



The Flaming Chalice

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

Theme: Presence Sunday Services

December 2016

December 4

Music Sunday

This traditional holiday service has become a favorite among members and friends. Bring your family, friends and your neighbors for this holiday treat. This service brings us together to sing and enjoy a morning of music highlighting the Unitarian Universalist Community Church Choir and Occasional Orchestra.

December 11

“At the End of the Day...”

Rev. Carie Johnsen

If your absence doesn't affect them, your presence never mattered” ~Anonymous
“At the end of the day: do others feel loved in your presence? This is the spiritual bottom line.”
~Masin Kipp

December 18

9:15 Holiday Pageant

Brigid Chapin & the Religious
Exploration Community

This traditional holiday pageant gathers members, friends and family in celebration and love. Please note: Children and youth who would like to participate should plan to arrive at the church at 9:10 on the 18th. There will not be a rehearsal, just a little preparation time before the service.

11:00 “Make Way for Silence”

Rev. Carie Johnsen

Join us for some spacious and splendid silence in the middle of your holiday merriment.

December 25

10:00 SERVICE ONLY

Ida Gammon

Gather for a community Christmas service with Ida as she shares some memories from her childhood in the African Methodist Episcopal Church.

Annual World Aids Day Service

Tuesday,
December 1st
6:00 p.m.
UCC

Sponsored by:
Horizon
Program

Lighting the Way: Grief, Loss and the Holidays

Led by Rev. Carie Johnsen
UCC Pastoral Ministry Team
Wednesday December 14th
6:00 p.m.

This Wednesday evening vespers service is a time to remember the holiday season includes heartache, loneliness and loss. This service creates a compassionate caring community to be present to the hurt and the grief. It is a time to hold our unfilled dreams in the tender care of beloved community.

Christmas Eve and Hanukah Candlelight Service

Led by Rev. Carie Johnsen
Erica Long & Brigid Chapin

Saturday, December 24th
4:00 p.m. & 5:30 p.m.

This Christmas Eve tradition will include two services. The early service at 4:00 will be specifically designed for families with young children. The second service at 5:30 will include the traditional of carols, readings and candle lighting. All ages are welcome at both services.

A Faith Journey...

The creative serendipity at play in our universe can, at times, bring a deep sigh of relief and a comforting balm to a weary soul.

Yesterday, in preparation for December, I opened the new resources from Soul Matters Circle. In doing so I entered, for the first time into deeper reflection on our December theme: *What does it mean to be a community of PRESENCE?* I am grateful for a theme that helps to shift the disparate energies of November toward a state of coming together and being together. It doesn't mean we turn our backs on the work that needs to be done. It simply means we turn to the each other (human and divine relationships) to ground us and guide us.

In some ways the events of November, had already launched us into this question. So many of us woke up on November 9th with hearts broken open and blinders off to the world our marginalized brothers and sisters live in every day. Angry, afraid, and grieving we turned to each other for companionship, comfort, answers, and direction. Together, in community and in our silent retreat with Source, each of us is finding new footing. For others waking up on November 9th was an experience of being seen and heard, a time of empowerment. It was a time of recognition and renewed hope that our nation and our government is going to be present to our needs, positions and ideologies. Regardless of how one voted we cannot disregard the disconnect that woke up a nation.

In turning to *presence* this month, I hope we can each find ways to turn our lives, our convictions, and our holiday festivities to that which matters most. December is a good time to give the gift of presence: loving attention. And in my summation it is coming just in time!

As you continue to sort out what a new presidency means to you, I offer you these four ways to bring a guiding and affirming presence to all your gatherings on the horizon.

Listen— lean in curiously, bear witness to the fullness of people's story. Take time this month. Settle into a long deep conversation with someone who thinks differently than you. Listen to understand, seek and find empathy, reveal and acknowledge common ground.

Be part of a love revolution. Love is abiding, generous and abundantly present at every turn. Look for Love in new and unlikely places. Nurture creative expressions of Love. Share Love in new and unlikely places.

Act boldly for a more just and kind nation. You can't do it all but you can do something. Decide what matters most to you, stay informed, stay connected, educate others, show up, speak up and take action.

Connect to Source: Love, Truth, God, Spirit/Breath, Allah, Yahweh, Goddess. Centering with that which sustains you is a vital part of this human journey called Life.

May the Spirit of Life and Love rise to meet you.

May the spirit of compassion and empathy guide your way.

May the care that cares for us all help and heal and hold you.

May the grace of love in action bless you and your family this holiday season.

In faith,

Rev. Carie

From the President....

Wow, has time gone by as fast for you as it has for me? It was just the beginning of Sept. and school had just restarted. And now we are looking at the busy holiday season....

We have experienced some turbulent times, worrisome times, uncertain times. And we have had UUCC to offer comfort, support, activities, and a wonderful community living out UU values that Augusta, Maine and the world need. The open church time immediately after the election, the gentle yoga the same evening, the interfaith service of song and healing helped many to feel comfort in the community of others. That is UUCC supporting so many! I am so grateful to be a part of this community. Are there others you can invite to join us?

By the time you read this we will have celebrated Thanksgiving in some fashion. Again, UUCC has offered learning opportunities through the REACH organization to better understand the real history of the colonization of the continent. Have you attended an ALLY workshop sponsored by REACH? I would encourage you to do so.

As we move toward the busy days around the Christmas holiday, I urge you to identify ways to take care of yourself. Can you set aside time to do nothing? Yes, nothing. Maybe there will be a snowfall to watch, maybe a beautiful sun rise or sun set, maybe a bird or squirrel to watch at play. Maybe it is a child you watch engaged in child activity. Amidst the hurry of holiday time, quietly watching can be restorative. Maybe you choose to do one or two less activities this year. Maybe you do less baking or cooking. Maybe you attend gentle yoga time, or read a book. Maybe you visit with a friend. Taking care of yourself will allow you to be fully present for the activities or times you have chosen. UUCC has some inspiring worship services planned. I hope these will be times for you to feel restored and supported in our church community.

We are coming to the end of the calendar year. I would guess you have been receiving some requests for yearend donations to support organizations. I urge you to respond to the request you received from UUCC. Your donation will help UUCC fully fund the budget to be the liberal voice in Augusta and to continue the wonderful programs and activities for us all and to the community. Thank you.

Happy Holidays,
Martha Naber, President UUCC

UUCC EARLY BIRD HOLIDAY FAIR

Gifts, Crafts, Books and Café,
Saturday, December 3rd

in the Fellowship Hall from 8:30 a.m. to 1:30 p.m.

RESERVE-A-SALES TABLE by signing up in the Fellowship Hall or contact Catherine Palmer, palmercatherinemaine@gmail.com or call 207.458.7384.

BRING NEW TREASURES FOR HANNAH'S BOUTIQUE on or before Friday, December 2nd, between 1 and 6 p.m., when we will set up. Or, store them in the cloak room, marked for Hannah's Boutique, or give them directly to Hannah Faulkner on any Sunday .

Sign up on the Bulletin Board to set up, work at the Fair, or bring or serve food.

THANK YOU for helping with church fundraising!

SAVE THE DATE

Martin Luther King Day Beloved Community Brunch

Monday, January 16, 2015
10:00 – 1:00 p.m.

Sponsored by: Winthrop Area
Ministerial Association

REflections...

In November, RE fought against the horcrux of poverty by working with the congregation to collect donations of the overlooked essentials for the Essentials Pantry, the dental supplies. Over two weeks, we collected an impressive quantity of these donations, and the children made fleece scarves to send to the warming shelter as well. With the help of all of you, we've made a small but important difference in the lives of some Augusta residents—and there is no such thing as a small good deed.

December, of course, is an exciting month for RE—from the cookie walk on the fourth, to the pageant on the 18th, December marks a busy time before we take a small break for the holidays. We'll also be starting our next horcrux battle, which is child slavery. Our children will learn about this problem around the world and in the United States, and their fight will be primarily a campaign for education and visibility; they will learn that they can make a difference by writing letters, making phone calls, and having conversations, as well as making conscientious choices about where they get their food and clothes.

If you're interested in helping in RE, or in one of the upcoming horcruxes, always reach out and let me know. Your expertise can make RE more meaningful for the children, in ways that are outside of my capacity.
In Peace,
Brigid Chapin
Sunday Morning Religious Exploration Coordinator

Wednesday Yoga at UUCC...

Everyone is welcome to Wednesday Yoga at the UUCC. No experience needed; just curiosity. People are welcome to drop in, come every once and a while, or become regular attenders. Classes are free, and are taught by Janet Sawyer and Debbie Mattson on Wednesdays from 5 PM to 6 PM in the Fellowship Hall.

Yoga is a physical practice that makes us stronger and more flexible. And, it is more than a physical practice. Yoga postures are achieved by linking mind, body, and breath. Yoga postures begin with an awareness of breath (life force); an intention of movement (purposefulness); and acknowledgment of achievement with acceptance of limitations (grace).

More questions? Contact Janet Sawyer at 441-7916 or Debbie Mattson at 512-4870.

Books Needed for Fundraiser..

Saturday January 28th.

A ***Cabin Fever Book Café*** is planned for January 28th. Please set aside quality books (no magazines, old text books, encyclopedias or romance novels). If you can store them until Thursday January 26th it would be helpful. If you can't, we can store your contribution in sanctuary basement which is very dry. Please don't make the box heavy, we'd rather carry two. Organizer contact is Marilyn Dunn (maine2007@hotmail.com) or 512-5382

Goddess/Earth Circles...

Goddess/Earth Circles, December 18th, at 12:15 p.m. in Fellowship Hall

Yule: A time of rest, a time of rebirth, a time of renewal; A time of darkness and stillness, a time of anticipation; A time of myth of Holly King and the Oak King.

Join us for reflections, traditions, play reading and stories of Yule,

The packet of Winter Solstice readings and activities compiled by Goddess/Earth Circles in December, 2015 is available and is being placed on the UUCC website in the Goddess/Earth Circles Group Archives, or contact: Helen Zidowecki (582-5308, hzmre@hzmre.com).

Book Group...

BOOKS FOR SERIOUS READERS will not meet in December. Enjoy your holidays and join us on January 12 to discuss The Catcher in the Rye by J.D. Salinger. All are welcome whether you have attended before or not. We meet from 12:30 until 2:30 in Fellowship Hall and would love to have you join us. For more information, contact June Zellers at 582-5862 izellers@roadrunner.com or Kathy Kellison 445-4415 or kell6787@gmail.com.

Small Group Ministry...

The stories shared at the November 27 church service brought awareness of the impact that Small Group Ministry has had as well as what participants bring to each other and congregational life. These stories illustrated the shared ministry that occurs in this congregation.

UUCC has been actively involved with Small Group Ministry since it's introduction in the denomination. These highlights of the UUCC Small Group Ministry timeline were inserted in the order of service in that week.

1997-1999 Two years of careful planning took place during the study period. The Advisory Group included Cheryl Ring, Stefanie Barley, Harold Burnett; Susan Burnett; Lynne Caswell; Gary Chapin; Charlene Clevon; Bill Galbraith; Carolyn Galbraith; Jane Gilbert; Glenn Hodgkins; and Nancy Niven.

1999 Six groups of at least 6-10 participants each started with facilitators from the Advisory Group. Since then, we have had 8-12 active groups each year. Those who have participated in Small Group Ministry over the years were recognized at the service.

From 2000 on, UUCC has contributed to the Unitarian Universalist Small Group Ministry. Cheryl Ring and others made presentations about SGM, such as to General Assembly in Nashville (2000) and Cleveland (2001); the West Paris/Norway Church (with Dan Sorenson), the Pittsfield Church, the Castine Church, the North Andover Church (MA), San Jose, in Palatine (IL), and in Fredericton, New Brunswick.

Augusta UUCC has been a member of the UU Small Group Ministry Network since it began in 2005. We have submitted articles for publication and session plans for the website. In addition, we have done presentations at district events.

A more complete history of UUCC Small Group Ministry is available from the Committee. Contact Beth (Nasberg) Olsen at 207-557-1775 or bethellenasberg@gmail.com for more information.

Beth Nasberg Olsen

Menu Contributions Needed for December 11th Elder Lunch

The Elder Luncheons are always held on the second Sunday of the month beginning in October and continuing through May and 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. The meals are served restaurant style.

Each luncheon usually involves 7 contributors consisting of 4 entrees (8-10 servings), 1 large green salad ingredients, and a couple of people providing desserts. Can you bake a casserole, quiche or make a soup for just one of these luncheons (8-10 servings)? Or, are you willing to make a finger food desserts such as cookies, brownies or bars? If you aren't a cook, could you provide the fixings for a green salad which we arrange on small plates?

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



ELDER LUNCH Celebrates 10 Years!

On Sunday, November 13th, Elder Lunch, which we offer on the second Sunday of each month, celebrated its tenth year! That's equivalent to 120 four-course meals, times an average of 40 people each month, = 4,800 happy people being fed!

Thank you to the original "Elder Lunch Elves" -- founder Dan Sorenson, who was supported by Bruce Bierce, Judy McCown and Marty Thornton. Kudos to the many cooks, servers and dishwashers and to coordinator, Marilyn Dunn. Take a bow! If you think the tables always look festive, thank Judy McCown. She brings all the decorations and sets up the beautiful scene each month.

The next Elder Lunch will be on **Sunday, December 11th**, after the second service. Come join us.

How Can I Help the Food Bank?

There are many ways you can support the Augusta Food Bank (AFB)

Please consider the following:

➤ **Food items:**

- peanut butter
- jelly
- canned fruit (low sugar, if possible)
- canned vegetables
- canned tuna
- canned chicken (pantry and kids programs)
- canned soups and stews
- canned pasta (kids programs)
- canned milk
- baked beans
- rice and rice mixes
- granola bars (kids programs)
- cereal (regular size boxes and individual serving size)

➤ **Supplies:**

- quart-size Ziploc bags
- diapers, especially sizes 4&5
- toilet paper
- personal care items
- can openers
- *clean* egg cartons

➤ **Money**

○ Financial donations are used to support a variety of needs, including overhead, electricity for the freezers, maintenance of the van, and purchase of food items and supplies.

➤ **Promote the AFB in the community**

- Share information about local food insecurity
- Host a food drive
- Solicit donations
- Organize volunteers
- **Volunteer!** *Help the AFB with tasks such as receiving, stocking shelves, packing orders, sorting, setting up, distribution—Sarah Miller, AFB Executive Director, will find the right spot for you! Call 622-5225 for more information.*
 - Ongoing shifts—make a weekly commitment
 - Cover empty shifts and fill in where needed
 - Special projects

Food and supplies can be left in the designated area in the UUCC coat room, or a pick up can be arranged.

Neighbor to Neighbor...

First Saturday Public Suppers

A Joint venture of members of the 209 Church, UUCC and unaffiliated friends and ties to Augusta Food Bank Addie's Attic- free clothing bank Essentials Pantry- free toiletries, laundry soap etc.

Thank you to volunteers, cooks, bakers and storage providers who contributed to November 4th's public supper. Great Shepard's pie, squash, bread and desserts were cooked up and there was plenty for all. Sarah Miller, director of Augusta Food Bank, donated potato, squash, lamb and bread to the meal -- such a great help toward our efforts.

Here's a list of wonderful people who made the supper happen from 209 Church, St. Matthew's Episcopal, and UUCC as well as some with no church affiliation. They range in age from about 10 to 70. We missed our friend Emmy Swanton, who is recovering. Next supper will be Dec. 3rd.

Eli Spahn
 Martha Bentley
 Ida Gammon
 Becky Harvey and Catherine Palmer and friends-
 Caleb, Kylie, Mason and Emmi- relatives of Diane and Pat Pratt-Rossman
 Phyllis Clark
 Priscilla Jenkins
 Hilary Neckles
 Sue Carey
 Michelle Carpentier and granddaughter
 Keith Priest - Head Cook, & his co-conspirator cook, Earl Kingsbury and Keith's wife Heather Priest
 and co-leaders
 Dan Stevens
 Carlene Kaler
 Jenny Mckendry

OUR JOURNEY'S END

Spiritual and practice series to guide end-of-life planning.



Unitarian Universalist Community Church

69 Winthrop Street,

Augusta, ME

Sundays from 12:30–2:30 p.m.

December 4

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

-Donna Shaper

When it comes to exiting gracefully, preparing and planning for the embrace of our inevitable death is invaluable. No other topic forces us to consider physical and spiritual matters in tandem 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, the afterlife, disposition of the body, wills, obituaries, humor and rage. We will talk in such a way that all of our lives are enriched by the interrogation of our mortality.

December 4 **How Does A life Mean? Finding Tools to Craft Our Story**

Using image, language, sound and metaphor we converse with our mortality and learn its story.

January 15 **The Paperwork is Killing Me!**

The logistics of death: medical, legal, financial, and the disposition of the body.

February 5 **We Practice Some Dying Every Day**

Cultivating a spiritual foundation to guide our living and dying.

March 5 **Crafting Our Legacy**

Setting the stage to be remembered. Shaping our Celebrations of Life. Writing our obituaries and Ethical Wills.

April 2 **The Many Faces of Grief**

Grief is the natural response to death of all kinds- natural and expected, as well as sudden and tragic.

May 7 **Final Decisions**

Compassionate choices and Hospice care.

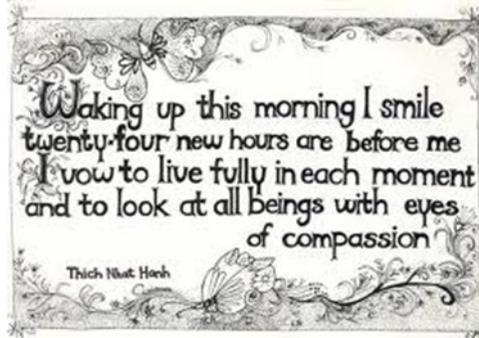
June 11 **Unfinished Business**

Completeness of life at death, those who we leave behind, and those nagging questions about afterlife.

Guest speakers will join the conversation and bring specialized knowledge and training to deepen and enrich our experience.

Feel free to attend one or more or all sessions. This series is free and open to the public. Adults of all ages are welcome. Mortality is the only prerequisite.

PLEASE REGISTER FOR THIS EVENT AT ADMIN@AUGUSTAUU.ORG



Peaceful Heart Sangha

Mindfulness Meditation in the tradition of Thich Nhat Hanh

We gather at UCC every Monday evening from 6:30 – 8 and every Thursday morning from 8 – 9:30 at River Studio, 332 Water St in Hallowell. Please arrive a little bit early to settle in. If the door is closed (as it may be for keeping heat in the room before our gathering), please come on in. We ask that you join us quietly. Everyone is welcome.

- Looking Ahead - Our January Intensive *a new take on “New Years Resolutions”*

The dark, quiet beginning of the new year is an ideal opportunity
to commit to the deepening of our mindfulness practice.

We are each invited to choose something to focus on for one month that we think may be helpful in our growth and transformation. It is a lovely way to explore a new practice and see if it benefits our lives. We might choose an activity to do a little more mindfully once a day or we might explore a new way to be of service to others. We might decide to explore a little home meditation time or decide to read, listen to, or watch a teaching on mindfulness. There is an unlimited number of possibilities.

We will begin and end our January Intensive with a Saturday gathering to meditate and practice together and share a delicious vegetarian potluck lunch (January 7 and February 4 from 9:30 - 2).

If you have questions, feel free to contact Marty Soule martysoule@gmail.com or 685-9270. We can arrange an introduction to mindfulness meditation, if that would feel like a more comfortable way to explore this practice.

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: January 16

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.