Weekly E-Blast

Unitarian Universalist Community Church Wednesday, March 20, 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

As new life begins to burst its way up through the ground here at UUCC, congregational life continues to grow as well. I am so grateful for all of you who make this community vibrant! There are so many folks who work to help create the community we have today. Longer term members and recent visitors and friends have found places to participate in creating beloved community. If you are wondering where and how to get involved, please reach out now! Don't forget to look at UUCC's calendar to keep up on events and activities.

It is a joy to be in this shared ministry with you!

Love and light,

Rev. Donna, she, her

Lifespan Faith Development Conversations Update

Reverend Donna has facilitated two conversations regarding lifespan faith development. Here is a <u>link to review the outline</u> of the meetings and notes from conversations. Please watch for more opportunities to participate in conversations as UUCC makes its way forward.

Upcoming Services

Sunday March 24, 2024

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

UUCC Heroes: Sung and Unsung

Finance Committee

-- A service description will be available on the website tomorrow.--

A special thank you to our worship arts team. Sara Hodgkins will be our worship associate and Marty Peters will manage technology. Our pianist will be Stefanie Barley. Fellowship Hour will be hosted by one of our Small Group Ministry groups. Susan Claska Burnett will be our greeter.

JOIN US AFTER THE SERVICE for coffee fellowship AND to enter a silent bid on your favorite *Chocolate Basket*!

See details below in SPECIAL EVENTS / OPPORTUNITES

Sunday March 31, 2024

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



Reverend Donna Dolham

Please join us for UUCC's Easter Service, March 31, 2024, in person or online using our Boxcast link which can be found at www.augustauu.org.

This Holy time of the year invites us to resurrect love, remembering that this season travels through oppression and grief toward liberation, rebirth and becoming. Please join us as we continue to build community!

A special thank you to our worship arts team. Nan Bell will be our worship associate and Angie Blevins will manage technology. Our Choir and Orchestra will present "Hallelujah Chorus" and "Canticorum Jubilo" by Handel with Morgan Lee, piano. We still need a volunteer to host coffee hour. If you can help, please contact Susan Claska Burnett. Michaela Loisel will be our greeter.

<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



Ramadan is the ninth month of the Islamic calendar; Muslims worldwide observe this as a month of fasting. This annual observance is regarded as one of the Five Pillars of Islam.¹ The 5 pillars of Islam are: profession of faith, prayer, alms, fasting, and pilgrimage. To read more about the 5 pillars of Islam, visit The MET. This year, Ramadan falls between March 10th and April 9th. Please join us Tuesday, March 26th at 6:15pm as we center Muslim voices, poetry and prayer. This service will be in person only at UUCC, 69 Winthrop Street.

¹To learn more about Ramadan, please feel free to explore the Islamic Society of North America [link]



Please join us on Sunday, April 14th as we welcome our newest members of UUCC! If you'd like to know more about membership, please contact Rev. Donna at minister@augustauu.org.

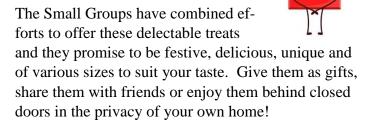
We wanted to extend these invitations from Matt Meyer, who led our worship service this past Sunday.



- You can stay in touch with Matt by signing up for his 'worship & music' email list here.
- You can get a copy of his award-winning children's book "Desmond Gets Free" here.
- And you can learn more about Wednesday evening online worship with <u>Sanctuary Boston here</u>, where Matt serves as Director of Community Life.
- To read Matt's recent articles on the history of congregational singing in UUism, <u>click</u> here.

Chocolate, Chocolate Chocolate!!!!

Chocolate Baskets will be available and offered by *Silent Auction* on March 24th during Fellowship Hour.



The baskets will be displayed on tables in the Fellowship Hall before and after the service on March 24th and bids will be taken on the silent auction sheets until 11:30 so that you can take one home with you that day.

Talent Show - Let's Raise Some Fun! Saturday April 6th from 7:00 to 8:30

We're looking for your acts for the talent show whether you want to share your humor, skits, music, or poetry! There is a sign-up sheet in the Fellowship Hall to put your name in for a spot – even if you don't quite know yet what you want to do...don't be shy!

Talk to, text or email Ken Farrington (<u>ken-rick10@hotmail.com</u>, 207 485-6030) or Karen Foust (<u>karmafounst@gmail.com</u>, 207-441-8971) with any questions.

Live Auction Saturday April 20th at 6 pm in the sanctuary.

We are soliciting items to auction off; if you have a unique item, skill or experience that you are willing to offer, please contact Karen Foust or Nan Bell so that we can put it on the list. Some past offerings have been "dinner cooked at your house", "a soup for all seasons", "home brew", "fresh eggs", "bicycle tune up", "a kayak paddle and lunch", "artwork", handmade items such as quilts, photos; use your imagination!

This is a great way to get to know others in the congregation too. Work crews will also be sold at the auction at \$400.00 per half day crew of 6 people. If you know you would like a half day work crew contact Karen Foust now so that you are on the list; they may all be gone before the auction!

If you are interested in helping at the auction, please contact Karen at <u>karmafoust@gmail.com</u> 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

<u>Audience:</u> 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

<u>Session 3</u> 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/

An opportunity for reflection...



An opportunity to reflect on the latest wayside pulpit message being shared on the corner of Winthrop and Summer Streets.

"I am a representation not of just myself, but of an entire history of a group of people."

~Thich Nhat Hahn

Thank you to Angie Blevins for maintaining the wayside pulpit and providing us with messages to ponder.

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



Monday

Each week

6:30 – 8:00 p.m.

Private Zoom

Peaceful Heart Sangha

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

Please contact Marty Soule for updated Zoom login information at: email: martysoule@gmail.com.

FMI: <u>peacefulheartsangha@gmail.com</u> Sangha gatherings are free and open to all.



2 nd & 4 th	Sewing/Craft/Hobby Group		
Monday	Sewing/Craft/Hobby Group meets in the Fellowship Hall the 2nd and 4th Monday of each		
9:30 – Noon	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 25th	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	Lectio Divina		
10:30 a.m.	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.		
<u>Virtual</u> Zoom	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.		
	<see 26="" 3="" about="" above="" details="" for="" notices="" session="" the="" upcoming=""></see>		
Tuesday	LIMITED TIME COURSE – Registration deadline has passed.		
4:00 pm	Introduction to Sustainable Health: Feb. 6 – April 9		
<u>Feb. 6 – </u>	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.		
Apr. 9	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		

Wednes-

<u>day</u> 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

YOGA

5:00 - 6:00

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

•

 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

 $\frac{8:00-9:30}{a.m.}$

-- 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.

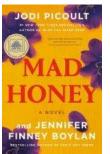
FMI: please contact Debbie at (207)557-2697 or debbiemattson@hotmail.com

1st Thursday

Read Learn Share Book Group

Noon-1:30 p.m.

Next Meeting is April 4th 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 April 4 to discuss Mad Honey by Jodi Picoult and Jennifer Finney Boylan.

A soul-stirring novel about what we choose to keep from our past, and what we choose to leave behind. ~Goodreads

Our book for May 2 is Migrant Souls by Hector Tobar.

For more information, contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com

4th Friday

Free Style Drum Circle

6:30 – 8:30 Sanctuary

Next Meeting is Mar 22nd 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! ALL are welcome. 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.

4th Sunday

Goddess / Earth Circles

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

1-2:30 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.

Zoom only 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, https://augustauu.org/minister-staff-and-church-life/goddess-continuing/

Notices / Updates / News

Two Asks From Building and Grounds

Clean dry pine needles needed for mulching the Fellowship hosta garden. Please no leaves or pinecones. Please put your pine needles in a plastic bag and you can leave them on the back porch of the Judd house. Thank you - Text Marilyn 207-344-4980 after you drop them off.

Gardening help needed on Saturday May 6th, 9-11. Please help weed and mulch the Winthrop and Summer St sides of the church. After weeding we will reseat the rubber border divider and spread mulch. Bring a dandelion digger (aka asparagus fork) if you have one and gloves. All this in preparation for planting flowers in May. Email Marilyn Dunn at <a href="maintenant-mainte

--- Stewardship News! ---

We are on our way to our pledge goal!

Total Pledges so far: 48

Increased pledges: 28

New pledges: 4

The 2024 Stewardship Campaign to support our operating budget ends March 31st. All pledges are welcome. We would appreciate you bringing your pledge card to church on March 24th or 31st and put it into the silver box at the front of the Sanctuary or you may drop it in the mail. We appreciate your support of the Unitarian Universalist Community Church in Augusta. If you have questions reach out to: Terry Cairn (tlcnaturalhealth@yahoo.com) or Betty Cairn (stonehengemaine@yahoo.com).

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

Please use this <u>program request online form</u> 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

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

General Assembly News

General Assembly (GA), the annual gathering of Unitarian Universalists is completely virtual this year- June 20-22, 2024. This year's GA theme is **Love Unites, Stories Ignite.**

UUCC can have 4 Delegates attend GA. Representing a congregation as a delegate is an honor and a privilege. Delegates are the voting participants regarding the business of the Unitarian Universalist Association and engage in important policy deliberations. The major item of business this year is the vote to accept the revised Article II of the UUA Bylaws. This includes the Purpose, Values, Covenanting and Inspirations.

At last week's Board meeting, we made the decision to offer financial assistance for the cost of registration for two people attending this year's UUA General Assembly as delegates.

We believe that having members of UUCC attend GA is enriching for the attendees and for the congregation. In the past, we have been informed and inspired by the testimony of attendees who share their learnings as part of a Sunday service here at UUCC.

Please let Michaela Loisel know if you are interested in representing UUCC as a delegate and if you are in need of financial assistance. (Michaelatloisel@gmail.com)

We will keep you updated about happenings at GA on the UUCC Website. Stay tuned for upcoming information as we organize "Watch Parties" for the public events offered to all.

BOARD HIGHLIGHTS

At its March 14 meeting the Board:

- Agreed to review the Policy for visitors to Board meetings and send any suggestions to Michaela
- Reviewed the list of projects recommended by the Buildings and Ground Committee
- Voted to fund the registration fee for two members to attend this year's General Assembly as delegates.
- Agreed to leave the church's pledge to the United Community Living Center in place pending hearing about the group's next steps after the Green St. location was rejected by the Augusta Planning Board
- Heard an update from the Safety Committee

Full minutes can be accessed online by clicking here: <u>Full minutes March 14, 2024</u>. Minutes can also be found on the Board of Trustees bulletin board at the church.

The next board meeting is Thursday, April 11, 2024. The agenda will be in the April 3rd E-blast.

All are welcome to attend but please see the UUCC Policy for Board Meeting Visitors.

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/i/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)

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 (3/20)
- o No E-Blast (3/27)
- o E-blast (4/3)
- o NO E-Blast (4/10)

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 - use cell phone

Email: minister@augustauu.org

Visit <u>Calendly Scheduling Link</u> 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>