

The Goodbye and the Boundaries:

Rev. Amy's last day at UUCB will be June 29th. Once she leaves the church that day she will officially be on sabbatical. All goodbyes should happen before that moment. After that point she will no longer be checking or responding to emails, calls or texts. Rev. Amy won't be visiting or checking in with folks from UUCB while on sabbatical and she will miss us very much. This boundary is difficult and an important part of finding the rest and renewal that is integral to a sabbatical leave. If there is a crisis or death in the congregation the consulting minister, Rev. Sara will determine if Rev. Amy needs to know and what response, if any, will be appropriate.



SABBATICAL INFORMATION

*Rev. Amy McCormick
will be on Sabbatical*

MONDAY, JUNE 30TH 2025
THROUGH TUESDAY JANUARY 13TH 2026



I draw on the power of houseplants, candlelight, laughter, and dreaming to reclaim the rest that will heal me. I refuse to light the other end of my candle. I will boldly protect my softness, defend my sleep, and liberate all of my unassigned minutes, hours, and days. I am one soft animal among many: a cell in the breathing world's body.

Let us be cared for as such.

May it be so.

- Atena O. Danner

What is a sabbatical?:

Sabbaticals are designed to foster rest, reflection, and renewal, a respite in depth, to provide an opportunity to break away from established routine and the press of heavy responsibilities, a chance to experience different cultures and be stimulated by new learnings, and time and space to reflect on the meaning of it all. Sabbaticals are not extended vacations nor tightly structured, highly focused study leaves, though sabbaticals often include study and/or travel and provide the opportunity not only for formal learning and cultural enrichment but also time for receptivity and reflection. Receptivity opens the way to interior healing, fresh insight and perspective, and possibly a new energy that is less driven, more balanced and productive.

– *“Handbook of Sabbatical Leaves”* by Helen L. Cohen

Other miscellaneous things to know:

GBAM requests for funds will wait until Rev. Amy returns. Muzz will assess the use of discretionary funds for congregational needs and Rev. Sara will approve.

To reach Muzz, email:
isabmuzzy@gmail.com

Susan Coe will remain the administrator of the UUBB listserv and will coordinate with Council Members Allison Morrill and Maddie Thomson Crossman if there are any questions and concerns related to the UUBB.

To reach Maddie or Allison, email:
madeline.thomson.crossman@gmail.com
allisonmphd@gmail.com

New programs, classes, offerings from church members and friends will be approved by Debbie Bailly in coordination with Cayla for scheduling and space needs.

To reach Debbie, email:
debbiebailly@gmail.com

Sabbatical information/question sessions will be held in May and June for the general congregation, one on zoom and one in person. We will also host one orientation session for church leadership, active volunteers, staff and Rev. Sara to talk about process and communication expectations/needs.



What this means for UUCB:

While Rev. Amy is away UUCB has an opportunity to also rest and rejuvenate. This can be a time to get to know one another and the inner workings of this beautiful spiritual community in a different way. You will be gifted with new voices from the pulpit including UU Ministers from all over New England. It's a great opportunity for lay leaders to share their stories and for your Worship Arts team to create even more gorgeous and compelling services. Rev. Amy encourages UUCB to follow the energy of this time and to put our resources where that energy is. Her wisdom suggests that we don't try to change or add too much but to let ourselves be inspired, and be led by that inspiration. UUCB's work is to continue being the loving, honest, spiritually adventurous, questioning, seeking, justice promoting people we are. It's a time to continue practicing our covenant in meaningful ways, to take care of one another, and to enjoy all the new learning that will surely come.



Help while Rev. Amy is away:

Sabbatical Consulting Minister (Rev. Sara Hayman from Ellsworth)

August through December

Rev. Sara will be a resource for only the church leadership to access for any complicated or pressing questions/situations. The consulting minister will attend three meetings per month: the Council business meeting, the COM (Committee on Ministry) meeting and the Staff meeting. She's available to consult with staff members, COM members, and Council members. She will also be in contact with the Chair of the Caring Circle or her designee, to coordinate pastoral care emergencies if needed. She will preach two times while Rev. Amy is away.

Sabbatical Worship Coordinator Position (Cayla Miller)

August through December. The Worship Coordinator will manage the logistics of contacting the already scheduled guest ministers in advance of their service, connecting them with their worship associate and other appropriate people including tech and music folks. She will help to make sure they get their materials in on time, and have a correct order of worship. Cayla will manage these communications and be the point person for our guests and worship associates as they put together each week's service. She will also send out the weekly Sunday emails.

Kerri Vacher remains chair of Worship Arts and will continue to convene their meetings and plan worship where needed. She will be available to talk about the content of services and will oversee scheduling of worship associates and any concerns or feedback that arise regarding worship. drkerrivachernd@gmail.com

Regular Monthly Worship Leader (Rev. Jacquie Robb)

August through December. We are so lucky to have such talented people and religious professionals in our church. Rev. Jacquie Robb will lead service once a month on the first Sunday of each month, August through December, so that we have a familiar face in the pulpit. This will also take the pressure off having to coordinate with a brand-new person each week of the month.

Who to contact and for what while Rev. Amy is away:

For issues related to governance, policy and procedures of the church, mission related questions, and overall operations, contact Nancy Crooker as Chair of the UUCB Governing Council, or any council member. Nancy Crooker Chairperson 207-240-2336, crooker@bu.edu. Council Members: Chris Wright - chriswright2400@gmail.com, Sarah Nicholson - treasurer.uubelfast@gmail.com, Maddie Thomson Crossman - madeline.thompson.crossman@gmail.com. Allison Morrill - allisonmphd@gmail.com

For issues related to the sabbatical or anything related to church culture, relational conflicts, interpersonal dynamics and/or covenant issues, contact Debbie Bailly as Chair of the Committee on Ministry or any COM member. Debbie Bailly, Chairperson 207-505-2212, debbiebailly@gmail.com, Anna Wood-Cox - awood@drinkwaterschool.org, Dean Anderson - kalergarden@gmail.com, Jane Dopheide - janedopheide4@gmail.com, Patty Smith - fiddleheadisland@gmail.com.

For any pastoral care needs such as illness, home or job insecurity, family or personal crisis, contact our Caring Circle Chair, Kathy Muzzy or any Caring Circle Member. Muzz can connect you with Rev. Sara if ministerial care is needed. Requests for financial assistance should be directed to Kathy Muzzy. isabmuzzy@gmail.com. Caring Circle members: Nancy McAlley - nansea6940@aol.com, Susan Coe - coe937217@gmail.com, Dean Anderson - kalergarden@gmail.com, Chris LeGore - legore@maine.edu, Tally Avener - belfastswimmer@gmail.com.

For questions about the physical building, cleaning or maintenance issues contact our Sexton, Lynne O'Connor. sexton.uubelfast@gmail.com.

For all Religious Exploration (children and family programming) and administrative needs including building use scheduling, church newsletters, worship schedule, etc....contact our Church Administrator and RE Coordinator, Cayla Miller. Cayla Miller: 207-338-4482, office.uubelfast@gmail.com

Rev. Amy's Plan:

Rev. Amy is intentionally keeping her sabbatical time as spacious as possible. She will be taking a once in a lifetime trip to Italy with her daughter Lilliana and two dear friends to kick-off her time away. She's doing a two-day writing retreat with Rosemerry Wahtola Trommer in Vermont. She is also attending a fall walking/study tour in County Clare, Ireland hosted by the John O'Donahue Legacy Partnership. She hopes to visit Prince Edward Island and ride Icelandic horses in Vermont as well. Her main focus during these six and a half months will be to rest and rejuvenate, and to take care of her physical and spiritual health. She hopes to give herself space to be inspired, and to create new ways of seeing and expressing her reflections of the world in the context of her Unitarian Universalist Ministry. She has a tall stack of books begging to be read and art supplies waiting quietly to be used. She will walk and hike and visit all the beauty of Maine that she can. She hopes to use this time to "let her soul catch up with her body" after the personal and professional challenges of the last six years. She is beyond grateful for the privilege of this time and the way it will help her continue to be a productive minister for UUCB long into the future.

