

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, November 18, 2020

Sunday Services for November 22nd and November 29th

Worship Theme: November – HEALING



Sunday, November 22nd
Sunday Morning Service – 10:00 a.m.

HARVEST COMMUNION The Bounty of Fermentation

All Are Welcome!

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

This Sunday’s “Harvest Communion” with Reverend Carie Johnsen will have Monique McAuliffe and Marilyn Gordon serving as worship associates with Karen Allen on piano.

<See the next page for all the details of this service and other events that you can participate in to prepare for this event.>If you would like us to bring you some sourdough bread for the communion, email revcariejohnsen@gmail.com.

NEXT Sunday 11/29



“The Words of My Mouth” by visiting minister, Rev. Lane Fisher with John Seksay as the Worship Associates and Karen Foust as the pianist.

In these fractious times, how can we speak our truths in love? Come, let us reflect on this question together and continue this month's exploration of healing.

Bio: Rev. Fisher is a newly ordained UU minister entering her third career. A 25-year member of the UU Church of Belfast, she continues to live there while serving Peterborough (NH) UU Church as sabbatical minister this fall.

**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 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)

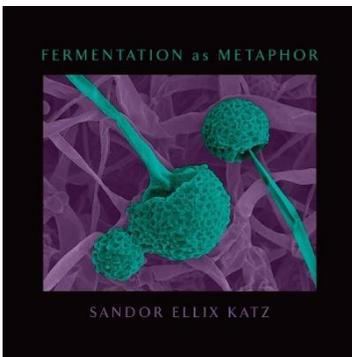
At first prompt (meeting id: 823 807 0673#)

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.

More about Sun. Nov. 22nd - 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](#).

**Baking with Sourdough Starter
with Karen Foust and Rev. Carie**

Wednesday, November 18th

6:00 - 7:00 p.m.



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 from the Nov. 10th Transformative Power of Fermentation Event: reprinted below as we continue to play with the metaphor of fermentation.



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

Virtual Connections

Upcoming:

Transgender Day of Remembrance A Service of Remembering

Friday, November 20th at 6:00 p.m.

Co-Hosted by Pastor Kristin White, Green Street Memorial and
Rev. Carie Johnsen, UCC

International Transgender Day of Remembrance (TDOR) is a day set aside to honor the lives of transgender individuals who have died by violent means. The service will include a reading of names of those whose lives have been lost accompanied by candle lighting. All are welcome to join us for a time of remembrance and love.

Zoom: <https://us02web.zoom.us/j/7925181731...>

Zoom call in by phone 301-715-8592 (toll charges may apply)

**The Fair is coming... The Fair is coming...
The Fair is coming....**

You will be receiving a catalog/flyer by the end of this week containing photos and brief descriptions of items for sale at this year's Fair.

Curbside pickup of your purchases will be December 5, 10AM to Noon. See you at the COVID safe Fair on line.

--- Thanks, Martha and Nancy

Save the Date

strength

*A multifaith gathering
following the election*

hope

Sunday,
11/22
2pm

action

*Organized by
WAMA*

Winthrop Area Ministerial Association

Join Strength, Hope and Action Zoom Meeting on Sun. 11/22

<https://us02web.zoom.us/j/87904319812?pwd=NFITUnJCUkswZFF5b3hQOG95Tk1Sdz09>

Meeting ID: 879 0431 9812

Passcode: Election

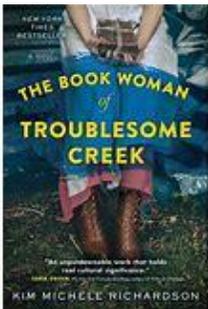
Sunday, November 29, **Goddess/Earth Circles**

November 29 Goddess/Earth Circles, 1-2:30pm, “Toward Winter Solstice”

Explore ways we move through darkness in these next few weeks. Share anticipations along with readings, songs, activities that sustain and enrich our spirits. And this sharing will be the basis for planning the Service for “Winter Solstice Arrival” on December 27.

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

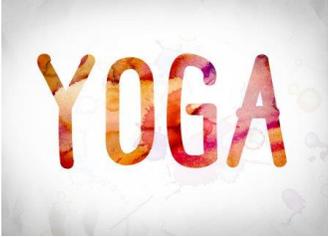
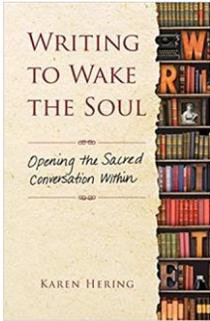
Join READ SHARE LEARN on December 3 from 1:00 until 2:30 in the UUCC Zoom Room to explore this book with our group. Anyone who is interested is welcome. For more information contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com See the quarterly newsletter to find out 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

Weekly Events

<p><u>Monday</u> <u>Each week</u> <u>2:00 – 3:30</u> <u>p.m.</u></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;"><i>UUCC 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 style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <div style="display: flex; align-items: center;">  <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> </div> </div>

<p>Wednesdays <u>Each Week</u> 5:00 – 6:00 <u>p.m.</u></p>	<p 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 align="center">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 align="center"><i>UUCC Music Zoom Zone</i></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 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 align="center"><u>PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). Upcoming meetings are scheduled on 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.cariejohnsen0@gmail.com>. **Always check the email address carefully.** This is NOT Rev. Carie’s email – her email address is revcariejohnsen@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.

Dr. Don on Covid-19

Dr. Don on Covid-19

How the Aging Immune System Makes Older People Vulnerable to Covid-19 (adapted from the New York Times)

COVID-19 patients who are 80 or older and those with underlying conditions like diabetes and lung disease are hundreds of times more vulnerable to COVID-19 than those under 40. But some scientists suggest another driver of this increased risk is the aging immune system. The changes in the aging network of immune cells are complex, resulting in overreaction here, a delayed response there and over all, a strangely altered landscape of immunity. Scientists suggest understanding these changes may lead to a clearer sense of how age changes our disease vulnerability and to target better vaccines and treatments for COVID-19. I will discuss some of these new treatments next time.

Arne Akbar, a professor of immunology at University College London recently published an article in the journal Science explaining the aging immune system. He says when a virus infiltrates the body, cells in the first line of defense, the "innate" immune system, act swiftly and violently, sending out alerts and instructions to other cells, and provoking inflammation to start knocking down the virus. These cells also clean up waste, damaged cells, altered proteins and other debris in the body, from simple wear and tear, even when there’s no infection to fight.

In older people, this waste seems to outrun the immune system’s ability to clear it said Dr. Eric Verdin, the chief executive of the Buck Institute for Research on Aging in Novato, Calif. The innate immune system grows overwhelmed, and enters into a constant state of alert and inflammation. At the same time, elderly cells in tissues throughout the body release inflammatory substances of their own. As a result, even perfectly healthy 65-year-olds usually have higher levels of immune proteins, called cytokines, involved in inflammation than are present in younger people. This heightened state of chronic inflammatory chaos in an aging body makes it harder for cytokines sent out by the innate immune system to reach their targets and worse, leads the innate immune system to overreact unnecessarily, thus damaging the body. “We think that this is one of the reasons older individuals respond poorly to Covid-19,” said Dr. Verdin.

Several days after the innate immune response begins, the body begins a second wave of attacks against the virus. This "adaptive" immune system consists of T cells, more targeted than the first, which methodically destroy cells infected by this specific virus. But in older bodies, the adaptive response not only takes longer to get into gear, it arrives to find a scene of inflammatory pandemonium, said Amber Mueller, a postdoctoral researcher at Harvard Medical School who co-authored a paper about Covid-19 and aging. "Think of firefighters coming to put out a house fire," she said. "You have a whole neighborhood of pedestrians or bystanders that are just hanging around, screaming their heads off, causing chaos," she said. "To the point that it makes it harder for the firefighters to find the fire - to find the infection — and then put it out effectively."

These delays mean by the time the adaptive immune system gets to work the virus has already made many copies of itself and spread an infection that might not even occur in a younger person. Additionally, older people have fewer fresh T cells that hunt down virus infected cells. When everything is working correctly, successful T cells copy themselves so the body is swarming with them. Afterward, a few remain to prime us against return attacks from the same virus. But this supply of T cells dwindles over the decades. Those that remain may not be as good at copying themselves as the cells in younger people. And they may have trouble making the transition to patrolling the body against future attacks said Dr. Shabnam Salimi, a professor of epidemiology and public health at the University of Maryland School of Medicine in a recent paper about aging and Covid-19. "All these together make the immune system less functional during aging," Dr. Salimi said resulting in greater COVID-19 risk for older individuals.

Please feel free to send questions, comments or rumors even and I will try to address them in future e-blasts.
Don Naber naber@zwi.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@zwi.net	207-887-1104
Cathie Nielsen, MD	cathieenielsen@gmail.com	207-441-0248
Marty Soule, PA-C	martysoule@gmail.com	207-685-9270

UUCS 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 Martha Pelletier 685-9592.

If you would like to request or suggest cards: Contact Angie Blevins, 592-5655

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

To schedule a visit, appointment, or meeting,
please

Rev. Carie

VIRTUAL OFFICE HOURS

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

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

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