

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, January 20, 2021

Upcoming Services

Worship Themes: January – **IMAGINATION**

What does it mean to be a people of Imagination?

<p>THIS Sunday January 24, 2021 10:00 a.m. via Zoom</p>	<p><u>The Responsibility of Joy</u> – Rev. Carie Johnsen Marilyn Gordon will serve as worship associate and Stefanie Barley will be on piano. There will also be some special music from Bridget Convey, our Music Director.</p> <p>With ever increasing joy on our hearts and minds, this service will explore (capital ‘J’) Joy as an act of grace, survival, and resistance. There will be no guilt for moments of laughter, expressions of glee, and dance, yes there might be dancing. Bring with you your favorite journal and writing instruments along with a chalice/candle to enter this holy time of play.</p> <p>You are invited to be a part of the service liturgy. Take a minute this week to find a photographic expression of you, your family and friends, and furry companions experiencing the joy of living. Rev. Carie will be creating a video meditation. Please send photos (moments of jubilation) to RevCarieJohnsen@gmail.com or by text to 508-221-5295.</p>
<p>NEXT Sunday January 31, 2021 10:00 a.m. via Zoom</p>	<p><u>Imagine This...</u> – Rev. Carie Johnsen John Seksay will serve as worship associate and Karen Allen will be on piano.</p>

UUCC Sunday services and all virtual 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



Winter Meditations with Rev. Carie

Weekly Beginning Tuesday, January 19 and ending March 30th
5:30 - 6:15 in the UUCU Zoom Room

Drawing from *An Almanac for the Soul: Anthology of Hope*, by Marc and Nancy Hiles, Rev. Carie will facilitate a weekly 20 minute guided and silent meditation. Participants will be invited to stay for an optional time of shared reflections. Rev. Carie will alternate hosting from sanctuary and home chapel. On occasions the meditation may be prerecorded.

The mediation (not discussion) will be recorded and made available on the [UUCU Facebook page](#). Copyright permission obtained.

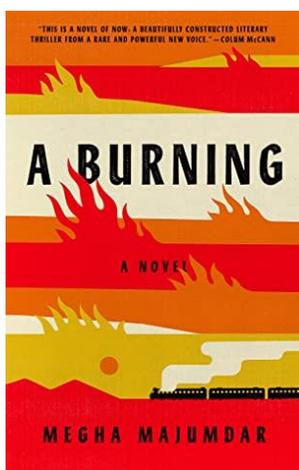
<<UPDATE>> The first Winter Meditation was held on Tuesday, Jan 19th.

Here is a link to [January 19 Meditation - Patience and Grace](#)
https://drive.google.com/file/d/1wK_yzlyyINSIVhCLvPpKZANVK8Yt-ePX/view?usp=sharing

Join *Goddess/Earth Circles* on January 24 from 1:00 – 2:30 p.m. in the UUCU Zoom Room for "*Connecting with the Goddess through Story and Imagination*" First stories, changing stories, images for today and beyond. The theme for the month is Imagination, when woven into stories creates spiritual connections.

Reflection: What do we need from a goddess in this time? How do you connect with a goddess?

Contact Helen Zidowecki hzmre@hzmre.com, 582-5308



Read, Learn, Share meets on the first Thursday of the month from 1:00 until 2:30 in the UUCU Zoom Room. Join us on **February 4th** as we discuss *A Burning* by Megha Majumdar.

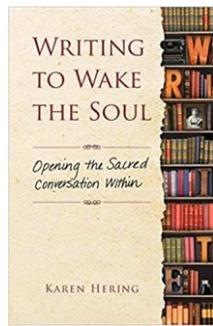
Everyone is invited to attend any session when a book really interests you. Many of us are regular attenders as we have experienced the pleasure of reading and discussing something that we might not have otherwise. You can find the list of books we have chosen for the rest of the year in the Winter UUCU newsletter. For more information, contact Kathy Kellison at kell6787@gmail.com or June Zellers at jzellers@roadrunn.com.

... an electrifying debut novel about three unforgettable characters who seek to rise—to the middle class, to political power, to fame in the movies—and find their lives entangled in the wake of a catastrophe in contemporary India.

~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;">UUCZ ZOOM ROOM (← 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>	<div style="display: flex; align-items: center;">  <div> <p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-align: center;"><i>You may join us at 6:15 to settle in.</i></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><u>Wednesdays</u> <u>Each Week</u> <u>5:00 – 6:00</u> <u>p.m.</u></p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p style="text-align: center;">Gentle YOGA</p> <p style="text-align: center;"><i>Hosted by Debbie Mattson</i></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> </div>  </div>
<p><u>Thursdays</u> <u>Each Week</u> <u>8:00 – 9:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-align: center;"><i>You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</i></p> <div style="display: flex; align-items: center;">  <div> <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> </div> </div>
<p><u>Every Other Thursday</u> <u>9:00 – 10:30</u> <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i></p> <p>Every OTHER Thursday morning -- 9:00 - 10:30 a.m. Upcoming meetings are scheduled on 1/21, 2/11 and 2/25.</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.

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.

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

Condolences to the family of Scotti Soria

A sad message to send, that my mother, Scotti Soria, passed away at home last Monday the 11th in her sleep after a couple of months in hospice care. The family will hold an online memorial gathering in the near future, and an obituary will appear soon, and be posted to Legacy.com. I will email those details when available. Suggestions for donations in lieu of flowers will be posted, as well as correspondence to the family.

Thank you,

David Soria and family

AN INVITATION TO JOIN Rev. Carie for **The People's Inauguration** January 21 to January 31. You can view the invitation from Revolutionary Love Founder Valerie Kaur [here](#).

Only we can bring our communities together, tend our wounds, and begin the labor of reckoning, reimagining and remaking our nation block-by-block, heart-to-heart.

On January 20th, we will celebrate democracy at work as a new President and historic Vice President make an oath of office. Then, the next day, we will join them — and make a commitment to do our part in building a nation with liberty and justice for all.

January 21, 2021 at 12pm ET, we'll come together, and we will do so with love.

Sound government is necessary – but it won't heal and transition America into a society where we are all free. This work belongs to us, the people. In the wake of recent violence and insurrection, the People's Inauguration is more urgent than ever.

For more information and to sign up visit: [The People's Inauguration](#) and click on the red "Register Now" oval at either the top or the bottom of the page. Let Rev. Carie know if you plan to participate by sending her an email at RevCarieJohnsen@gmail.com She will be setting up a series of opportunities for UCC participants to gather together to reflect upon, deepen and integrate learnings and experiences.

Board of Trustees

So, What's On Your Mind?

The UUCC Board wants to hear what you are thinking, your ideas, your concerns, your suggestions about how UUCC is doing. Please join board members on the first Sunday of the month right after the church service to talk about this. We will begin Feb. 7 at 11:30-12:30 on the ZOOM church site.

Do you have questions about how UUCC operates? Do you wonder "Why?" about something? Are there things you would like to learn more about? Bring all this and what you want to discuss with board members.

We will not be making decisions during these times, but will listen intently and take all comments and ideas back to the board. See you there!

Jan 2021 Board Notes

At its January meeting, the Board:

- Heard from the Finance Committee that halfway through the fiscal year, income is up and expenses are down. We are in good financial shape.
- Voted to pursue a second Payroll Protection Program grant if we are eligible.
- Heard a report from the Personnel Work Group which has been updating our Personnel Handbook in accordance with the UUA Handbook. Voted to accept the updated handbook as amended.
- Voted to sign onto a draft Statement of Conscience from the UUA "Undoing Intersectional White Supremacy: A Call to Prophetic Action", with the approval of the Social Justice Committee.
- Heard recommendations for building renovations.
- Agreed to proceed with two recommendations stemming from the Congregational Engagement Working Group: 1) Initiate "What's on your mind?" sessions with the congregation starting in February and 2) Explore "Beginning Anew" as a potential practice for conflict resolution.

Dr. Don on Covid-19

Dr. Don on COVID-19 COVID "Long-Haulers"

If you are still "on the fence" regarding COVID-19 vaccinations, here is one more reason to be immunized.

Over 75% of people hospitalized with COVID-19 still report symptoms 6 months later. A new study published last month in The Lancet found the more sick a person was with COVID-19, the greater their risk of experiencing persistent symptoms months later. Even mild cases in the very young have been linked to lasting symptoms that can be extremely serious. Doctors suspect the risk factors include genetics, inflammation, and abnormal immune responses. Scientists have learned a great deal about COVID-19 in record time, but because COVID-19 has only been around for a year we're just now starting to see that COVID-19 doesn't always disappear when

the infection clears up. In some cases the infection triggers serious long-term physical and neurological health effects.

Yale Medicine, like a number of other hospitals, has opened a clinic specifically tailored to post-COVID-19 complications. “All too commonly, we are seeing patients with shortness of breath, fatigue, chronic pain, memory issues, and depression,” said Dr. Jean Paul Higuero-Sevilla, a physician at Yale Medicine who works in the Post-COVID-19 Recovery Program. Lingering symptoms are present in people of all ages and not only in those who had severe COVID-19, but after mild cases, too. “Some of our patients were diagnosed with COVID during the first wave of the pandemic and are still dealing with long-term health consequences,” Higuero-Sevilla said. Many of these people experience neurological issues, so Yale opened a second clinic, called NeuroCOVID, for people with symptoms involving the brain and nerves. “These include a fairly wide variety of symptoms, including problems with memory and concentration, unremitting headaches, abnormal sensations on the skin, prolonged loss of smell and taste, and difficult symptoms of new or worsened anxiety and depression,” said Dr. Serena Spudich, a Yale Medicine neurologist, who runs the NeuroCOVID clinic.

It now seems clear that in "long-haulers" COVID-19 can have a devastating impact on people’s ability to carry on with their daily lives.

Coming up - Why is kidney dialysis and lung transplant the only way some COVID patients survive?

Send your questions, comments or suggestions to naber@zwi.net

Dr. Don



TO: UU Congregations, Fellowships & Churches

Your members and friends are cordially invited to join us for our **VIRTUAL Seminary for a Day on Saturday, January 30, at First Unitarian Portland. This year’s spiritual theme is entitled, *Success, Failure, and Everything In Between.***

Our keynote speaker is the Rev. Meg Riley, co-moderator of the UUA, the highest volunteer office of our movement. Rev. Riley spent 37 years as a UU religious professional, including stints as the UUA's Director of (then) LBG Concerns, Director of the UUA Washington Office, and Head of the Advocacy and Witness Staff Group.

At Seminary for a Day Rev. Riley is eager to share what she has learned and reflect on how our faith's past weaknesses, successes and failures can help us now in our pursuits of equality and justice. She will explore the topic through the lens of our work in welcoming LGBTQ+ people and the lessons that have come from that work.

Details: Saturday, January 30, 2021 - 12:30 p.m. - 3:00 p.m. Eastern Standard Time

Registration is open until 11:00 a.m. on Friday, January 29th. You will receive a Zoom link via email before the event. <https://www.firstunitarianportland.org/events/seminary-for-a-day-all-are-welcome/>

=> ALL ARE WELCOME!

If you have any questions or would like any additional descriptions please contact Kerry, kheintze@firstunitarianportland.org

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

Rev. Carie

VIRTUAL OFFICE HOURS

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.

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