

# Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, January 6, 2021

## Upcoming Services

Worship Themes: January – **IMAGINATION**

What does it mean to be a people of **Imagination**?

<b>THIS Sunday</b> January 10, 2021 10:00 a.m. via Zoom	<b><u>What if?</u></b> – Rev. Claire Curole Susan Burnett will serve as worship associate and Karen Allen will be on piano.
<b>NEXT Sunday</b> January 17, 2021 10:00 a.m. via Zoom	<b><u>The People's Inauguration</u></b> – Rev. Carie Johnsen Sara Hodgkins will serve as worship associate and Karen Foust will be on piano.

**UCC Sunday services and all virtual 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)

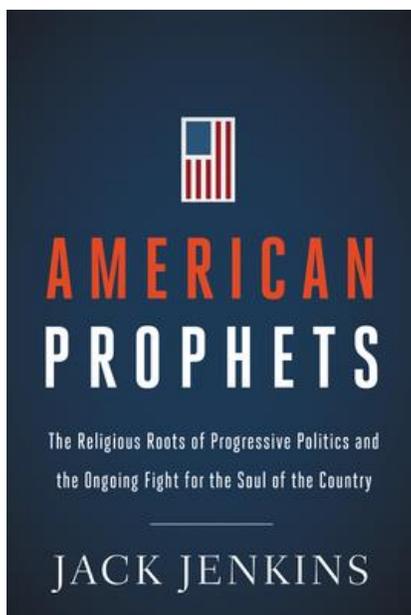
At first prompt (meeting id: 823 807 0673#)

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.**

## Virtual Connections



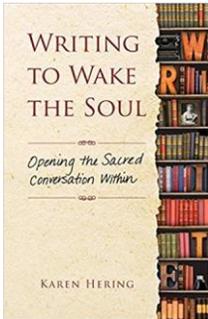
**READ. SHARE. LEARN** will meet in the UUCC zoom room on Thursday January 7, 2021 to discuss our current book. We begin at 1pm and end at 2:30. Anyone who is interested in this book is welcome to join us whether or not you have attended before. See the upcoming newsletter for the titles we have chosen for the rest of the year. For more information about this or any meeting of the group, contact June Zellers at [jzellers@roadrunner.com](mailto:jzellers@roadrunner.com) or Kathy Kellison at [kell6787@gmail.com](mailto:kell6787@gmail.com). We would love to have you join us!

*From one of the country's most respected religion reporters, a paradigm-shifting discussion of how the Religious Left is actually the moral compass that has long steered America's political debates, including today.*

~Goodreads

### Weekly Events

<p><b><u>Monday</u></b>  <u>Each week</u>  <b><u>2:00 – 3:30</u></b>  <u>p.m.</u></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 style="text-align: center;"><b><i>UUCC ZOOM ROOM</i></b> (← click this link OR see Pg. 1 for other ways to join)</p>
<p><b><u>Monday</u></b>  <u>Each week</u>  <b><u>6:30 – 8:00</u></b>  <u>p.m.</u></p>	<div style="display: flex; align-items: center;">  <div> <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> </div> </div>
<p><b><u>Wednesdays</u></b>  <u>Each Week</u>  <b><u>5:00 – 6:00</u></b>  <u>p.m.</u></p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><b>Gentle YOGA</b></p> <p>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> </div>  </div>

	<p><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>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-between;"> <div data-bbox="370 384 597 569" style="width: 150px;">  </div> <div data-bbox="618 407 1511 554" style="width: 650px;"> <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> </div> </div>
<p><b><u>Every Other Thursday</u></b>   <b><u>9:00 – 10:30</u></b>  <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;"> <div data-bbox="350 758 558 1077" style="width: 120px;">  </div> <div data-bbox="574 751 1484 1060" style="width: 650px;"> <p>This is an open group and if you would like to participate in this event, please contact Debbie Mattson (<a href="mailto:debbiemattson@hotmail.com">debbiemattson@hotmail.com</a>) 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> </div> </div> <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 1/14, 1/21, 2/11 and 2/25.</u></b></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

### **Gluten Free Food items available**

Marty Soule & Harry Grimmnitz would like to offer some Gluten Free food to the congregation. Harry had an issue that resolved and was not due to Gluten sensitivity, so we have a bunch of food to give away.

Please write an email to [martysoule@gmail.com](mailto:martysoule@gmail.com) or call 685-9270 if you (or a loved one) would like some of this food.

# Board of Trustees

## **PLEASE NOTE: Board meeting TIME changes begin in Jan 2021!**

Beginning with the Board Meeting on January, 14, 2021, the Board of Trustees will now meet from 5:00 – 7:00 p.m. (instead of 6:00 – 8:00 p.m.). The Board will continue to meet on this schedule for the remainder of the Fiscal 2020-21 year or as we continue to meet remotely. The Board will continue to meet in the UUCS Zoom Room.

### Unitarian Universalist Community Church of Augusta

#### Board Meeting

#### A G E N D A

January 14, 2021 – 5:00 to 7:00 p.m.

To launch Zoom

<https://zoom.us/j/8238070673>,

then enter passcode: 6971

or

Join by phone: dial 1 646 558 8656, at first prompt (meeting id: 823 807 0673#)

Chalice Lighting led by Rev. Carie

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

- Advice on Life Span Formation Position: Monique
- Presentation of the Personnel Report: Cheryl
- UUCS Campus Renovations and Spring/Summer Move in: Wick

- Congregational Engagement Working Group (CEWG)
  - Begin Anew and other reconciliation ideas: Kevin
  - What's on Your Mind?: Susan
  - Congregation worship and workshop opportunities: Catherine and Terry
- Adaptive Change Conversation: Rev. Carie and Kathy K.

#### OLD BUSINESS

- Discussion of Stewardship Chair or new stewardship methodology and Membership Chair (*to be moved to February meeting, on agenda as place holder*)

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@roadrunner.com](mailto:kathyannshaw@roadrunner.com).

Next Board meeting = February 11, 2021

## Small Group Ministry facilitators and members!

### Mark your Calendars!



The first Leadership Meeting of the New Year (already!?) will be held on Sunday January 17<sup>th</sup> from 12:30-2:00 p.m. via Zoom (of course). All current, past and even hopefully future participants in our SGM movement are not only welcome, but encouraged, to attend. These gatherings are an essential part of Small Group in that they reinforce the bond that all of our groups have with each other and the UUCC in particular.

As always, we will be very mindful of your valuable time and the meeting will not stray past 2:00 p.m. More information will be sent out as we near the date. Of course, if any group has a concern or topic that they feel needs addressing, please be sure to let us know. Thank you for your commitment to this wonderful movement!

-- Michael, Helen, Judy and Linda --

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### ANNOUNCEMENT: Online Auction Coming March 26

We will open our Silent Auction online, for an entire week and you will receive an email announcing your winning items after the auction closes at 5 p.m., Friday, April 2.

Don't wait to email your donated item descriptions to auction coordinator, Catherine Palmer, [palmercatherinemaine@gmail.com](mailto:palmercatherinemaine@gmail.com).

Saturday, April 3, the Saturday before Easter, is the day for Pickup and Payment of all Auction items (Cash, Check or Credit Card). Please be on time to respect the volunteers.

Here's a sample of what's already posted and waiting for bids to start in March! THANK YOU, EVERYONE!

\$50 Gift Certificate Slate's Restaurant	Ceramic Floral Ornament
\$50 Gift Certificate Damon's Deli	Child or pet comfy
\$50 Gift Certificate Cloud Nine Restaurant	Coffee Maker
\$50 Gift Certificate Cushnoc's Restaurant	Custom Twin Heirloom-Quality Adirondaks
\$250 Gift Certificate Jac Arbour Financial Services	Eggs (fresh) for Several Weeks
\$300 Charlie's Auto Gift Certificate	Electric Fryer
11" x 11" Fruit Plate 13" diameter Salad Bowl	Felt Birdhouse
19" Viore Kitchen TV	\$10 Gift Certificate Huiskamer Coffee House
32 Inch Samsung Television (needs Roku stick)	\$15 Gift Certificate Downtown Diner
36 x 36 Laminated Table	\$18 Gift Certificate for Penny's Barber Shop
36" x 53" Wood Table and Six Matching Chairs	Floor Lamp
42" Sony Bravia 1080 Television (needs Roku stick)	Florescent ceiling globe LED
Apple Pies, Fresh (2)	Fold-away Single Bed
Black Pashmina Shawl	Framed Creation - Art
Book "Arriving at Your Own Door"	Framed Van Gogh Print
Brahmin Alligator Leather Purse	Fringed Shawl
Brilliant Oval Hardwood Coffee Table	Hand Made Tea Set

Handmade Lavender Laundry Soap  
Handmade Twin Size Quilt  
HiMark Dinner Set  
Holiday Tea  
HP Pavillion Laptop Computer w/two power cords  
Japanese Tea Set  
King Size Velveteen Sheets (new)  
Koffee Kup Brand Carafe  
Large Wooden Cutting Board  
LeRoux Balsamic Vinegar  
Limited Edition Framed Prints  
New 8 x 10 Matted Print  
Nutri Brand Ninja Food Processor  
One Month Free Storage UHaul  
Oreck Cord-Free Steam Iron  
Original Limited-Edition Print

Pampered Chef Kitchen Items  
Penalty Box exercise trainer  
Rainbow Warrior, My Life in Color by Gilbert Baker  
Sculptured Dachshund Mix Dog  
Showtime + Model Rotisserie & BBQ Oven  
Solar Powered Car interior fans  
Stationary Bicycle Equipment  
Stocking Stuffers  
Thermos Carafe  
Three Matted Prints by Steve Dunn  
Two Framed Abstract Prints  
Two Tablecraft Beverage Dispensers  
Vase  
Whimsical Rope Fish with Bell  
Work Crew #1  
Work Crew #2

## Dr. Don on Covid-19

Dr. Don on COVID-19

COVID 19 Mutations

We have begun to hear about COVID mutations recently so I wanted to discuss this now. I will get back to how vaccines work to create immunity next time.

A mutation is a change in an organism's genetics which leads to evolution. Mutations are so common that our cells have mechanisms to prevent them most of the time. The simpler structure and genetics of most viruses, and especially those like COVID-19, lack these controls and as a result mutations are frequent. Many of the mutations that occur are so destructive that the virus in which they occur fails to reproduce and is thus eliminated. Other mutations cause a virus to be more successful in reproduction and these spread more quickly. This is what is being reported currently.

I will back up for a moment and share information with you from the New York Times. It is thought that a mutation to an already known common Corona virus may have led to the COVID-19 pandemic. It is a mutation called 614G and "...the subtle change in the virus's genome appears to have had a big ripple effect", said David Engelthaler, a geneticist at the Translational Genomics Research Institute in Arizona. The first outbreaks of the virus would have spread around the world even without the mutation, believe most researchers, including Engelthaler. The original variant spotted in Wuhan, China in late 2019 was already highly contagious, he said but the mutation appears to have made the pandemic spread farther and faster than it would have without it.

Recently a more contagious coronavirus variant known as B.1.1.7 was identified in the United Kingdom and has now been seen in at least four U.S. states and 33 countries. We should expect it to show up widely in the U.S. Several nations have also identified an additional variant, B.1.351, first identified in South Africa, also appears to infect people more easily. A third variant has been detected in Nigeria. We may see these and other COVID mutations in the U.S.

The B.1.1.7. U.K. variant has several mutations that affect the "spike protein" on the virus surface that attaches to human cells. "It's able to bind to the receptors on cells better, and therefore is transmitted better," said Dr. Anthony Fauci, the nation's leading infectious disease expert. There is no evidence that B.1.1.7 causes more severe illness or increased risk of death, according to the CDC, and importantly, current COVID-19 vaccines protect against B.1.1.7.

"From what we know from experience with this mutation and other mutations, it's unlikely to have a large impact on vaccine-induced immunity, or existing immunity from previous strains," said Dr. Greg Armstrong, director of the CDC's Office of Advanced Molecular Detection. Current treatment options also seem to be little impacted by these viral genetic changes. But ... "because the variants spread more rapidly, they could lead to more cases and put even more strain on our heavily burdened health care systems," said Dr. Henry Walke, incident manager for the Centers for Disease Control and Prevention's COVID-19 response. "We need to be even more vigilant in our prevention measures to slow the spread of COVID-19."

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

Dr. Don: [naber@zwi.net](mailto:naber@zwi.net)

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### **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

### **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)	<a href="mailto:revcariejohansen@gmail.com">revcariejohansen@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 Martha Pelletier 685-9592.

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](mailto:admin@augustauu.org) or 622-3232

### **Rev. Carie**

### **VIRTUAL OFFICE HOURS**

Rev. Carie is on study leave from  
Christmas Day until Jan 13<sup>th</sup>.

After Jan 13<sup>th</sup> – If you would like 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](mailto:RevCarieJohnsen@gmail.com).

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

### **Staff Contact information:**

Church Administrator, Lynn M. Smith, [admin@augustauu.org](mailto:admin@augustauu.org), Phone 622-3232

Coordinator of Lifespan Faith Formation, Monique McAuliffe, [LifespanFF@augustauu.org](mailto:LifespanFF@augustauu.org)

Music Director, Bridget Convey, [musicdirector@augustauu.org](mailto:musicdirector@augustauu.org)