

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, December 9, 2020

Upcoming Services

Worship Theme: December – **STILLNESS**

<p>THIS Sunday 12/13 10:00 a.m.</p>	<p>Last week was supposed to be “Music Sunday” but due to the widespread power and internet outages, the service was postponed. So... Join us THIS SUNDAY for “Music Sunday”</p> <p>This traditional holiday service is a favorite among members, friends, and families. This year will be no different as UUCC musicians have been busy preparing music just for you.</p> <p>We encourage you to make it a festive occasion in your home. Invite loved ones in your bubble to come over. Dress in your Sunday best :)). Make your favorite morning beverage. Bring a little snack. Gather up your chalice/candle to complement the holiday altar lovingly prepared for all of us to enjoy. LOCATION: UUCC ZOOM ROOM</p>
<p>Thursday, 12/17 6:00 p.m.</p>	<p><u>Grief, Loss and Holidays</u> Thursday, December 17th 6:00 - 7:00 p.m.</p> <p>Please join us <u>on the corner of Winthrop and Summer Street</u> for a silent outdoor prayer service. All are invited to bring written prayer requests, blessings or messages of hope for the holiday season. Guests will light luminaries as soft music plays. The UUCC Pastoral Ministers will receive your written prayers and hold them in care with you, your families and/or our community.</p> <p>If you are unable to attend, please send your prayers to revcariejohansen@gmail.com. Social distancing and masks required. LOCATION: Outdoor Vespers Service at UUCC, 69 Winthrop Street, Augusta</p>
<p>NEXT Sunday 12/20 10:00 a.m.</p>	<p>“To Speak or Not to Speak: A Place for Silence”</p> <p>More information to come...</p>

**Sunday services and all other events (unless noted) are held in the
UCC ZOOM ROOM** ← ← click this UPDATED LINK to join

Other ways to join 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#)


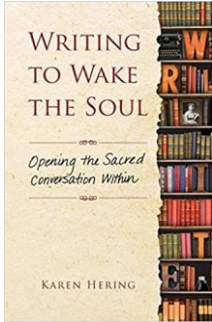
At second prompt: press # (no personal id needed) <No passcode needed when joining by phone>

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.

Virtual Connections
Weekly Events

<p><u>Monday</u> <u>Each week</u> <u>2:00 – 3:30</u> <u>p.m.</u></p>	<p align="center"><u>Read Aloud & Discussion</u></p> <p>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</p> <p align="center"><u>UCC ZOOM ROOM</u> (← click this link OR see Pg. 1 for other ways to join)</p>
<p><u>Monday</u> <u>Each week</u> <u>6:30 – 8:00</u> <u>p.m.</u></p>	<p align="center"><u>Peaceful Heart Sangha</u></p> <p align="center">You may join us at 6:15 to settle in.</p> <p>The login and password information has changed. Please contact Marty Soule for updated login information at email martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p><u>Wednesdays</u> <u>Each Week</u> <u>5:00 – 6:00</u> <u>p.m.</u></p>	<p align="center"><u>Gentle YOGA</u></p> <p align="center">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. https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09 Password 174192 FMI: DebbieMattson@hotmail.com</p> 

<p><u>Thursdays</u> <u>Each Week</u> <u>8:00 – 9:30</u> <u>a.m.</u></p>	<p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-align: center;">You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: right;"> <p>The login and password information has changed. Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> </div> </div>
<p><u>Every Other Thursday</u> <u>9:00 – 10:30</u> <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i> Every OTHER Thursday morning -- 9:00 - 10:30 a.m.</p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 25%;">  </div> <div style="width: 75%;"> <p>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.</p> <p>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.</p> <p style="text-align: center;"><u>PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). Upcoming meetings are scheduled on 12/3 and 12/17. The group will NOT meet on Thanksgiving Day.</u></p> </div> </div>

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

PLEASE NOTE: The CHURCH OFFICE WILL BE **CLOSED** from Christmas Day until after the New Year’s Day holiday. The office will reopen on Tues. Jan 5th. While this is a relatively new practice at UCC of Augusta, this is a common practice in church culture.

Monique and Bridget are typically flexing hours during this timeframe, but Lynn has generally worked through this period. All of our staff deserve accolades and restorative space to enjoy the holidays.



**Monday December 14th is the DEADLINE
for submissions to the
WINTER Newsletter.**

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



**Small Group Ministry facilitators and members!
Mark your Calendars!**

The first Leadership Meeting of the New Year (already!?) will be held on Sunday January 17th from 12:30-2:00 p.m. via Zoom (of course). All current, past and even hopefully future participants in our SGM movement are not only welcome, but encouraged, to attend. These gatherings are an essential part of Small Group in that they reinforce the bond that all of our groups have with each other and the UUC in particular.

As always, we will be very mindful of your valuable time and the meeting will not stray past 2:00 p.m. More information will be sent out as we near the date. Of course, if any group has a concern or topic that they feel needs addressing, please be sure to let us know. Thank you for your commitment to this wonderful movement!

-- Michael, Helen, Judy and Linda --

Social Justice: It's Who We Are

As Unitarian Universalists we affirm seven principles through which we envision an equitable, interconnected world community. Each principle offers aspirational guidance for being our best selves, while together they articulate a collective responsibility for social justice. In recognition of the many ways UU's are defined by social responsibility toward all humanity, this year our Social Justice Committee will identify and facilitate opportunities for all members to advance social justice, both individually and in community with other church members.

First, we recognize that many folks at UUC are already engaged in a wide variety of social justice activities. We will create a directory of UUC Social Justice Actions where folks can learn who's doing what and identify potential areas for individual action. We hope that members already doing this good work will serve as resources for others. Please send your name, contact information, and area of social justice engagement to Hilary Neckles (hneckles@gmail.com) to be included in the directory and inspire others to action.

Second, we have identified two focus areas for active engagement this year, racial justice and electoral justice. Watch for the Social Justice Corner in the first e-blast of each month, where we will identify ways to take positive action toward "justice, equity, and compassion in human relations"

UUCC Winter Wonderland COVID Safe Fair

Winter Wonderland Fair Results 2020

Thank you to all who helped make the COVID 19 Safe fair a great success. **We realized \$1645.50** for the operating budget! We learned a great deal as we revised previous years' plans, and hope we don't have to do that again! --- **Nancy Fritz and Martha Naber**

WANTED: OUTDOOR LIGHTS

We are preparing to light the church space with outdoor lights for the holiday season. If you have some lights in your storage space that we could use this December, please contact Marilyn Dunn maine2007@hotmail.com.



Unitarian Universalist Community Church of Augusta

Board Meeting

A G E N D A

December 10, 2020

Chalice Lighting
Check in

REPORTS

1. Clerk's Reports (regular meeting 11/12 AND special meeting 11/21) **VOTE:** Susan
2. Treasurer's Report: Martha
3. Finance Committee's Report: Catherine (CP)
4. COVID-19 Task Force's Report: Terry
5. Minister's Report: Rev. Carie

NEW BUSINESS

- Congregational Engagement Working Group (CEWG) Assignments: Part Two: Susan and Kevin
- Feedback from Listening Circles (*notes sent out in previous email*): All
- Report on renovation/use of church campus: Wick and CP
- Thoughts following two-part Board report: All
 - Next discussion points
 - Do we want to continue; bring back Hillary
- Update from CoM (*if necessary*)

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 = January 14, 2021

Dr. Don on Covid-19

Dr. Don on COVID-19

COVID 19 Medication: Part 2

COVID-19 has been with us for less than a year. The specific treatments for infections by the virus are even newer, underlining the basic fact that what you are seeing is "new" science and medicine, the best work of highly skilled medical professionals trying to save lives. Typically science progresses through repeated experimentation and trials, first in labs, then in animals, later in small closely observed human groups and lastly in larger human trials. All these steps are subject to a variety of reviews as well. Humanity cannot wait for science to progress at its typical leisurely pace. Today you are witness to science producing medications and the soon to be available vaccines at a pace never before seen. And importantly, to this point safety appears uncompromised.

While there are a number of drugs being used to treat additional effects of COVID like muscle aches, pain, sleeplessness and anxiety, this article will focus on medications being used to treat the viral infection itself. Some of these medications are "Repurposed" from their FDA approved use in treating other afflictions or other viral infections. In some cases the FDA has granted "Emergency Use Authorization" (EUA) for drugs that can be used with patients on an emergency basis. There are three groups of emerging COVID-19 treatments outlined in this article.

ANTIVIRALS are drugs that are used for treating viral infections. Some antivirals target specific viruses, while others work against a number of viruses. These drugs can prevent virus from entering host cells, replicating, or releasing viral particles to infect other cells. Many of them have been approved for other conditions or have been tested on other viruses.

Remdesivir (brand name Veklury) was developed a decade ago by Gilead Sciences and failed in clinical trials against Ebola in 2014. Research with MERS, caused by a different coronavirus, showed that the drug blocked that virus and COVID-19 from replicating. The FDA issued an EUA on May 1 for the emergency use of remdesivir for hospitalized patients with severe COVID-19. In August, the agency broadened the EUA to allow for use of the drug in all hospitalized COVID-19 patients, including children. On Oct. 22, the FDA approved remdesivir for use as a treatment for COVID-19 in adults and children 12 years and older. The drug is the first FDA approved treatment for COVID-19. Unfortunately trial results reported in the Lancet and the World Health Organization have shown no benefit from remdesivir. Last month the FDA granted an EUA for a combined therapy of remdesivir with Olumiant, an Eli Lilly drug approved to treat overactive immune systems for hospitalized adults and children who need supplemental oxygen. There are a dozen or more additional antiviral drugs under "investigational" study, some are new, others are repurposed from use with viral infections like influenza or hepatitis. Few show promise at this point.

There are two types of antibody based treatments being used with COVID-19 patients.

MONOCLONAL ANTIBODIES trigger the immune system to attack a specific virus. Like antibodies made by the body's immune system, these lab-made molecules target a specific invader, such as COVID-19 for destruction.

AstraZeneca received funding in October to begin phase 3 trials of its anti-covid-19 antibody combo drug AZD7442. One study will examine whether the drug can provide protection for up to 12 months. The drug is made of two antibodies discovered by Vanderbilt University Medical Center, isolated from the blood of a couple from Wuhan, China and reproduced in the lab.

In early October, Eli Lilly reported that bamlanivimab, a new treatment involving two antibodies, showed promising results in reducing COVID-19 levels. The treatment was given to people who hadn't been hospitalized. Results in the New England Journal of Medicine showed people who received the antibodies had significantly reduced virus levels after 11 days and slightly less severe symptoms compared to participants who received an inactive placebo. In mid-October, the National Institutes of Health paused the phase 3 trial of the Eli Lilly's antibodies over potential safety concerns. The drug was being tested in combination with the antiviral remdesivir. In mid-November, the Eli Lilly drug bamlanivimab received an emergency use authorization from the FDA for use on people with mild to moderate COVID-19 symptoms who are at risk of hospitalization or severe symptoms. Its use with those more severely ill has been discontinued.

Regeneron Pharmaceuticals two antibody cocktail was given Emergency Use Authorization by the FDA shortly after President Trump received it for his infection by COVID-19. The company says its combination of monoclonal antibodies called casirivimab and imdevimab are for mild-to-moderate COVID-19 patients at least 12 years of age who are not hospitalized but are at high risk for progressing to severe disease. It has proven poorly effective for those seriously ill and on oxygen.

CONVALESCENT PLASMA THERAPY

In late August, the FDA approved an emergency use authorization for convalescent plasma therapy to treat COVID-19. Trials are based on the long standing use of blood plasma from people who have recovered from other diseases. The theory is that their plasma contains antibodies that will attack COVID-19. Research actually began in late March when the New York Blood Center began collecting antibodies from the plasma of people who have recovered from COVID-19. By late May researchers reported that people with COVID-19 who were treated with convalescent plasma transfusions at Houston Methodist Hospital in Texas had improved. The Mayo Clinic and Michigan State University are also leading convalescent plasma programs. However in October the British Medical Journal found that this treatment didn't prevent people from developing severe COVID-19 or reduce their risk of dying.

What do you want to know about COVID 19? Let me know.

Dr. Don: naber@gwi.net

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

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.

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 Martha Pelletier 685-9592.

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

UUC Office Hours – NEXT WEEK

UUC Administrator Hours

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

Church Administrator: Lynn M. Smith,

admin@augustauu.org or 622-3232

To schedule a visit, appointment, or meeting, please

Rev. Carie

VIRTUAL OFFICE HOURS

To schedule a visit, appointment or meeting with Rev. Carie, please call (508) 221-5295 or use her local # (207) 623-3663 (both lines will reach her!) or email her at RevCarieJohnsen@gmail.com.

She is happy to meet outdoors, by phone, or zoom.

Staff Contact information:

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

Coordinator of Lifespan Faith Formation, Monique McAuliffe, LifespanFF@augustauu.org

Music Director, Bridget Convey, musicdirector@augustauu.org