

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, September 9, 2020

**All events (unless noted below) are held in
the UCC ZOOM ROOM:**

Three ways to join:

- 1. Join from your internet browser by clicking this link or typing this into your browser:**
<https://zoom.us/j/8238070673>
- 2. Select “Join Meeting” from the Zoom application on your computer or mobile device.**

UCC Meeting ID: 823 807 0673
No Passwords unless noted in event listings below.

- 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)

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

Sunday Services for September 13th and September 20th

September worship theme is: **RENEWAL**

<u>THIS Sunday 9/13</u> at 10:00 a.m. <i>“Water Communion”</i>	Join Reverend Carie for our September Water Communion service. John Seksay will assist as worship associate and Karen Foust will be on the piano.
<u>NEXT Sunday 9/20</u> at 10:00 a.m. <i>“UU the Vote: Faith Love Action”</i>	Join Reverend Carie and Michaela Loisel with Sara Hodgkins as Worship Associate and Karen Allen on piano.

UCC ZOOM ROOM (← click this link to join either service OR see above for other ways to join)

Virtual Connections

UUCC Music Zoom Zone



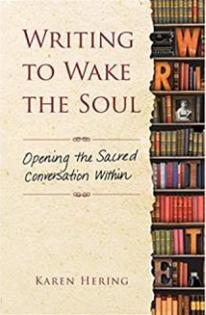
1st and 3rd Wednesdays from 7:00pm to 7:30pm.



This is an opportunity for our UUCC musicians (singers and instrumentalists) to gather, sing and share UUCC music updates and information.

We will meet using the church's Zoom room. If you would like more information, please email Bridget Convey at: musicdirector@augustauu.org

<p><u>Monday</u> Each week <u>2:00 – 3:30</u> <u>p.m.</u></p>	<p style="text-align: center;"><u>Read Aloud & Discussion</u></p> <p>The Monday afternoon reading and discussion group has changed our process. We have chosen to have each person who joins us, and who wishes to, bring a poem, an article, a book excerpt with something in it to spark a discussion. What has grabbed your attention or what is something you are wondering about? Our discussions are always lively and interesting. Join in!</p> <p style="text-align: center;"><i>UUCC ZOOM ROOM</i> (← click this link OR see Pg. 1 for other ways to join)</p>
<p><u>Monday</u> Each week <u>6:30 – 8:00</u> <u>p.m.</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u> You may join us at 6:15 to settle in.</p> <div style="display: flex; justify-content: space-around; align-items: center;"><div style="text-align: center;"><p>Click on the direct link below: https://zoom.us/j/99346520797?pwd=NGRD-NHcyVHM0YWtodmVHM2xwNjJjdz09 Zoom Meeting ID: 993 4652 0797 Password: 063175</p></div></div> <p>FMI: email martysoule@gmail.com or peacefulheartsangha@gmail.com</p>
<p><u>Wednesdays</u> Each Week <u>5:00 – 6:00</u> <u>p.m.</u></p>	<p style="text-align: center;">Gentle YOGA Hosted by Debbie Mattson</p> <p style="text-align: center;">Zoom Login: NEW Zoom ID as of 5/27 Please join us a few minutes before 5:00 to settle in so we can begin our class right at 5:00 p.m.</p> <div style="display: flex; justify-content: space-between; align-items: center;"><div style="text-align: center;"><p>https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09 Password 174192</p></div></div>

<p><u>Thursdays</u> <u>Each Week</u> <u>8:00 – 9:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-align: center;">You may join us at 7:45 a.m. to settle in. 8-9:30</p> <p style="text-align: center;">Click the below direct link: https://maine.zoom.us/j/680555360?pwd=UDJIRHY4WjYreidu-anFjL3ZkY3ZYz09</p> <p style="text-align: center;">Meeting ID: 680 555 360 - Password: 741266</p> <p style="text-align: center;">FMI: email martysoule@gmail.com or peacefulheartsangha@gmail.com</p> 
<p><u>Thursdays</u> <u>Each Week</u> <u>9:00 – 9:45</u> <u>a.m.</u></p>	<p style="text-align: center;">HOME ALONE, FEELING ALONE</p> <p style="text-align: center;">Coffee Klatch</p> <p>Home alone or feeling alone? Wishing you had someone to sit with for a cup of morning coffee/tea? Then we've got you covered. Stop by for an agenda free hour of casual conversation and no expectations.</p>  <p style="text-align: center;"><i>UCC ZOOM ROOM</i> (← click this link OR see Pg. 1 for other ways to join)></p>
<p><u>Thursdays</u> <u>Each Week</u> <u>10:00 – 11:30</u> <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i> Thursday mornings -- 10:00 - 11:30 a.m.</p>  <p>If you would like to participate in this event, please contact Debbie Mattson (debbiemattson@hotmail.com) for the NEW login/password information. Hosting of this event is now being shared.</p> <p>We will write 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. Come and try it out; there is no obligation to attend any other week.</p>

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/>

Notices

Our Church Admin will be on vacation next week

Our Church Administrator will be on vacation NEXT WEEK – September 14 through September 18th

The office will be CLOSED for the week. Please be patient and allow time for the Admin to get to your email and/or schedule your event or group meeting when she is back in the office.



Now or Never: UUtheVote Maine

Join zoom MUUSAN Meeting

Saturday, September 12th

10:00 - 11:30 am

Click [here](#) to register

UUA President Rev. Susan Frederick-Gray proclaims that voter mobilization is more than political. For Unitarian Universalists, this is a faithful, moral action because democracy and the right for all to have a voice and a vote are at the very heart of our Seven Principles.

MUUSAN's statewide electoral justice initiative is engaging Maine congregations to show up and make a difference on the November elections.

Hear how your UUtheVote congregational liaisons are collaborating, inspiring, and mobilizing voter education and registration actions. Learn from our statewide partners about voter engagement opportunities you and your church can leverage during this pandemic. And share with each other your own ideas and willingness to volunteer.

[Register here](#) to Join our Special Guest Speakers:

Tracy Haskell, MUUSAN Congregational Liaison for the UU Society of Bangor, whose reflection will boldly inspire Courageous Conversations to Change the World

Sue Ellen Bordwell, MUUSAN's statewide volunteer UUtheVote coordinator, will highlight the variety of voter mobilization activities our Maine churches are pursuing, including some UUtheVote national calls for action

Evan Tess Murray/Lane Sturtevant, Organizers for Maine League of Women Voters will update us on their robust statewide text banking initiative

Rev. Christina Sillari, minister of First Parish Portland and Maine Poor People's Coordinating Committee will update us on interfaith volunteer training and action opportunities

And we will reserve time for small breakout discussions where you can connect with Congregational Liaisons and explore your own ideas and possibilities for electoral justice engagement.

It's Now or Never: the Election is less than two months away!

A “How Do You Do” from your Board President

Good day Beloved Community,

I'd like to take the opportunity to introduce myself and thank you for putting your trust in me as your Board President for the coming church year.

I look forward to working with our new, creative and dedicated Board of Trustees and you, the congregation, to achieve a host of critical initiatives. For example:

- Continuing to listen to the valuable recommendations of the COVID-19 Task Force as we move forward in these unsettling times
- Developing a team and strategy for the rental of the Drew House to a new Mainer family
- Renewing the Leadership Council bringing together Committee chairs under the leadership of the Vice President
- Following through on the work of the Congregational Engagement Working Group (CEWG) as we take steps to heal as a congregation
- Honoring the work of and finding best ways to support our smart and stalwart UUCC staff
- Welcoming the continued level of excellence in spiritual leadership lead by Rev. Carie and the Worship Arts Team

I am here to listen to your thoughts and concerns ... your best wishes too .. on behalf of the Board. It is easier for me to receive emails at kathyannshaw@roadrunner.com, but I am also happy to take you calls at 207/620-4082.

Ready, set, go on into the Fall we go!

In faith,

Kathy Ann Shaw

President, Board of Trustees

Dr. Don on Covid-19

Super-spreaders

Not everyone is equal when it comes to the spreading of infectious disease. It has been established for at least two decades that there is the 20/80 rule. While most infected people will only infect one other person, about one in five infect far more people.

Dr. Robert Amler, the dean of New York Medical College's School of Health Sciences and Practice told FOX Business "The term for these people (or events) is super-spreader. It's more of a colloquial term that epidemiologists and public health workers use to describe a situation where someone in a population or in a community seems to have spread the disease a lot more than most of the others."

The World Health Organization doesn't use the term super-spreader because it "implies that a particular person may be inherently more able than others to pass on disease." Instead, Amler said, "someone could be a super-spreader for a variety of reasons. Because COVID-19 is known to spread through droplets, someone who is sick and who coughs very vigorously and frequently could be a super-spreader because droplets from their cough generate more smaller droplets. Smaller droplets travel farther because gravity doesn't catch them as well. They create a fog or mist at a much greater distance around them... more people are likely to catch this and become infected."

A super-spreader could be someone who has an underlying condition or takes medication that weakens their immune system so they can't get over the infection quickly Amler said. "Other people may be in situations where they encounter lots and lots of people on a regular basis and they can become super-spreaders."

Another mechanism that can create a super-spreader situation is an immune system that is so good that the infected person never develops symptoms and becomes an "asymptomatic spreader". Realistically spread of disease is caused by multiple factors as seen in other epidemic infections including getting a higher dose of the virus in the first place, being infected with more than one disease organism or becoming a constant "carrier" of a disease organism that becomes a normal part of super-spreader systems. "Typhoid Mary" Mallon from a century ago is perhaps the best known super-spreader. We have all seen and heard of current COVID disease spread, including cases here in Maine. One thing seems certain – it is impossible to know who will be a super-spreader and who will not.

Knowing that anyone could become a super-spreader it is important to know how to protect ourselves. The answer to this is again the "three C's" of disease transmission: "closed spaces with poor ventilation, crowded settings, and close contact with others." Avoiding these is our best protection.

Please feel free to send questions, comments or rumors even and I will try to address them in future e-blasts.

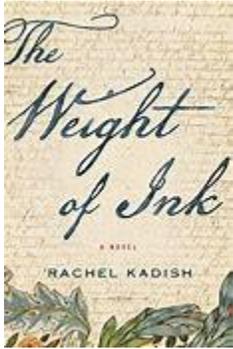
Don Naber naber@gwi.net

Thurs. October 1, **Read. Learn. Share**

1:00 – 2:30 p.m.

UCC Church Zoom

The Weight of Ink by Rachel Kadish



Electrifying and ambitious, sweeping in scope and intimate in tone, The Weight of Ink is a sophisticated work of historical fiction about women separated by centuries, and the choices and sacrifices they must make in order reconcile the life of the heart and mind. Goodreads

Join the **Read. Learn. Share** Book Group in October and throughout the year.

We read a book during each month from October through June and spend an hour and a half in stimulating discussion on the first Thursday of each month. We meet in the church Zoom Room from 1:00 until 2:30. Join us every month or watch for a book that interests you and join that one discussion. For more information, contact June Zellers at jzellers@roadrunner.com or 582-5862, or Kathy Kellison kell6787@gmail.com or 445-4415.

We have chosen the following titles for the 2020-21 year:

October 1 “The Weight of Ink” by Rachel Kadish

November 5 “The Warmth of Other Suns” by Isabel Wilkinson

December 3 “The Book Woman of Troublesome Creek” by Kim Richardson.

January 7, 2021 “American Prophets: The Religious Roots of Progressive Politics” by Jack Jenkins

February 4 “A Burning” by Megha Majumdar

March 4 “Long Live the Tribe of Fatherless Girls” by T Kira Madden

April 1 “The Overstory” by Richard Powers

May 6 “Braiding Sweetgrass” by Robin Kimmerer

June 3 “Homegoing” by Yaa Gyasi

Readers are invited to attend any or all of the book sessions. We hope for lively discussions focused on the books and the ideas they contain. Books are generally available from inter-library loan.

UCC ZOOM ROOM login instructions are on Page 1

The church's pro account allows for meetings up to 100 people for up to 24 hours.

To schedule a meeting using the church's account, please contact admin@augustauu.org

If you would like to have short private 1:1 meetings with a church friend, you can click on this link to sign up for a free personal Zoom account: <https://zoom.us/signup> and participate in a Zoom tutorial. This FREE account allows for 1 on 1 meetings up to 40 minutes.

If you or a member of your group needs a zoom tutorial, please contact Rev.CarieJohnsen@gmail.com. As more people develop the skill set to offer tutorials, schedule and lead, these roles will shift to volunteers. If you are skilled in Zoom and would like to volunteer to help others, please contact RevCarieJohnsen@gmail.com.

Delegating some of these roles to volunteer support will be invaluable.

Reminders from UUCP Pastoral Ministry Team

HOME ALONE, FEELING ALONE, COFFEE KLATCH on Thursday mornings at 9:00 a.m. Wishing you had someone to sit with for a cup of morning coffee/tea? Then we've got you covered. Stop by for an agenda freed hour of casual conversation and no expectations. **To join us [click here](#) or dial in: 1 646 558 8656 or sign in with meeting ID: 823 807 0673**

HYMNALS FOR YOUR HOME: Would you like a hymnal in your home for singing with the community on Sunday morning? Contact admin@augustauu.org. We will deliver or mail you a church hymnal. You can return it to the sanctuary when you arrive back on the corner of Winthrop and Summer. Or you can order one new at www.UUAbookstore.org

LAWN CHAIR MINISTRY is available to YOU for a pastoral visit. We will provide companionship and conversation as we meet you at your convenience, in your backyard, along the river, a local park, or your favorite outdoor location. Compassionate listening, coffee and conversation, mental health check-in, stress reduction, lunch along the river, or simply a new face in an otherwise isolated week. We are here for you. Contact Martha Pelletier mjpell4@roadrunner.com

TECH ASSISTANCE: If you are still struggling to get online for zoom programs and services, please contact admin@augustauu.org. We will see about getting a technology and/or tutors to support your learning.

DO YOU NEED A MASK? Contact Nancy Fritz. She has a supply available. You can reach her at 207-213-3047 or nfritz@roadrunner.com

ARE YOU OR A LOVED ONE EXPERIENCING FINANCIAL HARDSHIP? Rev. Carie has resources to support with groceries, medicine, supplies, housing or utilities. Please connect with her at revcariejohansen@gmail.com or 508-221-5295.

SHARING NEWS FROM YOUR HOME

If you or a member of your family are struggling, are experiencing loss and grief during this time, or you would welcome increased social engagement, the Pastoral Ministry Team is here to offer support and care. Phone companions, meal and medical deliveries, and personal shoppers are all available from volunteers. Please send an email to Martha Pelletier. 207-685-9592 (H) or Mjpell14@roadrunner.com

If you would like to ask the congregation for cards, calls or prayers of loving kindness, please be in touch with RevCarieJohnsen@gmail.com. She will add you to the weekly care/prayer list.

UUCP 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.

Rev. Carie Johnsen, Minister	508-221-5295 (c)	revcariejohansen@gmail.com
Martha Pelletier, Chair	207-685-9592 (H)	Mjpell14@roadrunner.com
Helen Zidowecki	207-582-5308 (h)	hzmre@hzmre.com
Nancee Campbell	207-621-7727 (h)	
Tracy McNaughton	207-623-3110 (h)	
Marilyn Gordon	207-660-8338 (c)	mqweider@gmail.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 Nancee Campbell, 621-7727

If you would like to request or suggest cards: Contact Angie Blevins, 592-5655

Ad-hoc Covid-19 Advisory Group

This group has generously volunteered to be available to support members with personal safety, health or travel questions, concerns, or anxieties. Feel free to reach out to one of them directly.

Betty Cairn, RN	StonehengeMaine@yahoo.com	207-215-6394
Terry Lee Cairn, ND, MSOM, Lac.	tlcnaturalhealth@yahoo.com	207-557-2557
Harry Grimmnitz, MD	hgrimmnitz@gmail.com	207-685-9270
Don Naber, Ed.D	naber@gwi.net	207-887-1104
Cathie Nielsen, MD	cathieenielsen@gmail.com	207-441-0248
Marty Soule, PA-C	martysoule@gmail.com	207-685-9270

UUCC Office Hours – NEXT WEEK

UUCC Administrator Hours

Tues, Wed & Thurs. 9:00 am to 4:00 pm.

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

Rev. Carie

VIRTUAL OFFICE HOURS

To schedule a visit, appointment, or meeting, please call (508) 221-5295 or use her local # 623-3663 (both lines will reach her!) or email her at RevCarieJohnsen@gmail.com

Sunday Services / Staff Contact information:

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

Religious Exploration Coordinator, Monique McAuliffe, RECoordinator@augustauu.org

Music Director, Bridget Convey, musicdirector@augustauu.org