

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, September 22, 2021

## Upcoming Services

<p>THIS Sunday</p> <p>September 26, 2021 10:00 a.m. via Zoom</p> <p><b>UUCC Zoom room</b></p>	<p style="text-align: center;"><b><u>“Rooted and Resilient”</u></b> 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><i><b>Biography:</b> 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>
<p>NEXT Sunday</p> <p>October 3, 2021 10:00 a.m. via Zoom</p> <p><b>UUCC Zoom room</b></p>	<p style="text-align: center;"><b><u>“Blessing of the Animals”</u></b> Chloë Briedé, UUCC Interim Minister</p> <p>Our Soul Matters theme for October is Cultivating Relationship. Chloe will reflect on our relationships with animals and offer a blessing of the animals in honor of the Feast Day of St. Francis of Assisi on October 4.</p> <p>You can bring your pet to the zoom service or bring a picture. If you want your pet's picture shared in the service, please email Chloe by Thursday, Sept 31.</p> <p>Our worship associate will be Marilyn Gordon. Our pianist will be Karen Foust.</p> <hr/> <p style="text-align: center;"><b>Join us after the Oct 3<sup>rd</sup> service</b> <b><u>“What’s on Your Mind?” is B-A-C-K!</u></b></p> <p>The Board is happy to announce that it is bringing back the “What’s on Your Mind?” series. The gatherings will be held in the UUCC Zoom Room on the first Sunday of each month, October through December from 11:30-12:30.</p>

	<p>Congregants can ask questions, express concerns or make suggestions to the Board in a very informal meeting. Join us for an informative and fun hour. No agendas ... of any kind!</p> <p>For more information please contact Kathy Ann Shaw, Board President, at <a href="mailto:kathyannshaw@roadrunner.com">kathyannshaw@roadrunner.com</a>.</p>
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**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 “Space for New Possibility” with Chloë Briedé, UCC Interim Minister?**

Watch the service by clicking the following link:  
[Link to 9/19/21 "Space for New Possibility" service](#)

**Do you miss having a Sunday Order of Service?**

We are now preparing a one page Order of Service for each Sunday service. The order of service for the upcoming Sunday will be available by noon on the Friday before the service. This order of service can be found on the home page of our website [www.augustauu.org](http://www.augustauu.org). Just scroll down to Upcoming Services and look for the link to the Order of Service.



Prior orders of service can be found for up to four services on our website Worship/Upcoming / Recent Services. Click here for a direct link <https://www.augustauu.org/worship/upcoming-services/>.

## Connections

### 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>.

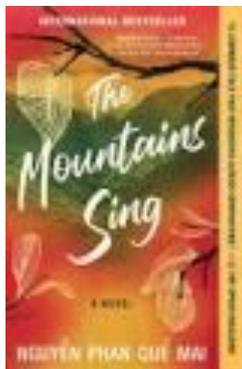
### Tuesday Night Vespers Service – Tues. September 28<sup>th</sup>

*you are*  
**INVITED**

5:30 - 6:00 p.m. - Viles Arboretum (benches behind the visitor’s center).

Join us for a short evening vespers service. This is a chance to worship in a quiet, contemplative manner with UCC folks **in-person**. Please bring a chair for yourself in case the benches are being used. Bring a chair for a friend to use if you have an extra. **PLEASE NOTE:** Masks are NOT required as we will maintain a 6 foot distance in accordance with our COVID Advisory group guidelines. Please feel free to wear your mask to meet your comfort level.

*If it is raining, this event is CANCELLED and will be rescheduled to Tuesday, October 12 at 5:30pm.*



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](mailto:izellers@roadrunner.com) or Kathy Kellison at [kell6787@gmail.com](mailto:kell6787@gmail.com). We would love to

have you join us!

## Weekly Events

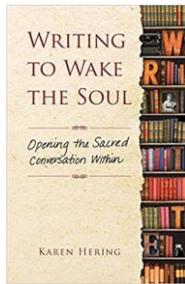
<p><b><u>Monday</u></b>  <u>Each week</u>  <b><u>6:30 – 8:00</u></b>  <u>p.m.</u></p>	<p style="text-align: center;"><b><u>Peaceful Heart Sangha</u></b>          You may join us at 6:15 to settle in.</p> <p>The login and password information has changed. Please contact Marty Soule for updated login information at email <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>.          FMI: <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p> 
<p><b><u>Wednesdays</u></b>  <u>Each Week</u>  <b><u>5:00 – 6:00</u></b>  <u>p.m.</u></p>	<p style="text-align: center;"><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 style="text-align: center;">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> 
<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>Wednesday</u></b>    <b><u>9:00 – 10:30</u></b>  <u>a.m.</u></p>	<p style="text-align: center;"><b><u>Seasoned Souls</u></b></p> <p>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.</p> <p>We will meet in the yard behind the Judd house. 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.</p> <p>The group meets the 2nd and 4th Wednesday of each month from 10:30 a.m. until noon.          FMI: , please contact Diane (<a href="mailto:dmoongrove@gmail.com">dmoongrove@gmail.com</a> or 446-6162) or Stefanie (<a href="mailto:stefbarley@gmail.com">stefbarley@gmail.com</a> or 629-8890)</p>

**2nd & 4<sup>th</sup>  
Thursday**

**9:00 – 10:30  
a.m.**

## *Writing to Wake the Soul*

**We meet the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month - 9:00 - 10:30 a.m.**



This is an open group and if you would like to participate in this event

**IMPORTANT NOTE: 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

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.

**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 edition 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 18<sup>th</sup>.

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### **SCAM ALERT**

A few members of UCC 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](mailto:presidingreverendmission@gmail.com)>.

**This is NOT Chloe's email address.** Chloe's email address is [chloeucc@gmail.com](mailto: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](mailto:nfritz@roadrunner.com) or Martha Naber at 887-1104 or [naber@zwi.net](mailto:naber@zwi.net). We look forward to working with you!!!!

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### Helen McKendry Celebration of Life – THIS Saturday 1:30 p.m.

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.

## Update from COVID-19 Advisory Group

The plan for reopening UUCG 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**

<u>14 day average</u>	<u>Aug. 27</u>	<u>Sept 3</u>	<u>Sept 9</u>	<u>Sept. 16</u>
Kennebec County	11.53	21.09	37.45	47.51
State	19.27	27.00	35.12	42.39

**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

### **Join us after the Oct 3<sup>rd</sup> service** **“What’s on Your Mind?” is B-A-C-K!**

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For more information please contact Kathy Ann Shaw, Board President, at [kathyannshaw@roadrunner.com](mailto:kathyannshaw@roadrunner.com).

## Dr. Don on Covid-19

Dr. Don on COVID-19      On "Breakthrough Infections"

Vaccines offer strong protection against severe illness and death, however none are ever 100% effective. Although the COVID vaccines in use have proven to be extraordinarily protective against COVID-19 infection, it is unfortunately true that some people who are fully vaccinated will be infected. These are known as "breakthrough infections" and they have become more common as the highly contagious Delta variant has become the dominant strain of the virus.

A third of people having breakthrough infections will be unaware of their condition as they are symptom free. For those experiencing breakthrough COVID infections the top five symptoms are headache, sneezing, runny nose, sore throat and loss of smell. Notably absent are fever and persistent cough, which are in the top five for unvaccinated people, according to the data compiled by U.K. researchers. A small percentage of those with breakthrough infections will require hospitalization and an even smaller percentage of these individuals will become COVID fatalities.

As hospitalizations for COVID-19 have risen in recent weeks, State of Maine officials have noticed an increase in the number of fully vaccinated individuals being admitted. Of this vaccinated group being hospitalized, many have underlying health problems. The overwhelming majority of hospitalized COVID patients have not been vaccinated and they are also the most ill making up almost all of those requiring intensive care and mechanical ventilation.

During a media briefing, Maine Center for Disease Control and Prevention Director Dr. Nirav Shah said 70 to 75 percent of people currently hospitalized with COVID-19 are unvaccinated, which is a bit lower than the 80 percent or more from a few weeks ago. That means as many as one in four hospitalized COVID-19 patients are so-called breakthrough cases, or people who have contracted the virus even though they are fully vaccinated.

Shah said that breakthrough cases, as well as related hospitalizations, were “predicted and predictable.” He said they remain a “rarity” and should not be cause for alarm. Josh Michaud, associate director for Global Health Policy at the Kaiser Family Foundation, agreed that breakthrough cases should not be considered a major concern, nor should they be used as a reason to say the vaccines are not working. “The bottom line with the vaccines we have is that they are very effective at preventing severe disease, hospitalization and death, and that includes from the delta variant,” he said. “Does that mean they are an invulnerable shield? Of course not.”

There is overwhelming data that suggest the risk of being hospitalized or dying from COVID-19 is dramatically lower among vaccinated individuals. In fact, breakthrough cases are more common in a place like Maine, which has a high rate of vaccination. “A small percentage of a larger number can still be a large number,” Michaud said.

Added Shah: “Even though there are more breakthrough cases, you would still rather live in a community where 90 percent of the people are vaccinated rather than 30 percent, even though you’re going to have fewer breakthrough cases in the 30 percent.”

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

**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.

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## 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 [es-therpearl67@gmail.com](mailto:es-therpearl67@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 - Sabbath
Tuesday	Noon – 4:00 p.m.
Wednesday	Noon – 4:00 p.m.
Thursday	Noon – 4:00 p.m.
Friday	No office hours – Writing day

<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)