

Weekly E-Blast

Unitarian Universalist Community Church Wednesday, March 6, 2024

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69 Winthrop St., Augusta ME (207)622-3232 – <u>info@augustauu.org</u> <u>www.augustauu.org</u>

A Message from our Minister

<Rev. Donna's message from Winter newsletter>

I am taking a study week this week (the week of March 4th). Study time offers me space to ground myself as I go about the work of planning and spiritual restoration and exploration. I will return and join you all for the March 10th service and workshop which will be offered by Matt Meyer. Matt has offered worship at the Unitarian Universalist Association's national General Assembly and facilitates worship and workshops around the nation. We are fortunate to welcome Matt into our pulpit!

Lifespan faith development and conversations are underway highlighting the importance of what we have to offer the community within UUCC and beyond. Please watch for more opportunities to take part in imagining our way forward together.

If you haven't yet, please see my updated video message. https://youtu.be/gDrRf3jr_Sc

Love and Light, Rev. Donna, she, her

Upcoming Services



CHANGE YOUR CLOCKS

<SPRING FORWARD>

Sunday March 10, 2024

Ingathering music to begin at 9:55 a.m.



Old Ships & New Traditions

Matt Meyer

We'll explore the depth of tradition and the benefits of renovation through a journey at sea. Join us for a service of song and story as we reflect on what makes a ship seaworthy and a heart courageous.

A special thank you to our worship arts team. Kathy Kellison will be our worship associate and Priscilla J. Jenkins will manage technology. Our pianist will take the day off as Matt leads the music. Fellowship Hour will be hosted by Ruth & David Larrabee. Nancy Fritz will be our greeter.

<u>BIO</u>: Matt is an itinerant troubadour and worship leader who has led hundreds of services for UU congregations across the country. He has a degree in hand drumming and serves as Director of Community Life for Sanctuary Boston, a vibrant worship community that meets on Wednesday evenings.

JOIN US AFTER THE SERVICE as Matt will lead a "Songleading for Justice" workshop. See details below in SPECIAL EVENTS / OPPORTUNITES

Sunday March 17, 2024

Ingathering music to begin at 9:55 a.m.

Everything is ConnectedReverend Donna Dolham

How are our small and imperceptible choices and behaviors connected to building community?

A special thank you to our worship arts team. Lori Milner will be our worship associate and Angie Blevins will manage technology. Our pianist will be Karen Foust. Jim Caldwell will be our greeter.

Join us after the service for a sit down FELLOWSHIP LUNCH <See details in [Special Events/Opportunities] below.>

SHARE THE PLATE: This month's recipient, chosen by the Social Justice Committee is the Amy Buxton Pet Pantry.

The Pet Pantry's mission is to help our community by providing temporary assistance of pet food to families suffering financial hardships, low income seniors, disabled and homeless individuals. We believe that by providing pet food many pets can remain in their current home instead of being turned over to our local animal shelter, or abandoned.

The pantry is located at South Parish Congregational church. It is open the 2nd Saturday of each month 9:00 to 10:00am

<u>Sunday worship service</u> is held IN-PERSON in the Sanctuary. Please be aware that the church doors will be locked 10 minutes after the service begins. The greeter will be at the front door to let anyone in after that time.

If you want to watch the livestream of the service, please visit:

https://boxcast.tv/channel/mtifpth0utvesjqgjyej

If you missed a service or want to watch a service again, the link above also allows access to prior services. Click on the play button on the video of the "broadcast date" you are interested in watching. Services may be viewed by Boxcast for a week after the service is live.

Special Events / Opportunities



Songleading for Justice -- March 10th following Sunday Service!

A fully participatory workshop designed to build skills and confidence for leading music in worship or in the streets. We'll share best practices for invitational leadership and gentle encouragement to singing. We'll also expand your repertoire for singing without accompaniment.

Join us for an experience of leading and following, rhythm and words, and the sound of a community in harmony together.

A goodwill offering to help defray the cost of the workshop will be accepted. A \$10.00 donation recommended for workshop.

Pre-registration recommended: https://forms.gle/3nEgZPVrcdJp4T758

Fellowship Lunch – Sunday March 17, 2024

11:30 - 12:30 p.m. in Fellowship Hall

The third Sunday of each month (Oct thru May) is Fellowship Lunch Sunday which replaces coffee hour. This event will be open to all service attendees. This is quite posh and definitely not a potluck. Attendees are encouraged to enjoy community at a restaurant style sit-down meal.

We still need TWO quiche for this luncheon. If you can donate a quiche, please email Marilyn Dunn (maine2007@hotmail.com) or call (207) 512-5382

Talent Show April 6th from 7:00 to 8:30

Come share your talent whether it be humor, skits, music, poetry or something else creative! This will be the first show in five long years, and we are eager to see how our congregation has expanded its talents!

There is a sign-up sheet in the Fellowship Hall to sign up with your act. Talk to, text or email Ken Farrington (ken-rick10@hotmail.com, 207 485-6030) or Karen Foust (karmafounst@gmail.com, 207-441-8971) with any questions.

<This is not a fundraiser, just come and have some fun with us!>

Live Auction April 20th at 6 pm.

We are soliciting items to auction off; if you have a unique item or experience that you are willing to offer, please talk to Karen Foust so that we can put it on the list.

Work crews will be sold at the auction at \$400.00 per half day crew of 6 people.

If you are interested in helping with advertising, creating a catalogue, soliciting items or being on hand to help at the auction, please contact Karen Foust at karmafoust@gmail.com or text at 207-441-8971.

Getting to Know Dementia: Community Training Positive Approach to Care® Dementia Awareness in Bite-Sized Pieces

(Four consecutive weekly sessions) beginning Tues. April 23 - end May 14, 2024 5:30-7:30 PM in the Fellowship hall

Participants will start to appreciate what happens when a brain is changing due to some form of dementia, versus other factors, such as normal aging or a high-stress lifestyle. By learning about brain function and changes during dementia, we can begin to understand not only what is lost, but what is retained, to effectively provide that just right support.

Participants will be introduced to the GEMS® State model of the progression of dementia and learn how we can adapt our approach to create positive relationships. The concept of using visual, verbal, and touch cues to approach and connect with a person living in any state of dementia through the Positive Physical ApproachTM will be demonstrated and practiced.

We will learn about how we, as care partners, can become advocates for people, as relationships and tasks of daily living are impacted.

Presenter: Betty Cairn RN, PAC trainer

Audience: Anyone who is interested in learning more about dementia.

Program is limited to 15 participants. Pre-registration is required. Please email Betty Cairn at <u>stone-hengemaine@yahoo.com</u>.

<u>Session 1</u> What is Dementia, Really? What Brain Changes and Shifts in Ability are Noticed When Dementia Happens?

<u>Session 2</u> Looking at Progression and Seeing More than Loss: The GEMS® State Model. The GEMS® State Model: In the Right Setting with the Right Care, all GEMS Can Shine

 $\underline{Session\ 3}\ \text{New Skills for Helping and Supporting and Being an Advocate and Building a Support Team}$

Session 4 Using a Positive Physical ApproachTM



This content is based on the work of Teepa Snow's Positive Approach to Care® methods and education. https://teepasnow.com/

Minns Lecture Coming Up!

April 18, 21, & 25 and May 9th

The 2024 Minns Lecture will be offered by the Rev. Jason Lydon and the title is: Abolition Theologies, Praying for Liberation. It will be offered in person and online. Registration required and can be found on this link: http://www.minnslectures.org/index.php

"The Minns Lectures are an annual series of lectures on religious topics conducted under the auspices of the Minns Lectures Committee, whose membership is composed of ministers and members of First Church Boston and King's Chapel in Boston. With the first lecture, given in 1942 by Walton E. Cole, this series established itself as an innovative force in Unitarian Universalist thought, and the lectures continue today as a source of creative theological and religious advancement.

The lectureship was established by a bequest of Susan Minns of Boston to honor her brother, Thomas Minns. As she stated in her will, Miss Minns wished for six lectures to be given annually by a Unitarian Universalist minister in good standing on a topic of general religious interest. The title of Walton E. Cole's inaugural series was "Realistic Courage;" former lecturers have included A. Powell Davies, Harry Meserve, Arthur Foote, James Luther Adams, Dana MacLean Greeley, Dorothy Spoerl, Harry Hoehler, Doris Hunter, Rhys Williams, Homer Jack, Victor Carpenter, Carl Scovel, David Keyes, and Richard Henry." [http://www.minnslectures.org/about.php, accessed 2/21/2024]

Link to the Minns lectures 2024

Connections by Day of the Week

ALL church events and meetings are reflected on the UUCC calendar Click below to view ALL events, including any group meetings or other business meetings. https://www.augustauu.org/calendar-and-communications/

Some events are still being held in the UUCC Zoom Room. Click here to join Events in the Zoom Room:

For other ways to join Zoom, see General Information **Zoom meeting id: 823 807 0673 - Password: 6971**

Peaceful Heart Sangha



Monday

Each week

BY Private ZOOM –EVERY Monday. You may join us at 6:15 to settle in.

6:30 - 8:00p.m.

Please contact Marty Soule for updated Zoom login information at:

Private Zoom

email: martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com

Sangha gatherings are free and open to all.



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Sewing/Craft/Hobby Group

9:30 - Noon

Sewing/Craft/Hobby Group meets in the Fellowship Hall the 2nd and 4th Monday of each month from 9:30 am - 12:00 Noon. We ask that attendees help set up and put away tables and chairs.

Next Meeting is Mar 11th

Just bring whatever you'd like to work on, machine or hand sewing, craft or hobby item you are working on, and we will all help one another as needed. Be sure to let us know if there is anything you need from one of us... we are likely to have whatever it is!

Martha at 887-1104 or 313-5859, or Nancy at 213-3047. All are welcome. Bring a friend, if you like.

Tuesday 10:30 a.m.

Lectio Divina

UUCC Virtual Zoom Lectio Divina will be a weekly group facilitated by the Rev. Donna Dolham and Lori Milner, Pastoral Ministry Associate. The group will be held on Tuesday mornings at 10:30 on the UUCC zoom account.

The group invites you to join divine reading and lived experience through a practice called Lectio Divina. Lectio Divina originated as a monastic practice of scripture reading, meditation, prayer and action. The group utilizes various authors and scripture as our written word for reflection. Please feel free to join as you can. **All are welcome.**

Tuesday 4:00 pm

LIMITED TIME COURSE – Registration deadline has passed.

Introduction to Sustainable Health: Feb. 6 – April 9

Feb. 6 – Apr. 9 10 Week Course at UUCC Augusta on Tuesdays from 4 to 5pm, starting February 6, 2024 and running through to April 9, 2024. Registration deadline has passed.

Have you started the new year with health concerns? Come explore how changing some simple low-cost/no-cost habits can help you heal and thrive. This 10 week class includes learning a five element (wuming) qigong practice called Energy, Everybody, Everyday. Emphasis on learning to listen to our bodies and tapping into our natural ability to heal and enjoy life.

Taught by Susan Roberts, author of Sustainable Health: Simple Habits to Transform Your Life, and 14 year student of wuming qigong with Dr. Nan Lu, OMD. FMI: Susan at SLROTR1@gmail.com or (718)517-0807.

Wednesday 6:00 -7:30 p.m.

UUCC Choir Rehearsal

Choir rehearsals are held every Wednesday from 6:00-7:30 p.m. in the sanctuary. Questions? Please reach out to Bridget Convey at: musicdirector@augustauu.org.

All are welcome!

Wednesdays Each Week

Gentle YOGA

Hosted by Debbie Mattson



 $\frac{5:00-6:00}{\text{p.m.}}$

UU Yoga is now offered as a hybrid gathering. People can choose to gather in the Fellowship Hall for yoga, Wednesdays 5 PM-6 PM or join via zoom. Here is the zoom link:

https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09

Password: 174192

Please join us a few minutes before 5:00 to settle in so we can begin class right at 5:00 p.m. FMI: DebbieMattson@hotmail.com

2nd & 4th Wednesday

Seasoned Souls

1:00-2:30pm

1.00-2.30pm

 2^{nd} Wed. – C-FH 4^{th} Wed. - Zoom

Seasoned Souls is a group of older church members that meet as a study/support group to talk openly about topics related to the aging process. Seasoned Souls is open to any church member over 65 years of age. On the 2nd Wednesday monthly we will meet in the Fellowship Hall and on the 4th Wednesday, we will meet in the UUCC Zoom room.

FMI: please contact John Seksay (netmote1@gmail.com or 317-690-3636).

Thursdays Each Week

Peaceful Heart Sangha

You may join us at 7:45 a.m. to settle in. Meet from 8-9:30



-- IN-PERSON every Thursday at the River Studio, 332 Water St. Hallowell (except the last Thursday of the month)

--BY Private ZOOM – last Thursday of the month



Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com

Sangha gatherings are free and open to all.

2nd & 4th Thursday

In the UUCC Virtual

Zoom room

9:00 – 10:30 a.m.

Writing to Wake the Soul

This is an open group that gathers and writes together to explore spiritual themes. The writing is used as a conveyance to connect more deeply with ourselves and each other. We are not writing to develop skill. Come and try it out; there is no obligation to come each time we gather. This group will be meeting in the UUCC Virtual Zoom Room.

FMI: please contact Debbie at (207)557-2697 or debbiemattson@hotmail.com

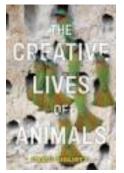
1st Thursday

Noon-1:30 p.m.

Next Meeting is March 7th

Read Learn Share Book Group

READ LEARN SHARE is a group for booklovers. Once a month between October and June we meet to discuss a book chosen by the group in our summer ballot. Our multiplatform meetings occur on the first Thursday of the month from noon until 1:30 p.m. in Fellowship Hall and in the church zoom room. Anyone is welcome to join for one discussion or all nine.



We will meet on March 7 to discuss <u>The Creative Lives of Animals</u> by Carol Gigliotti.

Drawing on a growing body of scientific research, Carol Gigliotti unpacks examples of creativity demonstrated by animals through the lens of the creative process, an important component of creative behavior, and offers new thinking on animal intelligence, emotion, and self-awareness.

~Goodreads

Our book for April 4 is Mad Honey by Jodi Picoult and Jennifer Finney Boylan.

For more information or to receive email related to the group, contact June Zellers: jzellers@roadrunner.com jzellers@roadrunner.com or Kathy Kellison: kell6787@gmail.com

4th Friday

<u>6:30 – 8:30</u> <u>Sanctuary</u>

Next Meeting is Mar 22nd

Free Style Drum Circle

The Augusta Community Drum Circle is a free style drum circle welcoming people of all ages, walks of life, and abilities. Free style means no one is assigned 'pieces' to play. Just play! Or don't play! Just come watch, sing, dance, or bring your own instruments. No one cares if you've never played before or if you make a mistake. As long as you are having fun you can't get it wrong! <u>ALL are welcome</u>. Event is FREE, No RSVP, just come!

The Drum Circle meets the fourth Friday of each month at 6:30 pm in the Sanctuary. For more information you can contact Mike Moody at mtmoods@gmail.com or 229-1118.

Every Saturday

9:00–11 am

UUCC Occasional Orchestra

The UUCC Occasional Orchestra rehearsals will be held each Saturday until Easter in the Sanctuary from 9:00-11:00 a.m.

Come and share your musical talents with our UUCC community.

All are welcome, please join us!

Questions: please contact Dale McCormick at: dmmcormick11@aol.com.

Sunday

Goddess / Earth Circles

1-2:30

March 24 -- 1:00-2:30 pm by UUCC Zoom Spring Equinox and Women's Heritage

Zoom only

p.m.

Engage with the gifts of Spring: Rebirth, Growth and Balance Reflect on Women's Spiritual Heritage Find a balance as we move forward in the cycle of the seasons toward summer.

Feb & Mar

We will meet by Zoom ONLY for February and March meetings.

Next Meeting is Mar 24th

Goddess/Earth Circles focuses on the phases of our lives and earth-based spirituality. All ages and genders are welcome. Contact Helen Zidowecki (207-582-5308, hzmre@hzmre.com) See UUCC website: https://augustauu.org/minister-staff-and-church-life/goddess-continuing/

Notices / Updates / News

-- Member Connection -

UPDATE on our dear long term UUCC member, Lorna Doone's recent move on Feb. 20th. Lorna's new address is: Lorna Doone, Alzheimer's Care Center (ACC), 154 Dresden Ave, Gardiner, ME 04345.

There is a mobile phone at ACC where staff answer and take the phone to the resident. That would be very appropriate as anyone can call her anytime: (207) 621-7273. She would welcome visits and rides to UUCC and Sangha would be very much appreciated.

The Stewardship Campaign is under way!

We had a wonderful Stewardship kick off at the March 3rd service which included fabulous music and a testimonial from Dale McCormick about what moves her to pledge to this church community. Testimonials will continue through the month. We are off to a great start with pledges so far!

In the first week of the campaign, we received 16 pledges (11 increased pledges and 1 new pledge)

for a total of \$68,810. Thank you all for your continued commitment to this church!

We are at \$38% of our goal of \$180,500.

As you consider your pledge for the upcoming Fiscal 2024-25 year, review the informational video about the proposed budget for more details on our budget & process. Click this link: https://youtu.be/MnOFlRUfuwM.

Your stewardship co-chairs, Betty and Terry Cairn

Are you interested in offering programming or scheduling an event for the UUCC community?

Please use this **program request online form** to help guide the process. UUCC is growing and administratively, we are growing with it. Events that used to be scheduled by casually mentioning it to someone no longer work for a congregation that has a membership of 170 people plus approximately another 50 to 75 active friends. Thanks for your help in making growth and programming sustainable.

Rev. Donna Dolham and Lynn Smith, Church Admin.

Social Justice Updates



Write a postcard to your legislator today in support of LD 1578 - the National Popular Vote!

Ideas of What to Say:

In 2020, 43% of all Mainers' votes for president did not count because their vote was a minority vote in their district.

to your lt is time every Mainers' vote counts equally. It's time every state in the union is equally important to all candidates because every vote in the nation counts equally.

It is time that every first-place winner of this contest becomes the next president. NPV can make this happen.

Tell them your name, where you live, and put it in the mail!



Sometimes people say, as they refer to the 8th Principle: "We can do all this anti-racism work to prepare for a diverse beloved community, but no BIPOC attend the church." This is generally true if attendance means Sunday service. It is not true if attendance means Saturday breakfast. Many of the people that attend breakfast are "regulars." They attend several times a month and have attended for over a year. Some say, "I love this church." They express dismay when newcomers' behavior does not meet the norm that has been established (an unwritten covenant). Some look for ways to contribute; sharing resources and/or their labor. Discussions include love, generosity, and gratitude. It is church. And BIPOC are regular attenders.

Research in Maine has established that Black and African American individuals are ten times more likely to experience homelessness than their White peers.

-- Debbie Mattson, Social Justice Committee Co-Chair

Board of Trustees

Dear Congregation,

I sound like a broken record when I go on about the abundance of positive energy, creative ideas, love, and influx of new members and visitors coming to our church. This is because, like most organizations, we have had our share of "troubles", as one wise woman describes it.

When we were in the thick of it, three years ago, I remember thinking that, while this time in our history is very painful and challenging, if we, with open hearts and minds, do the healing work we are being called to do, we will be ok. Well, we are diligently doing the work of how we want to be together, in community and I see us as stronger, closer and more resilient. I see many people eagerly sharing their talents and time- creating a vitality that is infectious. I see us continuing to grow in all ways, to support one another, to have fun and sing and dance, to play and worship. I see UUCC as open, vibrant, and loving in a world that is so in need.

Thank you all for being part of our community. In loving gratitude,

Michaela Loisel Board President

The next board meeting is Thursday, March 14, 2024. All are welcome to attend but please see the <u>UUCC Policy for Board Meeting Visitors</u>.

Please click here to view the March 14, 2024 Board meeting AGENDA

General Information

Worship Services are held IN-PERSON Events may still be held virtually in the

UUCC ZOOM ROOM

Other ways to UUCC Zoom Room Zoom:

- 1. <u>Join from your internet browser by clicking this link or typing this into your browser:</u> https://zoom.us/j/8238070673, launch Zoom, then enter **passcode: 6971**
- 2. Select "Join Meeting" from the Zoom application on your computer or mobile device.

UUCC Meeting ID: 823 807 0673 – then enter passcode: 6971

3. <u>Join by phone</u>: dial 1 646 558 8656 (**NOTE**: toll charge may apply)

At first prompt (meeting id: 823 807 0673#)

At second prompt: press # (no personal id needed) <No passcode needed when joining by phone> NOTE---*6 is mute AND un-mute on your phone. The host cannot mute or un-mute people who phone-in.

HOSTS: Once in your meeting, claim the host using the HOST KEY as you have done in the past.

UUCC Pastoral Ministry Team

We are here for you. Feel free to reach out in times of need for compassionate listening, for casual conversation, to share some good news, to share your struggle or just to say hello.

| Martha Pelletier, Chair | 207-685-9592 (h) | pellsav64@gmail.com |
|-------------------------|------------------|--------------------------|
| Helen Zidowecki | 207-582-5308 (h) | hzmre@hzmre.com |
| Peggy Lamb | 207 622-5174 (h) | plambflowers@outlook.com |
| Lori Milner | 520-437-3442 (c) | lmilner3@gmail.com |

Caring Cooperative support includes rides, meals, errands, get well and condolence cards as well as companion visits. If you would like to request or suggest meal support: contact Martha Pelletier 685-9592.

If you would like to request or suggest cards: contact Peggy Lamb 622-5174.

UUCC Small Group Ministry



Looking for greater human and spiritual connection during this most disconnected of times? Small Group Ministry offers this vital need in our spiritual community, and so much more! For more information, contact Linda Findlay (207-377-8028, linda.findlay@gmail.com) or Helen Zidowecki (207-582-5308. hzmre@hzmre.com)

The UUCC Website

The Website has two primary functions:

--Inviting people who are searching for information about Unitarian Universalism and/or a connection to come and see what we have to offer.

---Providing a communication network and prominent resource for people who are already involved with UUCC.

-Go to www.augustauu.org

----Send comments, updates and suggestions to website@augustauu.org----

UUCC Office Hours & Notes

UPDATED E-blast & Office Hours

E-blasts will be produced on the 1st and 3rd Wednesdays of each month. The upcoming schedule is:

- o E-Blast (3/6)
- o No E-Blast (3/13)
- o E-blast (3/20)
- o NO E-Blast (3/27)

EBLAST SUBMISSION DEADLINE: Articles due by noon on Tuesday, the day before the E-blast is distributed. Articles received after this time may not be included in the E-blast. Send articles to admin@augustauu.org

UUCC Office Hours NEXT WEEK

Church Administrator - Open office hours:

Tues, Wed and Thurs -8:00 a.m. -2:00 p.m.

Rev. Donna Dolham

Minister's study – (207) 623-3663 Pastoral Emergencies only – (207) 701-1581

Email: minister@augustauu.org

Visit Calendly Scheduling Link to schedule an appoint-

ment with Rev. Dolham.

<u>Staff Contact information:</u> Church Administrator, Lynn M. Smith, <u>admin@augustauu.org</u>, Phone 622-3232 <u>Music Director</u>, Bridget Convey, <u>musicdirector@augustauu.org</u>