

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, September 1, 2021

Upcoming Services

<p>THIS Sunday</p> <p>September 5, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>Bread and roses, Too</u> Chloë Briedé, UCC Interim Minister</p> <p>Happy Labor Day! Labor day marks the end of summer for most Americans. It also honors the contributions of American workers. Chloe will reflect on the holiday and what our sources say about work.</p> <p>Our worship associate will be Marilyn Gordon. Our pianist will be Stefanie Barley</p>
<p>NEXT Sunday</p> <p>September 12, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>Water Communion / Ingathering</u> <u>“Water Heal my Soul”</u> Chloë Briedé, UCC Interim Minister</p> <p>Join us Sunday 9/12 on Zoom to mark the beginning of the church and school year. You are invited to drop off water and receive a blessing or poem on Thursday, Friday or Saturday before the service (see Connections below.) At the service we will bless our shared water as we move into our new year.</p> <p>Susan Burnett will serve as our worship associate. Karen Foust will be our pianist</p>

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

Other ways to UCC 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.**

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.

**Did you miss last Sunday's worship service "Every Blessing"
with Chloë Briedé, UUCC Interim Minister?**

Normally, you could watch the service by using a link provided below BUT... Unfortunately a procedural glitch resulted in no recording being made. We will resume providing recordings next week.

Connections

"Water Communion Collection"

You are invited to drop off water for the water communion. Please bring water from anywhere meaningful to you. The local river, your favorite lake or beach, or your kitchen sink. Chloe will be collecting water in front of the Judd House on Thursday, September 9 from 3-5pm, Friday, September 10 from 4-6pm, and Saturday, September 11 from 10am-12pm. Please wear a mask. Looking forward to meeting everyone!

SEASONED SOULS – Will now meet in the UUCC Yard

As of Wednesday, Aug 25, Seasoned Souls began meeting in the church yard. The group will continue to meet in the church yard as long as the weather cooperates. When the weather is not so good, the group will meet via Zoom - Meeting ID 823 807 0673. If the meeting will be switched to Zom, an email will be sent by 8:00 a.m. the morning of the meeting,. The message will be sent by John Seksay, Diane Moongrove or Catherine Palmer.

Seasoned Souls is a group of older church members that meet as a study/support group to talk openly about topics related to the aging process. Seasoned Souls is open to any church member over 65 years of age.

Dates: 2nd and 4th Wednesday of each month

Time: 10:30 a.m. until noon

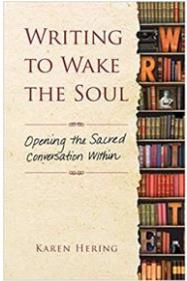
For more information please contact Diane (dmoongrove@gmail.com or 446-6162) or Stefanie (stefbarley@gmail.com or 629-8890)

UUCC 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.

Weekly Events

<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> 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>Wednesdays</u> <u>Each Week</u> <u>5:00 – 6:00</u> <u>p.m.</u></p>	<p style="text-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:</p>  <p style="text-align: center;">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>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 martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p><u>2nd & 4th</u> <u>Thursday</u> <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 ogin/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 UUCU calendar
 Click below to view ALL events, including any group meetings or other business meetings.
<https://www.augustauu.org/calendar-and-communications/>

Notices

Condolences to the family and friends of Helen McKendry

We have just been informed that Helen McKendry passed away August 25, 2021 at home.

More information will be relayed as it becomes available.

Cards of condolences would be welcomed at: P.O. Box 264, Manchester, ME 04351

Condolences to the family and friends of Ellie Duhamel

We have just been informed that Rev. Ellie Duhamel passed away on August 22. Ellie and her husband Rev. Marcel Duhamel were involved in our church from 2015-2018. They then relocated and began attending the Waterville UU Church. Ellie's obituary can be found at the following link:

<https://www.centralmaine.com/2021/08/29/obituaryrev-eleanor-ellie-s-duhamel/>

A HOLIDAY FAIR IS COMING TO A PLACE NEAR YOU



(and here's how you can help!)

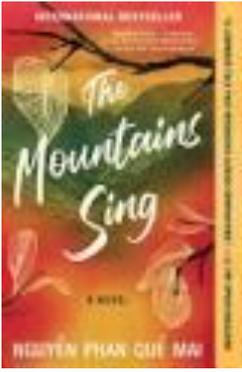
Once again this year, our annual Holiday Fair will take place with modifications due to the pandemic. We will be producing a fair catalog in October that will be distributed in early November. You'll be able to order items for pickup on the first Saturday in December.

And here's what you can do now ... Create handmade items to donate. We are looking for things like stitchery items, ornaments, wall hangings, knitted items, greeting cards, and other things you enjoy making.

Please label items with your name and any relevant information, then drop off either to the church office or home of Nancy Fritz no later than October 15. Your donations will be photographed and included in the catalog.

Please watch for additional fair information each week in the e-mail blast. You can contact either of us with questions.

Nancy Fritz and Martha Naber
Holiday Fair Co-Chairs



‘In *The Mountains Sing*, Nguyễn Phan Quế Mai has created a luminous, complex family narrative that spans nearly a century of Vietnamese history, from the French colonial period through the communist Viet Minh's rise to power, the separation between North and South Vietnam, the Vietnam War, all the way to the present day.’ NPR review

READ, SHARE, LEARN will meet in the UCC zoom room on **Thursday October 7, 2021** to discuss our current book. We begin at 1pm and end at 2:30. Anyone who is interested in this book is welcome to join us whether or not you have attended before. For more information about this or any meeting of the group, contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com We would love to have you join us!

Update from COVID-19 Advisory Group

The plan for reopening UCC for in-person, indoor gatherings approved by the Board on August 12, 2021 depends on the COVID-19 pandemic being under control in our state and county. The Delta variant of the virus (now widely circulating in Maine) is primarily affecting unvaccinated individuals, but some fully vaccinated folks are being infected and a few are getting very sick despite immunization.

The Board adopted a Maine CDC metric that measures “community (person to person) transmission” of the virus. We are closely monitoring this metric for both our county and the entire state (since the virus does not pay attention to county lines on the map). We sought expert advice from an infectious disease specialist and have set an upper safe limit of 10 new cases of COVID-19 per 10,000 people based upon the 14 day average. *If either county or state are over 10, it is not safe for us to reopen.* This data is published by the Maine CDC every Thursday morning (see below for how to access this information for yourself).

The most recent Maine CDC data: Published on August 26, 2021

- 14 day average
 - Kennebec County 11.53
 - State 19.27

This means that there is currently too much COVID-19 activity for us to safely reopen.

To access the Maine CDC data on your computer:

1. Search for “Maine CDC data” in browser
2. Open COVID-19: Maine Data| Coronavirus Disease 2019 (COVID ...
3. Scroll all the way down to the heading “View Tables of Data for the Previous 14 and 28 days” and click on that heading
4. Click on Download Data for the Previous 14 and 28 Days (PDF)
5. We are using the 14 day “Case Data” (middle 4 columns) “Rate per 10,000” for Kennebec County and the total for the State.

Board of Trustees

Update on UUA and UCC COVID-19 Recommendations

Members and Friends,

As promised, the Board with the guidance of the COVID-19 Advisory Group will continue to bring you the latest of COVID-19 related news.

As some of you may know, this past week the UUA published new guidelines to help congregations deal with the more contagious Delta variant of COVID-19 ([Updated Gathering Guidance \(Delta Variant\) | LeaderLab | UUA.org](#)). Their advice is rooted in our UU values:

“As congregations, our decisions about masking or un-masking need to be about community. We are in covenant with one another to act not just as a collection of individuals, but as a body that works for the good of all.

Because our Unitarian Universalist faith is grounded in values that call us to care about one another, we must continue to make our decisions by centering the needs of the most vulnerable among us.”

Most of their recommendations align perfectly with the plan the Board approved earlier this month, such as universal masking and relying on data derived metrics to determine when it is safe to hold indoor, in-person gatherings. A few of the guidelines are more conservative than our plan. Specifically, they recommend:

1. Maintaining six (6) feet of social distancing indoors rather than the three (3) feet in our plan resulting in reduced occupancy
2. The importance of “excellent ventilation” for indoor gatherings
3. Urging the return to both physical distancing AND masks when outdoors
4. For outdoor singing, they emphasize “all singers must wear well fitted masks and at least 10-12 feet” of physical distancing and suggest reduced time limits for singing events

The Board, with guidance from the COVID-19 Advisory Group will carefully review the UUA Guidelines for their applicability to our situation and continue to closely monitor the evolving COVID-19 situation in our county and state. We will continue to keep all of our members and friends as up to date as possible about how this pandemic continues to affect all of us. ***As always, we welcome your questions and input.***

Kathy Ann Shaw
Board President

Harry Grimmnitz
Chair, COVID-19 Advisory Group

Dr. Don on Covid-19

Dr. Don on COVID-19 Article 50 (and outside my comfort zone)

We all thought that life would be getting back to normal by this time. It now seems clear that this is unlikely to occur in the near future. The surge of new COVID-19 cases is now well documented and largely occurring in those who have not been vaccinated or have been incompletely vaccinated, including increasing numbers of younger individuals becoming infected. "Breakthrough" cases in smaller numbers are occurring in those vaccinated as expected, since no vaccine is ever 100% successful in preventing disease. Even though the COVID vaccines have been extraordinarily effective, there are always some in the population who show a lack of normal immune response to vaccines.

In addition to new fears and anxieties, COVID-19 is causing many to struggle with feelings of disappointment, emerging out of an unexpected sense of new losses. We are not going to be where we hoped to be anytime soon. Today I am stepping outside my training and experience in the sciences. As I acknowledge that I am far removed from being a social worker or therapist, I'd like to share some advice suggested by the New York Visiting Nurses Association and others.

They suggest that most of us are generally uncomfortable and unsettled with negative emotions and tend to try and move past them. Accordingly, we need to experience the disappointment, as well as other feelings that may accompany it, like sadness and anger, to be able to process feelings in a healthy way. They further suggest that moving through negative emotions rather than circumventing them helps strengthen personal resilience.

As the old adage goes, "Life is full of disappointments." The plus side of this is when we share disappointment with others we trust, they likely will be able to relate. In addition, sharing can offer comfort and may help us gain additional perspective. Disappointment tells us what really matters. Understanding what is at the root of disappointment can be healthy and allow us to find positive actions honoring that value.

There has been no shortage of tension during COVID-19. We have all lost balance and peace, and because of it, had feelings of anger. This continues to be a time of challenge for all of us. How we respond moving forward is what matters.

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.

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 or Peggy Lamb 622-5174.

UUC Office Hours – NEXT WEEK

UUC Office Hours

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

Church Administrator: Lynn M. Smith,
admin@augustauu.org or 622-3232

Interim Minister, Chloë Briedé
Email: chloeucc@gmail.com
Office: (207) 623-3663

For pastoral emergencies please call her cell phone (757) 234-1303. She will return your call as soon as possible.

Minister Briede's office hours:

Monday	No office hours
Tuesday	Noon – 4:00 p.m.
Wednesday	Noon – 4:00 p.m.
Thursday	Noon – 4:00 p.m.
Friday	No office hours

<Other hours available by appointment>

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