

# Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, February 17, 2021

## Upcoming Services

Worship Theme: February - **BELOVED COMMUNITY**

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

<p><b>THIS Sunday</b> February 21, 2021 10:00 a.m. via Zoom</p>	<p><b><u>The Body Knows</u></b> - Rev. Carie Johnsen and Monique McAuliffe, UCC 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 UCC 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>
<p><b>NEXT Sunday</b> February 28, 2021 10:00 a.m. via Zoom</p>	<p><b><u>An Ethic of Risk</u></b> – Bettina Lehovec*</p> <p>John Seksay and Monique McAuliffe will serve as worship associates and Karen Foust will be on piano.</p> <p>How do we live into an uncertain future? An ethic of risk asks us to embrace possibilities rather than outcomes, trusting the process more than a predetermined goal. Living creatively in the present moment, we make space for change. We lean into relationships and points of view other than our own.</p> <p>*Short bio: Bettina Lehovec is currently serving as Collaborative Ministry Intern with the Ellsworth, Belfast, and Castine congregations. A candidate for UU ministry, she hopes to achieve preliminary fellowship in the fall. She loves the beauty of Maine and the warm welcome she has found here.</p>

**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**

### **New Workshop: *Revolutionary Love; See No Stranger***

**DEADLINE to sign up is Feb. 21<sup>st</sup>**

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. 21<sup>st</sup>. 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](mailto:admin@augustauu.org) or call (207) 622-3232.

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### ***Winter Meditations with Rev. Carie***

Meets weekly on Tuesdays through March 30th

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

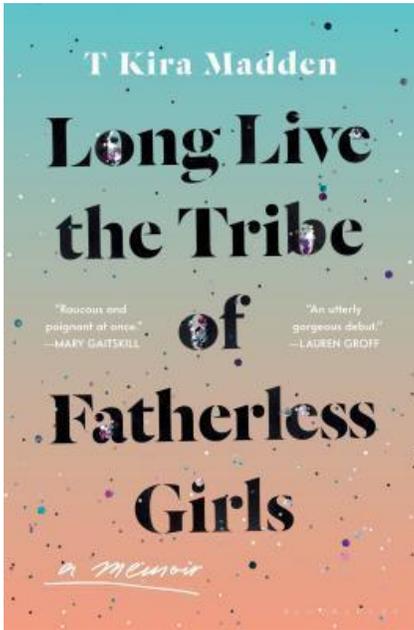
Drawing from *An Almanac for the Soul: Anthology of Hope*, by Marc and Nancy Hiles, Rev. Carie will facilitate a weekly 20 minute guided and silent meditation. Participants will be invited to stay for an optional time of shared reflections. Rev. Carie will alternate hosting from sanctuary and home chapel.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

Feb. 2<sup>nd</sup> Meditation - [https://drive.google.com/file/d/18n8qZIVtoKjv1sDTdZ9QcfWVqvNzCn\\_/view?usp=sharing](https://drive.google.com/file/d/18n8qZIVtoKjv1sDTdZ9QcfWVqvNzCn_/view?usp=sharing)

Feb 9<sup>th</sup> - Meditation - [https://drive.google.com/file/d/1pY7XM2NvgmBG1ILVx4g5HozSlbVqAs\\_q/view?usp=sharing](https://drive.google.com/file/d/1pY7XM2NvgmBG1ILVx4g5HozSlbVqAs_q/view?usp=sharing)

**Goddess/Earth Circles** – Sunday, February 28, 1-2:30pm, “Prayer and the Goddess” on UUCC 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](mailto:hzmre@hzmre.com))

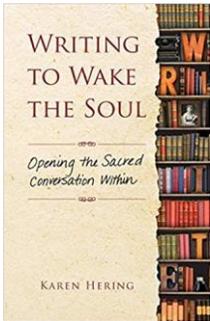


- **Read, learn, Share** book group will meet on Thursday March 4. **\*\***  
**NOTE the NEW TIME\*\*** at NOON in the UUCC Zoom Room. Anyone who is interested in discussing this month’s book is welcome to join us. We meet for an hour and a half to discuss topics relevant to the book which are raised by participants.

*Long Live the Tribe of Fatherless Girls*, a memoir from the literary essayist T Kira Madden, is a searing, vivid, and deeply thoughtful take on growing up in a turbulent family in Boca Raton, Florida" - Elle

## Weekly Events

<p><b>Monday</b>  <u>Each week</u>  <b>2:00 – 3:30</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>UUCC ZOOM ROOM</b> (← click this link OR see Pg. 1 for other ways to join)</p>
<p><b>Monday</b>  <u>Each week</u>  <b>6:30 – 8:00</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>Wednesdays</b>  <u>Each Week</u>  <b>5:00 – 6:00</b>  <u>p.m.</u></p>	<p align="center"><b>Gentle YOGA</b>  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.  <a href="https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09">https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09</a>  Password <b>174192</b>  FMI: DebbieMattson@hotmail.com</p>
<p><b>Thursdays</b>  <u>Each Week</u>  <b>8:00 – 9:30</b>  <u>a.m.</u></p>	<p align="center"><b><u>Peaceful Heart Sangha</u></b></p> <p 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 <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>.  FMI: <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p>
<p><b>Every Other Thursday</b>  <b>9:00 – 10:30</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>  <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> <p align="center"><b><u>PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). Upcoming meetings are scheduled on 2/25, 3/11 and 3/25.</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

## **"JUST LOOKING" for Now at UUCC's First Online Silent Auction**

Our long-awaited 2021 Auction items are now ready for you to see! You may browse our many offerings at your leisure, but we have not yet opened the bidding. Here's the path for you to look over. <https://www.32auctions.com/AuctionLink2021>

You'll find something for every need, including two home-cooked apple pies for your Easter dinner table, traditional UU summer work crews, local gift certificates, handmade quilts, furniture and beautiful art.

No UUCC auction bids will be permitted until 6 a.m., Friday, March 26. We will publish instructions in March E-blasts about how to register your email address so that you may place bids.

**Please send the auction review link to all your friends and family and tell them to get ready for a fun week in March!**

The auction will close at 5 p.m., Friday, April 2.

If you have questions, or would like to help auction winners load items in their cars on Saturday, April 3, from 10-noon, please contact Catherine Palmer ([palmercatherinemaine@gmail.com](mailto:palmercatherinemaine@gmail.com) or call 207.458.7384), or Hannah Faulkner ([hannahbfaulkner@gmail.com](mailto:hannahbfaulkner@gmail.com) or call 207.485.4335).

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## **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/](https://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.mainegeneral.org/covid](http://www.mainegeneral.org/covid).

**Walmart in Augusta** - Appointments are now available [www.walmart.com/COVIDvaccine](http://www.walmart.com/COVIDvaccine)

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

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### **News from UCC Social Justice Committee**

The Maine Unitarian Universalist State Advocacy Network ([MUUSAN](http://www.muusan.org)) is a statewide legislative ministry to promote just, humane laws and policies. MUUSAN has chosen four areas of public policy as priority issues. One of these is Racial, Native and Immigrant Justice. ..."

MUUSAN formed The Wabanaki Legislative Team to support passage of the bills pending before the current Maine Legislative session. An act (LD 2094) was introduced into the 2020 Maine legislature which would implement the recommendations of a task force appointed to make changes to the Maine Indian Claims Settlement Implementing Act passed in 1980. This "Settlement Act" was passed in response to a suit to obtain more sovereignty rights for the four Maine tribes (Penobscot, Passamaquoddy, Maliseet, and Micmac). The Settlement Act was interpreted by the State of Maine in a way that did not give Maine tribes the same rights under federal laws as the other 500 tribes in the U.S. The task force created to resolve these issues made 22 recommendations for changes to the Settlement Act which became the basis for LD 2094. The bill was not addressed when the pandemic struck but has been reintroduced into the 2021 state legislature as several separate bills to help ensure the passage of at least some of the suggested changes.

Feb 17 at 1:00 pm there is a presentation to the Judiciary Committee on Tribal-State Relations, Tribal Sovereignty, Federal Indian Law might be interesting.

The meetings are recorded and you can watch them  
at <https://www.youtube.com/channel/UCuVBK7hoImqaVFXuQD9l6hQ>

### **Opportunity extended from UCC Social Justice Committee:**

**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 Saturday conference includes a worship and afternoon sessions. Congregational teams are encouraged to register. Team up with UCC friends to do this important anti-racism work. The entrance fee is \$20.00 pp

For questions, contact: Michaela Loisel @ [Michaelatloisel@gmail.com](mailto:Michaelatloisel@gmail.com)

# Board of Trustees

## Questions and Answers from Zoom Meeting “What’s On Your Mind” held on Feb. 7, 2021

**Note:** Our Covid Advisory Group will answer questions related to the virus and vaccinations. Please address your questions to Don Naber at [naber@zwi.net](mailto:naber@zwi.net). <See Don’s article below for a response>

### **Q: What’s next in finding a new minister?**

Answer: The Worship Arts Team will locate a guest summer minister for 11 weeks and then the Board will engage with the UUA to locate an interim minister for two more years, beginning in August.

### **Q: Where can I find our bylaws and the “How Our Church Works” document?**

Answer: See the church’s website page relating to church governance.

Direct Link: <https://www.augustauu.org/minister-staff-and-church-life/church-governance/>

### **Q: How do people become a member and can “friends” attend board meetings?**

Answer: Only church members may vote at our Annual Meeting in June, but anyone can listen to monthly board meetings. If you are interested in UUCS membership, please contact Diane Moongrove at [dmoongrove@gmail.com](mailto:dmoongrove@gmail.com) or (207)446-6162.

### **Q: What do I do if I am bullied at church or receive unsolicited emails?**

Answer: Please speak to a member of the Committee on Ministry. Contact Kathy Kellison at [kell6787@gmail.com](mailto:kell6787@gmail.com) or (207)445-4415.

### **Q: If someone leaves the church, does our church administrator remove her or his name from the mailing list?**

Answer: If a member decides to leave the church, they are generally removed from the mailing/ e-mail list unless they specifically request to remain on the mailing list.

### **Q: When is the next “What’s on Your Mind” zoom meeting with board members?**

Answer: Sunday, March 7, 11:30 a.m. at the church zoom account.



## *So, What's On Your Mind?*

The UUCS Board wants to hear what you are thinking, your ideas, your concerns, your suggestions about how UUCS is doing. Please join board members on the first Sunday of the month right after the church service to talk about this. Responses to inquiries made at our first session Feb. 7<sup>th</sup> are above. We will meet again on March 7<sup>th</sup> at 11:30-12:30 on the ZOOM church site.

Do you have questions about how UUCS 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!

## **Feb 2021 Board Highlights**

The following highlights are offered to give you an overview of the work of the UUCC Board. They are not as thorough as the minutes taken by Board Clerk, Susan Caldwell. As we enter a time of significant transition in our community, the Communication Work Group encourages you to request copies of the complete minutes from the church office to remain as informed as possible about the work of the Board.

At its February 11 meeting, the Board:

- Heard from the Treasurer that the church continues to be in good financial shape.
- Voted to continue paying Rev. Carie's salary through June (including paid vacation time).
- Discussed what it will mean as Rev. Carie follows UUA guidelines to "make a clean break" with UUCC when she leaves.
- Discussed the idea of "technical" and "adaptive" change as they relate to our continued embrace of shared ministry.
- Discussed the February 7 "What's on Your Mind?" session.
- Voted to move forward with a plan for renovation including a fundraising campaign.
- Voted to set March 21 as Stewardship Sunday with a campaign goal of \$165,000.
- Noted that we will submit an application to the UUA for an interim minister. Suggestions are being sought for members to serve on that search committee.
- Voted to authorize the Worship Committee to do a search for a contract minister to serve from mid-May through early August and bring a recommendation to the Board.

## **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 UUCC 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

Today's article was written in response to a question from the "What's on your Mind?" Q & A Session with the Board of Trustees on Feb. 7th .

### Dr. Don on COVID-19 Using Masks following COVID Vaccinations

In June 2009 an 11-year-old boy returned to the US from the UK and inadvertently brought something with him. Later that week, while attending a religious education program, he developed swelling of his salivary glands. He had mumps, a respiratory viral infection spread by droplets in the air. By the time the program ended, 22 others had been infected, along with three adults. When the infected went home, the virus spread creating an outbreak lasting a year, with over 3,500 people developing the disease.

What was most surprising is that the accidental super-spreader had received a full course of the MMR (measles, mumps and rubella) vaccine. He did have some immunity but he, like the other 22 vaccinated children and three adults, developed relatively mild symptoms with no complications, and were still able to carry the virus and transmit it to others.

The way most people think of vaccines is pretty simple: you are vaccinated, and your immune system is primed and trained to fight off the invisible intruder, be it virus or bacteria. If you're protected, you can't be infected, and if you're not infected, then you can't spread it to anyone else.

That's true much of the time, but not all vaccines work that way, and it's not actually what the two COVID-19 vaccines authorized by the U.S. Food and Drug Administration, made by Moderna and Pfizer, are designed to do. Their effectiveness is measured by how well they protect people against moderate to severe COVID-19 disease, not how well they prevent infection or the spread of the COVID-19 virus.

These two vaccines seem to be remarkably good at preventing serious illness. What is unclear is how well they will curb the spread of COVID. That's because the Pfizer and Moderna trials tracked only how many vaccinated people became sick with Covid-19. That leaves open the possibility that some vaccinated people become infected without developing symptoms, and could then silently transmit the virus if they come in close contact with others or stop wearing masks. These vaccinated people can become silent spreaders of the virus, circulating it in their communities and putting unvaccinated people at risk.

"A lot of people are thinking that once they get vaccinated, they're not going to have to wear masks anymore," said Michal Tal, an immunologist at Stanford University. "It's really going to be critical for them to know if they have to keep wearing masks, because they could still be contagious."

In most respiratory infections, including COVID-19, the nose is the main port of entry. The virus rapidly multiplies there, jolting the immune system to produce a type of antibody that is specific to mucosa, the moist tissue lining the nose, mouth, lungs and stomach. If the same person is exposed to the virus a second time, those antibodies, as well as immune cells that remember the virus, rapidly stop it before it gets a chance to spread and infect.

The coronavirus vaccines, in contrast, are injected deep into the muscles and stimulate the immune system to produce antibodies. This appears to be enough protection to keep the vaccinated person from getting ill. Some of those antibodies will circulate in the blood to the nasal mucosa and stand guard there, but it's not clear how much antibody can be activated, or how quickly. If the answer is not much, then viruses could bloom in the nose, and be sneezed or breathed out to infect others. This is why mucosal vaccines, like the nasal spray FluMist or the oral polio vaccine, are better than intramuscular injections at fending off respiratory viruses, experts say.

“Preventing severe disease is easiest, preventing mild disease is harder, and preventing all infections is the hardest,” said Deepta Bhattacharya, an immunologist at the University of Arizona. “If it’s 95 percent effective at preventing symptomatic disease, it’s going to be something less than that in preventing all infections, for sure.”

Send your questions, comments or suggestions to [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

### 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)	<a href="mailto:revcariejohnsen@gmail.com">revcariejohnsen@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

## **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](mailto: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](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)