

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, October 5, 2022

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www.augustauu.org

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

A Message from our Minister

**Calling All Leaders! **Save the Date **
Leadership Council Meeting
After worship on Sunday November 20th
With Reverend Christina**

Dear members and friends of UUCC,

Autumn is my favorite season. The crisp fall days and fingerless gloves. The joy and sadness of my gardens. My woodstove. Making soup. The impending darkness. Time to go deeper inside to reflect on what is done and undone in my life. Letting it all go and beginning again with new colors, a shift in perspective, my heart giving up and opening again and again as the sun comes and goes and the birds scurry in the trees. I want, as Jane Hirshfield says in her poem *Ripeness*, to let my body love this world with ease.

I had a dream, a nightmare, I was trapped in a windowless concrete building trying to escape through long hallways and elevators. I was resisting with all my strength, my consciousness, being swept away by the veil of ignorance that disguises itself as normalcy. I was trapped with no access to the earth or the heavens. Upon awaking I was relieved it was a dream. Freedom is so important! Freedom fosters ripeness allowing all that does not serve me to fall away with ease, my fears, my ego, my addictions, my need to be in control. So that these beautiful energies emerging from deep within the earth and moving like shooting stars down from the skies can heal the hidden sorrows in my heart and uncover the joy that arises when I surrender to the beauty of the earth and the nourishment that community brings.

Many blessings,
Christina

Ripeness, by Jane Hirshfield

Ripeness is
what falls away with ease.
Not only the heavy apple,
the pear,
but also the dried brown strands
of autumn iris from their core.
To let your body
love this world

that gave itself to your care
in all of its ripeness,
with ease,
and will take itself from you
in equal ripeness and ease,
is also harvest.
And however sharply
you are tested –
this sorrow, that great love –
it too will leave on that clean knife.

Upcoming Services

**THIS Sunday
October 9, 2022**

10:00 a.m. IN-PERSON
Ingathering music to begin at
9:55 a.m.

“Seeing the Moon”

Andrea Greenwood (Visiting UU Minister)*

"My title was inspired by a 17th century Japanese poem, which contains the line ""My barn having burned down, I can now see the moon."" (Mizuta Masahido). I want to think about resilience, not just for individuals, but for whole communities. What can help us, and so many others --historically displaced peoples, refugees -- see a way forward? Is there a moon to light the way forward?"

A special thank you to everyone who is participating. John Seksay will be our worship associate and Marty Peters will manage our technology. Stefanie Barley will be our pianist.

*Bio: Andrea Greenwood is a retired UU minister living with her husband, also a retired UU minister, in Owls Head, where they swim, kayak, walk and read a lot. They are the parents of four sons and one book: An Introduction to the Unitarian and Universalist Traditions.

<p style="text-align: center;">NEXT Sunday October 16, 2022</p> <p style="text-align: center;">10:00 a.m. IN-PERSON Ingathering music to begin at 9:55 a.m.</p>	<p style="text-align: center;">“Beloved Community” Christina Sillari, Minister</p> <p>What is the beloved community? How do we create and sustain the beloved community in our lives and here at UUCC?</p> <p>A special thank you to everyone who is participating. Marty Peters will be our worship associate and John Seksay will manage our technology. Karen Allen will be our pianist and the UUCC Choir will present #1036 “Calypso Alleluia”.</p> <p>SHARE THE PLATE: Recipient chosen by the Social Justice Committee</p>
<p style="text-align: center;">October 23, 2022</p> <p style="text-align: center;">10:00 a.m. IN-PERSON Ingathering music to begin at 9:55 a.m.</p>	<p style="text-align: center;">"Justice is What Love Looks Like in Public" MUUSAN</p> <p>Justice Ministry is the work of Maine Unitarian Universalist State Advocacy Network (MUUSAN) - the statewide advocacy and public policy network anchored in our UU faith and animated by its principles. UUCC was instrumental in the founding of MUUSAN and is where many of us put our faith into action.</p> <p>This service will be led by Jane Makela of First Universalist Church, Yarmouth and Lynn Ellis of UU Church in Brunswick along with UUCC’s Mary Kane and Michaela Loisel</p>

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

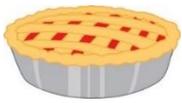
If you want to watch the livestream of the service, please visit:
<https://boxcast.tv/channel/mtifpth0utvesjqgjej>

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

Calling All Leaders!
****Save the Date ****
Leadership Council Meeting
After worship on Sunday November 20th
With Reverend Christina

Get Ready for Pie Season...



The UCC annual Pie Sale at Longfellows Greenhouse, 81 Puddledock Road in Manchester, is a GO for Saturday, November 19, from 9 a.m. until all pies are sold out. A signup sheet is in the Fellowship Hall. Our goal is to have 50 pies or desserts donated for the sale, fresh or frozen.

Please be sure to have your pies at Longfellows in Manchester no later than 9 a.m. on Nov. 19th, the day of the sale. Better yet, bring your yummys to the UCC on Friday, Nov. 18, no later than 4 p.m., so that we can box them and take them to the sale.

Any leftover pies will be sold on Sunday during Fellowship Hour, Nov. 20.

THANK YOU!

Pie Fundraising Committee (Karen Foust, Catherine Palmer and Kathy Ann Shaw)

Peaceful Heart Sangha now practices on zoom and in person.



Our Monday mindfulness meditation group now practices from 6:30-8 pm in person at UCC every 1st, 3rd, 5th Monday from 6:30-8pm. We settle in at 6:15. We also practice on zoom every 2nd & 4th Monday.

Our Thursday gatherings are at River Studio, 332 Water St, Hallowell. These Thursday gatherings are held from 8-9:30am, settling in at 7:45, and also alternating zoom and in person.

If you have questions or want to get the zoom information, please reach out to Marty Soule martysoule@gmail.com

Typically we have 20 minutes of sitting meditation followed by walking meditation, inspirational readings/practices/or videos, and a time for sharing (practicing confidentiality). We explore ways to recognize and transform the places we are stuck and to free ourselves from unskillful habit energy – freeing us to choose how we want to use our precious time and energy during this lifetime.

Sangha gatherings are free and open to all.

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.

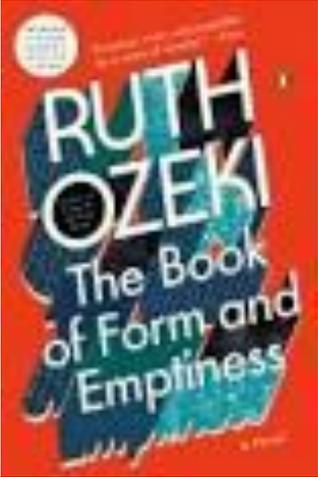
[Click here to join Events in the Zoom Room:](#)

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



Zoom meeting id: 823 807 0673 – Password: 6971

<p><u>Monday</u> Each week <u>6:30 – 8:00</u> <u>p.m.</u> <u>Please note:</u> <u>location</u> <u>changes</u> <u>weekly</u></p>	<p><u>Peaceful Heart Sangha</u></p> <p>You may join us at 6:15 to settle in. <u>NEW SCHEDULE</u> for SANGHA Monday meetings is as follows.</p> <p>-- IN-PERSON in the UCC Sanctuary – 1st - 3rd & 5th Mondays --BY Private ZOOM – 2nd and 4th Mondays</p> <p>Please contact Marty Soule for updated Zoom login information at: email: martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>	
<p><u>Wednes-</u> <u>days</u> Each Week <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> <u>10:30 a.m. -</u> <u>Noon</u> 2nd Wed. – C-FH 4th Wed. - Zoom</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. On the 2nd Wednesday monthly we will meet in the Fellowship Hall and on the 4th Wednesday, 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>Thursdays Each Week</p> <p>8:00 – 9:30 <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>2nd & 4th Thursday</p> <p><u>In the</u> <u>UCC</u> <u>Zoom room</u></p> <p>9:00 – 10:30 <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. 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 debbiemattson@hotmail.com</p>
<p>1st Thursday</p> <p><u>Noon-1:30</u> <u>p.m.</u></p> <p>Next Meeting is Oct 6th</p>	<p style="text-align: center;"><u>Read, Learn, Share</u></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 jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com.</p> 
<p>4th Friday</p> <p>6:30 – 8:30 <u>Sanctuary</u></p> <p>Next Meeting is Oct 28</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! ALL are welcome. 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>

**4th
Sunday**

**1-3 p.m.
In-Person**

**Next Meet-
ing is Oct 30**

Goddess / Earth Circles

Goddess/Earth Circles October 30, 1pm in Fellowship Hall is the Wisdom Celebration.

We look forward to meeting in person for recognizing "Crones" (Women of Wisdom), including honoring a new Crone. We honor our life phases, and sharing wisdom in general. And we will celebrate Samhain (Halloween). Bring symbols to share and how you respond to "Wisdom Is..." We will be focusing on the symbol of the Witch's Hat.

Guests are welcome. We will have masks, no food.

For more information on the programs or being croned, contact Helen Zidowecki.
See UUCU website: Church Life/Goddess: Meetings and Archives

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).

Notices / Updates / News

UPDATED Fall E-blast & Office Hours

As my work on the Office systems continues, the following E-Blast schedule and office hours will be in effect:

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

The upcoming schedule is as follows:

E-Blast (10/5)	NO E-Blast (10/12)
E-Blast (10/19)	NO E-Blast (10/25)
E-Blast (11/2)	NO E-Blast (11/9)
E-Blast (11/16)	NO E-Blast (11/23 or 11/30)

- **Open 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

Unitarian Universalist Community Church of Augusta

Board Meeting

A G E N D A

October 13, 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: Rev. Christina Sillari

Board Covenant: Board Members

Check in: A word or two about self/ a word or two about UUC

(New Item) Anything left over from Retreat?

NEW BUSINESS

- Covid Safety Practices/ Listening Sessions Update (Decision making process?)

REPORTS

1. Clerk's Report: Catherine / **VOTE**
2. Treasurer's Report: Nancy
3. Finance Committee's Report: Harry
4. COVID-19 Task Force's Report: Harry/Terry
5. President's Report: Michaela
6. Minister's Report: Christina

OLD BUSINESS

Progress Toward Goals (Recurrent Item)

1. Determine how to live in a time of chronic, endemic Covid
2. Review and revise UUC By-Laws
3. Address matters of our physical plant (window repair or replacement, ventilation estimates for board consideration)
4. Assess Safety and Security concerns and a plan for building safety (several of us will attend an October security training sponsored by the Maine Council of Churches)
5. Develop a Congregational Covenant

ADJOURN

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

Next Board meeting: November 10, 2022

Board Meeting minutes are available from the UUC 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.
The group's next scheduled meeting is Wed. October 5th.

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	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

UUCC 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