

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, June 30, 2021

Worship Theme for June is **PLAY**.

Join us as we explore what it means to be a people of PLAY.

Upcoming Services

<p>THIS Sunday</p> <p>July 4, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>Symbols of our Faith</u> Bettina Lehovec, UCC Summer Minister</p> <p>The American flag is a time-honored symbol of independence and unity. Yet the stars and stripes today are often co-opted by a conservative ideology. How do we reclaim the flag and take pride in our nation, even as we wrestle with a legacy of exploitation and abuse?</p> <p>Susan Burnett will serve as our worship associate with Marty Peters managing technology. Karen Foust will be our pianist.</p>
<p>NEXT Sunday</p> <p>July 11, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>Listening to Hear</u> Bettina Lehovec, UCC Summer Minister</p> <p>Deep listening requires an open mind and a willing heart. Anger and fear contract the heart and close the mind. How do we counteract this tendency so that we can listen with empathy to a person whose beliefs are different from our own? How do we listen for the “beautiful need” beneath our own and others’ emotions and actions?</p> <p>John Seksay and Sara Hodgkins will serve as our worship associates with Bettina managing technology. Karen Foust will be our pianist.</p>

**All worship services AND virtual events (unless noted) are held 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#)

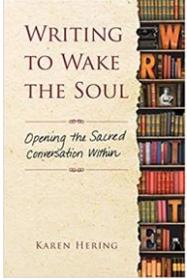
At second prompt: press # (no personal id needed) <No passcode needed when joining by phone>

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.

Connections

Weekly Events

<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> You may join us at 6:15 to settle in.</p> <div style="display: flex; align-items: center;">  <div> <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> </div> </div>
<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 Hosted by Debbie Mattson</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <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> </div>  </div>
<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> You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</p> <div style="display: flex; align-items: center;">  <div> <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> </div> </div>
<p><u>2nd & 4th</u> <u>Thursday</u> <u>9:00 – 10:30</u> <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i> We meet the 2nd and 4th Thursday of each month - 9:00 - 10:30 a.m.</p> <div style="display: flex; align-items: flex-start;">  <div> <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.</p> <p>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.</p> </div> </div>

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

Condolences to the Family and Friends of Helen Wing

Helen Wing passed peacefully into the crisp morning air on Wednesday morning June 23 surrounded by her beloved family. In the last months of her life she expressed over and over how grateful she was for her the loving and supportive collection of friends and family and was clear sighted in her desire to be free of the constraints of her failing body. Her life was full of courageous, loving acts and even though she would not describe herself as a woman of faith, she lived and taught with a firm belief that we human beings could offer understanding and generosity to each other even in the most trying times. She will be fiercely missed by those whose lives she touched. A memorial celebration of her extraordinary life will be forthcoming.

WANTED / NEEDED by Church Office

Are you wanting to pass on a file cabinet you no longer use? The church office needs one!

We are looking for a cabinet that:

- Locks
- Is full size (four deep drawers)
- Has the hanging folder framework inside
-

Do you have the match to our need? Contact Lynn in the church office to arrange for your donation to be delivered.

Thank you.

Lynn Smith, Church Administrator and Martha Naber, Treasurer

Dr. Don on Covid-19

Dr. Don on COVID-19

COVID-19 Delta and Delta Plus Variants

The World Health Organization has urged fully vaccinated people to continue wearing masks indoors and practice social distancing as the delta variant, which is thought to be more contagious, surges in many parts of the world. The Centers for Disease Control, however, told vaccinated Americans in May they no longer needed to wear masks indoors. Some areas around the country are still urging vaccinated residents to wear masks indoors.

"Until we better understand how and to who(m) the delta variant is spreading, everyone should focus on maximum protection," the Los Angeles County Department of Public Health said Monday. The delta variant now accounts for 50% of active cases in Los Angeles and about 1 in 5 of cases around the country. Thirty states had more cases in the latest week than in the week before, an analysis of Johns Hopkins University data shows. Twenty-three had more deaths than a week earlier.

Variants are wreaking havoc worldwide. Several of Australia's major cities are under lockdown following a recent outbreak of the delta variant. A surge of the delta variant in Indonesia has left the country "on the edge of a COVID-19 catastrophe," the Red Cross said Tuesday. Hong Kong says it will ban all passenger flights from the U.K. starting Thursday to curb the spread of variants.

A mutation from the delta variant, called delta plus, is rising across a dozen countries. Indian labs identifying and tracking the spread of the variant have found three main concerning characteristics of delta plus: increased transmissibility, an increased attack on lung cells, and possible resistance to vaccines and immunity.

Here in Maine the infection news has been improving as infection numbers continue to slide. Surprising no one, COVID infections are occurring in those either not vaccinated or incompletely vaccinated. The number of "break through" infections in those completely vaccinated is very low and those that do occur are not leading to hospitalizations. The good news continues as Moderna's vaccine is proving effective against all variants of COVID-19, including the delta variant, the company announced Tuesday. The Pfizer and Moderna vaccines create a long-lasting immunity that may protect people from COVID-19 for years, a new study found. The new results mean that people who received these mRNA vaccines may not need boosters so long as variants do not drastically evolve.

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

UUC 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

Pastoral Ministry Team Summer On-Call Schedule

- | | | | |
|----------------------|--------|-----------------------|--------|
| 1. June 28 – July 4 | Tracy | 4. July 19 – July 25 | Tracy |
| 2. July 5 – July 11 | Martha | 5. July 26 – August 1 | Martha |
| 3. July 12 – July 18 | Helen | | |

For special services and celebrations, contact Rev. Helen Zidowecki.

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



UUC 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.

UUC Office Hours – NEXT WEEK

UUC Office Hours

Tues, Wed, Thurs and Friday

8:00 am to 1:00 pm.

<plus 7 flex / work at home hours>

TEMPORARY HOURS

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