



# The Flaming Chalice

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

January 2016



**Theme:**  
**Resistance**

January 3<sup>rd</sup>      *Sabotage*      Noah Gottlieb

All of the systems in which we dwell are vulnerable to attack from within. Whether as mindless destruction or as righteous defiance, sabotage is the deep end of the resistance pool. So take a breath with me and hold it....

January 10<sup>th</sup>      *Love Is Our Resistance*      Rev. Carie Johnsen

Companions in the journey: gratitude and love and empathy and compassion and hope are resistance too!!

January 17<sup>th</sup>      *We Were Made For These Times*      Rev. Carie Johnsen

Clarissa Pinkola Estes writes, "My friends, do not lose heart. We were made for these times... One of the most calming and powerful actions you can do to intervene in a storm world is to stand up and show your soul."

January 24<sup>th</sup>      *The Church is Dead. Long Live the Church*  
Rev. Carie Johnsen

The religious landscape is changing. The spiritual needs of the people are in transition. What shall we do? What is to become of church as we know it? How shall we deepen and stretch and ground ourselves for the unclear times ahead?

January 31<sup>st</sup>      *TBA*      Worship Committee

## A Faith Journey...

I'm not really sure how I feel about this month's theme of resistance. Maybe it is the antagonist or contrarian in me who's pushing back (yes, resisting) on the topic. Or it could be the optimist in me that wants something more cheerful and comforting to curl up with during the deep, dark, cold days of January. Then there is that part of me that wants to put on the blinders and settle into something more provocative, trendy, exciting or nurturing.

But here we are, settling into a long winter's nap with resistance on our doorstep.

One thing I do recognize is: Resistance can be an awkward, sometimes agonizing, journey down a winding revealing path that lacks light and clarity. I guess, at the very least, I can appreciate how this month's Soul Matters Packet (available January 3<sup>rd</sup>) engages the complexity of resistance.

*Sometimes being a people of resistance involves struggle and requires us to disobey; other times it asks us to just be ourselves and not hide who we really are. Sometimes it involves defeating the enemy; other times it is a matter of noticing that treating them as the enemy defeats us all.*

*Sometimes being a person of resistance is about fighting all the way to the top; other times it's about picking yourself up off the floor and taking one tiny step. Sometimes it depends on the will to never let them win; other times it hinges on the wisdom to follow the path of least resistance. It certainly takes the form of speaking our truth. But more often than not, it's about the harder task of speaking the truth in love.*

Our month of Sundays will be a journey down the rambling and rocky roads of resistance. We explore the complexity of resistance through what I believe to be topics of relevance in today's social and religious landscape. With fear and hate and intolerance on the tongues of too many, we will ask: Is our Unitarian Universalist value of Love strong enough to push back on discrimination, violence and terror? Furthermore, are we well prepared to encounter these tumultuous times?

And we will explore the shifting religious landscape at UUCC, in Maine and across America. We will ask ourselves: How will we resist the growing movement away from church? Will we quietly fade away as fewer and fewer people place value in religious institutions and Sunday morning? Will we stretch and struggle through our own religious identity, traditions and practice? Will we be grand adventurers and experimenters in the rapidly changing call to be relevant and meaningful?

The UUCC Board of Trustees has voted to accept an invitation from the New England Region of the Unitarian Universalist Association to be part of a Relevance Pilot Learning Experience. A team of four *Brave Relevance Adventures* has been identified to explore what relevance could mean for our congregation. This team includes: Rev. Carie Johnsen, Linda Findley, Richard Fisher and Emma Chapin. The team meets the recommended mix of long-timers and newcomers, generational diversity, raised Unitarian Universalist and new to our principles, professional and lay experience and, last but not least, experimenters and adventurers. Ultimately, each participant is asked to be willing to mix things up, stay open to new ideas, engage curiously and enjoy learning. Our team will journey with eight other congregations during the months of January, February and March. They will bring their commitment to a close with a report and recommendations to the Board of Trustees.

I guess where I find deep engagement with the theme of resistance is at the intersection of relevance albeit in our personal/spiritual lives, our church communities or our striving to be a part of creating a more loving and just world community. As relational beings we strive for meaning and purpose, to be seen and to be heard. It is our human condition. Sometimes relevance takes the form of resistance. Sometimes resistance looks foreign. Either way, we are called this month to explore the rough seas and the calming streams. So, off we go now on the grand adventure of resistance. May it be relevant!

In Faith, Rev. Carie

# UNITING FOR RACIAL JUSTICE

As Unitarian Universalists we are called by our principles and history to close the gap between our values and our actions. This call to stay engaged in racial justice requires of us a willingness to stay tuned in and informed; ready to take risks and make mistakes; and to be called out on our white privilege that we might do better.

Rev. Carie invites you to join her for the following event:

## **MLK Speaker Breakfast**

### **Faces of Immigration in Maine**

January 18, 2016  
Doors open at 9:00 a.m.  
Speakers begin at 9:30 a.m.  
St. Francis Xavier Catholic Church  
Winthrop, Maine

Immigration has been in the news both nationally and locally in the past few months. This Martin Luther King Day we explore immigration in our own community. Panelists will speak about previous immigrants who came to the capitol region and recent immigrants will speak about their experiences as immigrants. Audience members will have a chance to reflect on their own immigration stories and learn more about why people come to the United States and how we can welcome newcomers.

All are welcome. Light Breakfast served.

Sponsored by Winthrop Area Ministerial Association

## **Support our Muslim Neighbors Shop at Mainly Groceries**



This month I invite you to head up Northern Avenue in Augusta. Look for this banner hanging in front of Mainly Groceries across from St. Augustine Church.

Stop in and say hi to Sosa or Kamat.

Make a purchase or order some falafals for a family gathering.

## President's Column....

### GOOD THINGS AHEAD

If you haven't been to church lately, I urge you to show up. We've been firing on all cylinders lately.

The choir has been outstanding; the orchestra equally so. A fire has been lit in RE, and the sermons, both by Rev. Carie and guest preachers, have been of the highest order. We've been talking about important stuff and doing it well. My gosh, every time Hannah launches into "The Doxology", my Ol' Time Liberal Religion spirit lifts right up. Then, with the coffee and the cookies, our fellowship between services has been genuinely fun and heartwarming.

If going to services is not your bag, then think about a small group. Our program continues to flourish after seventeen years! Many of our members and friends forge meaningful relationships one fantastic conversation at a time. More meaningful conversations happen in our adult religious exploration work. On the first Sunday of every month Annie Voorhees and I lead a prayer group in the Drew House. Starting in January, a discussion group around *The Four Agreements* will take place over a series of weeks.

But say you don't want to get into all that chatty-chat-chat-chat? As an introvert of sorts, I understand. Many of us *join* the community of the church by working towards its mission. There's a joke about protestant churches, "People come for relationships, but get committee meetings." Yeah. I'm going to stick up for committee meetings. If you come to church because you believe in our mission ... that mission only gets enacted through work, and the work of the church happens in committee. If you are looking to feel welcome, I guarantee any committee of the church would welcome you with enthusiasm.

The holiday season may be coming to an end, but we need each other and we need our "spirit" just as much as ever. Come to church. I'd love to have a conversation with you.

Gary Chapin



# Photos for UCC Photo Directory to be Taken

## March 18 and 19, 2016

The UCC Membership Committee has arranged for a professional photographer to take photos of all members and friends to be included in a **new** UCC Church Directory. We did a photo directory about 5 years ago and people found having names with photos helpful and interesting.

Each family who signs up receives a complimentary 8x10 photo, plus a free directory for participating. If you like, you have the option of purchasing additional portraits for yourself, family, or friends. Stay tuned for how to sign up for a portrait session. Each session takes about an hour, and will be held here at the church.

You can make your portrait as creative and interesting as you wish. For instance:

- Bring meaningful items that express your individuality. Popular choices are: sports equipment, musical instruments, hobby items, special toys or books.

(I intend to include my binoculars in my photo. Stef may bring her violin!).



- Invite grandparents or other family members or loved ones to join your portrait sitting -- even if they are not church members.



- Wear your special jewelry, hats, scarves, etc. You can mention to the photographer if you would like to have your jewelry or other

accessories featured in your portrait.

- Bring your pet! (always photogenic!)

Cheryl Ring, Chair  
Membership C0mmittee



Friday, March 18, 2016 2:00 pm to 9:00 pm UCC Fellowship Hall	Saturday, March 19, 2016 10:00 to 5:00 pm UCC Fellowship Hall
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# Peaceful Heart Sangha

Drop in to join us for mindfulness meditation any time:

Mondays 6:30 – 8 PM at UCC, Thursdays 8 – 9:30 AM at River Studio, 332 Water St, Hallowell

**The Peaceful Heart Sangha “January Intensive” is open to one and all.** This is a time when we can consider what aspiration we have for our lives and explore one tiny portion of it during the month of January.

**We will begin with a 9:30 - 2 Day of Mindfulness at UCC in Augusta on Saturday, January 2.** This will include meditation, readings, optional sharing, and a mindful vegetarian Pot Luck meal. If you think you may join us please contact [martysoule@gmail.com](mailto:martysoule@gmail.com). You can also come spur of the moment. We are each invited to look at the January Intensive outline below and to decide what we think will be most beneficial for our own lives during the month of January.

If you are interested in joining our Second Body Practice during January, please email [martysoule@gmail.com](mailto:martysoule@gmail.com) with second body practice in the heading so that you can be connected within the sangha circle. I can talk with you and/or send you information to help you better understand this practice.

This practice will involve mindfully listening to one member of sangha several times during January and having a different member of sangha listen to us several times. We have found that this practice helps us to connect more deeply with each other. Those who participate create their own schedule, either meeting in person or talking on the phone.

We will wrap up our practice on January 30 with another Day of Mindfulness, 9:30 - 2. As a participant, you are welcome to join us for one, both, or none of these days.

## **2016 JANUARY INTENSIVE COMMITMENTS**

*Here are suggestions to give concrete form to good intentions, possible ways you might choose to support your commitment, deepen your practice, and walk further down the path to awakening. **You can pick one or two commitments, or as many as feel comfortable, or make up some others.***

**Sitting, Walking, Eating Meditation:** *For the duration of this month, I intend to:*

**Mindfulness:** *For the duration of this month, I will try to be fully present as I perform one simple daily task:*

**Precepts Study:** *For the duration of this month, I will observe my own behavior, examining myself in light of one or more of the Five Mindfulness Trainings. In particular I will focus on:*

**Study:** *During this month I will undertake to study (a particular sutra, teaching, or book):*

**Dharma Talks & Practice:** *During this month I will listen to \_\_\_ of Thich Nhat Hahn’s or another Dharma Teacher’s talks (eg <http://tnhaudio.org>, [joannefriday.com](http://joannefriday.com)) or will attend a retreat or Day of Mindfulness.*

**Service Practice:** *Focusing on the practice of generosity, I will offer my time and resources in the following way:*

**Second body practice.** *For the duration of this month, I pledge to meet or talk with \_\_\_\_\_ at least \_\_\_ times and to listen to \_\_\_\_\_ at least \_\_\_ times per month.*

**Sangha Gatherings:** *My commitment for this month is to attend (opening and/or closing session and/or weekly sangha, UCC services, etc.)*

**Winter weather reminder - if you ever feel unsafe driving to a sangha event due to weather conditions (or other reasons), please stay home. On days when school is canceled in Augusta/Hallowell due to weather, we will not have sangha.**

The **Casco Bay Mindfulness Sangha** will also have a **Winter Intensive in Brunswick** and all are welcome. They will meet on January 9 and February 6. Contact Phyllis Chinlund, [pchinlund@gmail.com](mailto:pchinlund@gmail.com)

**The January issue of Shambhala Sun is a special issue celebrating Thich Nhat Hanh.**

Marty Soule will be offering an Introduction to Mindfulness Meditation in Readfield through the Maranacook Adult Education, 4 Wednesdays, January 20 - February 10 from 6:30 – 8 PM. All are welcome.

## Forgiveness A UCC Adult Enrichment Course

*“I wondered if that was how forgiveness budded; not with the fanfare of epiphany, but with pain gathering its things, packing up, and slipping away unannounced in the middle of the night.”*  
—Khaled Hosseini, *The Kite Runner*

Have you ever been hurt? Have you been told it's best to forgive? Have you ever wondered how forgiveness might happen? What does real forgiveness feel like? How do you get to forgiveness?

These are some of the questions you will be asked to explore at the UCC Adult Religious Exploration class on *Forgiveness*.

We will be following the model of psychologist Dr. Everett Worthington Jr., a pioneer researcher in the field of forgiveness, who constructed a 5-step model of practical exercises to facilitate the process of forgiveness. Dr. Worthington has dedicated his life to the study and teaching of forgiveness. He is a professor of psychology at Virginia Commonwealth University and has taught at the University's American Psychological Association-accredited psychology (counseling) program for thirty-three years.

This 10 week, day-time class will begin January 14<sup>th</sup> and will continue on the second and fourth Thursdays of the month, 1:00 pm to 2:30 pm, until May 26<sup>th</sup>. Best results are achieved when participants attend all classes (if possible).

The long dark hours of winter are a great time to hunker down and do some serious reflection.

Won't you please join us as we sit around over a steaming cup of tea, and carefully minister to some of the painful places in your heart?

To register, please call UCC Office Administrator, Lynn Smith at 622-3232 or email her at [admin@augustauu.org](mailto:admin@augustauu.org). Questions can be directed to Maggie Ricker, group leader, at [Maggiesway@aol.com](mailto:Maggiesway@aol.com) or text or call 207-689-7711.

## Elder Lunch...

### Elder Lunch

**January 10th at Noon in Fellowship Hall**

Plan to relax and socialize with your friends after the second service. Menu always includes breads, salad, entree and dessert. Church elder lunch is not exclusive to Senior Citizens – we have regular attendees in their 40s and 50s too, so please self-select and join us.

### Elder Lunch – Help Wanted

Help with setup, serving, and cleanup is needed as several regular crew members are away this winter. Additionally, each event requires two large salads, 4 entrees choices, and plates of finger desserts.

Could you cook a casserole, quiche or soup for the Elder Lunch just once this year? Or are you willing to cook a finger food desert like cookies, brownies or bars? Or would you be willing to bring a large green salad or cole slaw?

If you aren't a cook, would you be willing to help set up, serve or clear?

Please call Marilyn Dunn to schedule your contribution 512-5382 or email [maine2007@hotmail.com](mailto:maine2007@hotmail.com)

## UU's Praying Class...

The ***UU's Praying*** class, led by Gary Chapin and Annie Voorhees, meets on the **first Sunday of the month**.

We gather in the first floor living room of Drew House immediately after the second service.

## Goddess Continuing/ Earth Circles...

Join Goddess/Earth Circles on **Sunday, Jan. 24, 2016, from 12:15 - 2:00 p.m.**

In Fellowship Hall

### ***Directions, Elements, and Stages of Our Lives***

We call or honor the directions and elements when we meet. Come, explore more deeply, with meditations and actions for spiritual living. Based on writings of Starhawk.

We also will be reviewing the plan for the year.

What would YOU like to have included in our gatherings?

Focus on goddesses?

Earth-based celebrations?

Come, share your interests and suggestions. We look forward to your meeting with us. The meetings are open to all youth and adults, all genders.

For more information, contact Helen Zidowecki (582-5308, [hzmre@hzmre.com](mailto:hzmre@hzmre.com) )

## Partnering with the Augusta Food Bank...

Please continue to help UUCC support the **Augusta Food Bank** (AFB) by donating non-perishable food items to the wagon in the coat room.

The AFB especially needs boxes of mac and cheese, canned fruit and vegetables, granola bars, peanut butter and canned tuna. They can always use volunteers to help check in clients, stock shelves, and assist with retail store pickups.

For more information on how you can donate or get involved, please contact AFB board member Pam Lombard at 458-4409 or the new Executive Director of the Augusta Food Bank, Sarah Miller at 622-5225.

## Ethical Wills...

We all share the reality that one day we will die, and we want to leave behind memories of who we are to those we leave behind. Beyond material possessions, one way to do that is to write an **Ethical Will**, a way to bequeath your values, beliefs, hopes for the future and lessons you've learned in this lifetime.

Nancee Campbell will be leading a workshop on writing Ethical Wills on **Saturday, January 16<sup>th</sup> (snow date: February 6<sup>th</sup>) from 10:00 a.m. – 2:00 p.m.** We will be learning the history of Ethical Wills, discussing the importance of them, and taking a stab at writing our own. We will also be sharing a pot luck lunch, so please call Lynn in the office (622-3232) to register and let her know what you will be bringing.

This promises to be an insightful opportunity to examine your own journey through life.

**SAVE THE DATE!**

### **Martin Luther King Day Speaker Breakfast**

### **The Many Faces of Immigration in Maine**

Monday, January 18, 2015  
9:00 – 11:00 a.m.

Sponsored by: Winthrop Area Ministerial  
Association



## REflections...

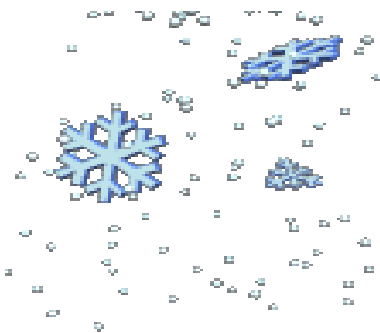
As I write this, sipping a mug of green tea and enjoying the company of my plants and animals, finally relaxing twelve hours after the successful completion of the Holiday Pageant, I can finally breathe a sigh of relief and gratitude. The first big theatrical event of my RE career has been done, has been done well, and that is because I was not doing it alone.

Thank you to parents for your kids, and to RE teachers and volunteers for costuming, queueing, and coordinating. Thank you to RE children and senior youth for your willingness and your easy-going attitudes. Thank you to the church as a whole for wishing for our success — that kind of support is deeply felt and meaningful. I am grateful to be part of a community that passionately believes in Religious Exploration and the capabilities of our youth.

As we approach the New Year, and I reflect on the past few months and all that I've learned in this position, I want to impress that I am grateful. I am challenged every day, and sometimes I falter; but I always believe that I am serving a community that believes in me and the importance of R.E.

The sap is strong in this one — I'll leave it at this. Thank you, and blessed be.

Brigid



## History Committee...

The History Committee meets to the Third Thursday of the month, with a time change to noon - 2:00 p.m. in the History Committee and Olsen Rooms in Drew House. A focus of the January 21<sup>st</sup> meeting will be gathering information requested by Rev. Peter Richardson, a retired UU minister who is writing the history of Unitarians and Universalists in Maine.

Welcome to Becky Harvey and Catherine Palmer, who are managing the Wayside Pulpit! We expect to change the sign in front of the church at least monthly. When possible, the message will reflect the Worship theme of the month.

Please contact Heide Munro at 622-7395, [heide.munro@gmail.com](mailto:heide.munro@gmail.com) if you would like to contribute to or be part of the History Committee.

*The History Committee relies on all of you to contribute items by placing them in the History Committee tray in the Committee Room. We add items to our Members Book each time that we meet to capture our history as we make it!*

## Stewardship Committee...

The UUCC Stewardship Committee is shaking things up a bit this year. Our annual kick-off event will be an opportunity for the congregation to engage their Unitarian Universalist values and principles in the world. Stay tuned for more exciting information on how you can get involved with this important community event.

### THE POWER OF ONE BE AN UPSTANDER, NOT A BYSTANDER

February 7, 2015  
12:30 – 3:00 p.m.  
Buker Center, Augusta, Maine

Café lunch will be available.

One voice leads the way! Speaking up and speaking out to empower the children, their families, and our community to respond to violence and help create safer, healthier and peaceful communities.

This multigenerational event will offer age appropriate opportunities for people of all ages to engage in educational activities and raise awareness around issues of bullying, teen dating violence, intimate partner violence, domestic and relationship violence.

Come create your upstander t-shirt and make a commitment to being a one voice among many!

**Sponsored by:**  
Family Violence Project  
UUCC - Stewardship Committee

## Occasional Book Discussion..

This group is open to all. Come to one session, come to them all. There is no need to register ahead.

We will meet from 12:30 until 2:30 in Fellowship Hall on the following dates. Books are available at Barnes and Noble or from interlibrary loan.

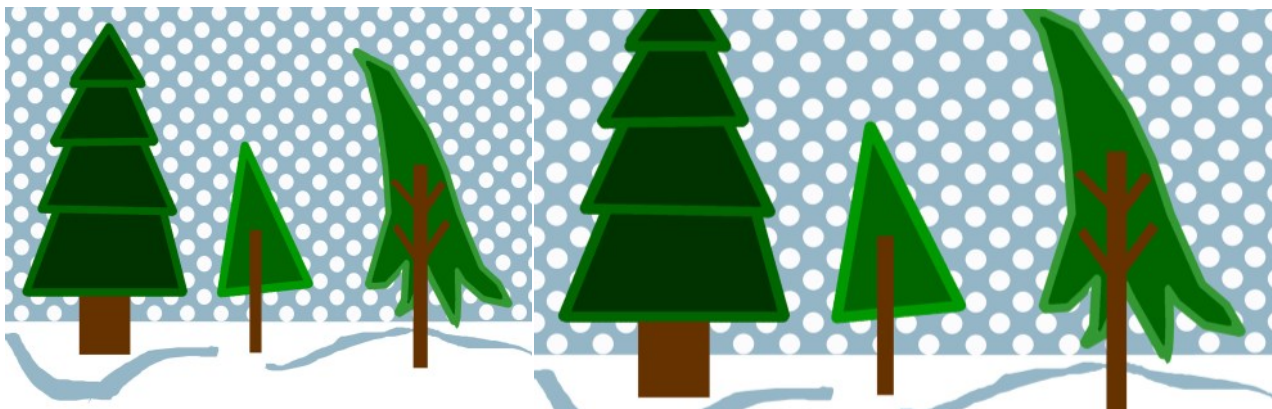
On **January 7<sup>th</sup>** we will meet to discuss the novel A Tale for the Time Being by Ruth Ozecki. This is a fascinating novel exploring themes of relationship and history, as well as quantum physics and Zen.

On **March 17<sup>th</sup>** the selection is Being Mortal by the surgeon and writer Atul Gawande. The book jacket says this: “Riveting, honest, and humane, Being Mortal shows how the ultimate goal is not a good death but a good life—all the way to the very end.” This is a book for anyone thinking about end of life issues for themselves or those close to them. I hope you will join us for what is likely to be a powerful discussion.

On **April 21<sup>st</sup>** we will discuss The Dinner by Herman Koch and on **May 19<sup>th</sup>** Buddha's Brain by Rich Hanson.

For more information, contact Kathy Kellison 445-4415, [kell6787@gmail.com](mailto:kell6787@gmail.com) or June Zellers at 582-5248, [jzellers@roadrunner.com](mailto:jzellers@roadrunner.com).

We hope you will join us!



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

## Newsletter Submissions

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

**Deadline: January 18.**

**Minister:** Rev. Carie Johnsen

**President:** Gary Chapin

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

**Administrator:** Lynn Smith  
[admin@augustauu.org](mailto:admin@augustauu.org)

**UU Office hours:**  
**Monday, Tuesday, Thursday 9am-3pm**  
**Wednesday noon-6pm**

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

### **Rev. Carie's office hours:**

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

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

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

Website: [www.everydayordinarytheologies.com](http://www.everydayordinarytheologies.com)

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