



# The Flaming Chalice

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

January 2011

## Worship Services

Sundays at 9:15 a.m. and 11:00 a.m.

**Jan 2<sup>nd</sup>**                      *Lingering Questions, Awaiting Answers*                      Rev. Carie Johnsen

Now that we've entered more deeply into ministry together, what are the lingering questions awaiting answers. I have a few for you. I imagine you may have a few for me, too.

**Jan 9<sup>th</sup>**                      To Be Determined                      Guest Minister

**Jan 16<sup>th</sup>**                      *The Road From Augusta to Selma*                      Rev Carie Johnsen

Faith-in-Action Sunday. This service will examine the role of Unitarian Universalism and Unitarian Universalist Community Church in the Selma events with Martin Luther King in 1965.

**Jan 17<sup>th</sup>**                      *Martin Luther King Day – An Interfaith Service*                      Rev. Carie Johnsen  
Winthrop Area Clergy  
Augusta Area Clergy

**Please note this service is on Monday, 10:30 a.m.**

Rev. Carie Johnsen and Rev. Helen Zidowecki will join their colleagues for this Interfaith Service in celebration of Martin Luther King. Please see the announcement in this newsletter regard an interfaith breakfast being held prior to the service.

**Jan 23<sup>rd</sup>**                      Small Group Ministry                      Kathy Kellison,  
Small Group Ministry Coordinator

Small Group Ministry is fundamental to our church community. We will celebrate the blessings offered to us by this ministry.

**Jan 30<sup>th</sup>**                      *You Say I am What?!?*                      Rev. Carie Johnsen

We are not defined by the religious and social labels, names and categories as prescribed by others, or are we? How does another person or group's perception of who we are shape who we will be?

**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  
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Next newsletter deadline is **January 17<sup>th</sup>**. Please submit newsletter articles by email to Julie Pelletier, UUCC Church Administrator at [admin@augustauu.org](mailto:admin@augustauu.org)

## A Message from Rev. Carie Johnsen...

### Happy New Year...

As we bring closure to 2010, I offer you these words from my daily reader *Earth Bond: Meditations for all Seasons*. I have returned to this reading a few times as I reflect upon the coming of a new year. I hope it offers you some points to reflect upon as well.

*Soon it will be time to drive out the old year. Whether you do it at the winter solstice, New Year's Day, Epiphany, or Chinese New Year, you may want to start making your plans now.*

*Shall the old year be burned away in a ritual bonfire? Or sizzled away with fireworks? Do you want to drive it away with honking horns and clanging bells? Or write it a little farewell note and let the note blow away in the breeze?*

*Our packrat civilization loves to hold on to the past. Don't worry—it will always be available to you if you need it. But the future is waiting for you to claim it, and it's jealous. It doesn't like to see you still in the arms of the past. Free yourself for tomorrow. ~ Brian Nelson*

As I read these words again, I must ask myself, "Where am I a packrat? What am I clinging to spiritually, emotionally, physically? What old resentment, simmering frustration, annoying behavior or habit do I cling to and store away like a packrat living in the model of scarcity? Is it time to let go of something or someone so that I may fully embrace my awaiting future? What might I encounter, what might emerge, if only I freed myself from yesterday?"

As you enter 2011 take just a minute to do a quick little inventory. Make a mental note or spend some time with your journal. Do some emotional housekeeping. Do some spiritual soul cleaning. Maybe it is time to do some recycling -- to create a new vision -- reframe an old dream -- begin a new spiritual practice.

Go ahead, I dare you, free yourself and be surprised and enlivened by what awaits your arrival!

In Faith, *Rev. Carie Johnsen*

## Peaceful Heart Sangha ...

### Peaceful Heart Sangha

Mindfulness meditation in the tradition of Thich Nhat Hanh

Join us any time for meditation. Beginners always welcome. Mondays UUCS Sanctuary from 6:30 – 8 PM  
Wednesdays at a home in Augusta 6:30 – 8 PM  
(Contact 215-5661 for Wednesday details)

We practice sitting meditation & walking meditation, share a reading or recite the Five Mindfulness Trainings (first Mondays), and then have a time of sharing. We have just begun a new book, *Reconciliation, healing the inner child*. Dharma Teacher Joanne Friday gave us this book when she visited us in November. It includes teachings that Thich Nhat Hahn has not previously put into print.

We will begin our month long January Intensive on January 8 for those who are interested in deepening their practice during the dark of winter.

A class focused on our practice (*Touching Peace – Practicing the Art of Mindful Living*) will be offered on the four Tuesdays in January 6:30 – 8 PM at Marty Soule's home in Readfield. Contact Maranacook Adult Education (685-4923) for more information.

## From the Director of Religious Exploration...

While on the interstate Sunday after services, I passed a long convoy of vehicles all with “Don’t Tread on Me” flags and signs calling for the freeing of an individual who the convoy folks likened to an American eagle caged. Later, Googling the individual, I found out he is a man jailed for brandishing a gun at a young woman who knocked at his door asking for directions. She either did not see or was too distracted by her situation to notice his many “No Trespassing” signs, those signs being his justification for the life-threatening behavior he offered the lost person who asked for help.

From the beginning of stories, we humans have told tales about strangers coming to our doors asking for food or shelter or company for a time. The stories tell of rewards for the hospitable, when, for instance, the ragged beggar or the tired traveler turns out to be a god in disguise or a magician able to grant such amazing things as pregnancy to a barren woman or plentiful harvests.

For many families throughout history a place is left open at the table, room for Elijah, or some other being, to sit and feel welcomed by warm food and pleasant talk. Jesus asked us to be love in a hostile world, feeding the hungry, clothing the naked, and visiting the lonely. Hospitality is an inherent part of the Muslim faith especially during the month-long observance of Ramadan, a time that reminds Muslims of the pinch of hunger and the unrest of discomfort. The radical hospitality of the Benedictine monks has inspired contemporary Unitarian Universalists to open their doors even further.

I thought about the man in jail because of his egregious inhospitality. I thought about the people in the convoy likening his behavior to the American way. I thought about how many conflicts and wars are because of inability to extend hospitality, to share space and resources, to reach out with generosity and compassion. And I thought about human beings’ long, long faith history of encouraging love, generosity, compassion, kindness, sharing space. Yes, even the religions have fought with each other, even the religions have fought within distinct faith systems. But, what would happen if we did all only reach out in kindness? Our Peace Jammers challenged each other to offer three compliments for every one they received over the next few months, a kind of Pay It Forward of affirmation. They asked, what if everyone throughout the world worked to see what was worth a compliment in everyone else. What if we all could truly see the inherent worth and dignity embodied in every other being.

Within our Religious Exploration Program, there are many instances when our children and youth are encouraged to look at the way things are versus the way things could be, and strive for the possible. “Be the change you wish to see in the world,” we encourage them (and ourselves), quoting Gandhi. May it be so.

Yours in faith,  
Karen



## Adult RE ...

**GODDESS CONTINUING:** Becoming Women of Wisdom and Celebrations ~ 1<sup>st</sup> & 3<sup>rd</sup> Sundays ~ 12:15 -2:15 p.m. ~ The Annex

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

This Adult RE focuses on marking the passage into the later years, and is pertinent for women of all ages. The year will be interspersed with special celebrations.

Detailed listing of session titles is on the Bulletin Board.

January 16, 2011 ~ Our Twenties and Grandmother Moon

### NEW PROGRAM!

#### **BUILDING YOUR OWN THEOLOGY: ETHICS**

Rev. Carie Johnsen and Rev. Helen Zidowecki

**Third Wednesday of the Month, 6-8 pm**

Apply your beliefs, values and convictions to ethical situations. Using a "Moral Compass," participants address various ethical dilemmas. Each session focuses on a dimension of moral decision making. The curriculum is written by Rev. Richard Gilbert, author of the *Building Your Own Theology* curriculum that we used last year. You do not have to have taken that program to participate this year. So join us!

- |                    |  |
|--------------------|--|
| <b>January 19</b>  | <b>Authority</b> – Can We Be Good Without God? Explore your authority for making ethical decisions.  |
| <b>February 16</b> | <b>Motivation</b> – Doing the Right Thing for the Wrong Reason<br>Probe your conscious and subconscious motivations for ethical behavior.  |
| <b>March 16</b>    | <b>Responsibility</b> -- The Difficult Art of Doing Good<br>Distinguish between the ethics of conscience and the ethics of responsibility.   |
| <b>April 20</b>    | <b>Situation</b> – What is Going on Here Morally? Consider whether moral principles are absolute in every time and place, or whether they vary with the situation.                     |
| <b>May 18</b>      | <b>Intention</b> – Does the End Justify the Means?<br>Examine the age-old issue of whether the end justifies the means, and to explore the role of intention in moral decision-making. |

***Please sign-up to participate, or contact the Church Office. Please give a phone number or e-mail address if your current info is not in the UUC directory.***

## A Note from the Board President ...

Dear Friends-

What is in a name? The question has been asked thousands of times. Literary luminaries wax endlessly on the query. Shakespeare's Juliet ruminating on the differences between the Montagues and the Capulets and asked "What is in a name? That which we call a rose would smell as sweet." Or consider Prince Rogers Nelson. Who is that, you might ask. Maybe you know him as just "Prince", or perhaps even the unpronounceable symbol, also known as the "Artist formerly known as Prince or "TAFKAP". Was the music he created different with each change in his moniker? Probably not, but consider this startling fact-research indicates that what our name is directly influences what others think about us. In one study respondents were asked to indicate what they thought of others on a wholesomeness scale with one end being "wholesome" and the other end of the continuum being "devious". Amazingly enough, those who took part in the study rated persons on a wholesomeness scale, knowing NOTHING except the person's name! Sadly it appears there is cultural bias at play, with John being rated more wholesome than the Spanish equivalent of John (Juan). There is even a website ([Behindthename.com](http://Behindthename.com)) where you can get feedback on how your name is perceived!

Now where in the world is Sheila going with this, you might wonder? Aha! Well as you know the Unitarian Universalist Community Church of Augusta (lovely name, no?) has grown from 2 buildings to 3 in the past couple of years with many wonderful renovations. And quite frankly the Board of Trustees thinks our beautiful buildings deserve beautiful new names.

We'd like to make the process of naming our buildings a church community wide process, so here's the plan. For the month of January we will have a display set up in Fellowship Hall. There members will be able to write their suggestions. The top names for each building will then go to members for a vote in February.

Sounds like fun, no?

Enjoy the holidays and I wish you all much joy in the new year!

My best,

Sheila Comerford

## Small Group Ministry...

**DISPLAY CASE** - Coordinated by Thursday morning Small Group Ministry Group. "Coordinating" means just that! We invite individuals, committees, programs, and groups within UUCC to contribute displays for 2-4 weeks in length. Please contact Helen Zidowecki (582-5308, [hzmre@hzmre.com](mailto:hzmre@hzmre.com)) or leave a note in the corner of the Display Case. While the Thursday morning SGM group may contribute some displays, if displays are not received, there may be times when the case is empty, waiting for your input.

- ♦ January 2 and 9 New Years Around the Year, Around the World
- ♦
- ♦ January 16 Possibly Civil Rights, The Augusta Connection

## History Committee...

The History Committee meeting December 10 focused on the Civil Rights activities from the Augusta UU Congregations, as background for the January 16 Martin Luther King Sunday service. We know of the involvement of a minister from All Souls church. *We would like to know if you are aware of the involvement of the congregations, including your own from the 1960's.*

Please note the Wayside Pulpit on the front lawn. Thanks to Bob Rand and Jim McKendry for their work in making this possible. Wayside Pulpits have been used by Unitarian and UU churches since 1919 to post liberal messages that would make people stop, read, and search their conscience. We have over a hundred of the sayings in the History Room, and have talked for years about having them posted, so it is really nice to see that happening.

The History Committee meets on the second Fridays, 10-noon. The next meeting will be January 14. Contact Helen Zidowecki (582-5308, [hzmre@hzmre.com](mailto:hzmre@hzmre.com)) if you are interested. Please leave information that you have for the History Committee in the tray in the Committee Room.

## Upcoming Events ...

**Transgender Issues:** Video Presentation  
Presented by Phyllis Cudmore  
February 4, 2011 (rain date February 11<sup>th</sup>)  
6:00 – 8:00 p.m. ~ Fellowship Hall

Light refreshments will be served.

A Question and Answer session will follow the presentation. Phyllis is the Regional Coordinator for PFLAG New England.

## Unitarian Universalist Connections...

Connect with Unitarian Universalists from other congregations! Gain new ideas and feel the connection with a faith community larger than just here in Augusta.

Northern New England  
Unitarian Universalist Association presents:

### WINTERFEST! "JUSTICE IN THE SNOW"

February 5, 2011 9:30am -3:00pm  
Unitarian Universalist Church, 15 Pleasant St., Brunswick, ME  
Cost: \$18 Registration is due January 29

Select a topic for the day:

- ♦ Immigration with Rev. Mary Higgins and others
- ♦ Covenant of Civil Discourse with Rev. Jill Saxby and Roger Comstock
- ♦ Sexuality Justice Related to Freedom to Marry with Rev. Becky Gunn and Katy Jayne

Flier and Registration form located on the Adult RE Bulletin Board . Contact Helen Zidowecki for more information and to coordinate travel.

### PLAN NOW TO ATTEND

### Spring Conference & Annual Meeting of the Northern New England District of the Unitarian Universalist Association

Friday, April 1 and Saturday, April 2, 2011

The Weekend includes:

- ♦ Friday Evening, April 1 - Multigenerational Celebration of April Fool's Day with *Rev. Mara Dowdall*, Montpelier, VT; *Karen Fisk*, Augusta, ME; *Kim Paquette*, NNED. What is the story behind April Fool's Day?
- ♦ Saturday Morning KEYNOTE: **The Heart Needs Courage**, **Rev. Dr. Tom Chulak**, Lifelong Unitarian Universalist, Parish Minister for over 30 years, Denominational Leader.
- ♦ This is a family event. The Red Jacket Inn has a large indoor water park and Wii activities. Childcare is available for workshop events.

Full flier, with information on cost is on the Adult RE Bulletin Board. Registration and more workshop information will be available in January.



## Church Life...

**Sanctuary Doors Now Unlocked ~** The worship committee recently engaged in a process of asking interested parties to consider changing the practice of locking the sanctuary doors. The worship committee invited feedback and concerns from the fellowship of pianists, Marty Soule, Peaceful Heart Sangha, Douglas Barley, Choir Director and Karen Fisk, DRE. After further discussion with the Minister, the worship committee agreed to institute the following practice:

The sanctuary doors will no longer be locked following Sunday services, Monday Sangha or Thursday Choir. The doors will remain unlocked for members of the congregation to use the space freely for quiet contemplation and appropriate meetings. At the end of Sunday services and choir practice the piano will be closed and a note will be placed on the piano that reads, "Piano for use by church pianists only or by permission."

Committee Chair: Annie Voorhees; Committee Members: Dan Sorensen, Karen Foust, Charles McGillicuddy, Michael Conley, Lara Dionne; Rev. Carie Johnsen;

**Weather Related Cancellations ~** In the event of inclement weather, UUCC members and worship participants and religious exploration teachers are encouraged to use their own sensibilities when traveling to church. No one should feel obligated to be at church.

**The safety of UUCC Ministers, staff, members, families and friends matters most and always comes first.**

In the event church activities or Sunday morning service are cancelled, notification will be sent in an [all church email](#) and an updated recording will be placed on the [church voicemail](#) at 622-3232. Local television stations and radio stations will be notified of UUCC closing.

The Minister or Worship Associate will initiate the first call to members on the [phone tree](#). To be added to the church email list or to the phone tree, please contact Julie at [info@augustauu.org](mailto:info@augustauu.org).

**Faith-In-Action Sunday ~** Beginning in January the Faith-in-Action Sunday will shift from the first Sunday of the month to the third Sunday of the month. This adjustment in the Sunday service calendar better accommodates the schedules of the participating ministers and the members. The first quarter faith in action service topics are as follows: January – Civil Rights; February – Humanitarian Rights in the Pakistan Floods; March– Immigration and Migrant worker issues.

## Nonviolent Communication...

**Nonviolent Communication Practice Group (NVC)**  
1<sup>st</sup> & 3<sup>rd</sup> Fridays Open Group  
10am-noon, UUCC Fellowship Hall

If you have participated in NVC practice groups previously, and/or have taken NVC training, consider participating. If you are interested, or to discuss availability of the books, contact Anne Lunt ([all@gwi.net](mailto:all@gwi.net), 623-0427) or Helen Zidowecki ([hzmre@hzmre.com](mailto:hzmre@hzmre.com), 582-5308).

**Building Practices and Processes in Living Compassion**, A Workshop in Nonviolent Communication held in Bar Harbor December 2-4 was attended by about 60 people from New England, including four from UUCC Practice groups (*Helen Wing, Terry Cookson, Lorna Doone, and Cathryn Wilson*). The general topics covered were:

- ◆ Deepening Awareness and Appreciation of the Beauty of Needs
- ◆ Transforming the Pain of Unmet Needs to the Beauty of Needs
- ◆ Compassionately Embracing and Transforming Core Beliefs
- ◆ Preparation for Authentic Dialogue

The Presenter was Robert Gonzales, who has been offering Nonviolent Communication training in some form since 1986. His special interest has been in developing processes that help people live with greater awareness and to relate to themselves and others with greater compassion and authenticity. Information from the workshop will be shared with the UUCC Practice Group (First and Third Fridays, 10am-noon, UUCC)

**Introduction To Nonviolent Communication**  
**January 30, Soup and Bread 12:30 -- 3:00pm**  
Helen Wing

Nonviolent Communication, a model developed by Marshall Rosenberg, is an approach to communication based on the human needs and feelings that underlie our behavior. Rosenberg's work began during the 1960's civil rights era, and seeks to teach a means of developing empathy as a basis for communication rather than the models of blame and judgment we have all learned so well.

This model is sometimes referred to as "compassionate communication", as it seeks to enable people to connect with the needs in themselves and others in order to inspire a compassionate response. **All are invited.** Feel free to also invite friends in the larger community who may be interested. *There will be a sign-up sheet in the Fellowship Hall and on the Adult RE Bulletin Board during the month of January.*

## COMMUNITY NEWS...

**Phone Number Update:** Barbara Thurlow has asked that we provide the congregation with her updated phone number. The new number is: (802) 225-6459. Barbara welcomes calls.

**Photo Directory Update** ~ Thank you to everyone for making the photo directory a success! Many families signed up to have their pictures taken by Olin Mills, as well as a few by Marty Soule! Some fabulous event photos were turned in as well, to be included in the directory. Everything has been sent to Olin Mills and we should be seeing a finished directory soon into the new year!

**Bookcase wanted**, 36" or less wide, and up to 6" tall, 9" to 12" deep, for use in right hand corner of Fellowship Hall during church book sales which begin in January. Contact Hannah Faulkner at 293-9377 or [hannahuu3@fairpoint.net](mailto:hannahuu3@fairpoint.net).

**Enjoy Bicycling?** ~ Want to support clean air and lung health? Let's form a UUC Church Team for the Trek Across Maine June 17 – 19, 2011

From the mountains of Sunday River to the sea in Belfast, Maine, enjoy the beautiful scenery as you ride 180 miles across the state in support of the mission of the American Lung Association. Overnight accommodations are provided at the University of Maine at Farmington and at Colby College in Waterville. The Trek is a ride, not a race...All experience levels are welcome! Trekkers are required to raise \$500 in order to ride, along with a non-refundable \$50 registration fee.

Since safety is a priority, children under the age of 7 cannot participate in the Trek Across Maine. Children between the ages of 7-12 MUST ride on a tandem bike or tag-a-long and all children under 18 must have an adult guardian (limit three children supervised per adult). For children ages 7-17, the minimum pledge total is \$400.

**Trek Information Night: January 25th ~ 6-7pm** at Auclair Cycle and Ski, 64 Bangor St., Augusta ME Meet Gale Auclair from the American Lung Association, and veteran Trekker George Eastman. We will provide a general overview of the Trek with tips on fundraising, logistics, and everything you need to know about the Trek! FREE Clinic: Join Dave Auclair and learn tips and tricks for storing your bike for the winter and preparing your bike for spring. Dave will also offer instructions on changing a flat!

More info at [biketreknewengland.org](http://biketreknewengland.org)

*Marty Soule & Harry Grimmnitz*

## Buildings and Grounds Update

First of all, we wanted to thank everyone who helped make the church buildings cleaner, safer and more functional. We also wanted to let everyone know about the work that volunteers and contractors have done this year.

To begin with, volunteer groups scraped and painted the ramp, railings and steps at 71 Winthrop St., designed, built and installed our new Wayside Pulpit, washed all the church windows (inside and out) and cleaned out the two basements and garage. The garage is a work-in-progress and will get a new roof in the spring. Any volunteers?

Local contractors trimmed the two trees in front of the church and the large tree in back of 6 Summer St. This work was done for the health of the trees and to make the entrance way to the church more visible and inviting. The church building has a new fire alarm system and the sanctuary has two new ceiling fans installed. The sanctuary is also getting new sconce light dimmer switches as the old ones failed. Take a look at the "new" Flaming Chalice on the front of the church building. The black paint was removed to show off the brass circles and the copper chalice.

6 Summer St now has a new roof installed. A new fire alarm system is being installed and the circa 1930's electrical system is being completely replaced. This work should be completed by mid January.

Thanks again to the volunteers who helped make this work possible. Please check out the B&G bulletin board in Fellowship Hall for photos of your volunteers at work and for upcoming projects. Should you see something that needs to be done at any of the church buildings or grounds, please let us know.

Thanks,

Tom Waddell and Marilyn Dunn



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

## **From the Administration Office**

### **Holiday Administration Hours:**

12/29/2010 ~ Office open 8:00 a.m. - 4:00 p.m.

1/1/2011 ~ Office Closed

Please have any Order of Service Announcements for Jan 2nd service submitted by Wednesday, December 29th. Thank you!

### **Rev. Carie Johnsen - New Hours & Day Off**

Monday	11:00 – 4:00
Tuesday	1:00 – 5:00
Wednesday	2:00 – 4:00
Thursday	Sermon writing day
Friday	Day off

Other times available by appointment. Drop in during office hours or call ahead to confirm availability.

On Friday, I practice Sabbath with no phone calls, emails or meetings with the exception of pastoral emergencies. Please leave a message on my cell phone and I will return your call as soon as possible.

Pastoral Emergencies – Please call my cell phone. I do not pick up messages at the office every day and on occasions I am away from my home study for a day or two.