

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, October 6, 2021

Upcoming Services

<p>THIS Sunday</p> <p>October 10, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>“Indigenous Peoples’ Day”</u> Chloë Briedé, UCC Interim Minister</p> <p>Throughout much of history, America erased the voices of native people. Recentring native voices means giving up power and cultivating relationships. What does that look like? We will explore the history of the national park system and current movements for justice.</p> <p>Susan Burnett will serve as worship associate. Stefanie Barley will be out pianist.</p>
<p>NEXT Sunday</p> <p>October 17, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>“A Community of Care</u> Chloë Briedé, UCC Interim Minister</p> <p>Deep relationships often have empathy and care. As a church community, this is a part of our work. Chloe will reflect on cultivating empathy and care within relationships.</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 "Rooted and Resilient"

with Alia Shinbrough

Watch the service by clicking the following link:

[Link to 9/26 "Rooted and Resilient" service](#)

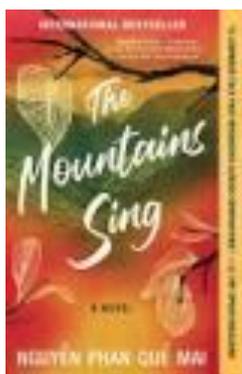
Do you miss having a Sunday Order of Service?

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. 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



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!

Tuesday Night Vespers Service – Tues. October 14th

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 UUCC 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.



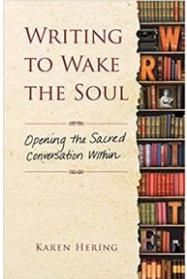
Small Group Ministry will be leading the November 7 service, and will be joined by the UUCC Choir. The tentative title of the service will be "Recovenenting in a Not-So-Brave New World".

Just as we as American citizens have had to reimagine the bonds that hold us together as a nation, balancing personal freedom with civic virtue and duty to our neighbors, SGM groups will need to reflect on their own interactions and commitments going forward.

Following the service, the congregation will be invited to join a Small Group session. SGM has been one of the most vital and dynamic parts of the UUCC over the decades. This will be an opportunity for those who are interested to experience how Small Group can enhance their spiritual journey.

Weekly Events

<p>Monday Each week 6:30 – 8:00 p.m.</p>	<div style="display: flex; align-items: center;">  <div> <p><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> </div> </div>
<p>Wednesdays Each Week 5:00 – 6:00 p.m.</p>	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>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>Click link below to join. https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09 Password 174192 - FMI: DebbieMattson@hotmail.com</p> </div>  </div>

<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>Wednesday</u> <u>9:00 – 10:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Seasoned Souls</u></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 (dmoongrove@gmail.com or 446-6162) or Stefanie (stefbarley@gmail.com or 629-8890)</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. in the UCC Zoom Room</p>  <p>This is an open group and if you would like to participate in this event 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

MUUSAN

Administrative Coordinator - Job Opening

The Maine Unitarian Universalist State Advocacy Network (MUUSAN) links the state's Unitarian Universalist churches to amplify its voices for social justice in the public square. Governed by an all-volunteer Steering Committee of members from UU churches throughout Maine, MUUSAN relies on support from a part-time Administrative Coordinator.



The Unitarian Universalist Community Church of Augusta is MUUSAN's fiscal agent, where the part-time Administrative Coordinator position is located.

For more information on the job description and how to apply, visit our website at MUUSAN.org

We appreciate your help in sharing the information about this opportunity.



Monday October 19th is the DEADLINE for submissions to the Fall Newsletter.

Please send your submissions to newsletter@augustauu.org. Questions, please call the church administrator at (207) 622-3232 or admin@augustauu.org

Parking reminder

Many groups are now meeting in the UUCC yard/garden. If you are attending one of these groups, please remember **to park on the street!** If you are leading one of these groups, please lead by example and park on the street AND remind your attendees to do the same.

The parking spaces between the Judd House and the Maine Primary Care Association **do not belong to the church.** Please do not park in this lot.

Winter Wonderland Fair Update Sept. 29, 2021

Yes, it is not too early to volunteer in some way for this FUN church fundraiser! We already have a crew of 3 so far to make holiday wreaths which are a HUGE seller! And Marilyn Dunn has agreed to make 10 of her beautiful swags.

NOW.....we need the tips and greens to make the wreaths. If you or someone you know has access to greenery/tips for wreath making please contact Martha Naber, Nancy Fritz or Nan Bell (nanbell1@hotmail.com) to let her know.

We have LOTS of decorations to add to these creations. There will be opportunities to help with this closer to Dec.

Thanks! Martha and Nancy

Social Justice Updates:

News from The Capital Area New Mainers Project (CANMP)

CANMP is expecting as many as 10 Afghan families to central Maine in the next few months. If you would like to join a Family Mentor Team to support one of these families, please email Chris Myers Asch newmainersproject@gmail.com. If there are multiple people from our church who would like to create a team, feel free to band together to form a UU team. Otherwise CANMP will build teams from the community. For questions about what it is like to be on a mentor team, contact Pam Lombard pamlombard@gmail.com or Hilary Neckles at hneckles@gmail.com

If you would like to assist new Mainers who need rides or you know of a new Mainer who needs rides OR if you would like to be on the mailing list to help with renovation projects for New Mainer housing contact newmainersproject@gmail.com

Fresh Starts is the best place to donate furniture for new families. Email them directly to arrange a drop off freshstart352@gmail.com.

The UUCC Social Justice group meets monthly and all are welcome to participate. The next meeting is October 24th at 11:15 a.m. on the Church Zoom Link. Discussion will include: The Carie Johnson Social Justice Fund; Introducing the 8th Principle to UUCC; and anti-racism learning opportunities.

Looking for a UUCC representative to work on Wabanaki sovereignty legislation through MUUSAN's Racial, Native and Immigrant Justice Issue Group. For more information on this or on joining one of MUUSAN's other issue groups: Democracy in Action; Climate Change; Health Care, contact Michaela Loisel michaelatloisel@gmail.com.

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 30, 2021

<u>14 day average</u>	<u>Sept 9</u>	<u>Sept. 16</u>	<u>Sept. 23</u>	<u>Sept. 30</u>
Kennebec County	37.45	47.51	44.73	58.95
State	35.12	42.39	48.07	54.97

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.

Dr. Don on Covid-19

Dr. Don on COVID-19

Avoiding the "Twindemic" of COVID and Influenza this Winter

Last year, masking and indoor gathering limitations were among the factors that contributed to a mild flu season. Now that people are getting back together health officials are stressing the need for flu vaccination, and they want people to know about changes in the guidance around getting your flu shot this year. Previously the advice had been that anyone receiving the COVID-19 vaccine needed 14 days separation from any other vaccine. That has changed.

“It is perfectly safe to receive multiple vaccines, including the COVID vaccine, at the same time. And just like we often administer a pneumonia vaccine to eligible individuals at the same time they get their flu shot, we can administer the COVID-19 vaccine when they get their flu shot as well,” said Dr. James Jarvis from Northern

Light Health. With the coronavirus widely circulating in Maine, health care providers are urging residents to get flu shots as soon as possible so that they can be protected when the influenza season arrives in the next few weeks, creating what the state’s top public health official called “the possibility of two concurrent epidemics.”

If a large number of people develop respiratory illnesses this fall and winter, it would tie up many of the medical resources that hospitals and clinics need to handle an expected uptick of COVID-19 with students in school and people spending more time inside, according to those providers. And a flu outbreak would also create more risk that Mainers need to seek medical care, potentially exposing themselves to the coronavirus.

“This is the single most important year that people can get the influenza vaccine,” said Dr. Jarvis. “We don’t want to have this confusion and we don’t want to see people need hospital care for influenza when we’re expecting people to have COVID.”

In the coming months, health care providers will have to treat patients who present with flu and cold symptoms — a sore throat, a fever, muscle aches — as though they have COVID until they can receive test results ruling out that possibility, according to Jarvis. That means frontline medical workers would have to expend more of the protective equipment and testing supplies that are necessary to treat COVID-19, but that have been difficult to obtain throughout the pandemic. Medical treatment for each infection is different as well.

Another reason that health care organizations are hoping Mainers will get their flu shots early and in large numbers is to prevent their staff from getting sick. Those organizations all have a policy of screening workers for coronavirus symptoms and sending them home to quarantine if they have them. But if a large number of employees are sent home to quarantine until they can receive test results showing they don’t have COVID-19 it could result in very serious staffing shortages. Organizations might have to consider delaying elective medical services and moving their employees around to the areas where they are most needed, Jarvis said.

Send your questions, comments or suggestions to naber@zwi.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@zwi.net	207-887-1104
Cathie Nielsen, MD	cathieenielsen@gmail.com	207-441-0248
Marty Soule, PA-C	martysoule@gmail.com	207-685-9270

UUCB 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.

UCC 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.

UCC Office Hours – NEXT WEEK

UCC 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 - 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, Phone 622-3232

Coordinator of Lifespan Faith Formation, Monique McAuliffe, LifespanFF@augustauu.org

Music Director, Bridget Convey, musicdirector@augustauu.org