

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, September 18, 2024

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

A Message from our Minister

Grateful to be on this journey with you! Living our UU values, justice, interdependence, equity, transformation, pluralism and generosity with love at the center is a strong call from our faith. As we navigate this election season while continuing to live the ordinary aspects of our lives, may we be sustained by our commitments, buoyed by our community and nurtured into continued transformation.

In our nation, there are communities that could use a message of support inspired by our commitment to our faith. If you are interested in offering a supportive message to The Haitian Community Help and Support Center of Ohio, please send a note to them. Their address is: 1530 S Yellow Springs St, Springfield, OH 45506. Thank you to Debbie Mattson, UUCC's Social Justice Co-Chair and the work of our Social Justice Committee and community for continuing to invite us into living our faith.

I will be around the next two weeks, although not in the pulpit again until October 20. Please don't hesitate to reach out if you want to check in. And please note the details of my time away which is noted in my schedule update following this message.

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

Sunday
September 22, 2024

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



Glimmers Calling Back Spirit

Rev. Vanessa Titang

Amidst life's trials we may at times forget nuggets of wisdom and previous moments of peace and joy that call us to center. To counter times of forgotten self may we experience "glimmers" that inspire and reorient. Regardless of the source, these moments are each of significance—ways our spirits tell us to simply be, and invite us to be restored.

A special thank you to our worship arts team. Nan Bell will be our worship associate. Cheryl Ring will manage Boxcast technology and will run the slides prepared by Rev. Donna. Our Choir, led by Music Director, Bridget Convey and accompanied by Lee Morgan on piano, will sing *Sacred Circle* by Heather Pierson. Stefanie Barley will lead the team that is hosting coffee hour. Our greeter will be Harry Grimmnitz.

Bio: Rev. Vanessa Lynn Titang (she/her/they) is an ordained Unitarian Universalist minister. She attended Smith College for a BA in Philosophy and Sociology, and Wheelock College for a MS in Organizational Leadership, before finding Unitarian Universalism and her call to ministry. She graduated with her M.Div. from Meadville Lombard Theological School in 2022. Vanessa is the proud mother of her child, Amelie, and resides in Ellsworth, Me.

→This Sunday we will continue our 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>Sunday</p> <p>September 29, 2024</p> <p>Ingathering music to begin at 9:55 a.m.</p>	<p>General Assembly: Tradition and Transformation</p> <p>Michaela Loisel, Kathy Kellison and Helen Zidowecki</p> <p>General Assembly (GA) is the gathering of delegates for the annual meeting of the Unitarian Universalist Association (UUA), the national body of our faith tradition. It is a time for worship, connection, inspiration and decision making for Unitarian Universalists.. In this service, Michaela Loisel, Kathy Kellison and Helen Zidowecki will share the transformative power of GA.</p> <p>A special thank you to our worship arts team. Kathy Kellison will be our worship associate. Lindsay Wiehl will manage Boxcast technology and run the slides prepared by Rev. Donna. Stefanie Barley will be our pianist and our greeter will be Karen Allen. Janet Caldwell will lead the team that is hosting coffee hour.</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



FITNESS & FRIENDSHIP

KENNEBEC VALLEY YMCA

A 6-week program designed for older adults to increase motivation for physical fitness and meet like minded people. Improve your balance, flexibility, and strength in a safe environment and learn from outside professionals.

- Tuesdays
- September 24th - October 29th
- Member Fee - \$80
- Nonmember Fee - \$90

FOR MORE INFO

☎ 207-622-9622

🌐 www.kvymca.org

📍 31 Union Street
Augusta, ME 04330



FUNDRAISING EVENT / OPPORTUNITIES

Brand New - "UCC Farmers Market" to be held after the church service on Oct. 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 UCC 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.


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

Monastics visiting Maine - New England Tour

(Buddhist - Tradition of Thich Nhat Hanh)

Day of Mindfulness

Saturday, October 5, 11:30 - 4

Unitarian Universalist Community Church,
69 Winthrop Rd, Augusta

Our day will include:

Walking Meditation; Mindful Eating (bring your own lunch);
Deep Relaxation; Dharma Talks; Questions & Responses

We will provide chairs.

Bring other sitting supplies, if desired.

Arrival 11:15 encouraged

(not earlier due to other activities in the space)

For those who intend to join us, please visit this link:

<https://forms.gle/rAH2qXJsrGdNK2dFA>

Spur of the moment attendance is fine too.

Registration: Suggested \$20 donation (cash or check) will be split equally between the UUCC and Blue Cliff Monastery. Checks can be made out to Peaceful Heart Sangha. Cash preferred, if possible.

No one will be turned away due to lack of funds.

There will also be an opportunity to offer support to the Monastery with a Dana (generosity) box at the event.

Questions? Contact: peacefulheartsangha@gmail.com

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 – 1:00 <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/>

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.

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



Please join us for this special celebration! An installation is a congregational act of formally entering into shared ministry with their professional minister.



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.



Installation Participation Opportunities

1. Would you like to welcome people to the South Parish Church for the Installation Service on Oct. 26? There are still 4 slots waiting for you!
2. Or... If you would like to be an usher to see folks to seats and distribute orders of service we need 4 additional folks, also.

If you would like to welcome people or serve as an usher, contact Martha Naber at 887-1104 or marthanaber@gmail.com

3. Finally, how about baking/creating your favorite dessert item to be served at the reception. We are looking for all finger foods so we can keep it simple! These would be dropped off at the UUCC on Saturday morning to be arranged for the reception which will follow the service.

Thank you,
Nan Bell, Nancy Fritz, and Martha Naber, Installation Team

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 UUC. 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.

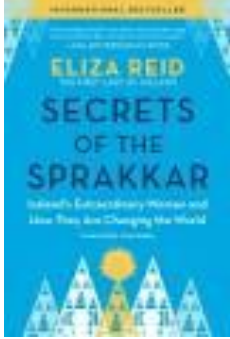
[Click here to join Events in the Zoom Room:](#)

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. 23rd</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 303-5859 / Nancy 213-3047. All are welcome. Bring a friend, if you like.</p> <p style="text-align: center;"><see “LOST/Hopefully Found” notice in Notices/Updates/News below></p>
<p><u>Tuesday</u> <u>10:30 a.m.</u></p> <p><u>UCC</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 Qijong group</u></p> <p>Meets weekly on Tuesdays from 4:00-5:00pm. We will gather in Fellowship Hall (or in the yard, weather permitting).</p> <p>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 <i>qigong</i> movements and daily habits can make big differences in health. All are welcome.</p> <p>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).</p>

<p>Wednes- day 6:00 - 7:30 p.m.</p>	<p style="text-align: center;"><u>UUCC Choir Rehearsal</u></p> <p>Our weekly choir rehearsal takes place from 6pm to 7:30pm in the sanctuary. We look forward to welcoming new members! Inquiries to Bridget Convey at musicdirector@augustauu.org.</p>
<p>Wednes- days Each Week 5:00 – 6:00 p.m.</p>	<p style="text-align: center;"><u>Gentle YOGA</u> 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>2nd & 4th Wednesday 1:00-2:30pm</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 participants in the UUCC community who are over 65 years of age and meet as a study/support group to talk openly about topics related to the aging process. We meet on the 2nd and 4th Wednesday of each month from 1:00 – 2:30 p.m. 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>Thursdays Each Week 8:00 – 9:30 a.m.</p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p>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>Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com <i>Sangha gatherings are free and open to all.</i></p> 
<p>1st Thursday Noon-1:30 p.m.</p>	<p style="text-align: center;"><u>Read Learn Share Book Group</u></p>

<p>Next Meeting is Oct 3</p>	<p>The church book discussion group will reconvene on October 3.</p>  <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. -Goodreads</i></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 jjellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com.</p>
<p>Fridays <u>Each Week</u></p> <p>8:00 – 9:30 <u>a.m.</u></p>	<p><u>Fabulous Friday AA Meeting</u></p> <p>Join us for this Alcoholics Anonymous meeting from 6-7pm in the church at 69 Winthrop St. Please enter through the Summer Street door and join us in the room straight ahead and through the double doors.</p>
<p>4th <u>Friday</u></p> <p>6:30 – 8:30 <u>Sanctuary</u></p> <p>Next Meeting is Sept 27th</p>	<p><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><u>Every Saturday</u></p> <p>9:00–11 am in the Sanctuary</p>	<p><u>UUCC Occasional Orchestra</u></p> <p>Rehearsals are held Saturdays in the Sanctuary from 9:00-11:00 a.m.</p> <p>Come and share your musical talents with our UUCC 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 Sunday</p> <p>1-2:30 p.m.</p> <p>Next Meeting is Sept. 22nd</p>	<p><u>Goddess / Earth Circles</u></p> <p>September 22 Autumn Equinox/Mabon; Invitation to Croning; Keeping connections</p> <p>1.Mabon/Fall Equinox: Symbols/Myths of Harvest 2.Croning Celebrations: Invitation to participate in Croning Ceremony and Croning Anniversaries. 3.Creating Croning/Women of Wisdom Bags</p> <p>October 27 Samhain; Ceremony for New Crones and Anniversaries</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 FMI Contact Helen Zidowecki (207-582-5308, mailto:hzmre@hzmre.com).</p>
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Notices / Updates / News

LOST and (hopefully) found??

The sewing group is missing a blue shopping bag with multiple electrical extension cords and multi strips we use to set up for the machines. Has anyone seen this bag???? It was last seen in the storage room off Fellowship Hall. The cords and strips are needed each time the group meets to get us sewing! Please let me know if you have seen the bag.

Thanks, Martha Naber Marthanaber73@gmail.com

Administrative update

As congregational life evolves, so does the role of our Church Administrator, Lynn Smith. Lynn offers the congregation and community opportunities to engage in the life of UUCC by helping to balance the schedule of events with our space among many other things. The activities, meetings and events happening at UUCC continue to grow, helping to enrich our individual and community lives. Please use the program planning form if you have a program/special event in mind. The link is: <https://forms.gle/1JvQnJtrHLFV61Kf6> and please remember to notify Lynn if your plans or schedule changes.

There are a few areas of her role that have shifted. One of the most recent areas is to stop printing paper orders of service for Sundays. Not only are we saving trees but we are helping to create sustainable volunteer positions. Lynn is taking over some of the financial work and human resource work that our current treasurer, Nancy Fritz has taken on in the last few years of ministerial transition.

To balance Lynn’s time and continue to shift her portfolio another change will be on the horizon. There will continue to be a full e-blast which resembles what other congregations refer to as their monthly newsletters. One e-blast a month will be reduced to a review of the calendar to keep you up to date.

Thank you all for your generous spirit as we develop new structures to support UUCC’s growth and re-allocate time and task in order to create sustainable volunteer positions.

With Gratitude,
Rev. Donna, she, her

An Update from the Covenant Engagement Team (CET)

Our invitation for September was to sit with this promise: “Display and recite these promises to each other on a regular basis, exploring them in our hearts and minds, and refer to them when difficulties arise.”

WHAT drew my attention was the last part: “. . . and refer to them when difficulties arise.” I absolutely agree we should invoke our Covenant when things are not well among us. But there is a danger in only invoking the Covenant under trying circumstances. For when things go awry, one natural tendency is to look “at” what someone “else” is doing “wrong” (or in 12-Step language, “to take someone else’s inventory”). When I am tempted to do that, then it is actually me who is out of covenant.

Instead, if each of us reflects on the deeper meaning in our own lives of each Covenant promise, we may notice our own times of falling short. And as we forgive ourselves and try to deepen our understanding, we may find it easier to forgive others when they fall short.

WHY: As Richard Rohr so skillfully explains in one of his writings of the illogic of love, tending to our own shortcomings is the best way to build community. He writes: “Community is not where forgiveness is unnecessary or unneeded. It is where forgiveness is very free to happen. And if it doesn’t happen on a daily basis, at least imperfectly, there will be no community. Without forgiveness, the logic of victimhood and perpetrator rules --instead of the illogic of love.”

SHARING: If you want to share something about your experience with this month’s promise, please email me [June Zellers <jzellers@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!!

Board of Trustees

BOARD HIGHLIGHTS

At its September 12 meeting, the Board:

- Voted to adopt the 2025 restatement of the UUA's retirement plan, effective January 1, 2025
- Committed to complying with the provisions of the plan and the elections made by the UCC in the 2025 Employer Participation Agreement and submit the plan to the UUA for acknowledgement and approval
- Discussed the question of how the Board can facilitate the work of focus areas in the life of the church

Full minutes can be found on the Board of Trustees bulletin board at the church.

The next board meeting is Thursday, October 10, 2024.

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

General Information

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

Other ways to UCC 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.**

UCC 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.

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:

- E-Blast (9/18)
- NO E-blast (9/25)
- E-Blast (10/2)
- NO E-Blast (10/9)

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:

The church office will be CLOSED next week as the church administrator will be taking a vacation week.

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.

Minister's Fall schedule

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.

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