

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, March 10, 2021

Upcoming Services

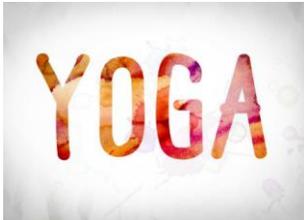
Worship Theme: March = **COMMITMENT**

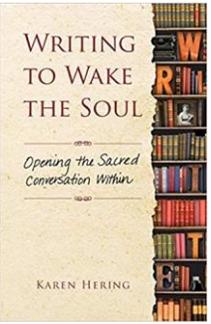
What does it mean to be a people of Commitment?

<p>THIS Sunday March 14, 2021 10:00 a.m. via Zoom</p>	<p><u>One Year Later</u> – Rev. Carie Johnsen</p> <p>Monique McAuliffe and Marilyn Gordon will serve as worship associates and Karen Foust will be on piano with Joelle Morris singing “Fields of Gold”.</p> <p>Grief and loss mark this year of living safer at home in a pandemic. And now, trusting and cultivating opportunity as we gaze upon a horizon not yet known.</p> <p>-----</p> <p> The Worship Arts Team invites YOU to imagine with them a future where one day we return to our sanctuary on the corner of Winthrop and Summer Streets.</p> <p>A small team (Rev. Carie, Marty Peters, Karen Allen, Bridget Convey, and Susan Burnett) are in the beginning stages of exploring hybrid service options and the necessary technology needs and costs to support a model that fits our community.</p> <p>Please join the conversation immediately following this <u>March 14th</u> service for a conversation focused on what is most important in the process of supporting people’s sense of safety and comfort with returning to the church building. While we plan to have members of the Covid Advisory Group present, this conversation is not about the virus or vaccines or even plans for opening. This conversation is about creating and leading worship that meets the changing needs of our community. Please be a part of shaping the future by sharing your voice: perspective, hopes, and expectations.</p>
<p>NEXT Sunday March 21, 2021 10:00 a.m. via Zoom</p>	<p><u>Stewardship Sunday</u> - Rev. Carie Johnsen</p> <p>Susan Burnett and John Seksay will serve as worship associates. Music Video "Come Sing a Song with Me".</p> <p>Faith in Unitarian Universalism isn't an intellectual exercise: it's "heart" work. Join us as we join the Unitarian Universalist Association (UUA) for a special service. The UUA service will feature a sermon by UUA President Rev. Susan Frederick-Gray, as well as vibrant music, storytelling, and other worship elements that will help us to grow in spirit, in courage, and in generosity.</p>

Virtual Connections

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 above 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>Tuesday</u> <u>Each week</u> <u>5:30 – 6:15</u> <u>p.m.</u></p> <p style="color: red;"><u>Through</u> <u>March 30,</u> <u>2021</u></p>	<p style="text-align: center;"><i>Winter Meditations with Rev. Carie</i></p> <p style="text-align: center;">Meets weekly on Tuesdays through March 30th 5:30 - 6:15 in the UUCZ Zoom Room</p> <p>Drawing from <u>An Almanac for the Soul: Anthology of Hope</u>, 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 UUCZ Facebook page. Copyright permission obtained.</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</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> 

<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;">  <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>
<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> Every OTHER Thursday morning -- 9:00 - 10:30 a.m.</p> <div style="display: flex; align-items: flex-start;">  <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 3/11 and 3/25.</u></p> </div>

ALL church events and meetings are reflected on the UUCU calendar
Click below to view ALL events, including any group meetings or other business meetings.
<https://www.augustauu.org/calendar-and-communications/>

Notices

[News about the search for the UUCU Interim Minister](#)

Our Interim Minister search started with the development of a Search Committee. The Committee exists of three board members and two congregants (see below). They will work with the Unitarian Universalist Association (UUA) Transition Office to review and interview candidates from the region and beyond. A comprehensive application is submitted by the Committee to the Transition Office by April 22nd, after which interested candidates are presented to the Committee for review. The finalists are ultimately interviewed to begin on August 1st for a term of two-years. In the meantime, the Worship Arts team is undergoing their own process to consider a Worship Minister to support their ministry and lead Sunday services from May 17th to August 1st.

Interim Minister Search Committee Members:

1. Harold Burnett, Congregant
2. Terry Lee Cookson, Board Member, COVID-19 Task Force member
3. Dennis Maddi, Congregant
4. Kathy Ann Shaw, Board President,
5. Jill Watson, Board Member (former Board President)

Questions? Please contact Kathy Ann Shaw, board President at kathyannshaw@roadrunner.com.

A "THANK YOU" FROM HELEN WING

"to all of the folks who have been so gorgeously sending meals my way. Thanks."



Stickered CLYNK bags are available at the front of the church building. Help support the church by dropping your bagged returnable bottles and cans to Hannaford.

Faith (Scotti) Soria Celebration of Life

Dear friends and family:

Our mother, Faith [Scotti] Soria passed away at home in her sleep, 11 January 2021, after several weeks in hospice care. You are invited to an online remembrance and celebration of her life on Sunday, March 21 at 2 pm, Central Time. Details are below - for those new to Zoom, please sign in to zoom with your name, so that we can admit you from the "waiting room" prior to the event.

Zoom Link: Topic: Faith Soria - a remembrance and celebration of her life
 Time: Mar 21, 2021 02:00 PM Central Time (US and Canada)

Join Zoom Meeting: <https://us02web.zoom.us/j/87534639938?pwd=eFd1Qzd4Q00xsd2lIWjdpK0tVcGFTUT09>
 Meeting ID: 875 3463 9938
 Passcode: 049854

Faith's obituary appeared in the Friday, January 22 edition of the Elmhurst Suburban Life, and is posted on Legacy.com. There is a guest-book for her at the Legacy link below.

[Faith Soria Obituary - Death Notice and Service Information \(legacy.com\)](#)

In lieu of flowers, contributions may be made in her memory to the Unitarian Universalist Association, 25 Beacon Street, Boston, MA 02108 (www.UUA.org), to The Cornell Lab of Ornithology, 159 Sapsucker Woods Rd, Ithaca, NY 14850 (www.birds.cornell.edu), or to GreenMan Theatre Troupe, PO Box 514, Elmhurst, IL, 60126 (www.greenmantheatre.org).

Correspondence to the family may be sent c/o Steven Soria, 203 Maple Avenue, Elmhurst, IL 60126.

We thank you for your loving friendship to our mother over her many years.

Sincerely,

Her children, Steven, Karen, and David Soria



Looking for greater human and spiritual connection during this most disconnected of times? Small Group Ministry offers this vital need in our spiritual community, and so much more!

We have groups already up, running, and flourishing, or we can help facilitate the formation of a new group.

SGM is a nationwide UU movement, but the epicenter was right here in Augusta. Now is the time to be a more involved UCCer through Small Group Ministry!

For more information, please contact Michael Conley at 207-248-7948 or at estherpearl67@gmail.com

UCC's First Online Silent Auction

Please use this link to create your auction login: <https://www.32auctions.com/users/new>

Bidding begins at 6 a.m., Friday, March 26.

Please send this **"create an account"** link to all your friends and family and tell them to get ready for a fun week at the end of March!

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

If you have questions, please contact Catherine Palmer (palmercatherinemaine@gmail.com) or call 207.458.7384, or Hannah Faulkner (hannahbfaulkner@gmail.com) or call 207.485.4335).

EMBODY OUR PRINCIPLES WITH MUUSAN

Are you interested in getting involved with lobbying Maine's legislature and wonder how to get started? MUUSAN is for you. The Maine Unitarian Universalist State Advocacy Network is already plugged in, and has a place for you.

As noted last week, you can choose one of the four advocacy areas and follow just that one, or you can keep up with all of them. At the beginning of the session, MUUSAN gets a list of all of the proposed bills that relate to Health Care, Democracy in Action, the Environment and Racial, Immigrant and Native Justice. The information is distributed to the relevant group and members decide how they will respond.

The group can endorse a bill, or not. If they decide to endorse a bill, they decide at which level to participate. A level 1 endorsement includes willing members submitting testimony, writing letters to the editor and encouraging direct connection between members of our congregations and their legislators. A level 2 endorsement involves all the same activities except submitting testimony. A level 3 endorsement is 'in name only' meaning that MUUSAN is listed as a supporter without the expectation that we will work for that bill. The same levels and activities apply if a group opposes a bill.

What this means for you is that your Congregational Legislative Liaisons can help you make a connection so you can get involved at any level that fits for you. Whether it's one bill or joining an advocacy group, you can have hands on involvement in making laws that promote our UU values.

Also, THIS SATURDAY MARCH 13, MUUSAN will hold its regular NETWORK MEETING from 10:00 until noon. SHENNA BELLOWS, our new Secretary of State will be speaking. The advocacy groups will also meet. FMI and to REGISTER and make the connection, visit MUUSAN.org.

Kathy Kellison kell6787@gmail.com and Michaela Loisel michealatloisel@gmail.com

Board of Trustees



Unitarian Universalist Community Church of Augusta
Board Meeting A G E N D A
March 11, 2021 - 5:00 pm to 7:00 pm

<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)
 - a. Approval of Hal Booth's Heat Pumps (att.)
/ **VOTE**
4. COVID-19 Task Force's Report: Terry
5. Minister's Report: Rev. Carie
- Update on Interim Minister Search: Kathy, Terry, Jill

NEW BUSINESS

- Report from the March *What's on your Mind* session: Kathy, Terry
- Report of Life Span Faith Formation: Monique
- Worship Arts presentation re: Contract Minister and technology needs: Susan / **VOTE**
- Stewardship conservation and service: Carie
- Renovations and Reopening of the UCC Campus: Wick
- Possible Drew House Renovations: Kathy

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 = April 8, 2021



So, What's On Your Mind?

The UCC Board wants to hear what you are thinking, your ideas, your concerns, your suggestions about how UCC is doing. Please join board members on the first Sunday of the month right after the church service to talk about this.

We will meet again on April 11th at 11:30-12:30 on the ZOOM church site.

Do you have questions about how UCC 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!

Dr. Don on Covid-19

Dr. Don on COVID-19

About the Johnson and Johnson Vaccine

All three of the vaccines currently in use to prevent COVID-19 infection involve technology not previously utilized in the production of immunizing agents. The science behind each of these vaccines is well understood with some of its basic principles under study for over 75 years. The remarkable effectiveness of these new vaccines will undoubtedly lead to future vaccines using similar methodologies.

The Moderna and Pfizer vaccines use similar messenger RNA, or mRNA technology. When injected these vaccines deliver fragile genetic material incased in fatty particles that can be directly absorbed into our cells. This mRNA code taken up by cells in the arm muscle provides genetic instructions for protein construction. Our cells follow these instructions to make tiny pieces of protein that look like a part of the COVID virus. Completing the intact virus is not possible. These little proteins are "foreign" to us and stimulate an immune response, generating antibodies and immune cells that "remember" what they look like. This "anamnestic" (to not forget) response will be ready to defend us quickly in case of a new attack of virus having these same proteins.

The Johnson & Johnson vaccine uses what is known as viral vector technology. Instead of being carried in little lipid balls, more stable DNA genetic instructions are carried by a weakened common cold virus that can infect cells, but doesn't have the ability to reproduce itself and spread in the body to cause colds. Like the Pfizer and Moderna vaccines, this incomplete virus delivers genetic instructions to our cells only for building COVID spike proteins, the knob-shaped structure the virus uses to infect cells. Again these "foreign" proteins cause us to generate an immune system response.

The Johnson & Johnson's vaccine can be kept at simple refrigerator temperatures, making it easy to store, ship and handle. It is effective after only one dose, so health officials in some jurisdictions are considering offering it to those who may be hard to reach or who are otherwise unlikely to get a second dose. "I think in terms of one shot versus two shots, you can start thinking about underserved communities where it may be harder to follow up and ask people to come back for second shots," said John Wherry, director of the Institute for Immunology at the Perelman School of Medicine at the University of Pennsylvania. "You think about populations that are more transient that are harder to track."

The J & J vaccine shares important common qualities with the Pfizer and Moderna vaccines. None of the three vaccines contains additives that can sometimes cause strong reactions, such as antibiotics, preservatives or adjuvants, which are compounds used to boost the immune response of many vaccines. This means a very low risk of allergic reactions, especially life-threatening anaphylaxis. The CDC reports very few cases of anaphylaxis in people who have been given the Moderna or Pfizer vaccines, and all were easily treated. There have even less adverse responses to the J & J vaccine.

All three vaccines target a specific part of the spike protein called the "receptor binding domain". As the name implies, it's the part of the spike the virus uses to attach itself to cells for infection. Virus mutations that change the structure of this particular region could weaken the efficacy of all three vaccines. Luckily, all three appear to stimulate an overwhelming immune response, far stronger than people have after a natural infection. So far, it appears to be enough to continue at least partially protect people from current variants.

Send your questions, comments or suggestions to naber@zwi.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@zwi.net	207-887-1104
Cathie Nielsen, MD	cathieenielsen@gmail.com	207-441-0248
Marty Soule, PA-C	martysoule@gmail.com	207-685-9270

UUCC 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