



The Flaming Chalice

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

Theme: Story

November 2016

November 6th

Our Faith Stories

Rev. Carie Johnsen

Six-word stories are a common exercise in writers' groups because they vividly display the power of brevity and encapsulation. This Sunday, we will apply the power of pithiness as we gather up six-word stories to capture our collective spiritual journey.

Here are a few to spark your imagination: "Filled the emptiness; emptied the fullness." "Prayed every night; no one answered." "Born Jewish. Discovered bacon... still Jewish." "Realized Reality; Expressed Reality, Connected Others." Prepare yours before you arrive or come let the morning spark your imagination.

The choir will offer an exquisite Finnish folk song.

November 13th

Transitions: From Tragedy to Triumph

Rev. Carie Johnsen
Matthew Francis

Matthew Francis shares his story of generational violence and ignorance to freedom to flourish. Matthew launched his career as a public speaker when he shared his cancer/survivorship story in 2012. During this time, Matthew was still trying to live as a woman; he transitioned from female to male in August, 2013. Matthew now shares his transition testimony in many faith-based forums.

Matthew will join us for elder luncheon. At 1:00 p.m. he will speak about his book My Resurrected Spirit and engage in a more informal dialogue about his journey.

Musical Ensemble: Martha Naber on cello, Stef Barley and Dale McCormick on violin.

November 20th

Harvest Communion

Rev. Carie Johnsen
Monique McAuliffe
Brigid Chapin

As we enter the season of harvest, we gather as a community to participate in a harvest communion: apple cider and pumpkin bread. This multigenerational service is a time of celebrating community and honoring the interdependent web of all existence.

The choir will enrich and deepen our annual communion with a Haitian Folk Song.

November 27th

Stories as Shared Ministry

Small Group Ministry Committee

In telling and hearing our stories, what are the points of connection? What impact do stories have as we tell them and as we hear them? Hear stories from the SGM groups themselves and explore how they are key to ministry at UUC.

A Faith Journey...

We are two weeks away from our national elections and something dark and foreboding has been released into the spirit and psyche of America. I don't know about you, but I find it hard to stay tuned in. Some days it seems my default is set on despair and returning to optimism, curiosity and hope is a seemingly impassable obstacle course. I encounter an active struggle with natural instinct: Empowered engagement. More and more people are sharing with me their stories of early voting as a coping mechanism. My coping mechanism is ministry: Keep moving toward deep loving engagement one relationship at a time, one service at a time, one event at a time. I keep serving the grace of love in action and I turn to the wisdom of mentors to guide my living. What keeps you open, willing and serving the stream of goodness, kindness and abundance?

On the corner of my desk at the office and at home sits a copy of John O'Donohue's book To Bless the Space Between Us. When words and thoughts fail me, I turn to O'Donohue for the wisdom that soothes and strengthens a weary soul wrestling with life on life's terms. May his blessing "For Equilibrium" help to settle your soul as much as it does mine.

Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,
May your thoughts incline with reverence and respect.

As water takes whatever shape it is in,
So free may you be about who you become.

As silence smiles on the other side of what's said,
May your sense of irony bring perspective.

As time remains free of all that it frames,
May your mind stay clear of all its names.

May your prayer of listening deepen enough
To hear in the depths the laughter of God.

The road isn't always easy and the way isn't always clear, but we stand in a faith that is anchored in the wisdom of the ages. Unitarian Universalism is a grace-based theology where the inherent worth and dignity of all people is celebrated and revered. We are called to *Stand on the Side of Love*.

May the grace of love in action hold us steady when we sway.
May the grace of love in action guide us and strengthen us in our days.
May the grace of love in action keep hope and faith alive.

In faith, Rev. Carie Johnsen

From the President....

As I was out walking the other day, the first few lines of a song I learned at summer camp (Camp Mechuwana, Winthrop) as a camper and counselor came to me:

“It only takes a spark to get a fire going, and soon all those around will warm up in its glowing.”

I began to think of all the sparks that we can generate with others: a smile, a greeting, a handshake, a hug. These each may seem small, but each could be the beginning of a relationship with someone.

Then I began thinking of UUCC and continuing to build and expand the community of our church, both the size of the community, and the connectedness of the community. I am happy that the Worship Committee has taken on the role of finding greeters for each Sunday service. This may be your opportunity to smile, greet, or shake someone’s hand to welcome them into the worship service and the UUCC community.

Coffee fellowship is another opportunity to try a spark to connect with someone. Introduce yourself and ask their name. As I continue to connect names and faces of church goers, I learn something about each person. Sometimes it feels hard and challenging to do this, but this might be what the other person needs to catch your spark.

The fundraising opportunities are another time to share your spark. Helping others to support UUCC financially gives all a way to show how they support the church. Actions sometimes are easier than words.

Religious exploration can be a method to share your spark with the children and youth of UUCC. You can share your time and caring with the nursery children which demonstrates to them what UUCC is about. Children will carry this “glowing” with them into their futures.

Music in choir, orchestra, solos, piano playing give many ways to share a spark. Each new person who becomes involved then gives to others. Those who serve on a committee, who help with church maintenance, attend social events, or participate in and/or lead a worship service all can use this opportunity to share a spark and get a fire going with someone else.

Think about what you can do to share your spark. Do something the next time you encounter someone you know or are new to you at UUCC.

“It only takes a spark to get a fire going, and soon all those around will warm up in its glowing.”

Martha Naber,
Board President

UUCC Facilities Walkthrough

As the chairperson of the new UUCC Facilities Committee, Don Naber is inviting interested members and friends to join him in a walkthrough of the church, Drew and Judd buildings. The committee is gathering information related to conditions, maintenance, concerns and issues held by members and friends. We want to identify and prioritize current and future planning and actions for all the facilities. A prioritized list of recommendations will be provided to the Board. Two walkthroughs will be held Monday, November 14th at 7:00 PM, and Wednesday November 16th at 4:00 PM. Join the walkthrough if you are interested. If you wish to offer written suggestions please give these to Don Naber. (naber@midmaine.com)

COME AND ENJOY ANOTHER FABULOUS CONCERT
AT THE UUCC!

SATURDAY, NOVEMBER 5TH at 4:00PM
\$10 SUGGESTED DONATION

A wonderful one-hour program, followed by a light reception in the Fellowship Hall.



**Resinosa Ensemble: Joëlle Morris, mezzo-soprano; Eliza Meyer, cello;
Bridget Convey, piano**

Music by Women Composers, Through the Ages

Resinosa Ensemble will perform a varied program of music written by women composers, such as: Hildegard von Bingen, Barbara Strozzi, Gabriella Ortiz, Libby Larsen, Marti Epstein, Florence Price and Amy Beach.

Joëlle Morris has sung as a recitalist, jazz singer, and in the French cabaret style, throughout the U.S., France and Switzerland. She serves on the faculties of Colby College, UMF, Snow Pond Community School and L'Ecole Francaise du Maine.

Eliza Meyer performs regularly with the Portland and Bangor Symphonies, as well as other music ensembles throughout New England. She serves on the faculties of the Pineland Suzuki School, Snow Pond Community School and also maintains a private studio.

Bridget Convey has performed throughout U.S. as a soloist, chamber musician and orchestral musician. She serves on the faculty of Bates College and maintains a private studio. Bridget also directs the choir at the UUCC!

This concert is a fundraiser for the church. Monies raised will be split 60/40 between the guest artists and the church.

Communications Corner...

The Communications Workgroup/Team is continuing to review the results and comments of the 56 people who completed the Communications Survey. We will note several items in each newsletter. Your continued feedback would be appreciated. Comments or suggestions can be placed in the Communications mail slot in the Committee Room. There was also a request for a Suggestion Box, which we intend to establish.

Church Calendar on the website: Communication of events in the Weekly Bulletin e-mail and Sunday announcements starts with the calendar in the church office, which becomes the calendar on the website. Smooth sharing of space results when **each one of us** makes sure that our regular meetings or special events are properly reflected on the calendar. While about twenty percent of survey responders said that they are likely to use the calendar on the website directly, that very calendar informs so much of our other communications. A critical use of the calendar is for leadership to check the website calendar for availability of time and space as plans are being made or changed in his/her group. The calendar on the website can be viewed in various formats as shown in the top right of the calendar. Click on the event to bring up meeting or event details. *The calendar is managed by the Office Administrator but is as current and accurate as the information submitted!*

Newsletter: According to the survey results, eighty-three percent are likely to use the monthly Flaming Chalice for information. Thanks to all who contribute material and to Sheila Comerford and Nancee Campbell involved with editing and formatting. A survey comment suggested inclusion of poems, puzzles, cartoons to add some fun to the newsletter. We welcome these fun items. Please submit items for inclusion to newsletter@augustauu.org by the third Monday of the month. The newsletter is distributed at the beginning of the fourth week of the month.

The Communications Workgroup/Team meets bi-weekly. Contact: Lynn Smith, UUC Office Administrator with comments or questions.

Contact: Helen Zidowecki 582-5308, hzmre@hzmre.com

Books Needed for Fundraiser..

A *Cabin Fever Book and Bake Sale* is planned for January 27th. Please set aside quality books (no magazines, old text books, encyclopedias or romance novels).

If you can store them until January 26th, that would be great. If you can't, we can store your contribution in the sanctuary basement which is very dry. Please don't make the box heavy -- we'd rather carry two.

Organizer contact is Marilyn Dunn -- maine2007@hotmail.com or 512-5382

Goddess/Earth Circles...

Join the Celebration of Samhain
(Halloween) on
Sun Oct 30, 2016
9:30am-4:00pm
Fellowship Hall

Goddess/Earth Circles is doing Fellowship Hour, with a focus on symbols of the season. You are welcome to add fun foods that represent symbols from ghosts to scarecrows, from jack-o-lanterns to owls, to the table. Suggestions are in the display case in the hallway.

On the more serious side of the celebration, there will be a lunch honoring Women of Wisdom (Crones) that will follow the Second Service. The Women of Wisdom celebration comes from Croning, an ancient ritual that announces shifting focus from the exterior world of conventions to the freedom of being the ruler of your own inner realms. Are you interested in participating in the ceremony itself? Would like to suggest someone to invite to participate, or would you like to attend the luncheon? Contact Helen Zidowecki by October 22nd.

The Goddess/Earth Circles meeting on November 27 will consider opportunities for more focused study of Goddesses using a new journal for the year developed by Connie Dunn, a UU curriculum writer and publisher. Material for the study of several Goddesses will be available. Join us in exploring this approach for about a month.

Contact: Helen Zidowecki (582-5308, hzmre@hzmre.com)

*Safety. Inclusion.
Unity. Decent.*

FREEDOM TO FLOURISH

H. Matthew Francis

*Sunday, November 13th, 2016
Sunday Services at 9:15 and 11:00 a.m.
Book Discussion and Dialogue 1:00 p.m.*

**From tragedy to triumph: Matthew shares
his story of generational violence
and ignorance
to freedom to flourish.**

Matthew Francis launched his career as a public speaker when he shared his cancer/survivorship story in 2012. During this time, Matthew was still trying to live as a woman; he transitioned from female to male in August 2013. Matthew now shares his transition testimony in many faith-based forums.

Matthew lives on the principal that everyone deserves to be safe, feel included and be treated with compassion and respect. He currently works as a group facilitator where he runs workshops for gender diverse individuals to develop and improve resilience skills.

His most recent undertaking is his book [My Resurrected Spirit](#), which is expected to be

Menu Contributions Needed for November 13th Elder Lunch

Could you cook just once for Elder Lunch this year? Or if you don't cook, donate the salad?

Elder lunch is the second Sunday of each month, October through May. This event has grown in popularity and 35-40 of our elders enjoy lunch and conversation. Each event requires the fixings for a green salad (you donate, we prepare), 4 entree choices, and plates of finger desserts. Could you cook a casserole, quiche or soup for the Elder Lunch that serves 8-10? Or are you willing to cook a finger food dessert like cookies, brownies or bars?

Please contact Marilyn Dunn to schedule your contribution maine2007@hotmail.com

Uniting for Racial Justice....

Fall 2016 Maine Wabanaki REACH - Ally Workshop

**Saturday, November 19 – UUCC Augusta
9:30AM-12:30PM**

This day long workshop is designed specifically for Non-Native People. This is an opportunity to learn about our shared history with Wabanaki People, the impact of that history and how we can make a difference today.

For registration, location and more information or to request an Ally Workshop in your area contact:
Barbara Kates: 207-951-4874

Barbara@mainewabanakireach.org



Our Journey's End...

Our Journey's End: Spiritual and practical series to guide end-of-life planning.

"The best part of preparing for the end of life is the clarification of your own values on the way."

~ Donna Shaper,
Approaching the End of Life

The pastoral ministry team is honored and humbled to offer a series of classes, conversations and workshops focused on the journey toward the end-of-life that aligns the spiritual and practical elements of our living and our dying. All of us will exit. The embrace of our eventual death – "living dying-ly" – allows us to both live and die gracefully and meaningfully.

"I don't have a body. I am a body."
~ Christopher Hitchens, *Mortality*

No other topic forces us to consider physical and spiritual matters in tandem in quite this way. They are tangled and inseparable. Our conversation – our collaboration – will be shaped as much by the participants as by the facilitators. We will talk about making meaning, storytelling, facing regrets, satisfactions, physical care, spiritual care, the afterlife, disposition of body, wills, obituaries, humor, and rage. We will talk so that all of our lives can be enriched by the interrogation of our mortality.

The series is open to all adult congregants and friends – mortality is the only prerequisite. Guest speakers will join the conversation and bring specialized knowledge and training to deepen and enrich our experience.

"Do not act as if you were going to live ten thousand years. Death hangs over you. While you live, while it is in your power, be good." ~ Marcus Aurelius

For more information see the monthly newsletter and weekly bulletin or contact Lynn Smith at admin@augustauu.org or 622-3232.

Every first Sunday - 12:30 – 2:30 p.m.
December to May (except January, which will be 3rd Sunday)
Leaders: Pastoral Ministry Team

"What Would Brene Brown Say?"

For many of us, Brene Brown's work on shame and shame resilience is a treasure and has changed our lives. This course is an opportunity to sit together and dig deeply into her sometimes complicated and emotionally challenging writing. We will keep the conversation close to what she says about her research in her books.

By reducing isolation and cultivating connection around this important issue, we will open the way to spiritual growth. The group will be open, with the expectation of complete confidentiality for all that is said. We will be careful with one another so as not to leave anyone with what she calls a "vulnerability hangover".

For the first two sessions (Oct and Nov 2016), we will discuss "I Thought It Was Just Me" (2007) and "The Gifts of Imperfection" (2010). Please read one, or both!

Thursday, October 6, 2016 10 AM-11:30 AM
Thursday, November 10, 2016 10 AM-11:30 AM

For the last two sessions (Jan and Feb), we will discuss "Daring Greatly" (2013) and "Rising Strong" (2015). Please read one, or both!

Thursday January 19, 2017 10 AM-11:30 AM
Thursday February 16, 2017 10 AM-11:30 AM

Leaders: Diane Moongrove and Catherine Palmer
Place: Fellowship Hall

Please email our office Administrator at admin@augustauu.org if you are interested in attending an evening course with this topic.

Crafting Group Change...

The small group which has been enjoying time crafting together has decided to try a schedule change to meet during the day instead of in the evening. The group will still meet in the Fellowship Hall at the church from 1-3:30 PM on the 4th Wed. of the month. We hope you will join us and bring what you are working on. Some of us knit, some sew, some crochet, some do paper crafts. Bring what you are currently working on.

Our next meeting is Oct. 26. We hope to see you there!

Martha Naber

Augusta Food Bank News..

Please join me in thanking **Pam Lombard** for her dedicated service as UUCC's Representative to the AFB—Pam was also on the Board as Secretary. In September, Pam stepped away from this position, and I was invited to assume the role.

While I'm still getting oriented, I can already see that the AFB does amazing work. I'll be sharing more information about AFB activities and how you can make a difference for families in Augusta. Be watching for more information about the **food drive** that the RE children will be hosting **on October 30th**.

On Saturday, **November 12th**, the **Augusta Food Bank will hold its 6th Annual Dinner and Auction** event—you don't want to miss it! Doors open at 5 p.m. The event includes music, a cash bar, dinner, Live and Silent Auction, Dessert Auction, and 50/50 Raffle. In honor of 35 years of serving the community, tickets are \$35 each, or \$245 for a table of 8. Tickets are available at the AFB and the Manchester Town Office. You may also call Marcella at 207-441-0424. This is the major fundraiser that enables the AFB to administer all its programs. Come for good food, good company, and a great way to support AFB's efforts to bridge the gap between families' current circumstances and adequate nutrition. We hope to see you there!

Please feel free to contact me if you have questions, concerns, or suggestions. Becky Harvey beckyhaugusta@gmail.com or call 458-5872

Small Group Ministry...

Thanks to the Small Group Ministry on Thursday morning for providing the Hospitality Fellowship on October 2nd.

Most of the SGM leaders attended the Leaders Retreat on October 1st. We looked at how SGM has evolved and influenced the UUCC community. A more detailed history will be available for the worship service on November 27th.

A member of the Right Relations Work Group will be meeting with small groups to explore relationships and the concept of covenant. The vital part that the groups play in the UUCC community is noted by their inclusion in the UUCC calendar. To join a group, contact Luke Curtis SGMcoordinator@augustauu.org

The Small Group Ministry Sunday Service on November 27th will include stories from the groups. A new session plan, "Stories as Shared Ministry," gives a background for stories in SGM. Engage in your small groups, share your group stories, and let us all engage in our stories of being here at UUCC.

8th Annual Longfellow's Pie Sale....

Here we are again, gearing up for the 8th annual pie sale at Longfellow's Greenhouse. This year the sale will be **on November 19th from 8:30 until 2:00** inside the main showroom. Ads will be placed in local community publications, while posters designed by Bruce Bierce will be strategically posted throughout the area.

It is no secret that the success of this fundraiser, for the past 7 years, is due to the time and talents of the UUCC pie providers. The donated pies can be of any size and the fillings of your choice. This year, in addition to the usual favorites, will be some gluten free pies. One especially creative person will make several 5" pies, allowing for individual servings. If you are not a pie baker or your time is tightly scheduled, folks can provide frozen pies bought from a high end bakery. These pies are enjoyed because they can be baked the same day they are to be served.

Several people have approached me with information about the pies they intend to contribute, and although I am delighted, I hope you can also sign up on the sheet in Fellowship Hall. I can have a more accurate idea of how many and the types of pies that will be donated.

Delivery of your donated pies can be done two ways.....the preference is yours.

1) If you intend to attend Harvest Supper, you can bring the pies to the Robbins Room where they will be boxed and labeled.

2) For those who find it more convenient, your donation can be brought to Longfellow's any time between 8:30 and noon.

Everyone should jot down who the pies are from and what filling they have. We will do the formal boxing and labeling at either location. Volunteers are welcome for the packaging and transportation of the donated pies.

Please join us to make this fundraiser a sweet success.

Cheryl Abbruzzi



**“I Belong to No Religion. My Religion is Love,
Every Heart My Temple” Rumi**

**Gather for a Meditation for Global Peace
Create Inner Peace and Love in the Hearts of All**

**Sunday
November 6th
2:00 P.M.**



**Unitarian
Universalist
Community
Church
of Augusta, Maine
69 Winthrop St.
Augusta**

In this time of suffering, social injustice, and madness on our planet, let us turn the tide of fear in the hearts of so many to that of love. Let us come together with the intention of shedding our fears and opening our hearts to our true selves, our Divine selves. Let us find the place of peace within and send it out to our planet for all to respect, honor, and care for one another.

***Join Marsha Stultz and Mindy Ray to raise our vibration and set our intention through meditation and song to heal ourselves and our planet.
If not now, when? If not us, who? Be the power of love.***

This gathering is free and open to the public. We do suggest a donation for the Augusta Food Bank in nonperishable food donations or checks written to them.

Marsha Stultz is a healer, visionary, and facilitator of evolution. She has been in private practice for over 25 years. She is a master teacher of several modalities and is presently offering certification for healers in Heart Lotus Evolution, a method she gave birth to that is a powerful modality of transformation. Her practice and teachings are dedicated to facilitating the Divine awakening within all beings to find creativity, joy, inner peace and deep fulfillment. For more information please visit marshastultz.com

Mindy Ray is a healer, singer, and composer of visionary music. Her passion for singing and harmony has been part of her creative expression since she was a child. She uses this gift as her way of contributing to the global planetary awakening that is occurring right now. Mindy Ray is also a licensed massage therapist and owner of Healing Inspirations. She has been providing outstanding care and service to her community for over 16 years.

Results of Communications Survey...

As you know the Communications Workgroup designed and conducted a survey this fall to see how our UUCC community got their church news and information. Here's what we discovered: Of the 58 responses, the 4 most common formal means of communications used by the church member and friends are the announcements in the Order of Service (80% more or most likely to use), church emails (83% more or most likely to use), the Flaming Chalice newsletter (73% more or most likely to use) and the Directory (64% more or most likely to use). Interestingly enough, an informal mode of information sharing was also prominent in the survey with 74% indicating that they got their information from informal conversations with other church members and friends.

While 10% responded that church communication methods were already good and needed no improvement, we did receive many suggestions including, use a suggestion box, do Town Hall meetings, solicit novel submissions to the newsletter, use a "sandwich board" outside for special events, do more updating of the website and Facebook pages, don't repeat announcements at the service if already in the Order of Service, and avoid use of acronyms and initials.

Thanks to all who responded. The Communications Workgroup will use the data gleaned from the survey to make recommendations to the Board on how we can make improvements.

Sheila Comerford



Book Group for Serious Readers Returns...

BOOKS FOR SERIOUS READERS

Anyone who is interested is invited to join us in Fellowship Hall on Thursday November 10th from 12:30 until 2:30. We will be discussing Strange Gods by Susan Jacoby, which explores the history of religious conversion in Western Civilization since the time of Jesus. It is an interesting look at religious history and raises questions about the role of religion in politics and power. This group will meet on the second Thursday of the month during the church year, excluding December. The Catcher in the Rye by J.D. Salinger is the choice for January.

November 10: Strange Gods, by Susan Jacoby

December: No meeting.

January 12: Catcher in the Rye, by J.D. Salinger

February 9: Tribe, by Sebastian Junger

March 9: Knocking on Heaven's Door, by Katy Butler

April 13: To be determined

May 11: To be determined

June 8: To be determined

Times: Thursdays from 12:30 – 2:30 pm

Location: Fellowship Hall

Leaders: Kathy Kellison & June Zellers

Annual Fall Leaf Raking November 12th

The annual Building and Grounds cleanup is November 12th at 9am until noon.

Bring gloves and rakes if you have them. If you don't have any, we can provide some. We rake the leaves onto tarps and then dump them into a compost bin, so the clean-up time will go quickly if we have a good turnout.

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

Newsletter Submissions

Please submit all articles as an attachment in a Word document using Arial font size 11. Don't forget to give it a title and sign it, and send it as an email newsletter@augustauu.org with the article as an attachment, please!
 Photos of church activities welcome!
 Deadline: November 14

Minister: Rev. Carie Johnsen

President: Martha Naber

Sunday Morning RE Coordinator: Brigid Chapin
Youth Advisor: Monique McAuliffe

Administrator: Lynn Smith
admin@augustauu.org

UU Office hours:
Tuesday, Wednesday, Thursday 9am-4pm
No office hours: Monday and Friday

Choir Director: Bridget Convey
 Choir Practice Wednesday 6-8pm
Small Group Ministry Coordinator: Luke Curtis
Office: (207) 622-3232

Rev. Carie's office hours:

Tuesday 1:00 - 5:00pm
 Wednesday 2:00-6:00pm and by appointment
 Friday is Rev. Carie's Sabbath. She does not attend to emails, phone calls or meetings. For Pastoral Emergencies please call her cell phone (508) 221-5295 and she will return your call at soon as possible.

Social Media links: Professional Facebook page:
<https://www.facebook.com/revcarie.johnsen>

Please note: Rev. Carie also keeps a personal/private Facebook page. If you have requested to be her friend, please do not feel slighted by her decline or unresponsiveness. Instead, take a minute to friend her at RevCarie Johnsen.

Website: www.everydayordinarytheologies.com

Rev. Carie's new website was launched in July as part of a sabbatical project. When you get a minute visit the site and subscribe to future posts.