

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, November 11, 2020

Sunday Services for November 15th and November 22nd

Worship Theme: November – **HEALING**

<p><u>THIS Sunday 11/15</u></p>	<p><i>The Foundations of Hope</i> by visiting minister, Rev. Mark Glovin. Sara Hodgkins and Susan Burnett will be the Worship Associates and Stefanie Barley will be the pianist.</p> <p>In this time of disruption and intersecting challenges, how do we hold on to hope? This service will examine if hope is foolish, if hope is self-delusion. We'll examine where and how we can build a firm foundation of hope in a world that is changing more quickly than our ability to process and adapt to those changes.</p> <p>Bio: The Rev. Mark Glovin served the First Universalist Church in Rockland for 14 years, leaving in August 2019 to hospice his mother. Grounded in this belief that separateness is an illusion, Mark has does his best to live out Howard Thurman's admonition to "do what makes you come alive". During his 14 year ministry, Mark tried to remind his congregants that what we do affects everything around us and that we are all called to act with generosity and gratitude, with creativity and compassion.</p>
<p><u>NEXT Sunday 11/22</u></p>	<p><i>"Harvest Communion"</i> with Reverend Carie Johnsen. Monique McAuliffe and Marilyn Gordon will serve as worship associates with Karen Allen on piano.</p> <p><u><See the next pages for all the details of this service and other events that you can participate in to prepare for this event.></u></p>

Sunday services and all other events (unless noted) are held in the
UUCZ 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.**

UUCZ 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#)

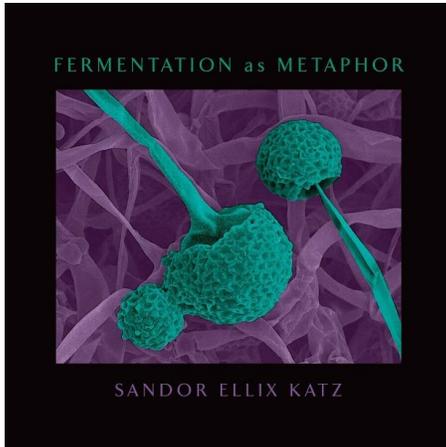
At second prompt: press # (no personal id needed) <No passcode needed when joining by phone>

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.

HARVEST COMMUNION AT UCC

The Bounties of Fermentation



Inspired by the wisdom of fermentation revivalist, Sandor Katz, we began our journey to our annual Harvest Communion Service with two opportunities to gather in community to explore Fermentation as Metaphor. Both opportunities are listed below but only one opportunity remains.

In Fermentation as Metaphor Katz meditates on his art and work, drawing connections between microbial communities and aspects of human culture: politics, religion, social and cultural movements, art, music, sexuality, identity, and even our individual thoughts and feelings.

Click here to view Katz's video [The Breakdown](#).

The Transformative Power of Fermentation with Karen Foust and Rev. Carie **Tuesday, November 10th** **6:00—7:00 p.m.**



Baking with Sourdough Starter with Karen Foust and Rev. Carie Wednesday, November 18th 6:00 - 7:00 p.m.



While the world obsesses about anti-bacterial products, we will gather to explore the transformative power of microbes and play with the process of fermentation.

Karen Foust will show us how to create our own sourdough starter. Rev. Carie will facilitate conversations on spiritual ferment. What passion or skill might you bring into this space? Send your ideas to revcariejohansen@gmail.com

To make your own sourdough starter, you will need:
1 Tbsp yeast, 2 1/2 cups flour, 2 1/2 cups warm water, 2 tsp sugar or honey

To join an evening of fermenting...
Meeting id 823 807 0673
Enter meeting passcode to 6971
Direct link to [UCC ZOOM ROOM](#)

Sandor considers the liberating experience offered through engagement with microbial communities... the simple act of fermentation can give rise to deeply intimate moments of connection through the magic of invisible forces that transform our foods and our lives, generation by generation.

~ Emergence magazine

Gathered in community we will once again explore a variety of ways to use sourdough starter (recipe in Nov. 10th notice to left) as we continue to play with the metaphor of fermentation.

To join our baking room:
Meeting id 823 807 0673
Enter meeting passcode to 6971
Direct link to [UCC ZOOM ROOM](#)

Sunday Morning Service

HARVEST COMMUNION

The Bounty of Fermentation

Sunday, November 22nd

10:00 a.m.

All Are Welcome!



To join the service:
Meeting id 823 807 0673
Enter meeting passcode to 6971
Direct link to UUCZ ZOOM ROOM

If you would like to borrow a hymnal for in home zoom services, please contact RevCarieJohnsen@gmail.com

In gathered community with the theme of harvest and healing as our backdrop, we will explore Fermentation as Metaphor. When you see the raw beauty and complexity of microbial structures, Katz says, they will take you “far from absolute boundaries and rigid categories. They force us to reconceptualize. They make us ferment.”

Our annual communion will include fermented food and/or beverages easily accessible in your own home. Bring one of the following fermented items: coffee, kombucha, kefir, apple cider vinegar, yogurt, green olives, sourdough bread, kimchi,

Try this link for [50+ probiotic and fermented options](#)

If you would like us to bring you some sourdough bread for the communion, email revcariejohansen@gmail.com.

Rev. Carie Johnsen

VIRTUAL OFFICE HOURS

If you would like to meet with Rev. Carie, please call or email. Her contact information is at the end of this document.

She is happy to meet outdoors, by phone, or zoom.

Virtual Connections

Upcoming:

Thursday, December 3, **Read. learn Share**

Join READ SHARE LEARN on December 3 from 1:00 until 2:30 in the UUCZ Zoom Room to explore this book with our group. Anyone who is interested is welcome. For more information contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com See the quarterly newsletter to find out what else we are reading this year and plan to join us if a particular title interests you.



Inspired by the true and historical blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service, The Book Woman of Troublesome Creek showcases a bold and unique tale of the Packhorse Librarians in literary novels – a story of fierce strength and one woman's belief that books can carry us anywhere - even back home. ~Goodreads

COMMITTEE ON MINISTRY PROVIDES US
AN OPPORTUNITY TO SPEAK AND TO LISTEN

On Monday, November 9th, the Committee on Ministry held a Zoom presentation on the UU Ministers Association Code of Ethics with the Reverend Jonalu Johnstone discussing the Code and answering questions. If you were unable to attend this presentation, below is a link to the conversation if you wish to view this now.



[congregationalcnversation11:4.mp4](#)

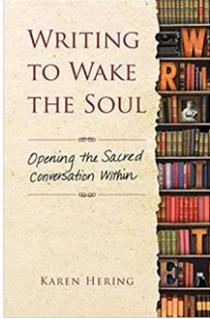
The Committee on Ministry will be facilitating three listening circles to provide you an opportunity to speak and to listen as you and others express thoughts and feelings about the controversy surrounding ministerial misconduct and its impact on you and others. The sessions will be structured so that everyone has opportunities to speak and so that no one will be able to challenge or debate what you say.

Please sign up with Lynn at admin@augustauu.org for **TWO** dates so that we can make adjustments for the size of the groups.

The dates and times are Saturday November 14 at 8:30 a.m., Monday November 16 at 4:00 p.m. and Tuesday November 17 at 6:30 p.m. The sign-up deadline is Thursday November 11.

Weekly Events

<p><u>Monday</u> <u>Each week</u> <u>2:00 – 3:30</u> <u>p.m.</u></p>	<p 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 align="center"><i>UCC ZOOM ROOM</i> (← click this link OR see Pg. 1 for other ways to join)</p>
<p><u>Monday</u> <u>Each week</u> <u>6:30 – 8:00</u> <u>p.m.</u></p>	<p align="center"><u>Peaceful Heart Sangha</u></p> <div data-bbox="414 1501 641 1690" data-label="Image"> </div> <p>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 martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>

<p>Wednesdays <u>Each Week</u> 5:00 – 6:00 <u>p.m.</u></p>	<p style="text-align: center;">Gentle YOGA 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>https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09 Password 174192 FMI: DebbieMattson@hotmail.com</p>
<p>Wednesday <u>1st & 3rd</u> <u>weeks of each</u> <u>month</u> 7:00 – 7:30 <u>p.m.</u></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>Thursdays <u>Each Week</u> 8:00 – 9:30 <u>a.m.</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p>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 martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>
<p>Every Other Thursday 9:00 – 10:30 <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i> Every OTHER Thursday morning -- 9:00 - 10:30 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). Upcoming meetings are scheduled on 11/12, 12/3 and 12/17. The group will NOT meet on Thanksgiving Day.</u></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

SCAM ALERT: An email was received by a few of our members and friends over the weekend claiming to be from Rev. Carie “needing a favor”. This is a SCAM! This email came from <rev.cariejohansen0@gmail.com>. **Always check the email address carefully.** This is NOT Rev. Carie’s email – her email address is revcariejohansen@gmail.com.

Please know that Rev. Carie will NEVER request cash, checks, gift cards to be sent via postal or email to a personal address or account. All donations given to Rev. Carie’s ministerial discretionary account for supporting members and friends in times of crisis and hardship are made by check and processed through the church office.



to the Annual Leaf Raking crew that raked the leaves and cleaned up our grounds this past Saturday, Nov 7th.

Our grounds look great. Thank you ALL and thank you Marilyn Dunn for leading this charge.

Unitarian Universalist Community Church of Augusta

Board Meeting A G E N D A

November 12, 2020 – **5:00 – 7:00 p.m. NOTE THE DIFFERENT TIME**

Chalice Lighting
Words to inspire
Check in

REPORTS

1. Clerk’s Report **VOTE:** Susan
2. Treasurer’s Report: Martha
3. Finance Committee’s Report: Catherine (CP)
4. COVID-19 Task Force’s Report: Terry
5. Minister’s Report: Rev. Carie

NEW BUSINESS

- Report from the Congregational Engagement Working Group (CEWG): Susan and Kevin
- Drew House Wrap-up CP and Wick
 - Ballard stained glass
 - Renovation/use of other church spaces
- Thoughts following 2-part Board report; All
 - Next steps
- Update from the Personnel Committee
- Update from CoM

OLD BUSINESS

Board meetings are open to ALL. If you have an item you would like the Board to consider, please contact Kathy Ann Shaw at kathyannshaw@maine.com.

Next Board meeting = December 10, 2020 at **DIFFERENT TIME (5:00 – 7:00 p.m.)**

The COVID-19 Advisory Group (AG) would like to share some important information with our church community. – effective November 3, 2020

First, the good news. During the 5 weeks since our congregational conversation, the AG has had multiple Zoom meetings and done considerable research, deliberation and consultation with public health experts. The AG is now ready to recommend a plan that will allow small groups to meet in person, inside the UCC facility. The public health experts recommended that we utilize Maine CDC data to create metrics to guide us in determining the safety of such activity. This plan is being forwarded to the Board for their review and action.

However, now just before we were ready to propose and implement this plan, COVID-19 has suddenly increased dramatically, both nationally and in Maine. The primary metric we are following, the 28 day rolling average of COVID-19 cases per 10,000 people (which reflects new infections during the past 28 days), needs to be at or below 8/10,000. As of Friday, October 30, Kennebec county exceeded that number and was 9.98/10,000. This means that there is increased community transmission and we need to stop ALL in-person group meetings (>2 people) until the numbers improve.

We recognize how frustrating this news must seem to many members of our community (including us!). We're all yearning for in-person connections with our friends and emotional supports. Throughout the past 8 months the COVID-19 AG has had just one goal, to keep all of us as safe and healthy as possible given the many uncertainties of this pandemic. We share your frustration and are looking toward the time when we can safely increase access to our facilities.

Dr. Don on Covid-19

Dr. Don on Covid-19 Testing for COVID-19

Testing for Corona virus infection is vital to contain the spread of the disease. There are two categories of lab tests used for this purpose:

- molecular tests that detect the genetic material of the virus as evidence of current, active infection, and
- tests that utilize specific antibodies which attach to COVID virus structure.

Either of these two tests can detect active, infectious disease requiring steps to quarantine or isolate those with positive test results.

Antibody utilizing tests, more commonly called serology tests, can determine either of two things:

- proteins on the surface of virus currently infecting the body or
- antibodies the body has built specifically to disable the microbe.

Antibodies can be clinically produced and used in the lab with visual chemicals to indicate virus is present in a sample from an individual. In the human body, infection causes natural antibody production which can take many days to weeks to develop and remain in the blood for many weeks during and after recovery.

Currently there are two types of tests to detect current infection:

- molecular (RT-PCR or genetic amplification) tests that detect COVID genetic material, and
- antigen tests that use antibodies to detect specific infectious attachment proteins on the surface of the virus.

Samples for these tests are typically collected with a nasal or throat swab, preferably spun several times in each nostril and sufficiently deep in the nose or saliva collected by spitting into a tube. Molecular tests typically take many hours and require larger, more sophisticated equipment to complete. They also have a very high degree of accuracy in diagnosing active disease. There are several "rapid" antibody based tests on the market which can provide results in 15 minutes or less. They show some failure to detect infections actually present, so called "false negatives" which unfortunately allow infectious individuals to unknowingly spread the virus.

The accuracy of any diagnostic test depends on many factors, including whether the sample was collected properly. For genetic amplification tests, analyzed in the laboratory, results may be affected by the conditions in which the test was shipped to the laboratory. Results may also be affected by the timing of the test. For example, if you are tested on the day you were infected, your test result is almost guaranteed to come back negative, because there are not yet enough viral particles in your nose or saliva to detect. The chance of getting a false negative test result decreases if you are tested a few days after you were infected, or a few days after you develop symptoms. Generally speaking, if any test result comes back positive, it is almost certain that the person is infected.

Branches of the University of Maine and other colleges have now begun testing waste water for COVID. A substantial number of COVID patients, and particularly younger ones show only gastrointestinal symptoms, such as nausea and diarrhea. The testing of waste water provides a means of early warning for COVID on campus. Fortunately and quite unlike the spread of many other infectious diseases, waste and wastewater has not been found to cause COVID infection.

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

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@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 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
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

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 or 622-3232

Rev. Carie

VIRTUAL OFFICE HOURS

To schedule a visit, appointment, or meeting, please call (508) 221-5295 or use her local # (207) 623-3663 (both lines will reach her!) or email her at RevCarieJohnsen@gmail.com

Staff Contact information:

Church Administrator, Lynn M. Smith, admin@augustauu.org, Phone 622-3232

Coordinator of Lifespan Faith Formation, Monique McAuliffe, LifespanFF@augustauu.org

Music Director, Bridget Convey, musicdirector@augustauu.org