



# The Flaming Chalice

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

June 2012

## Summer Worship Services One Sunday Service at 10:00 am ONLY

**June 3rd**

*Annual Meeting as Spiritual Practice*

Rev. Carie Johnsen  
*UUCC Board of Trustees*  
*UUCC Members and Friends*

The business of the church is as much a spiritual practice in this community as anything we do on Sunday morning, or Tuesday night or Wednesday at noon. It is the intention and attention that brings deeper meaning and purpose to daily life, so too is it true, with church governance.

**June 10th**

Flower Communion

Rev. Carie Johnsen  
Pat Hunter- Gardiner

This annual multigenerational service includes the tradition of bringing a flower to service. Pick your favorite flower and join us as we celebrate the bursting of colors in June.

This will be Pat Hunter-Gardiner's last Sunday with the congregation. Please join us as we celebrate her year with us and say good-bye.

**June 17th**

*Singing With You Is Our Prayer*

Rev. Carie Johnsen

This will be Douglas Barley's last Sunday with the congregation. Please join us as we say good-bye and celebrate his five years as the Choir Director.

**June 24th**

To Be Determined

To Be Determined

## **A Faith Journey by Rev. Carie Johnsen...**

Another year in transition continues as we say good-bye to Pat Hunter Gardiner, Interim Director of Religious Exploration and Douglas Barley, Choir Director.

Pat arrived ten months ago to help lead the Religious Exploration program during a year of intentional transition. Her work as an interim this year included keeping good boundaries around her time, helping the community grieve the loss of a beloved DRE and creating space for an new full-time director to take up the mantel. Not an easy task. We are grateful for Pat's grace in this unconventional work and her constant calm presence in the lives of our children and their families.

Doug's work in some ways was not so dissimilar to Pat's. He stepped in as a volunteer to take up the mantel of directing the choir during a period of conflict and confusion, heartache and reflection. He arrived with many musical talents and a breadth of knowledge to guide his work as his vision of music in the context of a worship service found both roots and wings. What is most extraordinary was the wisdom and agility that emerged as he helped a choir and community heal. I witnessed on more than one occasion the respect he earned from the choir members as he offered them space necessary to transition into a new vision of collaborative contemporary worship. Doug's healing ministry has been as vital to this congregation as his choir ministry (some may say more so). May we be forever grateful.

Over the past three years providing supervision and leadership to a professional staff team at UUCC has been primary in my work week. Together this team of five - Minister, DRE, Office Administrator, Choir Director, Small Group Ministry Coordinator - has stepped up to the plate time and time again to become stronger together and clearer in their ministries and roles in the community. Guided by a team covenant we have strove to build a healthy and cohesive team. Behind the scenes you will find staff are engage in monthly staff meetings, engaged in their professional organizations and building peer relations in the wider Unitarian Universalist community.

Next year our transitions will continue as we welcome in a full-time DRE and a new Choir Director. This vision of professional collaborative program and administrative staff will continue to grow as we continue to strive toward building and nurturing models of leadership rooted in healthy congregational systems and structures.

As you engage with staff this month, I invite you to share with them words of appreciation. Let them know you notice their commitment to this thriving and dynamic congregation.

In faith, Rev. Carie

## **From the Board President ...**

Dear Friends,

It's hard to believe that my two years as President of the Board of Trustees is at an end-but I leave the position knowing now even more than ever that this is a vibrant caring church filled with committed people and a wonderful spirit. It has been an honor working with Board members over the last two years-each person brought something special to the table to help us as a group make deliberate decisions. It has also been a joy working with Rev. Carie, who always is seeking new ways to make UUCC of Augusta an even better place! And of course thank you to everyone in the congregation and the staff who contributes something to UUCC, both large and small. We can't do it alone!

Good luck to the new board members and incoming president, Doug Rooks-the future is full of opportunities to explore!

My best, Sheila Comerford

## Interim Director of Religious Exploration ...

Here it is... my last newsletter offering. Now that I am preparing to leave I realize that I have finally figured out where all of the light switches are and which key opens what door. Ah, such is life.

Here are a few important items, and a few corrections to last month's column:

Summer Spirit Play will begin on June 17, NOT the 3rd.

June 3 is the annual meeting; children are invited to go on a hike at Vaughn Woods with Cheryl Clukey and adult and teen helpers. Drivers are needed (call me or email) and parents of younger children will need to accompany their child/ren. Permission slips for ALL children are necessary and will be available that morning. There will be an alternate indoor activity if we are rained out.

June 10 is Flower Communion, an intergenerational service (and the Sunday I will say my official good-byes).

During the summer, children may choose to remain with their parents for the service at 10:00, or attend Spirit Play which also begins at 10:00 next door in #71. Nursery is available as usual during the summer.

If your family would like to walk in the annual Pride Parade in Portland on Sat. June 16 at 11:00, there will be a contingent of all faith traditions marching together. I plan to go and represent UUCB as well as my home church, UUCB in Brunswick, and to look for friends from the Chaplaincy Institute of Maine as well as other Maine UU churches.

Thanks to the RE Committee for the lovely teacher appreciation breakfast on May 6! If spending some Sunday mornings through the year with some of our amazing young people isn't inducement enough to look into becoming an RE teacher next year, the breakfast should certainly clinch the deal! Contact me (through June) or Rev. Carie or Pam Lombard or a member of the RE Committee.

You don't have to know everything there is to know about Unitarian Universalism to become part of a teaching team. There are things you will discover about both the children/youth AND your own faith journey when you join an RE team! (And the RE Committee would love to have some additional members, too!)

*It would be great if we could have all of the class group teaching teams in place for the new DRE when s/he arrives!*

Our Navigators received a final packet from the kids at the Brunswick UU church with whom they have become pen pals. What a great way to broaden our young peoples' view of UU!

The K-1 OWL class concluded with ice cream sundaes and Beanie owls from leader, John Barnes.

Did you stop to look at the display case in May? RE curriculums (only a few of many) were there, as well as brochures, chalices, some OWLs, and a box of Goldfish crackers. The uninitiated may wonder at that last item... Why Goldfish crackers??? Easy answer. Every week our children enjoy Goldfish as their snack together. Rituals come in many forms; the ritual of sharing Goldfish is as much a part of RE as is saying "This is the church of the open mind; this is the church of the helping hands; this is the church of the loving heart, where all people are welcome!"

Namaste. Amen and Blessed Be.  
Love to you all!

## RE updates ...

### DRE Search Update

The search committee is thrilled to announce that the board has offered the full time Director of Religious Exploration position to a well qualified candidate that we are excited about. We will continue to keep you all posted as we hear back from the candidate, and work on the details of a contract that would begin in the middle of August. Stay tuned!

-the Search Committee (Pam Lombard, Peter Mendall, David Rand, Diane Howard, Faith Madore, Cathie Nielsen, Isabella Ucci, Carie Johnsen)

### RE Committee Update

This is certainly a year of transitions- as we work with excitement towards a full time DRE, we must also say goodbye to our Interim DRE, Pat Hunter Gardiner. Pat has fulfilled the often challenging role of being an interim DRE with an upbeat attitude and a smile. She has had to navigate what we have clearly determined to be a full time position with the constriction of the 25 hours that we asked her to stick to. As we prepare to say goodbye to Pat, it is worthwhile to think about how we have all grown through this transition year. The children have been learning 1<sup>st</sup> hand about navigating change and I have learned from them how they process, struggle with, accept and even embrace change. These skills will help them in the transitions to come.

Pat's last Sunday will be June 10 and her last day will be June 26. Thankyou Pat for this interim year. We wish you well in your future endeavors.

-Pam Lombard and the RE Committee (Susan Caldwell, Hilary Neckles, Monique McAuliffe, Cathie Nielsen, David Rand, Sara Hodgkins)

# Church News ...

## **Annual Meeting ~ Sunday, June 3rd ~ 10:00 am**

All members are invited to the UUCC Annual Meeting, for the third consecutive year incorporated into our Sunday worship on June 3 at 10 a.m.

Among the business to be discussed:

- Annual budget for 2012-13
- Naming of the UUCC buildings
- Recommendations for Bylaw changes
- Reports of the Minister and Staff
- Report of the Leadership Development (Nominating) Committee

At least 30% of our 207 members must be present and voting to establish a quorum, so please join us.

**Chalice Lighter Grant** ~ To support the hiring of a full-time director and expanding our Religious Exploration program, UUCC applied for and was awarded a \$5,000 Chalice Lighter Grant from the UUA's Northern New England District.

In a letter announcing the award, Board Chair Nancy Chad-dock said, "Increasing the hours for you religious exploration director position is an important step in the growth of your congregation. And it appears this growth is well underway with, for example, your recent increase in the number of young, single adults attending services and becoming members."

The UUCC grant was the third and final award for the 2011-12 year. Another grant was provided to the Brunswick UU congregation, which is building a new church after a devastating fire destroyed the old one.

UUCC members are invited to become Chalice Lighters themselves. Three times a year, members from throughout the NNED are asked to contribute at least \$15 for congregational needs in Maine, New Hampshire, and Vermont.

For more details, see the website: [www.nned.uua.org](http://www.nned.uua.org)

## **Ad Hoc Committee Formed**

The Board of Trustees has formed an ad hoc committee to explore avenues to grow a vibrant music program at UUCC. Some areas of discussion include possible expansion of the responsibilities and job title of the Choir Director, a realistic music budget and selecting a candidate for the fall. The committee, comprised of church members Dan Sorenson, Karen Allen, Claire Curole, Cathie Nielsen and Rev. Carie will meet and make recommendations to the Board for their June meeting.

**Thank you!** Huge thanks and gratitude are sent to the Stewardship Committee for the fabulous gourmet luncheon they put on for the Small Group Ministry which Diane Moongrove is a member of (she won the prize for getting her annual pledge to the Church in on time). It was a kind and generous gift much appreciated. May it help encourage all of us to get our pledges in promptly next year! Thanks, Diane

## **Pastoral Ministry Team: a note from caring community ~**

Are you battling a serious illness or the effects of an accident? Do you or a family member expect to have temporarily incapacitating surgery? Please notify your church as soon as possible if you would like our help in these situations.

Have you recently lost a loved one or experienced an "anniversary reaction" to a bereavement? Would you like church friends to prepare a reception following a memorial service for your loved one? Are you wanting to attend church but have no way to get here?

Church members joining together to provide meals, rides to doctor's appointments, shopping or visits can enhance your or your loved one's recovery. If you let us know about your specific need, the church may be able to provide the help you are seeking. To arrange for help please contact the lay Pastoral Minister for caring community, Hannah Faulkner by phone at 293-9377 or by email at [hannahuu3@fairpoint.net](mailto:hannahuu3@fairpoint.net).

For pastoral emergencies or to request visits from a lay Pastoral Minister, please contact our minister, the Rev. Carie Johnson, by phone at (508)221-5295 or by

**Hospitality training opportunity!** Helen Pare, of the membership committee, has graciously offered to train potential volunteers to provide hospitality for the fellowship hour over the summer. She will be present most Sundays to host the fellowship hour and is simply asking for one volunteer each Sunday to join her and learn the ropes. If you think you may be able to provide this volunteer service, but aren't quite sure how to do it, this is your opportunity! By summer's end we are hoping that there is a cadre of volunteers feeling confident and capable to provide this simple yet important service to our church community. Please sign up on the church bulletin board in the fellowship hall or contact Helen directly at 623-1924 or [helenjoepare@aol.com](mailto:helenjoepare@aol.com).

The membership committee is also seeking volunteer greeters to welcome all to our church on Sunday mornings. Please join us -- we'll show you how it works. Contact Ellis McKeen at 582-2988 or [ellismckeen@aol.com](mailto:ellismckeen@aol.com) or Jim Caldwell at 582-8658 or [jscaldwell@roadrunner.com](mailto:jscaldwell@roadrunner.com). We need you and appreciate you!

**Attention!** The UUCC has launched a **Vegan Potluck** group to meet on the first Saturday evening of each month in the fellowship hall at UUCC! The first potluck will be held on **July 7, 2012 at 5 p.m.** for a showing of Forks Over Knives, a documentary that "examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods." See <http://www.forksoverknives.com/>. Following the film, we will share a delicious vegan potluck dinner. If you are not vegan or have never cooked a vegan meal, don't let that stop you! All are welcome, children, teens, adults. The only requirement is that you bring a vegan dish or salad to share and have a desire to enjoy great food and company. For more information, please contact Kristin Aiello and Anne McKee at 623 9106 or [kaiello207@gmail.com](mailto:kaiello207@gmail.com). See you there!

## Goddess Continuing ...

June 17th after the service, 11:15-1pm; In the Annex. Considering Summer. We will reflect on the meaning of the Summer, including composting (topic was delayed from May 20). We will also plan our summer projects and schedule. The projects will focus on gathering our resources to be more accessible to the church community. The meetings will be more informal work sessions. Please contact Helen Zidowecki for more information at: HZMRE@HZMREcom or 582-5308

Summer Service will relate to the summer celebration of Teltane or Lammas. Date and details to be announced .

## Display Case ...

The display for **May 27-June 17** will be on the historic figures from our Universalist and Unitarian History in Augusta. There were historically two churches of Unitarian and Universalist heritage in Augusta until consolidation into UU Community Church in 1992.

### Rev. William Drew, Universalist (1708-1879)

- ♦ Minister, started the Universalist Church and was its minister 1835-1848.
- ♦ Active in early Universalism in Maine, including wide range of Universalist writings and edited periodicals.
- ♦ Active in promoting Maine life and agriculture.
- ♦ Active in Augusta, including public health concerns. Born in Hallowell.

### Rev. Sylvester Judd, Unitarian (1813-1852)

- ♦ Minister, Unitarian Church 1840-1852.
- ♦ Graduated from Harvard and was connected with Unitarian leadership. Social activist
- ♦ Writer, including novel *Margaret*, and others describing New England life. Had local political connections.

See samples of writings and more information in the Display Case. Larger items, such as pictures and plaques will be displayed later in different parts of the church.

Displays for the rest of the summer will focus on Summer Spirituality in its various forms: staying connected with UUCC, connecting with UUs who visit and maybe visiting others, how spirituality is summer is different.....

## Faith in Action ...

**Committee News** ~ From Sept.- May our church **helps** serve a free meal at St. Mark's on the **1st Saturday** of each month. Our senior youth and the Peace Jam group have been there volunteering as well as baking desserts all year for that meal. Thank you to you all, you make a real difference.

**Summer of 2012** ~ this will be the 3rd summer that we have led meals!! In the summer time our church **leads** the free community suppers which are held on the **3rd Saturday** of June, July and August at St. Mark's church. Their church is a-stones-throw away from ours on Summer St.. We do the planning, set-up, cooking ,serving and the clean-up.

We are lucky to have St. Mark's perennial volunteers to help us out as well. Six Augusta churches including ours, serve meals each month to those who are hungry, lonely , volunteers...In the summer one of those churches, which usually serves the 3rd Sat. meal, takes a break from serving -so St. Mark volunteered to cover it, but they were then serving 2 meals a month -so our church offered to lighten their load. Any where from 90-180 meals are often served, including take-home meals

**Third Saturday Suppers** at St. Mark's Episcopal Church aka an Augusta Angel Food Network Supper

**June 16<sup>th</sup>** - Supper will be led by P.J (Priscilla) Jenkins( Faith in Action committee member ) and friends  
**July 21** - Supper will be led by the Senior youth and Peace Jam members with facilitation from Monique McAuliffe

**August 18<sup>th</sup>** - Supper will be led by Nancee Campbell and the small group ministry led by Judy Gallant Thank you to all these volunteers and others who have offered to help.

A typical Schedule is approx. like this:

12:00 ~ cook's start( May have prepped on previous day)

1:00-2:00 ~ tables set-up(Outdoors if good weather, so theres plenty of lifting tables., food etc..)

2:00-4:00 cooking, prep

4-5:00 prep coffee , food etc

5-7:00-7:30 Meal served and clean-up

If you would like to help on 1st or 3rd Saturday's call Jenny Mckendry at 622-450. We may need baked goods or other prep, tables set up and put away etc



## Mark Your Calendars ...

### **Spring into Action! Kennebec Valley Organization and Maine Long Term Care, June 12<sup>th</sup>, 5:30~7:00pm**

The KVO and Maine Long-Term Care Ombudsman Program are hosting a community-wide gathering of great importance to the future planning for services for Seniors in our area. The Action meeting will take place June 12<sup>th</sup> from 5:30-7:00pm at the Unitarian Universalist Community Church, 69 Winthrop Street, Augusta, ME.

Important policy decisions are going to be made that will incorporate the reality of ever-decreasing revenue.

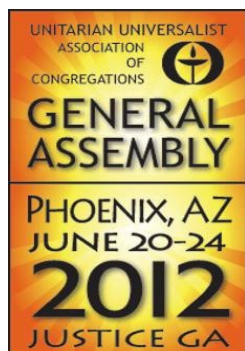
Provisions for the safety and security of our senior citizens will be seriously jeopardized, and this meeting will address our community concerns.

We will discuss the challenges of inadequate access to health care, nutritious food and transportation, as well as the crippling effects of depression and isolation as well as what is needed in the Kennebec Valley, what is most important and how do we advocate as concerned citizens?

This is a conversation that needs your voice, and your thoughts and opinions are important! Please come and let us know what you think about the future stability for the growing population of seniors in Kennebec Valley. Refreshments will be served.

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**PRIDE 2012. Saturday, June 16th., 11:00 AM.** RCAD will be organizing space in the parade for all faith traditions to march together, with their banners, to show the force of faith communities united for marriage



### **General Assembly 2012 June 20-24, Phoenix, Arizona**

**This is an historic moment.  
Be part of the story.**

General Assembly 2012 will be a gathering with multiple ways of engaging in justice work for people of all ages. Joining with the people of Arizona, we will worship, witness learn and work together. We will leave General Assembly grounded in our faith, for justice and with the resources to bring this work home to our congregations.

For more information visit the following site:  
<http://www.uua.org/ga/index.shtml>

## Community News ...

### **Have a Global Adventure**

Would you consider being a host family for a foreign exchange student? Having an AFS student in the family means a connection to the greater world. It also means a lot of fun experiences – real Thai food cooked in your own kitchen, laughing over language mistakes, help with Spanish or French homework, the excitement of exploring the same sights, but seeing them through new eyes. It is an amazing process.

Your new family member could be from Germany, Portugal, Chile, Turkey, Austria, Italy, Hong Kong, or perhaps Brazil, Sweden, or Ghana. AFS-USA exchanges with over 40 countries. You would be expected to provide a comfortable, caring home and food for a 15 to 18 year old who dares to live in a new country for 5 or 10 months.

AFS host families will welcome their new sons and daughters in August. The process starts right now and includes an application, an interview and help in selecting a student that will match your family. Most placements will be made before the end of June. AFS volunteers continue to provide support during the year.

It is a wonderful experience, full of love, laughter, some tough times (they are teenagers, after all!) and a lifetime of connection to another person, another family and another culture.

If this sounds like an adventure that you would like to take, please call Steph Ralph at 626-0779 or send an email to [stephralph@gmail.com](mailto:stephralph@gmail.com).

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**Addie's Attic**, the regional clothing bank, needs your help. We provide free clothing to those in need in the Augusta/ Kennebec Valley area.

Our stock is at the lowest level we have experienced in four years. We are particularly in need of summer clothes for women, men and children.

Addie's Attic is located in the parish hall at St. Mark's Church, 9 Summer Street, Augusta, and is open:

- ~Monday 1-4
- ~Thursday 9-12
- ~ the 1st and 3rd Saturdays from 1-4 p.m.

You may drop off clothes any day but if you need assistance then bring them when the clothing bank is open.

Donations are tax-deductible.

## Buildings and Grounds ...

**Second Saturday June 9th** we will reroof the garage. We need volunteers in the morning to load the trailers with old shingles. This work is on the ground. We need a couple of volunteers both in the morning and afternoon to carry shingles up ladders and set them on the edge of the roof.

You don't need to go on the roof but shingles are heavy. Shifts are 8-1 and 12-5 and lunch is available for both shifts from noon to 1:00

**Handymen volunteers needed.** Do you have carpentry, plumbing or electrical skills? Building and grounds is looking for volunteers who are willing to undertake small repairs that only take a person a couple of hours. We would explain the task and provide materials and tools. When a non-urgent repair was needed an email would go out to the group to see if someone had time in the next week or two to take care of the repair. We need more help maintaining our three properties.

Please contact Tom Waddell at 512-5382 or email [us1863@gmail.com](mailto:us1863@gmail.com)

## Social Activities Committee...

Social Activities will be hosting a kid's hike through Vaughn Woods in Hallowell on Sunday, June 3<sup>rd</sup> during the 10:00 am, Annual Meeting Service. Any youth that would like to help chaperone, please contact Cheryl Clukey.

Social Activities will also be hosting a 3rd Art Class for kids of all ages on Sunday, June 3<sup>rd</sup>. from noon until 2:00 p.m. at Liz Johnson's house (79 Middles St, Hallowell, ME) following the hike through Vaughn Woods. Liz's house is close to Vaughn Woods, so take a walk over and join us for some art! Students will be making "Garden Stepping Stones" and are asked to bring anything they want to incorporate into their stepping stone to make it personal to them (rocks, sea glass, shells, etc.). FYI contact Cheryl Clukey or Liz Johnson for more information.

## History Committee ...

The All Souls Church, historically Unitarian, and the Winthrop Street Church, historically Universalist, consolidated to form the Unitarian Universalist Community Church. In addition to naming our faith connection, "Community" was included in the name to hold up our vision of being active beyond ourselves, to be a visible church that lives out its faith. If you are interested in the details or consolidation, contact Krista Zidowecki at 582-5308

## Fundraising ...

This has been a busy and profitable year for Fundraising with proceeds as of May 21st, reaching \$5,778. The Dessert Theater, to be held on May 25th, will add approximately \$95.

Our thanks to the many people who helped with the Inside/Outside Yard sale on May 18th and 19th and to everyone who donated items to sell. The proceeds so far from the Sale are \$1,342. This will increase as more items are sold from Hannah's Boutique and are put on Craig's List.

The gift basket raffle organized by Grace MacDonald and Helen Zidowecki was held on May 20th and contributed \$25 to the church. This is a perfect example of a Small Fundraising Event and we encourage others to think creatively. Just let us know what you would like to do and we will publicize it for you.

Hannah is in the process of organizing the sale of Hannaford Gift Cards as an on-going fundraiser that all of us who shop at Hannaford's can support. The cards will be in denominations of \$25, \$50 and \$100 and will be sold during Fellowship Hour. There is no extra cost to the shopper and five percent of each sale is donated by Hannaford's to the church. It will be necessary for the church to initially invest \$1,000 to buy the cards and this has yet to be presented to the Board.

The Second Edition of *The Fellowship of Food* is complete and available for sale. The price is still \$15 per copy. Six copies have already been sold at a profit of \$37.21. The cookbooks will be sold on Sundays during Fellowship Hour.

Bruce Bierce & Judy McCown,  
Fundraising Co-Chairs

# Peaceful Heart Sangha ...

## Mindfulness Meditation in the tradition of Thich Nhat Hanh

UUCC Mondays 6:30 – 8 PM, River Studio, 332 River St, Hallowell 8 – 9:30 AM first & third Thursdays

UUCC Family Meditation Practice – first Mondays 5:30 – 6:15 PM

Newcomers always welcome.

Questions: [peacefulheartsangha@gmail.com](mailto:peacefulheartsangha@gmail.com) or [martysoule@gmail.com](mailto:martysoule@gmail.com), 685-9270

\*\*\*Note on June 4 - No Family or Adult Meditation - the sangha will attend the

7 PM movie "Happy" (being offered by the 2012 Nevola Symposium)

at Railroad Square Cinema in Waterville

Check it out: <http://www.railroadsquarecinema.com/happy/>

## Family Meditation:

For those who assume "my kids can't attend Family Meditation because they won't sit still and quiet for 45 minutes", here's some information. Our first Monday Family Meditation is usually adjusted to the age and abilities of those who attend. Sometimes we float around the sanctuary like a snowflake, sometimes we sing, sometimes we share a bit of fruit and savor it. We often read a book together. We talk. We share different mindfulness practices. If you think you might like to see what this is like, feel free to give a call (685-9270) or just show up. We have free child care after Family Meditation for parents who may be interested in exploring our adult meditation group.

## Practice thoughts:

A sangha practice you might enjoy is "Yes! Thanks!" When we walk, sometimes we practice saying a silent "Yes!" as we breathe in and "Thanks!" as we breathe out. Every time our eyes connect with someone or something, this practice offers an opportunity to see things a little differently. As an example, the first time I tried this, we were doing a walking meditation in our sanctuary. At one point my eyes wandered out the window and I saw the electric lines. Electric lines are not something that generally enters my consciousness, except when they are in the way of something that I want to see – say, if I'm taking a photograph. However, this time practicing, "Yes! Thanks!" I thought of the fact that the lines make it possible for us to have electric lights and a sound system in our church. I now see electric lines differently than I used to. We can also look at someone or something that generally raises unhappy feelings in us. Saying, "Yes! Thanks!" can possibly open a door to seeing the barrier/unpleasant sight in a different way. Try it and see what happens for you. We only use practices that are helpful in our day-to-day lives.

A new way to look at our wild untamable brains:

Crazy Dog

I never met the Buddhist teacher who said, "Your thoughts are like Little Bo Peep's sheep;  
Leave them alone and they'll come home wagging their tails behind them."

Perhaps it's because I've never met a shepherdess that I don't picture it quite like this.

For me, my mind is one of those over-exuberant fetching dogs:

a Golden Retriever, Irish Setter, or maybe an obsessive compulsive Jack Russell Terrier.

My dog goes out foraging and runs back to me, dropping its prize at my feet,

usually a dead squirrel or a half decomposed rabbit carcass.

He is utterly delighted with his gift.

He smiles and wags his whole hindquarters looking for my approval.

"Yuck, I don't want that."

Gingerly, trying not to look, I fling his treasure back into the woods.

He springs after it, so happy that I'm playing.

He trained me well.

In no time he bounds back with his prize.

He pants and his eyes dart back to the wood. Come on, throw it again.

Then I recall the only thing that can stop one of these retrieving machines.

I stop.

"Hey you." I whisper so he comes close. "Hey my crazy dog.

Thank you for working so hard. I know you're trying to take care of me."

I see the restlessness leave his eyes. He quiets and lays his muzzle in my lap.

I pet his head.

"Just rest. I'll take care of you." I say

And his eyes close.

Celia Landman, Deep Illumination of the Heart  
Blue Cliff OI/Aspirant Retreat. 4/28/12



**Unitarian Universalist Community Church (UUCC) Photo Consent Form**  
**Family Information**

Name(s) of adults: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Children including their ages: \_\_\_\_\_

\_\_\_\_\_

**Permission to use image(s) of adults on the UUCC website**

I grant permission for my image(s) to be used on the UUCC website, literature or displayed in church building. I understand that per policy for electronic media and our church, my name will not be printed or represented on the website without my express permission.

**Please note:** A signature is required for each adult giving consent

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Permission to use image(s) of child, children and (or) youth on the UUCC website**

I, \_\_\_\_\_, represent that I am the parent/guardian of the following children:

\_\_\_\_\_.

I grant permission for my child's, children's, and/or youth's image to be used on the UUCC church website, literature or displayed in church building. I understand that per policy for electronic media and our church, his or her name will not be printed or represented on the website without my express permission.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Register your family now for next year's RE program and be entered in a drawing to win a family chalice and two RE related books! Drawing for the prize will be June 10th. Contact Pat Hunter-Gardiner at [dre@augustauu.org](mailto:dre@augustauu.org) to register.**

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



***Newsletter articles are due the third Monday of each month. The next newsletter deadline is June 18th. Please submit newsletter articles by email, no later than 9:00 a.m. to Julie Pelletier, UUCC Church Administrator at [admin@augustauu.org](mailto:admin@augustauu.org). Thank you!***

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

**Office Hours:** Monday & Tuesday, 8:00 am- 4:00 pm  
Thursday, 4:30 pm- 8:30 pm  
Saturday, 8:00 am.– Noon

**Office:** (207) 622-3232, [admin@augustauu.org](mailto:admin@augustauu.org)  
**Minister's Study:** (207) 623-3663 (Office)  
(207) 395-8051 (Home)  
(508) 221-5295 (Cell)  
[revcariejohansen@gmail.com](mailto:revcariejohansen@gmail.com)  
[www.augustauu.org](http://www.augustauu.org)

**Minister's New Office Hours:**

<b>Monday</b>	1:00-5:00 pm
<b>Tuesday</b>	12:00-4:00 pm
<b>Wednesday</b>	Writing Day
<b>Thursday</b>	4:00-7:00 pm or by appointment To schedule an appointment please contact Rev. Carie at: 623-3663 or <a href="mailto:revcariejohansen@gmail.com">revcariejohansen@gmail.com</a>
<b>Friday</b>	Friday is my Sabbath. I do not schedule meetings, attend to emails or respond to messages. If there is a pastoral emergency, leave a message on my home or cell phone and I will return your call promptly.