



The Flaming Chalice

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

Worship Services February 2013 Sundays at 9:15 and 11:00 a.m.



February worship



February 3rd

The Border of Fear and Shame

Rev. Carie Johnsen
Amy Kinney

Amy discusses how creative expression serves as a bridge of understanding within the self and between people, helping us to move past the borders of fear and shame to provide support, love and insight about mental illness in ways words alone cannot achieve.

February 10th

Celebrate: Show the Love!!

Rev. Carie Johnsen

Testimonies and theological reflections on the art of generous living, the joy of giving and the gift of perpetuity.

February 17h

How We Love.

Rev. Carie Johnsen

Reflections on Thirty Days of Love. As we bring the National Month of Love to a close, we will reflect upon the journey of being committed to the many expressions of love that are alive and growing in our community. The children will join us for the first half of service to share their journey.

If you have a story to share regarding your experience with Thirty Days of Love, please contact Rev. Carie.

Feb. 24

Imperfection as a Way of Life

Dan S., Diane M., Helen P.,
Nancee C.

There's a spiritual giggle we all experience when we can accept our whole lives as a work in progress. The 12-Step programs of recovery guide us to a holistic human adventure in which we can always find hope after horror.

A Faith Journey by Rev. Carie Johnsen...

The promise of the spirit: faith, hope and love abide
And every soul is blessed and made whole;
the truth in our hearts is our guide.
We are standing on the Side Love:
hands joined together as hearts beat as one
Emboldened by faith, we dare to proclaim,
we are standing on the side of love.

It is "Thirty days of Love" across the globe. At last check close to 2000 Unitarian Universalists are canvassing the nation imagining ways to live with openheartedness, imagining ways to cross borders, make meaningful connections and build enduring relationships.

At UUCC, we kicked off our participation with worship service on Jan. 20th with well over 120 people placing their intentions for the month by hanging a heart on a tree in the sanctuary. Red hearts with hand written pledges to live this faith in their daily lives. Challenged to recognize and examine the ways in which we separate ourselves, members and friends are called to go forth and dismantle the -isms (racism, sexism, agism, ableism, heterosexism) that plague our society. Members and friends were invited to go forth and be love, do love, live love.

This foundational call to radical love is what the first principle is all about. This foundational principle rooted in our Universalist belief that all people are loved and all people will be saved, calls us to agape love. To love without discrimination. To love the enemy as they friend. To preserve society. To build beloved community with an ever widening we.

There are a multitude of ways to be engaged in Thirty Days of Love:

Read "In the Shadow of the Eagle." Attend the book discussion with author Donna Loring.

Read "The New Jim Crow." Volunteer to lead a book discussion.

Volunteer to coordinate a interfaith panel presentation with Wellspring Institute.

Be a part of bringing our UU principles into the public arena. Join the Maine UU State Action Network.

Nominate a recipient for the Courageous Love Awards. Give your own award to a deserving friend or co-worker.

Pick up a calendar from the Thirty Days bulletin board and begin daily reflections and activities.

Be a part of building a more compassionate just community for people living with mental illness.

Attend the Art Workshop and be transformed by self-reflection, guided meditation and art.

Attend Sunday services with a willingness to be changed by what you hear.

Attend the Thirty Days of Love open small group ministry session on Valentine's Day

Volunteer to share your experience at the closing service on February 17, 2013.

And finally, make your UUCC annual pledge early. It so happens that smack dab in the middle of Thirty Days of Love is the annual stewardship drive. What better way to show your love than to attend or participate in the Stewardship Talent Show and Sunday Service followed by the signing of your annual pledge form. Get it in early so the team doesn't have to come a calling. Love your stewardship committee by making their work easier.

Our liberal religious faith is indeed rooted in love. Radical love expressed in word, thought, and action. It takes all of us to raise a faith. It takes you and me and us to keep this tradition alive and vital. It takes you and me and us to share what we value, to proclaim what we believe and to live our faith in action along the way.

In faith, Rev. Carie

Director of Religious Exploration ...

Rev. Carol Strecker

Rev. Carie and Susan Caldwell (chair of the Religious Exploration Committee) and I met last week to share our reflections on Religious Exploration at UUCS since I came last September.

We unanimously agreed that this is a good fit; that what I bring and who I am fits what you need and who you are. I couldn't be happier to be here. I'm proud to serve a congregation that's so engaged in the work of learning to be together and in the world through the lens of the principles we share as Unitarian Universalists - and in such a genuinely positive way.

I believe our congregations are petri dishes; places we can practice who we want to be in the world. In my experience this is a congregation where hearts are open and hands are willing. People work together to create worship and opportunities for learning and service but what's most important are relationships; the relationships we can build with each other, the welcome we can provide for the people who come through our doors searching for community and the bridges we can build in our community and beyond.

I can't tell you how much I've enjoyed getting to know our children and youth, their parents and the other dedicated adults who volunteer in the RE program. I especially enjoyed the book discussion I was privileged to lead with our elders. (By the way I haven't forgotten that you would like to continue meeting. I will be leading an ongoing group twice a month based on the reflections in my colleague Eliza Blanchard's wonderful book, *The Seasoned Soul; Reflections on Growing Older* beginning on February 20th at noon.)

It was great fun planning the recycling service with one of the small groups and the Winter Solstice service with Goddess Continuing. And then there was Christmas Eve. What a collaboration that was! I hope you all have learned and grown and had as much fun as much as I have had in the process. The one thing I've learned that I cherish above all the rest is that I can do my part prepare for worship or a class and then I can relax into knowing that all will be well when we're together. Together we are so much more than any one of us is apart.

Looking ahead, I'm hoping to find a balance between being and doing with time to devote to both tasks and relationships. As you can imagine, I usually have a pretty long "to do" list. I don't want that list to get in the way of what I call the work of the spirit; that mysterious synergy that can only happen when we're really present with one another. I believe that's where the real learning and growth happens.

There are so many exciting opportunities for connection we have yet to explore. Rev. Carie and I will be looking for ways to reach out to young adults this spring and into the fall of next year beginning with a gathering for young families on February 17th at 5pm. Childcare and pizza will be provided. We'd like to get a better sense of your/their needs and how we might deepen our relationships with them.

Thich Nhat Hanh writes; "Each moment of our lives, each moment that is given to us to live, we have to live very deeply."

I invite you as I set my own intention to live the moments we share together very deeply.

Faithfully Yours,

Carol



We're Taking the Leap

Doug Rooks, President

Last month, I wrote about our invitation from the UUA to join the Leap of Faith – a New England-wide initiative for congregations poised to grow in various dimensions. This month, I can tell you that the board has voted to make the leap – we will joining a year-long effort that promises to have both surprises and rewards.

We weren't entirely sure, at first, what we were getting into, but conversations with the New London, Conn. UU church and another in Milton, Mass. – both of which had participated in the national pilot program – were reassuring. Part of what was fascinating about these conversations was how differently the two churches responded to Leap of Faith.

New London is a congregation so dedicated to its social justice ideals that, six years ago, they turned over their 1912 building to serve as a homeless shelter and moved to renovated space in a former car dealership. The church, which has doubled its membership over 10 years, decided to add staff to further its programs after completing Leap of Faith – an associate minister, RE administrator, and a ministerial intern.

Milton is a much older congregation that in fact, dates back to the 1670s and the very beginnings of Unitarianism. Like many suburbs around Boston, Milton has undergone rapid demographic changes, and discovered that, while about half of its members have been with the church for years, many are relatively recent arrivals. The work they undertook after Leap of Faith was to engage in a spiritual deepening, of connecting to each other and understanding what it means to be a faith community in the 21st century.

Given these experiences, I hesitate to predict what Leap of Faith will mean to UUCC, but I do think we will learn a great deal about our denomination, our church community, and ourselves. We will embark on six months of planning before the first Leap of Faith event – a conference for all the participating congregation in Burlington, Mass, in August.

Several members of our congregation and staff will be traveling to a "mentor" congregation, and we will also have a "home team" to welcome a delegation from our mentor church. Many of us will be involved in various ways, and we'll keep you informed to the best of our abilities. But don't hesitate to ask if you have questions.

Fundraising...

Bruce Bierce & Judy McCown, Co-Chairs

Southern Dinner and *The Help*
Friday, March 15th, 6:00 PM
UUC Fellowship Hall

Fundraising and Social Activities are joining together to host a Southern Dinner followed by the award winning film *The Help*. The carefully chosen Southern menu will be prepared and served by Cheryl Clukey, Bruce Bierce and Judy McCown.

The price for the dinner and film is \$18.00 per person. Reservations are required. Sign up sheet on the Fundraising Bulletin Board or you may contact Judy McCown (jsmbierce@myfairpoint.net) or Cheryl Clukey (cherylclukey5@yahoo.com). Fifty percent of the proceeds will be used to help pay for a fantastic Steel Band which will be performing here in June.

Silent/Live Auction
Friday, April 5th UUC

The Auction is the biggest Fundraiser of the year and we hope that each of you will donate SOMETHING. It can be an EXPERIENCE, a SERVICE, or an ITEM. Donations from local businesses or restaurants are always welcome. The goal is to have 100 donations! Please consider how you can help. There is a sign up sheet on the Fundraising Bulletin Board or you may contact Bruce Bierce or Judy McCown at bbierce@myfairpoint.net or jsmbierce@myfairpoint.net.

Master Class in Silk Textile Creation
Presented by Georgian Artist Maia Tsinamdzgvishvili
Saturday, April 13th 10:00 AM to 5:00 PM
UUC Fellowship Hall

Maia Tsinamdzgvishvili is from Tblisi, Georgia and is recognized in that country as the finest contemporary artist working in silk. This exceptional workshop has been arranged by Marty Thornton. There is complete information as well as a sign up sheet on the Fundraising Bulletin Board or you may call Marty at 207-333-0938. A second workshop will be held the following day at the Harlow Gallery in Hallowell.

*Celebrate our many talents
at this year's:*

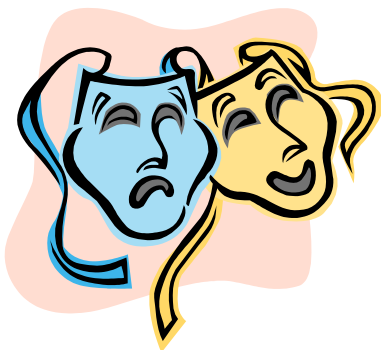
Stewardship Campaign

Kick-off

Talent Celebration!

The stewardship committee along with honorary member Annie Voorhees is hosting the Stewardship's Talent Celebration. This event is for performers of all ages. Singing, dancing, playing an instrument, reading poetry, standup comedy, performing an original skit, come share whatever your special talent is. You don't have to perform by yourself - organize your SGM, church committee, RE Class or do something as a family. A reception follows the event.

Sign up now to ensure a place in the show. Contact Noah Gottlieb at gorbogorboze@roadrunner.com or 409-1642. Walk-ins are welcome as space allows. See you at the show!



*Annie, Noah, Mildred, June
Your Stewardship Committee,*

Cancer Patients Receive Free Yoga Classes

Anyone undergoing cancer treatment is welcome to participate in yoga at Second Street Yoga in Hallowell and School Street Yoga in Waterville for free. All class levels are offered and are available for this program.

Individuals with no previous yoga experience or who are feeling weak from treatment are encouraged to participate in the newly designed Gentle Yoga. This class is offered in Hallowell [at 9:00 AM](#) Thursdays and Waterville [10:45AM](#) on Mondays.

Yoga is a fantastic way to stay in touch with one's body and will add another healthy element to the treatment process.

For full course lists check the web site schoolstreetyoga.com or call [330-1450](tel:330-1450).

Goddess Continuing....

Goddess Continuing invites all ages and genders to join us following the Second Service, 12:15-2pm with light refreshments.

February 3 "Imbolc: Awakening" in the Robbins Room (back of Sanctuary). We will be using the Small Group Ministry format. You are invited to bring an early sign of spring. This is an opportunity to experience Small Group Ministry.

February 17 "Why the Goddess?" in the Fellowship Hall. There are many ways to experience and describe a power beyond ourselves. Please join us to explore what draws us to the imagery of the Goddess and how that related to our earth-centered focus of life.

Also look for the Goddess Continuing brochure and the brochure on Imbolc in the table outside the Sanctuary.

Contact Mary Shifman, shifmanmary@aol.com, 549-7719.

Small Group Ministry...

Now is the time to be thinking seriously about Small Group Ministry! We are reconfiguring and rescheduling the Tuesday morning group, so there is still time to join along with several other newcomers. The group will meet twice a month for personal sharing and reflection on one of the topics from our session book. In addition, several other groups have openings and would love to have you join them. There are evening groups available.

If you are interested in the variety of topics available for discussion, just look at this list of new sessions that will be available by the end of the month:

'DARKNESS', 'JESUS', 'UNITARIAN UNIVERSALISM AND CHRISTIANITY', 'WELCOMING ALL AGES' AND 'WHERE WE LIVE'. These will be added to the sessions already available to be explored on the UUC website.

IN ADDITION, although the Exploring the Principles group is full, we are taking names for a waiting list. If we have openings come up you can join that group. If we get enough names, we will hold another opportunity to spend seven evenings exploring the Seven Principles joining Unitarian Universalists into a religious faith. See the bulletin board to the left of the door to the sanctuary for the sign up sheet.

Small Group Ministry continues to be a source of connection and friendship, inspiration and thought to the participants. I encourage you to step forward and join!

For more information, please get in touch with me at kell6787@gmail.com or 622-4774.

Don't wait!!

Kathy Kellison

Membership...

Do you enjoy a smile and hearty welcome when you walk in the church on Sunday mornings? Do you appreciate the opportunity to share a coffee and snack with others during the fellowship hour? We hope that everyone feels welcomed at UUC. If you have ideas about how to make our church a more welcoming place, please share them.

Thanks to all of you who have served by greeting or preparing hospitality at fellowship hour. It is appreciated! . The membership committee is committing to taking care of the first Sunday of each month and Tom and Marilyn have generously continued to sign up on the second Sundays of the month. Can you help with either the third or fourth Sunday?

We continue to need volunteers! If you are willing to be on the email & phone contact list, please let us know. We will train you if you have never done it before so don't let that stop you!

If you have questions about membership feel free to contact any of us on the membership committee:

Jim Caldwell jscaldwell@roadrunner.com or 582-8658

Ellis McKeen ellismckeen@aol.com or 582-2988

Joe Pare helenjoepare@aol.com or 623-1924

Rita Cherubini cherub1@rocketmail.com or 781-856-2335

Carol Aft carolaft@live.com or 210-3409

Buildings and Grounds ...

Building and Grounds - Second Saturdays are back!. Beginning February 9th we will be working on maintaining the facilities 9-12. Trim painting and kitchen cleaning are on the list of tasks. Help is appreciated.

Contact Marilyn Dunn or Tom Waddell
207-512-5382.

We would also appreciate a call from anyone willing to help repair loose ceramic floor tile.

Hannaford Gift Cards for Sale in Assorted Denominations— Church Gets 5% Bonus

As Coordinator of the growing UUCC Hannaford Cash Card Fundraising Program, I appreciate the ongoing support and encouragement of church officers and members. These include my financial partner Mary Simpson, president Doug Rooks, Wick Johnson and his Finance Committee, fundraising chairs Judy McCown and Bruce Bierce, and my Small Group—Sales Associates Terry Cookson, Betty Armstrong, Jill Watson and Sunshine Perlis—who started our program in August by making a \$1,000 group purchase and have regularly backed it up ever since, along with our more than 50 church members who purchase cards and reloads.

We now have cards available in the amounts of \$15, \$25, \$50, \$100, \$200, and can order specially requested amounts between \$15 and \$500.

We have started a pilot program of automatic deductions once a month and are doing regular reloads two or three times a month for cardholders' shopping convenience. We also provide occasional opportunities for a purchaser to place his or her large order through the program using a credit card.

Between July 2012 and January 2013, the church has gained \$1,082.50 from the sale of 5% bonus cards given by Hannaford. The fundraising returns increase steadily each month as participation grows.

Thank you for your enthusiastic support of UUCC's activities through this program.



Religious Education Committee...

The Religious Exploration community at UUCC is alive and well and kicking off the new year with a lot of activity under Carol's leadership. Children and youth of all ages have a chance to explore the UU principles and have fun together in weekly classes. Coming of Age, OWL (Our Whole Lives), Peace Jam and Movie Nights are engaging the young people in our community too! We are finding ways to make a difference as we participate in "30 Days of Love" by gathering warm clothes and food for the Warming Hut in Augusta and our teenagers are pondering how to help poor people far away gain access to clean water.

Ask a young person in church what they are doing lately and hopefully you will get an earful! If you have any questions feel free to contact Susan Caldwell, Chair of RE Committee, at jscaldwell@roadrunner.com.

ReUse/ReCycle for Pets

Do you consider your pets to be family members? Many prospective family members are waiting on Pet Haven Lane. Would you like to help, in some small way, these small displaced animals find homes filled with love?

The Thursday Morning Small Group is collecting used prescription bottles and empty kitty litter buckets. These will be donated to the Kennebec Valley Animal Shelter to store medications for all animals and to provide hidey holes for cats who are awaiting new families. A hot water will remove most labels from the prescription bottles quickly, and rubbing alcohol will remove the sticky remains.

Have bottles, but not much time...black out the name of the medication and/or person. All donations can be placed in the blue bin in the Fellowship Hall. Periodically, small group members will collect them, clean them, and deliver them to our furry friends.

Mark Your Calendar....

Bringing Mindful Speech to Life

There are still openings at the Bringing Mindful Speech to Life retreat, from the evening of Feb 15 – 17. This retreat brings together Non-Violent Communication and mindfulness meditation practices (No experience in either is needed). If you are interested in more details, contact Marty Soule at 685-9270 or martysoule@gmail.com.

The Seasoned Soul; Reflections on Growing Older

There will be an ongoing group twice a month based on the reflections in Eliza Blanchard's wonderful book, *The Seasoned Soul; Reflections on Growing Older* beginning on February 20th at noon.

Reaching out to Young Adults

Rev. Carie and Rev. Carole Strecker will be looking for ways to reach out to young adults this spring and into the fall of next year beginning with a gathering for young families on February 17th at 5pm. Childcare and pizza will be provided. We'd like to get a better sense of your/their needs and how we might deepen our relationships with them.

“In the Shadow of the Eagle: A Tribal Representative In Maine,” by Donna Loring

Wednesday, February 13, 2013

Two options: afternoon discussion at 2:00 p.m. or evening discussion at 6:30 p.m. This event in the Sanctuary will be open to the public.

“This journal of hers is a frank and outspoken document and a highly valuable lesson to us non-Indians of how Indian people feel.” —Neil Rolde, from the Forward

In this book, Loring shares her personal journal entries from her first session as the Representative of the Penobscot Nation. Donna is a tribal member of the Penobscot Indian Nation. She has held the position of the Nation's Representative to the Maine State Legislature through the last half of the 118th, full terms in 119th, 120th, 121st, the first three months of the 122nd, and 123rd. Maggie Ricker will be selling books during fellowship on Sundays. Books may also be purchased during UUCC office hours or by emailing Julie at admin@augustauu.org

Maggie Ricker will be selling books during fellowship on Sundays beginning, January 6th. Books may also be purchased during UUCC office hours or by emailing Julie at admin@augustauu.org.

Building a UU Identity” Exploring the Unitarian Universalist Principles

Every first and third Monday beginning March 4, 2013 ending May 20, 2013

Facilitated by Linda Findlay
5:30 - 7:30 p.m, Fellowship Hall

This small group ministry circle is designed to help new and long standing UU's to integrate the seven principles of the Unitarian Universalism into their daily lives. Please plan to attend at least five of the seven sessions. Participation is limited. One class is full. To be added to a wait list please email our Office Administrator, Julie Pelletier at admin@augustauu.org or calling 622-3232. If the wait list grows beyond 8 a second class will be offered.

Calling for the Repudiation of the Doctrine of Discovery

Wednesday, March 6 and 20, 2013 Time: 5:30-7:30 Fellowship Hall

Facilitated by Jenn McAdoo, a UU Religious Educator

In this two session study, members and friends of UUCC will be invited to enter into a process of articulating why it is important for our Board of Trustees and congregation to repudiate the Doctrine. The goal will be to present a proposal to the UUCC Board to publicly repudiate the Doctrine of Discovery.

“Back to Basics”

June 24 to 28, 2013

Our senior youth group will travel to Houlton, ME in June 2013 to be guests at a Native American Cultural camp and will provide food service. This camp is attended by Maliseet and Micmac youth hosted by the Houlton Band of Maliseet Indians. This service trip has been developed by the Four Directions Development Corporation. Rev. Carie Johnsen and Monique McAulliffe will chaperone this trip with additional adults deemed necessary.

Sunday, February 3, 2013

The Pastoral Ministry Team, Worship Arts Team and Social Activities join together to bring you a worship service and afternoon art workshop focused on creating a more compassionate and inclusive community for people living with mental illness.

9:15 and 11:00 Sunday Worship
"The Border of Fear and Shame"

Rev. Carie will share the pulpit with Amy Kinney, Program Director of PeaceLove Studies in Providence, RI. Amy will discuss how creative expression serves as a bridge of understanding within the self and between people, helping us to move past the borders of fear and shame to provide support, love and insight about mental illness.

A.R.T. Workshop
(Access, Release, Transformation)
Workshop Leader Amy Kinney
1:00 - 4:00 p.m. Fellowship Hall

Expressive art making allows an individual to express one's self authentically, imaginatively, and spontaneously in order to find personal fulfillment, emotional healing, and recovery. Amy's workshops use the holistic process of creating art to express feelings and emotions, relying on the natural healing power of creativity. The only requirements are a willingness to experience new challenges, motivation to explore innovative approaches to collaboration and a desire to Create Peace of Mind™.

The session begins with a brief discussion about expressive arts and the brain, Amy's personal journey and the work PeaceLove. Then participants have the opportunity to experience creative expression themselves. The workshop closes with sharing of artwork, group discussion and a community call-to-action.

Amy Kinney is an artist, teacher and mental health advocate. Art was always a constant in her life even as a little girl. After graduating from Smith College, Amy spent 6 years teaching high school algebra and geometry. As a teacher, her creativity was focused on her classroom and both her art and her personal health became a second priority to her students. After several hospitalizations, Amy was treated for severe depression, anorexia nervosa and an anxiety disorder. As part of her recovery, she realized that her calling is to be a different sort of educator. Creative expression allows her to engage in conversations that are not whispered in secrecy, gently educating about mental illness while also nurturing broken spirits.

A light lunch will be served.. Registration is requested. Please sign up at Standing on the Side of Love bulletin board or email admin@augustauu.org

UUCC Web www.augustauu.org

I invite you to look at the **Site Map** (click next to the address on the Home Page, bottom) to get the overall picture of the website. The first step will bring up the broad headings –Home, Worship, etc. (It will take a moment to load.) Click on the + sign that is next to a heading to go to the more detailed level. At any time, you can click on a heading to bring you to that section.

It is absolutely delightful to have people ask about adding to the website! Each request is considered related to the location on the website, and the technical and support resources available, and timing to get it added. The primary source of the content is the person or group making the request. We may not be able to accommodate a request, but we keep track of requests. Please keep looking for ways to make the website more pertinent.

Contact: Helen Zidowecki at
website@augustauu.org

History Committee...

In honor of March as Women's History Month, the History Committee is offering the service on March 10 as "Women in Our History." Who are some of the Unitarian and Universalist well-known historical women? Who have been some of the women in our UUCC history? We invite you to reflect on women in our congregation who have made an impact on you.

The History Committee invites you to join the committee. We meet monthly, presently on the second Thursday morning of the month, 10am-noon. This sometimes changes, and the date will be in the announcements. **The next meeting is February 14.** We also welcome people who want to work on specific projects, such as cataloging our Wayside Pulpit collection.

Contact Krista Zidowecki (582-5308) if you have ideas for the March 10 service or would like to participate in the work of the Committee.

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

Newsletter articles are due the third Monday of each month. The next newsletter deadline is February 18. Please submit newsletter articles by email, no later than 9:00 a.m. to Sheila Comerford at: newsletter@augustauu.org. Thank you!

Minister: Rev. Carie Johnsen
President: Doug Rooks
Director of Religious Exploration: Rev. Carol Strecker
Administrator: Julie Pelletier
Choir Director: Joelle Morris
Small Group Ministry Coordinator: Kathy Kellison

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

Office: (207) 622-3232,

admin@augustauu.org

Minister's Study:(207) 623-3663 (Office)

(207) 395-8051(Home)

(508) 221-5295 (Cell)

revcariejohnsen@gmail.com

www.augustauu.org

Minister's Office Hours:

Monday 1:00-5:00 pm

Tuesday 12:00-4:00 pm

Wednesday Writing Day

Thursday 4:00-7:00 pm or by appointment

To schedule an appointment please contact Rev. Carie at: 623-3663 or revcariejohnsen@gmail.com

Friday

Friday is my Sabbath. I do not schedule meetings, attend to emails or respond to messages. If there is a pastoral emergency, leave a message on my home or cell phone and I will return your call promptly.