



The Flaming Chalice

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

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

October 2012

October 7 “Standing With the Indigenous Community” Rev. Carie Johnsen

Monday, October 8, 2012 is Indigenous People Day. The Standing on the Side of Love campaign calls upon Unitarian Universalists across the nation to decolonize our faith. Join us as we explore what this might mean.

October 14 “To Believe in Their Belief” Rev. Carie Johnsen

As Unitarian Universalists we recognize the faith journey is deeply personal and individual. One of the fundamental practices of our liberal religious tradition is the belief in the right to believe differently. This works well until we find ourselves uncomfortable or offended by another person’s practices. What then?

October 21 “The Seasoned Soul” Rev. Carie Johnsen

In her new book “The Seasoned Soul: Reflections on Growing Older” Eliza Blanchard begins by drawing on the “comedian George Carlin’s joke that only children get excited about growing older. Once we’re adults, we seem to forget our wonder at the changes and new skills that aging can bring? Let us ponder together this potential truth.

October 28 “Recycling” Small Group Ministry

RECYCLING AS A SPIRITUAL PRACTICE: A Small Group presents the UCC recycling center and the inspiration behind it. Rather than lament the state of the environment, join us in celebrating the interconnected web of all existence

A Faith Journey by Rev. Carie Johnsen...

Creating an inclusive community followed by ways to be engaged...

This week I met with three members of the congregation to talk about how to create a community where a new person in our midsts can find ways to get to know who we are. During this same week our new Director of Religious Exploration has been asking us some very good questions, such as how does a new family know what to do on Sunday morning? How do the children know where to go? Do families know who their children's teachers are? It is great to have curious people navigating our community.

What is striking to me in all of this is how communities of people create cultures all their own. If you have been around a long time and read the newsletter or are active in the leadership you may have the inside scoop on how things are done. But if you're not, what then? And if you communicate or process information differently, what then?

This work of welcoming and orientating new people in the pews is not just another task on the list for yet another committee, it is a ministry we are all called to engage in.

Recall when you first walked through the doors, what was your experience like? Did you feel an immediate sense of being at home? Did you leave only to return at a much late time? What about the person who left never to return? Did you find your way because you were committed to no longer feeling alone in the world? Were you one of those lost souls who linger until found?

Or...

Did someone say hello and introduce themselves? Did someone invite you to an upcoming congregational event? Did someone take the time to introduce you to two more people? Were you invited to join us for coffee hour/ Did you know to sign the guest book so we could help you in your journey of getting to know us?

I hope it is the latter, but I am also aware, it may have been the former.

Creating a welcoming and inclusive community is a ministry we are all asked to partake in. A simple Introduction of "Hi my name is Carie. I don't believe we have met before" goes a long way.

Now, an opportunity to expand our circle wider! What happens if this person speaks another language or doesn't speak or is deaf? A name tag is a useful tool so too is sign language. Inquiring about someone's first language opens the door. Seeking a person in the community who also speaks the language is a great tool. If you speak a second language, let me know. I would like to create a list for future opportunities.

Today, I discovered a new website for free American Sign Language lessons - www.lifeprint.com. I have also asked Julie to print off the finger spelling chart to post widely in the church. A simple hello followed by signing your name is a way to build a bridge. A pen and paper for communicating by writing may also be a useful tool.

At the end of the day how we engage with the stranger is up to each of us and all of us are called to creating the welcome.

In faith,

Rev. Carie

Director of Religious Exploration ...

As I sit down to share some of my first impressions the first thing that comes to mind is gratitude; gratitude for the many smiling faces and willing hands that have helped me get oriented in the last month. The Religious Exploration Committee has been amazing. They welcomed me with lunch on my very first day. They met with me on my second day and together we began to map out a course for the year for our children and youth. As we moved into September they hosted an ice cream social to help me begin to build relationships within the congregation. It feels so good to put faces with names! 17 volunteers attended two teacher trainings and I've got to say our children and youth are really lucky to have such a dedicated, caring and capable group of adults working with them. It really does take a village to run our RE program for children and youth; teams of 4 or more teachers for 4/5 classes plus adult advisors for youth programming like Peace Jam and Coming of Age and special programming like OWL (Our Whole Lives) and Spirit Play helpers. The program offerings for children and youth are outstanding but it takes 10-15 adult volunteers every Sunday to keep it running safely and smoothly. So believe it or not, even with such a strong corp of volunteers we're still looking for a few more adult teachers to work with the Chalice Children; ages 5-7 (grades K-2), our Navigators 7-9 (grades 3-5) during first service and Spirit Play helpers to work with me during the second service. I'm also hoping to find a volunteer or two who like to shop who can help me keep the classrooms stocked with materials. If you are willing and able to lend a hand please let me know. I thought you might be interested to know what our children and youth are doing this year;

The Chalice Children/Explorers will be exploring their church community and the holidays and holy days that make UCC such as special place to be.

The Navigators and Seekers will both be exploring concepts of peace and justice putting those concepts into action.

The Sr. High Youth (Pathfinders) will be exploring ways to live out their beliefs in the world.

PEACE JAM – grades 8-12 will be exploring what it takes to create peace; in the heart, in the home, in their communities and in the world – organizing action projects that promote peace and participating in a Peace Jam conference in the spring with other youth from New England who are on the same journey. (1st Sundays from 3:30 – 6:30 except October – we'll meet on Monday 10/8 due to Columbus Day weekend)

Coming of Age – a monthly program for 7th and 8th graders that encourages youth to wrestle with their own beliefs with the help of adult mentors. (3rd Sundays from 2 – 4, beginning October 21st – we're hoping to schedule a trip to the ropes course at Camp Kieve before then). Parents, please let me know if you have a youth who's interested in participating.

OWL (Our Whole Lives) – our 4th and 5th graders will have the opportunity to explore age appropriate sexuality education

Movie Nights – for Jr. and Sr. High stay tuned....

As you can see there are a lot of great opportunities for our children and youth — and for adults who want to participate. Safety guidelines for adults working with our children and youth include; a period of at least 6 months of active participation in the church, A background check and teacher training; and while I'm on the subject there are just a couple of things I'd like to remind parents about in terms of safety. Parents with children in the nursery; the parent who signs your child into the nursery should be the one who returns to sign out your child. No one (adult, youth or child) should be in the nursery at any time who isn't one of the nursery care provider for the day or the parent who is responsible for signing their child in/out. Parents of Chalice Children/Explorers and Navigators are expected to pick up their children at their classrooms at the end of first service. Jr. and Sr. High youth can find their way on their own. Parents are responsible for their own children before, between and after worship and during other activities when they are not under the supervision of paid childcare providers.

We have a beautiful campus and amazing space for our children but because our facilities are so decentralized it's really important to be mindful of where the children are at all times. If you need help with this please let me know. I'm sure we can work something out. I want to thank each and every one of you for your welcome. Keep those smiles, hugs, tips on how things work around here (like how to lock the Sanctuary doors –for instance) ideas and enthusiasm coming. I'm so glad to be here and so excited about what we can explore together - not just with our children and youth but with all ages. As your Director of Lifespan Religious Education I'm planning several programs for people dealing with issues around spirituality and aging, including a book discussion group this fall. I'm also chomping at the bit to begin working with young adults in the congregation on some programming specifically for that age group. (I would like to take this opportunity to invite young adults between the ages of 18-35 who would like to share their thoughts about young adult programming to be in touch!) But the children and youth programming has been a priority and will continue to be until it's running smoothly and safely.

My office hours are Tuesday, Wednesday and Thursday from 9-5, although I occasionally have meetings that take me out of the office on those days so you might call or email before dropping by. You can reach me by phone at 622-3232 x12 or by email at dre@augustauu.org. Again thanks for your welcome. I'm looking forward to our journey together.

Peace, Carol

From the Board President ...

A Proud Moment

It was a big moment for our church community last Sunday, Sept. 16, when we stood at the corner of Winthrop and Summer streets to rededicate our three buildings as The Church (69 Winthrop), Judd House (71 Winthrop) and Drew House (6 Summer.)

The last two names are new, and represent the results from our annual meeting in June, when we elected to honor two 19th century ministers who are part of our heritage – Rev. William Drew, founding pastor of the Universalist church in Augusta, and Rev. Sylvester Drew, a prominent Unitarian minister and author. Rev. Carie Johnsen's service drew attention to stories most of us knew little about when the board first began discussing possible building names 18 months ago. I, for instance, didn't realize that the original church building Rev. Drew preached from is still standing. It's an apartment building at the corner of Court and Chapel streets, just a block away, and one of our members lives there.

The new signs outside, and the portrait of Rev. Judd to the left as you enter Judd House, are some of the visible signs of efforts that go back long before the naming process began. The congregation bought and completely renovated the 71 Winthrop St. building from 2006-07. The sanctuary was expanded, windows were added, and the fellowship hall revamped in 2008. And last year, the old annex at 6 Summer St., once the Universalist church parsonage, was also renovated, with walls removed, windows refurbished and a new roof installed before the Drew House sign was installed out front.

The new spaces are so new that we're still figuring out how best to use them. The board of trustees has decided to use the front upstairs room at Drew House as its meeting place, since it can accommodate up to 12 people. That leaves the fellowship hall free for the increasing number of events we're also accommodating there. Other larger groups should feel free to take a look at this room for their meetings; on Sunday morning, this room is home to our Seekers RE class.

And we're not stopping there. In October, the Long Range Planning Committee will meet with the board to discuss results of the facilities survey distributed to members in the bulletin and on-line. (If you haven't responded, there's still time, through Sunday, Sept. 23.) We will discuss possible next steps to make sure our buildings are supporting all our programs, and providing safe and healthy spaces for both adults and children. This is a time of growth and change for UJCC, and the energy from all the activities going on in our three buildings is something to see. Please let us know how you feel about what still needs to be done.

Doug Rooks

Small Group Ministry...

Small Group Ministry in our church exists to encourage interpersonal connection and spiritual exploration for all who are interested. Groups meet either once or twice a month, some at the church and some in member's homes. We use outlines to structure discussion around topics of personal and spiritual interest. Members agree to make the group a priority in terms of attendance and participation. Those who have participated in Small Group Ministry have found the experience to be more than they expected. If you have questions about how it works, speak to me on Sunday, call me or email me. I'm always happy to discuss Small Group Ministry.

If you have considered joining Small Group Ministry, NOW IS THE TIME. (Or not.) To accommodate either choice, we have options. If you are ready to join a group which has been going for some time, we do have openings. Please let me know before the end of October that you would like to become a group member, and if schedules line up, I will connect you to a group.

After the end of October I will put the names of interested people on a waiting list to begin a time limited group in January. The plan is for groups beginning in January to last through the following December, meeting twice a month at a time and place convenient for all members.

Finally, I would be pleased to hear from you before the end of October if you are interested in a yearlong group to begin in January. One of the promises of Small Group Ministry is that there is room for you.

Goddess Rising...

Sunday, October 7, 12:15-2pm Fellowship Hall

"Goddess and Female Spirituality: Exploring the Cycles of Our Lives."

Time with all ages together, and time for separate age groups (younger, middle, older)

Who are the goddesses for your age group? What are the gifts and challenges of your age group?

Continuums, Fishbowl, Reflection and Ritual
Light snacks will be available.

Ages Grade 6 and over, mark your calendars now and participate. Please sign up on the Bulletin Board or at Fellowship Hour to help us with planning.

Goddess Continuing will also be meeting October 14 (12:15-2pm, Fellowship Hall) to plan the Samhain celebration. You are welcome to join us for planning. Come, with or without costume, to the celebration on October 28, 4-6pm. There will be games, fun food, and information about the origins of our Samhain and Halloween traditions.

For more information about Goddess Continuing, contact Mary Shifman, shifmanmary@aol.com, 549-7719.

Conversations with the Minister...

**New UU(CC) - Conversations with the Minister
Monday, October 15th and 29th from
5:30 - 7:30**

Are you new to Unitarian Universalism? Are you new to Unitarian Universalist Community Church? Are you still lingering at the edges of this community wanting to become more knowledgeable and engaged? Are you confused by who we are and what we believe in? Then this time with our Minister, Rev. Carie Johnsen is just what you are looking for. We encourage all participants to attend all three and we welcome you as you are available. Please sign up by sending an email or calling Julie Pelletier, Office Administrator at 622-3232 or admin@augustauu.org

You Are Invited...

E i d R e c e p t i o n

Join USM multicultural and Muslim students for a reception to celebrate the Eid al-Fitr and Eid al Adha

*Wednesday, October 3rd, 2012
5 to 7:30 p.m.*

**The Wishcamper Center, 34 Bedford
St. Portland Campus
Sponsored by USM Muslim Student
Association and USM Office of
Multicultural Student Affairs**

**For more information/RSVP,
call 780-5798**

Religious Education Committee...

The UUCC Religious Exploration year is off to a grand start! We are so excited to welcome Carol and experience her professional leadership, positive energy, sincerity and warm smile. We enjoyed our first gatherings in the classrooms with a welcome to all new and returning, a chance to learn each other's names and then develop our covenants which will guide our classroom interactions throughout the year. It was wonderful to participate in the building dedication ceremony on the same week that we enjoyed seeing the newly remodeled classrooms full again of inquisitive and cheerful children and youth with committed adult volunteers.

The curriculums chosen this year will raise great questions and lead to good conversation and activities as we dive more deeply into the UU principles and listen to the awesome insights that come each week from these younger members of the UUCC community. The RE Committee extends a hearty invitation to all to participate in the program. If anyone is interested in receiving the Religious Exploration Program Prospectus please let me or Carol know and we will send it along so that you have the background about the programs offered this year. We welcome your involvement!

In mid-September the RE Committee had an opportunity to participate in a DRE start up workshop facilitated by Kimberly Paquette from the New England District of the UUA. We had the chance to talk about the recent history of the program, consider the traditions that are important to us and clarify roles as we move forward.

Together we are helping Carol to balance getting the nuts and bolts of programming ready to go for this year with thinking ahead about new opportunities to pursue going forward. This is a vibrant community and the RE Program has a lot to offer!

RE Committee Chair - Susan Caldwell
[\[js Caldwell@roadrunner.com\]](mailto:js Caldwell@roadrunner.com) or 582-8658]

Buildings and Grounds ...

October 13th, 9-12 am, and we really need help!

Everyone has been busy over the summer and consequently the list of maintenance chores has grown. There is a long list of small projects both inside and outside such as: some indoor painting, putting in doorknobs, pick and shovel work outside, weeding, shrub trimming, paint washing and more. We can only get as much done as we have volunteers to help.

November 10th, 9-12 am will be our annual fall raking/cleaning please mark your calendars. This will be the last Saturday work day until January.

Mark Your Calendar....

How to welcome home our warriors and help them heal:

October 4 from 4:30 to 6 PM at the American Legion Post 205, Eastern Ave, Rte 17, Augusta.

Lead by Chaplain (Colonel) Andy Gibson, a member of Faith Leaders Of Augusta Together (FLOAT) and the "Joint Forces Head Quarters Chaplain for the Maine Army National Guard."

We are all searching to find ways to let returning military know we care about them. We all want to provide them with welcomes to help them blend back into community. We are concerned about high suicide rates reported for this group. Our work providing solutions is crucial and needed immediately!

The agenda will approach the situation with spiritual essence. Please plan to come, and bring a friend who can help you with your 'Welcome Home' mission later!

Administrative News ...

new address is:

Vernon Chandler
4 Brunswick Terrace
Gardiner, ME 04345

Membership...

Help Needed!

The membership committee respectfully asks for your assistance -- we need you! If you enjoy welcoming people with a big smile and hearty hello, please sign up as a greeter! If you love the coffee and snacks and visiting time at fellowship hour, please sign up to help in the kitchen with hospitality! If you want to help make UUC a welcoming place for new people, please join us on the membership committee! If you are worried that you don't know what to do, we will cheerfully provide training for any willing volunteer.

Our goal is to sign up greeters and hospitality helpers for each Sunday this fall and to have a vital committee that enjoys working together to help make our church a welcoming community.

We also want to say a special thank you to Helen Pare for providing fellowship hospitality throughout the summer months. You are appreciated Helen!

Please contact Jim Caldwell at 582-8658 or jscaldwell@roadrunner.com thanks!

- Jim Caldwell

Missing:

Flat brown clear bowl used by Peaceful Heart Sangha

Belonged to Eleanor Grimmnitz
Please contact Marty Soule, if it is found.

Thank you

Church News ...

The Kennebec Valley Interfaith Council (RCAD cluster) is in need of a stage for our outdoor interfaith service to be held October 14. In the best of all worlds, it would be at least 16 x 12. It only needs to be slightly off the ground so the congregation in the back rows will be able to see the speakers.

If anyone has such a stage or knows where we might get one, at no or little cost, would you please email Julie or Carie at church or Maggie Ricker (623-9943).

Hannah's Boutique will have one artfully arranged table of new-looking gift items for sale at the October 13th Chowder Luncheon and during the coffee hour on October 14. If you have something to contribute to this table, please contact Hannah Faulkner by October 11 at hannahuu3@fairpoint.net or 293-9377, or see her in church. This table will not remain in the Fellowship Hall after October 14, but is expected to reappear from time to time during the fall and winter, displaying a few items at a time.

History Committee ...

We are living our history! The dedication and naming of the buildings as The Church, Drew House and Judd House on September 16 between services connected us with our roots. It was so nice to have the congregation recognize and appreciate our historic and yet contemporary 'campus'. Pictures will be on the website and a copy of the service is available on request.

Additional note: both Rev. William Drew and Rev. Sylvester Judd are buried in Augusta. Both are in very beautiful places. If there is interest, we can offer a visit to the sites.

Sylvester Judd: Drive out Bangor Street. On the left is the oldest cemetery in Augusta. His grave is all the way down towards the river on the left side of the cemetery. There is a fence around it and he has a really nice big obelisk, with his name on it.

William Drew: Go half way up the hill on Winthrop Street in the Mt. Vernon cemetery. He also has an obelisk with his name, a cross and an anchor.

The next History Committee meeting is Thursday, October 12, 10am-noon in the Drew House. Join is for any part or all of the meeting. Contact Krista Zidowecki, 582-5308.

Social Activities...

Let's go for a hike!

Please join Susan Caldwell for a hike after church on Sunday, October 14. We will meet at 12:15 right after the second service and carpool just a few miles to the "Hallowell Rec Area" for a 1-2 mile moderate hike along the forested trails by the reservoir. Bring a picnic lunch if you like. Susan will bring some nature games to play along the way if the group is so inclined. We will hope for a glorious fall day to enjoy an afternoon out in the woods.

Fundraising...

Our last Fundraising effort was held on September 5th when we hosted Life Line Screening. We were able to accommodate all of the participants, tables, chairs and equipment in a comfortable and attractive way and the day went very smoothly. Two people registered through our publicity efforts and we will receive a \$10 donation for each of them. About 70 other people from the community were screened and although we will not receive donations for any of them, Life Line Screening has donated \$100 for the use of our church facilities.

Our annual Chowder Luncheon will be held on Saturday, October 13th, and we will need donations of chowder, cornbread, and pies. Volunteers to help in various ways are also needed. There is a sign up sheet on the Fundraising Bulletin Board.

We have two Fundraisers scheduled for November. We are having a Dessert Theater on November 9th and on November 17th we will hold our Annual Pie Sale at Longfellow's Greenhouses. Our goal is to have 50 pies to sell. Additional information and sign-up sheets are on the Fundraising Bulletin Board in the Fellowship Hall.

Since we will be retiring as Fundraising Co-Chairs in June 2013 we would like to hear from others who would enjoy assuming this responsibility or who would like to serve on the Fundraising Committee. If you are interested, please contact us.

Bruce Bierce and Judy McCown, Fundraising
C o - C h a i r s ,
bbierce@myfairpoint.net jsmbierce@myfairpoint.net
897-3683

Music Committee...

The Music Search committee is delighted to welcome Joelle Morris as our new Music Director. Joelle comes to us with years of experience as a voice teacher, choir director and professional singer and we are looking forward to our journey in music together.

I would like to thank my fellow members of the search committee, Terry Lee Cookson, Kip DeSerres, Cathie Nielsen, Mary Simpson and Dan Sorensen, for a long hot summer's hard work. Thank you also to Rev. Carie for your guidance through this process. And thanks also to all those who participated in our informal summer choir.

Remember: if you can sing in the shower, you can sing in the choir! Come join us Thursdays at 6:00.

Claire Curole,
Music Committee

More Music News...

Community Choir - If you would be interested in singing a few numbers with a community choir for the October 14, 3:00 p.m. service "Celebrating Marriage" in Capitol Park, Augusta here are some details:

Rehearsals will be at Unitarian Universalist Community Church, 69 Winthrop St. in Augusta from 6-7 p.m. on October 4 and October 11

The service is part of a series of events being offered by the Kennebec Valley chapter of the Religious Coalition Against Discrimination to raise faith voices in support of same sex marriage. In case of rain it will be held at the South Parish Congregational Church.

For more information contact, Joelle Morris, UUC Music Director at musicdirector@augustauu.org or event organizers at maggiesway@aol.com



Originally from Evian, France, Joëlle Morris moved to Winthrop, Maine, in 2011 to be closer to her husband's family. Recognized for her warm mezzo voice and her ability to sparkle on stage, she is admired for her versatility, from the concert stage to the operatic arena, in intimate jazz settings and French cabaret or simply sharing her gifts as voice teacher and Choral conductor.

Joëlle holds a Masters of Music in Vocal Performance and Pedagogy from the Lamont Conservatory in Denver Colorado and a Bachelors of Music from University of Colorado in Boulder. She has performed in an array of opera and musical theater shows, appearing as Octavian in *Der Rosenkavalier*, Dora-bella in *Così fan tutte*, Cherubino in *La Nozze di Figaro* and Aldonza in *Man of la Mancha*.

Over the past few years she has given numerous recitals both in France and in Switzerland at such prestigious places as l'Espace Maurice Novarina in Thonon-les-Bains, France, and the Grange au Lac in Evian. Recently, she performed in the world premiere of Domenico Clapasson's *Il Pellegrino dell'assoluto* for soprano, choir and orchestra under the direction of Sylvain Croissonier, as well as Vivaldi's *Gloria* and *Magnificat* with the Nouvel Orchestre de Genève at the Grange au Lac.

Prior to moving to Maine, Joëlle spent the better part of seven years living in France, where she taught Voice and Vocal Pedagogy both in her private studio and in a variety of local music schools. She also conducted the 100-plus ensemble "Choeur Amédée" in Thonon-les-Bains. Additionally, she created and conducted the audition-only ensemble "Double Croche" in Evian-les-Bains.

Since moving to Maine, Joëlle has performed numerous times at the Franco-American Heritage Center in Lewiston, was named the conductor of the CODA Chorus in Winthrop and recently opened a private voice studio at her home in Winthrop. She is currently preparing for a Christmas concert series, featuring voice and guitar, with her accompanist, Arthur Hosford of Augusta.

Joëlle lives with her husband, Drew, and two children - Nathaniel, 4, who just started pre-school this fall and Camille, 2. Both are looking forward to attending the nursery and spirit play at UUC this year.

Hannaford Cash Card....

UUCB Board of Directors Authorizes Official UUCB Hannaford Cash Card Fundraiser September 10, 2012—Church gets 5% bonus.

When the UUCB Board of Directors evaluated the UUCB Hannaford Cash Card Pilot program at their September 10th Meeting, they agreed that it benefited both the church and the people who purchase the cards, and they authorized the official UUCB Hannaford Cash Card Fundraiser with accounting controls.

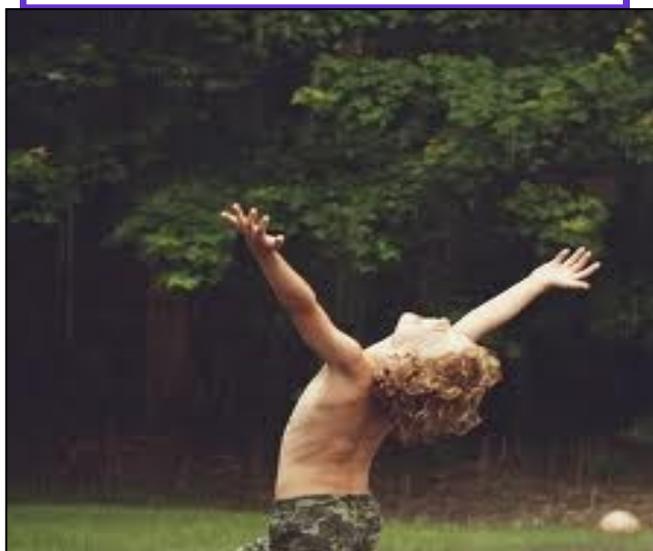
How the new UUCB Hannaford Cash Card works:

See Hannah Faulkner (293-9377 or hannahu3@fairpoint.net) in the Fellowship Hall after the first service, and sometimes after the second service, September 16, 23, 30, or October Sundays to order a Cash Card in the amount of \$25, \$50, \$100, \$200, \$300 or more. Other amounts up to \$500 can be ordered as well. You may also reload your existing card through our group order to benefit the church. Make your check payable to UU Community Church, with Hannaford cash card order, or reload, in the memo space. With your check, you pay only face value for your Cash Card, which you can use like cash in any Hannaford store to pay for any purchases.

When you give your check to Hannah, she will see that our Administrator, Julie Pelletier, gets it for immediate deposit in a special cash card account. If you only have cash, please ask a friend to write a check on your behalf. After the amount of the deposited checks comes up to \$1,000, Hannah will place a group order with Hannaford, gaining a 5% (\$50) benefit for the church. So for routine shopping, presents, support of another person or other reason, please plan to use a Cash Card from Church.



Peaceful Heart Sangha...



~ What a joy to be alive ~
September greetings from Peaceful Heart
Sangha
Mindfulness Meditation at UUCB

One of the things we consider during our meditation practice is how grateful we are for that which is not causing pain or suffering, the non-toothache.

We focus on how happy we are to be able to see, to walk, to eat, to smile. Calming our minds, finding some solidity within ourselves, resting and nurturing our joy can help us heal, help us feel less drained, less stressed. We can then focus our energy more effectively on real problems in the world.

Join us any time for meditation
- Mondays, 6:30 -8 PM at UUCB
- First & third Thursdays 8 - 9:30 am at River Studio, 332 River St., Hallowell.
New Moon Sangha - Mondays 6:30 -8 PM in Farmington.

◆
Beginners always welcome.
Introductions to meditation can be arranged, if desired.
Contact peacefulheartsangha@gmail.com or martysoule@gmail.com

Unitarian Universalist Community Church
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Augusta, Maine 04332-0008

Newsletter articles are due the third Monday of each month. The next newsletter deadline is October 15th. 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: Vacant
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)
revcariejohansen@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 revcariejohansen@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.