

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, September 8, 2021

## **Upcoming Services**

<p>THIS Sunday</p> <p>September 12, 2021 10:00 a.m. via Zoom</p> <p><b>UCC Zoom room</b></p>	<p><b><u>Water Communion / Ingathering</u></b> <b><u>“Water Heal my Soul”</u></b> 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>
<p>NEXT Sunday</p> <p>September 19, 2021 10:00 a.m. via Zoom</p> <p><b>UCC Zoom room</b></p>	<p><b><u>Space for New Possibility</u></b> Chloë Briedé, UCC Interim Minister</p> <p>Our Soul Matters theme this month is possibility. How do we create space for possibility especially amid anxiety? Let us surrender to mystery and release ourselves from needing to know.</p> <p>Our worship associate will be Sara Hodgkins. Our pianist will be Karen Allen.</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 "Bread and roses, Too"  
with Chloë Briedé, UUCC Interim Minister?**

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

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**Connections**

**"Water Communion Collection"**



You are invited to drop off water for the water communion service THIS SUNDAY, Sept 12<sup>th</sup>. 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. Chloe looks forward to meeting everyone!

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**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](mailto:dmoongrove@gmail.com) or 446-6162) or Stefanie ([stefbarley@gmail.com](mailto:stefbarley@gmail.com) or 629-8890)

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**Goddess/Earth Circles**

**Sunday, September 12, 2021. 1-2:00 via UUCC Zoom.**

Continuing thoughts for the women of Afghanistan. We will add reflection on the issue of abortion with the Texas legislation. How do these impact us from the perspective of spirituality? You are welcome to join us.



**YOU ARE INVITED TO:**

**A special service of remembrance and blessing to mark the 20th anniversary of the 9/11 tragedy**

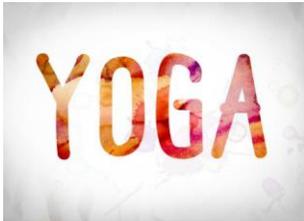
**When: Saturday, September 11 at 7pm**  
**Where: Wayne Community Church**

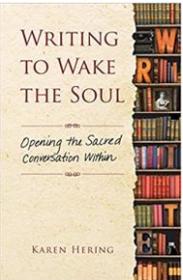
We have invited many of our community's first responders and their families. It will be a time for people of every faith tradition and spiritual leaning to come together for a candlelight vigil, instrumental music, prayer, and a special blessing of gratitude and safety for those who serve our community in times of trouble. It is our intention to provide space for honoring those who lost their lives and those who gave their lives in service to their neighbor. Together, we will also look forward to a future of peace and unity. Please feel free to share this invitation with your faith communities.

*Masks will be required for all those gathered in-person and we will have some to give away in case anyone forgets to bring one.*

**Want to join remotely?** The service will be livestreamed on the Wayne Community Church Facebook page for those more comfortable gathering in their own homes. (The link can easily be found on our website ([www.wayneumc.com](http://www.wayneumc.com))).

**Weekly Events**

<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; align-items: center;"> <div style="flex: 1;"> <p><b><u>Gentle YOGA</u></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:</p> <p>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; 4<sup>th</sup></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></p> <p><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</p> <p><b><u>IMPORTANT NOTE</u></b>: <b>Effective tomorrow 9/9</b>, this group will meet in the UCC Zoom Room <b>INSTEAD</b> of a Private Zoom Room.  Join using: Meeting ID: 823 807 0673, Password: 6971</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

### **Condolences to the family and friends of Helen McKendry**

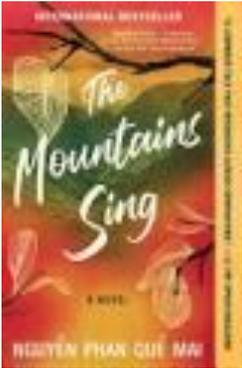
We have just been informed that Helen McKendry passed away August 25, 2021 at home.  
More information will be relayed as it becomes available.  
Cards of condolences would be welcomed at: P.O. Box 264, Manchester, ME 04351

### **UPDATE on celebration of life:**

A celebration of her life will be held at the Viles Arboretum at 1:30 p.m., Saturday, September 25<sup>th</sup>. In lieu of flowers, please donate a book in your name to an organization that inspires you as Helen inspired us all.

## 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/>



'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](mailto:jzellers@roadrunner.com) or Kathy Kellison at [kell6787@gmail.com](mailto: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 September 3, 2021

<u>14 day average</u>	<u>Aug 19</u>	<u>Aug. 27</u>	<u>Sept 3</u>
Kennebec County	9.57	11.53	21.09
State	16.98	19.27	27.00

The necessary CDC metric for us to reopen is no more than 10 new cases per 10,000 people.  
**The present CDC metric data 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

### Unitarian Universalist Community Church of Augusta

#### Board Meeting

#### A G E N D A

September 9, 2021

5:00 pm to 7:00 pm

<https://zoom.us/j/8238070673>, then enter passcode: 6971

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: Kevin / **VOTE**
2. Treasurer’s Report: Martha
3. Finance Committee’s Report: Harry
4. COVID-19 Task Force’s Report: Terry (*see new business below*)
5. President’s report: Kathy

- a. *What’s on Your Mind*
- b. October Retreat dates

#### 6. Minister’s Report: Chloë

#### NEW BUSINESS

- Update from the Report of the Communications Committee
- Update on UUA and UUCC COVID-19 recommendation
  - Congregational Survey?

Board meetings are open to ALL. If you have an item that you would like the Board to consider, please contact Kathy Ann Shaw at [kathyannshaw@roadrunner.com](mailto:kathyannshaw@roadrunner.com).

Next Board meeting October 14, 2021

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## 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

A Few Words on COVID Variants

I was going to write on the drug Ivermectin, used to eliminate worms in cattle. Martha and I used it for our small flock of sheep back in our farm days. (Farmers "worm" their stock in the spring.) It is absolute foolishness (or worse) to expect it to have any effect on COVID-19. Enough said.

COVID-19 virus produces genetic variants when it is reproducing in infected individuals. You probably have heard of the delta variant, and maybe about the lambda, mu or others. These genetic mutations of the virus occur spontaneously and with regularity. The mutations range from changes that cause new viruses to completely fail in structure and further reproduction to changes that cause the virus to improve their ability to cause further infections.

Now imagine the diagram of the COVID virus you have often seen. Those "spikes" you see attached to the virus surface are what allow it to attach to and infect our cells, principally cells in our lungs. Any variation that improves these attachment spikes enhances infection. Variations that reduce attachment create viruses that are less likely to infect and reproduce. This is the key to understanding variants, with one more very important point.

Now imagine the capital letter Y. This is the shape of the most common antibody molecule our immune system produces to protect us against infections. The upper two tips of the Y are shaped very specifically, like a key fitting a lock, to the shape of the virus attachment spike. When antibodies make this submicroscopic attachment to the virus spikes the virus can no longer attach to our cells and we gain immunity to the infection.

Additionally the attachment of antibodies to foreign infectious agents, called antigens in the science of immunology, marks these clumped, inactivated viruses for destruction by white blood cells. But all of this stops when the virus mutates and its spike structure is altered into new shapes, creating variants that our antibodies are less and less effective in attaching to. Such spike changes, when they occur, can not only improve virus to human cell binding and infection, but can cause our antibodies to no longer fit the altered shapes and become unable to attach. This can result in new and even repeat infections by viruses we have no immunity against, much like the ever-changing influenza viruses causing the "flu" each winter.

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

## 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)	<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>

**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 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).

## **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](mailto:admin@augustauu.org) or 622-3232

### Interim Minister, Chloë Briedé

Email: [chloeucc@gmail.com](mailto: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](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)