

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, September 23, 2020

Sunday Services for September 27th and October 4th

Worship Theme: September – **RENEWAL** : October -- **DEEP LISTENING**

<p><u>THIS Sunday 9/27</u> at 10:00 a.m. <i>“UU the Vote: Faith Love Action”</i></p>	<p>Join Reverend Carie, Michaela Loisel and Debbie Mattson for this call to action to celebrate our democracy and promote electoral justice. Sara Hodgkins will serve as Worship Associate and Karen Foust will be on piano</p> <p>See <u>NOTICES</u> below for more information about how YOU can get involved in strengthening democracy in the upcoming election.</p>
<p><u>NEXT Sunday 10/4</u> at 10:00 a.m. <i>“Deep Listening in a Noisy World”</i> Small Group Ministry</p>	<p>Even with the pandemic raging and a population that has been physically isolated from each other for the past 6 months, the national clamor has never been greater or louder. How does a person cut through the shouting and rancor during these tumultuous times?</p> <p>Perhaps Small Group Ministry might have some insights into Deep Listening in a Noisy World.</p> <p>Please join our vibrant SGM movement here at the UUCC on Sunday, October 4, at 10 AM for our annual service, as we take a deep dive into this provocative topic! Stefanie Barley will be on the piano.</p>

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

All events (unless noted) are held in the *UUCC 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.

UUCC 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. The host cannot mute or un-mute people who phone-in.

Virtual Connections

THIS Sunday, September 27, 2020 1pm, Zoom

Goddess/Earth Circles Gathering

Join us for "From Goddess to God" as we explore the perception of deity as women Lost power in ancient times, women regaining power and power in our lives --all lives. This session is adapted from Cakes for the Queen of Heaven, the UU curriculum.

We will also be planning the Women of Wisdom and Samhain Celebration on November 1, 1pm.

Monday

Each week

2:00 – 3:30

p.m.

Read Aloud & Discussion

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! FMI: admin@augustauu.org

UUCC ZOOM ROOM (← [click this link](#) OR see Pg. 1 for other ways to join)

Monday

Each week

6:30 – 8:00

p.m.

Peaceful Heart Sangha

You may join us at 6:15 to settle in.



Click on the direct link below:

<https://zoom.us/j/99346520797?pwd=NGRD-NHcyVHM0YWtodmVHM2xwNjJjdz09>

Zoom Meeting ID: 993 4652 0797

Password: 063175

FMI: email martysoule@gmail.com or peacefulheartsangha@gmail.com

Wednesdays

Each Week

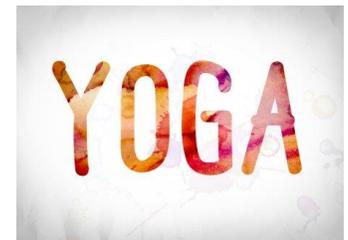
5:00 – 6:00

p.m.

Gentle YOGA

Hosted by Debbie Mattson

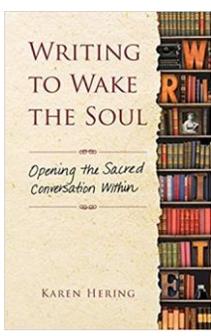
Please join us a few minutes before 5:00 to settle in so we can begin our class right at 5:00 p.m. Zoom Login: Click link below to join.



<https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09>

Password **174192**

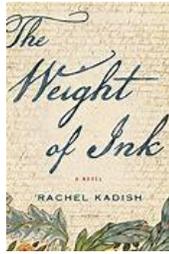
FMI: DebbieMattson@hotmail.com

<p><u>Monday</u> <u>1st & 3rd</u> <u>weeks of each</u> <u>month</u> <u>7:00 – 7:30</u> <u>p.m.</u></p>	<p style="text-align: center;"><u><i>UUCC Music Zoom Zone</i></u></p> <p>1st and 3rd Wednesdays of each month from 7:00pm to 7:30pm.</p> <p>This is an opportunity for our UUCC musicians (singers and instrumentalists) to gather, sing and share UUCC music updates and information.</p> <p>We will meet using the church's Zoom room. If you would like more information, please email Bridget Convey at: musicdirector@augustauu.org</p> 
<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. Meet from 8-9:30</p> <p style="text-align: center;">Click the below direct link: https://maine.zoom.us/j/680555360?pwd=UDJIRHY4WjYreidu-anFjL3ZkY3ZYz09 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. FMI: Martha Pelletier mjpell14@roadrunner.com</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>Every</u> <u>Other</u> <u>Thursday</u></p> <p><u>10:00 – 11:30</u> <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i> Every OTHER Thursday morning -- 10:00 - 11:30 a.m.</p>  <p>This is an open group and if you would like to participate in this event, please contact Debbie Mattson (debbiemattson@hotmail.com) for the login/passcode information. Hosting of this event is shared and zoom link changes week to week.</p> <p>We gather and 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 come each time we gather.</p> <p style="text-align: center;"><u>PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). The group will meet next week Oct 1, 2020.</u></p>

**Thursday,
Oct. 3, 2020**

**1:00 – 2:30
p.m.**

Thurs. October 3 **Read. learn. Share**
1:00 – 2:30 p.m., D-Prlr



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 to reconcile the life of the heart and mind. Goodreads

FMI: contact June Zellers at jzellers@roadrunner.com or 582-5862, or Kathy Kellison kell6787@gmail.com or 445-4415.

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

Board Highlights – September 2020

At its meeting on September 10, the Board welcomed new members and voted to:

Correct a minor error in the Annual Budget regarding the salary of the Church Administrator. The adjusted budget also reflects the vote at the Annual Meeting to set aside \$5,000 from the carry over amount for potential expenses related to re-opening the buildings.

Change the signatories on the church accounts at Kennebec Savings Bank to reflect newly elected officers on the Board.

Schedule a congregational meeting with the COVID-19 Advisory Group to get input from the congregation about re-opening the buildings.

Authorize Carie to create a committee to define the role and responsibilities of the new position of Lifespan Faith Formation Coordinator.

Disband the Congregational Engagement Working Group and send their final report to the entire congregation. Consider other recommendations of the CEWG at the October Board Meeting.

Authorize Wick Johnson and Catherine Emery to review the Capitol Area New Mainers Project lease and seek guidance from an outside advisor. Bring recommendations to a special Board Meeting on September 24 scheduled to review and approve the lease. Allow Drew House volunteers to assign space in our other two buildings to store material from Drew House.

**** Full Board meeting minutes are available from the church office upon request. ****

An INVITATION from UCC Covid-19 Advisory Group
Reprint from Rev. Carie email Sept. 17, 2020

**To Open or Not to Open
Conversations with the Board
and Ad-hoc Covid-19 Advisory Group**

**Meeting to be held via Zoom THIS Saturday, Sept. 26
8:30 – 9:30 a.m.**

What do we do when there are no clear right answers? In an exercise I did when I was in eighth grade, we were told we had been stranded on the moon and were told to prioritize the resources we had. First we made our lists individually and then as a group. Though this was nearly fifty years ago, the exercise made a lasting impression on me that consensus can bring about a better result than going it alone.

While we are not stranded on the moon, we are faced with a situation that requires decisions—decisions that would best be made with the input of all involved.

The COVID Ad Hoc Group has been meeting regularly since March to discuss how we can maintain safety while still being the busy congregation that we are. While we have used our varied medical and scientific training to make decisions, other questions have been raised that are more philosophical in nature. The COVID Ad Hoc Group referred these philosophical questions to the Board, and now the Board is asking for your input. In a nutshell, what we are grappling with is how and whether we can safely and with equity open our church to some of the activities we are used to participating in.

I know there are members and friends of our congregation who say we should stay closed and virtual and safe, while there are others who say it is time to start safely reopening, and many others between these two extremes.

The Board and the COVID Ad Hoc Group invite you to bring your thoughts, ideas, concerns, hopes and fears to a community ZOOM forum on Saturday, September 26 from 8:30-9:30 (**UCC ZOOM ROOM.**) If you are unable to attend but want your voice heard, please email or call us. I believe we will be better equipped to navigate these uncharted waters with your input!

From the Board and the COVID Ad Hoc Group

CLYNK bags are now tucked into the corner outside the far right hand side of the front entrance of the church. They are in two plastic lettuce containers. There are plenty of them there.

Best regards -- Hannah

Read. learn. Share book group is B-A-C-K!!

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 jjzellers@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.

UUCJ Joins UU the VOTE!

Let us live our UU values and join with UU's around the nation to make a difference in the Fall election. This non-partisan faith initiative calls on us to mobilize voters, encourage early voting, serve as poll workers, and more - in partnership with MUUSAN and the Maine League of Women Voters.

Our Sunday, September 27, 2020 service on UU the Vote is a call to action to celebrate our democracy and promote electoral justice.

To find out more about UU the Vote go to: <https://www.uuthevote.org>. If you wish to join with others in our congregation on this important initiative, contact: Michaela Loisel at Michaelatloisel@gmail.com or at (207) 592-5655.



- More volunteers are needed to ready the Drew House for New Mainers. Tasks include painting, cleaning and moving boxes. Even if you can just do two hours, that would be great.

Hours needed are: Thursday and Friday from 9-1, Sept. 24-25.

Please contact Marilyn Dunn 344.4980 if you can help either of these days. Masks required. Thank you.

Tenants move in on September 30th so the Drew Crew says WE NEED YOU.



The Social Justice Committee co-chairs are Debbie Mattson and Michaela Loisel. Other members of the committee are Pam Lombard and Liza Gottlieb. We encourage you to join us with your ideas, knowledge, and enthusiasm.

Please join us to plan Social Justice activities for the coming church year. Ideas include: creating a directory of church members connections to Social Justice work; participating in UU the Vote; choosing organizations to receive our monthly Share the Plate; inspiring other committees to include Social Justice work in their activities; remaining connected to the work of Capital Area New Mainers Project and MUUSAN.

Please join us. For more information contact Debbie Mattson (debbiemattson@hotmail.com) or Michaela Loisel (michaelaloisel@gmail.com). The Social Justice Committee will set its first official meeting in October when we know who else is interested in joining for planning and action.

Dr. Don on Covid-19

Travel during the COVID-19 Pandemic

This week's article is in response to a church member's request. When traveling there is no way to ensure you have zero risk of infection, so it is important to understand the risks and know how to be as safe as possible.

Most viruses don't spread easily on flights because of how efficiently air circulates and is filtered in airplanes. However, crowded flights make social distancing difficult. Keeping the air valve open above your head provides a protective cone of flowing, filtered air around you. Major airlines in the U.S. require that crews and passengers wear cloth face coverings and may require temperature checks before boarding. The Transportation Security Administration (TSA) has increased the cleaning and disinfecting equipment and surfaces at screening checkpoints and made a number of changes to the screening process. You will see TSA officers wearing masks and gloves, practicing social distancing and changing gloves after any pat-down. Instead of handing boarding passes to TSA officers, travelers place passes directly on scanners and then hold them up for inspection. Food items should be transported in a plastic bag and placed in a bin for screening. Separating food from carry-on bags lessens the likelihood that screeners will need to open bags for inspection. Personal items such as keys, wallets and phones should be placed in carry-on bags instead of directly into bins to reduce the handling of these items during screening. Wash hands or use hand sanitizer after screening.

You may need transportation once you arrive at your destination. You can investigate car rental options and their disinfection policies on the internet. If you plan to stay at a hotel, check into shuttle service availability. If you plan to use a ride-hailing service, don't sit in the front seat near the driver. Ask the driver to improve the ventilation in the vehicle if possible by opening the windows or setting the air ventilation/air conditioning on non-recirculation. Consider handling your own bags during pickup and drop-off. When using public transportation limit touching frequently touched surfaces such as kiosks, digital interfaces such as touchscreens and fingerprint scanners, ticket machines, turnstiles, handrails, restroom surfaces, elevator buttons, and benches as much as possible. If you must touch these surfaces, as soon as you can, wash your hands for 20 seconds with soap and water or rub your hands with sanitizer containing 60% alcohol. Avoid gathering in groups, and stay out of crowded spaces when possible, especially at transit stations and stops. Consider skipping a row of seats between yourself and other riders when feasible. If possible, consider traveling during non-peak hours when there are likely to be fewer people.

Travel by private car is the safest, provided those traveling are COVID free. Plan to make as few stops as possible. Be sure to pack cloth face masks, hand sanitizer and disinfectant wipes in an easily accessible spot so that you can use them during the trip. Prepare food and water to take on the trip. Consider including nonperishable items to tide you over if access to restaurants and grocery stores is limited. When you need to get gas, disposable gloves are great but you can use a disinfectant wipe, a paper towel or napkin to hold a gas pump or type on a payment keypad, and throw them away before getting back in your car. After fueling, use hand sanitizer, and when you get to where you're going, use soap and water to wash your hands for at least 20 seconds.

If you choose to pick up a meal on the road, opt for restaurants that offer drive-thru or curbside service. Your safest food options are drive-thru, delivery, take-out, and curbside pick-up. Fast-food restaurants are also the best option for rest room stops. Since most people are opting for takeout or delivery these days, bathrooms in fast-food restaurants are relatively unused. If you rely heavily on restrooms at highway rest areas or gas stations, be especially vigilant with sanitizing. Studies suggest that it's safer to use a paper towel to dry your hands instead of the automatic hand dryer, which can spread particles further. Be careful not to touch fixtures like the faucet or door handle after washing your hands, which would defeat the purpose of hand washing (instead, use a paper towel to shield your hands after washing). And, of course, wear a mask and social distance.

Gov. Mills has issued a "Stay Safer at Home" Order for all Maine people. All out-of-state travelers coming into Maine, and Maine residents returning to Maine, must either receive a negative COVID-19 test within 72 hours prior to arrival or complete a 14-day quarantine, per the Keep Maine Healthy plan. Maine residents can travel to New Hampshire, Vermont, Connecticut, New Jersey and New York and return without testing or 14-day quarantine because of those state's low level of current infections.

Next week I'll talk about safety during overnight stays in hotels and motels.

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

Don Naber naber@zwi.net

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.

UUCC 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)	revcariejohnsen@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@zwi.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