



# The Flaming Chalice

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

March 2010

## Worship Services

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

**March 7<sup>th</sup>**

*Let This Be Our Prayer*

Rev. Carie Johnsen

Dr. Laurel Coleman has recently returned from her work in Haiti. She will share her experience and talk about the on-going needs of the Haitian people.

**March 14<sup>th</sup>**

*The Privilege of Stewardship*

Rev. Carie Johnsen

Every year in Unitarian Universalist churches across the country the annual pledge drive is launched with celebration and worship. This service will follow the Pacesetters Reception and the Kick-off Celebration. It is a privilege to be stewards. It is a privilege to prepare a service celebrating stewardship. Let the celebrations begin.

**March 21<sup>st</sup>**

*A Path to Happiness – The Five Mindfulness Trainings*

Peaceful Heart Sangha

In our stress and anxiety filled world, it is sometimes hard to find the energy to function at all, let alone be happy. Two thousand six hundred years ago a young man discovered a path through the pain of life that led to peace. Members of the UUCC Peaceful Heart Sangha will share some of their experiences exploring their own footsteps on that path.

Those participating will include: Lorna Doone, Greg Fahy, Pam Robson, Christine Little, Marty Soule, and Vendean Vafiades

**March 28<sup>th</sup>**

*The Auction Sermon*

Rev. Carie Johnsen

In the 2009 UUCC Spring Auction, the high bid for a sermon title went to Jane Gilbert and Nancy Fritz. The auction item included dinner for four. Thus Rev. Carie will prepare dinner and the sermon title and content will be discussed over seafood lasagna. May we all be surprised by their choice.

**Minister: Rev. Carie Johnsen**

President: Debbie Mattson

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

Saturday 8 am-12 pm

Office: (207)622-3232, [admin@augustauu.org](mailto:admin@augustauu.org)

Minister's Study: (207)623-3663(office), (508)221-5296(Cell) and

(207)395-8051(home - effective 2/24/10)

[revcariejohansen@gmail.com](mailto:revcariejohansen@gmail.com)

<http://www.augustauu.org>

Minister's Hours: Monday 11 am - 4pm

Tuesday 1pm - 6pm

2nd & 4th Wednesdays 11am - 4pm

(Call to confirm availability)

Next newsletter deadline is **March 15<sup>th</sup>**. Please submit newsletter articles by email to Julie Pelletier, UUCC Church Administrator at [admin@augustauu.org](mailto:admin@augustauu.org)

# A Faith Journey...

In January we welcomed 34 new members into our community. Seventeen had joined during the previous year but had not been introduced to the congregation and an additional seventeen joined in January of this year. It is a joy and a privilege to meet with the new members and hear about their decision making process with membership. I am always reminded that it is indeed a journey of belonging.

The Membership Committee did a wonderful job of hosting a fun and informative newcomer dinner. A New Member Ceremony followed later in the month with the Membership Committee greeting the new members in the morning, taking pictures and offering instruction. The pictures from that day are now conveniently posted on the bulletin board in the vestibule. Please note: not all members are included.

But the welcome does not stop here. Integration is the next step. Helping our new members find meaning and purpose in our community is a task that belongs to the larger congregation.

*Welcoming and integrating newcomers and new members often requires us to step outside our comfort zone. If we accept the recommendation of Jesus and others that we become like children, the task of welcoming and integrating becomes easier. Consider this: When a new family moves into a new home, the neighborhood children often invite the new children to join them at play almost immediately.*  
(adapted) ~ John C. Morgan

How do we move beyond the welcome to integrate and encourage people new in our community to be a part of the larger church life? I have a few ideas:

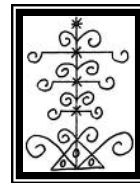
- Call a new member and invite them to a church event.
- Ask a new member or visitor to join you at fellowship hour. Introduce them to people you know.
- Ask a new member about their interests or passions. Then take the time to introduce them to someone else with a similar passion or interest.
- Approach someone standing alone in the hall or fellowship hall with this introduction "Hello. My name is Carie. I don't believe we've met."
- Talk to the new members about small group ministry. Introduce them to Kathy Kellison, our Small Group Ministry Coordinator.

If you chair a committee or sit on a committee, ask a new member if they have any interest in your committee work. If so, ask them to come to a meeting.

They say if a new member doesn't make six connections in the early days of their membership, they will leave. Our community is richer and wiser with new members. Their presence helps us in our own growing, belonging and becoming. We are grateful they are among us.

May we all take up the charge of helping all members find and maintain meaningful connections.

In faith,  
Carie



## *Creating Worship ... above and beyond the pulpit*

Exploring ways to create liberal religious worship services and celebrate being ourselves as UU's ...outside the box and deep within your heart.

Workshop Led by Rev. Dr. Judith Campbell  
Saturday, April 10, 2010  
9:30 – 4:00 p.m

This workshop is designed to help lay leaders find their worship voice and prepare for summer service.

If you have led summer worship, if you want to lead a summer service, if you have participated in summer worship, if you have ever imagined being part of worship service then this workshop is for you.

If you just want to have fun and explore your creative writing skills alongside creative worship, then this workshop is for you. More information to follow later this month

## The Worship Conversation...

On Saturday, Feb. 16, 2010 the Worship Arts Team met for the second time this year. This team includes the Minister, Director of Religious Exploration, Choir Director, Pianist, Music Committee and Worship Committee. We explored four questions: What are we hearing? What are we doing well? What needs our attention? How does our music complement (or not) the 2008 music survey? Here are some of the highlights:

- We love our windows but the sun can be blinding.
- Can we make the welcome and introduction of new members optional and invitational? How can someone gracefully sit in silence without feeling pressured to introduce themselves?
- Large print bulletins would be useful for some members.
- Can more red chairs be moved forward and a couple of pews be moved back in the sanctuary? This would support a more versatile worship space.
- The attention to space – visuals, flowers, aesthetic—is appreciated.
- We need more hymnals.
- Clarity and better instruction with rituals is needed.
- People appreciate the variety of services with dependable elements.
- The silence following the inviting of the bell is inconsistent.
- People appreciate the transparency and clarity.
- A rededication of church members would be a nice ritual
- Music and choir have successfully incorporated congregational interests
- Mixed feelings about Joys and Sorrows – some like the meditation with thoughts being lifted up

As always let us know what is on your mind. Your thoughts, ideas and suggestions are welcome.

A **Day of Mindfulness** led by the  
**Monks, Nuns, Monastic Dharma Teachers of Thich Nhat Hanh**  
Their first visit to Maine this century

**Saturday, March 27, 9:00 – 4:30**

**Where:** Unitarian Universalist Community Church, 69 Winthrop St. Augusta, Maine. Directions:  
<http://www.augustauu.org/visitors-welcome/> or call 207-622-3232

**Our Day:** will include a Dharma Talk, Sitting and Walking Meditation, Deep Relaxation, Dharma Sharing, & a Vegetarian Pot Luck Lunch.

**Children:** are welcome, if supervised by adults. Children 6 and older will have special activities planned for 1½ hours in the morning and in the afternoon.

**Cost:** \$25 Registration fee - checks made payable to UBC (United Buddhist Church) to cover Monastic travel costs. You will also have an opportunity to contribute support to the community at Blue Cliff Monastery.

**Registration:** Greg Fahy [gregory.fahy@maine.edu](mailto:gregory.fahy@maine.edu), (207) 622-7012. **No one will be turned away for lack of funds.**

**Please bring:**

- a room temperature vegetarian contribution such as fruit, salad, crackers, bread, spreads. (Soup will be provided.)
  - a cushion/bench if you prefer to sit on the floor. Chairs/pews provided.
  - Blanket/warm shawl for deep relaxation.
- Outer wear for outdoor walking meditation - regardless of weather

**Beginners/Everyone is Welcome.**

Sponsored by the Peaceful Heart Sangha at the  
Unitarian Universalist Community Church, 69 Winthrop St., Augusta, Maine  
Questions: Marty Soule [martysoule@gmail.com](mailto:martysoule@gmail.com), (207-685-9270)



# President's Column.....

Dear Members and Friends:

Just as Spring is approaching, so is the annual Stewardship Campaign. Each of us will be asked to make a pledge to support the financial well-being of the UUCC. We have already received a letter from this year's Stewardship co-chairs, Cheryl Ring and Mary Simpson, with a clear goal—100% of members and friends pledging to support the church.

I have no doubt that we will achieve this goal. During 3 years of interim ministry we worked to shore up our spiritual home, both literally (renovations) and figuratively (clearer operating policies). We are in good shape to meet the challenge of 100% pledge support. .

This church year has its own achievements. We have significantly more people attending Sunday morning worship; we have collected more than \$6,000 as donations for the greater community; we have expanded our Adult Religious Exploration program; we have welcomed at least a dozen new members. And there is that which is harder to quantify...the increase in enthusiasm and goodwill and love freely exchanged.

This year's Stewardship Campaign includes Visiting Stewards—a church member will meet with every member and friend of UUCC for a conversation about stewardship. I urge you to volunteer to become a Visiting Steward. Let a member of the Stewardship Committee (name listed in this newsletter) know of your availability and don't worry that you won't know what to say, the Stewardship Committee will teach you!

Our church continues to fulfill its promise to us—a welcoming congregation and a vibrant spiritual home. As you think about your financial promise to the church, please remember to include national and regional dues to the Unitarian Universalist Association of \$78 per person. We alone sustain this church with our promises and we join with others in New England and the United States sustain the UUA.

Let's meet the challenge of the Stewardship Committee of 100% pledging to assure that our financial house is in order. This will give us the opportunity to meet Carie's challenge to follow our principle of social justice and "open the windows and let the dove out!"

Sincerely,

Debbie Mattson  
President, Board of Trustees

## Stewardship Campaign - Key Dates:

March 6	Pacesetters' Reception	5:00 to 8:00 pm	home of Jane Gilbert and Nancy Fritz
March 7 1st	Orientation for Visiting Stewards	3:00 to 6:00 pm	UUCC
March 8 2nd	Orientation for Visiting Stewards	5:30 to 8:30 pm	UUCC
March 13	All-church Kickoff Celebration	5:00 8:00	Augusta YMCA
March 14 - March 28	Visiting Stewards hold stewardship conversations with congregation	as scheduled	wherever
March 29 - April 9	stewardship campaign follow-up, and close	we intend to have final pledge figures for the budgeteers on April 9	

## Stewardship Team

Annual budget Drive Co-Chairs....Mary Simpson and Cheryl Ring  
Pacesetters' Co-Chairs..... Judy McCown Bierce and Bruce Bierce  
General Gifts Co-Chairs ..... Faith Madore and Annie Lunt  
YMCA Kick-Off Event Chair..... Marty Thornton  
Publicity & Publications Chair ..... Lara Dionne  
Follow-Up Chair.....Michaela Loisel  
Budget Drive Treasurer ..... Melanie Lanctot  
Administrative Support Chair ..... Vacant  
Visiting Stewards..... Priscilla Jenkins, Cheryl Ring, 25 more needed, and being recruited now by co-chairs Faith Madore and Annie Lunt

## Board Highlights

- Report on planning for spring stewardship campaign. Committee will provide lots of information and will hold some fun events.
- Report on planning for installation of Rev. Carie Johnsen as minister of UUCC on April 25<sup>th</sup>.
- March 7<sup>th</sup> Town Meeting: Board members would like to hear your thoughts on what to do with our adopted building plans.
- Helen Zidowecki and Hilary Neckles will form a task force to recommend a structure for Adult RE

# From the Director of Religious Exploration

## Continuing the Vision

As part of our ongoing mission to provide excellent religious exploration programming for all ages, the DRE and RE Committee invited the church for a Visioning Luncheon, January 31. The gathering was lovely for fellowship, food, and values discernment. We worked together to figure out what we value most in our exploration of spirituality, religion, community building, and social activism. Here is what we came up with:

The group as a whole values most these ideals:

- Self-worth
- Respect for others
- Joy in being together, connected
- Faith in action/practicing our principles
- Knowledge

Spiritual strength

The group agreed that in considering the vision of the RE Program, we need to always remember “There is a reason and purpose that draws us to the UUCC and keeps us engaged in the community.” When considering that thought, we came up with these statements:

- We value and want to model the ideal of being in society with a listening heart and mind.
- We value having a sanctuary of safety and warmth at the UUCC.
- We value the particular kind of experience we have to offer all ages by virtue of being an intentional faith community.

And so, our statements (which, like us, enjoy ongoing revelation) are:

## Religious Exploration Mission Statement

In support of the church’s mission statement:

The mission of the Religious Exploration Program is to guide lifelong learning and integration of the Principles, Traditions, and History of Unitarian Universalism.

## Religious Exploration Vision

We seek to help our children, youth, and adults:

Find joy and solace in their connections at the UUCC;

Reside in an atmosphere that allows each of us to realize our own worth and potential as well as celebrate the worth and potential of others;

Explore ideas that strengthen spirituality and values discernment;

Integrate our Unitarian Universalist Principles into daily life through thoughts and actions.

That is a beautiful vision. And I appreciate the thoughtfulness that went into its creation.

Yours in faith,

Karen

## ADULT RELIGIOUS EXPLORATION

### INDEPENDENT FILM SERIES: February 28, 12: 15pm-3pm

Enjoy a light lunch and View our first film, "For The Bible Tell Me So". The movie profiles five Christian families and how they deal with having a Gay or Lesbian child. Two of the more prominent families interviewed are Dick Gephardt, a former Republican presidential nominee candidate and Gene Robinson, the current openly gay Bishop of the Episcopal Diocese in New Hampshire. See the broader description of the series on the Bulletin Board in the hall, and help us plan for additional films. Facilitator is Tom Waddell.

### GODDESS CONTINUING: March 7 and 21, 12:15-2:15pm

Starting on March 1, Goddess Continuing sessions will focus on earth-centered celebrations, their purpose and meaning in our lives, along with sharing our own living spiritual journeys.

**March 7 Cycle of the Seasons, Olsen Room in the Annex.** Overview of spiritual cycle, with a focus on Spring Equinox. We will be planning the Celebration; bring music, poems, resources, readings to share. One of our primary resources will be *Circle Round: Raising Children in Goddess Traditions*.

**March 21 Celebration of the Spring Equinox, Sanctuary.** While the actual time of Spring Equinox this year is on Saturday, March 20, 5:32pm, Join in the celebration of the seasonal change, as well as balance in our lives. The celebration itself will last about an hour, with time for additional discussion and activities.

### CONTINUING THE WELCOME Monday evenings, 6:30-8:30 pm

**Editorial:** Admittedly, I was disappointed when there were no participants for the February 1 session on Privilege. The Continuing the Welcome series was developed to address the request last year that we extend the concept of welcoming beyond the Welcoming Congregation focus on gender and sexual diversity. In looking at the various areas for intentional welcoming, I felt the need to address the "null curriculum" – the things that we do not talk about. In this case it is the privilege that we have or do not have regarding various life positions. Where are we on the continuum of privilege and what does that mean in our lives? And how are we welcoming, or not, around various issues? And how can we be more welcoming to people already in our congregation as well as in reaching out? I hope that you will consider addressing the null, and join the sessions, planned at this point for March 1 and April 5. Helen Zidowecki

**March 1 Ageism**, with *Roberta Record*. Discussion at the Looking at Later Life session on February 14 provides a starting point for this session. We will look at assumptions around various groups. What is the place of various ages in our congregation? What are the gifts and the needs of various ages. (Please see and add to the display in the case in the hallway.)

### BIBLICAL DIALOGUE: FROM OUR ROOTS Monday, 6:30-8:00pm Fellowship Hall

This series was started as a follow-up of the Misquoting Jesus sessions last spring. The February 15 session on UNITARIAN CHRISTIANITY considered the first three topics of this historic 1819 sermon by William Ellery Channing: Principles for Interpreting Scriptures, God's Unity (Unitarian versus Trinitarian), and the Unity of Jesus.

Join us on March 15 to consider Moral Perfection of God (including original sin and selective salvation), Mediation of Christ and the purpose of his mission, and the Christiana virtue or true holiness. We will have an overview of the first session for those who were not there at 6:00pm. Copies of the sermon are available on the bulletin board in the hallway. We are considering the impact of these thoughts on UUism today.

NOTE for Planning: If you are interested in a program that is being offered but are not able to attend at the planned time, please let Helen know. The program suggestions arise from interest expressed within the congregation and we want to make them accessible.

# COMMUNITY NEWS

**SAVE THE DATE**  
**Sunday, April 25, 2010 – 3pm**  
**Installation**  
**Of**  
**Rev. Carie Johnsen**  
**As the first Installed Minister**  
**Of**  
**U.....U.....C.....C.....**

*We are looking for volunteers to bake cookies, squares/bars for dessert platters. If you are willing and able to bake, please reply to [admin@augustauu.org](mailto:admin@augustauu.org) or by calling 622-3232*

## **A Gentle Nudge From The Aesthetics Committee**

*If you are interested in providing flowers for Sunday worship service or assisting with decorating the Sanctuary for a special occasion or creating 'alters' to enhance the message of worship, please sign-up on the sheet provided in Fellowship Hall or contact Janet House at [belgradehouse@roadrunner.com](mailto:belgradehouse@roadrunner.com)*

## **FUNDRAISING DESSERT THEATER-March 19th**

The next FUNdraiser is a Dessert Theater on Friday, March 19th. Dessert by candle light from 6pm to 7pm in the Fellowship Hall and "Accomplice" (a murder mystery) at the Gaslight Theater in Hallowell at 8pm. Theater tickets are \$12 adults, \$10 seniors. (Gaslight Theater gives us \$1 for each ticket we sell) Dessert will be paid for by donation..We encourage you to make your reservations soon so that we can let the theater know how many tickets we will need. **We will be taking reservations today in the Fellowship Hall during coffee hour and also during the Elder Luncheon..** Please mention this to others. We hope you can come.

Judy McCown and Bruce Bierce, Fundraising Chairs

## **NOTICE.... Please read**

There has been a **request to move the pews** in the sanctuary to create a more versatile space. The request is to have two full rows of chairs in the front on each side. Is there any person or group who finds the movement of pews unfavorable? If so, please send Carie [revcariejohansen@gmail.com](mailto:revcariejohansen@gmail.com)) or Jan House ([belgradehouse@roadrunner.com](mailto:belgradehouse@roadrunner.com)) an email. If not, we will proceed ahead with moving the pews sometime after March 14th.

## **UUC Family Talent Show**

**On Saturday Feb. 27, at 7:30 pm** in the sanctuary, the Social Activities Committee will present a spectacular talent show by UU members and friends. Free admission and refreshments. Vocal and instrumental music, plus a few surprises. Classical, jazz, popular songs, old and new, with an upbeat and fun theme, great for all ages. Bring family and friends, and make a note in your Blackberry or post it on the fridge. Stef Barley, Charlene Cleven and Hannah Faulkner are the show organizers.



## **Share the Plate** The generosity of this congregation is remarkable. May our giving be contagious!

<b>Oct.</b>	Unitarian Universalist Association	\$ 651.00
<b>Nov.</b>	Unitarian Universalist Service Committee (\$617)	
	Guest at your Table Boxes (\$625)	\$1,242.00
<b>Dec.</b>	Family Violence Project	\$ 551.00 plus numerous gifts for two families
	Bread of Life	\$ 520.00
<b>Jan</b>	UUSC – UUA Haiti Relief Fund	\$1,921.09
<b>Feb</b>	Angel Food Network	<u>\$1,358.22</u>
	Total Giving:	\$6,242.31



# Unitarian Universalist Community Church

## New Members

### List of New Members from May 2009 – December 2009 \*

Chelsea and Greg Ray-Schueman, children Chloe and Alina

Kelly Brower

Joyce M. Shelleman & Jeffery F. Shields

Helen & Joseph R. Paré

Susan & Jim Caldwell, children Joshua and Charlie

Dylan Voorhees, children Zuri and Azalea

Mark Hutton & Thalia Ravlin, child John Hutton

Christopher Landreth

Anne Fish

Lara Dionne

Lorna Doone

Ida Gammon-Wilson

**\*See current directory for contact information**



### List of New Members for January 2010

**Dale McCormick**

87 Court Street, Augusta, ME 04330

**Jean Kyle**

1032 Lewiston Road, West Gardiner, ME 04345

**Jan Provost**

17 Melville Street Apt 3, Augusta, ME 04330

**Allen and Jill Watson**

41 Belgrade Road, Manchester, ME 04351

**Betsey and Todd Remage-Healey**

27 Oakwood Drive, Hallowell, ME 04347

**Jani Clark, children David, Lazer and Phyllis**

322 Hankerson Road, Chelsea, ME 04330

**Diana Anderson, children Paige and Abigale**

18 Drew Street, Augusta, ME 04330

**Ron Le Blanc (returning member)**

15 Taylor Street Apt 3, Augusta, ME 04330

**Phyllis Cudmore**

6 Prospect Street, Augusta, ME 04330

**Mary and Ellis McKeen**

38 Bog Hill Road, West Gardiner, ME 04345

**Nance Caldwell**

23 Winthrop Street Apt 2, Augusta, ME 04330

**Karen Foust**

580 Wiscasset Road # 2, Pittston, ME 04345

**Ryan Ellis and Brookes Lambert, son Rowen**

134 Pleasant Hill Road, Augusta, ME 04330

## UU CONNECTIONS

Spring Conference & Annual Meeting of the Northern New England District

Red Jacket Inn, North Conway, NH

Friday, April 30, 2010, and Saturday, May 1, 2010

(followed by Unitarian Universalist Service on Sunday, May 2, 2010, 9:00 am)

⌄ **Banner Parade** ⌄ **Singing** ⌄ **Choir** ⌄ **Keynote** ⌄ **Worship** ⌄ **Maypole**  
 ⌄ **Workshops** ⌄ **Music by NNED composers** ⌄ **Children's Program**

“GETTING UNSTUCK: Nurturing Relational Curiosity as a Means to Break Through”

Keynote Speaker: Rev. Mark Stringer, First Unitarian Church of Des Moines, Iowa

Meet other Unitarian Universalists from Northern New England! See the flier on the bulletin board in the Fellowship Hall.

Contact Helen Zidowecki for more information (582-5308, or hzmre@hzmre.com, or see the district website at [www.nned.uua.org](http://www.nned.uua.org). Kathy Kellison will be participating in the workshop on Small Group Ministry.

*Come for the whole weekend <><> Come for the whole conference<><> Come for one day*

*But Come! Carpool! Be a presence on the District scene!*

*Early Registration is April 1; Final Registration is April 15.*



## HISTORY COMMITTEE

MARK YOUR CALENDAR for the "Opening" of the History Room in the Annex on Sunday, **March 28**, after the first service. Light refreshments, with our china cups and music by Bill Goldberg <>>Projects on display  
Congregational timelines: Beginnings, converging, going forward Bringing things that you might have from the history of the Unitarian and Universalist congregations in Augusta to show us and/or contribute to our history collections.

### WHAT QUESTIONS DO YOU HAVE ABOUT OUR HISTORY?

We appreciate receiving your questions, comments, and items in the History shelf in the Committee Room (next to the coat room).

### Quotes from the WAYSIDE

"Everybody thinks of changing humanity and nobody thinks of changing themselves." Leo Tolstoy

"We have to stumble and fall if we are to walk." Samuel H. Miller

"And now abideth faith, hope, charity, these three; but the greatest of these is charity." Corinthians 13:13

"With malice toward none; with charity for all; let us strive on to finish the work we are in." Abraham Lincoln

"When it's time to die, let us not discover that we have never lived."  
Henry David Thoreau

### Elders Lunches

**2<sup>nd</sup> Sunday, Noon-1pm, Fellowship Hall**

*Dan Sorenson* (685-3681, [sokarldan@roadrunner.com](mailto:sokarldan@roadrunner.com))

\*Informal conversation and a connections.

\*"Elder" is self-defined. \*Lunches are delicious!

### Looking at Later Life - Gifts, Challenges, Celebrations in the Wisdom Years

**2<sup>nd</sup> Sunday of the month**

**After Elder Lunch ~ 1-2pm, Sanctuary**

**February 14** session on Ageism, led by *Helen Wing*, was attended by about 20 people. We looked at attitude, perceptions and experiences toward younger and older ages. The thoughts that were generated here will be part of Continuing the Welcome: Ageism on March 1.

**March 14** Conversations with your minister, Rev. Carie Johnsen. What do you need from your minister during your wisdom years? What do you need from your congregation during your wisdom years? How have your spiritual/religious/worship needs shifted in this stage of your life? Do you desire to do any end-of-life spiritual planning with your minister? What would you like that to focus on?

### NONVIOLENT COMMUNICATION ~ FRIDAY PRACTICE SESSIONS CHANGING TO OPEN SESSIONS

The Nonviolent Communication Practice Group that meets the 1st and 3rd Fridays, 10-noon is changing to an Open Group format as of April 2. If you have participated in NVC practice groups previously, have taken NVC training, or are interested in learning about NVC, consider participating. We will continue to use Nonviolent Communication: Language of Life, by Marshall Rosenberg, and activities from an accompanying workbook. 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.)

## SMALL GROUP MINISTRY

I count myself among life's optimists. My glass is always three-quarters full-at least! At the same time, I really do try to avoid denial. When the glass gets empty, I do notice. I was thinking of all this recently in connection with how I think and write about Small Group Ministry. I could be accused of rose colored glasses and I would have no defense.

I know, and have written often that Small Group Ministry has been the source of much that is good for our congregation. Friendships have formed, support has been given and received, we have learned to listen to one another in a deeper way. We, as individuals and as a congregation have grown and changed with Small Group Ministry.

I have glossed over the reality that sometimes growth comes with pain and struggle. Participation in a Ministry Group means risking. Perhaps you will encounter a difficult personality, someone you would not have chosen for a friend. It will surely be a challenge to practice listening to this person. I would say this is a wonderful opportunity to grow. You might say you aren't sure you want to grow in that particular way. It can happen that someone in your Group will say something that hurts you. You will need to decide how to respond. Will you address the individual? Will you bring it up to the Group? Will you decide that Group is no longer meeting your needs? How will you respond if you know someone is leaving your Group because of an unspoken resentment?

What if the resentment is addressed and not resolved? What are the responsibilities that Group members have to the Group, to the individual members of the Group and to themselves when there is conflict?

These are questions that have no right answer. They are questions that go to the heart of what it means to be an individual in a group and in a community. As challenging as these questions can be, struggling with them will provide an opportunity for personal discovery and growth.

I invite anyone who wants to know more to speak with me. Several Groups have openings!

And you are invited to the Open Group on March 21, either at 10:30 or 12:15 at 71 Winthrop St. Find out how a Small Group Session works.

Kathy Kellison  
Small Group Ministry Coordinator



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

Our Administrative Office is open:  
Mondays and Tuesdays 8 am-4 pm and Saturdays 8 am-12 pm  
71 Winthrop Street, Augusta, ME 04330  
(207)622-3232

**From the Desk of Rev. Carie Johnsen**

**New Phone Number at home**

Home Study 207-395-8051(effective 2/24/10)  
UUCS Ministers Study 207-623-3663  
Cell phone 508-221-5295

**Revised Office Hours:**

Monday 11:00 – 4:00  
Tuesday 1:00 – 6:00  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 11:00 – 4:00  
Call to confirm availability

***American Bittern***

As I stop by the pond, the bittern rises  
from a broken branch on a long-dead tree,  
sails down the pond to the other end.  
I have intruded on his business,  
he sentinel and fisher, poised, steady,  
seizing the moment, wordless, ready.

~ Alice Gifford

"The great use of life is to spend it on something that will outlast it." ~ *William James*