

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, September 4, 2024

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(207)622-3232 – info@augustauu.org
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A Message from our Minister

We show up in so many ways to our UUCC community... This image created live during our August 25th service by those present in person and online shares the depth of all we bring to our community.



The Rev. Sean Parker Dennison reminds us about how important community is with this quote: *“To invoke love... is to consider yourself worthy to be made whole, willing to encounter Love that will never let us let each other go.”*

His words invite us to remember the sacred nature of life, our presence and our impact. This year, UUCC will support the commitments and promises we’ve made to live our faith to the fullest. The 8th Principle Task Force, the Covenant Engagement Team, the UUCC Board and many others who lead in front, from the side and from places that are never recognized will share their gifts with us.

May we encounter Love that will never let us let each other go...

Love and Light,
Rev. Donna, she, her

Fall Minister Schedule Update:

Mondays will be Rev. Donna's Sabbath. If you are having a pastoral care emergency, please call her cell phone and leave a message at: 207 701-1581.

Fridays will be a writing day and Rev. Donna will not regularly be checking emails or returning non urgent calls.

If you would like to make an appointment with Rev. Donna, please use her calendly scheduler with [this link](#) or email her directly at minister@augustauu.org.

Rev. Donna will be away on a study trip and unavailable from October 5th through Oct. 19th. The Rev. Marty Pelham will be covering for Rev. Donna. Rev. Marty's phone number is: 813 205-6910. Text is the best contact method; however, Rev. Marty does have voicemail.

Upcoming Services

<p style="text-align: center;">Sunday September 8, 2024</p> <p>Ingathering music to begin at 9:55 a.m.</p>	<p style="text-align: center;">As We Gather Again! Rev. Donna Dolham</p> <p>Our faith invites us into a period of renewal every year when we gather together for our annual Water Communion Ritual. Join us as we recenter ourselves as a Beloved Community. Please feel free to bring a small amount of water to share during our service. It can be from the well, the kitchen, a lake, river or ocean. We gather from many places.</p> <p>To Learn More about Water Communion visit: https://www.uua.org/worship/holidays/water-communion</p> <p>A special thank you to our worship arts team. Sara Hodgkins will be our worship associate. Nan Bell will manage Boxcast technology. Rev. Donna will run the slides prepared by Nan Bell. Our Choir, led by Music Director, Bridget Convey and accompanied by Lee Morgan on piano, will sing <i>Rain, Rain, Beautiful Rain</i> by Shabalala. Susan O'Keefe (Claska) will lead the team that is hosting coffee hour. Our greeter will be Michaela Loisel.</p> <p>→This Sunday will be our next experiment in increasing our commitment to "going green." We will not be handing out paper orders of service. If you would like to print one at home or bring it up on your phone during the service, don't hesitate to go to our online order of service. The order of service is updated on Fridays. Here is the OOS link.</p>
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<p>Sunday</p> <p>September 15, 2024</p> <p>Ingathering music to begin at 9:55 a.m.</p>	<p>To What Do We Promise?</p> <p>Rev. Donna Dolham</p> <p>As the new church year invites us to begin again, we have the opportunity to ground ourselves in our UUCC covenant together. How does our Unitarian Universalist history ground us in the act of covenanting? To What Do We Promise?</p> <p>A special thank you to our worship arts team. Marty Peters will be our worship associate. Angie Blevins will manage Boxcast technology and run the slides prepared by Hanna Brown. Karen Allen will be our pianist and our greeter will be Nancy Fritz. Kevin Kane will lead the team that is hosting coffee hour.</p> <p>The SHARE THE PLATE offering on September 15 will be given to the <u>Natural Resources Council of Maine (“NRCM”)</u> as chosen by the UUCC Social Justice Committee.</p> <p><See Social Justice section in Notices/Updates/News below for more information about the work of the NRCM.></p>
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Sunday worship service 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/mtifpth0utvesjqgiyej>

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.

Accessibility Reminders

- Please leave the empty spots in the first two rows of the sanctuary seating for our folks using wheel-chairs.
- Due to fragrance allergies, we are asking people not to wear perfumes or natural scents when attending services and programming at UUCC.
- If you require one of our hearing assistance devices to access services, please ask the greeter for assistance.
- Please let us know how we can help you engage with our community!

Special Events / Opportunities

UUCC Committee of Committees Meets on September 29

Did you know that UUCC has a Committee of Committees? This "meta-committee" brings together committee chairs and other lay leaders about three times a year for fellowship, information, and discussion. Our first meeting this church year will be on Sunday, September 29, from 11:30 to 1:30 in the sanctuary. We will introduce ourselves to each other in our various roles, share what's new at UUCC, and consider the implementation of the 8th Principle in our community. There will be a rest break with light snacks (you may bring your own if you wish).

While these meetings are organized with lay leadership in mind, any interested member of the church community is welcome. If you would like to attend, please sign up at this link:

<https://forms.gle/cWhBguVZahA4fVrN7>.

I look forward to a productive and enjoyable meeting on September 29!

Karen Allen

Board Vice-President and Chair of the Committee of Committees

Lectio Divina Begins Again!

A weekly Lectio Divina program will be offered on Tuesdays beginning September 10th from 10:30 to 11:30. Lectio Divina can be translated as divine reading. We will share a chalice lighting, centering meditation, sharing and reflection time based with a variety of sources. This program will be facilitated by Rev. Donna Dolham and Lori Milner and is open to the wider community. Join as you're able, you do not need to attend every week, although you are welcome to!

UUCB Concerts for a Cause
presents
Pousette-Dart Duo
FRIDAY, September 20 @ 7:30 pm

Jon Pousette-Dart, best known as leader of the classic 70's folk rock group, the Pousette-Dart Band, will be performing with bandmate Jim Chapdelaine at the Unitarian Universalist Church of Brunswick on FRIDAY, September 20th, 2024 at 7:30 pm as part of the UUCB Concerts for a Cause. All proceeds from the concert will be donated to [Brunswick Area Teen Center](#) and [Maine Family Planning](#). Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children.

<See bulletin board for the flier with additional information.>

FUNDRAISING EVENTS / OPPORTUNITIES

**Brand New - "UUC Farmers Market"
to be held after the church service on Oc-
tober 6th**

Looking for donations of items from your garden or larder: Fresh Fruits or Veggies, Preserves (Jams, Jellies), Canned Fruits or Veggies, Pickles, Relishes, Mustards), Breads, Harvest Soup, Fresh Eggs, Flowers or whatever you can imagine from your garden. Your donation may be as little as one jar, one item or as many as you like.

We will be selling them in a UUC Farmer's Market in the Fellowship Hall after the October 6th service. There is a signup sheet in the Fellowship Hall where you can list your item for sale - everyone will also then be able to see what things will be available! If you have questions and/or want to help out, please contact Karen Foust at karmafoust@gmail.com or via text at 207-441-8971.

CLYNK bags are tagged and available outside the Church. Fill them up with your redeemables and drop them off wherever CLYNK pickup is available. All proceeds go to the UUC.

If you are interested in purchasing a **Hannaford Gift Card** to be reloaded or just a one time purchase, 5% of your purchase goes to the church at no charge to you. Contact Karen Foust at karmafoust@gmail.com or at 207-441-8971.

Please see the Social Justice section in **Notices/Updates/News** for opportunities for enrichment and action AND there are still a few Historical & Ecological Recovery events to come.

Everyone is Invited Workshop

Give Light: Spiritual Support for Climate Engagement

Date: Saturday, September 28th

Time: 10am – 3:00pm

Location: Second Congregational Church, 51 Main St.,
Newcastle, ME

Workshop fee: \$20 (*no one will be turned away
for inability to pay*)

Rev. Fred Small



The Workshop is an interactive, multi-faith experience led by Rev. Fred Small. He is a minister, singer-songwriter, former environmental lawyer, and Minister for Climate Justice at Arlington Street Church, Boston. Cited by Bill McKibben as “one of the key figures in the religious environmental surge.” Participants of all faith traditions (or none) are welcome.

Registration in advance for the workshop is required, as we have limited space. To register, please contact Workshop Coordinator, Jill Linzee by email at jlinzee@comcast.net and indicate that you wish to register for the Give Light workshop.

Sponsors:



Midcoast Unitarian
Universalist Fellowship



Second Congregational
Church



St. Andrew's
Episcopal Church

Getting to Know Dementia: Community Training Positive Approach to Care® Dementia Awareness in Bite-Sized Pieces (Four Saturday sessions). The sessions will be Oct 12th, Oct 19th, Nov. 2nd and Nov 9th 2024 from 11:00 – 12:30 <Corrected time> 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 Approach™ 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 stonehengemaine@yahoo.com.

- Session 1** What is Dementia, Really? What Brain Changes and Shifts in Ability are Noticed When Dementia Happens?
- Session 2** 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
- Session 3** New Skills for Helping and Supporting and Being an Advocate and Building a Support Team
- Session 4** Using A Positive Physical Approach™

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

***** Save the Date EVENTS *****

UU Climate Revival
Sunday, Oct. 20, 2024
(After Fellowship Lunch)

This is an all-church event. All of us will learn new frameworks at the intersection of climate and justice and have the chance to weave together the threads that have always linked our deepest commitments. The [UU Climate Revival](#) will equip UU congregations to enter into a new era of climate action—one that intentionally and faithfully breaks down silos and cultivates relationships that lead to flourishing collaborations that transform our congregations through climate justice. See more details at the UU Climate Justice Revival [website](#) and [FAQs](#).

We hope you'll join us for the Sunday kick off service and discussion sessions to follow Fellowship Lunch. If you are interested in helping with this important work in the congregation, please reach out to Rev. Donna, Mary Kane or Debbie Mattson.



Please join us for this special celebration!



Here is the RSVP link: <http://evite.me/UUCCInstallation>

Registering will help us plan for this special service and reception. If you have any questions, please reach out to one of the installation team members: Martha Naber, Nan Bell and Nancy Fritz.

An installation is a congregational act of formally entering into shared ministry with their professional minister.

AND... More upcoming events to add to your calendar!

November 16, 2024, Worship Arts Retreat
10:00am – 2:30pm

Worship Arts Retreat is an opportunity to come together to explore more deeply our ministry with UCC. We will share a brief worship service, develop a Team Covenant, engage the work of the 8th Principle through the lens of worship arts. This retreat is developed for the Worship Arts Team. Rev. Donna Dolham and Sara Hodgkins will be facilitating the retreat. Please reach out to Sara or Rev. Donna with any questions.

November 17, 2024 from 12:15 – 2pm
Beginning to Listen... A Pastoral Ministry Workshop

This workshop will offer an opportunity to begin to explore aspects of pastoral outreach centering around presence and compassionate listening and empathy. If you would like to learn more about developing a ministry of presence, we invite you to join this workshop. This workshop will be facilitated by Rev. Donna and Jamus Hanscom. To pre-register, please email Rev. Donna at minister@augustauu.org.

The Shared Pulpit Class... A winter opportunity

“Using a series of small group meetings, this program aims to deepen connection and trust among participants—the seeking minds and caring hearts of Unitarian Universalists... Along the way, you’ll discover your authentic voice by writing a sermon to deliver to the congregation.” ~ Erika Hewitt from her book and program guide, [The Shared Pulpit, A Sermon Seminar for Lay People](#). Watch for more information about dates and registration. Class size will be limited due to the nature of the process. The class will be facilitated by Rev. Donna Dolham and Sara Hodgkins.

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

Please use this [program request online form](#) to help guide the process.

Connections by Day of the Week

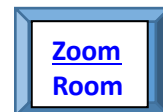
ALL church events and meetings are reflected on the UCC calendar
Click below to view ALL events, including any group meetings or other business meetings.


<https://www.augustauu.org/calendar-and-communications/>



Some events are still being held in the UCC 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



<p><u>Monday</u> Each week</p> <p><u>6:30 – 8:00</u> <u>p.m.</u></p> <p><u>Private</u> <u>Zoom</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p>BY Private ZOOM –EVERY Monday. You may join us at 6:15 to settle in.</p> <p>PLEASE NOTE: Starting on September 16, the group will meet in-person in the Sanctuary and online, on the 1st and 3rd Monday of each month. Other Mondays, they will meet online only.</p> <p>Please contact Marty Soule for updated Zoom login information at: email: martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com <i>Sangha gatherings are free and open to all.</i></p> 
<p><u>2nd & 4th</u> <u>Monday</u></p> <p><u>9:30 – Noon</u></p> <p>Next Meeting is Sept. 9th</p>	<p style="text-align: center;"><u>Sewing/Craft/Hobby Group</u></p> <p>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.</p> <p>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.</p>
<p><u>Tuesday</u> <u>10:30 a.m.</u></p> <p><u>UUC</u> <u>Virtual</u> <u>Zoom</u></p>	<p style="text-align: center;"><u>Lectio Divina</u></p> <p>A weekly Lectio Divina program will be offered weekly on Tuesdays beginning on September 10th from 10:30 to 11:30. Lectio Divina can be translated as divine reading. We will share a chalice lighting, centering meditation, sharing and reflection time based with a variety of sources.</p> <p>This program will be facilitated by Rev. Donna Dolham and Lori Milner and is open to the wider community. Join as you're able, you do not need to attend every week, although you are welcome to!</p>
<p><u>Tuesday</u> <u>4:00 pm</u></p> <p><u>Weekly</u></p>	<p style="text-align: center;"><u>Drop-in Sustainable Heath Oijong group</u></p> <p style="text-align: center;"><Group on break for the summer months></p> <p style="text-align: center;">May resume after Labor Day. Stay tuned for more information.</p>
<p><u>Wednes-</u> <u>day</u> <u>6:00 -</u> <u>7:30 p.m.</u></p>	<p style="text-align: center;"><u>UUC</u> <u>Choir Rehearsal</u></p> <p style="text-align: center;">UUC CHOIR REHEARSALS RESUMED AUGUST 28TH! Join us!</p> <p>Our weekly choir rehearsal take place from 6pm to 7:30pm in the sanctuary. We look forward to welcoming new members! Inquiries to Bridget Convey at musicdirector@augus-tauu.org.</p>

<p><u>Wednesdays</u> <u>Each Week</u> <u>5:00 – 6:00</u> <u>p.m.</u></p>	<p style="text-align: center;"><u>Gentle YOGA</u></p> <p style="text-align: center;">Hosted by Debbie Mattson</p>  <p>UU Yoga is 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:</p> <p>https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOT-RXa3VoUT09 ----- Password: 174192</p> <p>Please join us a few minutes before 5:00 to settle in so we can begin class right at 5 p.m. FMI: DebbieMattson@hotmail.com</p>
<p><u>2nd & 4th</u> <u>Wednesday</u> <u>1:00-2:30pm</u></p> <p>2nd Wed. – C-FH 4th Wed. - C-FH</p>	<p style="text-align: center;"><u>Seasoned Souls</u></p> <p>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. We will now be meeting on the 2nd and 4th Wednesday of each month in the Fellowship Hall.</p> <p>FMI: For more information please contact Hal Booth at halbooth1@yahoo.com or (207)623-8383 [land-line, no text].</p>
<p><u>Thursdays</u> <u>Each Week</u> <u>8:00 – 9:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-align: center;">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</p>  <p style="text-align: center;">Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com <u>Sangha gatherings are free and open to all.</u></p>
<p><u>2nd & 4th</u> <u>Thursday</u> <u>In the</u> <u>UCC</u> <u>Virtual</u> <u>Zoom room</u> <u>9:00 – 10:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Writing to Wake the Soul</u></p> <p style="background-color: yellow; text-align: center;"><Group on break – information about when it will resume will be in a future E-blast.></p> <p>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 UCC Virtual Zoom Room.</p> <p style="text-align: center;">FMI: please contact Debbie at (207)557-2697 or debbiemattson@hotmail.com</p>

<p>1st Thursday</p> <p>Noon-1:30 p.m.</p> <p>Next Meeting is Oct 3</p>	<p style="text-align: center;"><u>Read Learn Share Book Group</u></p> <p>The church book discussion group will reconvene on October 3.</p> <div style="display: flex; align-items: flex-start;">  <div> <p>Our first book for the year is SECRETS OF THE SPRAKKAR by Eliza Reid, about the role of women in Iceland which is considered an example of a country which promotes gender equality.</p> <p><i>...an illuminating discussion of what it means to move through the world as a woman and how the rules of society play more of a role in who we view as equal than we may understand.</i> -Goodreads</p> <p>Everyone is welcome to join us at noon on the first Thursday of the month. We meet in Fellowship Hall and in the church zoom room. The list of all our titles for the year will be published in the fall Flaming Chalice newsletter. You are welcome to join us whenever a title interests you.</p> <p>On November 7 our book is <u>How to Read a Book</u> by Maine author Monica Wood.</p> <p>We are a friendly and thoughtful group. We'd love to have your company. FMI: contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com.</p> </div> </div>
<p>4th Friday</p> <p>6:30 – 8:30 Sanctuary</p> <p>Next Meeting is Sept 27th</p>	<p style="text-align: center;"><u>Free Style Drum Circle</u></p> <p>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!</p> <p>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.</p>
<p>Every Saturday</p> <p>9:00–11 am</p> <p>Resumes Sept 7th</p>	<p style="text-align: center;"><u>UUC Occasional Orchestra</u></p> <p style="text-align: center; background-color: yellow;">The UUC Occasional Orchestra will take a break over the summer months.</p> <p>Rehearsals will resume Saturday, Sept 7th in the Sanctuary from 9:00-11:00 a.m.</p> <p style="text-align: center;">Come and share your musical talents with our UUC community. All are welcome, please join us!</p> <p>Questions: please contact our UUCCOO Orchestra Director, Michael P. Atkinson at: mpatkinson@gmail.com.</p>

<p>4th <u>Sunday</u></p> <p><u>1-2:30</u> <u>p.m.</u></p> <p>Next Meeting is Sept. 22nd</p>	<p><u>Goddess / Earth Circles</u></p> <p>Goddess / Earth Circles Summer Connections Meetings are 1-2:30pm in the Fellowship Hall</p> <p><u>September 22</u> Autumn Equinox/Mabon; Invitation to Croning; Keeping connections <u>October 27</u> Samhain; Ceremony for New Crones and Renewals</p> <p>More information is available at Goddess/Earth Circles on the website. Goddess/Earth Circles focuses on the phases of our lives and earth-based spirituality. All ages and genders are welcome</p> <p>FMI Contact Helen Zidowecki (207-582-5308, mailto:hzmre@hzmre.com).</p>
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Notices / Updates / News

An Invitation from the Covenant Engagement Team (CET)

WHAT: AN INVITATION. For the month of September, join us as we begin to explore the myriad ways to engage with our UUCC Covenant. Our Covenant promise for this month is to: “display and recite these promises to each other on a regular basis, exploring them in our hearts and mind, and refer to them when difficulties arise.”

WHY: We are a covenantal faith, which means we take responsibility for defining, affirming, and promoting what we deem to be the foundations of our faith. These foundations are reflected in our UU Values, recently adopted at our 2024 General Assembly.

As a companion to our broader UU covenant of faith, in 2023 our UUCC congregation adopted our own behavioral Covenant. This Covenant establishes our boundaries; how we agree to be together as a Beloved Community. We can only hope to achieve this vision if we each engage fully with our Covenant, knowing that it is not “optional” but instead vital to our congregational health.

HOW: Each month we will explore one promise from our Covenant in two ways. The first is interactive. For instance, in committee or other meetings, you may be asked to share your experience with this month’s promise as part of your check-in. It will come up in Lectio Divina and in worship. In other gatherings, leaders may include a reflection or sharing about this month’s promise. The second is personal. In your own way and at your own pace, invite this promise of our Covenant into your life. Perhaps sit with what it means to explore our Covenant in both your heart and your mind. Consider how you might weave these promises into your own spiritual practice. This month, for instance, what would happen if you displayed the Covenant somewhere in your living space? Or kept it with a book of inspirational readings? Discover how you can make our Covenant so familiar to yourself that its guidance easily comes to mind. For a link to a PDF of our Covenant, click [here](#).

SHARING: If you want to share something about your experience with this month’s promise, please email me [June Zellers <junezellers@roadrunner.com>] with your thoughts or discoveries. We will share some of them in our next E-Blast.

Social Justice Updates

The Social Justice Committee is collecting women and men's sweat pants.

Nothing is too small and nothing is too big. We plan to provide the sweatpants to breakfast guests if they arrive in need of a quick change of clothes. There is a box in the coat closet marked "Sweat Pants," ready to receive your donation. Thank you!!

The September 15, 2024 Share the Plate will be for the Natural Resources Council of Maine

Mission: The Natural Resources Council of Maine is a nonprofit membership organization protecting, restoring, and conserving Maine's environment, now and for future generations. For more than 60 years, the Natural Resources Council of Maine has been protecting the places and way of life that make Maine so special. We work statewide to—

- Protect the health of Maine's rivers, lakes, streams, and coastal waters;
- Promote sustainable communities through initiatives that reduce toxic pollution and waste
- Decrease air and climate-changing pollution through energy efficiency and renewable sources;
- Conserve Maine lands and wildlife habitat, including our treasured North Woods; and
- Defend the federal environmental policies and programs that help protect Maine.

Paddle the Kennebec with NRCM! - Tuesday, September 17, 8 a.m. – 3 p.m.

Join NRCM staff for an 8-mile paddle on the Kennebec River from Sidney to Augusta. There will be a Registered Maine Guide, [Richard Behr](#), accompanying us on this paddling trip, to celebrate the 25th anniversary of the [Edwards Dam removal](#). On this trip you will learn more about the Kennebec River, including its diversity of wildlife and current river restoration opportunities.

Registration is limited to 25, and cost is \$20 per person. This trip is suitable for beginner paddlers. Please bring your own canoe or kayak, PFD, sun protection, lunch, snacks, and plenty of water!

Contact Emmie Theberge at emmie@nrcm.org for more information. This trip is weather-dependent. Learn more and reserve your spot today at <https://nrcm.salsalabs.org/kennebecpad-dlsept2024/index.html>

WHERE2024 (Walks for Historical & Ecological Recovery)

Atlantic Blackbox is organizing a series of Seven Walks for Historical & Ecological Recovery over seven months from June through November 2024. Detailed info can be found here: [WHERE2024 – Atlantic Black Box](#). The Legacy Work events have already happened and many of them were recorded and can be accessed on the website. The remaining walks are listed below:

The First Parish Portland Wabanaki Allies Team will participate as a group, other UUs from around Maine may want to do the same. The Pejepscot Portage Walk on October 5 in Brunswick is co-organized by the Pejepscot Mapping Project in which members of the Brunswick UU church are participating. [The Pejepscot Portage Walk — The Walk for Historical & Ecological Recovery \(walkwhere.org\)](https://www.walkwhere.org/pejepscot-portage-walk)

The Inclusive Walking Tour in Saco-Biddeford on October 19, is co-organized by Portland area SURJ chapter (Showing up for Racial Justice). [The Inclusive Walking Tour Walk — The Walk for Historical & Ecological Recovery \(walkwhere.org\)](https://www.walkwhere.org/inclusive-walking-tour).

All the Walks combine an actual walking tour retracing some historical / colonial event combined with a program with guest speakers and some have an art element - so even folks who cannot do the walking have plenty of opportunity to participate by listening and learning.

Board of Trustees

The next board meeting is Thursday, September 12, 2024.

All are welcome to attend but please see the [UUC Policy for Board Meeting Visitors](#).

General Information

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

Other ways to UUC Zoom Room Zoom:

- 1. Join from your internet browser by clicking this link or typing this into your browser:**
<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.**

UUC Meeting ID: 823 807 0673 – then enter **passcode: 6971**

- 3. Join by phone:** 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.

UCC 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.

UCC 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)

UCC 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:

- E-Blast (9/4)
- NO E-Blast (9/11)
- E-Blast (9/18)
- NO E-blast (9/25)

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

UCC 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 appointment with Rev. Dolham.

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