

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, October 7, 2020

Sunday Services for October 11th and October 18th

Worship Theme: October -- **DEEP LISTENING**

<u>THIS Sunday 10/11</u> at 10:00 a.m. <i>“Listening to our Ancestors”</i>	Join Reverend Carie with John Seksay as Worship Associate and Karen Allen on Piano.
<u>NEXT Sunday 10/18</u> at 10:00 a.m. <i>“Listening to the Divided Self”</i>	Join Reverend Carie with Sara Hodgkins as Worship Associate and Karen Foust on Piano.

UUCZ ZOOM ROOM (← click this link to join either service OR see below for other ways to join)

All events (unless noted) are held in the *UUCZ ZOOM ROOM*:

Three ways to join:

- 1. Join from your internet browser by clicking this link or typing this into your browser:**
<https://zoom.us/j/8238070673>
- 2. Select “Join Meeting” from the Zoom application on your computer or mobile device.**

UUCZ Meeting ID: 823 807 0673 - No Passwords unless noted in event listings below.

- 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)

NOTE---*6 is mute AND un-mute on your phone. The host cannot mute or un-mute people who phone-in.

Virtual Connections

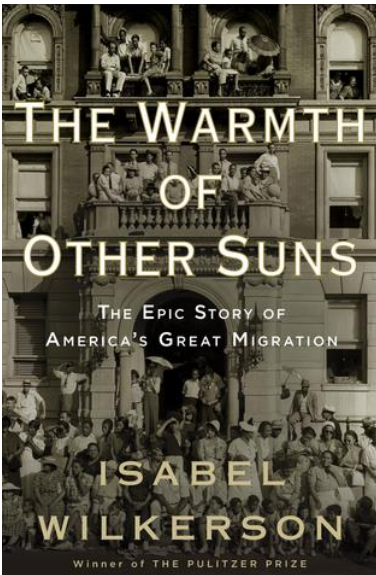
Upcoming:

Sunday, November 1, **Goddess/Earth Circles Women of Wisdom**,
1-3pm on UCC Zoom

The celebration comes from croning, recognition of the wisdom of women gained through life experience and is especially meaningful at Samhain (Halloween).
Yes, you may wear a witch's hat!



Contribute to the Women of Wisdom Reader. Share in breakout session of Gifts of Chaos.
For more information about croning and the celebration, contact Helen Zidowecki
(hzmre@hzmre.com or 582-5308).



Thursday, November 5, **Read. learn Share**

You are invited to join a discussion of The Warmth of Other Suns by Isabel Wilkerson. 1:00-2:30 in the UCC Zoom Room. Anyone who is interested in this book is welcome to attend. For more information, contact June Zellers at jzellers@roadrunner.com (582-5862) or Kathy Kellison at kell6787@gmail.com (445-4415.)

In this epic, beautifully written masterwork, Pulitzer Prize-winning author Isabel Wilkerson chronicles one of the great untold stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life. ~Goodreads

Weekly Events

Monday

Each week


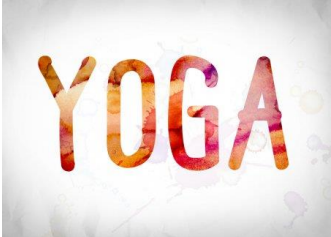


2:00 – 3:30

p.m.

Read Aloud & Discussion

The Monday afternoon reading and discussion group has changed our process. We have chosen to have each person who joins us, and who wishes to, bring a poem, an article, a book excerpt with something in it to spark a discussion. What has grabbed your attention or what is something you are wondering about? Our discussions are always lively and interesting. Join in! FMI: admin@augustauu.org

UCC ZOOM ROOM (← **click this link OR see Pg. 1 for other ways to join**)

<p><u>Monday</u> Each week <u>6:30 – 8:00</u> <u>p.m.</u></p>	<p align="center"><u>Peaceful Heart Sangha</u> You may join us at 6:15 to settle in.</p>  <p align="center">Click on the direct link below: https://zoom.us/j/99346520797?pwd=NGRD-NHcyVHM0YWtodmVHM2xwNjJjdz09 Zoom Meeting ID: 993 4652 0797 Password: 063175</p> <p align="center">FMI: email martysoule@gmail.com or peacefulheartsangha@gmail.com</p>
<p><u>Wednesdays</u> Each Week <u>5:00 – 6:00</u> <u>p.m.</u></p>	<p align="center">Gentle YOGA Hosted by Debbie Mattson</p>  <p>Please join us a few minutes before 5:00 to settle in so we can begin our class right at 5:00 p.m. Zoom Login: Click link below to join.</p> <p align="center">https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09 Password 174192 FMI: DebbieMattson@hotmail.com</p>
<p><u>Monday</u> 1st & 3rd weeks of each month <u>7:00 – 7:30</u> <u>p.m.</u></p>	<p align="center"><u>UUCC Music Zoom Zone</u></p>  <p>1st and 3rd Wednesdays of each month from 7:00pm to 7:30pm.</p> <p>This is an opportunity for our UUCC musicians (singers and instrumentalists) to gather, sing and share UUCC music updates and information.</p> <p>We will meet using the church's Zoom room. If you would like more information, please email Bridget Convey at: musicdirector@augustauu.org</p>
<p><u>Thursdays</u> Each Week <u>8:00 – 9:30</u> <u>a.m.</u></p>	<p align="center"><u>Peaceful Heart Sangha</u> You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</p>  <p align="center">Click the below direct link: https://maine.zoom.us/j/680555360?pwd=UDJIRHY4WjYrejdu-anFjL3ZkY3ZYZz09 Meeting ID: 680 555 360 - Password: 741266</p> <p align="center">FMI: email martysoule@gmail.com or peacefulheartsangha@gmail.com</p>

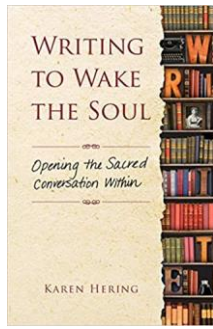
**Every
Other
Thursday**

10:00 – 11:30

a.m.

Writing to Wake the Soul

Every OTHER Thursday morning -- 10:00 - 11:30 a.m.



This is an open group and if you would like to participate in this event, please contact Debbie Mattson (debbiemattson@hotmail.com) for the login/passcode information. Hosting of this event is shared and zoom link changes week to week.

We gather and write together to explore spiritual themes. The writing is used as a conveyance to connect more deeply with ourselves and each other. We are not writing to develop skill. Come and try it out; there is no obligation to come each time we gather.

PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). The group will meet in October on 10/1, 10/15 and 10/29.

**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/>

Notices

Has YOUR Contact Information Changed?

A new Church Directory is being prepared with updated UCC leadership information AND contact information for church members and friends.

Has any of YOUR contact information changed? (e-mail, phone, physical or mailing address?)

If so, please report any changes to the Office Administrator.
Admin phone (207) 622-3232 or email admin@augustauu.org

DEADLINE to submit changes is TODAY, Wednesday, October 7th

HELP US keep in touch with you and keep you informed.

UUtheVote/Social Justice Committee invite:

Tonight - 7 PM UU's across the country are calling Wisconsin voters with WUUSAN. *How many of you can join Debbie and Michaela for two hours preceding the debate? To register, go to: UUthevote.org*

UCC night of phone banking with UUthevote: Wednesday, October 27th: 6 PM join the New Florida Majority to contact Florida voters. To register go to: UUthevote.org

Contact Debbie Mattson at debbiemattson@hotmail.com or Michaela Loisel at michaelatloisel@gmail.com. with any questions -especially if you have not phonebanked before. It is easy and all you need is your phone and computer.

UU's make a difference!



Monday October 19th is the DEAD-LINE
for submissions to the Fall Newsletter.

Please send your submissions to newsletter@augustauu.org. Questions, please call the church administrator at (207) 622-3232 or admin@augustauu.org

Unitarian Universalist Community Church of Augusta

Agenda

TOMORROW - October 8, 2020

Chalice Lighting

Words to Ground Us

REPORTS

Clerk's Report **VOTE:** Susan

Treasurer's Report: Martha

Finance Committee's Report: Catherine (CP)

COVID-19 Task Force's Report: Terry

- Follow-up on Congregational Meeting

Minister's Report: Rev. Carie

EXECUTIVE SESSION (as part of Rev. Carie's report)

NEW BUSINESS

Report from the Congregational Engagement Working Group (CEWG): Susan and Kevin

Update on Drew House: CP

- Welcome to our new tenants!

Follow up from Board Retreat: All

- Questions and next steps

OLD BUSINESS

Board meetings are open to ALL. If you have an item you would like the Board to consider, please contact Kathy Ann Shaw at kathyannshaw@maine.com.

Next Board meeting = November 12, 2020

Dr. Don on Covid-19

This article was prepared in response to a request by a member.

In light of recent research it has become increasingly clear that COVID-19 infection occurs through the air. Recent science has clarified the role of droplets (larger particles that fall quickly) and aerosols (smaller particles that travel and can build up in unventilated air). All respiratory activities including breathing, talking and singing produce far more aerosols than droplets. Infections from superspreading events occur through inhalation of aerosols and importantly up to 40% of infected individuals may show no symptoms while they are still able to transmit the infection.

The most important response we now have to reduce the transmission of this disease is the proper use of appropriate masks. While masks won't stop individual viruses, these viruses don't move individually, they are carried in droplets and aerosols. A recent Duke University study has provided insight into materials being used for masks while research from Stanford University and the Mayo Clinic gives us suggestions for how to safely and correctly use masks. The Duke study used a laser and camera to trace particles released through masks by speaking showing that many cloth masks may give users a false sense of protection because some of the materials provide poor barriers against infection. While neck gaiters, bandanas and knitted masks were ineffective, researchers still left little doubt that wearing a mask is our best defense against the spread of COVID-19. The best protection is provided by tightly woven fabrics and multilayer mask construction. After the properly fitted N95 clinical mask (filters out 95% of test particles) and three-layer surgical masks, three of the next four top performers included multilayer, finely woven cotton fabrics which provided good filtration, designed with a snug fit that prevented air leaking via loose gaps.

The Stanford and Mayo Clinic studies tell us that masks trap droplets before they can evaporate and touching and taking a mask off are potential sources of self-contamination. The authors would want us to consider these additional pointers for cloth masks:

- Don't use a mask as a substitute for social distancing.
- Wash or sanitize your hands before and after putting on and taking off your mask.
- Place your mask over your mouth and nose.
- Tie it behind your head or use ear loops and make sure it's snug.
- Don't touch your mask while wearing it.
- If you accidentally touch your mask, wash or sanitize your hands.
- If your mask becomes wet or dirty, switch to a clean one. Put the used mask in a sealable bag until you can wash it.
- Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
- Wash your hands immediately after removing your mask.
- Regularly wash your mask with soap and water by hand or in the washing machine. It's fine to launder it with other clothes.

Masks are just one important way to prevent COVID-19 from spreading. Washing your hands regularly and thoroughly and keeping at least 6 feet apart from one another are still vitally important. Again, masks are not a substitute for social distancing.

So why weren't face masks recommended at the start of the pandemic? At that time, experts didn't know the extent to which people with COVID-19 could spread the virus before symptoms appeared. Nor was it known that some people have COVID-19 but don't have any symptoms. Both groups can unknowingly spread the virus to others. These discoveries led public health groups to do a turn-around on face masks. The World Health Organization and the U.S. Centers for Disease Control and Prevention (CDC) now include face masks in their recommendations for slowing the spread of the virus.

Please feel free to send questions, comments or rumors even, and I will address them in future e-blasts.

Don Naber naber@gwi.net

UCC ZOOM ROOM login instructions are on Page 1

The church's pro account allows for meetings up to 100 people for up to 24 hours. To schedule a meeting using the church's account, please contact admin@augustauu.org

If you would like to have short private 1:1 meetings with a church friend, you can click on this link to sign up for a free personal Zoom account: <https://zoom.us/signup> and participate in a Zoom tutorial. This FREE account allows for 1 on 1 meetings up to 40 minutes.

If you or a member of your group needs a zoom tutorial, please contact Rev.CarieJohnsen@gmail.com. As more people develop the skill set to offer tutorials, schedule and lead, these roles will shift to volunteers. If you are skilled in Zoom and would like to volunteer to help others, please contact RevCarieJohnsen@gmail.com. Delegating some of these roles to volunteer support will be invaluable.

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.

Rev. Carie Johnsen, Minister	508-221-5295 (c)	revcariejohnsen@gmail.com
Martha Pelletier, Chair	207-685-9592 (H)	Mjpell14@roadrunner.com
Helen Zidowecki	207-582-5308 (h)	hzmre@hzmre.com
Tracy McNaughton	207-623-3110 (h)	

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 Nancee Campbell, 621-7727

If you would like to request or suggest cards: Contact Angie Blevins, 592-5655

Ad-hoc Covid-19 Advisory Group

This group has generously volunteered to be available to support members with personal safety, health or travel questions, concerns, or anxieties. Feel free to reach out to one of them directly.

Betty Cairn, RN	StonehengeMaine@yahoo.com	207-215-6394
Terry Lee Cairn, ND, MSOM, Lac.	tlcnaturalhealth@yahoo.com	207-557-2557
Harry Grimmnitz, MD	hgrimmnitz@gmail.com	207-685-9270
Don Naber, Ed.D	naber@gwi.net	207-887-1104
Cathie Nielsen, MD	cathieenielsen@gmail.com	207-441-0248
Marty Soule, PA-C	martysoule@gmail.com	207-685-9270

UUCC Office Hours – NEXT WEEK

UUCC Administrator Hours

Tues, Wed & Thurs. 9:00 am to 4:00 pm.

Church Administrator: Lynn M. Smith,
admin@augustauu.org or 622-3232

Rev. Carie

VIRTUAL OFFICE HOURS

To schedule a visit, appointment, or meeting, please call (508) 221-5295 or use her local # 623-3663 (both lines will reach her!) or email her at RevCarieJohnsen@gmail.com

Sunday Services / Staff Contact information:

Church Administrator, Lynn M. Smith, admin@augustauu.org, Phone 622-3232

Religious Exploration Coordinator, Monique McAuliffe, RECoordinator@augustauu.org

Music Director, Bridget Convey, musicdirector@augustauu.org