



The Flaming Chalice

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

Theme: Healing

October 2016

October 2nd

Good Enough

Rev. Carie Johnsen

Join us in a theological exploration of shame in our congregations and in our personal lives. How shall we individually and collectively cultivate Grace-Full living?

October 9th

Ethical Eating

Richard Fisher

This service will take a look at what we eat and its impact on the environment and our lives. The choir will offer an anthem by Unitarian Universalist favorite, Ysaye Barnwell.

October 16th

The Journey's End

Rev. Carie Johnsen

The spiritual journey to the end-of-life is an exploration of that which matters most, and an alignment of our values with our living. In this service will we engage the conversation in the light of love, the spring of hope, and the quest for meaning.

Special Music: Flutist William Fahy will join Karen Allen on piano.

October 23rd

The Power of Music

Rev. Carie Johnsen

The choir and orchestra will join us for a special Sunday exploring the role of music in our lives. This service will include a time of celebrating the gifts of our growing music program.

October 30th

Cultivating Loving-Kindness in Challenging Times **Lorna Doone, Marty Soule, Julia McDonald, Nan Bell and Lynn Deeves**

How do we manage challenging times and bring healing to ourselves, our community and our world? You are invited to join several members of the Peaceful Heart Sangha, as they offer mindfulness practices to help us in stopping, calming and looking deeply.

A Faith Journey...

This week yet another book arrived in my mailbox, Cultivating Empathy: The Worth and Dignity of Every Person – Without Exception, just in time to shape this newsletter article. Author Nathan C. Walker opens the introduction claiming "... *human capacity to have empathy is not simply a creative impulse but a moral one.*" Through personal stories Walker shares with readers his spiritual practice of moral imagination. Drawing from the University of Kansas School of Medicine, he defines moral imagination as ***the ability to anticipate or project oneself into the middle of a moral dilemma and understand all the points of view.***

He begins his first chapter with a sermon excerpt:

We, as one strong body, are required to lead by being. When we feel the impulse to be the interrogator, we must choose to be the generator of visions larger than ourselves. When we feel the impulse to be enraged, we must accept the invitation to be empathetic and no longer make people the object of our aggression. When we feel the impulse to be furious, let us dare to be curious. When we feel the impulse to be righteous, let us transform our soapbox into a music box. Let us dare to be powerfully playful. (1)

He then goes on to share a story of humiliating a woman in pearls at a New York lecture when she steals his partner's seat. Walker's generous humility opens a space for the readers to embark on their own honest self-reflection. He asks the reader to imagine with him, alternative options to his impulse of righteous indignation. I recall the first time someone had the courage to call me out on my righteous indignation. While I heard what she said, and had some vague understanding of what she was asserting, I couldn't quite connect the accusation to my behavior. I recall the thoughts in my mind sounding something like this, "Well of course I was right and I had every right to be indignant. Who was she to be calling me out?" Yet, I remained silent. Stunned. De-centered. Something about what she said rang true. It would only take me another year or so to see what she witnessed.

Walker is not excusing other's behavior nor is he adopting another person's stance. He is choosing to respond in ways that honor every person's respect and dignity, including his own. Walker writes, "*I have come to learn that whether we demonize or romanticize other people, we still dehumanize them-- we demoralize them-- while corrupting our own moral capacity. Our power to dehumanize, to demoralize others and ourselves, stems from our undisciplined, unprincipled minds.*" (xix)

We are living in hard times with growing diversity that brings about an increasing collision of ideas ready to divide families, communities, and nations. I believe the moral imperative of our time is to cultivate spiritual tools and resources to bear the recurring waves of intolerance, aggression, and injustice with creativity, grace and dignity. Walker's moral imagination is just one seed that, if planted, might reap a harvest of peace and harmony.

We need each other in this journey of teaching kindness and empathy, listening and curiosity. There are those among us who have a natural capacity to respond with heart wide open, curious and kind. From a place of non-judgment their impulse is to see the world through the eyes of another. While they may not always agree they will seek to understand more deeply.

As the month unfolds, as we encounter the theme of healing, I invite each of you to seek out spiritual teachers and the spiritual walking among us. Pay attention to the ways they open a conversation rather than close it down. Bear witness to stories where the moral imagination of one person changed the outcome of the story. Bear witness to the moments where you were de-centered. Pause. Reflect. Cultivate curiosity. Make meaning. Consider hope and possibility.

Bear witness to the actions that turn fear and hate into love and compassion. Pick up these seeds of moral imagination. Carry them home. Plant them on your heart. Nurture their future. And watch them bloom.

In faith, Carie

From the President....

The church year at UUCC has gotten off to a busy, enthusiastic start! I hope you have found something to connect with already. Some highlights for me already this year have been:

The Leadership retreat held on Saturday Sept. 17 challenged those in attendance to ponder what it means to say YES to ideas, to programs, to new initiatives which keep UUCC relevant in Augusta, Maine in 2016. We were challenged to approach our passions with a YES answer to move forward. Thank you to all who attended and brought your passions with you.

At the recent Board meeting the group reaffirmed the goals that many worked to develop during the Leap of Faith initiative three years ago. However, we felt they needed a new name to signify we still are committed to them and believe they are still important to our life together as a church community. You will hear and see more about UUCC Living Our Faith goals from now forward.

Religious Exploration began Sunday Sept. 18 with the children working with Brigid to formulate covenants they will use throughout the year. Training was provided for those who will be working with the groups of children and youth on the exciting new curriculum using Harry Potter themes.

Hospitality/coffee hour has been offered by individuals, families, and committees. Small group ministry groups have signed up for helping with future Sundays. People have been "hanging around" for longer times connecting with each other. I hope you are meeting and greeting new people as well as reconnecting with those you already know!

New Adult Enrichment opportunities are now ready with a new booklet of details which is available in the vestibule at the church. Each of these offers the possibility of meeting new people, learning new ideas, and providing for personal growth. Check them out!

The choir and the orchestra have begun rehearsals and will be joining forces more frequently for the worship services this year. Rehearsal schedules are published in the weekly announcements if you would like join either group. The upcoming concerts are also a way to enjoy music and financially support the church.

The worship theme for September was covenants and what does it mean to be a people of covenant. A passage by Victoria Safford in the September Soul Matters packet that I continue to work on is, "What do we believe in? To what larger love, to what people, principles, values, and dreams shall we be committed? To whom, to what are we accountable? In a tradition so deeply steeped in individualism, it becomes a spiritual practice for each of us to ask, not once and for all, but again and again....The life of the spirit is solitary, but our answers to these questions call us to speak, call us to live in the plural."

Are you living in the solitary or the plural? How does UUCC encourage and support you to choose the plural?

Martha Naber,
Board President

Goddess/Earth Circles...

Join the Celebration of Samhain (Halloween) on ***Sunday, October 30, 2016*** when Goddess/Earth Circles is doing Fellowship Hour, with a focus on symbols of the season. You are welcome to add fun foods to the table that represent symbols from ghosts to scarecrows, from jack-o-lanterns to owls.

On the more serious side of the celebration, there will be a lunch honoring Women of Wisdom (Crones) following the second service. Throughout life we pass through many stages that bring significant change and identity to our lives. The Women of Wisdom celebration comes from Croning, an ancient ritual that announces shifting focus from the exterior world of conventions to the freedom of being the ruler of your own inner realms.

The gift of the Wise Woman/Crone is to make known her understanding of life and to lend wisdom to enlighten others to life's beauty and its ugliness, its light and shadow. The word crone is derived from the word *cronus* (time) and it means the wisdom gained through life long experiences. A Crone is a woman who has reached wisdom in her heart, who is called on in disputes to arbitrate, and who is called on in despair to sooth the wounds. They appear in important times to show the grace of the goddess. We invite older women in the congregation to reflect on how you acknowledge your own wisdom and how you share your wisdom.

There are seventeen crones in the UUCC congregation, and others who have indicated interest in the process. If you are interested in participating in the ceremony itself, would like to suggest someone to invite to participate, or would like to attend the luncheon, contact Helen Zidowecki by October 16th at HZMRE@hzmre.com or 440-7707.



REflections....

On September 18, Religious Exploration enjoyed an exciting start to our new 2016/17 programs -- *Harry and UU*, and Coming of Age! *Harry and UU* will be a curriculum that will direct our children to work outside of the church itself, to do good work within the wider Augusta area, and global community. It is meant to empower children and youth to be aware of the many imperfections in the world, and to understand that they can make a difference, even on an individual level.

The "Horcrux" battle we will be fighting in the month of October is the Hunger Horcrux —our children will face the problem of hunger in Augusta and work to help those who suffer from food insecurity. We will spend the first weeks of October learning about the horcrux and practicing magic. On October 30th will host a food drive to collect donations for the Augusta Food Bank.

We will be screening *Harry Potter and the Prisoner of Azkaban* on November 4th. These events are open to the congregation, so please join us and share the magic!

If you would like to get involved in our magical RE year, there's always time — RE thrives on the power of its volunteers, and we can always use more support.

In peace,
Brigid Chapin
Sunday Morning Religious Exploration Coordinator

Your Spare Time Matters!

SEARCH is a program that provides free support services by matching trained volunteers with home-bound seniors living throughout southern Kennebec County. In an effort to combat rural isolation, the volunteers offer friendly visitation and companionship, telephone reassurance, occasional transportation and a myriad of other small activities (like playing cards) that impact the loneliness many seniors feel when they live alone. **SEARCH** is in need of volunteers who will be trained and then able to set their own visiting schedule.

For more information, call Lynn at 530-0137 or email SEARCHinfo@cmaine.org.

Social Activities...

Folk Singers Fendrick and Peck to Perform at UCC

On Sunday Oct. 16th at 3:00pm there will be a family musical concert by the duo Fendrick and Peck. They hail as inventive, original songsmiths and well-paired vocals in the American Folk Music tradition (and with a sense of humor!). They have performed in Portland, Lewiston and for the "Matinicus Wannabe Radio Show".

Visit their website Fendrick & Peck to listen to their music.

Cheryl Clukey
441-0337

Adult Enrichment Opportunities

The New Unitarian Universalist Class

The New UU Class is an opportunity to get together with those who are new to this congregation or to this Faith. It's also available to those friends or members who are familiar with Unitarian Universalism and wish to refocus. The beginnings of Unitarians and Universalist religions; their merger; and how we see our work in the local community and wider world, will be discussed, as well as how our UU principles guide us. Participants will share their religious journeys in a safe and supportive environment.

Dates: Monday, October 17 & 31,
November 14, 2016
Time: 5:30 – 7:30
Location: Drew House
Leaders: Membership Committee with
Rev. Carie Johnsen
For information please contact Nancee
Campbell at 621-7727 or
nancee1944@gmail.com

Menu Contributions Needed for October...

Monthly Elder Luncheon begins again in October and we need to schedule food contributions. The luncheons are always held on the second Sunday of the month beginning in October and continuing through May. They are very well attended.

The luncheons are open to any and all elders (self-determined) and provide a wonderful opportunity for members of the congregation to sit together and enjoy conversation over a light meal served restaurant style. Each luncheon usually involves 7 contributors consisting of 4 entrees (8-10 servings), 1 large green salad, and a couple of people providing desserts.

Can you bake a casserole, quiche or make a soup for just one of these luncheons (for 8-10), or finger food desserts such as cookies, brownies or bars? If you aren't a cook you could provide the fixings for a green salad which we arrange on small plates. Perhaps your Small Group would be willing to be the food contributors for one of the months.

Please contact Marilyn Dunn (512-5382) or maine2007@hotmail.com to schedule. Please put the luncheons on your calendar and remember to join us.

Uniting for Racial Justice....

Fall 2016 Maine Wabanaki REACH - Ally Workshop

Saturday, November 19 – UCC Augusta

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

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

Our Journey's End...

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

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

~ Donna Shaper,
Approaching the End of Life

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

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

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

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

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

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

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

"What Would Brene Brown Say?"

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

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

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

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

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

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

Leaders: Diane Moongrove and Catherine Palmer
Place: Fellowship Hall

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

Crafting Group Change...

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

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

Martha Naber

Small Group Ministry...

We hope you enjoyed Fellowship Hour on Sept. 18th which the Small Group Ministry Committee hosted. Helen Zidowecki, Linda Findlay, Luke Curtis and I certainly enjoyed it.

To help fulfill the mission of our congregation in fellowship between services, this year the third Sunday of the month will feature a different church committee hosting one coffee hour. On first Sunday of each month a different Small Group Ministry will offer (or be assigned) to host a coffee hour. If you are a small group ministry leader please use the sign up sheet in the Fellowship Hall to secure your date. Our hope is that you will have as much fun doing this important work as our committee did.

On October 1st, the SGM Committee will be holding a Small Group Ministry leadership training from 8:30 p.m. until noon. All leaders are strongly encouraged to attend. Please bring a copy of your groups covenant to this training. If you are not currently a leader but wish to be one, or if you facilitate Small Group Meetings, you are also welcome. Simply contact Beth (Nasberg) Olsen at bethellenasberg@gmail.com or Luke Curtis at lincoln1966@gmail.com so we will know how many attendees to plan for.

From a SGM Group: Thursday morning SGM is transforming the Library in the Committee Room to focus on items about UUism and by Unitarian Universalists, writings by members of UUCC, resources recommended to congregations, and spiritual paths, meditation and spiritual journeys. More information to follow as this unfolds.

Our committee will be planning the church service for the Sunday after Thanksgiving. If you have a Small Group Ministry experience or a SGM story you would like to share with the congregation please let us know. We are anxious to hear from you.

Beth (Nasberg) Olsen, Chair
Small Group Ministry Committee

Communications Corner...

56 of you have completed the Communications Survey of what you use to get your information about what is going on at UUCC! Thanks! Look for the summary of your comments in the November Newsletter.

How often do you look at the bulletin boards? They are one of the first ways people get a sense of what we are 'all about' at UUCC! Look in the front hallway for bulletin board sections on Welcome, Congregational Leadership, Faith in Action and Religious Exploration. The bulletin boards in the Fellowship Hall include Community and Church-Related News, Buildings and Grounds, Fundraising, Caring Community and Hospitality. The bulletin board by the Summer Street entrance has information on events and meetings in the church. We all need to help to keep the information on the boards current. What impression do they give?

Where can you put ideas for minister, staff, committees, and other church groups? The mail cubbies in the Committee Room are being updated to reflect current committees and other groups in the congregation. There is a box on top of the slots for mail for staff and board members. This mail will be put in the mailboxes in Judd House.

Check out new resources about UUCC in the front hallway. The *Program Book* is designed for newcomers and is found in the clipboards in the pews. The *Adult Enrichment Programs* listing gives a great overview of opportunities at UUCC- from specific program offerings to ongoing groups. The Directory is available electronically and some printed copies are available.

The Communications Workgroup/Team meets bi-weekly. Contact: Lynn Smith, UUCC Administrator at 622-3232 or admin@augustauu.org.



Book Group for Serious Readers Returns...

Anyone who is interested in our book discussion is invited to join us in Fellowship Hall on Thursday October 13th from 12:30 until 2:30 p.m. We will be discussing Marion Zimmer Bradley's book The Mists of Avalon, which explores the myth of King Arthur from the perspective of the female characters. The group will meet on the second Thursday of the month during the church year, excluding December. The book for November is Strange Gods by Susan Jacoby, which explores the history of religious conversion in Western civilization since the time of Jesus. The Catcher in the Rye by J.D. Salinger is the choice for January.

For more information, contact Kathy Kellison at 445-4415 or kell56787@gmail.com or June Zellers at 582-5862 or jzellers@roadrunner.com.

Fundraising Committee....

Fundraising Committee Needs Your Help

The Finance Committee has approved a Fundraising Revenue goal for this Fiscal Year that needs your attention. Here are the upcoming Fundraising Events and examples of our yearly goals:

Auction (April 7, 2017) \$5,000
CLYNK Returnable Bags \$1,500
Concerts (next one is Nov. 5)
Dinner & a Movie
Hannaford Cash Cards \$4,500
Holiday Fair (Dec. 3)
Miscellaneous Fundraising:
Pie Sale
Yard Sale

You could play a MAJOR part in helping us raise the nearly \$17,000 from these community events. We have already received a \$300 gift card and a beautiful china cabinet for our live auction.

Couldn't you ask friends and family who own businesses to donate? We need to finalize auction bid cards by March.

Contact Fundraising Chair, Catherine Palmer, for more information. Tel. 207.458.7384

UU Choir...



Our UUCC Choir has begun their 2016-2017 season. We have started off with a bang! We have welcomed several new members during the month of September, and are always looking for more. At our In-Gathering service we sang "Yemaya Asesu" featuring Abigail Stratton on percussion. The choir is sounding fabulous and we are preparing beautiful choral music of different origins and styles. We are so fortunate to have a lively group of talented and dedicated singers!

Looking ahead to the end of 2016: The UUCC choir and orchestra will be joining forces on October 23rd, featuring Billy Joel's "And So It Goes". Harvest Communion will be on November 20th, where the choir will be accompanied by the drum circle group that meets at the UUCC. This will be a very energizing service! Once again the choir and orchestra will combine forces for Music Sunday on December 4th. Our Music Sunday services are sure to be a fulfilling musical treat! YUM!



KJ columnist, George Smith (2nd right) enjoys a hearty meal and lively conversation at his presentation in September.

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

Newsletter Submissions

Please submit all articles as an attachment in a Word document using Arial font size 11. Don't forget to give it a title and sign it, and send it as an email newsletter@augustauu.org with the article as an attachment, please!
 Photos of church activities welcome!
 Deadline: October 17

Minister: Rev. Carie Johnsen

President: Martha Naber

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

Administrator: Lynn Smith
admin@augustauu.org

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

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

Rev. Carie's office hours:

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

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

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

Website: www.everydayordinarytheologies.com

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