

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, November 6, 2024

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

A Message from our Minister

Dear Ones,

As the election news unfolds, know that your community is here. Gathered today in support and connection, participating in Yoga, singing, and doing the best we can. Please take care of yourselves, each other and remember that we are in community, connected and sustained by a faith that centers love. Once again, I offer this prayer:

With faith that no act of good ever goes to waste,
I live this day with the intention to
Act, Speak, Move,
And center myself
In love, In peace, In justice.
I will see these intentions through
And I will recognize them when they arise in others. May it be so...

Love and Light,

Rev. Donna, she, her

Upcoming Services

<p style="text-align: center;">Sunday November 10, 2024</p> <p>Ingathering music to begin at 9:55 a.m.</p>	<p style="text-align: center;">Time Unfolding... Reverend Donna Dolham</p> <p>Please join us this Sunday as we create space for community connection, centering love and grounding ourselves in our faith. At this tender time, we hope you will join in creating safe and comforting space.</p> <p>We will also hold space in this service for you to share your <u><i>Joys and Sorrows</i></u> with our community.</p> <p>A special thank you to our worship arts team. Jamez Riot will be our worship associate. Marty Peters will manage Boxcast technology and will run the slides prepared by Rev. Dolham. Our pianist will be Hannah Faulkner. Nan Bell will lead the team that is hosting coffee hour. Our greeter will be Harry Grimmnitz.</p>
<p style="text-align: center;">Sunday November 17, 2024</p> <p>Ingathering music to begin at 9:55 a.m.</p>	<p style="text-align: center;">Small Group Ministry, Deep Connections Helen Zidowecki and Linda Findlay</p> <p>We have been asked to identify messages that we want the community here at UUCC and the broader community to know about Small Group Ministry (SGM). SGM is a regular gathering of up to ten participants per group exploring their faith and spiritual journeys with session plans on life issues. The five SGM groups are sharing their reflections with the messages of: Bonding: Being together in a Unique Way; Going Deeper with Session Plans; Serving UUCC and greater community.</p> <p>Thanks to participants in the service: Linda Findlay and Helen Zidowecki, SGM Committee Co-Chairs and representatives of the five groups, along with the worship arts team. Kathy Kellison is serving as worship associate and Angie Blevins will manage Boxcast technology and run the slides prepared by Nan Bell. Karen Allen will be our pianist and our greeter will be Michaela Loisel. Join us after the service for Fellowship Lunch so we can serve you a lovely sit down meal.</p> <p>SHARE THE PLATE: This month's recipient chosen by the Social Justice Committee is the <u>Window Dressers</u>. WindowDressers is a nonprofit organization that supports volunteers in constructing lightweight insulating window inserts for homes and other buildings 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.</p>

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.

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](#)

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 UUCU.
- 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

SOCIAL ACTIVITY

Tuesday, Nov. 12, 5:30 p.m.

"MAKING ELDERBERRY SYRUP"

Since Elderberry syrup is on everyone's mind for the health benefits, Helen Brown has offered to teach us how to make elderberry syrup for ourselves. Come make a jar for yourself and perhaps a few jars for the November 30th Holiday Fair.

RSVP SOON in order to have sufficient ingredients. Cheryl Clukey, cherylclukey5@yahoo.com

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.

*** Save the Date EVENTS ***

November 22, 2024

Harvest Supper – 5:30 in Fellowship Hall (Bring a dish to share, turkey provided)
*** PIES for the pie sale are DUE *** Join us for this sit down community style pot luck dinner.

November 23, 2024

Pie Sale at Longfellows Greenhouse 8:30-1:00
Sign up in Fellowship Hall to bring a pie, dessert, cheesecake, etc.

November 30, 2024

Holiday Fair at the church Sign-up sheet in Fellowship Hall for donations, help, other talents you can share.



Unitarian Universalist
Community Church

HOLIDAY FAIR

Saturday November 30

10:00 - 2:00 pm.

Handmade crafts ~ local Artisans/Crafters
Cookie Walk ~ Soups ~ Breads ~ Baked Goods,
3 DIY tables for a Fee to make
~ A Christmas Ornament ~ A Holiday Star
~ A Cardinal Holiday Basket w/Fresh Greens

Children's craft & reading area

69 Winthrop St. Augusta

The poster features a festive design with pine branches and snowflakes. It includes an illustration of a smiling elf in a green suit and red hat, and a red sleigh filled with wrapped gifts.

***** Another Save the Date EVENT *****

This winter – Date t/b/a [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 held in the UCC Zoom Room.


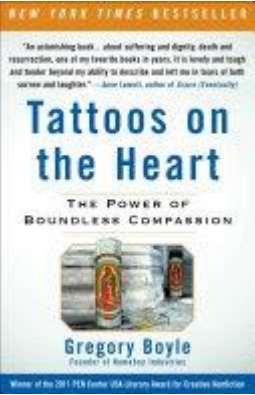
[Click here to join Events in the Zoom Room:](#)

For other ways to join Zoom, see [General Information](#)
Zoom meeting id: 823 807 0673 – Password: 6971



<p><u>Monday</u> Each week <u>6:30 – 8:00</u> <u>p.m.</u> <u>Private</u> <u>Zoom</u></p>	<p style="text-align: center;"><u><i>Peaceful Heart Sangha</i></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> <div style="text-align: right;">  </div>
<p><u>2nd & 4th</u> <u>Monday</u> <u>9:30 – Noon</u></p>	<p style="text-align: center;"><u><i>Sewing/Craft/Hobby Group</i></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>Next Meeting is Nov. 11th</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>Tuesday 10:30 a.m.</p> <p>UCC Virtual Zoom</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>Tuesday 4:00 pm</p> <p>Weekly</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>UCC 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</p> <p>5:00 – 6:00 p.m.</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> <div data-bbox="1198 1514 1450 1696" style="text-align: right;">  </div>

<p>2nd & 4th Wednesday</p> <p>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 UCC 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</p> <p>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 style="text-align: center;">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</p> <p>Noon-1:30 p.m.</p> <p>Next Meet- ing is Nov. 7th</p>	<p style="text-align: center;"><u>Read Learn Share Book Group</u></p> <p>Tomorrow, November 7 our book is <u>How to Read a Book</u> by Maine author Monica Wood.</p> <p>A charming, deeply moving novel about second chances, unlikely friendships, and the life-changing power of sharing stories. ~Goodreads</p> <p>We are a friendly and thoughtful group. We meet regularly on the first Thursday of the month from noon until 1:30. 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.</p>  <p>On December 5 we will explore <u>TATTOOS ON THE HEART</u> by Gregory Boyle.</p>  <p>‘a brilliant book that shares story after story of the life of a Jesuit Priest who spent the majority of his adult life working with gangs in the gang capital of L.A.’ Amazon</p> <p>We will meet at noon in Fellowship Hall and in the church zoom room for a lively discussion giving you the chance to see things in this book that you may have overlooked. We are an open group, so you are welcome to this discussion or any of those in the future.</p> <p>The full list of the books for the year is available in the Flaming Chalice, the church newsletter or on our website calendar.</p>

<p><u>Fridays</u> <u>Each Week</u> <u>6:00 – 7:00</u> <u>p.m.</u></p>	<p style="text-align: center;"><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><u>4th</u> <u>Friday</u> <u>6:30 – 8:30</u> <u>Sanctuary</u> Next Meeting is Nov. 22nd</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><u>Every</u> <u>Saturday</u> 9:00–11 am in the Sanctuary</p>	<p style="text-align: center;"><u>UUC Occasional Orchestra</u></p> <p style="text-align: center;">Rehearsals are held Saturdays in the Sanctuary from 9:00-11:00 a.m.</p> <p style="text-align: center;">No rehearsal Sat. 11/16</p> <p style="text-align: center;">Come and share your musical talents with our UUC community. All are welcome, please join us!</p> <p style="text-align: center;">Questions: please contact our UUCOO Orchestra Director, Michael P. Atkinson at: mpatkinson@gmail.com.</p>
<p><u>3rd</u> <u>Sunday</u> <u>11am-</u> <u>12:30 p.m.</u> Next Lunch is Nov. 17th</p>	<p style="text-align: center;">FELLOWSHIP LUNCH 3rd Sunday (October – June) 11:30-12:30pm, Fellowship Hall</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>4th Sunday</p> <p>1-2:30 p.m.</p> <p>Next Meeting is Nov. 24th</p>	<p><u>Goddess / Earth Circles</u></p> <p>November 24, 1-2:30 in person in Fellowship Hall, and UCC Zoom Thanksgiving, Praises and Remembrances: Earth-centered spiritual practices of the cycles of the turning year.</p> <p>Goddess/Earth Circles focuses on the phases of our lives and earth-based spirituality. All ages and genders are welcome. Contact: Helen Zidowecki (207-582-5308, hzmre@hzmre.com).</p>
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Notices / Updates / News

**** WANTED ****



Small natural tuned baskets with handles desired by fundraising. Maybe 7 to 9 inches in diameter. Please set on top shelf of coat room

for Marilyn Dunn. The baskets will be used for Christmas centerpieces.

Two kitchen volunteers really needed for November 17th fellowship lunch!

Despite two church announcements, the printed request on the last menu, and a prior Eblast ask There hasn't been a single volunteer. The monthly lunch is wildly popular but needs support.

Please Email me at maine2007@hotmail.com if you can help on November 17th. I will be unreachable otherwise until the 16th.

The Covenant Engagement Team (CET)

Our Covenant promise for November is to “forgive ourselves and others when we do not live up to this Covenant and begin again in love.”

“Love” is our core value, and it calls us into a practice of forgiveness. As Maya Angelou writes: *“You can't forgive without loving. And I don't mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, 'I forgive. I'm finished with it'.”*

If forgiveness is a practice, then it is a skill one can hone and refine by doing it over and over. As in any practice, start small. Just as one doesn't learn to play the piano by starting with a symphony, beginning by trying to forgive the biggest hurt in your life may be too overwhelming. Instead, open with love towards some smaller hurt and see what happens.

What will your practice of "forgiveness" look like this month?

As Diane Mariechild writes in "Open Mind": *"Forgiveness takes courage. We are giving away, releasing our pain, anger, and fear. Forgiveness creates space inside us – space to heal, to love, to reconnect, to renew. We must soften and open our hearts to forgive. It is an act of power."*

What will be your act of power?

A Message from the Planned Giving and Legacy Sub-Committee of the Finance Committee

Did you know that October 21st to 27th was Planned Giving Week? We didn't notice that either until the week was upon us. However, it's not too late to talk a little about Planned Giving. Let's start this conversation by sharing one of the sections of the "Holistic Guide to Stewardship" developed by the Finance Committee.

Here's one of the many ways you can "plan" to leave a legacy with our church. You can choose to: **designate the UCC as the Beneficiary of a Savings Account.** This is an easy, and no cost, way to leave money to the church without having to change your will (or make a will if you don't have one). You can easily designate a beneficiary on a savings account, which is sometimes called a "transfer on death" (TOD) instruction. You may do this with an existing account or create a new account with only the amount of money you wish to leave to the UCC. In either event, you have full access to these monies during your lifetime as the TOD instruction has no effect until you die. And you can revoke it at any time. Just see a bank officer at your financial institution and ask to add a beneficiary to your account.

Social Justice Updates

Stay tuned for updates on social justice issues / events in the next E-Blast.

Board of Trustees

The next board meeting is Thursday, November 14, 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.

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 (11/6)
- NO E-blast (11/13)
- E-Blast (11/20)
- NO E-Blast (11/27)

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.

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 (207)622-3232
Music Director, Bridget Convey, musicdirector@augustauu.org