

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, August 31, 2022

In this Issue:

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



69 Winthrop St., Augusta ME

(207)622-3232 – info@augustauu.org
www.augustauu.org

[Zoom](#)
[Room](#)

A Message from our new Minister

Dear members and friends of UUCC,

I am witnessing the power of your shared ministry, how, as a congregation, you minister to one another. Your mission is to worship, learn, and minister together embracing diversity and religious freedom. I see you living your mission in your deep commitment to UUCC and your beautiful caring of each other.

Ministry is the participation in the ongoing, creative repairing of the world. Ministry is not just an act provided by those who are ordained or called to serve. Ministry happens wherever individuals embrace the belief that their good works, their volunteerism, their acts, can help serve the mission and vision of their congregation.

I am grateful for the shared ministry at UUCC. Although I am an ordained clergy person and your minister, my ministry is made real and effective by the staff and volunteers in the congregation. UUCC has so many caring and committed people who are making UUCC a vibrant spiritual community.

If you are reading this and not engaged in the ministries at UUCC or have taken a break and would like to return

to share your gifts with this wonderful community, please reach out to me.

Whenever we share our gifts, show up, or reach out we are participating in the ministry of UUCC. What gifts do you have? Are you able to share them with our community? Gifts are given to us both as individuals and as a people, and the complementary nature of our gifts is essential for ministering.

Like the Jewish prophets and Jesus, himself, we are called to our live out our mission by bringing good news to each other and our greater community and by bringing freedom to the oppressed. Like the Buddha we are called to be present to the world and help awaken people to deeper, more authentic possibilities. Like Unitarian Universalists we are called to share our gifts creatively repairing the world by making love and justice real.

I love this congregation and it is an honor and privilege to serve you.

Many blessings,
Reverend Christina Sillari

207-807-9232 minister@augustauu.org

Upcoming Services

<p>THIS Sunday September 4, 2022</p> <p>10:00 a.m. IN-PERSON Ingathering music to begin at 9:50 a.m.</p>	<p>“Meet the Moment: General Assembly 2022” Reflections from the General Assembly from Helen Zidowecki and David Rand</p> <p>How do we introduce ourselves to each other? What was different about this GA? How do we keep connected with the larger UU community? Please join us in connecting with over 3000 UUs attending GA. How about going to GA 2023?</p> <p>A special thank you to everyone who is participating in this service. John Seksay will be our worship associate with Marty Peters managing technology. Hannah Faulkner will be our pianist. Betty and Terry Cairn will present post service with a special belated birthday celebration for Helen Zidowecki. <See the notice about Helen’s celebration in Special Events / Opportunities below.></p>
<p>NEXT Sunday September 11, 2022</p> <p>10:00 a.m. IN-PERSON Ingathering music to begin at 9:50 a.m.</p>	<p>"Ingathering / “Spirit of Water” Christina Sillari, Minister</p> <p>Join Rev. Christina during her first Sunday at UUCC when we will explore the spirit and consciousness of water and how it connects to our community and our values.</p> <p>A special thank you to everyone who is participating. Mary Peters will be our worship associate and Angie Blevins will manage our technology. Karen Foust will be our pianist. The UUCC Board of Trustees will present our post service coffee fellowship to welcome Rev. Christina Sillari.</p>
<p>September 18, 2022</p>	<p>Our service will be presented by Sarah Gillespie (Visiting UU Minister)</p>

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/mtifpthOutvesjqgjej>

If you missed a service or want to watch a service again, the link above also allows access to prior services. Click on the play button on the video of the “broadcast date” you are interested in watching.

Special Events / Opportunities

Sangha – 14 Mindfulness Trainings at UUCC

On **Saturday, September 3rd at 9am** we will have an **In Person** recitation of the 14 Mindfulness Trainings at UUCC. It is **Open to All**. Please share with friends!

The 14 Mindfulness Trainings are an invitation to look deeply into ways to help to decrease suffering in ourselves and in our world, a practice much needed in our world today.

Our recitation will be indoors following the UUCC protocol (wearing masks, distancing, keeping windows & doors open to increase ventilation). You may want to bring extra warm clothes, if the weather has shifted.

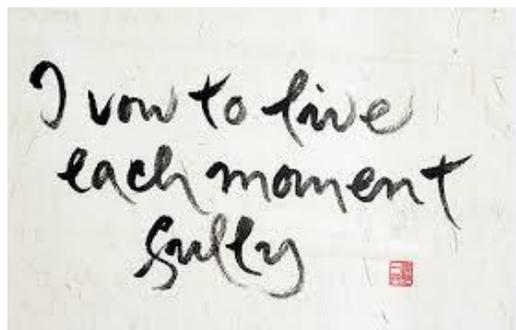
After the recitation we will have time for Dharma Sharing (sharing from our hearts with confidentiality), followed by an outdoor picnic (bring your own lunch), if weather allows. Feel free to join us.

If you think you might join us, please reply to martysoule@gmail.com to simplify setting up at UUCC. Spur of the moment attendance is fine too!

Sunday, September 4 -- Fellowship Hour Party will honor Rev. Helen Zidowecki

Helen celebrated her 80th birthday on May 27, and this continues to be a special year for her. Don't miss our 11 a.m. Fellowship time this Sunday, September 4. Weather permitting, we will gather on the church's front lawn to show our appreciation to Helen for the ongoing wisdom and kindness she provides to us at UUCC. You will find delicious snacks and beverages, good conversation and greeting cards in which you may express your well wishes to Helen. If you would like to contribute to the special gift we will present to Helen, please contact Hannah Faulkner for details at 293-8063 or in person on Sunday. Hope to see you there...

Peaceful Heart Sangha now practices on zoom and in person.



Come join us **in person** for **Monday mindfulness meditation practice 6:30-8 pm**. Sangha will meet on the **1st & 3rd Mondays** in September in the UUCC Sanctuary. On the **2nd and 4th Mondays** we will meet on zoom.

The Saturday gathering, September 3, is our Maine wide recitation of the 14 Mindfulness Trainings - open to all.

We also practice on zoom on Thursday mornings 8-9:30 and will be moving to some in person soon.

Sangha begins with time for settling in and 20 minutes of sitting meditation. This is usually followed with 10-15 minutes of walking meditation, special offerings and a time for sharing.

For zoom details contact martysoule@gmail.com or peacefulheartsangha@gmail.com



Sunday, September 25, 2022
6:00 p.m. in the Church
Sanctuary

UUCC Movie Night

The UUCC Social Justice Committee, the Social Activities Committee and the Lifespan Faith Formation Coordinator are collaborating to present movies that depict “social equity issues” that are important to our church.

On Sunday, September 25th, we will show the movie LOVING.



A

In 1958, in the state of Virginia, the idea of interracial marriage was not only considered to be immoral to many, it was also illegal. When Richard (Joel Edgerton, *Black Mass*) and Mildred (Ruth Negga, *World War Z*) fall in love, they are aware of the eyes staring at them and the words said behind their backs. It is when they get married, however, that words and looks become actions, and the two are arrested. The couple decide to take their case all of the way to the Supreme Court in order to fight for their love in this passionate and gripping drama that critics are calling “a masterpiece.”
 – Jason Gorber, *ScreenAnarchy.com*

Event is FREE. FMI: Contact Cheryl Clukey at cherylclukey5@yahoo.com

See the movie trailer: [Official Movie Trailer: "Loving"](#)

RESTORATIVE JUSTICE CIRCLES – ACTION PLAN

A Board-appointed Working Group has begun implementing Rev. Paul Langston-Daly’s recommendations from his recently circulated report. We are excited to announce the following:

NEW: We will begin on In-Gathering Sunday, September 11th, with our Water Ceremony.

LOOK FOR: Information from Rev. Christina about changes to this ceremony.

OUR GOAL: To have the Water Ceremony become part of our visioning process for creating our new covenant.

NEW: We will launch a series of SHARING CAFES on the FIRST SUNDAY of each month immediately after the Service (yes, with coffee), starting in OCTOBER. The Sharing Cafes will involve a structured conversation in small groups with representatives from leadership to facilitate the process.

OUR GOAL: To build trust among the congregation and with leadership.

NEW: Rev. Christina, the Covenant Work Group, members of Small Group Ministry, and other interested members will collect views from various sources, including the In-Gathering Service, the October Sharing Café, and other small group discussions, about how we want to be together here at the UUC.

OUR GOAL: Casting a wide net for input into our new covenant.

UPCOMING RITUAL: In early November, Christina will conduct a fire ritual around letting go, making amends, and practicing forgiveness.

WORKSHOPS: We are considering a workshop on managing anxiety within our congregation and a separate workshop on Non-Violent Communication.

Feel free to speak with any member of the work group for more information or if you have ideas.

The Working Group: MICHAELA LOISEL, KATHY SHAW, JUNE ZELLERS, and REV. CHRISTINA SILLARI; and KATHY KELLISON on covenant issues.

Sunday Morning Hospitality Volunteers

Each Sunday a few people supply snacks and coffee/beverages for fellowship following the service. The following individuals have volunteered:

9/4/22 Hannah Faulkner, Betty and Terry Cairn
With a belated birthday celebration for Helen Z

9/11/22 The UUC Board of Trustees
Welcoming Christina Sillari at fellowship

9/18/22 Available

9/25/22 Catherine Palmer

Contact Susan Burnett at slcburnett@me.com to volunteer for September 18 OR for any another Sunday.

Connections by Day of the Week

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

Some events are still being held in the UUC Zoom Room.

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

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



Zoom meeting id: 823 807 0673 – Password: 6971

<p><u>Monday</u> Each week</p> <p><u>6:30 – 8:00</u> <u>p.m.</u></p> <p><u>Please note:</u> <u>location</u> <u>changes</u> <u>weekly</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p>You may join us at 6:15 to settle in. NEW SCHEDULE for SANGHA Monday meetings for July 25 and the month of August. Stay tuned for the September and beyond schedule.</p> <p>-- IN-PERSON in the UCC Sanctuary – 1st and 3rd Mondays --BY Private ZOOM – 2nd and 4th Mondays</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>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=UWJpOVFjVFJGbz3dMWmZoOTRXa3VoUT09 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 UCC 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 style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p>You may join us by Zoom 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>2nd & 4th</u> <u>Thursday</u> <u>In-Person</u> <u>(see de-</u> <u>tails)</u></p> <p><u>9:00 – 10:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Writing to Wake the Soul</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.</p> <p><u>VENUE CHANGE</u> On Thursdays, 8/25/22 and 9/8/22, this group will meet in the yard of an off premises location (32 Winthrop St., Hallowell). In the event of inclement</p>

	<p>weather, the group will meet in the Fellowship Hall. The meeting schedule and location after 9/8 will be determined soon.</p> <p>Hosted by: Debbie Mattson FMI: debbiemattson@hotmail.com.</p>
<p><u>2nd & 4th</u> <u>Thursday</u> <u>By Zoom</u> <u>9:00 – 10:30</u> <u>a.m.</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. For more information, please contact Debbie at (207)557-2697 or debbiemattson@hotmail.com</p>
<p><u>1st</u> <u>Thursday</u> <u>Noon-1:30</u> <u>p.m.</u> Next Meeting is Oct 6th</p>	<p style="text-align: center;"><u>Read, Learn, Share</u></p> <p>We will resume meetings in the UUCC zoom room from Noon – 1:30 on Oct 6th. We will Discuss Ruth Ozeki’s novel The Book of Form and Emptiness. The full list of books for the year will be announced in the fall newsletter.</p> <p>For more information, contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com.</p>
<p><u>4th</u> <u>Friday</u> <u>6:30 – 8:30</u> <u>Sanctuary</u> Next Meeting is Sept 23</p>	<p style="text-align: center;"><u>Free Style Drum Circle</u></p> <p>The Augusta Community Drum Circle is a free style drum circle welcoming people of all ages, walks of life, and abilities. Free style means no one is assigned ‘pieces’ to play. Just play! Or don’t play! Just come watch, sing, dance, or bring your own instruments. No one cares if you’ve never played before or if you make a mistake. As long as you are having fun you can’t get it wrong! <u>ALL are welcome.</u> Event is FREE, No RSVP, just come!</p> <p>The Drum Circle meets the fourth Friday of each month at 6:30 pm in the Sanctuary. For more information you can contact Mike Moody at mtmoods@gmail.com or 229-1118.</p>
<p><u>4th</u> <u>Sunday</u> <u>1-2:30</u> <u>p.m.</u> <u>By Zoom</u> Next Meeting is Sept 25</p>	<p style="text-align: center;"><u>Goddess / Earth Circles</u></p> <p>Goddess/Earth Circles will meet September 25, 2022 at 1-2:30pm on UUCC Zoom</p> <p style="text-align: center;">See UUCC website: Church Life/Goddess: Meetings and Archives</p> <p>Goddess/Earth Circles focuses on Goddess, women’s lives and earth-based spirituality. All ages and genders welcome. Contact: Helen Zidowecki (582-5308, hzmre@hzmre.com) and see UUCC website.</p>

Notices / Updates / News

Summer Office Hours continue into the fall –and--
reduced E-blast schedule continues <with a change>

As my work on the Office systems continues, we will maintain the following E-Blast schedule and office hours:

- **E-blasts will be produced every ~~OTHER~~ week on the 1st and 3rd Wednesdays of each month.**

The upcoming schedule is as follows:

E-Blast (9/7)	NO E-Blast (9/14)
E-Blast (9/21)	NO E-Blast (9/31)
E-Blast (10/5)	NO E-Blast (10/12)
E-Blast (10/19)	NO E-Blast (10/25)

- **Summer Office hours will remain in effect into the fall**

Office Hours will be Tues, Wed and Thurs from 8:00 a.m. to 2:00 p.m.

There will be NO office hours on Friday. I will spend the day working on tech updates solely.



**Monday September 12th 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

Board of Trustees

Board Highlights: from the August 11, 2022 meeting:

- The Treasurer reported a carryover from fiscal year '21-'22 of \$17,562.
- In other financial matters, the board adjusted the fiscal year '22-'23 budget to reflect new information. The need for withdrawals from the money market and UUC endowment funds was eliminated. The revised income is \$217,230 and revised expenses \$213,424.

- There was a unanimous vote to accept the recommended changes to the MUUSAN Fiscal Sponsorship Agreement.
- There was a unanimous vote to accept the recommended changes to the Drew House Rental Agreement with Capital Area New Mainers Project.
- There was a unanimous vote to accept Rev. Sillari’s housing allowance form.
- UUCC has applied for a \$7,600 IRS tax refund as part of the federal CARES Act for Employee Retention Credit during the pandemic.
- In addition, Nancy Fritz was authorized to open a new account at Kennebec Savings Bank to hold the \$1,000 security deposit for Drew House tenants.
- The Board considered the need for a community discussion to discern the risk tolerance for Covid-19 and ways to move forward.
- There was a unanimous vote to accept the Advisory group’s recommendation that pulpit presenters and Worship Associates be allowed to remove masks during services provided other presenters accept the choice.
- A Board retreat is planned for September 18.

Board meetings are open to ALL. If you have an item that you would like the Board to consider, please contact Michaela Loisel at Michaelatloisel@gmail.com.

Next Board meeting: September 14th, 2022

Board Meeting minutes are available from the UUCC website (www.augustauu.org) at the following link

<https://www.augustauu.org/minister-staff-and-church-life/church-governance/board-of-trustees>

COVID-19 Updates / News

The COVID-19 Advisory Group has resumed meeting on the 1st Wednesday monthly from 6:00 – 7:30 p.m.

Below is a reprint of highlights from the Aug. 11 Board meeting related to the work of the COVID-19 Advisory Group.

- › The Board considered the need for a community discussion to discern the risk tolerance for Covid-19 and ways to move forward.
- › There was a unanimous vote to accept the Advisory group’s recommendation that pulpit presenters and Worship Associates be allowed to remove masks during services provided other presenters accept the choice.

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 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 the Church Administrator at 207-622-3232 or admin@augustauu.org.

UCC Office Hours – NEXT WEEK

UCC Office Hours NEXT WEEK

Office Hours:

Tues, Wed and Thurs – 8:00 a.m. – 2:00 p.m.

Rev. Christina Sillari

Office Hours on Wednesday and Thursday

Call or email to set up an appointment

minister@augustauu.org

(207) 807-9232

Staff Contact information:

Church Administrator, Lynn M. Smith, admin@augustauu.org, Phone 622-3232

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

Music Director, Bridget Convey, musicdirector@augustauu.org