



# The Flaming Chalice

The newsletter of The Unitarian Universalist Community Church  
69 Winthrop Street ~ PO Box 8 ~ Augusta, ME 04332-0008

October 2010

## Worship Services Sundays at 9:15 a.m. and 11:00 a.m.

Oct. 3<sup>rd</sup> Association Sunday Rev. Helen Zidowecki  
Kathy Kellison

Celebrate the institution that holds and enriches our values as they are passed from generation to generation -- and into the future.

Oct. 10<sup>th</sup> *Heterosexuals Coming Out* Rev. Carie Johnsen

National Coming Out day is Monday Oct, 11, 2010. National Ally Week (a national youth-led empowerment effort) is Oct. 18 to Oct. 22, 2010. This service will explore the roles and responsibilities of the straight allies in the work to ensure civil and human rights for the LGBTQ community.

Oct. 17<sup>th</sup> *Coming of Age and Other Milestones* Karen Fisk  
Carie Johnsen

This year our middle schoolers will participate in the Coming of Age Program. In this service we celebrate what it means to become a young adult. We will also explore the many milestones we experience and what it means to mark these memorable moments in our passage through life.

Oct. 24<sup>th</sup> *Leave Taking* Rev. Carie Johnsen

Leave taking—albeit a death, a child moving out of the family home, a shift in our abilities or interests, a child growing into their independence, the loss of something we love through choice or necessity—is a time of grieving and adjustment. Walking through it alone can be depressing, overwhelming and frightening so let's journey together.

Oct 31<sup>st</sup> *Going-a-Souling* Multigenerational Team  
Rev. Carie Johnsen

This multigenerational service will celebrate the origins of Halloween – a mix of Celtic practices, Catholic and Roman rituals and European folk traditions.. This service will also explore opportunities to engage in fair trade practices with the chocolate industry through reverse trick-or-treating.

**Minister: Rev. Carie Johnsen**  
President: Sheila Comerford  
Director of Religious Exploration: Karen Fisk  
Administrator: Julie Pelletier  
Choir Director: Douglas Barley  
Small Group Ministry Coordinator: Kathy Kellison

Office Hours: Monday & Tuesday, 8 am-4 pm  
Saturday 8 am-12 pm  
Office: (207)622-3232, admin@augustauu.org  
Minister's Study: (207)623-3663(office), (508)221-5296(cell) and  
(207)395-8051(home)  
revcariejohnsen@gmail.com  
<http://www.augustauu.org>  
Minister's Hours: Monday 11 am - 4pm  
Tuesday 1pm - 6pm  
2nd & 4th Wednesdays 11am - 4pm

Next newsletter deadline is **October 18th**. Please submit newsletter articles by email to Julie Pelletier, UUC Church Administrator at [admin@augustauu.org](mailto:admin@augustauu.org)



## A Faith Journey...

It has been a joy to return to church life this month. I so appreciate all the members of the congregation who keep warm the embrace, while so many of us were away. Watching the return of the children alongside their caregivers brings back an abundance of energy and excitement. The return of members who have drifted away along with the visitors and friends tells me this congregation has much to offer. This congregation remains a vital and dynamic community in the religious landscape of Augusta.

As your religious leader I return with great enthusiasm for another exciting year of being in ministry together. As I return I reflect on the past year. As I assess my first year of ministry, I look upon the model of ministry I bring to the congregation and I ask myself, “Is this model of ministry sustainable over a five year period?” “Do I have a regular spiritual practice to feed my creativity and compassion?” “Where do I say Ahhhh! as I relax into the comfort of self-care or receive care from another person?” “Where am I over functioning thus taking away a growing opportunity from others?” “Is there enough space in my schedule to respond to life happening in a 200+ member congregation?” “Do I have regular meaningful connections with colleagues, friends and family?” “Am I playing enough and laughing enough?”

These questions I encounter may resonate with you and there may well be parallel questions for your life. As your household returns to the activities of fall and preparations for winter, what questions might you reflect upon? Where are you finding joy and connection? What regular practices feed your sense of purpose thus creating meaning in your everyday life? Where are you overworking and what are you willing to let go of this year? Do you pause from the distractions and look into the eyes of your partner as you share your stories from the day? Is there enough space in your schedule to be spontaneous and casual in company of others or to find the silence for restorative rest?

We are blessed with a great community.

May we find the time this year to laugh together, play often, learn from each other, grow spiritually, make meaning, forgive our shortcomings, care for our vulnerable, and celebrate our connections.

In Faith, *Carie*

~ **From the Director of Religious Exploration** ~

The year is off to a wonderful start! Our first RE Sunday teemed with young people and their adult mentors. The positive energy is abundant. I am so grateful.

This year we also welcome our Coming of Age program, and fourteen young UUs who will spend the year exploring their own ideas about faith while learning a variety of spiritual practices. Here is the information about the Coming of Age Program.

Throughout history communities have welcomed youth on the cusp of adulthood with rituals of recognition, honor and celebration. We would not want to let a chance for celebration pass us by, especially when it gives us an opportunity to officially honor our youth.

We are really excited this year to offer a Coming of Age program for our youth ages 12 to 14. This is a 9-month program of spiritual exploration culminating with individual statements of faith and a celebratory worship service. The goal of the program is to help each individual examine their personal philosophy of faith while bonding with a community of peers.

The youth will explore the spiritual practices of meditation, prayer, yoga, authentic movement, art, drumming and chanting, and social justice. They will also take a heritage pilgrimage to Boston in the spring. At the end of the year, they will share their faith statements with the congregation. But first we need to begin.

This year, during the Oct. 17th service, the entire Congregation will help our young UUs enter into their Coming of Age journey. Please join us then and help our children feel the power and support of their faith community.

Yours in faith,

Karen

**GODDESS CONTINUING**

1<sup>st</sup> & 3<sup>rd</sup> Sundays, 12:15-2:15pm The Annex

**Becoming Women of Wisdom  
And Special Celebrations**

Helen Zidowecki (582-5308, [hzmre@hzmre.com](mailto:hzmre@hzmre.com))

Lorna Doone

Focuses on "Marking the Passage into the Crone Years," and is pertinent for women of all ages. Year will be interspersed with special celebrations.

October 3, 2010 Entering the Labyrinth

October 17, 2010 Preparing the Descent

Detailed listing of session titles is on the Bulletin Board, along with the **Sign Up Sheet**

**UNITARIAN UNIVERSALIST CONNECTIONS**

In addition to programs that are offered at UUCC, we encourage you to participate in events with other Unitarian Universalist churches and the Northern New England District. Two immediate examples are:

**SMALL GROUP MINISTRY WORKSHOP**

**Saturday, October 2, 10am-3pm, Saco or  
Saturday, October 16, 10-3, Norwich, VT**

Contact: Kathy Kellison ((445-4415, [dehaana@fairpoint.net](mailto:dehaana@fairpoint.net))

**Go home with ideas, networking contacts, NEW resource packet.**

**Cost:** \$15 first person from a congregation; \$10 for additional Participants from same congregation. Bring Your Own Lunch. Beverages will be provided.

**Content:** Workshop structure will be based on the needs expressed on the registration form, to include:

- ◆ Success in Small Group Ministry: Starting, Restarting, Rejuvenating Small Group Ministry \*Small Group Ministry within the congregation: participation, leadership & ministerial roles \*Group development/deepening: Establishing groups, group dynamics, the cycle of a group
- ◆ Leadership development: Steering Committee and Coordinator
- ◆ Facilitator recruitment/training: overview and meeting the challenges of group dynamics
- ◆ Service projects
- ◆ Other topics specific to the needs of the participants.

**HARVEST THE POWER**

**October 16, October 30, November 13, 8:30am-4pm,  
Bangor**

Led by UUCC Board Members Terry Cookson and Doug Rooks and others from the district. Contact Doug Rooks 724-2759 [drooks@tds.com](mailto:drooks@tds.com). Opportunity to learn lay leadership skills. 12 part program covering a variety of leadership topics. Carpooling is available.

**Programs Being Planned**

**BUILDING YOUR OWN THEOLOGY: ETHICS**  
Rev. Carie Johnsen

**Wednesday Evenings, 6 sessions, January-March**

Explores such topics as Authority, Motivation, Responsibility, Situations, Intention, Relationships, Values, Character. Includes life choices and resources, and leaning together in a UU community.

**ADULT OUR WHOLE LIVES**

Time to be determined, after January  
Rev. Carie Johnsen, Rev. Helen Zidowecki  
and others to be trained

## ~ SMALL GROUP MINISTRY ~

"Ministry is all that we do -- together." These words of Gordon McKeeman are particularly appropriate for our Small Group Ministry (SGM). Over the years Small Group Ministry has allowed deep connection and caring to grow among people who connect for a while in one of our Groups. That depth is a wonderful resource as life throws what it will our way. Investing two hours on a regular basis to share with others the stories of our lives and to use the prepared outline to explore topics which invite deeper sharing than usual is a powerful experience. Our church community is blessed with all of the people over the years who have participated and made this ministry available to each other.

As we step into another year of Small Group Ministry, some things stay the same and others change. The same: we have Groups of committed members who meet together on a regular basis. Some meet during the day and some in the evening. There are openings in these Groups if you are ready to schedule your time to join them. Please let me know if you are interested.

New this fall is an affinity Group. Pam Lombard will be facilitating a Group while Coming of Age meets on the second Sunday of the month. The sessions will all relate to parenting teens and preteens. Anyone who is interested in the topic is welcome to join, regardless of whether you have a child in Coming of Age. The time is from 2:00 until 4:00 and childcare will be available for younger children. If you are interested, please speak with Pam, Karen Fisk or me. The first meeting will be October 3 in the Olsen Room. If you are not available for the first meeting, know that the invitation remains open.

The Parenting Group will meet for the church year. This is new, as our other Groups meet indefinitely, experiencing change with the exiting of members making room for newcomers. We may find that some appreciate the opportunity to make a time limited commitment and then feel free to explore another option another year. As the year progresses, we may explore other ideas for time limited affinity groups. Watch the Flaming Chalice both weekly and monthly for information.

Once the year is well underway and the winter holidays are faded, we will revive the Sunday Open Group. For several weeks in late winter we will offer an opportunity after each service for anyone who is interested to meet and experience a Small Group session using an outline related to the morning's worship. The intent is to provide an opportunity to meet others to get better acquainted and to experience the power of a Small Group discussion.

Small Group Ministry is a significant part of the life of our congregation. It becomes very significant in the life of participants as well. I invite you to join us in whatever way fits in your life. You will be made most welcome!

Kathy Kellison  
Small Group Ministry Coordinator

## Small Group Ministry:

Various times, days and evenings.

Kathy Kellison (445-4415, [dehaana@fairpoint.net](mailto:dehaana@fairpoint.net))

Opportunity for discussion of spiritual topics, personal sharing and shared ministry to the church and wider community.

~ **Ongoing Groups** of 8-10 people meet at times and locations decided by the groups.

~ Watch for **Open Groups** on Sundays after Jan. 1. This gives experience of Small Group Ministry.



### PEACEFUL HEART SANGHA:

Mindfulness Meditation in the tradition of  
Thich Nhat Hanh

#### Monday 6:30-8:00 p.m., Sanctuary

Marty Soule at 685-9270, [martysoule@gmail.com](mailto:martysoule@gmail.com)  
Sitting & Walking meditation - Readings & Sharing  
No prior experience is necessary

#### First Mondays

5:30-6:15 p.m. Meditation practices for children & adults.  
6:15-8:15 p.m. Childcare available  
If you would like an Introduction to Meditation,  
please contact Marty.

#### Wednesday 6:30-8:00 p.m., Augusta

Contact Dawn Habash 215-5661  
**Special programs and trips. Watch for details in the Church Newsletter.**

\***November 6 Day of Mindfulness** at the church, led by Joanne Friday, teacher from RI, who will also be involved with the November 7 Service.

# Faith in Action

Jenny McKendry and Rebecca Dorr, Co-Chairs

**BE BOLD! UUs TAKE ACTION. First Sundays Faith In Action begins October 3!**

**Every first Sunday** we will have a multigenerational Faith in Action activity available 10:30 am - noon at church. Look for us on October 3 in Fellowship Hall.

On **Oct 3**, we will make community Stone Soup, to be served at 12 noon. Please bring cooked beans, grains, or whole raw vegetables to add to pot.

Please bring your ideas for Faith in Action projects/activities. We will be inviting people to sign up for Angel Food Network suppers and diaper drives. Questions? Please email or call Rebecca Dorr at: [dorrholman@gmail.com](mailto:dorrholman@gmail.com), 685-7337.

## **Diaper Drive—Please Help!**

Please bring in **diapers - especially larger sizes - 4, 5, 6, and up including adult sizes**. The super markets have greener brands now, with no bleach in them etc. I saw large cartons the other day.

## **Summer Suppers of 2010**

The St. Mark's 3rd Saturday suppers were led by our UU coordinators: Michelle Perkins, Rebecca Dorr and Micheala Loisel. The suppers went off with nary a hitch ~ smooth as butter. Okay so kids get sick, have to be picked up, ice is forgotten, but nothing earth shattering. Good people, good food and good fun!!!! Many people from our congregation came to volunteer a few hours of their summer to neighbors who benefit from the rib sticking suppers. Several teens and children helped prepare and serve! By taking on this volunteer fun we helped some members of St. Marks. Thank you so much.

If you didn't get a chance to be there, join the fray on Oct. 3. A sign-up sheet will be available after the service at church. Also you can sign-up to clean and reorganize St. Mark's kitchen.



**The Augusta Food Bank** is seeking donations of coffee, muffin mixes, canned soups, spaghetti, rice mixes, and hot cereal. Please consider donating these items at church to help our neighbors in the Augusta community.

# ~ *President's Column* ~

Dear Friends,

I write this after attending our first service of the new year-the Ingathering celebration. The service was filled with some new and vibrant rituals. At the service it was clear that a strong sense of community and interconnectedness can be achieved in many different ways, even without the spoken word. It was wonderful to see old and new friends at this joyful gathering.

These days there are a lot of things happening in the world that seem to test our sense of “UUness”. Recently Carie wrote a beautiful and thoughtful Letter to the Editor encouraging people in the Augusta area to “stand on the side of love” in reference to the Qu’ran –burning threat in Florida. A few days after the letter appeared I read the on-line comments KJ readers had left about Carie’s letter. Many were supportive but there were several readers who clearly did not know much about Unitarian Universalism, and their comments were very hurtful and difficult to read. In her letter Carie invited members of the community to attend Sunday services and listen to a reading from the Qu’ran and the Call to Prayer. I am happy to report that some took her up on the offer, and attended services on Sunday.

Obviously working towards the goal of tolerance and acceptance of all is a journey that begins with baby steps. I for one am proud and glad I am on that journey with all of you.

My best,

Sheila Comerford

## **Board Meeting**

**October 11th  
6:15 p.m.  
Fellowship Hall**

## ***Leadership Retreat***

*Sunday, October 24th ❖ 12:00 p.m. ~ 5:00 p.m. ❖ Fellowship Hall ❖ Church Leaders, Committee Chairs & Staff*

*For more information contact Sheila Comerford at:  
[president@augustauu.org](mailto:president@augustauu.org)*

## **HISTORY COMMITTEE**

The First Meeting of the History Committee this church year will be **Friday, October 22, 10am to Noon, in the History and Olsen Rooms in the Annex**. We will be planning our work for the year, including making our space more workable and open to the congregation. We may have some work time prior to that meeting to continue getting material in order. If you are interested in participating on the History Committee, please contact Helen Zidowecki (582-5308, [hzmre@hzmre.com](mailto:hzmre@hzmre.com)) Also, we welcome your items of congregational history. They may be left in the History Committee tray in the Committee

## **NONVIOLENT COMMUNICATION PRACTICE GROUPS**

*Nonviolent Communication: Language of Life*, by Marshall Rosenberg, and accompanying workbook.

**Wednesdays, 10:30am-12:30, Robbins Room,**  
Start date to be decided.

*Helen Wing* (685-3804, [hcranewing@localnet.com](mailto:hcranewing@localnet.com))

**1<sup>st</sup> & 3<sup>rd</sup> Fridays Open Group  
10am-noon, Fellowship Hall**

If you have participated in NVC practice groups previously or have taken NVC training, consider participating. Contact: Helen Zidowecki ([hzmre@hzmre.com](mailto:hzmre@hzmre.com), 582-5308).

## ~ Notes from the Choir ~

Welcome back from your summer vacations! I hope that your time was refreshing, renewing and revitalizing. I'd like to share with you a little about my summer experience with the UUMN. For those who have not heard of UUMN, it is the Unitarian Universalist Musician's Network, a professional organization under the UUA. Each summer the UUMN holds a conference somewhere in the US. In 2009 it was in the "other Portland" (Oregon), in 2010 it was in beautiful Madison, Wisconsin at the First Unitarian Society, and in 2011 it will be in Arlington, Virginia. If you'd like to learn more about the UUMN, please visit their website at <http://www25.uua.org/uumn/>. This year was the 27<sup>th</sup> annual conference, and there were 240 attendees. It was quite a sight to see and especially to hear!

Not only was I amazed and delighted by the sound of 240 voices singing both anthems and our UU hymns in full four part (and sometimes eight part) harmony, but I was also enlightened by several of the workshops I attended. In the workshops I heard a lot about encouraging a unity of purpose among musicians and religious leaders within our churches and congregations. Specifically, I heard, discussed and meditated about: harmonization of the thoughts and feelings behind spoken and sung words, and how to create transformative worship using the talents we have available in our congregations.

The choir and I will explore these concepts further this year. In addition, I personally pledge to continue to find new ways to collaborate with Carrie and the Worship Arts Team to support our congregation in expressive, enlightening, vital, and faithful worship. I hope you enjoy the music this year, and I welcome your feedback as we embark on a new journey together.

In peace and harmony,  
Doug Barley



*SACRED DANCE WORKSHOP*  
*Saturday, October 9th, 9a.m.-12p.m.*  
*UUCF Fellowship Hall*  
*facilitated by Christine Little*

*Come and explore the unlimited ways that you might express your self in movement.*  
***How might you commune with the Divine? Express your spiritual nature? Explore your religious convictions? Lift up your questions?***

*This workshop is intended to introduce the art form of Sacred Dance, moving with conscious intention as a means of spiritual expression.*

*We will participate together in exercises to broaden our movement vocabulary.*

*We will experience movement practices to connect with ourselves internally, as well as with each other inter-personally.*

*We will explore the space around us.*

*We will consider how dance/movement is offered in worship.*

*Whether you are interested in a one time exploration, or might consider creating a Sacred Dance group here @ UUCF,*

*Please consider attending this workshop!*

*"let it be a dance we do..."*

***Sign up sheets are available in Fellowship Hall.***  
***Questions? Contact Christine Little at 445-7042***

# COMMUNITY NEWS

## **A Day with The Bengson's**

([www.bengsons.com](http://www.bengsons.com))

Saturday, Oct 2nd ~ UUCG, Augusta  
Come enjoy a day of fun, learning and entertainment!

### **Days events:**

Workshop on songwriting and band formation for kids and youth! Workshop will be held in the Sanctuary, 2:30-4:30 p.m.

Pot Luck Dinner will follow in the Fellowship Hall, 5-7 p.m.

**Concert with The Bengson's and special guest  
Annie Voorhees! 7-8:30 p.m. in the Sanctuary.**

For more information please contact Cheryl Clukey at 441-0337  
or [cherylclukey5@yahoo.com](mailto:cherylclukey5@yahoo.com)

## **Social Activity Saturday, October 9 Hike Salt Bay Heritage Trail**

Led by: Hannah Faulkner and Mary Perkins

This is a level trail

Located near Rt. 1 & Damariscotta River  
in Newcastle, ME

Bring a picnic lunch

Children and pets are welcome

See oyster middens left by ancient  
Native Americans!

Rain date will be scheduled for next spring

For directions or additional information contact  
Hannah Faulkner at: [hannahu3@fairpoint.net](mailto:hannahu3@fairpoint.net) or  
293-9377

## **Elders Lunches, 2<sup>nd</sup> Sunday, Noon-1pm**

**Fellowship Hall**

*Marty Thornton*

512-2587 or [marty.thornton@gmail.com](mailto:marty.thornton@gmail.com)

Stefanie Barley

623-2824 or [stefbarley@myfairpoint.net](mailto:stefbarley@myfairpoint.net)

~ Informal conversation and connection ~

“Elder” is self-defined ~

Lunches are delicious!

**Small Group Ministry for Elders**

**Beginning in November**

Following Elders Lunches, 1-2pm

**This month's Elder Lunch will be held on  
Oct. 10th**

## **CELEBRATING THE MUSIC OF WILLIAM GOLDBERG, COMPOSER AND PIANIST**

**Saturday, October 23rd 2010 at 2:00 p.m.**

**In the Sanctuary at the UUCG of Augusta**

**Donations accepted at the door in support of the  
UUCG and the MMTA  
(Maine Music Teachers Association)**

As a UUCG member William Goldberg enriched our lives through his music and skill at the piano. In celebration of his service to our church and his wonderful compositions we will be hosting a celebration concert of his music on Saturday, October 23rd at 2:00 p.m., in the Sanctuary. Donations will be accepted at the door in support of our UUCG and the MMTA. All are welcome!

Bill was an active member of both the UUCG and MMTA. In his memory we wish to share his music with the community. Spread the word, this is something not to be missed!

Musicians from throughout the State of Maine will be performing, many of which are our own UUCG musicians! From student musicians to professionals, come and enjoy the wonderful world of Bill's music in a true community setting.

Featured performers:

John Adams, Karen Allen, Doug Barley, Stefani Barley, Mary Bevan, Bridget Convey, Hannah Faulkner, Mark Goldberg, Liz Manduca, Louise Nielsen, Nancy Ogle, Karl Dan Sorensen, Holly Weinberg, Christina Williams, Ginger Yang Hwalek

**Buildings and Grounds Fall Work Days ~ Saturday, October 30<sup>th</sup> and November 6<sup>th</sup> ~ 9:00 a.m. – Noon.** The B & G committee is in need of volunteers for Fall Clean-up at 69 Winthrop Street. We will be washing windows on October 30<sup>th</sup> and raking leaves on November 6<sup>th</sup>. An hour or two of your time, on either of these days will be greatly appreciated. Many hands make light work! For more information or to volunteer your time, please contact Tom Waddell at: [us1863@roadrunner.com](mailto:us1863@roadrunner.com) or 512-5382.

## **Second Annual Chowder Luncheon Saturday, October 30<sup>th</sup> ~ 11:30 to 1:30 Fellowship Hall**

The menu will consist of a variety of chowders, blueberry muffins and home-made pies. If you can help with food and/or serving, please sign the sheet on the Fundraising Bulletin Board in the Fellowship Hall or contact Judy McCown at:

[jsmbierce@myfairpoint.net](mailto:jsmbierce@myfairpoint.net) or 897-3683

**Unitarian Universalist Community Church**  
**P O Box 8**  
**Augusta, Maine 04332-0008**

# A note from the Administration Office...

## **Submitting Newsletter Articles and Announcements:**

To ensure the accuracy of our newsletter articles and weekly announcements please send your submissions by email, indicating in the subject line, “Weekly Announcements” or “Newsletter Article”. We ask that you review your submissions carefully before sending them. Thank you for your help in this matter!

When making pledge payments, please be sure to make a notation in the memo portion of your check. This will help to better ensure that your pledges are recorded accurately. Thank you!

