

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, January 13, 2021

Upcoming Services

Worship Themes: January – **IMAGINATION**

What does it mean to be a people of **Imagination**?

THIS Sunday January 17, 2021 10:00 a.m. via Zoom	<u>The People's Inauguration</u> – Rev. Carie Johnsen Sara Hodgkins will serve as worship associate and Karen Foust will be on piano.
NEXT Sunday January 24, 2021 10:00 a.m. via Zoom	<u>The Responsibility of Joy</u> – Rev. Carie Johnsen Marilyn Gordon will serve as worship associate and Stefanie Barley will be on piano. There will also be some special music from Bridget Convey, our Music Director.

UCC Sunday services and all virtual 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



Winter Meditations with Rev. Carie

Weekly Beginning Tuesday, January 19 and ending March 30th
5:30 - 6:15 in the UUCU Zoom Room

Drawing from An Almanac for the Soul: Anthology of Hope, by Marc and Nancy Hiles, Rev. Carie will facilitate a weekly 20 minute guided and silent meditation. Participants will be invited to stay for an optional time of shared reflections. Rev. Carie will alternate hosting from sanctuary and home chapel. On occasions the meditation may be prerecorded.

The mediation (not discussion) will be recorded and made available on the [UUCU Facebook page](#). Copyright permission obtained.

Small Group Ministry facilitators and members!

The time has come!



The first Leadership Meeting of the New Year (already!?) will be held **THIS SUNDAY January 17th from 12:30-2:00 p.m.** via the UUCU Zoom room (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 UUCU in particular.

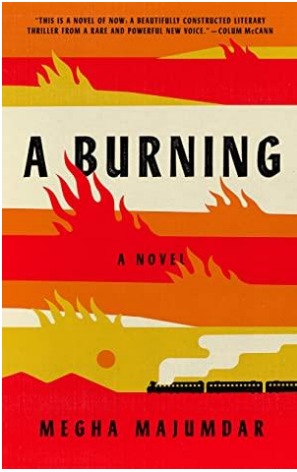
As always, we will be very mindful of your valuable time and the meeting will not stray past 2:00 p.m. More information will be sent out as we near the date. Of course, if any group has a concern or topic that they feel needs addressing, please be sure to let us know. Thank you for your commitment to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

-- Michael, Helen, Judy and Linda --

Join **Goddess/Earth Circles** on January 24 from 1:00 – 2:30 p.m. in the UUCU Zoom Room for "Connecting with the Goddess through Story and Imagination" First stories, changing stories, images for today and beyond. The theme for the month is Imagination, when woven into stories creates spiritual connections.

Reflection: What do we need from a goddess in this time? How do you connect with a goddess?

Contact Helen Zidowecki hzmre@hzmre.com, 582-5308






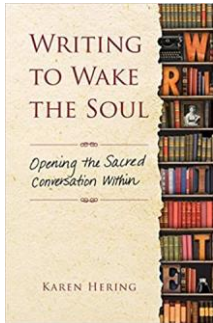
Read, learn, Share meets on the first Thursday of the month from 1:00 until 2:30 in the UCC Zoom Room. Join us on **February 4th** as we discuss A Burning by Megha Majumdar.

Everyone is invited to attend any session when a book really interests you. Many of us are regular attenders as we have experienced the pleasure of reading and discussing something that we might not have otherwise. You can find the list of books we have chosen for the rest of the year in the Winter UCC newsletter. For more information, contact Kathy Kellison at kell6787@gmail.com or June Zellers at jzellers@roadrunn.com.

... an electrifying debut novel about three unforgettable characters who seek to rise—to the middle class, to political power, to fame in the movies—and find their lives entangled in the wake of a catastrophe in contemporary India. ~Goodreads

Weekly Events

<p><u>Monday</u> <u>Each week</u> <u>2:00 – 3:30</u> <u>p.m.</u></p>	<p style="text-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 style="text-align: center;"><i>UCC ZOOM ROOM</i> (← 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>	<div style="display: flex; align-items: center;">  <div> <p style="text-align: center;"><u>Peaceful Heart Sangha</u></p> <p style="text-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> </div> </div>
<p><u>Wednesdays</u> <u>Each Week</u> <u>5:00 – 6:00</u> <u>p.m.</u></p>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>Gentle YOGA</p> <p>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>https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRxa3VoUT09</p> <p>Password 174192</p> <p>FMI: DebbieMattson@hotmail.com</p> </div>  </div>

<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; align-items: center;">  <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>
<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; align-items: flex-start;">  <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 1/14, 1/21, 2/11 and 2/25.</u></p> </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

Board of Trustees

PLEASE NOTE: Board meeting TIME changes begin in Jan 2021!

Beginning with the Board Meeting on January, 14, 2021, the Board of Trustees will now meet from 5:00 – 7:00 p.m. (instead of 6:00 – 8:00 p.m.). The Board will continue to meet on this schedule for the remainder of the Fiscal 2020-21 year or as we continue to meet remotely. The Board will continue to meet in the UCC Zoom Room.

Unitarian Universalist Community Church of Augusta

Board Meeting

A G E N D A

January 14, 2021 – 5:00 to 7:00 p.m.

To launch Zoom

<https://zoom.us/j/8238070673>, then enter passcode: 6971 --- or

Join by phone: dial 1 646 558 8656, at first prompt (meeting id: 823 807 0673#)

Chalice Lighting led by Rev. Carie
Check in

REPORTS

1. Clerk's Report **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

- Advice on Life Span Formation Position: Monique
- Presentation of the Personnel Report: Cheryl
- UUCC Campus Renovations and Spring/Summer Move in: Wick

- Congregational Engagement Working Group (CEWG)
 - Begin Anew and other reconciliation ideas: Kevin
 - What's on Your Mind?: Susan
 - Congregation worship and workshop opportunities: Catherine and Terry
- Adaptive Change Conversation: Rev. Carie and Kathy K.

OLD BUSINESS

- Discussion of Stewardship Chair or new stewardship methodology and Membership Chair (*to be moved to February meeting, on agenda as place holder*)

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@roadrunner.com.

Next Board meeting = February 11, 2021

ANNOUNCEMENT: Online Auction Coming March 26

We will open our Silent Auction online, for an entire week and you will receive an email announcing your winning items after the auction closes at 5 p.m., Friday, April 2.

Don't wait to email your donated item descriptions to auction coordinator, Catherine Palmer, palmercatherinemaine@gmail.com.

Saturday, April 3, the Saturday before Easter, is the day for Pickup and Payment of all Auction items (Cash, Check or Credit Card). Please be on time to respect the volunteers.

Here's a sample of what's already posted and waiting for bids to start in March! THANK YOU, EVERYONE!

\$50 Gift Certificate Slate's Restaurant	Hand Made Tea Set
\$50 Gift Certificate Damon's Deli	Handmade Lavender Laundry Soap
\$50 Gift Certificate Cloud Nine Restaurant	Handmade Twin Size Quilt
\$50 Gift Certificate Cushnoc's Restaurant	HiMark Dinner Set
\$250 Gift Certificate Jac Arbour Financial Services	Holiday Tea
\$300 Charlie's Auto Gift Certificate	HP Pavillion Laptop Computer w/two power cords
11" x 11" Fruit Plate 13" diameter Salad Bowl	Japanese Tea Set
19" Viore Kitchen TV	King Size Velveteen Sheets (new)
32 Inch Samsung Television (needs Roku stick)	Koffee Kup Brand Carafe
36 x 36 Laminated Table	Large Wooden Cutting Board
36" x 53" Wood Table and Six Matching Chairs	LeRoux Balsamic Vinegar
42" Sony Bravia 1080 Television (needs Roku stick)	Limited Edition Framed Prints
Apple Pies, Fresh (2)	New 8 x 10 Matted Print
Black Pashmina Shawl	Nutri Brand Ninja Food Processor
Book "Arriving at Your Own Door"	One Month Free Storage UHaul
Brahmin Alligator Leather Purse	Oreck Cord-Free Steam Iron
Brilliant Oval Hardwood Coffee Table	Original Limited-Edition Print
Ceramic Floral Ornament	Pampered Chef Kitchen Items
Child or pet comfy	Penalty Box exercise trainer
Coffee Maker	Rainbow Warrior, My Life in Color by Gilbert Baker
Custom Twin Heirloom-Quality Adirondaks	Sculptured Dachshund Mix Dog
Eggs (fresh) for Several Weeks	Showtime + Model Rotisserie & BBQ Oven
Electric Fryer	Solar Powered Car interior fans
Felt Birdhouse	Stationary Bicycle Equipment
\$10 Gift Certificate Huiskamer Coffee House	Stocking Stuffers
\$15 Gift Certificate Downtown Diner	Thermos Carafe
\$18 Gift Certificate for Penny's Barber Shop	Three Matted Prints by Steve Dunn
Floor Lamp	Two Framed Abstract Prints
Florescent ceiling globe LED	Two Tablecraft Beverage Dispensers
Fold-away Single Bed	Vase
Framed Creation - Art	Whimsical Rope Fish with Bell
Framed Van Gogh Print	Work Crew #1
Fringed Shawl	Work Crew #2

Dr. Don on Covid-19

Dr. Don on COVID-19

COVID 19 Vaccinations in Use

Vaccines train our body's immune system to recognize and attack disease causing microbes. Think of a vaccine as an early warning to get it ready for an invader. Vaccines provide an early peek at one or more key features of a virus before the actual virus attacks. The immune system develops a "memory" of the virus and is pre-prepared to fight it the next time the virus tries to invade. During this preparation our bodies develop antibodies,

which are proteins with the capability of inactivating the virus and "T-cells", white blood cells capable of eliminating cells attacked by the virus preventing the spread of the infection. Testing has shown it takes two administrations of the COVID-19 vaccines to provide this full immunity to the virus.

Researchers across the globe have developed more than 200 different possible vaccines to fight the coronavirus. Most are in preclinical stages, meaning they are still being tested on animals or in the lab, but as of my last reading 22 of them are being tested on humans in late-stage clinical trials, eight are being used on an emergency basis in specific countries (two more are pending) and three of the eight have received full authorization for use in the general population with some restrictions for younger individuals and concern for use among members of high-risk groups.

Here are some details on the three authorized vaccines and a brief look at the others currently in use. They all target the COVID-19 "spike" protein, the unique signature of the virus, for attack by the immune system.

The Pfizer and Moderna vaccines now being used in Maine employ well understood but new vaccine technology. They both have COVID messenger RNA, a form of genetic information used in all our cells to surreptitiously provide the means of producing the "spike" proteins of the COVID-19 virus. These spike proteins are released from cells and are recognized for antibody production and attack. The difference between the two vaccines is that the fragile mRNA is protected by a layer of lipid (fats) in the Moderna Vaccine and requires only common freezer temps to preserve it while the unprotected Pfizer vaccine requires deep ultra-cold to keep it from breaking down.

The Oxford vaccine smuggles the coronavirus gene into human cells to make the spike protein as well. The vaccine is made from a weakened version of a common cold virus, called an adenovirus, which infects chimpanzees. Researchers genetically altered the virus so that it couldn't replicate in humans and added genes to code for the spike proteins that the coronavirus uses to infect human cells. The vaccine teaches the body to recognize these spikes, so that when a person is exposed, the immune system can destroy it. A big plus with this vaccine is its stability. Simple refrigeration is all that is needed to store and transport the vaccine, making it suitable for wide use throughout the world.

The remaining vaccines produced by Chinese, Russian, and Indian research utilize either weakened or killed COVID-19 virus or live viruses that are non-infectious for humans to build immunity against the disease. These vaccines are being used in dozens of countries on an emergency basis without full authorization. Waiting in the wings are two additional American vaccines that show promise. One being developed by Johnson & Johnson is designed to use a single dose administration. Early results appear to show very favorable responses.

Send your questions, comments or suggestions to naber@zwi.net

Dr. Don

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
Cathie Nielsen, MD
Marty Soule, PA-C

naber@gwi.net
cathieenielsen@gmail.com
martysoule@gmail.com

207-887-1104
207-441-0248
207-685-9270

UUCC Pastoral Ministry Team

We are here for you. Feel free to reach out in times of need for compassionate listening, for casual conversation, to share some good news, to share your struggle or just to say hello.

Rev. Carie Johnsen, Minister	508-221-5295 (c)	revcariejohansen@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

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

If you would like 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