

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, April 28, 2021

Upcoming Services

Worship Theme for May is **STORY**.

Join us as we explore what it means to be a people of STORY.

<p>THIS Sunday</p> <p>May 2, 2021 10:00 a.m. via UCC Zoom room</p>	<p><u>Transitions R Us</u> – Rev. Carie Johnsen and Monique McAuliffe, Lifespan Faith Formation Coordinator</p> <p>Sara Hodgkins and Susan Burnett will serve as worship associates. Special music will include David Morris "Breakaway" by Kelly Clarkson</p>
<p>NEXT Sunday</p> <p>May 9, 2021 10:00 a.m. via Zoom UCC Zoom room</p>	<p><u>Nurturing the Soul of UCC: Service with lay reflections</u> with Reverend Carie Johnsen</p> <p>John Seksay and Monique McAuliffe will be our worship associates with Stefanie Barley as our pianist and Joelle Morris will share her rendition of "Wind Beneath my Wings".</p>

**All worship services AND virtual events (unless noted) are held in the
UCC ZOOM ROOM**

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)

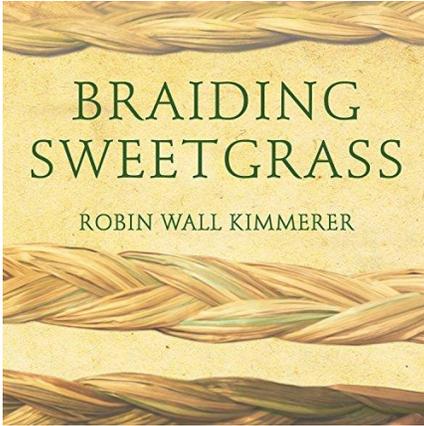
At first prompt (meeting id: 823 807 0673#)

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.

Connections



Read, Learn, Share meets Thursday May 6 at noon in the UCC Zoom Room.

Anyone who interested in discussing our book for month is welcome to join us. We will end at 1:30. For more information, contact Kathy Kellison at kell6787@gmail.com or June Zellers at <mailto:junezellers@roadrunner.com>

‘ For only when we can hear the languages of other beings are we capable of understanding the generosity of the earth, and learning to give our own gifts in return.’ Goodreads

****SAVE THE DATE****

Saturday May 15, 2021- 9:30 A.M.

Join a 12 Year Walk of Ministry as Rev. Carie shares with us memories at significant locations in the Capital area.

The walk will begin and end at the Church. In between we will see the downtown and riverfront and of course stop at Capitol Park, The State House and Blaine House to remember the many actions/activities that happened there.

The walk may take up to two hours with stops along the way. The route will be mapped out so that you may join by car at the stops as well. (Stay tuned for details)

Saturday May 15, 2021....meet on the church at 9:30 A.M.

FMI: Contact Jim Caldwell or Deb Mattson

Weekly Events

Monday

Each week

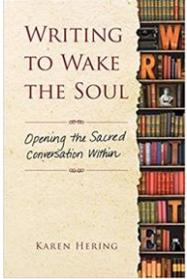
2:00 – 3:30

p.m.

Read Aloud & Discussion

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

UCC ZOOM ROOM (← **click this link OR see above for other ways to join**)

<p><u>Monday</u> Each week <u>6:30 – 8:00</u> <u>p.m.</u></p>	<p align="center"><u>Peaceful Heart Sangha</u> <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>
<p><u>Wednesdays</u> Each Week <u>5:00 – 6:00</u> <u>p.m.</u></p>	<p align="center">Gentle YOGA 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=UWJpOVFjVFJGbz3dMWmZoOTRXa3VoUT09 Password 174192 - FMI: DebbieMattson@hotmail.com</p>
<p><u>Thursdays</u> Each Week <u>8:00 – 9:30</u> <u>a.m.</u></p>	<p align="center"><u>Peaceful Heart Sangha</u> <i>You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</i></p>  <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>
<p><u>2nd & 4th</u> <u>Thursday</u></p> <p><u>9:00 – 10:30</u> <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i> We meet the 2nd and 4th Thursday of each month - 9:00 - 10:30 a.m.</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>

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

Tomato Babies Anyone??

This year's Tomato Baby sale is offering a bigger selection than ever. I have so many that my usual system of reusing quart milk and cream containers was inadequate and I had to go scavenging for more.

What: **TOMATOES:**

- Red: Ultra Girl Hybrid, Oregon Spring, Dester, German Pink, Siberian
- Dark Red: Malakhite Box, Black Krim
- Orange: Moon Glow, Striped German, Jaune Flamme
- Green: Green Zebra,
- Multi: Berkley Tie Dye Green, Berkley Tie Dye Pink
- Cherry: Sweet 100 and Red Cherry (red), Midnight Snack & Black Cherry (dark red),
Wapsipinicon Peach (yellow)

OTHER VEGGIES:

- Basil
- Kale (Red Russian)
- Cucumbers
- Grape Scions: St. Croix, Reliance, Prairie Star, Green seeded, small purple seedless, small red seedless

When: Pick-up day in late May. Date to be announced.

Why: Fundraiser for the Unitarian Universalist Community Church.
All proceeds to the UUCC.

Note from the Worship Arts Team



Bettina Lehovc will be our summer worship minister. Bettina's background is in journalism. Her career experience includes being chief writer and editor of a newspaper section on Faith and Spirituality. She is finishing up a nine month internship with the UU collaborative Ministry on the coast of Maine. Ellsworth, Belfast and Castine are under this umbrella. She hopes to be received into preliminary fellowship in the fall.

On February 28, 2021, Bettina led a service at the UUCC. It was entitled the Ethic of Risk. She will begin leading services on May 23, 2021 with her last service approximately August 1, 2021. Besides leading our worship, Bettina will also be available for memorial services or weddings as needed. She is looking forward to serving UUCC as our contract worship minister



We still have one 12 ft. pew in need of repair that we need to rehome. If anyone would like the pew, it is available for free. Contact Bill Allen (699-6567) or Wick Johnson CLJ@kennebec.com if you are interested.

Last Chance Free Books!!!!

We still have many books available for the taking. Any remaining books will be moved to the Kennebec Historical Society on May 1 for inclusion in their book sale (in the next few months.)

With Covid restrictions, we are asking folks to reserve time on Tuesday, Wednesday, or Thursday from 9-4. We are continuing to book appointments. You can come in your family pod or alone to browse the library. Contact Lynn Smith to reserve your time: 207-622-3232 <mailto:admin@augustauu.org>> Masks are required. Bring your own bag please.

If you need an evening or weekend time, please contact Rev. Carie (508-221-5295 revcariejohansen@gmail.com) or Helen Zidowecki (582-5308, hzmre@hzmre.com) to set an appointment.

Change in Church Administrator office hours



The office administrator will be working different hours for the next few weeks as follows:

Tuesday through Friday 8:00 a.m. – 1:00 p.m.
(plus 7 hours of flex or work at home hrs)

Reverend Carie has graciously allowed for this change as we adapt to the recent adoption of a new four-legged family member.

Meet Dobby, our 9-month old German Shepherd! Dobby has been with us for only 4 days and is transitioning well in his new home. He has previously learned many bad habits, has not been socialized and suffers from separation anxiety. The shorter hours will help us to make his transition as smooth and painless as possible.

Hopefully he will someday love us as much as he seems to love our couch!

EMBODY OUR PRINCIPLES WITH MUUSAN

YOU are invited to the MUUSAN NETWORK MEETING - Saturday, May 8, 2021 10-noon via zoom.

Join with UU's across Maine and learn more about MUUSAN and how our legislature works.

The keynote speaker is STATE SENATOR CATHY BREEN, Chair of the Appropriations Committee. She will explain what the Appropriations Committee does and how bills are funded. Of particular importance to us is learning what we can do to ensure that legislation consistent with our UU Principles will successfully move through the Appropriations process.

If you've been interested in getting involved with MUUSAN, this is a great time to see what all the buzz is about. After hearing from Senator Breen, you can choose to attend one of four issues group and learn about the work of that group.

The groups are: Democracy In Action
 Climate Change
 Health Care
 Racial, Native and Immigrant Justice

To register go to: MUUSAN.org and click on MUUSAN Network Meeting

With questions, reach out to Kathy Kellison kell6787@gmail.com or Michaela Loisel michaelatloise@gmail.com

2021-2022 Pledge Campaign UPDATE

**Thank you to all who have sent a pledge form in to the church office.
Our goal is \$165,000. We are now at 69% of our goal!!!**

As of Today **46 pledges** have been received, raising **\$124,225** for the work of UCC in the next fiscal year.

All pledges are important. Please return your pledge as soon as you can.

Thank you, thank you all!

Board of Trustees

you are
INVITED

Join us for the final *What's On Your Mind* session?

May 2nd at 11:30-12:30 on the ZOOM church site.

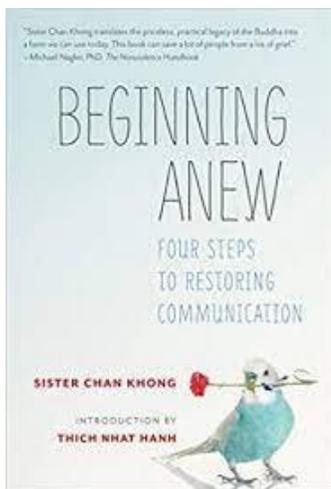
The UUCC Board wants to hear what you are thinking, your ideas, your concerns, your suggestions about how UUCC is doing. Do you have questions about how UUCC operates? Do you wonder "Why?" about something? Are there things you would like to learn more about? Bring all this and what you want to discuss with board members. We hope to see you there!

Message / Invitation from the Board of Trustees – General Assembly

For those who might be interested, it is time to start thinking of the Unitarian Universalist Association (UUA)'s General Assembly, June 23-27, 2021. Organically to be held in Milwaukee WI, the event will be held virtually again this year. The UUA states "General Assembly is the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles. That remains true even when we cannot gather physically. Last year, GA had more than 4,900 registered attendees participate from remote locations around the world. Although we give up the face-to-face interaction and hugs that are prevalent when we meet in-person, we retain our dedication to community and make our experience more accessible and more environmentally sustainable."

Registration is **\$200 per person**. Financial support for registration as well as a payment plan are available from the UUA. General Assembly registrants receive access to the 2021 Online Participation Portal, including live, simulive, and on-demand video content, the virtual exhibit hall, chat features, support, and a (new!) GA mobile app. To register please visit: [General Assembly Registration](#) | [General Assembly](#) | [UUA.org](#)

If you are interested in serving as a UUCC Delegate and representing the church in voting on UUA business matters, please contact Kathy Ann Shaw, Board President, at kathyanshaw@roadrunner.com.



Beginning Anew Workshop

This workshop is being rescheduled from Sat. April 17 to a new date (to be determined).

Please stay tuned for more information.

Dr. Don on Covid-19

Dr. Don on COVID-19 The J&J vaccine "pause"

A blood clot is a mass of cell fragments called platelets, blood cells and proteins that gather to stop excessive bleeding. In most cases, blood clots are healthy and the body dissolves them naturally once the injury has healed. However, there are a variety of conditions that cause them to form unnecessarily or to not dissolve naturally.

Recently very rare cases of blood clot formation have been seen in women under 50, and one man in his 30's who all received the Johnson and Johnson vaccine a week or two earlier. In an unusual combination many of these individuals had low platelet counts which typically causes problems forming clots so ongoing bleeding results. Additionally in an unusual phenomenon, clots formed in serious places like the lungs, legs, abdomen, or brain, where potentially deadly stroke-like symptoms can occur. Use of the vaccine was paused for almost two weeks while the clotting cases were investigated. A similar pattern of clots has been observed in a tiny percentage of people who received the AstraZeneca vaccine in Europe.

Dr. Anne Schuchat, Principal Deputy Director of the CDC and Dr. Peter Marks, director of the FDA's Center for Biologics Evaluation and Research stated that those who received the J&J vaccine and develop severe headache, abdominal pain, leg pain, or shortness of breath within three weeks after vaccination should contact their health care provider. It was also stressed that people should not be concerned about mild headaches and flu-like symptoms following vaccination. These are common, harmless side effects of the immune system's defense against the coronavirus.

Following detailed study of these rare reactions the CDC and FDA ended the pause, allowing the vaccine's use to resume. They also recommended that the Food and Drug Administration add a warning about the rare risk of blood clots in some people. At the moment medical science is not sure what is causing this exceedingly rare reaction to the vaccine. As we will read next time despite the small number of cases, there are strong theories pointing to their cause and that medicine quickly realized treatment of these rare vaccine-related blood clots requires alternatives to the medications commonly used to treat strokes and other blood vessel blocking clots.

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)	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)	tracy.mcnaughton@yahoo.com
Peggy Lamb	207 622-5174 (h)	plambflowers@outlook.com

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 Small Group Ministry

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

UUC Office Hours – NEXT WEEK

UUC Administrator Hours

NEW TEMPORARY HOURS

Tues, Wed, Thurs and Friday
8:00 am to 1:00 pm.
<plus 7 flex / work at home hrs>

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