

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, October 20, 2021

## **Upcoming Services**

<p>THIS Sunday</p> <p>October 24, 2021 10:00 a.m. via Zoom</p> <p><b>Do NOT use the UCC Zoom room</b></p>	<p><b><u>We will join First Parish Portland for its service entitled:</u></b></p> <p><b><u>“Go Direct!”</u></b></p> <p>Reverend Dr. Elaine Peresluha, Interim Minister</p> <p>How do we stay in relationship with people when we have disagreements? Sometimes we may rather get our own way than be in right relationship- how do we decide whether we want to be right, or we want to be in relationship?</p> <p><b><u>DO Not use the UCC Zoom room.</u></b></p> <p>Instead join First Parish Portland using the following link: <a href="https://zoom.us/j/98906899336">https://zoom.us/j/98906899336</a></p> <p>Meeting ID: 989 0689 9336 Join by phone: 1 646 558 8656</p>
<p>NEXT Sunday</p> <p>October 31, 2021 10:00 a.m. via Zoom</p> <p><b>UCC Zoom room</b></p>	<p><b><u>“Welcome All You Saints”</u></b></p> <p>Chloë Briedé, UCC Interim Minister</p> <p>"Who have been the saints in your life? Saints come in a variety of people, some living and some dead. We will honor the souls and saints who have blessed our lives on this Halloween and Samhain Sunday.</p> <p>Our worship associate will be Marilyn Gordon. Our pianist will be Stefanie Barley. The UCC Choir will also present a new video.</p> <p>"</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 "A Community of Care"**

Chloë Briedé, UUCU Interim Minister

Watch the service by clicking the following link:

[Link to 10/17 "A Community of Care" 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**

WOMEN OF WISDOM CELEBRATION OCTOBER 31, 2021, Noon-2PM  
UUCU Zoom (Meeting ID 8238070673; passcode: 6971)

Finding ourselves in Phases of the Goddess and Our Lives

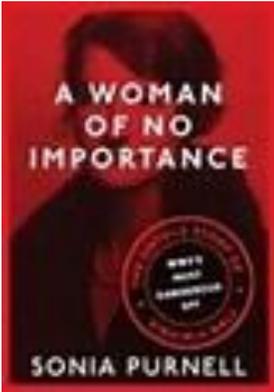
Reflecting on Women of Wisdom (WOW) Annual Books 2016-2020

We honor new Crones/Women of Wisdom and Remember those who have died. We share our Wisdom Statements for 2021! -- Short paragraph for the celebration, longer statements compiled into WOW Book 2021 after the ceremony.

◁JOIN US! Women of all ages, regular participants of Goddess/Earth Circles or not.▷  
Include symbols of Sanhaim (witches, cats, owls, and the sorts)

The Phases of the Goddess and Our Lives is available on UUCU website at <https://www.augustauu.org/minister-staff-and-church-life/goddess-continuing/>

For more information, contact Helen Zidowecki ([hzmre@hzmre.com](mailto:hzmre@hzmre.com), 207-582-5308)



**READ. SHARE. LEARN** will meet in the UUCU zoom room on Thursday November 4, 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 [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!

‘The never-before-told story of one woman's heroism that changed the course of the Second World War’ Goodreads

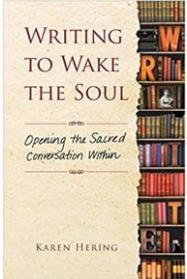


**Annual Leaf Raking** - Sat. Nov 6<sup>th</sup> at 9:30 am

Please help with the annual grounds clean up. We rake onto tarps and dump into the compost bin. Easy, no bagging. If we get a good turnout we are done by noon. Please help that happen. Bring a smile and rakes and gloves if you have them. We will be outside but a mask is still a good idea for when you might get close to someone. Please confirm your good intentions to participate by emailing or calling Marilyn Dunn at [maine2007@hotmail.com](mailto:maine2007@hotmail.com) or 512-5382.

**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>Gentle YOGA</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>Wednesday</u></b></p> <p><b><u>10:30 a.m. -</u></b>  <u>Noon</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>
<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</b>  <b>- 9:00 - 10:30 a.m. in the UCC Zoom Room</b></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

## Board of Trustees

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: November 11, 2021

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### What's On Your Mind?

Oct. 3, 2021, was the first fall session of conversation with those interested with talking with UCC Board members. A small group gathered, and lively conversations were shared. The following issues were discussed in some detail and the board was informed of the questions and suggestions at the meeting held on Oct. 14.

1. Rental of Drew House: The questioner asked if when the current tenants move out would the house then be rented to someone in the public not CANMP? Harry responded that this lease agreement with CANMP would continue with a new tenant family which supports our values of justice in housing for those who need it. CANMP is the “landlord” who works with the family. We have raised the rent from \$800.00 to \$1000.00 to cover the church expenses.
2. Communication and technology at UCC: Some of the challenges we have with technology and that Lynn deals with were mentioned. The technology Workgroup meets regularly and is investigating needs and possible fixes. They will have a report for the Feb. Board meeting to share their findings. The E-Blast publication was discussed and ideas for changes such as formatting, order of items in the e-blast, and timing were mentioned.
3. Church finances: How are we doing financially? Martha thanked all for pledging and paying those pledges in these unusual times. The program expenses are very low since we cannot yet gather together. We have a healthy balance in our operating account at this time.

The next session of **WHAT'S ON YOUR MIND?** is Nov. 7 at 11:30 after coffee fellowship on the church ZOOM.

## 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 October 14, 2021**

<b>14 day average</b>	<b>Sept. 23</b>	<b>Sept. 30</b>	<b>Oct. 7</b>	<b>Oct. 14</b>
Kennebec County	44.73	58.95	80.54	61.49
State	48.07	54.97	59.69	49.71

**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      Booster Doses - Current Status

There have been many news reports discussing COVID-19 booster shots. Here is a brief summation of where things stand.

A booster dose of the Pfizer vaccine was approved last month, but only for those 65 and older, unless they are deemed to be at a greater risk for COVID-19 because of a medical condition or their employment. Last Thursday, the U.S. Food and Drug Administration advisory committee proposed the same restrictions for a half-dose booster for those who received the Moderna vaccine. On Friday the Food and Drug Administration’s vaccine advisory committee voted unanimously to recommend a Moderna booster shot for seniors, and again for younger adults with other health problems, jobs or living situations that put them at increased risk for COVID-19.

This recommendation is nonbinding, but it’s a key step toward expanding the U.S. booster campaign to millions more Americans. Many people who got their initial Pfizer shots at least six months ago are already getting a booster after the FDA authorized their use last month — and those are the same high-risk groups that FDA’s advisors said should now get a Moderna booster.

As for the dose, initial Moderna vaccination consists of two 100-microgram shots. But Moderna says a single 50-microgram shot has proved enough for a booster. Moderna said it also chose the lower-dose because it triggers fewer uncomfortable shot reactions, such as fever and achiness, and also leaves more vaccine available for the global supply.

The single-dose Johnson & Johnson vaccine that last week won approval from FDA advisers for a booster shot probably should have been a two-shot vaccine from the start, said the nation's top infectious disease physician. "What the advisers to the FDA felt is that, given the data that they saw, very likely this should have been a two-dose vaccine to begin with," Dr. Anthony Fauci told ABC's "This Week." The Food and Drug Administration vaccine advisory panel unanimously approved booster shots for the vaccine Friday for all J&J recipients 18 years and older – as early as two months after the first dose. Johnson & Johnson had looked at the possibility of offering two doses, but a company spokesperson said “there was a lot of pressure to make the distribution of vaccines easier. One dose is always going to be easier,” especially because unlike other COVID-19 vaccines, no special refrigeration is needed.

It’s ultimately up to federal regulators to decide who gets booster shots but they typically agree with the advisory committee. The recommendations on the Moderna and Johnson & Johnson boosters goes next to an advisory panel of the Centers for Disease Control and Prevention, and finally to the head of the CDC. Final decisions could come this week. The panel will also consider whether people who initially got a J&J one-dose shot should receive a dose of either the Pfizer or Moderna shots.

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

### **UCC 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)