

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, September 30, 2020

Sunday Services for October 4th and October 11th

Worship Theme: October -- **DEEP LISTENING**

<p><u>THIS 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 UUCU 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>
<p><u>NEXT Sunday 10/11</u> at 10:00 a.m. <i>“Listening to our Ancestors”</i></p>	<p>Join Reverend Carie with John Seksay as Worship Associate and Karen Allen on Piano.</p>

UUCU 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 *UUCU 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.

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

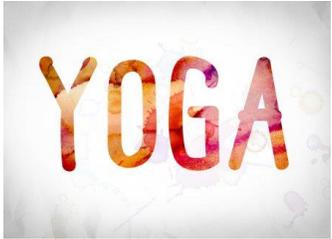
3. Join by phone: dial 1 646 558 8656 (NOTE: toll charge may apply)

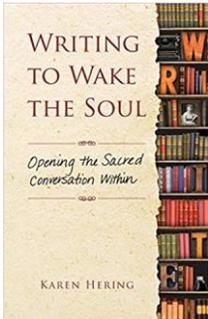
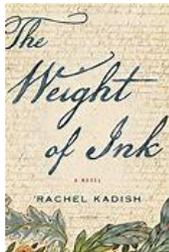
At first prompt (meeting id: 823 807 0673#)

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

<p>Monday Each week 2:00 – 3:30 p.m.</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! FMI: admin@augustauu.org</p> <p style="text-align: center;">UUCC ZOOM ROOM (← click this link OR see Pg. 1 for other ways to join)</p>
<p>Monday Each week 6:30 – 8:00 p.m.</p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p>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>Wednesdays Each Week 5:00 – 6:00 p.m.</p>	<p style="text-align: center;">Gentle YOGA</p> <p style="text-align: center;">Hosted by Debbie Mattson</p> <div style="display: flex; justify-content: space-between; align-items: center;"><p>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.</p></div> <p style="text-align: center;">https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09 Password 174192 FMI: DebbieMattson@hotmail.com</p>
<p>Monday 1st & 3rd weeks of each month 7:00 – 7:30 p.m.</p>	<p style="text-align: center;"><u>UUCC Music Zoom Zone</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> 8:00 – 9:30 <u>a.m.</u></p>	<p align="center"><u>Peaceful Heart Sangha</u></p> <p align="center">You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</p> <p align="center">Click the below direct link: https://maine.zoom.us/j/680555360?pwd=UDJIRHY4WjYrejudu-anFjL3ZkY3ZYZz09</p> <p align="center">Meeting ID: 680 555 360 - Password: 741266</p> <p align="center">FMI: email martysoule@gmail.com or peacefulheartsangha@gmail.com</p> 
<p><u>Thursdays</u> <u>Each Week</u> 9:00 – 9:45 <u>a.m.</u></p>	<p align="center"><u>PLEASE NOTE</u> HOME ALONE, FEELING ALONE Coffee Klatch is Being Discontinued at this Time.</p> 
<p><u>Every Other Thursday</u> 10:00 – 11:30 <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 align="center"><u>PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). The group will meet in October on 10/1, 10/15 and 10/29.</u></p>
<p><u>Thursday, Oct. 3, 2020</u> 1:00 – 2:30 <u>p.m.</u></p>	<p>Thurs. October 3 <u>Read. learn. Share</u> 1:00 – 2:30 p.m., D-Prlr</p>  <p><u>The Weight of Ink</u> by Rachel Kadish</p> <p><i>Electrifying and ambitious, sweeping in scope and intimate in tone, <u>The Weight of Ink</u> 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</i></p> <p>FMI: contact June Zellers at jzellers@roadrunner.com or 582-5862, or Kathy Kellison kell6787@gmail.com or 445-4415.</p>

ALL church events and meetings are reflected on the UUCC calendar
Click below to view ALL events, including any group meetings or other business meetings.

<https://www.augustauu.org/calendar-and-communications/>

Notices

Has YOUR Contact Information Changed?

A new Church Directory is being prepared with updated UUCC leadership information AND contact information for church members and friends.

Has any of YOUR contact information changed? (e-mail, phone, physical or mailing address?)

If so, please report any changes to the Office Administrator by Wednesday, October 7th
Admin phone (207) 622-3232 or email admin@augustauu.org

[HELP US](#) keep in touch with you and keep you informed.

Hannaford card transition:



After October 1, the UUCC will be issuing brand new Hannaford card designs to all users. Keep spending down the Hannaford cards you have now, and throw them away once they are depleted. They will NOT be refillable. The new cards will be mailed to you, empty, in preparation for the next monthly reload of funds on October 27.

For occasional, one-time Hannaford card buyers, your two new-design cards will be mailed to you, once you contact Catherine for another reload. Her number is 207.458.7384. Or email palmercatherine-maine@gmail.com.

Thank you for supporting our church's fundraising efforts!



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.

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

An Update on the UUCS Covid-19 Advisory Group Meeting on Sat. Sept. 26th

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

A meeting was held via Zoom Saturday, Sept. 26 - 8:30 – 9:30 a.m.

A summary of the feedback received during the meeting will be shared with the congregation shortly. In the meantime, please know that no action was decided upon at this time. We plan to gather more information and revisit the issue at our October 10 meeting.

From the Board and the COVID Ad Hoc Group

UUCS TheVote -There's still time to impact the election!

Join with UUCS across the nation in a massive get out the vote effort in the key swing states of Florida, Pennsylvania and Wisconsin.

UUCS's Social Justice Committee will focus on Electoral Justice as its first action this year and have targeted 3 areas: national focus, state focus and local focus.

National Focus: Go to uucsthevote.org where you'll find the National Phonebank Schedule and easy to follow instructions.

State Focus: Go to lvvme.org to sign up for phone banking, see schedule of candidate forums, election protection information sessions and other educational sessions.

Local focus: Contact your city/town office to see if help at the voting polls is needed.

Any questions, contact Michaela Loisel @ michaelatloisel@gmail.com or Debbie Mattson at debbiemattson@hotmail.com

Dr. Don on Covid-19

This is a follow-up to last week's article on travel requested by a congregation member.

Should you choose to travel and stay as a hotel guest you will find that the experience has changed. Here's some of what you can expect.

All of the major hotel chains have announced new cleaning standards sometimes with state-of-the-art technologies, such as hydrostatic spraying which thoroughly distributes disinfectants, ultraviolet light use (which is unlikely to be effective, more on this in a future article), installing hand-sanitizing stations throughout hotels, using hospital-grade disinfectants and supplying disinfecting wipes in guest rooms. Some hotel chains seal the door of each room with a sticker to indicate that housekeeping has finished and no one else has entered. Although not always reliable, some hotels are taking the temperatures of guests as a precaution.

You will see social distancing floor stickers for lines at the front desk. Expect to find pool chairs and lobby furniture rearranged to allow for more space between visitors. You may wait longer for an elevator as capacity is reduced and just one individual or one party at a time may ride an elevator. You are likely to see fewer fellow guests. Many hotels will be subject to capacity limits which may vary by state or local laws.

The American Hotel & Lodging Association has released "Safe Stay" guidelines for travelers and hotel management. It recommends that hotel guests and staff:

1. Wear face coverings in all indoor public spaces and practice social distancing in all common areas.
2. Choose contactless options, where available, including online reservations, check-ins and payments.
3. Consider daily room cleaning, only if necessary. Ask the hotel about your options for extended stays,
4. Request contactless room service delivery if you order food,
5. Refrain from traveling if you have, or recently had, any symptoms of COVID-19 or contact with anyone diagnosed with COVID-19.

"We know now that there's a lot of people who get the coronavirus who have no symptoms at all, [and] who could potentially transmit it," explains Dr. Thomas Russo, chief of the division of infectious disease at the University at Buffalo, referring to the viruses' now well-known ability to spread from asymptomatic people. So here are some suggestions to mitigate your risks at a hotel:

- request a room no one has stayed in for a day or two,
- put the TV remote control in a ziplock bag for use,
- bring your own pencils, pens, cups and bathroom supplies,
- bring your own disinfectant wipes to use on "higher-touch surfaces like the telephone, the doorknob, bathroom faucets, toilet handles, flat surfaces and the remote control, if you don't put it in your own and,
- wash your hands well after preparing your room for your stay.

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

Don Naber naber@gwi.net

UUCC 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.	tlnaturalhealth@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

UUC Office Hours – NEXT WEEK

UUC 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