

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, February 10, 2021

Upcoming Services

Worship Theme: February - **BELOVED COMMUNITY**

*What does it mean to be a people of **Beloved Community**?*

<p>THIS Sunday February 14, 2021 10:00 a.m. via Zoom</p>	<p><u>Side with Love Sunday</u> – Rev. Carie Johnsen and Monique McAuliffe, UUCU Lifespan Faith Formation Coordinator</p> <p>Sara Hodgkins and John Seksay will serve as worship associates and Stefanie Barley will be on piano.</p> <p>What if to "side with love" meant making bold, faith-full choices? What if it were even a little bit scary? This worship service brings together worship leaders and musicians from across the country to offer hopeful, moving, challenging reminders about what we, as Unitarian Universalists, are called to do, and BE, in the world.</p>
<p>NEXT Sunday February 21, 2021 10:00 a.m. via Zoom</p>	<p><u>The Body Knows</u> - Rev. Carie Johnsen and Monique McAuliffe, UUCU Coordinator of Lifespan Faith Formation</p> <p>Susan Burnett and Marilyn Gordon will serve as worship associates and Karen Allen will be on piano. There will also be a piano solo by UUCU Music Directory, Bridget Convey. Bridget will play "Billie's Song" by Valerie Capers. Valerie Capers is an African American composer, born in 1935. Here are Ms. Capers' words about the piece:</p> <p><i>Billie's Song is simply a pretty ballad dedicated in fondest memory to the great lady of song, Billie Holiday. Lady Day, was she was called, had a special warmth and intensity about her style. Her singing represented an unforgettable experience, perhaps because of so much sadness and tragedy in her personal life.</i></p>

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

UUCU 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

New Workshop: Revolutionary Love; See No Stranger

Sign up for our Virtual Spring Workshop, *Revolutionary Love; See No Stranger* (Valarie Kaur)

"Revolutionary Love is the choice to enter into the labor for others, for our opponents and for ourselves in order to transform the world around us...in the pursuit of justice.

This Workshop will approach the teaching and learning of Revolutionary Love as a liberatory process; directed towards social change through the cycle of *theory, action and reflection*. The workshop will be hosted by Monique McAuliffe, UCC Coordinator for Lifespan Faith Formation. We will meet via ZOOM once a week for 10 weeks. We will begin the first week of March - start date to be determined.

Please contact the Church Administrator to express your interest in signing up by Feb. 21st. When you can, please be prepared to provide the days or times that would work best for you to be able to participate in this virtual workshop. Contact admin@augustauu.org or call (207) 622-3232.

Goddess/Earth Circles – Sunday, February 28, 1-2:30pm, “Prayer and the Goddess” on UCC zoom.

Consider prayers as spiritual practice to, with, and about goddesses. What are similarities and differences with the Lord’s Prayer – traditional and the translation from Aramaic - and a Lady’s Prayer. A sampling of prayers is being sent to Goddess/Earth Circle participants and is available to anyone that would like to attend. Contact Helen Zidowecki (582-5308, hzmre@hzmre.com)

Winter Meditations with Rev. Carie

Meets weekly on Tuesdays through March 30th

5:30 - 6:15 in the UCC Zoom Room

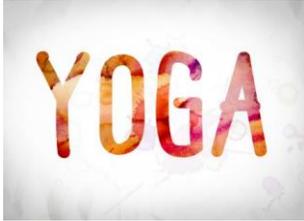
Drawing from An Almanac for the Soul: Anthology of Hope, by Marc and Nancy Hiles, Rev. Carie will facilitate a weekly 20 minute guided and silent meditation. Participants will be invited to stay for an optional time of shared reflections. Rev. Carie will alternate hosting from sanctuary and home chapel. On occasions the meditation may be prerecorded. The mediation (not discussion) will be recorded and made available on the [UCC Facebook page](#). Copyright permission obtained.

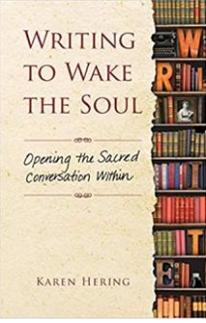
Here is a link to the last TWO meditations:

Feb. 2nd Meditation - https://drive.google.com/file/d/18n8qjZIVtoKjv1sDTdZ9QcfWVqvNzCn_/view?usp=sharing

Feb 9th - Meditation - https://drive.google.com/file/d/1pY7XM2NvgmBG1ILVx4g5HozSlbVqAs_q/view?usp=sharing

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>UUCZ 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>	<div style="display: flex; align-items: center;">  <div> <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> </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: 70%;"> <p style="text-align: center;">Gentle YOGA</p> <p style="text-align: center;">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> </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;">You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</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></p>	<p><i>Writing to Wake the Soul</i> Every OTHER Thursday morning -- 9:00 - 10:30 a.m.</p>

<p><u>9:00 – 10:30</u> <u>a.m.</u></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><u>PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). Upcoming meetings are scheduled on 2/11, 2/25, 3/11 and 3/25.</u></p>
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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

COVID-19 Vaccines

If you are having trouble getting an appointment for a Covid vaccine, you are in good company. Some of us have had success by contacting these health care providers:

Northern Light Health web page (Mondays after 2 p.m.)

They have a variety of vaccination clinics from Preque Isle to Portland.

<https://northernlighthealth.org/Resources/COVID-19/General-Information-about-COVID-19/COVID-19-Vaccinations>

MaineHealth Vaccine Registration (clinic is in Brunswick at Parkview Hosp.) – CALL: **1.877.780.7545**

Maine Health has been responding to requests for a vaccination appointment with either phone calls or emails. These are quick acknowledgements that your request has been received and that they will be in touch to schedule when vaccine is available. This is a quick courtesy contact and no information is requested, which should make these easy to differentiate from scam calls.

Maine General Hospital Vaccine Registration (Augusta area)

mainegeneral.org/about-us/mainegenerals-covid-19-response/pre-registration/
207.621.6419

A Note from Maine General about a SCAM around Vaccines:

We have read the local and national reports that there is a COVID-19 vaccination scam that asks for social security numbers and/or credit card information to set up an appointment to receive a COVID-19 vaccine. **If you get a call like this hang up immediately.** We want you to know that when MaineGeneral calls you to schedule a COVID-19 vaccination appointment we will NOT ask you for

this information. We will confirm the health insurance information we have on file and ask which dates you are available to receive the first and second dose vaccine. If you have any questions about our COVID-19 vaccine pre-registration options, please check our website at www.maine-general.org/covid.

Walmart in Augusta - Appointments are now available www.walmart.com/COVIDvaccine

Visit the [Maine.gov](http://www.maine.gov) website below for all the information about COVID-19 vaccines:
<https://www.maine.gov/covid19/vaccines/vaccination-sites>

UUCC Social Justice Opportunities

What do we as a community want to do to continue our anti-racism work?

The UUA has organized a full-day conference to discuss just that question:

February 27: [New Day Rising Conference: Identifying Your congregations Next Faithful Steps in Changing White Supremacy Culture](#). This Sunday conference includes a worship and afternoon sessions. Congregational teams are encouraged to register. Some of us from the Social Justice Committee are planning to attend, please join us if interested and we'll be a UUCC team!

If we have three or more registrants, the entrance fee will be \$20.00.

For questions, contact: Michaela Loisel @ Michaelatloisel@gmail.com

Black History Month Opportunity: The University of Maine is offering online resources on race, racism and anti-racism. For information, email Jen Bonnet at jennifer.l.bonnet@maine.edu.

Board of Trustees

you are
INVITED

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 met for the first time last Sunday, Feb. 7th. We will meet again on March 7th 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.



Unitarian Universalist Community Church of Augusta
Board Meeting A G E N D A
February 11, 2021, -- 5:00 – 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
Words to Inspire
Check in

REPORTS

1. Clerk’s Report: Susan / **VOTE**
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 on *What’s on Your Mind?* Session: Martha, Susan
- UUCC Campus Renovations and Spring/Summer Move in: Wick / **VOTE**
- Draft Budget Discussion: Martha, CP / possible **VOTE**
- Stewardship Campaign: March 7th Stewardship Sunday: all
- Transition update: Kathy and Carie

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.

Next Board meeting = March 11, 2021

COVID-19 Advisory Group Message

As we near the one year anniversary of the COVID-19 pandemic, it is useful to take stock of how much it has impacted our lives. It has been 11 months since the last time we came together in person as a congregation, shared a meal with each other or were able to give each other a hug. During that time, the United States has seen more than 27 million cases and lost nearly 465,000 people, the State of Maine has reported over 41,600 cases and 640 deaths. We have all become adept at wearing masks, using hand sanitizer, avoiding crowds and have developed a sixth sense of what six feet looks and feels like. Some of us are in the process of receiving the most rapidly developed, amazingly safe & effective vaccine in human history.

Except for Dr. Don Naber's wonderful articles, the COVID-19 Advisory Group has been conspicuously silent in the E-blast over the past month and a half. That has been due to the steady surge of new cases throughout Maine since the Thanksgiving holiday. Public health experts warned that people letting down their guard and gathering with family and friends during the holidays would result in a huge increase in cases, hospitalizations and deaths. Unfortunately, they were absolutely correct; well over half of the total cases & deaths in the United States have occurred since Thanksgiving.

Last fall, the COVID-19 Advisory Group established an upper limit of 8 new COVID cases per 10,000 Mainers as a metric to allow in-person small group gatherings. As of this week that number is 102, nearly 13 times that upper limit metric.

COVID-19 is still very much a reality in Maine and Kennebec county and we all need to continue following recommended safety guidelines, including anytime we wish to enter UUCS facilities. Anyone desiring entry needs to request permission from the COVID-19 Advisory Group, follow the Guidelines and complete a Checklist during their time in our facilities.

Please continue to protect yourselves and your loved ones. We want to have everyone available to celebrate when we are finally able to come together again.

Dr. Don on Covid-19

Dr. Don on COVID-19

COVID-19 and the Kidneys

It has been known since relatively early in the COVID-19 pandemic that those with certain underlying disease conditions are at greater risk from COVID infection. Chronic kidney disease is one of those conditions that can result in severe infection from the virus. People on dialysis often have weaker immune systems, making it harder to fight infections. Individuals with a kidney transplant take anti-rejection drugs (also known as immunosuppressive medicines). They work by keeping the immune system less active, which can make it harder to fight infections. Not surprisingly COVID can thrive in these situations.

We now know that COVID infection in those previously healthy can lead to very serious kidney disease. A report from New York's Mount Sinai Health System shows that people hospitalized with COVID-19 are at significant risk of acute kidney injury (AKI), which can lead to serious illness, dialysis, and even death. The study

found patients with COVID-19 were more than twice as likely to develop AKI as compared to non-COVID patients who developed AKI. AKI appears to be a marker of COVID-19 infection severity and its mortality rate is higher.

Various COVID-19-related effects that are thought to contribute to AKI include kidney tubule injury with septic shock, microinflammation, increased blood clotting, and direct infection of the kidney by the virus. Most patients with COVID-19-related AKI who recover continue to have low kidney function after discharge from the hospital. Some will need dialysis and unfortunately will become candidates for kidney transplant due to kidney failure.

In a statement, the National Kidney Foundation (NKF) reported that acute kidney injury is occurring in 15% of all patients who are hospitalized for COVID-19, and many of these patients end up needing dialysis. When a COVID-19 patient reaches intensive care, the odds increase that the person will lose kidney function — and the NKF says that some hospitals have found themselves in short supply of dialysis equipment or staff trained to administer this level of care in the ICU.

“A significant number of patients going into the hospital to be treated for COVID-19 are coming out as kidney patients,” Kevin Longino, CEO of the National Kidney Foundation and also a kidney transplant recipient, said in a statement. “We believe this may be a looming healthcare crisis that will put a greater strain on hospitals, dialysis clinics and patients for whom chronic kidney disease will be a lasting remnant of the Coronavirus crisis.”

Despite improvements in COVID treatment which have increased positive patient outcomes, the increasing need for long term kidney disease care grows.

Send your questions, comments or suggestions to 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)	revcariejohansen@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