

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, September 15, 2021

Upcoming Services

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| <p>THIS Sunday</p> <p>September 19, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p> | <p><u>“Space for New Possibility”</u> 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> |
| <p>NEXT Sunday</p> <p>September 26, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p> | <p><u>“Rooted and Resilient”</u> Alia Shinbrough</p> <p>As Unitarian Universalists there are many spiritual resources we can draw on in hard times which may offer wisdom and support to us both individually and collectively. Over the course of this service, we will explore some avenues for engaging in life-affirming practices and consider how we might continue to build our capacity for spiritual resilience in the days to come.</p> <p>John Seksay will serve as worship associate. Stefanie Barley will be out pianist.</p> <p><u>Biography:</u> <i>Alia Shinbrough is a New Jersey-based Candidate for Unitarian Universalist Ministry. They are a graduate of Harvard Divinity School, and a life-long Unitarian Universalist. Outside of preparing for ministry, Alia can often be found reading science fiction, keeping up to date on current events, connecting with friends and family, fighting for a more just world, and spending precious time in the great outdoors.</i></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 "Water Heal my Soul"
with Chloë Briedé, UCC Interim Minister?**

Watch the service by clicking the following link:

[Link to 9/12/21 "Water Heal my Soul" Service](#)

Connections

Seasoned Souls

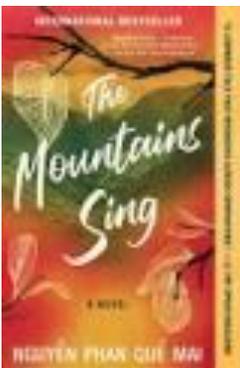
Join Seasoned Souls in the church yard at its next meeting on September 22nd. Seasoned Souls is a group of older church members that meet as a study/support group to talk openly about topics related to the aging process. Seasoned Souls is open to any church member over 65 years of age.

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 Zoom, 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.

The group meets the 2nd and 4th Wednesday of each month from 10:30 a.m. until noon. FMI: , please contact Diane (dmoongrove@gmail.com or 446-6162) or Stefanie (stefbarley@gmail.com or 629-8890)

Goddess/Earth Circles

Goddess/Earth Circles will be meeting Sunday, September 26, 1-2:30pm on UCC Zoom to refine our descriptions of phases of our lives and to apply these in our Women of Wisdom Celebration on October 31. We also note an upcoming program from the Native/Indigenous focus: "The Way of the Mother: Embracing the Infinite", October 7-10, 2021, <https://www.grandmotherswisdom.org/way-of-the-mother>.

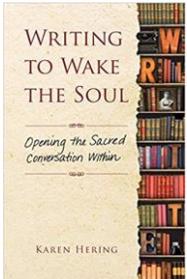


'In *The Mountains Sing*, Nguyễn Phan Quế Mai has created a luminous, complex family narrative that spans nearly a century of Vietnamese history, from the French colonial period through the communist Viet Minh's rise to power, the separation between North and South Vietnam, the Vietnam War, all the way 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 Noon and end at 1:30. 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 izellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com. We would love to

have you join us!

Weekly Events

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| <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</p> <p><u>IMPORTANT NOTE:</u> Effective 9/9, this group will meet in the UCC Zoom Room INSTEAD 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

Are you thinkin' what I'm thinkin'??

What happened to the Fall newsletter?

Good question!!!

A decision was made to delay the Fall version of the newsletter to a November release. Watch the E-blast for a reminder of the due date for submissions which will now be October 18th.

SCAM ALERT

A few members of UUCC have received email messages claiming to be from our Interim Minister Chloë Briedé. After an initial response, the sender asks you to purchase gift cards.

The emails were sent from <Rev Chloe Briede from presidingreverendmission@gmail.com>. **This is NOT Chloe's email address.** Chloe's email address is chloeucc@gmail.com.

***** ALERT -- This email message is a SCAM! *****

***** Our Interim Minister, Chloë Briedé will NEVER ask you to purchase gift cards or wire money.*****

***** DO NOT answer these messages or click on any attached links!**

***** REMEMBER: If there is one scam email, there will be more to come. Be especially cautious!!**

Thank you and be safe.

Winter Wonderland Fair Arrives Dec. 4, 2021

This is the pick-up day for all the wonderful items you have purchased from the catalog for the 2021 church fair!!!! We hope many of you who do crafts of some sort, who knit, crochet, sew, make cards, do pottery, paint, wood craft, and so much more will donate items to the fair.

We will welcome your donations by Oct. 15 so Cheryl Ring can photograph them for the catalog she will develop. Bring them to Judd House or to the church. Thanks. Soups and cookies will be solicited closer to Dec. 4. Stay tuned for details.

If you have questions, please contact Nancy Fritz at 213-3047 or nfritz@roadrunner.com or Martha Naber at 887-1104 or naber@zwi.net. We look forward to working with you!!!!

Helen McKendry
Update on celebration of life:

The family of Helen McKendry, who passed away on August 25, 2021 invites you to a Celebration of Life on Saturday, September 25, 1:30pm at the Viles Arboretum, 153 Hospital St, Augusta. Masks will be required at the celebration. Cards of condolence may be sent to PO Box 264, Manchester, ME 04351, or brought to the celebration. 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/>

Update from COVID-19 Advisory Group

The plan for reopening UUC 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 9, 2021

| 14 day average | Aug 19 | Aug. 27 | Sept 3 | Sept 9 |
|-----------------------|---------------|----------------|---------------|---------------|
| Kennebec County | 9.57 | 11.53 | 21.09 | 37.45 |
| State | 16.98 | 19.27 | 27.00 | 35.12 |

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

Update on UUA and UCC COVID-19 Recommendations

The UCC Board of Trustees, at their meeting on September 9, 2021 adopted the following recommendations of the UCC COVID-19 Advisory Group regarding the UUA “Updated COVID Guidance for the Delta Variant” (please refer to this link for the full text of the UUA guidance: <https://www.uua.org/pandemics/gathering-guidance>).

The COVID-19 Advisory Group met on September 1, 2021 and discussed the differences between the UUA’S guidance and the existing UCC plans regarding indoor and outdoor gatherings given the current delta variant surge in Maine. Since most of the UUA guidance is identical to the reopening plan the Board adopted in August, 2021, we focused on four (4) areas of difference:

1. **Physical distancing for indoor gatherings.** The UUA is recommending 6 (six) feet of spacing rather than the three (3) feet in our August, 2021 plan for reopening the church to in person gatherings.

It is our recommendation that UCC stay with the three (3) foot physical distance plan. Our reasoning is that we will not open the church for indoor, in person gatherings until community transmission of COVID-19 is below our metric of 10 new cases per 10,000 people. At that point, three feet of physical distancing for people wearing masks will be adequate to provide a safe environment for attendees.

2. **Requiring masks for attendees at outdoor gatherings.** The UUA is recommending that all attendees at outdoor gatherings resume wearing masks in addition to physical distancing. The UCC guidelines for small groups meeting outdoors, adopted Spring 2021, allows attendees to meet without masks as long as they maintain six (6) feet of physical distance.

It is our recommendation that UCC stay with our existing guideline not requiring masks outdoors. Our reasoning is that there is ample evidence of the safety of unmasked outdoor gatherings with six (6) feet of physical distancing of the attendees. Keeping in mind that some individuals may need greater protection and will wish to continue wearing a mask and their decision needs to be respected.

3. **Requiring masks and 10-12 feet of physical distance between attendees for any outdoor singing.** Singing has repeatedly been shown to be a “high risk activity”, releasing a dramatically increased number of respiratory droplets and aerosols over a wider area compared to speaking. While there is very limited data regarding viral transmission singing outdoors, the existing data for indoor singing suggests that this recommendation is appropriate.

It is our recommendation that UCC adopt this guideline for outdoor singing.

4. **Ventilation of indoor space.** The UUA guidance repeatedly mentions the need for “good” or “excellent” ventilation of indoor spaces for safe gatherings. Adequate ventilation removes airborne respiratory droplets and aerosols from the air reducing the chances of disease transmission. While COVID-19 is our current respiratory disease of concern, it will not be the last time we are confronted with this situation.

It is our recommendation that UCC undertake a study of the feasibility and cost of retrofitting our church building with an appropriate ventilation system.

Dr. Don on Covid-19

Dr. Don on COVID-19 The Continuing Pandemic

The group of viruses that includes the SARS variant we now call COVID-19 has long been known for its capacity to mutate and change into what are commonly known now as variants. This calls to mind what lies ahead for this pandemic and the short uncomfortable truth I see is that we should not expect it to end soon. The following is taken from article I read last week from Bloomberg News making my point but through the words and observations of a world class expert.

“I see these continued surges occurring throughout the world,” said Michael Osterholm, director of the Center for Infectious Disease Research and Policy at the University of Minnesota in Minneapolis, and an adviser to U.S. President Joe Biden. “Then it will drop, potentially somewhat precipitously,” he said. “And then I think we very easily could see another surge in the fall and winter” of this year, he added.

With billions of people around the world yet to be vaccinated and little chance now of eliminating the virus, we can expect more outbreaks in classrooms, on public transport and in workplaces over the coming months, as economies push ahead with reopening. Even as immunization rates rise, there will always be people who are vulnerable to the virus: Newborn babies, people who can’t or won’t get inoculated, and those who get vaccinated but suffer breakthrough infections as their protection levels ebb.

The next few months will be rough. One key danger is if a vaccine-resistant variant develops, although it is not the only risk ahead. “We’re going to see hills and valleys, at least for the next several years as we get more vaccine out. That’s going to help. But the challenge is going to be: How big will the hills and valleys be, in terms of their distance?” Osterholm said. “We don’t know. But I can just tell you, this is a coronavirus forest fire that will not stop until it finds all the human wood that it can burn.”

Almost everyone will be either infected or vaccinated before the pandemic ends, the experts agree and maybe both. An unlucky few will contract the virus more than once. Plus there is always a percentage of those vaccinated who fail to develop immunity from vaccinations. The race between the waves of transmission that lead to new variants and the battle to get the globe inoculated won’t be over until the coronavirus has touched all of us. We need to brace for more of what we’ve already been through.

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.

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| 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.

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| 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 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 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:

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|-----------|------------------|
| 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