

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, March 31, 2021

Upcoming Services

Worship Themes: April = **BECOMING**

What does it mean to be a people of Becoming?

<p>THIS Sunday</p> <p>April 4, 2021 10:00 a.m. via Zoom</p>	<p><u>A Theology of Rising Up</u> - Rev. Carie Johnsen and Monique McAuliffe</p>  <p>Susan Burnett and Sarah Hodgkins will serve as worship associates. Special Music: Jesus Christ has Risen Today.</p> <p>Join us for this Easter Sunday celebration. We will explore the human response to rise over and over again resilient and wise through the stories of Jesus—humanitarian, activist, truth teller.</p>
<p>NEXT Sunday</p> <p>April 11, 2021 10:00 a.m. via Zoom</p>	 <p>NEXT Sunday, April 11th members of the Peaceful Heart Sangha will offer a church service on <u>Beginning Anew</u>, a healing practice from our Mindfulness Meditation tradition. This is a fairly simple process that can help us in healing relationships.</p> <p>As it says on the book <u>Beginning Anew</u>, “Thousands of people have used these techniques, including conscious breathing, loving speech, and compassionate listening, to reconcile with loved ones. Beginning Anew can bring deeper understanding and harmony to any relationship.”</p> <p>Marilyn Gordon and Susan Burnett will serve as worship associates. Special Music by Lynn Deeves.</p> <p>-----</p> <p>Sangha members Greg Fahy and Lynn Deeves will offer an upcoming workshop for our congregation to experience this practice on Saturday, April 17, 10-11:30am. If you are interested in participating in the workshop, please register with Lynn Smith at admin@augustauu.org or 622-3232.</p> <p>-----</p> <p>After the service, join the <i>What's On Your Mind?</i> session in the UUC Zoom room. Bring your questions with you. <see full notice below></p>

UUCC Sunday services and all virtual other events (unless noted) are held in the
UUCC ZOOM ROOM ← ← click this **UPDATED LINK** to join

Other ways to join 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)

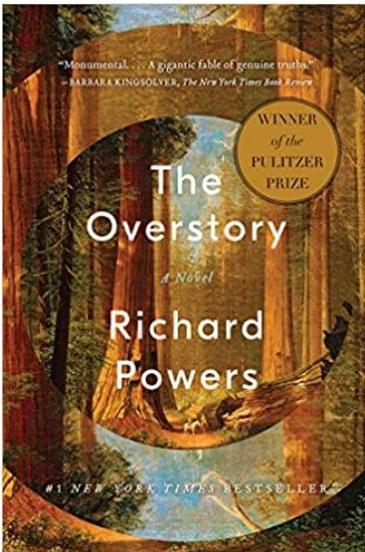
At first prompt (meeting id: 823 807 0673#)

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.

Connections



Read. learn. Share book group will meet TOMORROW Thursday April 1st from -Noon-1:30 p.m. in the UUCC Zoom Room.

**** Remember the the NEW start TIME of Noon**.**

Anyone who is interested in discussing this month's book The Overstory by Richard Powers is welcome to join us. We meet for an hour and a half to discuss topics relevant to the book which are raised by participants.

Next month's book is Braiding Sweetgrass by Robin Wall Kimmerer.

Annual yard clean up THIS SATURDAY – April 3rd

from 9:00 a.m. to Noon. Please help the Building and Grounds committee with this annual chore. Saturday is predicted to be sunny and 50 degrees. Great weather for the annual spring yard clean up.



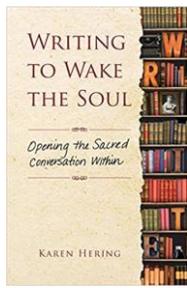
Bring your face mask, gloves and rakes if you have them (we have extras). We will socially distance and rake onto sheets and dump leaves into compost pile. We would appreciate your help.

We had no volunteers in the fall. Many of us are now vaccinated so I'm hoping for helping hands.

Marilyn Dunn maine2007@hotmail.com

Weekly Events

<p><u>Monday</u> <u>Each week</u> <u>2:00 – 3:30</u> <u>p.m.</u></p>	<p style="text-align: center;"><u>Read Aloud & Discussion</u></p> <p>The Monday afternoon reading and discussion group has changed our process. We have chosen to have each person who joins us, and who wishes to, bring a poem, an article, a book excerpt with something in it to spark a discussion. What has grabbed your attention or what is something you are wondering about? Our discussions are always lively and interesting. Join in! FMI: admin@augustauu.org</p> <p style="text-align: center;">UUCZ ZOOM ROOM (← click this link OR see above for other ways to join)</p>
<p><u>Monday</u> <u>Each week</u> <u>6:30 – 8:00</u> <u>p.m.</u></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.</p> <p>The login and password information has changed. Please contact Marty Soule for updated login information at email martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p><u>Wednesdays</u> <u>Each Week</u> <u>5:00 – 6:00</u> <u>p.m.</u></p>	<p style="text-align: center;">Gentle YOGA</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. Zoom Login: Click link below to join. https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09 Password 174192 - FMI: DebbieMattson@hotmail.com</p> 
<p><u>Thursdays</u> <u>Each Week</u> <u>8:00 – 9:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-align: center;">You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</p> <p>The login and password information has changed. Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p><u>Every Other Thursday</u> <u>9:00 – 10:30</u> <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i> Every OTHER Thursday morning -- 9:00 - 10:30 a.m.</p>



This is an open group and if you would like to participate in this event, please contact Debbie Mattson (debbiemattson@hotmail.com) for the login/passcode information. Hosting of this event is shared and zoom link changes week to week.

We gather and write 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. Come and try it out; there is no obligation to come each time we gather.

PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). Upcoming meetings are scheduled on 4/8 and 4/22.

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/>

Notices



**** SAVE THE DATE ****

A Night to Remember: Celebrating Twelve Years of Shared Ministry

Friday, April 16th 6:00 - 8:00ish - UCC ZOOM ROOM

Host: Committee on Ministry

Facilitator: Harry Grimmnitz

Graphic Artist: Melissa Kendzierski

It's time to reflect, remember, and celebrate twelve years of ministry on the corner of Winthrop and Summer. With this evening of storytelling we will gather up our favorite memories, transformative moments, and compassionate care in a graphic image to commemorate our shared ministry in Augusta.

Tutor Needed!

The Alsaloum family has a need for a tutor for their 1st grade son, Amin. They have requested 1 1/2 hour sessions after school, starting @ 4:30p.m. on Mondays, Tuesdays and Fridays. They prefer that the tutoring be offered in person, in their Augusta home.

If interested, please contact UCC/CANMP family mentor, Christine Little, for details:

calittledance@gmail.com, or (c)#207-272-3418.

LAST CHANCE FOR AUCTION Prizes:



Bidding is well underway in our first online auction fundraiser! MOST starting bid amounts will be lowered by the time you read this, so BID HIGH, BID OFTEN!

Why I bid on a work crew by Hannah Faulkner:

In 2019, my most recent annual UUCC work crew of nine people painted the four sides of a new shed, removed weeds and brush from my dog pens, cleared my woods trail for comfortable walking, weeded my flower beds and vegetable garden, removed poison ivy, knotweed and bamboo from the premises, pruned shrubbery close to the house and cleaned my cellar garage, all in six hours of work -- a priceless value!

Here's how you can participate: Create an account with your email address and password. All participants will receive an email when they are outbid. You will also receive an email when you submit a bid to let you know if you're the leading bidder.

First, create your personal login here:

<https://www.32auctions.com/users/new>

THEN, start bidding! Our AUCTION CLOSSES AT 5 p.m. Friday, April 2.

If all you want to do is look at the items for now, you can peek here: <https://www.32auctions.com/AuctionLink2021>

On Friday night, April 2, you will receive an email with a total of the items you won, and the amount you owe UUCC.

PICK UPS:

We will give you your winnings on Saturday, April 3, at 10 a.m. Please come early to respect the volunteers. Cash, check or credit card (NO additional fee) will be accepted.

Contact Catherine Palmer at 207.458.7384, palmercatherinemaine@gmail.com or Hannah Faulkner at 207.485.4335 (hannahbfaulkner@gmail.com)

Change of Date: Goddess/Earth Circles gathering is being changed from April 25 to April 18, 1:00-2:30pm on UUCC Zoom.
Rev. Carie will be joining us. More details to follow.
Contact: Helen Zidowecki (582-5308, hzmre@hzmre.com)

EMBODY OUR PRINCIPLES WITH MUUSAN

Writing a letter to the editor is a powerful experience. You know you have taken a step to live your values. And, you have no idea what impact your letter will have. Someone in the community may see it and be ready for your message. Elected officials pay attention to these letters because they know there is interest and energy behind them. Yours may be one of many, so it increases the impact of all of those others. And it is easy to do from the comfort of your laptop.

MUUSAN.org has a very helpful page in its Take Action section. You will find suggestions for how to craft your letter for maximum impact. And, there are links to the daily papers in Maine with their guidelines clearly spelled out. Click on the paper you want to reach, read the guidelines, fill out the information they ask for and write your letter. Hit send and feel good. It's easy!

Most newspapers accept one letter per month from a particular writer, so you can relax for 30 days and then send another one.

FMI about letters or MUUSAN, contact Michaela Loisel (michaelatloisel@gmail.com) or Kathy Kellison, (kell6787@gmail.com) as Congregational Liaisons for MUUSAN.

Condolences to the family of Monique McAuliffe

With deep sadness we share the news of the passing of Monique's Aunt Ginny on Saturday 3/27. Years of weekly lunches along with reciprocal care and deep friendship bring about great loss of Monique and her family. Monique has requested cards be sent to her children during this time. She writes, "*It would mean so much if my children received the cards - I know our congregation is with me in heart & spirit*".

Cards may be mailed to:

Katelyn Alexander:
515 N Sheridan Rd
Unit # 106
Evanston, IL 60202

James McAuliffe
445 SW Tunison Ave APT 3
Corvallis, OR 97333

Shannon McAuliffe
751 Brunswick Ed
Richmond ME 04357

Liam McAuliffe
751 Brunswick Rd
Richmond ME 0435

How Are We Doing?

For the 2021-2022 Pledge Campaign, That Is!!!

Thank you to all who have sent a pledge form in to the church office!

Our goal is \$165,000. We are close to one-half there!!!

As of Today **23 pledges** have been received, raising **\$66,610** for the work of UUCU in the next fiscal year.

Way to go! Keep it coming! Yeah Team! Thank you, thank you all!



Off to a good start

Dear friends and family of Faith Soria:

We wanted to extend another Thank You to those who were able to attend the online remembrance last weekend, as well as those that reached out to us individually. We know not everyone was able to attend the virtual gathering, but we know you were with us in spirit.

For those who had to leave the gathering early, we wanted to share the final reading with you. These are Fra Giovanni's lines from her treasured book, "Take Joy," which serve as a final benediction from Faith Allison McLeod Soria / Scotti to us:

I salute you! There is nothing I can give you which you have not; but there is much that, while I cannot give, you can take.

No heaven can come to us unless our hearts find rest in it today. Take Heaven.

No peace lies in the future which is not hidden in the present moment. Take Peace.

The gloom of the world is but a shadow; behind it, yet within our reach is joy. Take Joy!

And so, I greet you, with the prayer that for you, now and forever, the day breaks and the shadows flee away.

We thank you again for your loving friendship to our family and our mother over her many years.

Sincerely,
Her children, Steven, Karen, and David Soria

FREE BOOKS

UUCC/Minister FREE Books - Come to browse. Fill a bag or two to take home. With the activity of reorganizing spaces and Rev. Carie's leave taking, an abundance of books have been shelved in the minister's study. We hope you will take the opportunity to browse the shelves and take home one or two to ten or boxes of books to supply your summer and winter reading shelves.

The books include:

- Books that have been a treasured part of UUCC over the years.
- Historic Religious Exploration materials, UU writings and material.
- Contributions from Rev. Carie's library

With Covid restrictions, we are asking folks to reserve time on Tuesday, Wednesday, or Thursday from 9-4. We are booking appointments beginning with April 6th. You can come in your family pod or alone to browse the library. Contact Lynn Smith to reserve your time: 207-622-3232 admin@augustauu.org Masks are required. Bring your own bag please.

If you need an evening or weekend time, please contact Rev. Carie (508-221-5295 revcariejohnsen@gmail.com) or Helen Zidowecki (582-5308, hzmre@hzmre.com) to set an appointment.

The Free Books will be available through April 16th. All remaining books will be donated to the Kennebec Historical Society for their annual book sale later this year.

Board of Trustees



So, What's On Your Mind?

The UUCC Board wants to hear what you are thinking, your ideas, your concerns, your suggestions about how UUCC is doing. Please join board members on the first Sunday of the month right after the church service to talk about this. We are not meeting on the first Sunday in April since that Sunday is Easter Sunday. Instead...

We will meet again on April 11th at 11:30-12:30 on the ZOOM church site.

Do you have questions about how UUCC operates? Do you wonder "Why?" about something? Are there things you would like to learn more about? Bring all this and what you want to discuss with board members.

We will not be making decisions during these times, but will listen intently and take all comments and ideas back to the board. See you there!

Dr. Don on Covid-19

Dr. Don on COVID-19 COVID Vaccine Myths and Misinformation (Suggested by several)

This longer (sorry!) third of three articles discusses the most common COVID-19 myths seen to date.

MYTH: The COVID-19 vaccine can affect women's fertility.

THE FACTS: The COVID-19 vaccine does not affect fertility. The COVID-19 vaccine leads the body to build copies of the coronavirus spike protein. The body's immune system then creates antibodies to defend us against the virus that has that specific spike protein on it.

Confusion arose when a false report surfaced on social media saying that the COVID spike protein was the same as another protein called syncitin-1 that is involved in the growth and attachment of the placenta during pregnancy. The false report said that COVID-19 vaccine use would cause a woman's body to fight this different attachment protein and affect her fertility. The two proteins are completely different and distinct and the COVID-19 vaccine will not affect the fertility of women who are seeking to become pregnant, including through in vitro fertilization methods.

During the Pfizer vaccine tests, 23 women volunteers involved in the study became pregnant, and the only one who suffered a pregnancy loss had not received the actual vaccine, but a placebo. COVID-19 infections, on the other hand, can have potentially serious impact on pregnancy and the mother's health.

MYTH: If I've already had COVID-19, I don't need a vaccine.

THE FACTS: People who have gotten sick with COVID-19 will benefit from vaccination. Due to the severe health risks associated with COVID-19 and that re-infection with COVID-19 is possible, people are being advised to get COVID-19 vaccinations even if they have been sick with COVID-19 before.

There is not enough information currently available to say if or for how long people are protected from getting COVID-19 after they have recovered by their natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this. Scientists believe the vaccine offers better protection against COVID than natural infection.

MYTH: Researchers rushed COVID-19 vaccine development, so its effectiveness and safety cannot be trusted.

THE FACTS: Studies found that the vaccines are exceptionally effective and serious or life-threatening side effects have been extremely rare. Here are some of the reasons why the COVID-19 vaccines could be developed so quickly:

The COVID-19 vaccines from Pfizer, Moderna and Johnson & Johnson were created with methods that have been in development for years. The companies started vaccine development early in the pandemic using virus genetic information promptly shared by China. The vaccine developers didn't skip any testing steps, but conducted some of the steps on an overlapping schedule to gather data faster.

Two COVID-19 vaccines were created using messenger RNA (mRNA), which allows a faster approach than the traditional way that vaccines are made. Social media helped companies find and engage study volunteers and many were willing to help with COVID-19 vaccine research. Because COVID-19 is so contagious and widespread, it did not take long to see if the vaccine worked in the study volunteers who were vaccinated.

“Sometimes people think these vaccines just popped out of nowhere over a period of 4 months,” Dr. Peter Hotez, Dean of Baylor College of Medicine’s National School of Tropical Medicine, told MSNBC in December. “This is not a 4-month process. This is a 17-year process. The discovery and development of vaccines for coronavirus began 17 years ago after SARS emerged in 2003. That was the first big pandemic coronavirus,” Hotez explained.

The “main time saver,” said Houston Methodist Chief Academic Officer Dr. Dirk Sostman, “was having the drug companies gear up for production before the FDA had approved the vaccines. That was the result of government guarantees to purchase authorized vaccines,” he said. While scientists were able to work quickly to develop candidate COVID-19 vaccines clinical trials, which measured the vaccines’ safety and efficacy, the trials ran at their usual pace. These “were as large and as careful as any that have been done for other vaccines,” said Sostman.

MYTH: Getting the COVID-19 vaccine means I can stop wearing my mask and taking coronavirus precautions.
THE FACTS: Individuals who get the COVID-19 vaccination still need to practice COVID infection precautions. Keep masks on, and continue staying at least 6 feet from people outside your household. Vaccines do not stop the coronavirus from entering your body, they only prevent you from developing moderate to severe COVID-19. People vaccinated for COVID-19 may still carry and transmit the virus, even when they themselves don’t get sick.

At the White House coronavirus briefing last Friday Dr. Anthony Fauci said scientists are trying to answer the two most pressing questions for millions of Americans already fully vaccinated against COVID-19: Can they become infected without showing any symptoms, and if so, can they transmit the coronavirus to someone else?

A large trial is now under way involving 12,000 college students at more than 20 universities. Half the students will get the two-dose Moderna shot and the other half will initially serve as a control group, while getting the same vaccine four months later. All the students will keep an electronic diary, swab their noses daily and provide occasional blood samples. They’ll also provide the names of close contacts. Fauci says it may take about five months to get some answers. Until then we all need to continue staying safe.

Send your questions, comments or suggestions to naber@gwi.net

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	naber@gwi.net	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.

Rev. Carie Johnsen, Minister	508-221-5295 (c)	revcariejohnsen@gmail.com
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)	

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 Angie Blevins, 592-5655



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 Michael Conley at 207-248-7948 or at estherpearl67@gmail.com.

UCC Office Hours – NEXT WEEK

UCC Administrator Hours

Tues, Wed & Thurs. 9:00 am to 4:00 pm.

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

Rev. Carie

VIRTUAL OFFICE HOURS

If you would like to schedule a visit, appointment or meeting with Rev. Carie, please call (508) 221-5295 or use her local # (207) 623-3663 (both lines will reach her!) or email her at RevCarieJohnsen@gmail.com.

She is happy to meet outdoors, by phone, or zoom.

Staff Contact information:

Church Administrator, Lynn M. Smith, admin@augustauu.org, Phone 622-3232
Coordinator of Lifespan Faith Formation, Monique McAuliffe, LifespanFF@augustauu.org
Music Director, Bridget Convey, musicdirector@augustauu.org