

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, October 21, 2020

## **Sunday Services for October 25<sup>th</sup> and November 1**

Worship Themes:      October -- **DEEP LISTENING**  
November - **HEALING**

<b><u>THIS Sunday 10/25</u></b>	<i><b>"Friends of Silence"</b></i> with Reverend Carie. Marilyn Gordon and Monique McAuliffe will serve as worship associates with Stef Barley on piano.
<b><u>NEXT Sunday 11/1</u></b>	Join us for a service led by visiting minister Rev Erika Hewitt and Sara Hodgkins as our worship associate.



**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

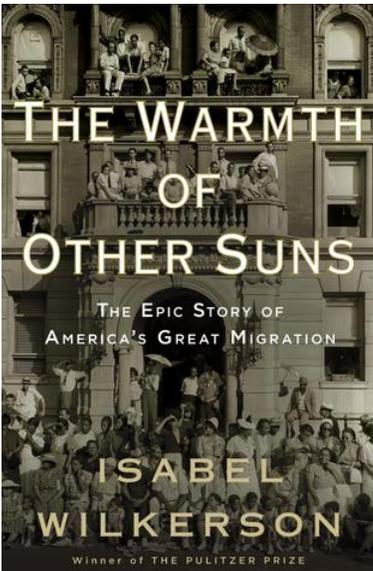
### Upcoming:

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)

<p><b><u>Monday</u></b>  <u>Each week</u>  <b><u>6:30 – 8:00</u></b>  <u>p.m.</u></p>	<p style="text-align: center;"><b><u>Peaceful Heart Sangha</u></b></p> <p style="text-align: center;">You may join us at 6:15 to settle in.</p> <p>The login and password information has changed. Please contact Marty Soule for updated login information at email <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>.  FMI: <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p> 
<p><b><u>Wednesdays</u></b>  <u>Each Week</u>  <b><u>5:00 – 6:00</u></b>  <u>p.m.</u></p>	<p style="text-align: center;"><b>Gentle YOGA</b>  Hosted by Debbie Mattson</p> <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>  <p style="text-align: center;"><a href="https://maine.zoom.us/j/95825651125?pwd=UWJpOVFiVFJGb3dMWmZoOTRXa3VoUT09">https://maine.zoom.us/j/95825651125?pwd=UWJpOVFiVFJGb3dMWmZoOTRXa3VoUT09</a>  Password <b>174192</b>  FMI: <a href="mailto:DebbieMattson@hotmail.com">DebbieMattson@hotmail.com</a></p>
<p><b><u>Wednesday</u></b>  <u>1<sup>st</sup> &amp; 3<sup>rd</sup></u>  <u>weeks of each</u>  <u>month</u>  <b><u>7:00 – 7:30</u></b>  <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>  <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>  <u>Each Week</u>  <b><u>8:00 – 9:30</u></b>  <u>a.m.</u></p>	<p style="text-align: center;"><b><u>Peaceful Heart Sangha</u></b></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>The login and password information has changed. Please contact Marty Soule for updated login information at <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>.  FMI: <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p> 

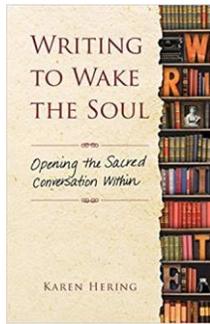
**Every  
Other  
Thursday**

**9:00 – 10:30  
a.m.**

## *Writing to Wake the Soul*

**Every OTHER Thursday morning -- 9:00 - 10:30 a.m.**

**\*\*\* PLEASE NOTE THE CORRECTED TIME \*\*\***



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). Upcoming meetings are scheduled on 10/29 and 11/12, 12/3 and 12/17. The group will NOT meet on Thanksgiving Day.**

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



The copy of the Small Group Ministry Service, "*Deep Listening in a Noisy World*" is available on the UCC website at [LINK https://www.augustauu.org/assets/Uploads/Deep-Listening-in-a-Noisy-World.-SGM-service-10.2020.pdf](https://www.augustauu.org/assets/Uploads/Deep-Listening-in-a-Noisy-World.-SGM-service-10.2020.pdf)

### *Sunday Morning Offering*

If you wish to make a donation for Sunday morning offering, click the link below:

[Donate to Sunday Morning Offering using a Credit or Debit Card](#)

**Please Note:** a credit / debit card donation for Sunday morning offering is "anonymous" and no tax receipt can be provided by the church administrator. Save your credit card statement for tax records.

If you wish to make a donation that can be documented with an individual receipt record, write

a check payable to: UCC and mail check to: UU Church of Augusta

P.O. Box 8

Augusta, ME 04332-0008

< Please write "Offering" in the memo line of your check >

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

**UUC 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**

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!

**COVID-19 Advisory Group update:** On 10/10/2020 the Covid Advisory Group discussed feasibility of any increased group meetings in the church. At this time, we have not recommended increased usage of the church for more than 2-3 people for very specific things and those that were already approved. There are some requests still being discussed but we are waiting for additional information.

Although Maine's Covid numbers are lower than the rest of the nation, ventilation and the need for good air exchange is extremely important. Events held at indoor venues are much higher risk than events held outdoors. Vocalization (such as a lot of talking) is another consideration. Our building is not modern and air exchange is poor. The ad hoc group does want people to understand that recommendations to the board may change as time goes on and we monitor Covid presence in Kennebec county. It is anticipated there will be another wave of coronavirus. Maintaining safety is of the utmost importance.

## **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. \*\****

## UCC 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!** 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). **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. **You can bring your offerings to church by 5 p.m., Friday, April 2, or by 8 a.m., Saturday, April 3. Gift certificates are the exception.** Please mail those to Catherine Palmer, 9 Congress St., Augusta, ME 04330

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.

Winning bidders may stay in their cars to pay for (and retrieve) items won, outside the UCC 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 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 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

Face shields are a routine part of the protective equipment used by medical workers in COVID clinics for protection of the eyes, a route this virus can use to infect the body. As you have seen, some clinics go further to protect staff members with full "barrier" PPE (personal protective equipment) involving head covering hoods and body covering disposable suits.

But what about face shield use by the public? You and I have seen face shields being used in place of a mask and questions enter our minds. Here is what some officials are saying. Charles Bailey, MD, medical director for infection prevention at St. Joseph Hospital and Mission Hospital in Orange County, California states "A face shield shouldn't be the preferred form of PPE for people in public places." Infectious disease specialist Bruce Polsky, MD, chairman of medicine at NYU Winthrop Hospital, further notes "The point of a face shield is to provide an extra layer of protection and to protect the eyes when in close contact with someone that has—or is suspected to have—COVID-19."

Face shields do have advantages as other researchers note, they're easier to clean (you can wipe it down with a household disinfectant), reusable, and tend to be more durable and long-lasting. But Dr. Bailey says face shields are more challenging to wear for a variety of reasons, such as vision distortion and the potential to become fogged, and so should only be used when it's necessary to add eye protection and to shield masks from potential contamination. Most importantly, face shields do not provide as complete a barrier to block respiratory secretion aerosols when compared to a mask. A mask creates a complete or near-complete barrier on the sides of the wearer's face, while a shield is open on the sides, which allows small particles and aerosols to enter.

How you choose to protect yourself and others is entirely up to you. At this point, unless you wear it with a mask, it seems better to leave face shields to frontline workers who come into close contact with people infected with the coronavirus.

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

Don Naber [naber@gwi.net](mailto:naber@gwi.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:revcariejohnsen@gmail.com">revcariejohnsen@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)