

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, February 1, 2023

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69 Winthrop St., Augusta ME



(207)622-3232 – info@augustauu.org
www.augustauu.org

A Message from our Minister

Dear Members and Friends of UUCC,

One of my Christmas stocking gifts for my husband was a purple box of cards called “Relationship Reboot: Conversations to Rekindle Love.” Once a week during our morning coffee he picks and reads a card, each of which contains a set of talking points that encourage intimacy, understanding and communication. I love these little morning chats. They bring us closer, even after almost thirty years of being together. Last week the discussion started with “What I find annoying about you is...” One of the things said about me is that I take up too much space in our home, both physically and energetically. It got me feeling and thinking.

I know my energy can be intense and I know I can take up lots of space. This is how I succeed in the world, make things happen, and serve humanity. Some people can do all of this and not take up too much space. Some people may perceive me as selfish or self-serving. In her Psychology Today blog post *Do You Let Yourself Take Up Space?* consultant, psychotherapist, and author Imi Lo writes: “Some people may believe that taking up space is ‘selfish,’ but it can be a sign of healthy strength and self-assurance. It enables you to be accepted by others and to share your gifts with the world. By taking up space, you communicate, ‘I am present and should not be ignored.’”¹

In reading her article, I became aware that my parents allowed my brothers and me to take up space, but that the men in my family were given more space than the women. As a young adult I had to work at being seen and heard in my family. My “authentic self” had to fight against my family’s expectations of what it meant to be female. Yet, I am grateful that I

¹ <https://www.psychologytoday.com/us/blog/living-emotional-intensity/202207/do-you-let-yourself-take-space>

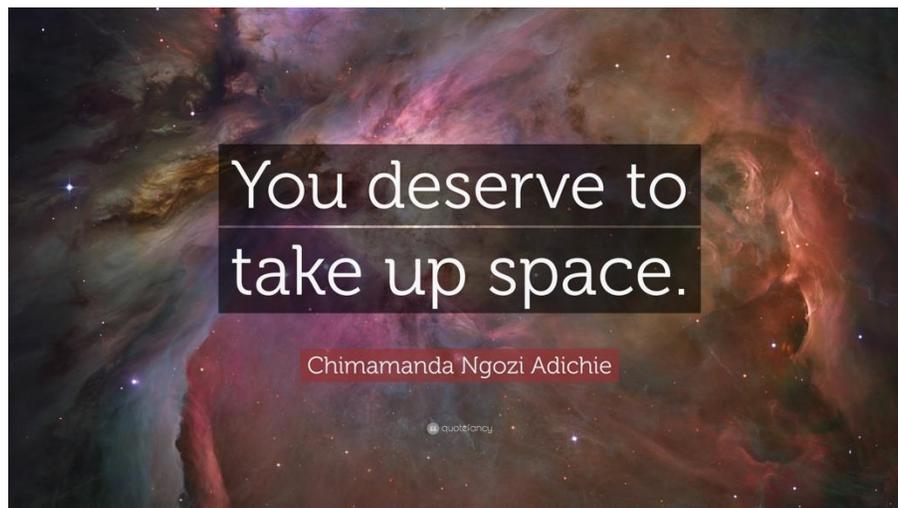
learned how to this as it prepared me for the patriarchal systems I had to navigate as an adult woman. I am reminded of a poem by Indian born, Canadian poet, illustrator, photographer, and author rupi kaur.

you tell me to quiet down cause
my opinions make me less beautiful
but i was not made with a fire in my belly
so i could be put out
i was not made with a lightness in my tongue
so i could be easy to swallow
i was made heavy
half blade and half silk
difficult to forget but
not easy for the mind to follow

I don't mind being difficult to forget or hard to follow. What about you? Do you take up enough space in your world? Do you take up enough space at UUCC? We must remember that taking up space does not mean that we do not allow others to take up space. Talking too much, trying to get all the attention, unable to read the cues in a meeting are not a good use of our power and presence. We can take up space by being quiet and paying attention, by listening and being curious. This is what I am working on in my relationship with my husband. He is an introvert, and it takes him time to formulate his ideas and to speak. I am learning to be patient with him so I can get to know him more deeply. My hope is that we all get to know each other more deeply at UUCC by showing up authentically and honoring others authenticity.

Many blessings,

Reverend Christina



Upcoming Services

<p>Sunday February 5, 2023 Ingathering music to begin at 9:55 a.m.</p> 	<p>“Is Peace Possible?” Reverend Christina Sillari</p> <p>Reverend Christina will reflect on the meaning of peace and how we can create it. She will invite contemplative reflection on personal questions about peace and share prayers and poetry. She will also share stories of a few remarkable women bringing peace to their communities.</p> <p>A special thank you to our worship arts team. Sara Hodgkins will be our worship associate and Marty Peters will manage technology. One of our pianists and our choir will be present.</p>
<p>Sunday February 12, 2023 Ingathering music to begin at 9:55 a.m.</p>	<p>Standing on the Side of Love: Creating Beloved Community Social Justice Committee and Coordinator of Lifespan Faith Formation</p> <p>“We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”</p> <p>--Proposed 8th Principle of Unitarian Universalism</p> <p>Come join us as we explore creating beloved community by de-centering whiteness and other dominant cultures and creating a culture in which everyone feels valued, respected, and comfortable being themselves.</p> <p>A special thank you to our worship arts team. Marty Peters will be our worship associate and Angie Blevins will manage technology. Stefanie Barley will be our pianist.</p>
<p>Sunday February 19, 2023 Ingathering music to begin at 9:55 a.m.</p>	<p>“The Struggle of Love” Reverend Christina Sillari</p> <p>Love is necessary and complicated. Reverend Christina will explore different types of love and specifically focus on the struggle of loving oneself. Using three stages of self-love and poetry we will contemplate the challenges and blessings of loving ourselves.</p> <p>A special thank you to our worship arts team. Nan Bell will be our worship associate and John Seksay will manage technology. Karen Allen will be our pianist and the Choir will offer “From Your Heart” by Carson Cooman.</p>

Sunday worship service is now being held IN-PERSON in the Sanctuary.

Our services are no longer accessible by Zoom

If you want to watch the livestream of the service, please visit:

<https://boxcast.tv/channel/mtifpth0utvesiqggyej>

If you missed a service or want to watch a service again, the link above also allows access to prior services. Click on the play button on the video of the “broadcast date” you are interested in watching.

Special Events / Opportunities

NON-VIOLENT COMMUNICATION TRAINING WITH LEAH BOYD.

EVERYONE IS INVITED TO JOIN US FOR THIS SPECIAL LEARNING OPPORTUNITY:

THIS Sunday, February 5, 2023 - 12:00 to 3:00 p.m. (Sanctuary)

UPDATE: We will also be offering our boxcast link for those who would like to observe the training from home. Join us at: <https://boxcast.tv/channel/mtifpth0utvesiqggyej>

As part of our ongoing programming towards relationship building, the UUC is offering a **Nonviolent Communication Training** to all who are interested in exploring and practicing skill-building in effective communication on **Sunday, February 5, 2023 from 12:00-3:00 P.M.** in the Sanctuary. (Masks are required.) We will also be using our boxcast link for those who would like to observe from home.

Leah Boyd is a certified trainer with the International Center for Nonviolent Communication. She is highly regarded and known by many in our community to be a creative, skilled, and entertaining presenter. Leah has experience in working with other UU communities and has designed a workshop specifically for us.

She will help us learn to say exactly what was in our heads and hearts, especially when it seems the words don't come. And she will guide us to feel confident in our ability to react effectively when we find someone's words hurtful or misplaced.

Church Leadership will provide healthy and abundant snack offerings during coffee hour that will sustain us during the session. Feel free to bring your own lunch if you feel so inclined.

There is still time to sign up for this event and last minute attendees will be welcome as well! If possible, please email your intention to attend or direct any questions to: Michaelatloisel@gmail.com.

Social Activities

POPCORN AND A MOVIE

Friday, February 10th at 5:30 pm

February is a month of love and Monique suggested we show a romantic comedy. Soooo, on Friday, Feb. 10th, we will be showing SILVER LININGS PLAYBOOK with a great cast, starring Bradley Cooper, Jennifer Lawrence, and Robert DeNiro.



Check out the trailer: <https://youtu.be/kVS-6k2tQAA>

This is a great story, with serious and funny themes. Attendees have liked our previous choices of movies, so come along. You won't be disappointed.

Come and join us for POPCORN AND A MOVIE.

Bring a snack to share if you wish.

--FMI: contact Monique, Debbie and Cheryl

Social Activities Committee is considering a Game Night.

Have any thoughts or ideas for such a night?
We would love to hear from you!

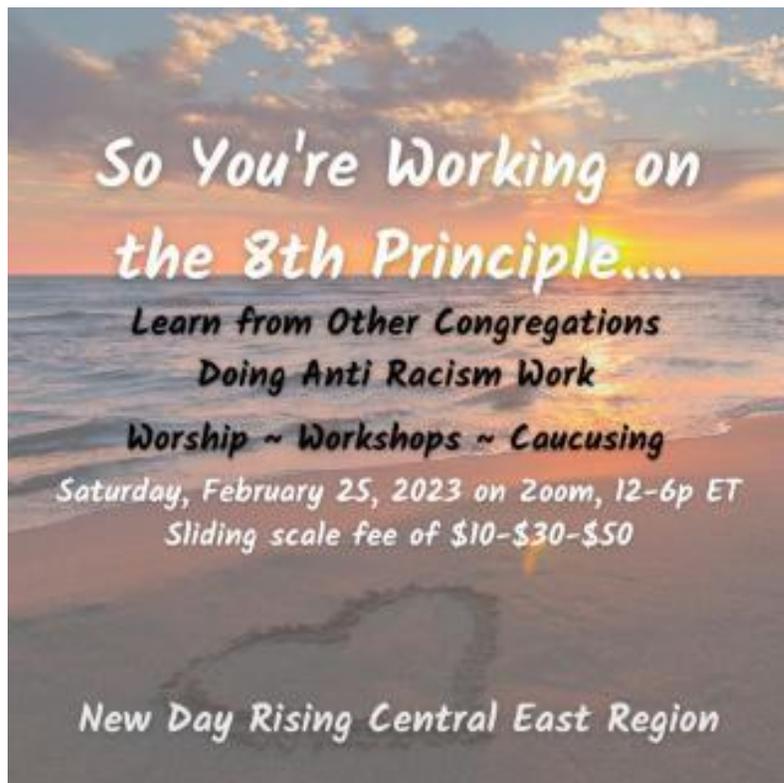
Contact Cheryl at cherylclukey5@yahoo.com.

Peaceful Heart Sangha invites YOU

There will be an Open House at River Studio in Hallowell (1-4pm next Saturday 2/11) offering opportunities to talk with people who offer practices there - and members of Peaceful Heart Sangha plan to be there to talk with people who have questions about our practice.

See below "Connections by Day of the Week" for the Thursday morning Sangha schedule at River Studio.

SAVE THE DATE



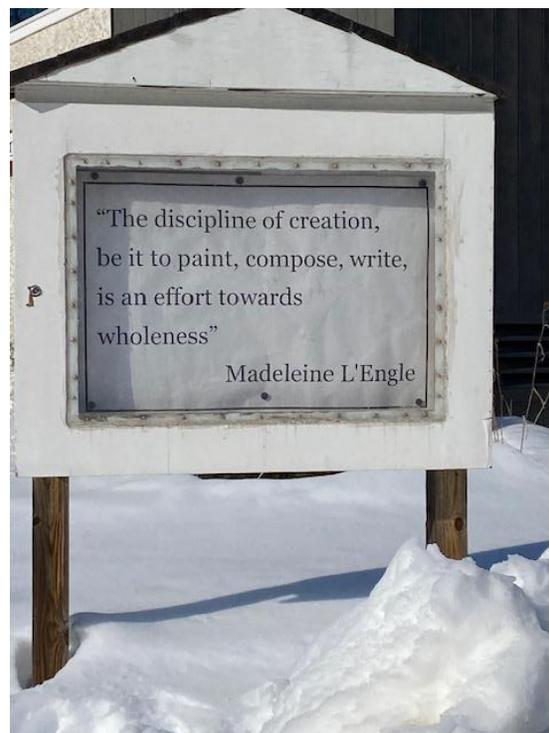
8TH PRINCIPLE UU ZOOM EVENT; "NEW DAY RISING 2023" ANYONE CAN ATTEND

A few Social Justice Committee members and I attended the "2021 New Day Rising" event and it was amazing! It offers a wealth of information around the 8th Principle, what other SJ work congregations are involved in and their pathway towards adopting the 8th Principle. Here is an opportunity to experience this energizing zoom event and gather an abundance of SJ resources/connections:

To read more and register go to this link:
<https://www.uua.org/central-east/calendar/new-day-rising-cer-2023>

A small suggested donation is asked to register (\$10, \$30, or \$50)

An opportunity for reflection...



An opportunity to reflect on the latest wayside pulpit message being shared on the corner of Winthrop and Summer Streets.

“The discipline of creation, be it to paint, compose, write, is an effort towards wholeness.”

— Madeleine L'Engle, [Walking on Water: Reflections on Faith and Art](#)

Thank you to Angie Blevins for maintaining the wayside pulpit and providing us with messages to ponder.

Connections by Day of the Week

ALL church events and meetings are reflected on the UCC calendar
 Click below to view ALL events, including any group meetings or other business meetings.
<https://www.augustauu.org/calendar-and-communications/>

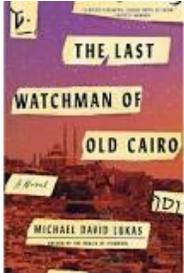
Some events are still being held in the UCC Zoom Room.
[Click here to join Events in the Zoom Room:](#)

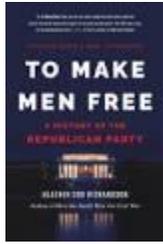
For other ways to join Zoom, see [General Information](#)



Zoom meeting id: 823 807 0673 – Password: 6971

<p><u>Monday</u> Each week 6:30 – 8:00 p.m.</p> <p style="background-color: yellow;">Please note: location changes</p>	<p><u>Peaceful Heart Sangha</u></p> <p>NEW SCHEDULE, effective Jan 30th: -- BY Private ZOOM –EVERY Monday (we will no longer meet in person at the UCC on the last Monday of the month). You may join us at 6:15 to settle in.</p>  <p>See Events / Opportunities about an open house at the River Studio in Hallowell. Sangha meets there in person on most Thursday mornings.</p> <p>Please contact Marty Soule for updated Zoom login information at: email: martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> <p><i><u>Sangha gatherings are free and open to all</u></i></p>
<p><u>Wednesdays</u> 6:00 - 7:30 p.m.</p>	<p><u>UCC Choir Rehearsal</u></p> <p>Rehearsals are held every Wednesday from 6:00-7:30pm in the sanctuary. N95 or KN95 masks are required, we have plenty, if you need a mask. Questions? Please reach out to Bridget Convey at: musicdirector@augustauu.org. All are welcome!</p>
<p><u>Wednesdays</u> Each Week 5:00 – 6:00 p.m.</p>	<p><u>Gentle YOGA</u></p> <p>Hosted by Debbie Mattson</p>  <p>UU Yoga is now offered as a hybrid gathering. People can choose to gather in the Fellowship Hall for yoga, Wednesdays 5 PM-6 PM or join via zoom. Here is the zoom link: https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09 Password: 174192</p> <p>Please join us a few minutes before 5:00 to settle in so we can begin class right at 5:00 p.m. FMI: DebbieMattson@hotmail.com</p>

<p>2nd & 4th Wednesday</p> <p>10:30 a.m. - Noon</p> <p>2nd Wed. - C-FH 4th Wed. - Zoom</p>	<p style="text-align: center;"><u>Seasoned Souls</u></p> <p>Seasoned Souls is a group of older church members that meet as a study/support group to talk openly about topics related to the aging process. Seasoned Souls is open to any church member over 65 years of age. On the 2nd Wednesday monthly we will meet in the Fellowship Hall and on the 4th Wednesday, we will meet in the UCC Zoom room.</p> <p>FMI: please contact Diane (dmoongrove@gmail.com or 446-6162) or Stefanie (stefbarley@gmail.com or 629-8890)</p>
<p>Thursdays Each Week</p> <p>8:00 – 9:30 a.m.</p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p>You may join us by Zoom at 7:45 a.m. to settle in. Meet from 8-9:30</p> <p>-- IN-PERSON every Thursday at the River Studio, 332 Water St. Hallowell (except the last Thursday of the month) --BY Private ZOOM – last Thursday of the month</p> <p>There will be an Open House at River Studio in Hallowell (1-4pm next Saturday 2/11) offering opportunities to talk with people who offer practices there - and members of Peaceful Heart Sangha plan to be there to talk with people who have questions about our practice.</p> <p style="text-align: center;">Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> <p style="text-align: center;"><i>Sangha gatherings are free and open to all.</i></p> 
<p>2nd & 4th Thursday</p> <p>In the UCC Zoom room</p> <p>9:00 – 10:30 a.m.</p>	<p style="text-align: center;"><u>Writing to Wake the Soul</u></p> <p>This is an open group that gathers and writes together to explore spiritual themes. The writing is used as a conveyance to connect more deeply with ourselves and each other. We are not writing to develop skill.</p> <p>Come and try it out; there is no obligation to come each time we gather. This group will be meeting in the UCC Zoom Room.</p> <p style="text-align: center;">FMI: please contact Debbie at (207)557-2697 or debbiemattson@hotmail.com</p>
<p>1st Thursday</p> <p>Noon-1:30 p.m.</p> <p>Next Meeting is Feb 2nd</p>	<p style="text-align: center;"><u>Read, Learn, Share</u></p> <p>READ SHARE LEARN meets on THURSDAY February 2nd at NOON. You can join us in the Fellowship Hall or in the UCC ZOOM ROOM. We will be using the UCC OWL technology to include people on line. Anyone interested in discussing is <u>The Last Watchman of Old Cairo</u> by Michael Lukas is welcome to join us. We will end at 1:30.</p> <p><i>An American student with a Jewish mother and Muslim father explores his family's tangled roots in the history of Cairo's ancient synagogue.</i></p> <p style="text-align: right;">~Kirks Review</p> 



On March 2, we will meet at noon in the UCC ZOOM ROOM and in FELLOWSHIP HALL We will use the OWL technology to have a hybrid meeting. Anyone who interested in discussing “To Make Men Free” is welcome to join us. We will end at 1:30.

“Expansive and authoritative” ~Goodreads

For more information, contact Kathy Kellison at kell6787@gmail.com or June Zellers at jzellers@roadrunner.com. Our book for April is “The Midcoast” by Adam White.

**4th
Friday**

**6:30 –
8:30
Sanctuary**

**Next
Meeting is
Feb 24**

Free Style Drum Circle

The Augusta Community Drum Circle is a free style drum circle welcoming people of all ages, walks of life, and abilities. Free style means no one is assigned ‘pieces’ to play. Just play! Or don’t play! Just come watch, sing, dance, or bring your own instruments. No one cares if you’ve never played before or if you make a mistake. As long as you are having fun you can’t get it wrong! **ALL are welcome.** Event is FREE, No RSVP, just come!

The Drum Circle meets the fourth Friday of each month at 6:30 pm in the Sanctuary. For more information you can contact Mike Moody at mtmoods@gmail.com or 229-1118.

Saturday

9:30–11 am

**Select
Saturdays**

UCC Occasional Orchestra

Come and share your musical talents with our UCC community.
Rehearsals are in the Sanctuary from 9:30-11:00 a.m. on the following upcoming Saturdays:

11	FEB 2023, SAT	●	9:30 – 11am	UCCOO Rehearsal (C-Sanct)
18	FEB 2023, SAT	●	9:30 – 11am	UCCOO Rehearsal (C-Sanct)
4	MAR 2023, SAT	●	9:30 – 11am	UCCOO Rehearsal (C-Sanct)
18	MAR 2023, SAT	●	9:30 – 11am	UCCOO Rehearsal (C-Sanct)

All are welcome, please join us!

Questions: please contact Dale McCormick at: dmmccormick11@aol.com.

**4th
Sunday**

**1-2:30
p.m.
In-Person**

**Next Meet-
ing is Jan.
22, 2023**

Goddess / Earth Circles

Goddess/Earth Circles
February 26, 1-3:30pm with zoom or hybrid.

We are working on making earth-based celebrations available throughout the year, starting with our continuing celebration of Imbolc or awakening of the earth and of ourselves. Please join us.

Goddess/Earth Circles focuses on Goddess, women's lives and earth-based spirituality. All ages and genders welcome. Contact: Helen Zidowecki (582-5308, hzmre@hzmre.om).

Notices / Updates / News

Save your quart milk containers and any other small square plastic or coated cardboard containers - spring is on the way!

Dale McCormick is starting to think about planting her baby tomato seeds and her helpers will be expanding the plant offering to a variety of herbs, vegetables and flowers. The attached photo shows ideas on what type of containers we can re-use for planting.

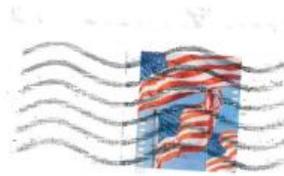
Please leave containers in the committee room and they will be picked up regularly. Look for more information on ordering tomatoes and other delectables in March.



Warming Center
9 Church St.
Augusta, ME 04330

SO. MAINE P&DC 041

23 JAN 2023 PM 3 1



Jan. 20, 2023

To Whom it May Concern,

Sincere thanks to UU's generous donation of \$207.16 to the Warming Center. Your support in this, and in the breakfasts being offered, are so very appreciated. It all helps us to continue serving those in need in our community. It's a particular heartwarming bonus to see the way all the local churches are joining into the effort! In gratitude, The Augusta Overnight-Emergency Warming Center.

Saturday Breakfasts Report

The Social Justice Committee has provided breakfasts for guests of the Augusta Overnight Warming Shelter for 3 consecutive Saturdays. During these 3 weeks we fed 26, 23, and 33 unhoused individuals.

The work is accomplished by: a team of 15 UUC member volunteers; volunteers from the Catholic Parish, Temple Beth El, South Parish Congregational Church, Vassalboro Quaker Meeting, as well as non-church affiliated community members; Individual financial contributions and food supplies from members of the UUC and an Augusta community member; financial contributions from Vassalboro Quaker Meeting; and food contributions from Friends of the Vassalboro Quaker Meeting, the Augusta Foodbank, Pepperidge Farm Breads, UUC members and members of the wider community.

The volunteers (with help from the guests) clean the kitchen, fellowship hall, hallways, and bathrooms. A guest shoveled and sanded both walkways; he was not asked, he saw the need and the shovel and did it.

Our guests express appreciation and gratitude. They eat heartily. We witness acts of beauty and generosity between the guests and volunteers and among the guests.

If you are interested in helping on Saturdays, please contact Mary Kane marykane072@gmail.com or Debbie Mattson debbiemattson@hotmail.com. If you want to make a financial contribution, please write a check to UUC with Saturday Breakfast in the memo line.

The Social Justice Committee is grateful for all the support we have received to manage and maintain Saturday Breakfasts.

The Social Justice Committee is grateful for all the support we have received to manage and

Updates / Messages from our Social Justice Committee

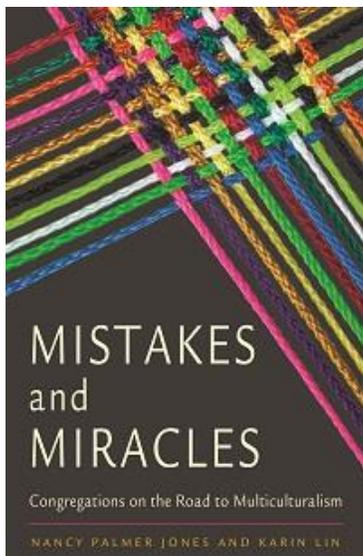
Donation boxes have been placed in the church coat room for non-perishable food items to go to the **Augusta Food Bank** and for toilet paper, soap, shampoo, toothpaste, tampons, sanitary pads, diapers and wipes, which are high priority needs right now, to go to the **Essential Hygiene Pantry at Bridging the Gap.**

The Augusta Overnight Emergency Warming Shelter (located at South Parish Congregational Church) has many needs which frequently change. Go to their Facebook page and check “Our Needs” to find out what’s urgent. There is a donation box for the Shelter in our coat room, too.

All are worthy organizations that provide much needed services to our community. Your donations will be greatly appreciated and put to good use. For more information, contact co-chairs Stefanie Barley (stefbarley@gmail.com) and/or Susan Shaw (susanmaine@gmail.com), who will make regular deliveries of items that you contribute.

or email Susan Shaw, susanmaine@gmail.com regarding food donations.

Mistakes & Miracles Discussion UPDATE



On January 22, thirteen congregation members met to discuss our reactions and learnings from the UUA Common Read Mistakes and Miracles. We focused on two questions:

1. How can we, at the corner of Winthrop and Summer St., become more inclusive and truly create “Beloved Community” within the congregation and into the wider community?
2. How and where do we start to move towards our goal of “Beloved Community”?

As you may imagine, the sharing of reactions to the book and the ideas for moving forward were wide-ranging and very thoughtful. We did not arrive at “the answers”, but with many possibilities for exploration and action.

We will be inviting the congregation to a follow-up meeting (no need to read the book first, but there are copies available for loan if you are interested.) More information on the follow-up meeting will be in the next E-Blast.

Board of Trustees



Unitarian Universalist Community Church of Augusta

BOARD HIGHLIGHTS

At the January 12 Board Meeting, the Board:

- Heard from Christine Purcell from the Transition Office of the UUA as she outlined the steps for the search for a settled minister.
- Heard from the Finance Committee about the proposed budget for fy23-24 and discussed the Stewardship Campaign
- VOTED to enter a non-binding agreement with Revision Energy to stay on the waiting list for a community solar project
- Susan Burnett encouraged the Board to attend the January 26 “Protecting Houses of Worship” training in Augusta. Homeland Security and local law enforcement plan a walk-through at the UUCC in February.
- Rev Christina agreed to research Blue-tooth enhanced listening devices for the sanctuary
- The treasurer reported that 85% of pledges for fy22-23 are in
- Heard about the February 5 training by Leah Boyd offered by the Restorative Justice Group
- Were encouraged to read Mistakes and Miracles and participate in the book discussion of January 22
- Heard a brief report of the outcomes of the Jan. 8 Sharing Café and the first meeting of the Covenant Writing Group.

Next Board meeting: February 9, 2023

Board meetings are open to ALL.

If you have an item that you would like the Board to consider, please contact Michaelatloisel@gmail.com

-- Look for full minutes of the meeting on the church website at www.augustauu.org--

General Information

Worship Services are now being held IN-PERSON

Events may still be held virtually in the

UUCC ZOOM ROOM

Other ways to UUCC Zoom Room Zoom:

1. Join from your internet browser by clicking this link or typing this into your browser:

<https://zoom.us/j/8238070673>, launch Zoom, then enter **passcode: 6971**

2. Select “Join Meeting” from the Zoom application on your computer or mobile device.

UUCC Meeting ID: 823 807 0673 – then enter **passcode: 6971**

3. Join by phone: dial 1 646 558 8656 (NOTE: toll charge may apply)

At first prompt (meeting id: 823 807 0673#)

At second prompt: press # (no personal id needed) <No passcode needed when joining by phone>

NOTE---*6 is mute AND un-mute on your phone. The host cannot mute or un-mute people who phone-in.

HOSTS: Once in your meeting, claim the host using the HOST KEY as you have done in the past.

UUC Pastoral Ministry Team

We are here for you. Feel free to reach out in times of need for compassionate listening, for casual conversation, to share some good news, to share your struggle or just to say hello.

Martha Pelletier, Chair	207-685-9592 (H)	Mjpell14@roadrunner.com
Helen Zidowecki	207-582-5308 (h)	hzmre@hzmre.com
Tracy McNaughton	207-623-3110 (h)	tracy.mcnaughton@yahoo.com
Peggy Lamb	207 622-5174 (h)	plambflowers@outlook.com

Caring Cooperative support includes rides, meals, errands, get well and condolence cards as well as companion visits.

If you would like to request or suggest meal support: contact Martha Pelletier 685-9592.

If you would like to request or suggest cards: contact Peggy Lamb 622-5174.

UUC Small Group Ministry



Looking for greater human and spiritual connection during this most disconnected of times? Small Group Ministry offers this vital need in our spiritual community, and so much more! For more information, contact the Church Administrator at 207-622-3232 or admin@augustauu.org.

UUC Office Hours & Notes

UPDATED E-blast & Office Hours

E-blasts will be produced on the 1st and 3rd Wednesdays of each month. The upcoming schedule is:

- E-Blast (2/1) NO E-Blast (2/8)
- E-Blast (2/15) NO E-Blast (2/22)
- E-Blast (3/1) NO E-Blast (3/8)

UUC Office Hours NEXT WEEK

Open office hours:

Tues, Wed and Thurs – 8:00 a.m. – 2:00 p.m.

No open office hours on Fridays

Rev. Christina Sillari

Office Hours on Wednesday and Thursday

Call or email to set up an appointment

minister@augustauu.org

(207) 807-9232

Staff Contact information:

Church Administrator, Lynn M. Smith, admin@augustauu.org, Phone 622-3232

Coordinator of Lifespan Faith Formation, M. Monique Bergère, LifespanFF@augustauu.org

Music Director, Bridget Convey, musicdirector@augustauu.org