

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, December 2, 2020

Sunday Services for December 6th and December 13th

Worship Theme: December – **STILLNESS**

<p>THIS Sunday 12/6 10:00 a.m.</p>	<p><i>“Music Sunday”</i></p> <p>This traditional holiday service is a favorite among members, friends, and families. This year will be no different as UUCC musicians have been busy preparing music just for you.</p> <p>We encourage you to make it a festive occasion in your home. Invite loved ones in your bubble to come over. Dress in your Sunday best :)). Make your favorite morning beverage. Bring a little snack. Gather up your chalice/candle to complement the holiday altar lovingly prepared for all of us to enjoy. LOCATION: UUCC ZOOM ROOM</p>
<p>NEXT Sunday 12/13 10:00 a.m.</p>	<p><i>“The Power of Stillness”</i></p> <p>Join Rev. Carie Johnsen with John and Monique as the Worship Associates and Stefanie Barley as the pianist.</p>

**** SEE the [Holiday Services December 2020](#) flier attached to this email for upcoming special holiday services. ****

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.**

UUCC 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.

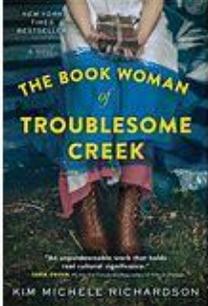
HOSTS: Once in your meeting, claim the host using the HOST KEY as you have done in the past.

Virtual Connections

Upcoming:

Thursday, December 3, **Read, Learn Share**

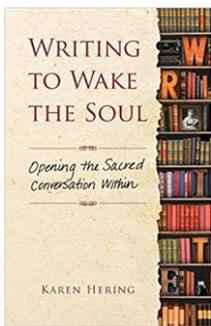
Join READ LEARN SHARE on December 3 from 1:00 until 2:30 in the UUCS Zoom Room to explore this book with our group. Anyone who is interested is welcome. For more information contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com See the quarterly newsletter to find out 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>UUCS 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> <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 martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p><u>Wednesdays</u> <u>Each Week</u> <u>5:00 – 6:00</u> <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. https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09 Password 174192 FMI: DebbieMattson@hotmail.com</p> 

<p>Wednesday 1st & 3rd weeks of each month 7:00 – 7:30 p.m. Ends Dec. 2nd</p>	<p style="text-align: center;"><i>UCC Music Zoom Zone</i> <u>LAST MEETING will be TONIGHT</u> <u>Dec. 2nd</u></p>  <p>1st and 3rd Wednesdays of each month from 7:00pm to 7:30pm.</p> <p>This is an opportunity for our UCC musicians (singers and instrumentalists) to gather, sing and share UCC 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 Each Week 8:00 – 9:30 a.m.</p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></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 martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>
<p>Every Other Thursday 9:00 – 10:30 a.m.</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 12/3 and 12/17. The group will NOT meet on Thanksgiving Day.</u></p>

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



Monday December 14th is the
DEADLINE
for submissions to the
WINTER Newsletter.

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

FROM THE COMMITTEE ON MINISTRY

Our church has a clear policy on the use of email for personal concerns. It can be found in the document, How Our Church Works. It states:

"The UUCC email list is not an appropriate venue for personal announcements, personal appeals, personal reflections or editorials. Exception to this guideline includes announcements regarding death, birth or rites of passage of members and friends. Such announcements will not be made without expressed consent. Permission is never assumed."

Recently we have had numerous violations of this policy. This stemmed from an email sent from the church office without the bcc in place. We sincerely regret this mistake and we apologize for the impact on those of you who have experienced negative reactions to the email messages that followed. The church office is unable to stop the misuse of the email list since so many have received it. It is the personal responsibility of each member to decide whether they are going to honor the policy and respect the implied boundary.

With this email we ask our membership to recommit to best practices of right relationship by honoring the policy adopted by this congregation.

UCC ANNUAL GIVING TREE ANNOUNCEMENT



As we have all experienced, 2020 has been a year of change for our community and The Family Violence Project Shelter. Due to the COVID-19 restrictions put in place their holiday program has also been modified. They are asking that we change to a **Gift Card Holiday Program** this year so their residents can order gifts for their families with contactless pick up:

We know that everyone enjoys picking gifts for families, but we need to do what is safest for you and us. We are amazed every year at how generous your community is to our residents and hope that you'll help us make this transition as smooth as possible.

Amy Silvinski, Shelter Advocate



Recommended Gift Cards:

Food Cards: Shaw's, Hannaford

General Stores: Walmart, Target, Dollar Tree, Goodwill, Kohl's, TJ Max, Supercuts, etc.

Gas Cards: (Irving, Citgo, Shell, etc.)

Restaurants: Local Pizza/sandwich gift card, Drive-thru restaurant gift cards, etc.

Other: Straight Talk phone card, Visa or Mastercard prepaid cards

PLEASE DROP OFF YOUR GIFT CARD IN THE CHURCH MAIL SLOT AT THE SIDE DOOR ON SUMMER ST. --- OR MAIL YOUR CARDS AS FOLLOWS:

Mail Cards to: UCCA

Monique McAuliffe
P.O. Box 8
Augusta, ME 04332-0008

**GIFT CARDS NEED TO BE RECEIVED BY
WEDNESDAY, DEC. 9TH.**

Please contact me with any questions or assistance at Lifespanff@augustauu.org or 207-242-6415.

Healthy Holiday Blessings Everyone,

Monique McAuliffe
Coordinator of Lifespan Faith Formation
lifespanff@augustauu.org
207-242-6415

WANTED: OUTDOOR LIGHTS

We are preparing to light the the church space with outdoor lights for the holiday season. If you have some lights in your storage space that we could use this December, please contact Marilyn Dunn maine2007@hotmail.com,

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maine2007@hotmail.com,

UUCC Winter Wonderland COVID Safe Fair

ACT NOW! Only FOUR more days!

An updated catalog was sent this week. Take another look and get your orders in to Nancy Fritz.

Remember that curbside pay and pick up is THIS SATURDAY Dec. 5 from 10 am to noon!

Outside at the UUCC Church.

See you there!!!!

Thank you, Nancy Fritz and Martha Naber

November Board Highlights:

- Heard from the Personnel work group primarily on transitional job duties of the Coordinator of Lifespan Faith Formation.
- Reviewed church finances.
- Reviewed the recommendations of the COVID-19 Advisory Group about building use when the CDC metrics allow reopening and agreed to share it with the congregation.
- Discussed doing exit interviews with people who have recently resigned their church membership and agreed to take this topic up again early in 2021.
- Revisited the Congregational Engagement Working Group recommendations and did a brainstorming session regarding the best ideas to move forward.
- Celebrated the fact that the rental of Drew House seems to be going well.
- Agreed to convene a working group to make plans for accommodating church groups displaced from Drew House and consider physical space impacts.



**Unitarian Universalist Community Church of Augusta
Board Meeting
A G E N D A
December 10, 2020**

Chalice Lighting
Check in

REPORTS

1. Clerk's Reports (regular meeting 11/12 AND special meeting 11/21) **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

- Congregational Engagement Working Group (CEWG) Assignments: Part Two: Susan and Kevin
- Feedback from Listening Circles (*notes sent out in previous email*): All
- Report on renovation/use of church campus: Wick and CP
- Thoughts following two-part Board report: All
 - Next discussion points
 - Do we want to continue; bring back Hillary
- Update from CoM (*if necessary*)

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 = January 14, 2021

Dr. Don on Covid-19

Dr. Don on COVID-19

COVID 19 Medication: Part 1

Having activist leanings, I couldn't help but notice the protest group in downtown Belfast last Sunday. A good sized gathering, energetic and loud was waving "No Masks for ME" signs. I found myself deeply troubled by my perceptions of the danger of misinformation and resolved to discuss how science and medicine have been portrayed by the information industry, politics and leadership at a later time. Right now it is time for reliable information, the antidote to misinformation.

Over a quarter of a million people have died from COVID-19 in the U.S., and that number continues to grow at an increasing rate. The healthcare system in Maine is showing the strain. Elsewhere the situation is becoming desperate. Scientists around the world are seeking safe and effective treatments for COVID-19 and in this first of two parts I'll present the most important of what I have learned.

Fortunately, most people who become ill with COVID-19 will be able to recover at home. Current treatment for mild to moderate COVID-19 symptoms may include supportive care such as hydration (IV fluids), pain and fever control, and breathing treatments. Sometimes antibiotics are used to treat concurrent bacterial infections. Patients with more severe symptoms are typically admitted to the hospital and treated with various medications to slow the progression of the disease and relieve symptoms. Some patients need supplementary oxygen and mechanical ventilatory support. Techniques such as proning (having patients lay on their stomach), heparin for those experiencing blood clots and anti-inflammatory corticosteroids such as dexamethasone, have helped patients recover quicker.

A recent clinical trial report showed dexamethasone decreased the risk of dying in very ill COVID-19 patients. Physicians have been treating very ill COVID-19 patients with corticosteroids since the pandemic began. In those patients who develop a hyper-immune inflammatory response to the viral infection, it is their immune system's overreaction that damages the lungs and other organs, often leading to death.

Dexamethasone and other corticosteroids (prednisone, methylprednisolone) are potent, effective anti-inflammatory drugs. They are readily available and inexpensive, but when are they most beneficial? If used too soon they blunt the body's natural defense system, allowing the virus to thrive. Studies suggest using these drugs as the virus levels in the body are in decline, but before the immune system attacks healthy tissues. Studies show the greatest benefit is seen in the most severely ill.

More on antibody containing medications, and FDA approved antivirals next time.

What do you want to know about COVID 19? Let me know.

Dr. Don 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

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

UUCS Office Hours – NEXT WEEK

UUCS 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