familiarity with meditation, as well as a chance to settle in and receive a brief introduction to sitting and walking meditation and the group process before the group begins promptly at 5:45 PM.

The group begins promptly at 5:45 PM. Don't hesitate to get in touch with Rev. Drew Moeller if you have questions @ drewuu2@gmail.com.

This program is free of charge to ALL. If one wishes to make a free-will offering (dana) to the group, one can do so in person in our dana basket, cash, check, or online. Checks can be made to "UUSB" with "Meditation Group" in the memo/notes line.

UUSB Choir

Our choir has begun rehearsals! We meet weekly, every Thursday from 5:30 - 6:30pm in the sanctuary! The group is looking forward to providing music every other week for our services! If you are interested in joining the choir (or in other musical outlets), please reach out to our Music Director, Molly J. Webster for more information: uusbmusic@gmail.com.

The Choir will provide music on October 1, October 15, and October 29.

Spirit of Drumming

September 10 & September 24 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.



SMALL GROUPS



Shawl Ministry

September 5 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!

CrUUnes

October 28 at 4:00 PM at Ann Perkins' House

This group is for older, single women in the church, as evidenced by the name, Cruunes, a take on the word crone which has the meaning, old Wise Woman. The purpose of the group will be for socialization, celebration, support, and networking.

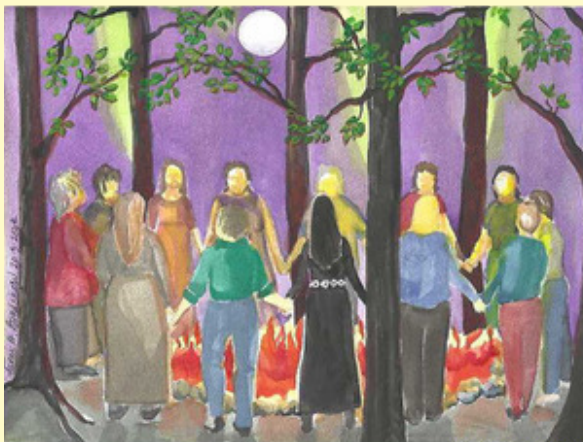
The October meeting will be Saturday, October 28 around 4:00-8:00 PM at Ann Perkins' home. You can show up any time during that window to participate in sharing, mutual support, activities, games, and, of course, fun!

Starting in October, meetings are generally on the last Saturday of each month.

Check out UUSB's small groups and join the fun!

If you run a small group and it doesn't appear here, please email uubangor@gmail.com with your blurb for the October *Chalice & Chimes*.

And keep an eye out for additional Small Group opportunities as the year continues!



painting by Sami Gatti

Join

Women with Wings

as we celebrate
30 years of making music,
raising the Spirit of women,
giving voice to joy and healing
in beloved community.

Hand in Hand, Heart to Heart

A Concert of Songs by Members
of Women with Wings
October 7, 2023 ~ 3:00 PM
at UUSB, 120 Park St., Bangor
Suggested Contribution: \$10

GREAT PUMPKIN

YARD SALE

2023



The Great Pumpkin Yard Sale is coming October 21!

We need donated items in good working order, but please **no** clothes, text books, downhill skis, large furniture pieces, or electronics.

This year, we are making it easier than ever to drop off items through the lower door entrance.

Item Drop Off Windows:

Saturday, October 14	10:00 - 3:00
Sunday, October 15	9:00 - 3:00
Monday, October 16	3:00 - 6:00
Tuesday, October 17	3:00 - 6:00
Wednesday, October 18	3:00 - 6:00
Thursday, October 19	3:00 - 6:00

Set up for the yard sale will likely be on **Friday, October 20**. Please **do not drop off items during set up**. Set up will be 3:30-7:00 PM; if you are available to help, please let Kate or Sue know.

The Great Pumpkin Yard Sale will be **Saturday, October 21, 8:00 AM to 2:00 PM**. Volunteers will be needed to help throughout the yard sale and with clean up after. Again, if you are available, please let Kate or Sue know.

Some always-popular items include: toys, kitchen items, tools, books, small furniture pieces, sports equipment, records, and CDs.

If you are unsure about whether or not to donate an item, ask Kate or Sue before bringing it to the church.

If you are interested in helping with setup, selling, or clean up, please contact Kate Dutra at kate.dutra70@gmail.com or (207) 299-5044 or Sue McKay at swm4631@gmail.com or (207) 478-4631.



GREAT GETAWAY RAFFLE

Raffle Begins Sunday, November 5
Prizes Drawn on Sunday, January 14

We heard from the Congregation that selling tickets isn't fun for everyone, so we have made some big changes for the Raffle sale that commences November 5th with the drawing on January 14th. We have made winning easier by limiting ticket sales to a maximum of 800 and **this year we will have two winners**. 1st prize value up to \$3,500. 2nd prize value of \$1,500. We are raffling get-away excursions; dream destinations that are designed to offer choices to any family or group of friends. Check out the list below. These are suggested adventures that the Raffle team thought would be so much fun! This is our biggest fundraiser of the year so get pumped to offer yourself, family, or friends an amazing opportunity to win an adventure they will never forget!

You can design your own package or we have found these exciting prize package options!

Great Wolf Lodge, Fitchburg, MA at greatwolf.com The ultimate Family Getaway! Indoor waterpark, spacious suites that can accommodate up to ten people , private family cabanas for day use, several dining options, entertainment, attractions, and events.

LL Bean Outdoor Discovery Tours at llbeanoutdoors.com: Expert Led Experiences include Acadia Bike and Hike Camping 4 Days, Allagash River Canoe trip 5 Days, Discovery Weekend Outdoor Adventure Trip 2 days, Maine Coast Adventure Trip 5 days, Maine Fall Foliage Hiking Trip 3 days , Maine Lodge to Lodge Cross Country Skiing Trip 3 days, The Northern Maine Winter Adventure Trip 3 days, and several more options!

Samoset Resort Rockport, Maine at Samosetresort.com: Newly renovated guestrooms and suites on 230 beautiful waterfront acres. La Bella Vita restaurant on site, Opal Spa, Indoor and outdoor pools, hot tub, golf course, tennis, , game room, room service. Nearby activities: hiking, kayaking, biking, boating, mini golf, sailing. Summer events include festivals including the Great Schooner Race, and the North Atlantic Blues Festival, and from May 27-Oct. 31 visit the world-famous Farnsworth Museum in Rockland.

Fairmont Le Chateau Frontenac Quebec City, Canada at chateaufrontenac@fairmont.com Step back in time with a visit to the old City of Quebec and enjoy your stay at this luxurious historic 5-star Chateau. Breath taking views of the St Lawrence river, the old City, and parks and gardens. Amenities include world class dining, indoor pool, superb fitness center, spa, whirlpool, and sauna. European-style charm fills its rooms and suites. The Old City has restaurants, museums, shops, and events for visitors of all ages.

New York City and all it has to offer! Arrive by car, bus, or train. Choose your preferred hotel, take in a Broadway play or an opera at the Met, stroll through Central Park, tour NYC's many museums including the American Museum of Natural History. Visit the Statue of Liberty and take the Ellis Island Tour, view the city from the Empire State Building, helicopter tours, NYC One World Observatory. Take time to tour the 9/11 Memorial Museum. There is so much to do in NYC!



Celebrate the holidays with a beautiful UUSB-decorated wreath or swag!

Pre-order ahead to reserve your wreath or swag!

Wreaths will be **\$25** each.

Swags will be **\$10** each.

You can pick up your **reserved** wreaths and swags on **December 2** from **10:00-12:00** in the **Dorothy Memorial Hall**.

From 12:00-2:00, doors will be open to the general public, members, and friends who did not preorder.

Cash or check only.

Contact Kerrie O'Brien to place your order at kerriekat48@yahoo.com or (207) 521-6330.

These wreaths are made at Piper Mountain Christmas Tree Farm and decorated by our own UUSB talented elves. Each wreath is unique!

These wreaths have become a UUSB holiday tradition. If you want to be one of the decorator elves, please contact Sue McKay at swm4631@gmail.com.



The annual UUSB online gift-basket auction is rapidly approaching!

Beginning November 1, committee member Cathy Elliott will be accepting basket names with lists of contents and accompanying pictures. All submissions need to be in to Cathy by November 17.

Cathy will then put together the slide show which will be available in hard copy or email by Dec. 1.

If you have any questions, please contact Cathy Elliot, Judy Martin, Cindy Todd, or Suzanne Kelly.

SAVE THE DATE: December 9 on Zoom

The auction will take place on December 9. The Zoom connection will open at 6:30 PM. Bidding will start promptly at 7:00.

Last year's auction netted more than \$3,000. Let's try and beat that!



SHARE THE PLATE

In October, half of the undesignated funds in the plate will go to Bangor Area Recovery Network (BARN). BARN's mission is to provide peer-based services, education, outreach, and advocacy. They offer a safe haven for those seeking recovery, their loved ones, and our communities. BARN operates a safe, healthy, and respectable environment that the recovery community can access. They also offer education, opportunity, and community to attain and sustain recovery, including volunteerism, employment, and life-skills. And, of course, part of a successful recovery path requires social activities ranging from self-help to holidays and events to celebrating recovery efforts.

In August, we were able to share \$181 with our Food Security Programs.

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.

SUN	MON	TUE	WED	THU	FRI	SAT
1 10:00 AM Service Apple Chapel 11:30 AM Chat with Rev. Drew S.U.R.E.	2	3 5:30 PM FLIA Convening 5:45 PM Meditation Group 6:30 PM Shawl Ministry	4	5 5:30 PM Choir	6	7 3:00 AM Women with Wings Anniversary Concert
8 10:00 AM Service 11:30 AM Food Collection Spirit of Drumming	9	10 Office Closed 5:45 PM Meditation Group	11 Reports Due to Council 6:30 PM Membership-Fellowship Committee	12 11:30 AM Staff Meeting 5:30 PM Choir 7:00 PM Executive Committee Meeting	13 10:00 AM Budget & Finance 5:30 PM Worship Meeting	14 10:00 AM Yard Sale Item Dropoff
15 9:00 AM Item Dropoff 10:00 AM Service SEE Classes 11:30 AM Local Justice	16 3:00 PM Item Dropoff	17 3:00 PM Item Dropoff	18 11:30 AM Guild 2:30 PM Pastoral Care 3:00 PM Item Dropoff 6:30 PM Council	19 3:00 PM Item Dropoff 5:30 PM Choir 7:45 PM Communications	20 Chimes Deadline 3:00 PM Yard Sale Setup NO Dropoffs Please	21 9:00 AM Great Pumpkin Yard Sale
22 10:00 AM Service SEE Classes 11:30 AM Spirit of Drumming	23	24 5:45 PM Meditation Group	25	26 5:30 PM Choir	27 9:00 AM Shared Ministry 1:00 PM Office Closing	28 10:00 AM Bag Lunch Prep 3:00 PM Supper Prep 4:00 PM Bean Supper CrUunes
29 10:00 AM Service Halloween Hullabaloo 11:30 AM Views from the Road	30	31 5:45 PM Meditation Group	<h1 style="margin: 0;">Heritage</h1> <h1 style="margin: 0;">OCTOBER</h1> <h2 style="margin: 0;">2023</h2>			

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 it 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
Tracy Haskell, Vice Chair
Jessica Glant, Clerk
Rosemary Parsons, Treasurer
Zach Falcon
Francis Grey, Jr.
Ali Khavari
Tim Martin
Erin Seavey

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

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UUSB Staff Contact:

Rev. Andrew Moeller,
Settled Minister
(207) 922-2956
drewuu2@gmail.com

Christine Sprague, Office Admin.
(207) 947-7009
uubangor@gmail.com

Karen Childs, Director of SE
(207) 949-0733
uubangorre@gmail.com

Molly J. Webster, Music Director
(207) 947-7009
uusbmusic@gmail.com

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: October 20, 2023

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