

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, January 26, 2022

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A Message from the Minister

I recently met with a spiritual director. A spiritual director is like a therapist for your spiritual life. They help you explore where the spirit is in your life and how to connect deeply to it. We talked about practices of noticing and mindfulness, especially those encouraged by Thich Nhat Hanh. He writes eloquently about it here (<https://www.lionsroar.com/the-moment-is-perfect/>). Sadly soon after our conversation, we learned of his death. I will miss his presence in the world. He was a gentle, kind spirit.

As I was driving from Brunswick to Augusta this week, I was struck by the snow on the trees. It looked like a painting. The beauty of the trees was my noticing for the day. I was freed of my worries about the world, and I felt connected to the beauty all around me. It was magical. What are you noticing? What beauty are you finding in the world?

On a more practical note, do you miss the order of service? Would you like to have one for virtual services? I would love to hear your feedback, so please send me a note!

Finally, I will be offering a program called "Coffee with Chloe." Do you feel like checking in or chatting? Perhaps you are lonely? Anything on your mind personally or about church? For at least the month of February, I will be on the church zoom on **Tuesdays** from **10-11 am** to chat and check in with UUCers. No RSVP required; drop in when the spirit moves!

As always, you are invited to reach out to me for any reason. I am available for a conversation by appointment. As an interim, I am especially interested in getting to know individual members and hearing your thoughts. Additionally, I am available for pastoral care conversations on a range of topics.

Sending love,
Chloe Briede, Interim Minister

chloeucc@gmail.com
207-623-3663

Upcoming Services

Worship Themes: January: Living with Intention
 February Widening the Circle

Let us explore the challenges and adventures of <Theme of the month>.

<p style="text-align: center;">THIS Sunday January 30, 2022</p> <p style="text-align: center;">10:00 a.m. via Zoom</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p style="text-align: center;"><u>“This One Wild Precious Life, How Do We Live with itention”</u> Beyssa Buil, Visiting Community Minister</p> <p>When we awake each morning and take in the first breath of air do we understand that we have this one wild precious life available to live witnessing the beauty of life and connecting with each person to make a difference. How do we live with intention and passion when situations outside of our control chip away on various levels? Let us examine how individually and communally we can live this one wild precious life.</p> <p>Special thanks to our worship associate Marilyn Gordon, our pianist, Karen Foust and our Sunday tech, Marty Peters.</p> <hr/> <p>Beyssa Buil was born and raised in Miami, Florida by two wonderful parents that emigrated from Cuba. At an early age, she began to observe how oppression manifested with her father being racialized while her white mother was not. This led her to immerse herself to learn about abolitionists and social activists and began to participate in organizing, demonstrations and advocacy work.</p> <p>Beyssa is an endorsed Humanist Chaplain, Spiritual Director, Social Activist, Diversity, Equity and Inclusion Educator and Affiliated Community Minister with All Souls Miami. She provides community care, education and works with individuals and organizations from marginalized communities to cultivate practices of self-care, community building, and resiliency skills.</p> <p>She serves on the Board of Trustees for the Unitarian Universalist for Social Justice, works with the Multiple Sclerosis Foundation supporting caregivers and individuals newly diagnosed with MS since she is utilizing her experience as a person living with Multiple Sclerosis to support others in their healing journey.</p> <p>Currently she is completing her Buddhist Ecclesiastical Endorsement studying under Roshi Joan Halifax. Beyssa is a lifelong fighter of systems of oppression since she believes in the words of Alice Walker, “Activism is my rent for living on the planet.”</p>
<p style="text-align: center;">NEXT Sunday February 6, 2022</p> <p style="text-align: center;">10:00 a.m. via Zoom</p>	<p style="text-align: center;">"Widening the Circle of Concern " Chloë Briedé, UUCC Interim Minister</p> <p>In June 2020, the Unitarian Universalist Association published a groundbreaking report on racism within the association. This month, our Soul Matter's theme engages that report along with the broader theme of "Widening the Circle" within ourselves and our faith. Chloe's sermon will consider this report and how it calls our congregation to action.</p> <p>Special thanks to our worship associate John Seksay, our pianist, Stefanie Barley and our Sunday tech, Marty Peters.</p>

All services and events are held in the UCC Zoom Room unless noted.

[Click here to join:](#)

For other ways to join Zoom, see [General Information](#)



Did you miss the following services?

Sunday 1/16/22 – The Mouse and the Elephant – with Chloë Briedé, UCC Interim Minister

Watch the complete service by clicking the following link: [Link to 1/16 "Mouse and Elephant" service](#)

Sunday 1/23/22 – "Despite our Best Intentions" - with Chloë Briedé, UCC Interim Minister

Watch the complete service by clicking the following link: [Link to 1/23 "Despite our Best Intentions" service](#)

Upcoming Special Events

MUUSAN Legislative Update:

Did you know ? One-third of Maine’s Voters are unenrolled in a party and therefore not allowed to vote in primaries UNLESS they register in one of the parties? This puts an unnecessary barrier to voting for a large group of potential voters. Many younger voters are unenrolled and would more likely vote in our primaries if they could do so (without registering as Democrat or Republican).

This bill seeks to make it easier for more people to vote in primaries:

(LD 231) “An Act To Establish Open Primaries” - Passed to be enacted in the House, awaiting final passage on the Special Appropriations Table in the Senate. Unenrolled voters would be permitted to cast one ballot in the primary of their choice. Republicans would not be able to vote in Democratic primaries, and Democrats would not be able to vote in Republican primaries.

LD 1779 “To Protect Election Integrity by Regulating Possession of Ballots and Voting Machines and Devices”

This bill requires a municipal clerk to retain possession, custody and control over the sealed container of ballots. Also, it prohibits a municipal clerk from transferring possession to any person except as authorized by the secretary of state.

LD 1830 “An Act to Amend the Election Laws”

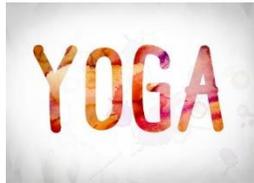
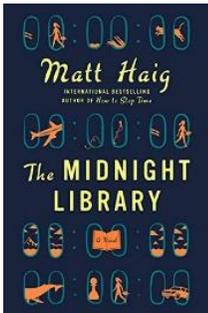
This bill makes it easier for members of Maine Tribes to vote by using their Tribal issued ID. This came as a result of a meeting between the Secretary of State and some Tribal Leaders to improve access to government. Also, it adds alternative method of balloting for residents of certain types of nursing homes/facilities during health emergencies.

Curious to know.... if you are reading these update and find them to be informative? Please get in touch with Kathy Kellison kell6787@gmail.com or Michaela Loisel at michaelatloisel@gmail.com with any responses or questions.

If you wish to receive updates directly simply click here [MUUSAN](#)

Connections by Day of the Week

ALL church events and meetings are reflected on the UUCC calendar
Click below to view ALL events, including any group meetings or other business meetings.
<https://www.augustauu.org/calendar-and-communications/>

<p><u>Monday</u> Each week</p> <p><u>6:30 – 8:00</u> <u>p.m.</u></p>	<p><u>Peaceful Heart Sangha</u></p> <p>You may join us at 6:15 to settle in.</p> <p>Please contact Marty Soule for updated login information at email martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>	
<p><u>Wednesdays</u> Each Week</p> <p><u>5:00 – 6:00</u> <u>p.m.</u></p>	<p><u>Gentle YOGA</u></p> <p>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. Click the link below to join. https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09 Password 174192 - FMI: DebbieMattson@hotmail.com</p>	
<p><u>2nd & 4th</u> <u>Wednesday</u></p> <p><u>10:30 a.m. -</u> <u>Noon</u></p>	<p><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. We will meet in the UUCC Zoom Room.</p> <p>FMI: please contact Diane (dmoongrove@gmail.com or 446-6162) or Stefanie (stefbarley@gmail.com or 629-8890)</p>	
<p><u>Thursdays</u> Each Week</p> <p><u>8:00 – 9:30</u> <u>a.m.</u></p>	<p><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>Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>	
<p><u>1st</u> <u>Thursday</u></p> <p><u>Noon-1:30</u> <u>p.m.</u></p> <p><u>Next Meeting</u> <u>is: Feb 3</u></p>	<div style="display: flex; align-items: center;">  <div style="padding: 5px;"> <p>Our next meeting will be February 3, 2022. We will meet in the UUCC zoom room from Noon – 1:30 p.m. to discuss <u>The Midnight Library</u> by Matt Haig. Anyone interested in this book is welcome to join us whether or not you have attended before.</p> <p>FMI about this or any meeting of the group, contact June Zellers at izellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com</p> <p>We would love to have you join us!</p> <p><i>A dazzling novel about all the choices that go into a life well lived.</i> ~~Goodreads</p> </div> </div>	

- More Connections by Day of the Week-

<p><u>2nd & 4th</u> <u>Thursday</u></p> <p><u>9:00 – 10:30</u> <u>a.m.</u></p>	<p align="center"><u>Writing Group</u></p> <p>This is an open group that gathers and writes 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.</p> <p>Come and try it out; there is no obligation to come each time we gather. We meet in the UUCC Zoom Room.</p>
<p><u>4th Sunday</u></p> <p><u>1-2:30 p.m.</u></p> <p><u>Next Meeting</u> <u>is: Feb 27th</u></p>	<p align="center"><u>Goddess / Earth Circles</u></p> <p align="center">Meets the 4th Sunday of each month, 1-2:30pm in the UUCC zoom Our next meeting will be on Feb. 27th</p> <p>Goddess/Earth Circles focuses on Goddess and women’s lives, pagan and earth-based spirituality and practices, earth celebrations and cycles, the role of women today. Includes Women of Wisdom celebration. All ages and genders are welcome.</p>

Notices / Updates / News

Condolences to the family of Kathy Ann Shaw

Kathy Ann Shaw’s mother, June Hildreth Jones passed away Friday Jan. 14th after a long struggle from Alzheimer’s disease. Kathy wants to thank you all for your support you have given her during this time. Messages of condolence and support are welcomed via mail or email. Send messages to: kathyannshaw@roadrunner.com or send via mail to: Kathy Ann Shaw, 23 Newland Ave, Augusta, ME 04330

June’s obituary ran in the Kennebec Journal on 1/19/22 and can be found online at: <https://www.centralmaine.com/2022/01/19/obituaryjune-hildreth-jones/>

Thank you. Thank you. Thank you.

We have met our Annual Appeal GOAL!

Thank you to you all.
Martha Naber, Treasurer

Board of Trustees

Board highlights from the Jan. 13th Board meeting will be available in next week's E-blast.

Board meetings are open to ALL.

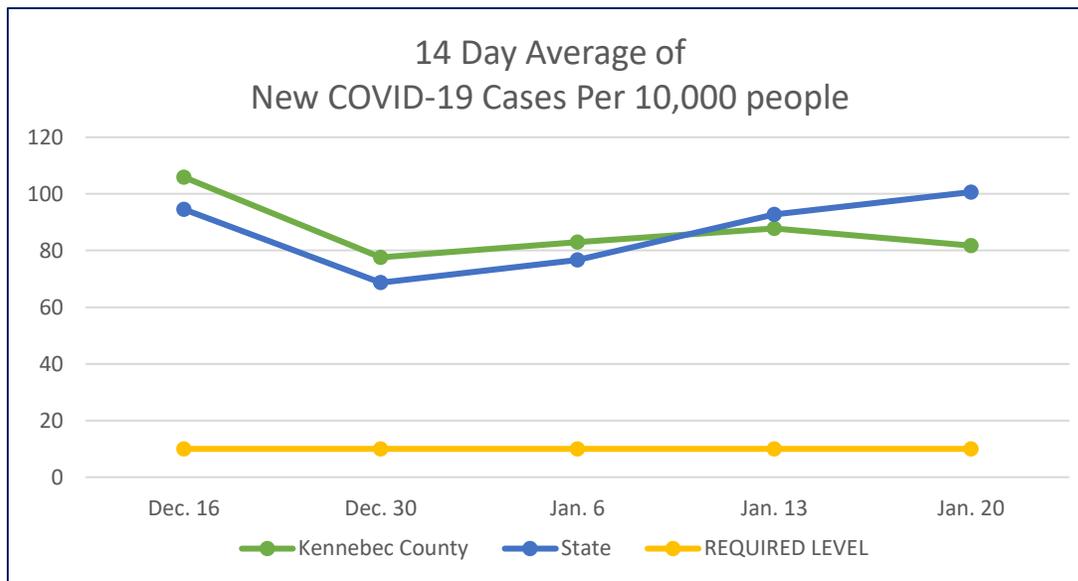
If you have an item that you would like the Board to consider, please contact Kathy Ann Shaw at kathyannshaw@roadrunner.com.

Next Board meeting: February 10th, 2022

COVID-19 Updates / News

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 Board adopted a Maine CDC metric that measures “community (person to person) transmission” of the virus. **The necessary CDC metric for us to reopen is no more than 10 new cases per 10,000 people in Kennebec County or the State of Maine.**



The present CDC metric data indicates that it is still unsafe for us to safely reopen.

Please note that discussions are taking place around reassessing the re-opening plan approved by the Board in August. The discussions may lead to a changing of the metrics OR to reopening the church. Discussions are continuing at the COVID-19 Advisory group meeting this evening and the Board meeting next Thursday. . More information will come. Stay tuned...

Dr. Don on Covid-19

Dr. Don on COVID-19 Yarmouth Leads the Way

Due to the increased demand for COVID testing Maine labs have not been able to keep up and results are being delayed. This delay poses difficulties for individuals and in determining public health responses to the pandemic. Hospitalizations, ICU beds occupied and ventilator use are still near all time highs, but these are "lagging indicators" occurring two to three weeks following infections. So how to get a "handle" on the current state of COVID infections in Maine?

Enter the town of Yarmouth's pioneering wastewater testing for COVID. The town is one of very few in the country that has been testing wastewater for the virus throughout the pandemic and has tracked the Omicron wave rise and fall in real time. The science was identified as a priority of the Yarmouth Community Coronavirus Task Force founded in part by husband and wife epidemiologists, Dr. Gib Parrish and Dr. Sharon McDonnell. The task force recognized the potential for wastewater testing even before the first COVID-19 case was detected in Maine in March 2020.

McDonnell, who also works at the Maine Department of Health and Human Services in the COVID-19 social supports program, said it all started in 2020 to be as prepared as possible to deal with the looming crisis. More than 100 people pitched in, and Yarmouth has maintained one of the most comprehensive COVID-19 response efforts in the state. "We have felt from the beginning that wastewater data is more consistent, gives us a better sense of what's going on in town," said Dan Ostrye, an environmental scientist who has been working with the group since 2020.

There are signs that Portland and Yarmouth have passed the Omicron peak. In just three weeks since it resumed testing, Portland Water District's virus concentration levels have plummeted more than 50 percent at both its East End and Westbrook plants. Yarmouth, which measured a sharp rise when Omicron arrived in Maine, saw levels fall by 50 percent last week.

In Yarmouth, the wastewater sample is ferried by volunteers to Dr. Yolanda Brooks, assistant professor of biology at St. Joseph's College in Standish. Testing wastewater finds "people who are symptomatic as well as asymptomatic, people who are tested and not tested," and it's as close to a comprehensive picture of how much virus is circulating in a community as scientists can get right now, Brooks said. One limitation is it does not measure virus levels in people using septic systems, ruling out surveillance in large rural parts of the state. Brooks said she sees the interest in wastewater testing skyrocket as its usefulness during the pandemic becomes evident. "I used to know only a few select people who were into this...now wastewater testing programs are at least one university in every state."

Meanwhile, 20 or so additional sites in Maine will be partnering with a Biden administration initiative or using \$400,000 in federal dollars for wastewater testing. All of the data will be sent to the U.S. Centers for Disease Control and Prevention and published at least once a week on the Maine Center for Disease Control and Prevention website.

Maine CDC Director Dr. Nirav Shah explained that testing wastewater from municipal systems "can be a leading indicator of the presence of COVID-19 in a community" in an announcement on January 19. The

metric also can track changes in a community, be an earlier indicator of the presence of COVID than current metrics and provide a geographic-specific outlook at the amount of virus on a local level. Early indications of an emergence or re-emergence of COVID-19, Shah explained, can be used to alert local hospitals that a surge in cases could be coming.

Send your questions, comments or suggestions to donnaber1364@gmail.com

General Information

**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.

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	donnaber1364@gmail.com	207-887-1104
Cathie Nielsen, MD	cathieenielsen@gmail.com	207-441-0248
Marty Soule, PA-C	martysoule@gmail.com	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)	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 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 or 622-3232

Interim Minister, Chloë Briedé

Email: chloeuucc@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