

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, September 21, 2022

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[www.augustauu.org](http://www.augustauu.org)



## A Message from our Minister

Dear members and friends of UUCC,

Kathy Shaw and I created a word cloud from the values you named aloud during our Water Communion service.

Communications, love, community, connection, kindness, and forgiveness are qualities which are super important to many of you at UUCB.

Perhaps these values are a blueprint for our covenant which is the topic for our Sharing Café on Sunday October 2<sup>nd</sup>, after the service. If you were not present for Water Communion, I encourage you to attend the Sharing Café or simply write to me about the values you would like to see in our covenant.



To get us in the liminal spirit, for this upcoming Sunday, I offer this poem by John O'Donohue:

### For a New Beginning

In out-of-the-way places of the heart,  
Where your thoughts never think to wander,  
This beginning has been quietly forming,  
Waiting until you were ready to emerge.  
For a long time it has watched your desire,  
Feeling the emptiness growing inside you,  
Noticing how you willed yourself on,  
Still unable to leave what you had outgrown.  
It watched you play with the seduction of safety  
And the gray promises that sameness whispered,  
Heard the waves of turmoil rise and relent,  
Wondered would you always live like this.

Then the delight, when your courage kindled,  
And out you stepped onto new ground,  
Your eyes young again with energy and dream,  
A path of plenitude opening before you.  
Though your destination is not yet clear  
You can trust the promise of this opening;  
Unfurl yourself into the grace of beginning  
That is at one with your life's desire.  
Awaken your spirit to adventure;  
Hold nothing back, learn to find ease in risk;  
Soon you will be home in a new rhythm,  
For your soul senses the world that awaits you.

Blessings on the turning of the wheel,  
Rev. Christina  
[minister@augustauu.org](mailto:minister@augustauu.org)

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### Board President's Update

We have important developments to report in this E-Blast!

Friends,

This past Sunday we held our annual Board Retreat and want to share with you the following development.

We have been giving thoughtful consideration to how to keep our congregation safe while being in one another's presence during Sunday Service and Coffee Hour. Current practices include masking in the building, allowing the choir to sing (masked) at the Sunday Service, serving coffee & refreshments outside, holding small group meetings inside while masked, without serving refreshments.

At our retreat, we set priorities for the year, the top one being how our congregational life will move forward in a time of chronic, endemic covid. The Board voted unanimously to allow outside groups that rent our Fellowship Hall to make their own decisions about masking and serving refreshments. This led us to reflect on our own practices. We have heard, how, many of you miss singing- as do we. Additionally, we are concerned about how to hold coffee hour as the weather gets colder. We think it is important to make some decisions about how to move forward. Therefore, we are inviting you to attend a listening session at 11:30, after church service, on Sunday, September 25<sup>th</sup>. In addition, if you cannot attend that one, we will hold a zoom session on Tuesday, September 27 at 6 P.M. Both sessions will be facilitated by Nancy Fritz.

**WE REALLY WANT TO HEAR FROM EVERYONE!**

If you wish to reach out to me on these or other matters, please do [@michaelatloisel@gmail.com](mailto:@michaelatloisel@gmail.com).

In gratitude,

Michaela Loisel  
Board President

## Upcoming Services

<p><b>THIS Sunday</b> September 25, 2022</p> <p>10:00 a.m. IN-PERSON Ingathering music to begin at 9:55 a.m.</p>	<p><b>“Liminal Space”</b> Christina Sillari, Minister</p> <p>What are the challenges and blessings of being in a state of unknowingness? We will explore the concept of liminality. How do we navigate these crazy times and embrace the liminality in our lives to thrive?</p> <p>A special thank you to everyone who is participating. Sara Hodgkins will be our worship associate and Angie Blevins will manage our technology. Hannah Faulkner will be our pianist. We will also have music from the UUCC Choir.</p>
<p><b>NEXT Sunday</b> October 2, 2022</p> <p>10:00 a.m. IN-PERSON Ingathering music to begin at 9:55 a.m.</p>	<p><b>"Forgiveness"</b> Christina Sillari, Minister</p> <p>What is forgiveness? How does forgiving ourselves and others support us in moving forward? Perhaps it is an ultimate act of generosity with the potential for great healing and renewal.</p> <p>A special thank you to everyone who is participating. Nan Bell will be our worship associate and Susan Claska Burnett will manage our technology. The Choir will present Hymn #216 Hashiveinu.</p>
<p><b>Sunday, October 9</b></p>	<p>Andrea Greenwood (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/mtifpthOutvesiqgjei>

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.

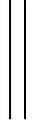
## Special Events / Opportunities

### DON'T MISS OUR FIRST SHARING CAFÉ

SUNDAY, OCTOBER 2

11:15 to 12:30

Small Group Discussions  
Immediately following the Service



We will provide the coffee,  
Please bring your own snacks.

A great opportunity to reflect on a message from the service  
and to ponder some stimulating questions.

### 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 **2<sup>nd</sup> and 4<sup>th</sup> Mondays** we will meet on zoom.

We also practice on zoom on Thursday mornings 8-9:30 and are now offering in person sessions.

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](mailto:martysoule@gmail.com) or [peacefulheartsangha@gmail.com](mailto:peacefulheartsangha@gmail.com)

\*\*\* ---- UCC members and friends ARE invited to attend ---- \*\*\*

# FREE PUBLIC CONCERT

FUNDRAISER FOR THE  
MAINE CHAPTER OF THE  
ALZHEIMER'S ASSOCIATION



**DOWNEAST  
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GLEN CAMPBELL**



**SEPT 23 @ 7 PM**

**GREEN STREET UNITED  
METHODIST CHURCH**

**13 Green Street, Augusta**



**Sponsored in part by  
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## Connections by Day of the Week

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/>

*Some events are still being held in the UCC Zoom Room.*

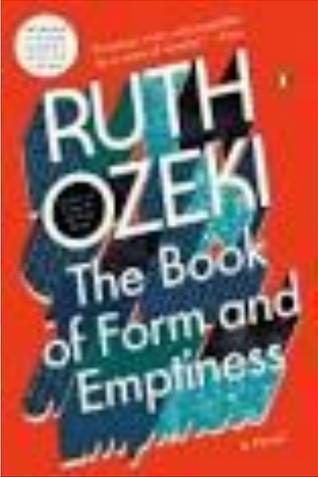
**[Click here to join Events in the Zoom Room:](#)**

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



**Zoom meeting id: 823 807 0673 – Password: 6971**

<p><b><u>Monday</u></b>                  Each week    <b><u>6:30 – 8:00</u></b>  <b><u>p.m.</u></b>    <b><u>Please note:</u></b>  <b><u>location</u></b>  <b><u>changes</u></b>  <b><u>weekly</u></b></p>	<p><b><u>Peaceful Heart Sangha</u></b></p> <p>You may join us at 6:15 to settle in.  <b><u>NEW SCHEDULE</u></b> for SANGHA Monday meetings for September. Stay tuned for a longer term schedule.</p> <p>-- <b>IN-PERSON</b> in the <b>UCC Sanctuary</b> – 1<sup>st</sup> and 3<sup>rd</sup> Mondays                  --<b>BY Private ZOOM</b> – 2<sup>nd</sup> and 4<sup>th</sup> Mondays</p> <p>Please contact Marty Soule for updated Zoom 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>	
<p><b><u>Wednes-</u></b>  <b><u>days</u></b>                  Each Week    <b><u>5:00 – 6:00</u></b>  <b><u>p.m.</u></b></p>	<p><b><u>Gentle YOGA</u></b></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.  <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>	
<p><b><u>2nd &amp; 4<sup>th</sup></u></b>  <b><u>Wednesday</u></b>    <b><u>10:30 a.m. -</u></b>  <b><u>Noon</u></b></p>	<p><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. We will meet in the UCC Zoom Room.</p> <p>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>Thursdays</u></b> <b><u>Each Week</u></b></p> <p><b><u>8:00 – 9:30</u></b> <b><u>a.m.</u></b></p>	<p style="text-align: center;"><b><u>Peaceful Heart Sangha</u></b></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 <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>Thursday</u></b></p> <p><b><u>In the</u></b> <b><u>UCC</u></b> <b><u>Zoom room</u></b></p> <p><b><u>9:00 – 10:30</u></b> <b><u>a.m.</u></b></p>	<p style="text-align: center;"><b><u>Writing to Wake the Soul</u></b></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. This group will be meeting in the UCC Zoom Room.</p> <p style="text-align: center;">FMI: please contact Debbie at (207)557-2697 or <a href="mailto:debbiemattson@hotmail.com">debbiemattson@hotmail.com</a></p>
<p><b><u>1<sup>st</sup></u></b> <b><u>Thursday</u></b></p> <p><b><u>Noon-1:30</u></b> <b><u>p.m.</u></b></p> <p><b>Next Meeting is Oct 6th</b></p>	<p style="text-align: center;"><b><u>Read, Learn, Share</u></b></p> <p>READ SHARE LEARN meets THURSDAY OCTOBER 6 at noon in the UCC ZOOM ROOM. Anyone interested in discussing this book is welcome to join us. We will end at 1:30.</p> <p><i>A brilliantly inventive new novel about loss, growing up, and our relationship with things, by the Booker Prize-finalist author of <u>A Tale for the Time Being</u> ~Goodreads</i></p> <p>FMI: contact June Zellers at <a href="mailto:jzellers@roadrunner.com">jzellers@roadrunner.com</a> or Kathy Kellison at <a href="mailto:kell6787@gmail.com">kell6787@gmail.com</a>.</p> 
<p><b><u>4<sup>th</sup></u></b> <b><u>Friday</u></b></p> <p><b><u>6:30 – 8:30</u></b> <b><u>Sanctuary</u></b></p> <p><b>Next Meeting is Sept 23</b></p>	<p style="text-align: center;"><b><u>Free Style Drum Circle</u></b></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! <b><u>ALL are welcome.</u></b> 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 <a href="mailto:mtmoods@gmail.com">mtmoods@gmail.com</a> or 229-1118.</p>

<p><b>4<sup>th</sup></b> <b><u>Sunday</u></b></p> <p><b><u>1-2:30</u></b> <b><u>p.m.</u></b> <b><u>By Zoom</u></b></p> <p><b>Next Meet- ing is Sept 25</b></p>	<p><b><u>Goddess / Earth Circles</u></b></p> <p>Goddess/Earth Circles will meet September 25, 2022 at 1-2:30pm on UUCC Zoom Zoom to plan the Wisdom Celebration.</p> <p>October 30 is the Wisdom Celebration. This includes the recognizing new "Crones" (Women of Wisdom) and sharing wisdom in general. And we will celebrate Samhain (Halloween).</p> <p>For more information on the programs or being croned, contact Helen Zidowecki. 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, <a href="mailto:hzmre@hzmre.com">hzmre@hzmre.com</a>).</p>
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**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 1<sup>st</sup> and 3<sup>rd</sup> 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.

**Board of Trustees**

**Board Highlights:** from the September 8, 2022 meeting:

- Learned that we had a budget surplus of \$15,648.
- Approved an updated lease with Capitol Area New Mainers for the Drew House rental. The rent was increased from \$1,000 to \$1,100 per month. A separate bank account has been created to hold the Drew House security deposit.

- Approved permitting the choir and orchestra to rehearse in the sanctuary provided they use N-95 or KN-95 masks. The Board authorized the Covid Advisory Group to purchase ten (10) Blueair pure 211+ auto air filters to improve ventilation in the Sanctuary and Fellowship Hall, not to exceed a cost of \$5,000.
- Accepted the resignation of Catherine Emery from the Board.
- Began a discussion of training for the community to enhance church safety and security.
- The full Board Minutes are posted on the church website.

**Board Meeting minutes** are available from the UUCC website ([www.augustauu.org](http://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 1<sup>st</sup> Wednesday monthly from 6:00 – 7:30 p.m. The group’s next scheduled meeting is Wed. October 5<sup>th</sup>.

- › Please see the Board President’s Update on Pg 2 above for updates about our COVID policy and for a chance to weigh in on your comfort level with COVID at an upcoming Listening Session.

## General Information

**Worship Services are now being held IN-PERSON**  
**Events may still be held virtually in the**  
***UUCC ZOOM ROOM***

### **Other ways to UUCC 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.**

UUCC 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	<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:donnaber1364@gmail.com">donnaber1364@gmail.com</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

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## UUCS 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 Peggy Lamb 622-5174.

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## UUCS 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](mailto:admin@augustauu.org).

## UUCS Office Hours – NEXT WEEK

### UUCS 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](mailto:minister@augustauu.org)

(207) 807-9232

### Staff Contact information:

Church Administrator, Lynn M. Smith, [admin@augustauu.org](mailto:admin@augustauu.org), Phone 622-3232

Coordinator of Lifespan Faith Formation, M. Monique Bergère, [LifespanFF@augustauu.org](mailto:LifespanFF@augustauu.org)

Music Director, Bridget Convey, [musicdirector@augustauu.org](mailto:musicdirector@augustauu.org)