



UUSB

October 2025

CHALICE & CHIMES

Unitarian Universalist Society of Bangor

cultivating COMPASSION

OCTOBER SERVICE HIGHLIGHTS

This month's theme is **Cultivating Compassion**.

This month, we have two holidays to celebrate: Indigenous Peoples' Day and Halloween, with its many origins and connections.



Above: Peonies mean compassion in the language of flowers.
Photo by Nic Berlin via Unsplash.

OCTOBER EVENT HIGHLIGHTS

The Malaga Ship: Performance & Q&A 10/5

Shawl Ministry 10/7

Mindfulness Meditation Group 10/7, 10/14, 10/21, & 10/28

S.U.R.E. El Salvador Sister Cities Event 10/8

Yard Sale Item Dropoff 10/11, 10/12, 10/14, 10/15, & 10/16

Spirit of Drumming 10/12 & 10/26

Guild Meeting 10/15

Great Pumpkin Yard Sale 10/18

Justice Now 10/19

Safer Congregation Workshop: Consent 10/19

CrUUnes 10/24

Bean Supper 10/25

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120 PARK ST
BANGOR, ME 04401

SUNDAYS AT 10:00 AM

(207) 947-7009

WWW.UUBANGOR.ORG

UUBANGOR@GMAIL.COM



OCTOBER SERVICES

This year, we will be using the same Zoom meeting information every Sunday. If there is a change, it will be announced in the weekly e-news and Sunday service emails.

Sunday Service Zoom Information:

Meeting ID: 965 7817 0239 Passcode: 666892 [Zoom Link](#)

October 5: "The Calling of Compassion" with Rev. Drew Moeller

Compassion is often thought of as a noble personal trait. It is also a useful life skill that can be learn and developed time. While most of us are warm to the concept of compassion there are also many misconceptions. Join us as Rev. Drew shares his perspectives on compassion through the lens of his UU, Buddhist, and Humanist, Religious Naturalist perspectives.

This week's worship team is: Rev. Drew Moeller, John Arimond, Julian, and Phyllis Havens. Music will be provided by Sojourner Crowley and the UUSB Choir.

October 12: "Getting Halfway to Tribal Sovereignty" with Rev. Mark Worth

Please note: Before and after the service we will be collecting food for our Second Sunday food collection to support the Ecumenical Food Cupboard.

Join us as guest minister and former state legislator Rev. Mark Worth speaks to us about tribal sovereignty in Maine.

This week's worship team is: Rev. Mark Worth, Laurie Cartier, Sue McKay, and Glen Koehler. Music will be provided by Sojourner Crowley and the UUSB Choir.

October 19: Topic to be Announced with Rev. Drew Moeller

TBA

This week's worship team is: Rev. Drew Moeller, Sue McKay, and Phyllis Havens. Music will be provided by Sojourner Crowley.

October 26: Guest Speaker To Be Announced

TBA

This week's worship team is: Laurie Cartier and Sue McKay. Music will be provided by John Arimond.

Looking for more details on upcoming services or to be announced sermon topics?

Look for the worship services posts on UUBangor.org!



Worship Welcomes Your Suggestions!

The experience of worship is greatly enhanced with personal experiences and connections. This is why the worship committee encourages your suggestions of poems, readings, music selections, stories, and personal experiences, to enhance the experience for all. If you have a favorite piece of music, poem, or music selection that you wish to share, please speak with Rev. Drew, Sojourner, or a member of our worship committee (John Arimond, Laurie Cartier, Phyllis Havens, and Sue McKay). We love incorporating your suggestions into our worship planning.

We are using Soul Matters' monthly topics as a general guide for our themes. Typically worship planning, including music selection, starts the second week of the month prior, though sometimes readings and stories can be incorporated on shorter schedule.

Worship Themes for 2025-2026

November	"Nurturing Gratitude"	March	"Paying Attention"
December	"Choosing Hope"	April	"Embracing Possibility"
January	"Practicing Resistance"	May	"Awakening Curiosity"
February	"Embodying Resistance"	June	"Flourishing Together"

PHISHING & SCAM EMAILS

You may have received emails in the past that claim to be from a member of the UUSB staff or Council, but something seemed a bit odd about them. Perhaps it was an unusual greeting (like "Rev. Drew" closing with "Blessings in Christ") or maybe it was asking for money or maybe it asked you to send them a copy of the UUSB Directory.

You aren't the only one! These are phishing and scam emails. Unfortunately, it is common for scammers to go to church websites and take the public info to try and steal information from unsuspecting congregants.

But, the solution is simple! Remember these simple steps:

- 1) Check the email address or phone number. If it doesn't match, it's a scam.
- 2) UUSB staff will never solicit gift cards or money by text or email, unless through official channels.
- 3) Do not share the Directory. All access has to go through the UUSB office, so anyone looking for a copy can email uubangor@gmail.com.

Thank you for helping keep our congregation safe!

STAFF

Rev. Andrew Moeller,
Settled Minister
drewuu2@gmail.com
Christine Sprague,
Office Administrator
uubangor@gmail.com
Sojourner Crowley,
Music Director
uusbmusic@gmail.com
Camden Ador,
SE Director
uubangorre@gmail.com

DREW'S VIEWS

Greetings Dear Beloveds,

Our spiritual theme this month is "Cultivating Compassion." I like this theme because it rightly implies that compassion is more than an innate trait or state of being. Instead, it's a skill anyone can develop with great care and attention.

Just like with any skill or talent, everyone is born with a differing degree of the natural skill of compassion. Yet with attention, concentration, and practice, the skill of compassion can be learned by everyone. It can be developed and grown into a means of embracing ourselves, the world, and each other with kindness and love. It's a skill that is both nurturing to the practitioner and receiver.

Several years ago one of my teachers delved into an exploration of the difference between empathy (the ability to understand and share the feelings of another), and compassion which author Sharon Salzberg describes as, "...a strong, active heart that responds to suffering, without fear or judgment, emphasizing not its weakness, but a powerful force for change, rooted in wisdom, and the understanding of our interconnectedness."

I like this image of a soft yet strong heart that does not react to suffering, but accepts it, is flexible with it, and seeks to understand it. All while not judging it. Instead, the wise and skilled compassion practitioner sees suffering

as a teacher, prophet, or guide. Often suffering is something we think of as creating separation, but Salzberg's definition helps us see that compassion is a source of understanding, knowing, and building interconnection.

Sounds easy, right? Not really! Everyone who has loved someone and/or interacted with another has experienced suffering, whether you loved them or not. The Buddha teaches us that the world is naturally filled with suffering, yet through compassion and understanding, we can develop the skills to free ourselves from suffering and live engaged lives of meaning and care by not becoming slaves to that suffering.

In our current societal paradigm, I believe that learning compassion is perhaps one of the best paths out of the hatred and division that is separating our nation from its wiser and informed self.

The other thing I like about compassion is that it embraces all our UU Values: Love, Interdependence, Pluralism, Justice, Transformation, Generosity, and Equity. Compassion incorporates all these values and more. The challenge for us as Unitarian Universalists is how to cultivate compassion.

Most religions offer a prescription on how to build a compassionate way of being – in Buddhism, there are the Brahma Vihara meditation practices (Loving-Kindness, Compassion, Sympathetic Joy and Equanimity), in Christianity, the Rosary or prayer attributed to St Francis (Lord, make me an instrument of thy peace...), In Islam,

through the pillars of Zakat (almsgiving) and Hajj (pilgrimage), and in Judaism, the practice of Tikkum Olam (repair of the world) is practiced.

One of the things that makes Unitarian Universalism different is that we leave the "how to" of cultivating spiritual skills like compassion up to the individual. For some, we look to spiritual practices from other religious traditions to develop those skills. Others grow through human connections, like working on bean suppers, working to end hunger, or going out and regularly embracing the natural world.

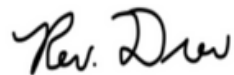
The temptation is to let these learning opportunities be casual and unfold as they will. One of the things that I have valued about my 15 years of meditation practice is that when I look back at where I started, I notice that I have

grown. I notice that my capacity for compassion has grown because of engaging in the effort of regular practice. I am not a Bodhisattva, yet my capacity to be kind, loving, and compassionate has grown greatly. That is what that continued effort is all about.

May you all actively cultivate and expand your own capacity of compassion. It's something that the world needs more of – now more than ever (along with LOVE).

May you and all beings be well, safe, and happy in the coming days as we navigate these times together.

Namasté and Love,



Rev. Drew

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
- *Not Available After 4:30*

Saturday

- By Appointment Only

MINISTER'S SCHEDULE

Please Note:

Rev. Drew's will be away attending the Northern New England UU Ministers' Fall Retreat from October 10 to 12.

Rev. Drew's monthly weekend of for October is October 25-26

COUNCIL

Zach Falcon, *Chair*

Kim Boucher, *Vice Chair*

Tom Armstrong, *Clerk*

Marci Gaglione, *Treasurer*

Catherine Foxson

Tracy Haskell

Tim Martin

Sue McKay

Erin Seavey

COUNCIL CRIER

Dear UUSB Community,

I listen to the Coyotes chatting in our yard, later waking to a foggy morning while thinking about safety and what that means and what that feels like for me, for our community and for the wider community in which we live. I feel safe around Coyotes. Around my fellow human beings.... that is not so straightforward for me.

For many, myself included, our sense of safety has shifted since that fateful moment on January 6th when terrorists violently attempted to overthrow our government. I think of how safe I feel in the forests and meadows where I walk each morning and how much more alert I become in crowds of people. This new reality is challenging and this month Council adopted measures that will, hopefully, help more of us feel safer.

Council welcomed Linda Sisson from the Membership Fellowship Committee to discuss the proposed Safer Community Guidelines. Council unanimously approved them. Please find the guidelines in this month's Chalice & Chimes.

Zach provided an update on the Solar Project, which continues to be skillfully managed by Mark McCollough. Conversations with Versant continue moving the project forward. Mark's presentation of the project to the Historic Preservation Committee was well received. Discussions continue around the next steps to take to begin fundraising for the project. Another HUGE thank you Mark!

The Personnel Committee, in conjunction with UUSB Staff, continue their work to develop protocols for administrative coverage during staff absences.

Tracy updated Council on the Creativity Matters small group adult spiritual exploration experience that begins in October. Creativity Matters is an opportunity for our UUSB community to more deeply explore our monthly worship themes. The group- Creativity Matters- will meet in person on October 19 from 11:30 to 12:30 and following that the group will meet monthly via ZOOM. Facilitators Phyllis Havens and Tracy Haskell encourage all interested to accept their invitation to let your right brain dance with your left brain! See more information in Chalice & Chimes.

Lastly, once again, a message of gratitude and thanks for our Beloved UUSB Community. Council is grateful for everyone for pitching in, in whatever way you have done; from participating in Fellowship Hour, helping with a clean up day, working on a fundraiser, participating in a committee, greeting a visitor, smiling as you pass in the hallway or for simply showing up and being with us.

A reminder that Council minutes are posted on the bulletin board in the Dorothy and all

are welcome to attend Council meetings. Our next Council meeting will be held on October 15, 2025 at 6:30 pm., if interested please email uusbclerk@gmail.com for the ZOOM link.

In Faith,
Tracy Haskell

SAFER COMMUNITY GUIDELINES

Dear UUSB Members and Friends,

During the past months members of the Membership Fellowship Committee and the Safer Congregation Committee have been engaged in a significant and meaningful process to develop guidelines that will assist our members and our friends in ensuring UUSB is both a place of safety and welcome.

Council recognizes that our UUSB community has been faced with an increase in safety concerns, and while no policy or knowledge of the issues can absolutely guarantee safety in our congregation under all circumstances, together we can take pro-active steps to create an environment that is safe and prepared.

Ensuring we remain both a welcoming community and a safe community in which we worship, Council approved the following guidelines at our September 17, 2025 meeting.

The Safer Congregation committee members are Rev. Drew, Connie McVey, Chuck McKay, Carol Veits and Tracy Haskell.

Membership Fellowship committee members are Linda Sisson, Cathy Elliott, Evan Richert, Joan Richert, Eleanor Steele and Kim Boucher.

By working and assuming a shared responsibility, together we will ensure UUSB remains a safe and sacred sanctuary for all. Please reach out to our Office Administrator Christine Sprague, our Minister Rev. Drew Moeller or our Council Chair Zach Falcon if you have any safety concerns.

Safer Community Guidelines

1. No public use of bathrooms for those not attending our Sunday morning programs. Only those participating in our events and services can use our bathrooms. When someone presents Sunday morning asking to use the bathroom, kindly tell them that we do not have public bathrooms. Do not ask them right then if they plan on attending the service. If they were planning on attending the service, they would say so first.
2. We plan on making a small handout with map and locations of nearby public bathrooms, nearby food pantries, bean supper info, to hand out to those requesting use of bathrooms and not attending Sunday morning programs.

3. If a person presents asking for Willie or Needlepoint Sanctuary, let them know that he doesn't work here on Sundays, that he works here on Mondays and Tuesdays and they can come back then. Willie told us that we can give anyone his phone number, so ask if they want his phone number and give if asked (207-631-9311). Plan is to have his name and # on the small handout referenced above, that has other resources on it.
4. If a person presents on a Sunday saying they are hungry, ask them to wait outside, and if possible, make them or ask another church member to make them, a paper plate full or a baggie of snacks from our fellowship hour offerings. Give them the slip of paper with food pantry info.
5. Narcan is in the kitchen, the 1st cabinet on the left, marked First Aid. We plan to offer regular Narcan trainings, one was held this summer and more will be offered. We encourage MF greeters to consider attending a Narcan training, as well as any UUSB member or friend.
6. Reminder that only the upper church door is open on Sundays. The lower and middle church doors are locked throughout Sunday. During the SEE year, once a month the lower door is open for a short time 1-2 hours prior to the service as SEAL members enter for their committee meeting, but that door is closely monitored during that short time.
7. If a person who is unknown to a greeter presents to a Sunday service and the person is seen leaving the service before it is over, the greeter should go out with that person and kindly ask them if they need anything. If they are going to the bathroom, show them to the bathroom. Wait for them to exit the bathroom and accompany them back into the sanctuary. If they ask, you can let them know this is one of your roles as a greeter. If the greeter feels at all uncomfortable, please ask another greeter or church member, to accompany them during this time.
8. In the hopefully rare chance that an unknown person who is not a UUSB program participant does end up using one of our bathrooms for an extended period of time, here are some guidelines to be considered. Willie from Needlepoint told us he has a 10 minute rule for bathroom use whenever he has guests in his programming, because of the potential for someone to overdose in that time. Proposal to be considered by council: If a non church goer person unknown to us is known to be in a bathroom for more than 10 minutes, knock on the door and ask if they are ok. If they don't answer, or if they don't give an answer that indicates they will be right out, get another greeter AND church council member or if needed another church member. With them, knock on the door again, say you are concerned, that they need to come out right now for safety reasons. If they still don't come out, tell them that due to safety protocol, you will use the master key to open their door or will call 911. Assess situation. You may decide to open the door (the new door knobs can easily be opened by just pushing in its center button—no key needed) or call 911 instead or in addition, as needed.

9. Safety concern regarding when non church goers come into the building after the service has concluded to use the bathroom or come to fellowship hour. One step that already has been taken, and should continue, is to keep the main door of the Dorothy locked. However, non church goers sometimes enter as people are exiting the Dorothy. Proposal is for a MF greeter to ask the person if they are here for the service. If they say yes, then tell them that it has already ended, that they hope they will come back next Sunday at 10 am and gently escort them towards the door. If they say they are not here for the service, then proceed with guidelines 1-4 stated above. An additional idea proposed by MF is to make an announcement at church and/or write in the order of service, periodically, to ask people to please not let in non church goers into the building as they exit after the service, per our safety guidelines. And if someone does notice a non church goer coming in as another exited, to alert a MF or council member.

In Service,

UUSB Council; Zach Falcon, Kim Boucher, Rev. Drew Moeller, Tom Armstrong, Marci Gaglione, Erin Seavey, Tim Martin, Sue McKay, and Tracy Haskell

TREASURER'S REPORT

Total income for the month of August was \$17,579. YTD income is \$72,177, This is 27% of the year's budget.

Expenses were \$14,828. Leaving us with a net income of \$2,751. for the month. YTD expenses are \$31,354, 11% of the budget.

August 2025 income included pledges in the amount of \$11,650. YTD pledge amount is \$61,272.

Our Share the Plate donations for August was \$456. Rental income was \$1,372. There has not yet been a lot of fundraising activity for this report, but our Grocery Card sales were \$561 for the month, and \$228 in UUSB Food Program Donations.

Complete Revenue & Expense Reports are available on request. Email uubangor.treasurer@gmail.com

Peace,

Marci Gaglione, UUSB Treasurer

UPDATE YOUR INFO!

Name ~ Phone ~ Address ~ Email
Family Members ~ Photos



UUSB Directory
2025-2026 Update

Member & Friends Directory Updates Needed by November 1

Our Directory is provided to members and friends of UUSB and is invaluable in helping us stay in touch with one another. Help us keep it up to date.

For photo updates, please use a portrait orientation to fit the directory layout. Photos can be individuals or households. Linda Sisson, will also be on hand to take headshots of those who want a photo included in their new listing or need to update their current photo. Look for her by the piano during Fellowship Hour.

There will be copies of the current Directory on tables in the Dorothy each Sunday in October. **Please review your listing and make any corrections or updates** as needed. Changes can be emailed to uubangor@gmail.com or you can complete the slip and submit that.

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.

FY2026 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: _____

THE OFFICE ORGANIZER

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

October Office Hours & Closures

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

The office is closed on Thursdays, though I do check emails and voicemails for items requiring urgent responses.

The office will be closed on Wednesday, October in observance of Indigenous Peoples' Day.

The office will open late on Tuesday, October 7 and Tuesday, October 14 due to meetings. It will close early on Wednesday, October 22.



What's Happening at UUSB

In October, we will host all our regulars, including Women With Wings, Needlepoint Sanctuary, New Renaissance Singers, Bangor ContraDance, BIPOC Arts & Crafts, and the Safe Place group. We will also have *The Malaga Ship* and El Salvador Sister Cities events, sponsored by S.U.R.E., as well as the Murder Mystery Dinner from the Spring Auction.

September saw a wide variety of community events! We welcomed the Canvases of Change concert and potluck, enjoyed our 3rd Annual Book Sale, welcomed weekly community outreach by Needlepoint Sanctuary and Maine Family Planning, crafted up some Needle Felted Birds at Tracy's workshop, entertained with Ten Buck Theatre Company's 24 Hour Theatre Festival.

If you are looking to schedule an in-person meeting or event at UUSB, please email the offices for the Facility Use forms. You can also request physical copies during office hours or have it mailed to you.

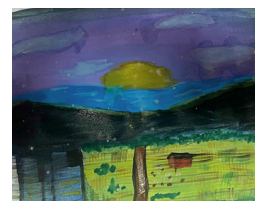
UUSB is a sanctuary and home for our congregants, but I also enjoy seeing it become a known bastion for arts, community, and social justice in the greater Bangor community.

Important Deadlines

The **Chalice & Chimes** submission deadline for FY2026 will be the **20th of each month**. Late submissions can be posted on the website, in the e-news, or the Sunday announcements.

To have an announcement read on Sunday morning, it must be submitted to Rev. Drew or the office by Friday before the service.

E-News submissions must be received by 10am on Thursdays.



Chalice & Chimes Deadline:
Monday, October 20

Weekly E-News Deadline:
Thursdays @10:00

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

MEMBERSHIP-FELLOWSHIP

Welcome Fall! Cool nights, warm days, and turning leaves! Also, a time of new beginnings at UUSB as our young people begin a new year of spiritual exploration and many of our congregants return from summer hiatuses.

Fellowship Hour

Following the Sunday services, members, friends and visitors gather in the Dorothy Memorial to enjoy conversation and refreshments. The beverages and tasty goodies are provided by teams of volunteers who serve and clean up afterwards. Each team serves four times a year. If you'd like to join a team, please contact Cathy Elliott at cathyelliott25@gmail.com.

Our Fellowship Hour teams and leaders for October are:

October 5	Team G	Phyllis Havens
October 12	Team F	Eleanor Steele
October 19	Team J	Natalie Norton
October 26	Team I	Danielle D'Auria

New to UU Class

The next New to UU Class will be Saturday, November 1, from 9:00 to 11:00. It will be in person at UUSB. It is open to anyone interested in learning more about Unitarian Universalism and our congregation. To attend, please email our Administrative Assistant, Christine Sprague, uubangor@gmail.com.

New Member Sunday

On November 23, we will celebrate our newest members as we welcome them into our beloved community. It is a wonderful way to get to know our new members and witness them signing the Membership Book.

Not a Member, But You Want to Be?

Here's what's required:

1. Attend a Chat with the Minister or a New to UU class.
2. Read our self-study guide, Getting to Know Us, available on our website or by emailing the office.
3. Complete a Request for Membership form and a pledge form, also on our website.
4. Sign the UUSB Membership Book

Would you like to volunteer as a Greeter?

We are looking for a few more volunteers to welcome people to our Sunday worship services. This is a wonderful way to jump in and get to know the congregation. It involves being available to greet one Sunday every other month. If interested, please contact Eleanor Steele at elsteele99@gmail.com.

Your Membership-Fellowship Committee would love to hear from you!

Please get in touch with us with your suggestions, questions or whatever is on your mind.

Linda Sisson contrabanjo@gmail.com

Cathy Elliott cathyelliott25@gmail.com

Evan Richert evenrichert771@gmail.com

Eleanor Steele elsteele99@gmail.com

Kim Boucher kboucher@prexar.com

SOCIAL JUSTICE

Justice Now

For several weeks now, the residents and streets of Bangor have continued to join together in vigils and actions, every Tuesday. Many Bangor members of UUSB are now among those who walk or bike or drive to the center of the city. Every week, once a week, people are taking their places in front of the Bangor Federal Building, carrying signs of protest, stating their resistance to those who would become kings if they were successful. Come together! People begin to show up around 11 a.m.; and stay until 1 p.m. If they can. Passing cars and trucks honk their approval, while a smaller number are not so friendly, but so what!

People are still arriving from the streets nearby. Signs up and down Harlow Street, in front of the federal building. What do we want? We call out chants. We want democracy, we demand an end to war, calling out our determination.

What do we want? We want peace and food to eat. And we ask others in our church, how can we explore next steps? How can we do justice work?

We are working together in people's homes, and with others, insisting, resisting – with other groups, like Faith Linking in Action, Indivisible, churches, labor unions. And we find our selves once again in the streets, calling for change, demanding change.

We weep with those who have been taken, with no warning. We share their grief and rage as human beings are snatched from their homes and job and cars and buses.

UUSB is among these resisters, insisting on peace, coming again and again to downtown Bangor, calling out their determination.

Please come join us! There is so much to do. Making new signs every week. Singing a Leonard Cohen song about democracy, marching in a circle. Making postcards to urge peace. Hugging a friend, still carrying the same signs, holding new signs, protecting ourselves.

Come to our Justice Now Meeting on September 21, after church, at 11:30 a.m., as we explore other possibilities in changing the world. So many of us are showing up at the Federal Building. Come, we need you and need your energy and determination, we need everyone. We are continuing, and we will not give up.

Right: Tuesdays' "No Kings" rallies are going strong and will continue until they are no longer needed. This photo is from one of the September rallies. Submitted by Suzanne Kelly

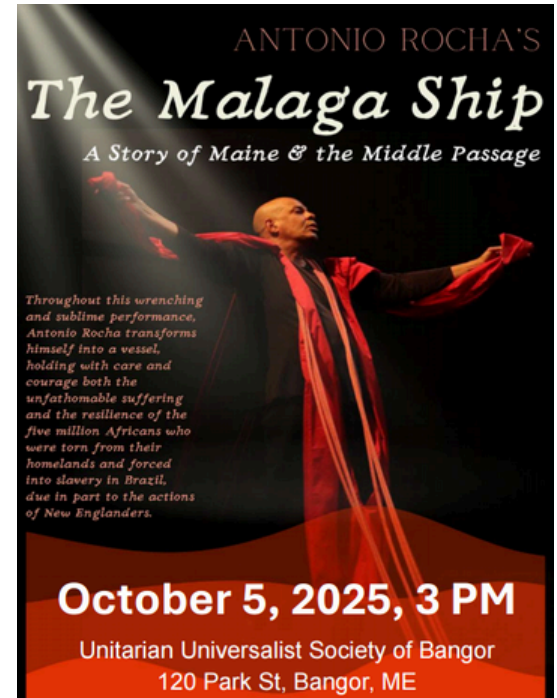


Showing Up for Racial Equity (S.U.R.E.)

SURE is sponsoring two very important events coming up at the beginning of October.

The Malaga Ship: A Story of Maine and the Middle Passage - Sunday, October 5 @3:00

On Sunday, October 5, we are excited to be bringing Antonio Rocha's performance of *The Malaga Ship: A Story of Maine and the Middle Passage* to Bangor! By following the link, you can find out so much more. Here's a nutshell: The Malaga Ship Story is a tour de force performance. Using his entire body and voice, Antonio sings, narrates, and mimes his way through this poetically toned historical tale told mostly from the perspective of the ship. The story vividly explores the reality and impact of the slave industry, which was the largest industry in the world in the 1800s. The story also has a deep connection to the performer, for Malaga goes to Rio de Janeiro, Brazil in 1845, where Antonio was raised in a biracial household over a century later. The story even originates in Maine!



We are so excited to be the first to bring this performance to the Bangor area. Antonio has been around the world with this and other creative performances. He's a force! We are co-sponsoring the Malaga Ship with the Greater Bangor area NAACP, FLIA (Faith Linking in Action), The Wilson Center at UMaine, and David Patrick. There is a sliding scale cost of \$12 to \$35 (pay what you can) and if cost is prohibitive, talk to Laurie Cartier about a scholarship. We won't turn anyone away, but we do have to pay the performer! There will also be tickets at the door.

This event will start at 3 pm. The performance is 45 minutes and then there will be about 30 minutes for a Q&A session. If you can help with adding some refreshments for after the performance, let Laurie know. This is going to be something you won't want to miss! It's not for children under 12 as it's pretty intense, but childcare will be provided in the Dorothy Memorial Hall by members of the NAACP.

Our Future Is Collective: From Crisis to Liberation - Wednesday, October 8 @6:30

On Wednesday, October 8, at 6:30 pm, SURE is partnering with the U.S.-El Salvador Sister Cities group for the first in their speaking tour around the US. Their National representative will be here to discuss what is happening in El Salvador and how it parallels what is happening in the United States. This talk, "Our Future is Collective: From Crisis to Liberation," is another wonderful event you will not want to miss! See Joanie Ellis for more information on this important opportunity.

This event is free.



GREAT PUMPKIN

YARD SALE

SATURDAY
OCTOBER 18
8 - 2



The Great Pumpkin Yard Sale is coming October 18!

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

We are holding the yard sale upstairs this year so please bring your donations to the Dorothy!

Yard Sale Collection Schedule:

Saturday, October 11	9:00 - 1:00
Sunday, October 12	9:00 - 1:00
Monday, October 13	No Drop Offs
Tuesday, October 14	5:00 - 7:00
Wednesday, October 15	1:00 - 7:00
Thursday, October 16	11:00 - 7:00

Set up for the yard sale will be on **Friday, October 17**. Please **do not drop off items during set up**. Set up will start at 11:00 and go until it is done.

The Great Pumpkin Yard Sale will be **Saturday, October 18, 8:00 AM to 2:00 PM**. Volunteers will be needed to help throughout the yard sale, if you are available and interested.

There will be a "leftovers" sale with donations as able and cleanup on **Sunday, October 19 after the service**. We will need volunteers to help with the cleanup to get the Dorothy Memorial Hall ready for all the events and services coming after the yard sale, so please take a few moments to help out.

If you are unsure about the suitability of an item, contact Betsy Reed (802)370-6979 or Kate Dutra (207) 299-5044.

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 Betsy Reed at (802) 370-6979.

SMALL GROUPS



Mindfulness Meditation Group

Tuesdays, October 7, 14, 21, & 28 from 5:45 to 7:00 in the sanctuary or online.

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. Don't hesitate to get in touch with Rev. Drew Moeller if you have questions email Rev. Drew at 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

Rehearsals are 5:15-6:30PM every Thursday in the sanctuary. I'm looking forward to seeing you all again!

Our choir Sundays in October will be:

- October 5
- October 12

If you are interested in joining the choir (or in other musical outlets), please reach out to our Music Director, Sojourner Crowley for more information: uusbmusic@gmail.com.

Spirit of Drumming

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

Birds of a Feather, Drum Together We invite you to bring your unique rhythm, energy, and presence to the Spirit of Drumming circle! What color is your feather? Whether bold or soft, your rhythm adds beauty to the circle. Come join us and let the rhythm fly.

In September, we will plan to meet in the sanctuary at 11:30, as we usually do.

To keep up with each month's sessions or for more info this summer, you can contact Jim Shimko at pj.shimko@gmail.com.



SMALL GROUPS



Shawl Ministry

October 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!

CrUUnes

October 24 at 2:00 PM at Ann Perkins' House

We welcome all single self-identified crones who are members of the church! Please bring a dish for potluck if able. The plan is to chat and hydrate, brief program, share, eat and chat more! Meetings are generally on the last Friday of each month. Any questions, please call Anne at 478-7091.

UUSB Guild

October 15 at 11:30 AM in the Dorothy

The UUSB Guild meets monthly to discuss business, share good company, and enjoy a variety of guest speakers throughout the year.

NEW! Creativity Matters

October 19 at 11:30 on Zoom

Explore our monthly worship themes through creative expression in a small group experience! You do not need to think of yourself as "an artist" to participate. Our group is designed for everyone interested in engaging their intuition and imagination in the service of spiritual reflection. All you need is a sense of adventure and a desire to connect with others.

Each month you will receive a packet which will provide inspirational material, reflection questions and creative exercises. These suggested exercises do not require any formal artistic skill or background. Just think of these as invitations for your right brain to dance with your left brain!

During our small group gatherings we will share our experiences to create an environment of spiritual self-discovery. We will not be critiquing each other's projects. Phyllis and Tracy hope you will join us in this joyful small group experience!

The nitty gritty:

Facilitators: Phyllis Havens & Tracy Haskell

First meeting: October 19th, 11:30- 12:30 (right after our service)

Monthly Meetings: five, once a month, day time meetings to be held at noon via ZOOM

COMMUNITY BEAN SUPPER

October 25 at 3:00 in the Dorothy

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



SHARE THE PLATE

Every Sunday, we share half of our undesignated plate offerings with an organization that works toward our UU values. In October, half the undesignated funds in the plate will go to The Wilson Center. The mission of The Wilson Center is to create progressive, ecumenical, and multifaith dialogue for the University of Maine community and through worship, study, and service, to work for social justice, honor diversity, and offer opportunities for spiritual growth.

In August, we gave \$228 to our food programs, including our monthly community bean suppers, bag lunches given out with the bean suppers, and a monthly donation to Good Shepherd Food Bank.

We began donating to Good Shepherd Food Bank in July 2025, after we stopped donating to the Salvation Army. We used to donate to the Salvation Army monthly, after we had to stop serving lunch at our local branch in 2020. After concerns about the Salvation Army's views on LGBTQ+ people were raised, it was decided that we would find a different, similar organization. Good Shepherd Food Bank of Maine was selected as a local-to-Maine option with shared values to feed those in need and working toward a greener world.

FY2026 Share the Plate Recipients

July - Partners for Peace

August - UUSB Food Programs

September - Penquis LiHEAP

October - The Wilson Center

November - Mabel Wadsworth

December - Bangor Area Homeless Shelter

January - Hungarian Aid for Ukraine

February - UUSB Food Programs

March - MUUSAN

April - FLIA

May - Bangor Pride

June - UUSB Food Programs

GIVE WITH vanco

Did you know that you can give to UUSB online? You can put money in the Sunday plate, pay your pledge, contribute to fundraisers like the Basket Auction and Spring Auction, or even pay for facility use for an event!

You can use a credit card, debit card, or set up an ACH payment with your bank information. There is a small processing fee for credit card transactions, so we ask that you cover the processing fee at checkout to help us continue offering this convenient option

If you are one of the many people who don't have cash and checks available on them every day, this is a great way to participate in our fundraisers, events, and regular giving opportunities! Just scan the QR code here or go to UUBangor.org and click "Donate Now" to find our page.

Please Note: The Hannaford Gift Card fundraiser is not eligible for Vanco payments, as it would minimize the actual fundraiser, due to the cost Vanco has.

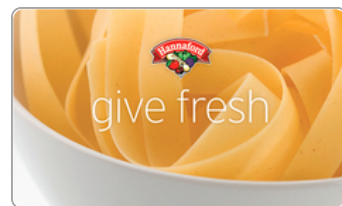


GIFT CARD FUNDRAISER

Convenient to carry! Every card purchase helps UUSB!!! Buy cards for your own grocery shopping, which you can use to shop in store or to order your groceries for curbside pickup or delivery! You can also buy cards to gift to friends and family or to donate to a local food bank.

Cards are available in increments of \$25, \$50, \$100, \$200, \$300, or \$500. Cash, or checks made out to UUSB are accepted.

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

October

SUN	MON	TUE	WED	THU	FRI	SAT
			1 5:30 PM Worship	2 5:15 PM Choir	3	4 Murder Mystery Dinner
5 10:00 AM Service SEE Classes 3:00 PM <i>The Malaga Ship</i>	6	7 5:45 PM Meditation Group 6:30 PM Shawl Ministry	8 Committee Reports Due 6:30 PM SURE Event Mem-Fel Committee 7:45 PM Comm Cmte	9 5:15 PM Choir 7:00 PM Executive Committee	10 10:00 AM Budget & Finance	11 9:00 AM Yard Sale Item Dropoff Start!!
12 Food Collection 9:00 AM Item Dropoff 10:00 AM Service 11:30 AM Drumming	13	14 10:00 AM Staff Meeting 5:00 PM Item Dropoff 5:45 PM Meditation Group 7:00 PM B&G Cmte	15 Office Closed 11:30 AM Guild 1:00 PM Item Dropoff 2:30 PM PCT 6:30 PM Council	16 11:00 AM Item Dropoff 5:15 PM Choir	17 11:00 1M Yard Sale Setup	18 8:00 AM Great Pumpkin Yard Sale
19 10:00 AM Service SEE Classes 11:30 AM Yard Sale Cleanup Consent Workshop Justice Now	20 Chalice & Chimes Deadline	21 5:45 PM Meditation Group	22	23 5:15 PM Choir	24 4:00 PM CrUUnes	25 10:00 AM Bag Lunch Prep 3:00 PM Supper Prep 4:00 PM Bean Supper
26 10:00 AM Service SEE: Halloween 11:30 AM Creativity Matters Drumming	27	28 5:45 PM Meditation Group	29 Office Closed 8:00 PM Communication	30 5:30 PM Choir	31	

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.



REMINDERS

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 Eric Strong, 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:

Zach Falcon, *Chair*
Kim Boucher, *Vice Chair*
Tom Armstrong, *Clerk*
Marci Gaglione, *Treasurer*
Catherine Foxson
Tracy Haskell
Tim Martin
Sue McKay
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, Minister
(207) 922-2956
drewuu2@gmail.com

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

Camden Ador, S.E. Director
uubangorre@gmail.com

Sojourner Crowley, Music Director
uusbmusic@gmail.com

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, 2025

The next issue will be November 2025.
We value your contributions and very much
appreciate submissions.
When sending email contributions to
Chalice & Chimes: uubangor@gmail.com