

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, October 19, 2022

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www.augustauu.org

A Message from our Minister

Dear members and friends of UUCC:

I will not see you on Sunday for the next two weeks. My agreement with you is to lead worship twice a month and October has five Sundays! I look forward to being with you on November 6th for worship and the next Sharing Café. This weekend I am going to St John, New Brunswick, Canada with my husband, Arne, who sings with a Barbershop Chorus. They are competing in the Fall District Convention where we will hear choruses and quartets from all over the Northeast. I am super excited!

Some of you may have noticed I am not really a singing person. I never learned how to sing, and I do not have a pleasant singing voice. Which is so odd because many people love my talking voice. I became painfully aware of this when I was a teenager. Theatre, dance, and performing were passions of mine. I was a good actor and dancer, but I never landed big roles because I could not sing well. I even tried to take singing lessons which was quite traumatizing. So, I finally accepted that singing was just not for me, until...

In my early thirties I learned how to spirit sing. Spirit singing is simply allowing spirit to move through me while toning. Essentially it is using my breath to channel vibrations of the emotional/spiritual energies living in my body mind. Spirit singing is healing and cleansing. There are no words attached to the sound. It is most powerful in the natural world when I feel connected to the earth and the heavens. Spirit singing helps me call my spirit back from the chaos and distractions of daily life as does Joy Harjo's poem I am called to share with you.

Blessings on your sung and unsung songs,

Rev. Christina Sillari

“For Calling the Spirit Back from Wandering the Earth in Its Human Feet” by Joy Harjo from her book *Conflict Resolution for Holy Beings*.

Put down that bag of potato chips, that white bread, that bottle of pop.

Turn off that cellphone, computer, and remote control.

Open the door, then close it behind you.

Take a breath offered by friendly winds. They travel the earth gathering essences of plants to clean.

Give it back with gratitude.

If you sing it will give your spirit lift to fly to the stars’ ears and back.

Acknowledge this earth who has cared for you since you were a dream planting itself precisely within your parents’ desire.

Let your moccasin feet take you to the encampment of the guardians who have known you before time, who will be there after time. They sit before the fire that has been there without time.

Let the earth stabilize your postcolonial insecure jitters.

Be respectful of the small insects, birds and animal people who accompany you.
Ask their forgiveness for the harm we humans have brought down upon them.

Don’t worry.

The heart knows the way though there may be high-rises, interstates, checkpoints, armed soldiers, massacres, wars, and those who will despise you because they despise themselves.

The journey might take you a few hours, a day, a year, a few years, a hundred, a thousand or even more.

Watch your mind. Without training it might run away and leave your heart for the immense human feast set by the thieves of time.

Do not hold regrets.

When you find your way to the circle, to the fire kept burning by the keepers of your soul, you will be welcomed.

You must clean yourself with cedar, sage, or other healing plant.

Cut the ties you have to failure and shame.

Let go the pain you are holding in your mind, your shoulders, your heart, all the way to your feet. Let go the pain of your ancestors to make way for those who are heading in our direction.

Ask for forgiveness.

Call upon the help of those who love you. These helpers take many forms: animal, element, bird, angel, saint, stone, or ancestor.

Call your spirit back. It may be caught in corners and creases of shame, judgment, and human abuse.

You must call in a way that your spirit will want to return.

Speak to it as you would to a beloved child.

Welcome your spirit back from its wandering. It may return in pieces, in tatters. Gather them together. They will be happy to be found after being lost for so long.

Your spirit will need to sleep awhile after it is bathed and given clean clothes.

Now you can have a party. Invite everyone you know who loves and supports you. Keep room for those who have no place else to go.

Make a giveaway, and remember, keep the speeches short.

Then, you must do this: help the next person find their way through the dark.

Upcoming Services

<p>THIS Sunday October 23, 2022</p> <p>10:00 a.m. IN-PERSON Ingathering music to begin at 9:55 a.m.</p>	<p>"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*, Lynn Ellis*along with UUCC's Mary Kane and Michaela Loisel.</p> <p>A special thank you to our worship arts team. Susan Claska Burnett will be our worship associate and Angie Blevins will manage our technology. Karen Foust will be our pianist</p> <p>-----</p> <p>*Biographies: Jane Makala is a member of the First Universalist Church in Yarmouth. She joined the MUUSAN steering committee in early 2018. Jane is a retired lawyer whose legal work is now entirely pro bono, primarily assisting asylum-seekers and other immigrants.</p> <p>Lynn Ellis is a member of the UU Church of Brunswick. She is a member of the church's Justice Steering Group. She is Health Care Co-chair and liaison to the Maine Council of Churches Public Policy Committee. She is a retired social worker, primarily working in mental health services and hospice.</p>
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<p style="text-align: center;">NEXT Sunday October 30, 2022</p> <p style="text-align: center;">Ingathering music to begin at 9:55 a.m.</p>	<p style="text-align: center;">“Mysterium Tremendum” Rev. Al Boyce (Visiting UU Minister)*</p> <p style="text-align: center;">Stress is high as we near a national election. Many are feeling the stress of life by way of the economy, racial injustice and issue of trust. Al's sermon will center around the need of a strong spiritual anchor for each of us during this time of uncertainty.</p> <p style="text-align: center;">A special thank you to our worship arts team. Sara Hodgkins will be our worship associate and Marty Peters will manage technology. Hannah Faulkner will be our pianist</p> <p><i>*Biography:</i> Al began ministry in 1973 as a fundamentalist minister. Following successful church work Al came out as gay and left that faith. Following his master's work at Harvard Divinity School he was accepted into the Unitarian Universalist Ministers Association and served UU churches in New England, NJ and Florida. Al also holds a masters degree in psychology/counseling and a PhD in psychology. Today, Al serves as lead chaplain for Volunteers of America Northern New England as well as doing per diem hospice chaplain work. As a Christian UU he enjoys guest speaking at UU and Congregational churches. He is a father, grandfather and married to husband, Andrew. Al and Andrew live together with their standard poodles, Luc and Louie in Dexter, Maine.</p>
<p style="text-align: center;">Nov. 6, 2022 10:00 a.m. IN-PERSON</p>	<p style="text-align: center;">“Seeing with the Heart” Christina Sillari, Minister</p> <p style="text-align: center;">This service will be followed by the 2nd Sharing Cafe – <See Upcoming Special Events for more details.</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/mtifpthOutvesjqgijej>

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 THE NEXT SHARING CAFE SUNDAY, NOVEMBER 6th 11:15 to 12:30

We will again gather in small groups to consider a new question or two on Sunday, November 6th immediately after our church service. Coffee and treats will be available.

For those attending our service on Box Cast, there will be a Sharing Café session hosted in the Church's Zoom Room at 11:15.

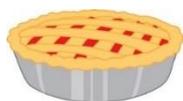
We are so looking forward to seeing you there and to this opportunity for sharing.

RESULTS of the OCTOBER 2nd SHARING CAFE

A big thank you to everyone who participated in our first Sharing Café. Such an incredible number of heart-felt conversations.

We have grouped your responses into categories. All recorded responses are included, and some responses appear in more than one category. You can review this amazing collection of reflections and wisdom via this link <https://drive.google.com/file/d/1pvE9urX97u6xxIDLpaGiMEBWcoZBg38/view?usp=sharing>.

Get Ready for Pie Season...



The UUCC 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 UUCC 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)

Calling All Leaders!

****SAVE THE DATE ****

Leadership Council Meeting

**After worship on Sunday November 20th
With Reverend Christina**

Social Activities

Our UU traditional all church

Harvest Dinner is B-A-C-K!!

Join us FRIDAY, November 18, 2022 at 5:30 p.m.

Please bring your favorite dish to share. We will supply the turkey!

Always looking for helpers, please contact Cheryl Clukey – cherylclukey5@yahoo.com.

AN INVITATION: Join in the UU Common Read

Please join the Social Justice Committee and Rev. Christina as we explore the path toward Beloved Community. We will be participating in the UU Common Read by reading and discussing *Mistakes and Miracles: Congregations on the Road to Multiculturalism* (Skinner House, 2019). Authors Nancy Palmer Jones and Karin Lin—a white minister and a layperson of color—document the joys, disappointments, and growth of five UU faith communities on a journey toward Beloved Community.

In 2017, as this book moved toward publication, a racial justice, equity, and inclusion movement began that shook the structure of the Unitarian Universalist Association. The UUA has since embraced recommendations from the Commission on Institutional Change that offer pointed challenges to congregations and our faith. Many more congregations are working intentionally to dismantle white supremacy culture and live into Beloved Community.

Rev. Christina will lead our church wide discussion of *Mistakes and Miracles* following the regular worship service on January 22, 2023.

Please let Rev. Christina know if you would like to have her order a copy for you. There will be additional copies available if cost is prohibitive.

A Holiday Boutique craft sale will be held at the UUCC Church on November 20th and December 4th after the service with handmade offerings from some of your favorite people. (If you have a special craft talent and would like to volunteer to be one of those favorite people please contact Karen Foust at 441-8971 or email at karmafoust@gmail.com.)

Wreaths, wreaths and more wreaths! Coming soon - a pre-order form for holiday wreaths decorated by Dale McCormick, Nan Bell and a couple of other elves. Customize your wreath with color, style and lights if you wish. Marilyn Dunn will also be sharing her swag making skills so plan to purchase your holiday greenery at UUCC! Delivery will be December 4th. Look for the pre-order form soon.

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 UUCC 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 UUCC 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 UUCC Zoom Room.

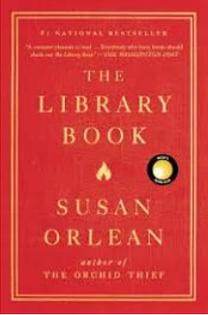
[Click here to join Events in the Zoom Room:](#)

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



Zoom meeting id: 823 807 0673 – Password: 6971

<p>Monday Each week</p> <p>6:30 – 8:00 p.m.</p> <p>Please note: location changes weekly</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. <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 style="text-align: center;">Please contact Marty Soule for updated Zoom login information at: email: martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p>Wednesdays Each Week</p> <p>5:00 – 6:00 p.m.</p>	<p style="text-align: center;"><u>Gentle YOGA</u> <Cancelled tonight 10/19></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>2nd & 4th Wednesday</p> <p>10:30 a.m. - Noon</p> <p>2nd Wed. – C-FH 4th Wed. - Zoom</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. 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 a.m.</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 style="text-align: center;">Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p>2nd & 4th Thursday In the UCC Zoom room</p> <p>9:00 – 10:30 a.m.</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 style="text-align: center;"><u>1st</u> <u>Thursday</u></p> <p><u>Noon-1:30</u> <u>p.m.</u></p> <p>Next Meeting is Nov. 3rd</p>	<p style="text-align: center;"><u>Read, Learn, Share</u></p> <p>READ SHARE LEARN meets on THURSDAY NOVEMBER 3 at noon in the UCC ZOOM ROOM. Anyone who interested in discussing this month's book is welcome to join us. We will end at 1:30.</p> <div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  </div> <div style="flex: 2;"> <p>“Susan Orlean delivers a mesmerizing and uniquely compelling book that manages to tell the broader story of libraries and librarians in a way that has never been done before” Goodreads</p> <p>For more information, contact Kathy Kellison at kell6787@gmail.com or June Zellers at jzellers@roadrunner.com</p> <p>PLEASE NOTE: We will be discussing how we will respond to the change in the church's Covid 19 policy.</p> <p>Our title for December 1 is <u>The Lowering Days</u> by Gregory Brown</p> </div> </div>
<p style="text-align: center;"><u>4th</u> <u>Friday</u></p> <p><u>6:30 –</u> <u>8:30</u> <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>
<p style="text-align: center;"><u>4th</u> <u>Sunday</u></p> <p><u>1-3 p.m.</u> <u>In-Person</u></p> <p>Next Meeting is Oct 30</p>	<p style="text-align: center;"><u>Goddess / Earth Circles</u></p> <p>Goddess/Earth Circles October 30, 1pm in Fellowship Hall is the Wisdom Celebration.</p> <p>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.</p> <p style="text-align: center;">Guests are welcome. We will have masks, no food.</p> <p style="text-align: center;">For more information on the programs or being croned, contact Helen Zidowecki. See UCC 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).</p>

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.

Social Justice Call to Action

August 2022 marked the one-year anniversary that Afghanistan fell to the Taliban. Thousands of Afghans fled the country; their lives were at risk because their families supported the US mission in Afghanistan. They arrived in the United States as “humanitarian asylees,” a temporary status. Some of these families are living in Augusta and have become close friends to people in our church and community.

ACTION NEEDED: Please call your US Senators and US Representatives and urge them to support the bipartisan bill “Afghan Adjustment Act” which will provide a pathway to permanent legal status to the Afghan families that put their own safety at risk while supporting the US mission in Afghanistan.

Board of Trustees

The UCC Board of Trustees met on October 13, 2022.

Board highlights will be forthcoming.

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 UCC website (www.augustauu.org).
at the following link

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

Important update from the Board of Trustees: Recent changes to Covid safety measures

Recently, two Listening Sessions were held so that we could hear from the Congregation their views about the various Covid safety measures in place - approximately 32 people provided input.

After considering these views as well as recent advisory information from the Covid Advisory Team and the lack of an effective ventilation system for the church, the Board decided to ease current safety measures in the following ways:

The Board voted to allow:

1. Small Group Ministries, committee and Board meetings, Seasoned Souls, and all other groups using our facilities are empowered to individually decide on masking, eating and drinking during their meetings, if all the involved participants agree and feel safe.
2. In the Sanctuary, hallways and rest rooms, masking will continue.
3. Singing will resume in the Sanctuary during church services if congregants who sing wear K-95 or N-95 masks. We ask that congregants bring the required masks (there will be some available, if needed)
4. Coffee Hour will resume unmasked in the Fellowship Hall, provided masks are required in the Sanctuary, in the hallways and restrooms.
5. Elder Lunch and other church dinners, such as the Harvest Dinner will resume in the Fellowship Hall for the Congregation, their families and friends.

I remind you that the Board recently purchased 10 Hepa Filter Air Purifiers for the Sanctuary and Fellowship Hall to reduce the risk of covid transmission as we close doors and windows due to our cold weather. These measures remain in place unless circumstances suggest that we reevaluate and reconsider.

Please feel free to address any concerns with the Board of Trustees:

Michaela Loisel, President
Susan Burnett, Vice-President
Nancy Fritz, Treasurer
Harry Grimmnitz, Finance Chair

Catherine Palmer, Clerk
Members -At-Large:
Terry Cairn
Hal Booth
Past President: Kathy Ann Shaw

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.

Dr. Don on Covid-19

Dr. Don on COVID-19 The new Omicron Bivalent COVID Booster (and a Flu season warning)

I'm back to share important new developments in COVID prevention and a flu warning.

The well-respected New England Journal of Medicine reported last week that the new bivalent Moderna COVID-19 booster vaccine is triggering strong immune responses. This new vaccine is acting well against the highly transmissible Omicron variants and with no safety concerns. When questioned about the Pfizer version of the same vaccine Scott Roberts MD, an infectious disease expert from Yale Medicine said "There is not a significant difference between the two."

Researchers at The Center for Infectious Disease Research and Policy at the University of Minnesota went a step further this week saying "These findings indicate that bivalent vaccines may be a new tool in the response to emerging variants." So what are these bivalent vaccines and what do we know about them?

Bivalent tells us that these single dose vaccines contain immunizing agents against the original strain of COVID and the new Omicron BA.4 and BA.5 variants in equal proportions. It is the BA.5 variant that causes 90% of new COVID infections. And now the really good news - the new vaccines produced excellent immune responses against both new and old versions of the virus. Amazingly, results indicate that in those previously infected with COVID who received the new booster, 100% tested produced a high level of immunity against both versions of the virus. The vaccines are available to those who completed either their primary COVID vaccinations or most recent booster dose two months ago. Those infected by COVID should wait three months before having the new bivalent vaccine.

The bivalent boosters made by Pfizer and Moderna work in the exact same way as the original single strain vaccines given to hundreds of millions but have four additional advantages according to UC Davis Health. Not only do you gain additional immunity against the original strain, but they also provide an excellent protective response against the currently circulating strains of Omicron BA.4 and BA.5. Further, the updated boosters are inducing a broader immune response expected to be effective against future variants.

And now, about the Flu. Close attention is being paid to warning signs out of the Southern Hemisphere that may indicate a rough flu season ahead in the United States. Australia's flu season usually peaks during their winter in July or August, giving us a preview of what we may expect this winter. The country just experienced its fifth-worst flu season in history, said Dr. Andrew Pekosz, a virologist with the Johns Hopkins Bloomberg School of Public Health, in a recent media briefing. His warning could not be clearer: the potential for a severe flu season seems likely.

Don Naber (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 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