

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, October 2, 2024

In this Issue:

- [Upcoming Services](#)
- [Upcoming Special Events](#)
- [Ongoing Connections](#)
- [Notices / Updates / News](#)
- [General / Contact Info](#)



[Zoom](#)
[Room](#)

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

A Message from our Minister

I will be away from Oct 5th, returning on Oct 20th. Please contact the pastoral care team for any pastoral care needs you may have. The Rev. Marty Pelham, of the Rockland UU Church will be covering for professional ministry needs. Rev. Marty's phone number is: 813 205-6910.

Text is the best contact method; however, Rev. Marty does have voicemail.

Until I return...Love and Light,

Rev. Donna, she, her

Upcoming Services

Sunday
October 6, 2024

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

As a community committed to “going green”, we do not hand 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](#)

Come as You Are: An Invitation

Rev. Verdis LeVar Robinson (recorded message)

What does it mean to generously share yourself in community with authenticity? In living into the Unitarian Universalist principle of the inherent worth and dignity and striving for our shared values of pluralism and generosity, come as you are...leave inspired and inspiring the world. We will also hold space in this service for you to share your **Joys and Sorrows** with our community.

A special thank you to our worship arts team. Nan Bell will be our worship associate. Angie Blevins will manage Boxcast technology and 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 *Deep Peace* by Tate. Karen Allen will lead the team that is hosting coffee hour. Our greeter will be Nancy Fritz.

A Share the Plate – Special Collection will be taken this Sunday, Oct. 6th. The collection will be given, in its entirety, to the UUA's Disaster Relief Fund to assist those who are impacted by recent environmental disasters. Here is a link to this fund: <https://www.uua.org/giving/areas-support/funds/disaster-response>

The scale of destruction in the wake of Hurricane Helene has been utterly devastating to many communities in the southeastern United States. Some Unitarian Universalist congregations have been seriously impacted and others are still trying to assess the damage. You can help support Unitarian Universalists and their communities as they recover from this storm by giving generously to the UUA's Disaster Relief Fund.

BIO: Rev. Verdis LeVar Robinson (he/they) is a newly fellowshiped Unitarian Universalist minister currently serving as the Minister for Growth at the First Unitarian Church of Rochester. In addition to ministry, Rev. Verdis is the Executive Director of the Montpelier Community Gospel Choir sharing the hope, joy, and inspiration of African American gospel music in Vermont and is also finishing up his tenure as the Interim Executive Director of the National Issues Forums Institute. He resides in Rochester, NY, with his two fur-princes, Prince Caspian and Prince Ali, and is a genealogist in his spare time.

AFTER THE SERVICE – JOIN US for a UUC FARMERS MARKET.

We will have lots of fall harvest items for sale in the Fellowship Hall this Sunday, October 6th from 11 to 1. If you have friends who like to shop at Farmer's Markets – bring them with you! We have some exciting offerings!

Sunday

October 13, 2024

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



Believing In What You Believe

Rev. Vanessa Titang

We gather in community listening to and respecting diverse understandings of the spiritual, of the Divine of many names. As we hold space for unique beliefs, do we each also do this for ourselves? Let us listen to, recognize and embrace the unique iterations of the Divine, including of our own understandings, to each authentically believe in what we believe.

A special thank you to our worship arts team. Lori Milner will be our worship associate. Angie Blevins will manage Boxcast technology and run the slides prepared by Hanna. Stefanie Barley will be our pianist and our greeter will be Michaela Loisel. Liza Gottlieb will lead the team that is hosting coffee hour.

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.

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 wheelchairs.
- 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

UCC FARMERS MARKET- Reminder that we will have lots of fall harvest items for sale in the Fellowship Hall this Sunday, October 6th from 11 to 1. If you have friends who like to shop at Farmer's Markets – bring them with you! We have some exciting offerings!

SOCIAL ACTIVITY

Thursday, Oct. 17, 5:30 p.m.

"LEARN, MAKE, EAT"

A 2 hour cooking session will be held to make and eat POPOVERS.

It is very easy to make these delectable, mouthwatering treats, especially with honey or maple syrup. When they come out of the oven, they are "BEAUTIFUL", just to look at, really!

All ingredients provided. So, bring your apron and come hungry.

Please RSVP to Cheryl Clukey, cherylclukey5@yahoo.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.



Listening is where love begins."

~Mr. Rogers

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

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 am – 1:00 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 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/UCCInstallation>

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 UCC on Saturday morning to be arranged for the reception which will follow the service. During coffee fellowship for the next two weeks, a sign-up sheet will be available to let us know what you can bring.

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 UUC 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 UUC 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 UUC 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. 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 Oct 14th</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>

Next Meeting is Oct 3

The church book discussion group will reconvene on October 3.



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.

...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

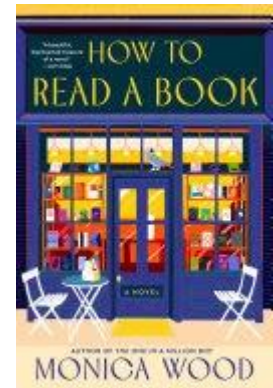
Everyone is welcome to join us at noon on the first Thursday of the month. We meet in Fellowship Hall and in the church zoom room. The list of all our titles for the year will be published in the fall Flaming Chalice newsletter. You are welcome to join us whenever a title interests you.

On November 7 our book is How to Read a Book by Maine author Monica Wood.

A charming, deeply moving novel about second chances, unlikely friendships, and the life-changing power of sharing stories.

~Goodreads

We are a friendly and thoughtful group. **We welcome anyone who wants to join us. Come once or always!** FMI: contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com.



On December 5 we will explore TATTOOS ON THE HEART by Gregory Boyle.

Fridays
Each Week

Fabulous Friday AA Meeting

6:00 – 7:00
p.m.

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.

4th
Friday

Free Style Drum Circle

6:30 – 8:30
Sanctuary

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!

Next Meeting is Oct 25th

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><u>Every Saturday</u></p> <p>9:00–11 am in the Sanctuary</p>	<p style="text-align: center;"><u>UCC 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 UCC community. All are welcome, please join us!</p> <p>Questions: please contact our UCCOO Orchestra Director, Michael P. Atkinson at: mpatkinson@gmail.com.</p>
<p><u>3rd Sunday</u> <u>11am-12:30 p.m.</u></p> <p>Next Lunch is Oct 20th</p>	<p style="text-align: center;">FELLOWSHIP LUNCH 3rd Sunday (October – June) 11:30-12:30pm, Fellowship Hall October 20</p> <p>Enjoy community at a restaurant style sit-down meal. We generally have a "base" kitchen crew but need a few extra volunteers to help set up and serve. To sign up, please email Marilyn Dunn (maine2007@hotmail.com or call (207) 512-538.</p>
<p><u>4th Sunday</u></p> <p><u>1-2:30 p.m.</u></p> <p>Next Meeting is Oct. 27th</p>	<p style="text-align: center;"><u>Goddess / Earth Circles</u></p> <p>October 27, Fellowship Hall and UCC Zoom 1-2:30 p.m.</p> <p>October 27 Samhain: Harvest Festival, Remembering Honoring Wisdom of Women: Croning Ceremony 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, hzmre@hzmre.com).</p>

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



We're hiring! MUUSAN Administrative Coordinator Position

MUUSAN has begun the search for an individual who is committed to UU values, is organized, creative, tech- and digital-savvy, and has great communication skills!

Check out the full job posting below or find the link [HERE](#). Please contact admin@muusan.org with any questions. Thank you!

** Job Description is also on the bulletin board in Fellowship Hall **

UU World is thrilled to announce the launch of our twice-a-month newsletter that showcases the latest updates from our website.

We named our newsletter *Wayfinder* because it is intended to help you navigate your journey with Unitarian Universalist Shared Values as an ever-present guide. *Wayfinder* will bring revelatory, insightful, spiritually nourishing updates right to your email inbox.

If you are a *UU World* subscriber, you are automatically signed up to receive our newsletter, which will debut on Thursday, Oct. 17.

STILL SEEKING PHOTOS

The 8th Principle Task Force thanks everyone who has sent us photos of UUCC folks in action. We have some good ones! However we could use a few more, and we know they are out there.

Think marches, parades, work projects, people with banners. Our plan is to create a framed poster-size collage with the caption UUCC TAKES ACTION for display in the church. Digital photos are preferred.

Please send to Karen Allen at kwallen@zwi.net. If you have several photos, please send them in multiple emails, one or two per email, especially if the files are large. Thank you!!

The Covenant Engagement Team (CET): Exploring Deep Listening

In October we will highlight the promise to: “Listen to each other with intention and curiosity and respond thoughtfully.” What does it mean to listen “with intention”? How is that different from listening “with curiosity”? When and how does one “respond thoughtfully”?

I started this month’s exploration reviewing what Leah Boyd taught us in February 2023 about the Non-Violent Communication (NVC) way of empathetic listening. It was good to remember what “just listening” felt like. Still, I wanted more guidance. So I turned to Oren Jay Sofer’s book: “Say What You Mean: A Mindful Approach to Non-Violent Communication”.

Listen with intention: In Part I of his book, Sofer talks about being present as a way to enhance listening. One exercise he offers: try to notice or be aware of the moment in which you decide either to speak or to listen. What is it like to just listen? When the urge to interrupt arises, try using this reminder: “WAIT” – which stands for “Why am I talking?”

Listen with curiosity: When I first read this part of the promise, I thought it meant to ask probing or meaningful questions, something with which I am not always comfortable. But on further reflection, I am starting to see this “curiosity” as what Sofer describes in Part II as an intention to enter into each conversation to learn something, to understand better, and to build relationships.

Respond thoughtfully: I am curious about your understanding of what it means to “respond thoughtfully” and/or what you are learning this month about “listening”. Please send your thoughts and insights to me via email: jjellers@roadrunner.com and I will summarize them in the next E-Blast.

And if you haven’t yet displayed a copy of our UUCC Covenant somewhere, here is a link to the abbreviated version with the seascape background. [\[link\]](#)

In fellowship, June Zellers and the CET

Social Justice Updates

Volunteers Needed: WindowDressers Community Build in Hallowell October 22 - 27

WindowDressers is a nonprofit organization that supports volunteers in constructing lightweight insulating window inserts for homes in their communities. Insert assembly occurs at barn-raising style Community Builds, a participatory model that ensures inserts are much less expensive than commercial products and are free for households that cannot afford to pay.

UUC members Hilary Neckles and Jeff Jannell are leading a Community Build October 22-27 in partnership with the Capital Area New Mainers Project at the Hallowell Multicultural Center, 20 Union St., in Hallowell. **The build will produce inserts for about 39 homes, including the church's "Judd House" and nine New Mainer families and others in Augusta experiencing financial hardship.**

Volunteers are needed for 4-hour shifts throughout the week to help assemble the inserts. There are weekday, weekend, and evening shifts available. No experience is necessary -- volunteers will be taught to perform a simple step in the assembly process. Lunch is provided for all to enjoy together between shifts. Volunteer help is essential to keep inserts affordable or free, helps your neighbors stay warmer and lower heating costs, and is fun! The online sign-up is [here](#), or find Manchester/Hallowell on the Maine Community Builds page at WindowDressers.org. For more information contact Hilary Neckles, hneckles@gmail.com, (207) 441-2464.

Board of Trustees

"This fall, as Unitarian Universalists regather in community for another congregational year, let us remember that we do not need to ration our tears. Sorrow for one compounding tragedy does not imply lack of solidarity with another. There are tears enough to go around, and enough compassion to see us through. The issues that we face together are existential, centered around the very survival of peoples and of nations."

(This is part of a statement developed by the Office of the President and other senior national staff of the Unitarian Universalist Association (UUA), grounded in the values of Unitarian Universalism and in conversation with previous resolutions, statements, and actions passed by General Assembly, the UUA's democratically-elected governing body.)

Dear UUC members and friends,

The world is hurting. Wars are raging. Our planet is erupting. We need one another.

I have been a member of this church for 35 years and cannot imagine my life without our community. I recall where we were three years ago as we began working through some painful fissures within our community that,

sadly, caused some to leave and others to feel shaken and lost. This was a most challenging time for us. Fortunately, we embarked upon a journey of relationship building that has us in a stronger and healthier place. This important work is still underway as we are now actively learning and practicing what it means to live in covenant with one another. Remember, this covenant that we together created, expresses how we want to be in community because we value our relationships with each other.

Especially now, we are so fortunate to live in a community of faith that recognizes the importance of interdependence and holds love as our core value.

These are indeed challenging, sad times. I hope you, like me, find comfort in the love of this community. We express our joys and our sorrows here. We grieve together as we fear for the world and the planet. I want all of us to know this as a safe and nurturing place. You belong here and I am glad you are.

With Love to all,

Michaela Loisel, Board President

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

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. 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.**

UUCC 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.

UUC 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.

UUC 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)

UUC 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 (10/2)
- NO E-blast (10/9)
- E-Blast (10/16)
- NO E-Blast (10/23 or 10/30)

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

UUC Office Hours NEXT WEEK

Church Administrator - Open office hours:

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

Rev. Donna Dolham

I will be away from Oct 5th, returning on Oct 20^t
See page 1 for whom to contact when I am gone.

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