

# Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, October 14, 2020

## Sunday Services for October 18<sup>th</sup> and October 25<sup>th</sup>

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

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| <b><u>THIS Sunday 10/18</u></b> at<br>10:00 a.m.<br><i>“Listening to the Divided Self”</i> | Join Reverend Carie with Sara Hodgkins as Worship Associate and Karen Foust on piano. Our Music Director, Bridget Convey will play a piano solo entitled “Dream” by John Cage*. <see below> |
| <b><u>NEXT Sunday 10/25</u></b>  | <i>“Friends of Silence”</i> with Reverend Carie   |

\***More about “Dream” by John Cage:** John Cage had already gained a reputation as a leading figure of the avant-garde -- largely for his development of the prepared piano -- when he wrote Dream in 1948. This was near the end of a period during which Cage wrote prolifically for modern dancers; Dream, in fact, was composed at the request of Cage’s longtime collaborator, dancer/choreographer Merce Cunningham. As was his usual practice, Cage began work on Dream only after the dance was completely planned and Cunningham had given him a list of the metric patterns for each dance as a template from which Cage could proceed.

The music consists of groups of pitches that are allowed to resonate (either by holding the keys down or by using the sustaining pedal); the degree of resonance of the performing instrument determines the rhythmic flow of the piece. Foreshadowing later developments in Cage’s aesthetic, Dream creates for the listener an otherworldly sense of time suspension. It is a gentle, slightly haiku-like work.



**IMPORTANT:** A PASSCODE is now **required** to enter the UCC Zoom Room (except when dialing in by phone)  
Enter Zoom as you have been and enter passcode: 6971 when prompted.

**Sunday services and all other events (unless noted) are held in the UCC ZOOM ROOM** ← ← click this **UPDATED LINK** to join

### **Other ways to join:**

- 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.**

UCC 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.**

## Virtual Connections

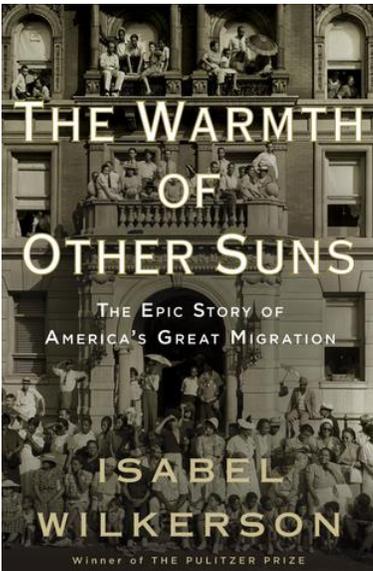
### Upcoming:

Sunday, November 1, **Goddess/Earth Circles Women of Wisdom**,  
1-3pm on UCC Zoom

The celebration comes from croning, recognition of the wisdom of women gained through life experience and is especially meaningful at Samhain (Halloween).  
Yes, you may wear a witch's hat!



Contribute to the Women of Wisdom Reader. Share in breakout session of Gifts of Chaos.  
For more information about croning and the celebration, contact Helen Zidowecki  
([hzmre@hzmre.com](mailto:hzmre@hzmre.com) or 582-5308).



Thursday, November 5, **Read. learn Share**

You are invited to join a discussion of The Warmth of Other Suns by Isabel Wilkerson. 1:00-2:30 in the UCC Zoom Room. Anyone who is interested in this book is welcome to attend. For more information, contact June Zellers at [jzellers@roadrunner.com](mailto:jzellers@roadrunner.com) (582-5862) or Kathy Kellison at [kell6787@gmail.com](mailto:kell6787@gmail.com) (445-4415.)

*In this epic, beautifully written masterwork, Pulitzer Prize-winning author Isabel Wilkerson chronicles one of the great untold stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life. ~Goodreads*

### Weekly Events

**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](mailto:admin@augustauu.org)

***UCC ZOOM ROOM*** (← click this link OR see Pg. 1 for other ways to join)

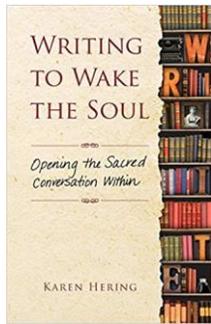
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|--|---|
| <p><b><u>Monday</u></b><br/> Each week<br/> <b><u>6:30 – 8:00</u></b><br/> <u>p.m.</u></p>   | <p style="text-align: center;"><b><u>Peaceful Heart Sangha</u></b><br/> You may join us at 6:15 to settle in.</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: right;"> <p>Click on the direct link below:<br/> <a href="https://zoom.us/j/99346520797?pwd=NGRD-NHcyVHM0YWtodmVHM2xwNjJjdz09">https://zoom.us/j/99346520797?pwd=NGRD-NHcyVHM0YWtodmVHM2xwNjJjdz09</a><br/> Zoom Meeting ID: 993 4652 0797<br/> Password: 063175</p> </div> </div> <p style="text-align: center;">FMI: email <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a> or <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p>                  |
| <p><b><u>Wednesdays</u></b><br/> Each Week<br/> <b><u>5:00 – 6:00</u></b><br/> <u>p.m.</u></p>   | <p style="text-align: center;"><b>Gentle YOGA</b><br/> 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;"><a href="https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGbz3dMWmZoOTRxa3VoUT09">https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGbz3dMWmZoOTRxa3VoUT09</a><br/> Password <b>174192</b><br/> FMI: <a href="mailto:DebbieMattson@hotmail.com">DebbieMattson@hotmail.com</a></p>  |
| <p><b><u>Monday</u></b><br/> 1<sup>st</sup> &amp; 3<sup>rd</sup><br/> weeks of each<br/> month<br/> <b><u>7:00 – 7:30</u></b><br/> <u>p.m.</u></p> | <p style="text-align: center;"><b><u>UUCC Music Zoom Zone</u></b></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> <div style="text-align: right;">  </div> <p>We will meet using the church's Zoom room. If you would like more information, please email Bridget Convey at: <a href="mailto:musicdirector@augustauu.org">musicdirector@augustauu.org</a></p>  |
| <p><b><u>Thursdays</u></b><br/> Each Week<br/> <b><u>8:00 – 9:30</u></b><br/> <u>a.m.</u></p>  | <p style="text-align: center;"><b><u>Peaceful Heart Sangha</u></b><br/> You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: right;"> <p>Click the below direct link:<br/> <a href="https://maine.zoom.us/j/680555360?pwd=UDJIRHY4WjYrejdunanFjL3ZkY3ZYz09">https://maine.zoom.us/j/680555360?pwd=UDJIRHY4WjYrejdunanFjL3ZkY3ZYz09</a><br/> Meeting ID: 680 555 360 - Password: 741266</p> </div> </div> <p style="text-align: center;">FMI: email <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a> or <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p> |

**Every  
Other  
Thursday**

**10:00 – 11:30  
a.m.**

## *Writing to Wake the Soul*

**Every OTHER Thursday morning -- 10:00 - 11:30 a.m.**



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.

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.

**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.**

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

### **UUtheVote/Social Justice Committee invite:**

**UCC night of phone banking with UUthevote: Wednesday, October 27th:** 6 PM join the New Florida Majority to contact Florida voters. To register go to: [UUthevote.org](https://UUthevote.org)

Contact Debbie Mattson at [debbiemattson@hotmail.com](mailto:debbiemattson@hotmail.com) or Michaela Loisel at [michaelatloisel@gmail.com](mailto:michaelatloisel@gmail.com). with any questions -especially if you have not phonebanked before. It is easy and all you need is your phone and computer.

UU's make a difference!



Monday October 19<sup>th</sup> is the DEAD-LINE for submissions to the Fall Newsletter.

Please send your submissions to [newsletter@augustauu.org](mailto:newsletter@augustauu.org). Questions, please call the church administrator at (207) 622-3232 or [admin@augustauu.org](mailto:admin@augustauu.org)

### Board Highlights – October 2020

At the October Meeting the UUC Board:

Voted to accept the Financial Policies and Procedures dated September 4, 2020 with gratitude for the tremendous effort that went into the creation of this important document.

Heard that the COVID Advisory Group will continue to provide access to the building on a case by case basis and that most participants in the recent meeting expressed caution regarding re-opening buildings.

Accepted Gary Chapin's resignation as Chair of the Worship Committee (with gratitude for his volunteer service in this capacity) and welcomed Susan Burnett into that position.

Welcomed Cheryl Ring and Liza Gottlieb's willingness to join a working group to develop a list of transitional job responsibilities for the Coordinator of Lifespan Education for FY 20-21, update the personnel handbook and develop a job description for the new position (formerly Director of Religious Exploration).

Endorsed the letter to the congregation from the Committee on Ministry.

Postponed further planned agenda items until the November meeting.

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

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### **UUC AUCTION UPDATE:**

We are half-way compiling our 100-item Online Silent Auction (the online bidding will last a week -- beginning Friday, March 26, 2021, and ending on Good Friday, April 2, 2021).

We need your help to reach our \$5,000 fundraising goal! Please donate Easter dinner desserts (pies, cakes, baked goods) or popular auction items -- antiques, furniture, gift certificates or general merchandise and services.

**Remember, we cannot hold our traditional Thanksgiving Pie Sale at Longfellow's, because of the Pandemic, so let's sell LOTS of Easter pies and cakes at this auction! You can bring your offerings to church by 5 p.m., Friday, April 2, or by 8 a.m., Saturday, April 3.**

Email a photo (or facsimile) and full description of your auction donation, no later than Feb. 1, 2021, to Catherine Palmer, [palmercatherinemaine@gmail.com](mailto:palmercatherinemaine@gmail.com).

Bidders will **not** be able to QUICK-buy a favorite item by bidding up the price in the last three minutes -- a built-in algorithm allows for continuously higher bids until there are no more bids for a period of three minutes, then the item is considered sold.

**DO NOT PLAN to store** any auction items at our church or in the church garage before March. You must keep your large donations until nearer auction week. *Gift certificates are the exception.* Please mail those to Catherine Palmer, 9 Congress St., Augusta, ME 04330

Winning bidders may stay in their cars to pay for (and retrieve) items won, outside the UUCC garage, on Saturday, April 3, from 9 a.m. to 4 p.m.

SEE our current list of items up for auction!  
Thank you, donors!

|  |   |
|--|---|
| \$10 Gift Certificate Huiskamer Coffee House (1 of 2)      | Floor Lamp                                    |
| \$10 Gift Certificate Huiskamer Coffee House (2 of 2)      | Fluorescent ceiling globe LED                 |
| \$15 Gift Certificate Downtown Diner (1 of 2)              | Framed Painting - Art by Sandy Dunn           |
| \$15 Gift Certificate Downtown Diner (2 of 2)              | Handmade Lavender Laundry Soap                |
| \$18 Gift Certificate for Penny's Barber Shop (1 of 2)     | Handmade Twin Size Quilt                      |
| \$18 Gift Certificate for Penny's Barber Shop (2 of 2)     | Holiday Tea                                   |
| \$50 Gift Certificate Cloud 9 Restaurant                   | HP Pavillion Laptop with two power supplies   |
| \$50 Gift Certificate Cushnoc Brewery                      | King Size Velveteen Sheets (new)              |
| \$50 Gift Certificate Slate's Restaurant                   | Large Wooden Cutting Board                    |
| \$50 Gift Certificate Damon's Deli                         | LeRoux Balsamic Vinegar                       |
| \$250 Financial Services Jac Arbour<br>Wealth Management   | One Month Free Storage at UHaul               |
| \$300 Gift Certificate Charlie's Auto                      | Pampered Chef Kitchen Items (new)             |
| 19 Inch Viore Kitchen TV                                   | Penalty Box exercise trainer                  |
| 32 Inch Samsung TV (not Roku ready)                        | Sculptured Dachshund Dog Collectible          |
| 42 Inch Sony Bravia 1080 TV with wall bracket              | Showtime+ Model Rotisserie & BBQ Oven         |
| Black Pashmina Shawl                                       | Solar Powered Car fans                        |
| Book "Arriving at Your Own Door"                           | Stationary Bicycle Equipment                  |
| Brilliant Oval Hardwood Coffee Table                       | Stocking Stuffers                             |
| Ceramic Floral Ornament                                    | Stocking Stuffers Set No. 2                   |
| Child or pet comfy   | Stone Birds                                   |
| Coffee Maker   | Thermos Carafe                                |
| Custom Twin, Heirloom-quality, Folding Adirondak<br>Chairs | Three Matted Custom Photographs by Steve Dunn |
| Electric Fryer   | Two Tablecraft Beverage Dispensers            |
| Felt Birdhouse   | Work Crew #1 Organized by Becky Harvey        |
|  | Work Crew #2 Organized by Marilyn Dunn        |

## Dr. Don on Covid-19

A few days ago Martha mentioned a problem common to teaching and present in these articles - the use of unexplained or undefined terms. As a partial remedy here are some of the terms we hear frequently but that often go unexplained.

We often hear the term "germ" used when discussing microorganisms, organisms that cannot be seen without magnification, however the word "germ" is not used in the science of microbiology. Its use is confined to the discussion of cells that develop into tissues such as wheat germ which is the embryo plant or cells in an embryo that develop into an organ or structure. In the general public "germ" springs from its use in the early 19th century to describe the then invisible agents of disease. The most commonly discussed of the several microscopic families of this group are bacteria and viruses.

Bacteria like "Streps", "Staph" and Salmonella are individual single cell organisms capable of growth and rapid reproduction in suitable conditions like those found in water, soil and living organisms like us. Viruses are quite different, consisting of a strand of genetic information surrounded by a cover. They are simple in structure, not able to carry out any function on their own and fully inactive until they attach to and enter the cells of a suitable host. Viruses infect everything from strawberries and tobacco to animals and us and they are a tiny fraction of the size of bacteria. (More on these size differences when I talk about HEPA filters in the future.) Once inside the host cells virus genetic information takes over the cell and causes it to build and then release hundreds of new viruses which spread the infection to more cells and eventually to more individuals. When an infection is spread between individuals it is considered to be communicable (or transmissible or infectious). The disease is termed virulent if it is both communicable and destructive, damaging host tissues perhaps even to the point of death. Many communicable diseases including COVID-19 are spread by those who are asymptomatic in the early stages of infection or "chronic carriers" who are infected and show either minor symptoms or no ill effects at all but still spread the disease.

Common antibiotics like penicillin and streptomycin have no value in combating viral infections. They are either the products of other microorganisms or chemical derivatives of these products designed to stop or hinder free-living bacteria from reproducing. Because viruses are true parasites acting within our own cells they are unharmed by antibiotic effects. To prevent virus infection we depend on immunity, the powerful actions of our complex immune system. As we have seen often in the past with other diseases, the best way to create immunity is with a vaccine. Vaccines stimulate the cells of the immune system to produce both antibodies, protein molecules specific for inactivating the virus and white blood cells to recognize and eliminate cells already infected. Once stimulated in this way the immune system will usually remember how to defeat the infection quickly should it return again. (Vaccines will be a future topic.)

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

Don Naber    [naber@zwi.net](mailto:naber@zwi.net)

## UCC 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) | <a href="mailto:revcariejohansen@gmail.com">revcariejohansen@gmail.com</a> |
| Martha Pelletier, Chair      | 207-685-9592 (H) | <a href="mailto:Mjpell14@roadrunner.com">Mjpell14@roadrunner.com</a>       |
| Helen Zidowecki              | 207-582-5308 (h) | <a href="mailto:hzmre@hzmre.com">hzmre@hzmre.com</a>                       |
| Tracy McNaughton             | 207-623-3110 (h) |  |

**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                 | <a href="mailto:StonehengeMaine@yahoo.com">StonehengeMaine@yahoo.com</a>   | 207-215-6394 |
| Terry Lee Cairn, ND, MSOM, Lac. | <a href="mailto:tlcnaturalhealth@yahoo.com">tlcnaturalhealth@yahoo.com</a> | 207-557-2557 |
| Harry Grimmnitz, MD             | <a href="mailto:hgrimmnitz@gmail.com">hgrimmnitz@gmail.com</a>             | 207-685-9270 |
| Don Naber, Ed.D                 | <a href="mailto:naber@gwi.net">naber@gwi.net</a>                           | 207-887-1104 |
| Cathie Nielsen, MD              | <a href="mailto:cathieenielsen@gmail.com">cathieenielsen@gmail.com</a>     | 207-441-0248 |
| Marty Soule, PA-C               | <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>             | 207-685-9270 |

## **UCC Office Hours – NEXT WEEK**

### UCC Administrator Hours

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

Church Administrator: Lynn M. Smith,  
[admin@augustauu.org](mailto: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](mailto:RevCarieJohnsen@gmail.com)

### Sunday Services / Staff Contact information:

Church Administrator, Lynn M. Smith, [admin@augustauu.org](mailto:admin@augustauu.org), Phone 622-3232

Religious Exploration Coordinator, Monique McAuliffe, [RECoordinator@augustauu.org](mailto:RECoordinator@augustauu.org)

Music Director, Bridget Convey, [musicdirector@augustauu.org](mailto:musicdirector@augustauu.org)