Weekly E-Blast

Unitarian Universalist Community Church Wednesday, May 1, 2024

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A Message from our Minister

Year after year, Beltane arrives with an invitation to celebrate this mid Spring season. Some people celebrate with dance and movement around the May pole while others gather around fires. Beltane falls between the spring equinox and the coming summer solstice.

In my home, May Day arrived after weeks of preparation. Little gifts designed to be hung at neighbors' homes with recognition of being one community. As we share our own time of rituals here at UUCC, I look forward to how we will create and celebrate special moments in the turning of seasons and the life of the community.

This coming Sunday, May 5th, will offer an opportunity to participate in what is referred to as a "Bridging" service. It is a celebration and covenant that as our young adults move into their lives, we will continue to be present for them. This Sunday, we will celebrate Allison Foust's Bridging! I hope you'll join us for this and other wonderful opportunities here at UUCC.

I am ever mindful that life is fragile, and this month is again a reminder. Following the weekend of our UUCC auction [which was fantastic fun], several of our UUCC folks tested positive for COVID. Our thoughts and healing light are sent for their wellness as well as a reminder that we are asking folks to mask as we gather this week.

To read more about Beltane, visit the Boston Public Library: Beltane Info

Love and Light, Rev. Donna, she, her [written May 1, 2024] .-----

Upcoming Programming:

Reminder: New to UUCC Gathering

Please join us on zoom for this two session gathering on Sunday, May 12th and Sunday, May 26th at 6pm. The sessions will last for approximately 90 minutes.

Please contact Rev. Donna at <u>minister@augustauu.org</u> if you would like to attend. Looking forward to being together.

Unitarian Universalist Virtual General Assembly coming up!!! Jur

June $20^{th} - 23^{rd}$

As we move toward this important time in our association, conversations are occurring about some of the proposed changes in the Unitarian Universalist Associations Article II section of the by-laws. Watch for opportunities for further discussion.

To read more about Article II, please visit this review by the Rev. Dr. Cynthia Landrum: https://revdennismccarty.com/why-change-article-ii-by-rev-dr-cynthia-landrum/,

For more information about UUA General Assembly visit: https://www.uua.org/ga/program/schedule

Upcoming Services

Sunday May 5, 2024

Bridging into the Future

Rev. Donna Dolham

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

The Bridging Ceremony is a Unitarian Universalist rite of passage that will welcome Allison Foust into the rewards and responsibilities of adult life. A bridge has two sides, one is childhood and adolescence, where people become leaders and role models for both their peers and adults. On the other side is the vast frontier, waiting for exploration and new challenges. The adult members of this church community are present to greet a "Bridger" with welcome, our minds full of curiosity about what will happen next, and hearts open to support and share this part of their journey of life. Please join us this Sunday as we celebrate this wonderful life passage with Allison Foust and her family.

A special thank you to our worship arts team. John Seksay will be our worship associate and Nan Bell will manage technology. Our choir will present "No Day But Today" by Jonathan Larson arr. by Brymer; accompanied by Morgan Lee, piano. Janet Caldwell will host Fellowship Hour and Michaela Loisel will be our greeter.

Sunday

May 12, 2024

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

Lessons from Wood Shop

Rev. Donna Dolham

Join us this Sunday as we explore the process of transformation individually as an Association of Unitarian Universalists. What do we add and what do we let drop away...

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. Annie Blanchard has signed up to host coffee hour. Another volunteer is needed for coffee hour. If you can help, please contact Catherine Palmer. Our greeter will be Jim Caldwell

<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

Check out the <u>Tomato Baby and Plant Sale</u> catalog at <u>UUCC Tomato and Plant Catalog</u> and support the UUCC of Augusta by placing your order for the tomatoes, vegetables, herbs and flowers. The email address for placing your order is on the first tab of the catalog. If you have questions, please email them to <u>uuplants@gmail.com</u> and we will respond as soon as possible!





<u>UUCC Yardsale</u> - It's time to start thinking about cleaning out those unwanted items and putting them aside to donate to the UUCC Yard Sale to be held on <u>Saturday May 25th from</u> 9:00 to 1:00.

Donations for the yard sale will be accepted on Thursday May 23rd in the afternoon and Friday from noon until 6:00. If you want to help sort and get things ready, we would love helpers from noon to 6 Friday and also Saturday from 8:30 to 2:00.



NEW <u>Drop-in Sustainable Heath Qijong group</u> – weekly on Tuesdays from 4:00-5:00pm beginning Tues. 4/23. We will gather in Fellowship Hall (or in the yard, weather permitting).

Sustainable Health Qigong teaches how to get healthy and stay that way by using the five elements of Traditional Chinese Medicine ("TCM"). We do this through movement, meditation, and other simple daily practices based on the seasons and meridians. Come discover how

these simple *qigong* movements and daily habits can make big differences in health. All are welcome.

This weekly "drop-in" group is available to anyone who wants to explore qigong and TCM's approach to health and healing. Attending is free but donations are encouraged to offset the cost of the use of the space. FMI: Susan Roberts (718-517-0807), and email (slrotrl@gmail.com).

Mark your calendar!

The <u>UUCC Music Program is having a Benefit Concert</u> on Saturday, May 18th at 4pm. The choir and orchestra will be sharing musical selections from their 2023-2024 season. This concert is to benefit the UUCC and Kennebec Land Trust (KLT), we are excited to support a local non-profit that holds strong respect and value for nature and land in our community.

There will be a silent auction as part of our Benefit Concert, doors will open at 3pm. We have a handful of wonderful offerings already, but if you have a special service or experience that you would like to contribute to this auction, please email Karen Foust [KarmaFoust@gmail.com] or Eowyn Levene [eowyn.levene@gmail.com].

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.

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 <u>General Information</u> **Zoom meeting id: 823 807 0673 – Password: 6971**



Monday

Each week

Peaceful Heart Sangha

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: email: martysoule@gmail.com.

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



Private Zoom

2nd & 4th Monday

9:30 - Noon

Next Meeting is May 13

Sewing/Craft/Hobby Group

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.

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

Tuesday 10:30 a.m.



Lectio Divina

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



NEW Drop-in Sustainable Heath Qijong group

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on the seasons and meridians. Come discover how these simple *qigong* movements and daily habits can make big differences in health. All are welcome.

This weekly "drop-in" group is available to anyone who wants to explore qigong and TCM's approach to health and healing. Attending is free but donations are encouraged to offset the cost of the use of the space. FMI: Susan Roberts (718-517-0807), and email (slrotr1@gmail.com).

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

Gentle YOGA

Hosted by Debbie Mattson



Each Week

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:

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

 $\underline{https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09}$

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: <u>DebbieMattson@hotmail.com</u>

2nd & 4th Wednesday

Seasoned Souls

1:00-2:30pm

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.

2nd Wed. – C-FH 4th Wed. - Zoom

FMI: please contact John Seksay (<u>netmote1@gmail.com</u> 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



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

Noon-1:30 p.m.

Next meeting is May 2

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. We invite anyone who enjoys reading to consider participating in this lively group – join for one discussion or all nine.

We have two meetings left before summer vacation. Then we will choose nine books to read and discuss next year. We will be inviting suggestions for next year's ballot in June and use ranked choice voting to develop the list.



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

'In <u>Our Migrant Souls</u>, the Pulitzer Prize—winning writer Héctor Tobar delivers a definitive and personal exploration of what it means to be Latino in the United States right now.' Goodreads

The book title for our last session this year on June 6 is <u>Lessons in Chemistry</u> by Bonnie Germus.

For more information, contact June Zellers at <u>mailto:jzellers@roadrunner.com</u> or Kathy Kellison at <u>kell6787@gmail.com</u>

4th Friday

6:30 – 8:30 Sanctuary

Next Meeting is May 31st

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!

<PLEASE NOTE: In May 2024, this group will meet on Friday, May 31st>

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.

UUCC Occasional Orchestra Every Saturday The UUCC Occasional Orchestra rehearsals will be held each Saturday until Easter in the Sanctuary from 9:00-11:00 a.m. Check with Dale for the after Easter schedule. 9:00–11 am 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 **Goddess / Earth Circles** Sunday May 19, 2024 Fellowship Hall, 1-2:30pm Notice change to the third Sunday this month only. Finding the renewing energy of May in the phases of our lives and Memorials 1-2:30 p.m. Note June 23 -- Join us for Croning and Recroning celebrations. Goddess/Earth Circles focuses on the phases of our lives and earth-based **Next** spirituality. All ages and genders are welcome. Contact Helen Zidowecki Meeting is (207-582-5308, hzmre@hzmre.com). May 19th

Notices / Updates / News

Tech request from the Worship Team

We are glad to see that many in UUCC besides the Worship Team are making use of our technological capabilities on Zoom, on Boxcast, and in the Sanctuary. If your church group uses any of our tech devices, please make sure that all the components -- laptops, cables, Owl, etc. -- are put back where you found them.

We will be working to label everything and will note each item's home location on the label. If you find a stray piece of technological equipment, please put it in the front closet in the sanctuary (next to the pulpit) and contact Worship Chair Karen Allen and Rev. Donna. We understand that technology at UUCC is very much a work in progress.

If you have questions, comments, or concerns about technology in worship or elsewhere, Karen Allen and Rev. Donna welcome your thoughts.

-- Karen Allen, Worship Chair

HOSPITALITY UPDATES / NEEDS

While I am out West, Catherine Palmer, will be in charge of hospitality. Only one person has signed up for May 12 and June 2nd. We still need one more person each day. Can you help?

Thank you, Susan Claska

From Building and Grounds

Please help garden May 11th - 9:30 to noon.

Join us as we meet at the church on May 11th to weed, mulch, reset the border, redo the fellowship garden fence and maybe plant flowers. Bring gloves and dandelion digger (aka asparagus fork) if you have one. We have extras. Email Marilyn Dunn if you intend to participate at maine2007@hotmail.com.

Social Justice Updates



MUUSAN

Maine Unitarian Universalist State Advocacy Network

Gun Safety Victories at the State House! LD 2238 & LD 2224 Signed into Law



The next MUUSAN meeting is Sat. May 11th in Brunswick. See details and a link to register to attend on the website. <u>MUUSAN.org</u>

Board of Trustees

The next board meeting is Thursday, May 9, 2024.

PLEASE NOTE: This Board meeting will begin at 5:30 instead of the usual start time of 5:00 p.m.

The complete agenda can be found here: May 9th Agenda

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

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)

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 (5/1)
- o No E-Blast (5/8)
- o E-blast (5/15)
- o NO E-Blast (5/22) or (5/29)

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 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>