

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, May 26, 2021

Worship Theme for May is **STORY**.  
*Join us as we explore what it means to be a people of STORY.*

## Upcoming Services

<p><b>THIS Sunday</b></p> <p>May 30, 2021 10:00 a.m. via Zoom</p> <p><b>UUC Zoom room</b></p>	<p><b><u>Wounds to the Soul: Understanding Moral Injury</u></b> With guest minister Reverend Lane Fisher of Belfast</p> <p>Memorial Day began as an occasion to honor military personnel killed in service to our country—but how will we care for those whose lives have been shattered by situations demanding that they violate their own moral codes? This Sunday we will expand our compassion as we consider the wounds that many soldiers, police officers, and civilians carry in their souls and how healing is possible.</p> <p>John Seksay and Marilyn Gordon will serve as our worship associates with Marty Peters managing technology. Stefanie Barley will be our pianist.</p>
<p><b>NEXT Sunday</b></p> <p>June 6, 2021 10:00 a.m. via Zoom</p> <p><b>UUC Zoom room</b></p>	<p><b><u>Annual Meeting as a Spiritual Practice</u></b></p> <p>The business of the church is as much a spiritual practice as anything we do on Sunday morning, or Tuesday night or Wednesday at noon. In this service the spiritual practice of church governance is a tangible expression of our faith.</p>

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

**Other ways to UUC Zoom Room 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.**

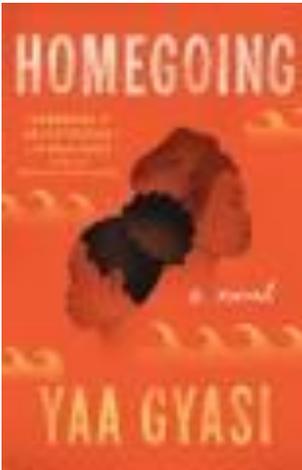
UUC Meeting ID: 823 807 0673 – then enter **passcode: 6971**

- 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



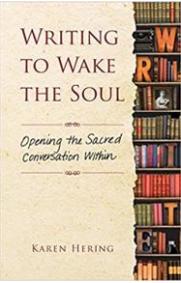
**Read. learn. Share** will meet Thursday June 3<sup>rd</sup> at noon in the UUCC Zoom Room.

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

“Homegoing is an inspiration.” —Ta-Nehisi Coates

## Weekly Events

<p><b><u>Monday</u></b>  <u>Each week</u>  <b><u>2:00—3:30</u></b>  <u>p.m.</u></p>	<p><b><u>Read Aloud &amp; Discussion</u></b></p> <p><b>This group has been discontinued.</b></p>
<p><b><u>Monday</u></b>  <u>Each week</u>  <b><u>6:30 – 8:00</u></b>  <u>p.m.</u></p>	<div style="display: flex; align-items: center;">  <div> <p><b><u>Peaceful Heart Sangha</u></b>                      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><u>Wednesdays</u></b>  <u>Each Week</u>  <b><u>5:00 – 6:00</u></b>  <u>p.m.</u></p>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p><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: <a href="mailto:DebbieMattson@hotmail.com">DebbieMattson@hotmail.com</a></p> </div>  </div>

<p><b><u>Thursdays</u></b>  <u>Each Week</u>  <b><u>8:00 – 9:30</u></b>  <u>a.m.</u></p>	<p style="text-align: center;"><b><u>Peaceful Heart Sangha</u></b></p> <p>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><u>2nd &amp; 4th</u></b>  <b><u>Thursday</u></b></p> <p><b><u>9:00 – 10:30</u></b>  <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i>  <b>We meet the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month - 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 (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

### **TO ALL COMMITTEE CHAIRS.....**

As the fiscal year winds down, I will be working to close out the books. If you have any unpaid invoices, bills, money "things" please get them to the church office as soon as you are able.

Thanks for your help with this task.

Martha Naber, Treasurer



**To join us in another music video project  
for: Flower Communion service on 6/13.**

Hello UCC members!

We have another music video project for Flower Communion 6/13. We will be featuring hymn #16 "Tis a Gift to Be Simple". This is an opportunity for the entire congregation! All are welcome to sing!

**Deadline June 1st.**

Karen Allen has already created the shared google drive folder, with piano tracks and clear instructions for singers and/or instrumentalists. Links below.

There is also a note from Karen Allen below the links.

**Google folder with piano tracks:**

[https://drive.google.com/drive/folders/1H\\_fJOk\\_oclSaduz6rz22tQe4oJ70GST-?usp=sharing](https://drive.google.com/drive/folders/1H_fJOk_oclSaduz6rz22tQe4oJ70GST-?usp=sharing)

**YouTube piano tracks:**

Singers: <https://youtu.be/60-tlEn57Xo>

Orchestra: [https://youtu.be/cAKIOcdR\\_DU](https://youtu.be/cAKIOcdR_DU)

Karen's note:

Let me know if you have any trouble with the documents or the links. Note that the recordings for the singers and orchestra are quite different (different length, different intros) so it's important to listen to the right one. I think I've made it clear enough.

Thanks!  
Karen

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*We look forward to many participants!*

*Questions? reach out!*

*Karen Allen: [kwallen@gwi.net](mailto:kwallen@gwi.net)*

*Dale McCormick: [dmccormick11@aol.com](mailto:dmccormick11@aol.com)*

*Bridget Convey: [musicdirector@augustauu.org](mailto:musicdirector@augustauu.org)*

*Take care and be well.*

## **Now that Carie's actually left the building...**



If you would like a copy of the 5x7 soft cover photobook of 29 memorable UCC photos of Rev. Carie and members of our Congregation, contact Catherine Palmer at 458.7384, or [palmercatherinemaine@gmail.com](mailto:palmercatherinemaine@gmail.com).

Booklets cost \$20 each (see cover photo attached). Lynn has an office copy if you'd like to see it first, or I can send you an electronic link to the Snapfish page where we assembled this booklet. Please send your order and check payable to UCC by June 11.

## **Two ASKS from Building and Grounds**

First ask - Building and Grounds is reorganizing storage and needs 'copy boxes with lids'. These are the boxes that copy paper come in and the perfect size for shelf storage. If you see anywhere you work please leave with Lynn or if you score a number of them call Marilyn 512-5382 and she will pick them up.

Second ask - Help is needed getting the church organized. The kitchen needs cleaning and sorting, as does the committee room and storage closet. Additionally, there are boxes of RE crafting supplies that need going through to sort out the useless, trim down the useful and donate the excess. We still are working two to a room max with masks per Covid protocols. If you, or you and a friend are willing to help please choose a task and call/email Marilyn 207-512-5382 [maine2007@hotmail.com](mailto:maine2007@hotmail.com) to schedule. Building and grounds is busy banging nails, painting and mowing and could really use some volunteer hands in the air to help with sorting.



## **Tomato Babies and MORE!!!**

Orders would be appreciated by 5/22

**The final list of tomatoes and vegetables (New additions and the GRAPES) is attached to this E-Blast.**

Return order form by 5/22 to: [dmccormick11@aol.com](mailto:dmccormick11@aol.com)

Pick up your order or browse the tomatoes and purchase them on:  
Wednesday May 26 from noon to 1 pm <OR>  
Thursday May 27 from 6-7 pm

**\*\*\* PLEASE NOTE: Pickup is at 87 Court Street, Augusta \*\*\***

**If you haven't placed your order ahead of time, come and browse.  
There are plenty this year.**

Please wear a mask and observe social distancing during browsing and pick up.

*This is a fundraiser for the Unitarian Universalist Community Church.  
All proceeds to the UUCC.*

**<See the attachment to this E-blast for the FINAL list of items available  
AND all the juicy details>**

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**EMBODY OUR PRINCIPLES WITH MUUSAN**  
(Maine Unitarian Universalist State Advocacy Network)

Hearing from constituents directly is a powerful motivator for elected officials. One of MUUSAN's major goals is to be able to mobilize us on short notice if a bill is coming up that needs us to reach out to the legislators who represent one of our local districts. Currently we are looking for voters from HOUSE DISTRICT 84 (Hallowell, Manchester, W. Gardiner) to let Charlotte Warren know that you support LD 1417, An Act Regarding Campaign Finance Reform that would BAN CORPORATE CONTRIBUTIONS in Maine elections.

A phone call leaving a message including the LD number and title is the most effective outreach. Her number is (207) 441- 9116. Next best is an email to [charlottewarren@legislature.maine.gov](mailto:charlottewarren@legislature.maine.gov).

Your taking a few minutes to do this would be greatly appreciated, especially if you live in her district

Thanks!

Kathy Kellison Michaela Loisel.

For more information, contact Kathy Kellison [kell6787@gmail.com](mailto:kell6787@gmail.com) or Michaela Loisel at [michaelatloisel@gmail.com](mailto:michaelatloisel@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 81% of our goal!!!**

As of today **58 pledges** have been received, raising **\$133,815** for the work of UUCG in the next fiscal year.

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

**Thank you, thank you all!**

## Dr. Don on Covid-19

Dr. Don on COVID-19      Rare Vaccine Related Heart Problem Investigated

The CDC's vaccine safety group is looking into reports of heart problems occurring in young adults and teenagers who received the Pfizer and Moderna mRNA COVID-19 vaccines. In a May 17 meeting the group presented reports of the heart condition called myocarditis in a very small number of vaccinated teenagers and young adults. At the moment, the number of cases of myocarditis reported after vaccination does not appear to be greater than would normally be seen in young people, according to the CDC. Members of the vaccine safety group "felt that information about reports of myocarditis should be communicated to providers."

Myocarditis is an inflammation of the heart muscle that can occur due to COVID, seasonal flu and other infections, and the immune system chemicals released in defense of the body. Experts emphasized that the rare side effect paled in comparison to the potential risks of COVID. Earlier in Israel a small number of cases of the heart inflammation were reported in men under 30 receiving both injections of the mRNA vaccines.

The CDC review of the reports is in early stages and was sparse in details, saying only that there were "relatively few" cases and that they may be entirely unrelated to vaccination. The agency posted guidance on its website urging doctors and clinicians to be alert to unusual heart symptoms among young people who have just received their shots. "It's terrific that things are being transparent. ... It shows the surveillance systems are working," said Dr. Lawrence Kleinman, professor and vice chair of the department of pediatrics at Rutgers Robert Wood Johnson Medical School.

Dr. Celine Gounder, an infectious disease specialist at Bellevue Hospital Center in New York said "It may simply be a coincidence that some people are developing myocarditis after vaccination." The cases seem to have occurred predominantly in male adolescents and young adults about four days after their second dose of one of the mRNA vaccines. "Most cases appear to be mild, and follow-up of cases is ongoing," the vaccine safety group said. The CDC strongly recommends COVID vaccines for Americans ages 12 and older.

As of May 13, the coronavirus had infected more than 3.9 million children and sent more than 16,000 to hospitals, more than are hospitalized for flu in an average year, according to data collected by the American Academy of Pediatrics. About 300 children have died of COVID-19 in the United States, making it one of the top 10 causes of death in children since the pandemic began.

“And that’s in the context of all the mitigation measures taken,” said Dr. Jeremy Faust, an emergency medicine physician at Brigham and Women’s Hospital in Boston.

In the general population, about 10 to 20 of every 100,000 people each year develop myocarditis, experiencing symptoms from fatigue and chest pain to arrhythmias and cardiac arrest. Many others likely have mild symptoms and are never diagnosed, according to researchers. A range of treatments are available depending on the severity of the disease.

Send your questions, comments or suggestions to [naber@zwi.net](mailto:naber@zwi.net)

## Board of Trustees

### **BOARD HIGHLIGHTS MAY 13, 2021**

At its May 13 meeting, the UCC Board:

- Heard from the Treasurer that we are 83% of the way through the fiscal year and that 88% of pledges have come in. Income is on track, expenses are lower than budgeted.
- Heard from the Finance Chair that we have received 55 pledges totaling \$129,135 to date toward the goal of \$165,000.
- Created a task force with members of the Board and COVID Advisory group to explore reopening the building using science, safety and ethics as guiding principles. Members are Don Naber, Betty Cairn, Harry Grimmnitz, Kevin Kane and Catherine Emery. They will hold congregational conversations and interview other organizations to collect best practices before making recommendations.
- Heard from the President that UCC will make an offer to an interim minister candidate before the end of May. The UUA process was commended.
- Heard details of building renovations which are going well.
- Discussed the draft budget, which still shows a deficit. Therefore extra meetings have been scheduled to continue working through it to see how we might reduce expenses and increase income. The budget will be presented to the congregation for review at the annual meeting on Sunday, June 6<sup>th</sup>.
- At the close of business the Board presented Rev. Carie with a photo memory book and a card announcing the formation of the Rev. Carie Johnsen Social Justice Fund which has raised over \$15,000 to date (held in a fund at the Maine Community Foundation).

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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@gwi.net">naber@gwi.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

## 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.

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)	<a href="mailto:tracy.mcnaughton@yahoo.com">tracy.mcnaughton@yahoo.com</a>
Peggy Lamb	207 622-5174 (h)	<a href="mailto:plambflowers@outlook.com">plambflowers@outlook.com</a>

## Pastoral Ministry Team Summer On-Call Schedule

1. May 17 – May 23	Helen	7. June 28 – July 4	Tracy
2. May 24 – May 30	Peggy	8. July 5 – July 11	Martha
3. May 31 – June 6	Tracy	9. July 12 – July 18	Helen
4. June 7 -- June 13	Martha	10. July 19 – July 25	Tracy
5. June 14 – June 20	Helen	11. July 26 – August 1	Martha
6. June 21 – June 27	Peggy		

**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



## UUCS 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](mailto:estherpearl67@gmail.com).

## UCC Office Hours – NEXT WEEK

### UCC Office Hours

Tues, Wed, Thurs and Friday  
8:00 am to 1:00 pm.

### TEMPORARY HOURS

<plus 7 flex / work at home hours>

### 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)