

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, April 13, 2022

In this Issue:

- [Upcoming Services](#)
- [Upcoming Special Events](#)
- [Ongoing Connections](#)
- [Notices / Updates / News](#)
- [COVID-19 Updates / News](#)
- [General / Contact Info](#)



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A Message from the Minister

In a ministers' meeting last week, a theme emerged of wanting life to either speed up or slow down. For some folks, life has a kind of urgency. The pandemic left them feeling jilted. Their plans for adventure or activity were taken away, and they felt the need to make up for lost time. For others, there was a need for life to slow down. Life had enough urgency already. There was a desire for a normal year or even a normal, easy day.

Where are you in this? Are you seeking more from life with urgency, or are you trying to slow things down? I want things to slow down. As I reflect on having less than four months left in Maine, I want to relish this time. I want to enjoy this community, the scenery, the people, and the weather. I want to relax in the present moment. As you consider these questions, I send prayers and blessings that you will get the moments you seek, whether urgent or slow.

In talking with the worship associates, we have decided to discontinue showing the worship service on our Facebook feed. The worship arts team raised good questions about Facebook's treatment of privacy. So if you have been watching on Facebook this week, instead, use the box cast link <https://boxcast.tv/channel/mtifpth0utvesjgqjyej> to watch the Easter Service.

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 various topics. I continue to offer weekly "Coffee with Chloe" sessions on Tuesdays from 10-11 am on the church zoom.

Happy Easter!,
Chloe Briede, Interim Minister

chloeuucc@gmail.com
207-623-3663

Upcoming Services

Worship Theme for April - Awakening

Join us as we explore the challenges and adventures of Awakening.

<p>THIS Sunday April 17, 2022</p> <p>10:00 a.m. IN-PERSON</p> <p>Ingathering music to begin at 9:50 a.m.</p> <p>PLEASE Register to attend in- person services if you can https://rsvp.church/r/UimVwfiQ</p>	<p>"Easter Sunday" Chloë Briedé, UCC Interim Minister</p> <p>We will read familiar passages from the Bible and hear traditional tunes. Chloe will talk about the resurrection story and themes of forgiveness and compassion. What does the story tell us about the Christian God and our own humanity?</p> <p>Special thanks to our worship associate Sara Hodgkins and our pianist Karen Allen. Our Choir will present a video of "Jesu, Joy of Man's Desiring" by JS Bach. We are also planning some other music featuring our UCCOO string musicians and our Choir.</p> <p>-----</p> <p>On Easter, April 17, we will bring back the tradition of passing the plate. This collection will be used to add to the Carie Johnsen Social Justice Fund (CJSJF). The CJSJF is invested in the Maine Community Fund. The intention is to create a self-sustaining fund; one that we can donate \$1,000 or more each year to a social justice organization serving Maine. Your generosity, as always, is greatly appreciated.</p> <hr/> <p> Calling all children, grandchildren, nieces, nephews & friends for some Easter Sunday Fun!</p> <p>We will have a Children's Easter Crafting class following the Wisdom story. At 11:15 two of our teens, Moira & Shae O'Connor will host a Children's Easter Egg Hunt! Come and join in the fun!! </p>
<p>NEXT Sunday April 24, 2022</p> <p>10:00 a.m. IN PERSON</p> <p>Ingathering music to begin at 9:50 a.m.</p> <p>PLEASE Register to attend in- person services if you can https://rsvp.church/r/UimVwfiQ</p>	<p>"The Promises We Make " Chloë Briedé, UCC Interim Minister</p> <p>When we gather together, as humans in relationship, we make promises to each other. These are formal or informal acknowledgments of how we will come together. Chloe will spend time talking about the religious origin of the concept of covenant and how this may help the UCC move into healing.</p> <p>Special thanks to our worship associate Marilyn Gordon and our pianist Hannah Faulkner.</p>

<see [Covid-19 Updates/News] below for all the details of In-Person Sunday Worship>

Sunday worship service is now being held IN-PERSON in the Sanctuary.
Our services are no longer accessible by Zoom.

If you want to watch the livestream of the service, please visit:
<https://boxcast.tv/channel/mtifpth0utvesiqgjej>

Did you miss the following services?

Sunday 4/3/22 –“Awakening”- with Chloë Briedé, UUCC Interim Minister
Watch the complete service by clicking the following link: [Link to 4/3 "Awakening" service](#)

Sunday 4/10/22 –"The Gospel According to Starlings" " with Rev. Claire Curole, Affiliate Minister
Watch the complete service by clicking the following link: [Link to 4/10 "The Gospel According to Starlings" service](#)

Special Events / Opportunities

Events are still being held in the UUCC Zoom Room (unless noted).

[Click here to join Events in the Zoom Room:](#)

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



Restorative Justice Events, May 19th and May 21st

I am the person who has been putting mysterious articles in the E-blast about restorative justice and save the date. I now have more to say.

Our community was roiling with conflict when Covid shut us down. We did not address what was happening as well as we might have. Two years later we have a range of reactions to that conflict. We have added another layer.

When the subject of the conflict comes up, someone is sure to approach leadership to ask why it keeps coming up. It's over, done with and time to move on. There are others who respond by saying that we have never sufficiently addressed what happened and that our leadership has fallen short in this regard. This range of responses is a new layer of difficulty.

Something must be done. The Board has engaged the service of Paul Langston-Daley to help us sort this out. Paul has been an ordained UU minister for 25 years and is very familiar with UU congregations, principles and values. He has worked doing restorative justice work for some time in addition to his work with his congregation.

He will be working with a small group of us to design a tailored event to help us come to a new understanding of our community and how we want to be together. We will address the conflict as we need to. It is important to know that the purpose of this experience is for us to come away as a more connected and caring community, the community we will need to be to be ready to engage our next settled minister.

We have planned a zoom session for those with that preference. It will be on Thursday May 19 from 6-9pm in the church zoom room. For those who prefer to meet in person, we will be at the church on Saturday May 21 from 10AM to 2 PM. The time difference for the two sessions is to allow time for lunch on Saturday.

All of this information will be in the eblast over the next several weeks. Please consider attending. Your community will be better for your presence and participation.

If you are planning to attend one of the sessions, please let Lynn in the church office know: admin@augustauu.org. Thanks so much.

Kathy Kellison

Dale's Annual UCC Tomato Babies and Vegetable Sale

It's time to think about gardening and here to help you is the link to the 2022 catalog. Click here to browse the catalog: [Tomato Babies and Veggies Catalog](#)

I thought I'd give you the list early to help you plan your garden or what you want to put in pots on your porch. I also have planted more of what you liked last year so I wouldn't run out. I have started 20-40 kale and basil plants because those were the most popular plants last year. I added up all the 2021 orders for tomatoes and planted a few more of your favorites: Ultra Girl, German Pink, Oregon Spring, Sungold and Sweet 100, Moonglow, Wapsipinicon Peach.

I have started more yellow tomatoes this year because they are low in acid and taste great. **New** this year are: Yellow Brnadywine, Mandarin Cross, Pork Chop tomato, Sungold cherry tomatoes, Dwarf Blue Kale, Italian smooth leaf kale, Albino beet with succulent greens, Parsley, cukes and chard.

My plants have been transplanted once into deep containers. Re-potting tomatoes up to the lowest set of leaves increases their root systems. The fuzzy part of the lower stem produces new roots and that is why my tomatoes are healthy and produce well. When you plant them in the ground or a pot and again bury then up to the lower leaves, you are increasing the root system still more. That's why my tomatoes are worth \$5 and the veggies are worth \$4. And don't forget all the money goes to the church.

You can fill out your orders now or wait till later. Pick up time will be during the second half of May.

Happy Spring!

Dale

***A REQUEST FROM MUUSAN
(Maine UU State Advocacy Network)***

We'd love for ALL UUs in the state to be on the MUUSAN email alert list!

[Sign up here](#) to receive MUUSAN alerts.

We will **never** share your email address with anyone else!

You'll receive on average 2 emails a month that will keep you in the loop about the important statewide advocacy and public policy actions that Maine UUs can take.

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 style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-align: center;">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 style="text-align: center;"><u>Gentle YOGA</u></p> <p style="text-align: center;">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 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. 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>	

	- More Connections by Day of the Week -	
<u>Thursdays</u> Each Week <u>8:00 – 9:30</u> <u>a.m.</u>	<u>Peaceful Heart Sangha</u> You may join us at 7:45 a.m. to settle in. Meet from 8-9:30 Please contact Marty Soule for updated login information at martysoule@gmail.com . FMI: peacefulheartsangha@gmail.com	
<u>2nd & 4th</u> <u>Thursday</u> By Zoom <u>9:00 – 10:30</u> <u>a.m.</u>	<u>Writing to Wake the Soul</u> 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. Come and try it out; there is no obligation to come each time we gather. We meet in the UCC Zoom Room.	
<u>1st</u> <u>Thursday</u> <u>Noon-1:30</u> <u>p.m.</u> <u>Next Meeting</u> <u>is: May 5</u>	<u>Read, Learn, Share</u> Our next meeting will be May 5, 2022. We will meet in the UCC zoom room from Noon – 1:30 p.m. to discuss <u>You'll Never Believe What Happened to Lacey: Crazy Stories about Racism</u> by Amber Ruffin, Lacey Lamar, 2021, 240pages. (Non-fiction) Anyone interested in this book is welcome to join us whether or not you have attended before. FMI about this or any meeting of the group, contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com We would love to have you join us.	
<u>4th Sunday</u> <u>1-2:30 p.m.</u> <u>By Zoom</u> <u>Next Meeting</u> <u>is April 24</u>	<u>Goddess / Earth Circles</u> Goddess / Earth Circles April 24, 1-2:30pm zoom We are continuing exploration of Wicca: April 24 – Ancestry How does Wicca encourage us to engage with our own ancestry and enhance our understanding of traditions and practices? How has or does your ancestry affect your spiritual practice ? Goddess/Earth Circles focuses on Goddess, women’s lives and earth-based spirituality. All ages and genders welcome. More information on UCC website. Leader for the series is Mary Shifman (213-9760, shifmanmary@gmail.com).	



PEEPERS

Peepers were first heard at 10:00pm on Tuesday, April 5th by Terry Cairn in Windsor

Spring is here!!!

The peepers ceremony will be held at the April 17th Easter Service.

Board of Trustees

Unitarian Universalist Community Church of Augusta

Board Meeting

A G E N D A

April 14th, 2022

5:00 pm to 7:00 pm

<https://zoom.us/j/8238070673>, then enter passcode: 6971

Join by phone: dial 1 646 558 8656, at first prompt (meeting id: 823 807 0673#)

Chalice Lighting

Words to Inspire: Kathy

Check in

REPORTS

1. Clerk's Report: Karen / **VOTE**
2. Treasurer's Report: Martha
 - a. Stewardship Update
3. Finance Committee's Report: Harry
4. COVID-19 Task Force's Report: Terry and Harry
5. President's Report: Kathy
 - a. Restorative Justice Sessions
 - b. Interim Search Update
 - c. Hybrid Board Meetings?

6. Minister's Report: Chloë

NEW BUSINESS

- Debriefing of Hybrid Services
 - a. What was your experience: all
 - b. Technology: Chloe
 - c. COVID Requirements: Harry and Terry
- Life Span Formation Coordinator Update: Chloe
- Church Life Cycle: Chloe
 - a. State of the Church
 - i. How are we doing in relationship
 - ii. How are congregants feeling

ADJOURN

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: May 12th, 2022

Minutes of the 3/10 & 3/24 Board meetings are available.
Please contact the Church Administrator at admin@augustauu.org

COVID-19 Updates / News

Update from COVID-19 Advisory Group

On Thursday, March 10th, the UUCC Board of Trustees adopted a new plan to reopen the church to in person gatherings. We have adapted the recently released United States CDC Community Level assessment guide as our metric for phased reopening. This assessment guide rates each county on three separate metrics and assigns a color code of green, yellow or red based on the level of COVID risk in that county.

We will be using those color codes to determine what level of physical distancing is necessary to minimize the risk of COVID exposure to our attendees during in person church gatherings. Green = 3 foot distancing, yellow = 6 foot distancing and red = no in person gatherings. Kennebec County is currently yellow.

UPDATE for 4/13/22: Kennebec county is presently 

****Below are some details of our Multi-Platform Services****

Multi-Platform service began SUNDAY, APRIL 3rd

There will be one service on **Sunday at 10:00 am**, with ingathering music beginning at 9:50 am. Join us in the Sanctuary OR to **watch the service online, please use this link <https://boxcast.tv/channel/mtifpthOutvesjggjvej>**. We will use the same link every week, so please bookmark it.

This link is a live video feed or live stream of the service, like watching TV. We will not have service in the UUCC Zoom room. However, we will continue to use the UUCC Zoom room for meetings and smaller interactive gatherings. We are no longer offering the live stream on our Facebook page. Please see Chloe's message on Page 1 for more details on this decision.

To attend in person:

If you want to attend the service in person, we request that you RSVP. By RSVPing, you will help us plan out seating in the church. You can RSVP for Sunday morning worship here <https://rsvp.church/r/UimVwfiQ>.

Information for attending:

- *Masks are required. Please wear a surgical, N-95, or KN-95 mask. Surgical masks will be available as you enter the church. If you choose to wear a cloth mask, we will kindly ask you to place a surgical mask over it.*
- *Keep 3 feet of physical distance, except for family units.*
- *All doors and windows will be open. Please bring a coat!*
- *There will be no singing inside at this time.*
- *Coffee hour will be outside on the front sidewalk, with coffee, tea, and water available after the service.*

We are reopening for small group meetings as of April 18th. We have a great camera called an OWL, which should allow groups to meet both on zoom and in person. We are working on setting up and testing that technology. If your group is interested in meeting at the church, please let Lynn know, and we will get back to you with more details.

Dr. Don on Covid-19

Dr. Don On COVID 19 Antiviral Medications and Their Promise

Antibiotics for bacterial, fungal and parasitic infections have been in use since the 1940's. However treatments for viral infections were few and far between until a bit over two decades ago. Virus infections were left to the individual's immune system alone to control. The HIV/AIDS pandemic greatly expanded the effort to find, test and develop antiviral medications; these early treatments were often found to create dangerous reactions during patient use. Today we have a substantial and superior set of medications for the treatment of viral infections.

The list of antiviral medications now in use is well over 100 and includes treatments for influenza, shingles, herpes, hepatitis and COVID-19. Typically these medications need to be taken early in the course of the infection when symptoms are mild and the microbe is beginning to actively multiply in the individual. This is when these families of medications are most effective in limiting the growth of the pathogen and before serious damage is done to the cells and tissues of those infected.

The basis for antimicrobial therapy, termed "selective toxicity," is to kill or inhibit the infecting organism without damaging the host. All antimicrobial treatments to this day including antibiotics, antifungals, antiparasitics and antivirals utilize this principle. The term was first developed by Paul Ehrlich, a Nobel Prize-winning German physician and scientist who worked in the fields of hematology, immunology, and antimicrobial chemotherapy. Among his foremost achievements was finding a cure for syphilis in 1909. This early treatment was effective but so toxic that while it killed the infecting organism it occasionally killed the patient as well. To this day the adverse effects of antimicrobials are well known and cause for concern whenever these medications are utilized.

A group of COVID antiviral drugs have changed the treatment of the disease with one, Paxlovid from Pfizer,

showing a remarkable 90% prevention of hospitalizations and deaths in those most at risk if used when symptoms are first occurring. Paxlovid is called a "protease inhibitor," the same type of drug that turned HIV/AIDS into a manageable disease. These drugs block the virus from reproducing in body cells and resulting in serious tissue damage requiring ventilator use and when severe, causing patient death. While preventing viral reproduction, the selective toxicity against the virus shown by this family of drugs does not prevent bodily cells and tissues from their repair and return to normal function, providing the medications are used before severe damage has been done.

Antiviral medications are proving to be real game-changers in the care of individuals with COVID infections. If the past months are any indication, we can expect additional discoveries that will advance the care of those infected with COVID as well as other viral infections.

Comments, questions or suggestions can be sent to donnaber1364@gmail.com

General Information

Worship Services are now being held IN-PERSON **Events may still be held virtually 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.

UUCC 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.

UUCC Office Hours – NEXT WEEK

UUCC 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