

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, October 28, 2020

## Sunday Services for November 1<sup>st</sup> and November 8<sup>th</sup>

**Daylight Savings Time ENDS -- THIS Sunday**  
**REMEMBER to turn back your clocks 1 hour on Saturday night!**



Worship Theme: November – **HEALING**

<p><b><u>THIS Sunday 11/1</u></b></p>	<p><b><i>“Leadership as Spiritual Practice”</i></b> with visiting minister Rev Erika Hewitt and Sara Hodgkins as our worship associate.</p> <p>Just days away from the election of national and state leaders, many of us are keenly aware of the consequences of poor leadership. What would it mean to think of leadership—including our individual roles as leaders—as a spiritual practice?</p> <p><u>Short biography:</u> Rev. Erika Hewitt serves remotely as the Minister of Worship Arts for our Unitarian Universalist Association. This means that she oversees a vast online library of worship and spirituality resources, Worship-Web, available to all UU congregations as well as other people of faith.</p>
<p><b><u>NEXT Sunday 11/8</u></b></p>	<p><b><i>“Now What? A Post Election Moment”</i></b> with Reverend Carie and Monique McAuliffe. John Seksay will serve as worship associate with Karen Foust on piano.</p> <p>Special Music by Bridget Convey: "The 'Aria' from the Goldberg Variations" by J.S. Bach Bless the imperfect by manish</p>



**IMPORTANT:** A PASSCODE is now **required** to enter the UUCC 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**  
***UUCC ZOOM ROOM*** ← ← click this **UPDATED LINK** to join

### Other ways to join Zoom:

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).

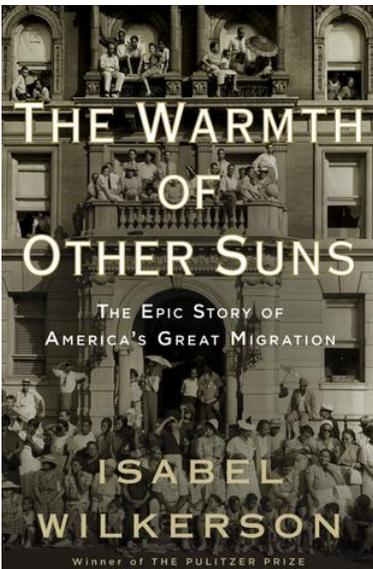
Yes, you may wear a witch’s hat!



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).



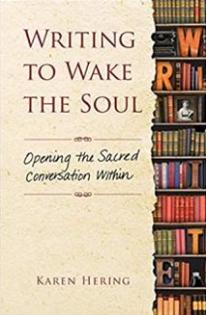
Thursday, November 5, **Read. learn Share**

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

<p><b><u>Monday</u></b> Each week <b><u>2:00 – 3:30</u></b> <b><u>p.m.</u></b></p> <p><b><u>Not meeting on</u></b> <b><u>Nov. 2</u></b></p>	<p style="text-align: center;"><b><u>Read Aloud &amp; Discussion</u></b></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: <a href="mailto:admin@augustauu.org">admin@augustauu.org</a></p> <p><b><u>PLEASE NOTE:</u></b> This reading discussion group will NOT meet on Nov. 2. Stay tuned for Nov. 9 meeting information. Thank you.</p> <p style="text-align: center;"><b><i>UUCZ ZOOM ROOM</i></b> (← click this link OR see Pg. 1 for other ways to join)</p>
<p><b><u>Monday</u></b> Each week <b><u>6:30 – 8:00</u></b> <b><u>p.m.</u></b></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> Each Week <b><u>5:00 – 6:00</u></b> <b><u>p.m.</u></b></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=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09">https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09</a> Password <b>174192</b> FMI: <a href="mailto:DebbieMattson@hotmail.com">DebbieMattson@hotmail.com</a></p>
<p><b><u>Wednesday</u></b> <b><u>1<sup>st</sup> &amp; 3<sup>rd</sup></u></b> <b><u>weeks of each</u></b> <b><u>month</u></b> <b><u>7:00 – 7:30</u></b> <b><u>p.m.</u></b></p>	<p style="text-align: center;"><b><i>UUCZ Music Zoom Zone</i></b></p> <p>1st and 3rd Wednesdays of each month from 7:00pm to 7:30pm.</p> <p>This is an opportunity for our UUCZ musicians (singers and instrumentalists) to gather, sing and share UUCZ 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> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <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>.</p> <p>FMI: <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p> </div> </div>
<p><b><u>Every Other Thursday</u></b>  <u>9:00 – 10:30</u>  <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i>  <b>Every OTHER Thursday morning -- 9:00 - 10:30 a.m.</b></p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 20%;">  </div> <div style="width: 80%;"> <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;"><b><u>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.</u></b></p> </div> </div>

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



### **Annual Leaf Raking** - Sat. Nov 7<sup>th</sup> at 9:00 am

Please help with the annual grounds clean up. We rake onto tarps and dump into the compost bin. Easy, no bagging. If we get a good turnout we are done by noon. Please help that happen. Bring a smile and rakes and gloves if you have them. We will be outside but a mask is still a good idea for when you might get close to someone. Please confirm your good intentions to participate by emailing or calling Marilyn Dunn at maine2007@hotmail.com or 512-5382.



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

**YOUR HELP IS NEEDED!** What now, you ask? The Winter Wonderland alternative style FAIR is scheduled for Dec. 5. It will be held outdoors like a tail gate party!!! Please consider what you can bake, cook, knit, craft and donate to the fair. We will use the Main Room on ZOOM during coffee fellowship on Sunday Nov. 9 to respond to your donations.



Last week we had people donate 2 pecks of Maine liberty apples, handmade pottery, wooden carved comfort birds, and brownies!! Keep it coming to help make the fair a success. See you Nov. 9. Thank you very much. If you have questions or want to email donations please contact Martha Naber at [naber@zwi.net](mailto:naber@zwi.net) and /or Nancy Fritz, at [nfritz@roadrunner.com](mailto:nfritz@roadrunner.com) Fair Co-Chairs

### *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: UUCC 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 >

**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.

## Dr. Don on Covid-19

This article was prepared in response to a request.

HEPA (High-Efficiency Particulate) filters.

A few weeks ago my dental office visit introduced me to a new, wheeled, boxy unit with an oversized vacuum cleaner hose. During my treatment the hose of this vacuum unit was placed near my face and with an obvious but not unpleasant level of noise suctioned air into its base. I later found that these units utilize multiple HEPA filters, UV-C light (more on UV in a future article) and other means to clean air. I was impressed with the safety the clinic was providing for its staff and me when I saw in the bright light the mist and droplets coming from my mouth being suctioned away.

To explain HEPA filters we need a little background on measurement and specifically as it pertains to microorganisms. Metric measurement is standard in the sciences and the basic metric unit of length is the meter, a bit over 39 inches in length. A thousandth of a meter, a millimeter, is that tiniest division you see on the metric side of a ruler. A millimeter is divided into a thousand units, or micrometers, often called microns. Human hair averages 100 microns or a tenth of a millimeter in width. Typical bacteria measure a very few microns. Viruses are even smaller and are measured in nanometers, a thousandth of a micrometer. A single COVID-19 virus measures 90 to 120 nanometers. Enough! On to filters!

HEPA filters function differently than the paper filters we associate with coffee makers or many vacuum cleaner bags. Instead of having pores that prevent large particles from passing through, HEPA filters use a mat of microscopically thin fiberglass fibers that are treated with sticky chemical adhesives. To qualify as a HEPA filter 99.9 percent of particles measuring 0.3 microns (or 300 nanometers) must be removed, which would seem to allow COVID through since it is much smaller, but this is not the case. It is the adhesive nature of the fibers that prevents virtually all of the small, easily attached viruses from moving through.

So could a small, portable HEPA filter unit clear a meeting room of virus that doesn't have a centralized air filtered cooling or heating system? Probably not. While they remove virus from the air entering them with great efficiency, the rate at which they clear the air in large rooms is far too slow to be helpful. Those who are aware of the limitations of portable HEPA air filters are quick to say that the problem is that released virus never gets to the filter. It spreads to the people in the room instead.

Please feel free to send questions, ideas, 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@zwi.net">naber@zwi.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)