

A Faith Journey by Rev. Carie Johnsen...

We can put our whole heart into whatever we do; but if we freeze our attitude into for or against, we're setting ourselves up for stress. Instead, we could just go forward with curiosity, wondering where this experiment will lead. This kind of open-ended inquisitiveness captures the spirit of enthusiasm, or heroic perseverance.

*~ Pema Chödrön
Buddhist teacher*

It seems this practice of attitude freeze described by Pema is a bit like the freezing and unfreezing of a Maine lake before the season fully shifts. In the early days of winter, the lake freezes over in the silence of a cold dark night. The sun rises and the lake thaws. For days this event will repeat itself until the permanent freeze is upon us.

This call to go forward curiously, neither for nor against, attentively wandering into the future is wise, complicated and seemingly impossible in a season where voting booths are dusted off and reassembled in preparation for a nation to be for or against people, values, morals and things.

It leaves me wondering, is there a way to be for or against and still hold the heart, mind and spirit open to this grand American experiment called democracy. I would certainly welcome the possibility of less stress and less anxiety. I can see how Pema's suggestions on holding at bay an attitude freeze might be useful. Yet, at times when I imagine this possibility, my faithful sidekick, fear, arrives with a litany of what ifs and I find myself wanting to abandon the wisdom of this respected Buddhist teacher.

The image of the expanding and freezing lake arrives back in my consciousness. Consider the substance contained in a jar and placed in the freezer. More than once I have witnessed the fluid expand and freeze eventually bursting the container. The stress of the freeze wins out over the boundaries of the container. Yet, I repeat the practice like the sun and the moon on a cold winter lake.

Ultimately, each of us will determine our own level of engagement with attitude freeze. Whether it be elections, parenting, circumstances at work, congregational life or leadership direction, we will either be for or against or curiously wondering and engaging the expanse of open-ended possibilities.

It is true that at some point a thumbs up or thumbs down is prudent, especially in elections. It is also true that we can offer up our position with tightly clinched fist or an open palm.

We need not discard our convictions. But it behooves us to hold them lightly as if they were resting on our own hands. In this way, we invite the group to take them from us to them, strengthen them or perhaps replace them.

~ Farnham, Hull and McLean

In Faith,
Rev. Carie

Director of Religious Exploration ...

Notes from the Trail

With the election just around the corner I can think of no better time than now to be helping young people of all ages explore Unitarian Universalist values. As I watched the presidential debate I was dumbfounded by both candidates inability and/or unwillingness to respect each other's time or the moderator. And the commentary afterward seemed to reward the candidate who was able to talk over his opponent. It left me feeling very discouraged about the possibility for positive change in this country. But then I come to church and our children and youth give me hope. We're raising kids who are learning to think for themselves and speak their minds but with respect and compassion for others. Here's what they're exploring:

Our Chalice Children; grades K-3 are looking at houses of worship from different faith traditions, talking about what people do when they worship; how we're different but most importantly what we have in common.

Our Navigators; grades 4-5 are working with concepts of peace and justice as part of a framework where peace and justice mean respecting and taking care of themselves, each other and the world.

Our Seekers; grades 6-8 engaged in an exercise to create a utopian society - talking about basic human needs and rights. Now they're talking about those needs and rights in the context of our society - a society in which prejudice and "the isms" diminish the basic worth and dignity of people who are considered less than fully human.

Our Pathfinders; Sr. High youth are talking about faith as values and beliefs that ground them and how those beliefs impact their feelings and actions.

Our PeaceJam Group; 8-12 grade are already busy planning service projects - building connections that create and nurture peace in our church community and in the community at large.

Our Coming of Age Group; 12 - 14 yr. olds are just beginning a year long journey where they'll explore what it means to be Unitarian Universalist. This weekend they're going to spend some time at Camp Kieve's ropes course. Faced with a variety of physical challenges, they'll learn a lot about themselves as well as what it takes to work as a group. (If you have a 12-14 year old who might like to join us please let me know as soon as possible)

It's a privilege to walk with them on their journey. They remind me how important it is to continue to live my faith in the world.

Happy Trails, Carol

Faith in Action...

The Augusta Food Bank Dinner and Auction

will be held on October 26, at the Calumet Club or Le Club Calumet. The event raises money which helps numerous people including UUCC. Let's have a strong UUCC contingent at the dinner/ auction this year. Last year I bid on a variety of cuts of venison which thrilled my son.

Regarding our donations to the Augusta Food Bank, a volunteer is needed to deliver food and essentials (collected in our coat closet), to St. Mark's. I bring it over on the first Saturday of the month, but can't get there during Food Bank hours at mid-month. It can be wheeled over in the red wagon or loaded into a car and driven over.

Thank you to the many households who've brought in donations in recent months. If you haven't brought anything recently I encourage you to please do so. Our congregation pledged to donate diapers to St. Mark's Essentials Pantry a few years ago. The big grocery stores have green diapers made with no bleaching and recycled materials, the Chapter 11 store and other discount stores also have diapers. Larger sizes are needed-sizes 5,6 and adult sizes. There is always a need for toiletries, women's personal care products, shampoo, soap, toothpaste, toothbrushes, laundry soap.

Thanks to you- a UU in Action,
Jenny Mckendry, Faith in Action Chair

Administrative News...

The office will be closed Thursday Evening, November 25th in observance of Thanksgiving.

Directory Updates: Please remember to notify the office of any contact information changes so that we may update our church directory. Thank you!

Nicole and Tom Danielson

117 Nickerson Hill Road
Readfield, ME 04355
685-3112 batdaisy@yahoo.com

Eric Falconer

63 Howard Street Ext
Salem, MA 01970
(978)594-4971 Falconer185@comcast.net

Jenna and Sam Krajewski

2 Warren Street
Hallowell, ME 04347 people@brachmills.com

Christopher Landreth

P O Box 223
Manchester, ME 04351-0223 623-0905

Sunshine Perlis

381 Sandy River Road
Fayette, Me 04349
557-3078 senoritabun@gmail.com

Martin Spahn

10 Central Street Apt 2
Hallowell, ME 04347
629-8277 Martin.spahn@maine.edu

Goddess Continuing...

CELEBRATE SAMHAIN OR HALLOWEEN
SUNDAY, OCTOBER 28, 4-6PM

Halloween comes from the older celebration of Samhain, a time of remembrance, of thanksgiving for the harvest, and of preparation for the winter. Come in costume, bring symbols of the celebration and food to share.

We will start with a ceremony of remembrance of people and animals, followed by



goodies and activities, including costume and stories, and games. Learn about the traditions of Halloween.



CELEBRATING WOMEN OF
WISDOM CRONING
CEREMONY
UCC, November 18, 2012,
12:15-1:30pm

Join us on Sunday,
November 4, 12:15-2pm to
explore Croning
and plan the ceremony.

Throughout life we pass through many stages that bring significant change and identity to our lives. Croning 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 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 and acknowledges a wise woman who becomes the resource of wisdom for her community.

We have half dozen women who have expressed interest in being Croned. If you are interested, please join us on Nov. 4 to explore Croning and to plan the ceremony on November 18. The ceremony reflects the participants and will include words from the six Crones in the congregation.

See the new brochure for Goddess Continuing. For more information, contact Mary Shifman, shifman-mary@aol.com, 549-7719.

UCC Website...

www.augustauu.org

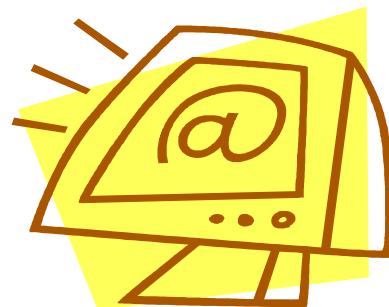
The imagery of a web is connections in multiple directions, with a connecting pattern. The intent of the UCC website is to:

1. Capture the diversity of our ministries and programs and celebrate all that we have to offer.
2. Encourage involvement in congregational life at all levels – relational, worship, social justice, learning, leadership.
3. Provide a resource that encourages collaboration among all parts of the congregational structure.

More about the website itself is found under Communications on the site.

The website is continually being updated. Julie updates the Worship information regularly. And sections are being revised. For example, the Small Group Ministry Handbook was just updated online (at Ministries/Small Group Ministry/Participants Handbook). Also, the explanation of the names of the buildings and other spaces are found under Events and Spaces and Around the Church.

Please visit the site. Take time to explore what is there. Comments about the website are welcome. Contact Helen



Mainers for Marriage Equality Interfaith Service

Thank you to everyone who participated in the multi-faith service Celebrating Love and Marriage. Bearing witness, affirming and proclaiming our support for loving and committed same-sex couples to be married is so important. The service was great everything from the message to the music to the communion. The choir was amazing and Lynn Deeves, Robby Coffin and Alfred Lund brought wonderful energy to the service.

We are truly the change we wish to see,

Rev. Carie

Wanted: Your Faith Voice

Invitation: Write a Letter to the Editor of the local KJ.

The religious Coalition Against Discrimination is encouraging people across faith lines to write letters to the editor of their local news papers. Affirming same-sex marriage and telling the community this law will protect religious liberty is vital. Your voice could be the one that helps a person who is undecided or conflicted about their faith and same-sex marriage to find integrity with a yes vote.

If you need help writing or articulating what you want to say... Not a problem, I will be happy to sit with you and craft your letter. Just call me 207-395-8051 or 508-221-5295 or write revcariejohansen@gmail.com.

Your faith matters, your voice matters, the right of loving committed same-sex couples to marry is about to become law in Maine. Be a part of the rising voice changing hearts and minds.

Religious Education Committee...

The RE program is cruising along this fall with active Sunday morning classrooms and a lively young UU worship service complete with songs and stories to get us thinking and enjoying our time in community.

Young musicians have contributed instrumental music to the services as well and we hope to continue this practice as often as possible so please encourage the young musicians you know to prepare a musical contribution to the worship service. The Peace Jam youth have had their first meeting and a chance to consider upcoming service projects in the Augusta area. The Coming of Age program registration shows a good level of commitment and this group will enjoy their first gathering at church on October 21 and a ropes course challenge on November 3. These 12-14 year olds will embark on a faith journey of self-discovery guided by Carol and other adult supporters.

There's never a dull moment -- and never a lack of opportunities for young and old to relate the UU principles to our every day life experiences. If you would like to get a copy of the RE Program Prospectus or have any questions about any of the program offerings please contact Carol Strecker or Susan Caldwell (jscaldwell@roadrunner.com or 582-8658) any time! Thanks for your curiosity and involvement in the RE program!



Buildings and Grounds ...

November 10th, 9-12 am Leaf Raking Party So You Can Skip The Gym

No tedious bagging - We rake them onto drop cloths and dump them in the compost bin. If we get a good turn out we can get some more maintenance items off our list as well. This will be the last Saturday work day until January 2013. Bring a rake if you have one and gloves.

Also, just a reminder: Please be sure to keep all chairs and other items away from the interior fires safety doors. These door close automatically when the alarms sound off. Fire Codes dictate that doors must be clear. Thank you!

Mark Your Calendar....

Join Rev. Carol Strecker; our director of Religious Exploration as we look at the importance of spirituality as we grow older through the lens Fred Brancado's book,

Ancient Wisdom and the Measure of our Days; The Spiritual Dimensions of Retirement, Aging and Loss

There will be two groups; one meeting on Tuesday evenings from 5:30 to 7:00 on November 13 & 27. The other group will meet on Wednesdays, November 14 & 28 from Noon to 1:30. So whether it's over supper or lunch, bring a brown bag and lets share the wisdom of our days. Carol will be ordering books. You can let her know if you'd like one by sending her a message at dre@augustauu.org or by calling 622-3232 x 12. The cost is \$12.95. There is also a Kindle version available for \$9.99 through Amazon. If you can't afford a book, don't worry, there will be several copies available for loan.

Annual Harvest Supper ~ Friday, November 16th ~ 5:30-7:30pm, Fellowship Hall

Come join us for our annual Harvest Supper. Bring your favorite dish to share with friends and loved ones. Great food, great company! Volunteers are needed for set up and clean up! Contact Cheryl Clukey at 441-0337 for more information or to sign up to volunteer!

Membership...

Save the Date!

Thursday, November 29th -
Welcome Dinner at 6:00 pm

Welcome to all new members, those who are considering membership and newcomers at UUC. Please join us for a special dinner and opportunity to ask questions about our church and the UU faith and get to know each other while we enjoy a meal together. The congregation will honor new members at the Sunday, December 2nd services. We appreciate an RSVP so we can plan accordingly. Please contact Jim if you have questions about the event or want to sign up.

And, thanks to those of you who have volunteered to greet and/or help with hospitality on Sunday mornings. We are very appreciative and need more help! Our goal is to have greeters and hospitality helpers signed up in advance for each Sunday morning. If you are willing to help, please let us know -- and, yes, we will provide the training if you can share your time with us.

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 helenjoe@pare@aol.com or 623-1924
Rita Cherubini rcherubini@roadrunner.com

Elder Lunch News...

Elder Luncheon is looking for food contributions for November 11th. If you could drop off a culinary delight by 11 am it would be much appreciated by this dedicated crew. We are in need of two salads, and four entrees (soup, casserole, or quiche), and three desserts.

Your help would free us from cooking and let us concentrate on setup, table decoration, serving, and clean up. Marilyn Dunn is the November organizer and may be contacted at maine2007@hotmail.com or 512-5382.

Fundraising...

Judy McCown and Bruce Bierce, Fundraising Co-Chairs, bbierce@myfairpoint.net 897-3683

Chowder Luncheon

The Chowder Luncheon was held on Saturday, October 13th, in the Fellowship Hall. Church members were extremely generous with donations of chowders, corn bread and desserts. Volunteers helped tirelessly throughout the day. The lunch was delicious and the crew working with Marilyn and Tom enjoyed the meal for half price. Proceeds totaled \$169.00. The winner of the 50/50 raffle was Betty Caldwell. It should be noted that - although the Luncheon was widely publicized - only a handful of people from the greater Augusta area attended.

Dessert Theater

The Dessert Theater is scheduled for November 9th. Dessert will be served in the Fellowship Hall at 6:00 followed at 7:30 by Agatha Christie's "Murder on the Nile" at the Gaslight Theater in Hallowell. Tickets are \$17 for Adults and \$15 for Seniors. The price includes both the dessert and theater ticket. Reservations are required and the deadline is Sunday, November 4th. Payment is also requested by November 4th. Please make checks out to Bruce Bierce as the money is divided between the Church and Gaslight Theater.

Annual Pie Sale

The Annual Pie Sale at Longfellow's Greenhouses will be held on November 17th. Our goal is to have 50 pies to sell. Last year we did not meet our goal of 50 pies and the 39 pies that were donated all sold quickly. There is a sign up sheet on the Fundraising Bulletin Board.

Hannaford Gift Card Program

The Hannaford Gift Card Program, directed by Hannah Faulkner, raised \$60 in July, \$150 in August, and \$115 in September, This Fundraiser is proving to be a very successful one and the time and expertise that Hannah has spent on it are greatly appreciated. Thank you, Hannah.

UCC Cookbook

The Second Edition of our UCC Cookbook, *The Fellowship of Food*, is available for \$15.00. This

book contains not only great recipes, but also lovely artwork and thoughtful quotations. Since the cost of production has already been paid, 100% of each sale goes directly to the Church.

Handsome boxed sets of eight note cards featuring a photograph of our church can be purchased for \$13.00. These have been produced by Bruce Bierce and proceeds - after cost of materials - are donated to the church.

CLYNK Program Results

Since the beginning of the calendar year 2012, the Hannaford CLYNK program has contributed \$400 to the church, broken down as follows:

February 2012 - \$100; April 2012 - \$100; September 2012 - \$200. We expect to receive another \$100 from CLYNK donations before the end of November 2012. Many thanks to everyone who contributes bottles and cans to this ongoing church fundraiser.

Greeting Cards Available

Great deal! Handmade greeting cards by Charlene Cleven will be for sale this year. 100% to our church. Available most Sundays at coffee hour. Priced from \$1.00 to 2.50, cash or check to UCC. Make it a habit to buy local!



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 November 19th. 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.