

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, February 3, 2021

Upcoming Services

Worship Theme: February - **BELOVED COMMUNITY**

What does it mean to be a people of Beloved Community?

<p>THIS Sunday February 7, 2021 10:00 a.m. via Zoom</p>	<p><u>Revolutionary Love: Reflections on the People's Inauguration</u> - Rev. Carie Johnsen</p> <p>Marilyn Gordon and Susan Burnett will serve as worship associates and Karen Foust will be on piano.</p>
<p>NEXT Sunday February 14, 2021 10:00 a.m. via Zoom</p>	<p><u>Side with Love Sunday</u> – Rev. Carie Johnsen and Monique McAuliffe, UCC Lifespan Faith Formation Coordinator</p> <p>Sara Hodgkins and John Seksay will serve as worship associates and Stefanie Barley will be on piano.</p> <p>What if to "side with love" meant making bold, faith-full choices? What if it were even a little bit scary? This worship service brings together worship leaders and musicians from across the country to offer hopeful, moving, challenging reminders about what we, as Unitarian Universalists, are called to do, and BE, in the world.</p>

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

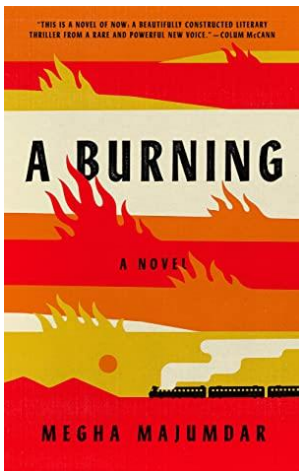
Weekly Beginning Tuesday, January 19 and ending March 30th
5:30 - 6:15 in the UUCU Zoom Room

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.

Here is a link to the Feb. 2nd Meditation – *This Place*

https://drive.google.com/file/d/18n8qJZIVtoKjv1sDTdZ9QcfWVqvNzCn_/view?usp=sharing



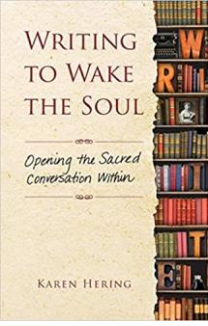
Read. learn. Share meets on the first Thursday of the month from 1:00 until 2:30 in the UUCU Zoom Room. Join us on **February 4th** as we discuss A Burning by Megha Majumdar.

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 UUCU 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>UUCZ 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="width: 70%;"> <p style="text-align: center;">Gentle YOGA</p> <p style="text-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> </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;">  <div> <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></p>	<p><i>Writing to Wake the Soul</i> Every OTHER Thursday morning -- 9:00 - 10:30 a.m.</p>

<p><u>9:00 – 10:30</u> <u>a.m.</u></p>	 <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><u>PLEASE NOTE: This group will now meet EVERY OTHER Thursday (instead of every Thursday). Upcoming meetings are scheduled on 2/11, 2/25, 3/11 and 3/25.</u></p>
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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

Sunday, January 31st – Rev. Carie Resignation

The service last Sunday (1/27) furthered the message of Rev. Carie’s resignation letter. If you would like to watch the entire Jan 27th service, click on the “full service” link below. If you would prefer to watch only Rev. Carie’s reflection, please click on “Reflection only”

Link to reflection only: The Path Not Taken ([Reflection only](#))
https://drive.google.com/file/d/1TH07LkeDCUkSOISNt2xiR_eXsy858FO/view?usp=sharing

Link to full service: [The Path Not Taken](#) full service
<https://drive.google.com/file/d/1TKCanm14SgWjdX9wiv-zveT8gWJLX3or/view?usp=sharing>

Please see the (other) attachment to today’s E-blast that contains the text of last Sunday’s service if you prefer to read Rev. Carie’s sermon.

UCC Social Justice Network: The Social Justice Committee is attempting to develop a directory of members and their volunteer roles. We are doing this hoping it will make it easier for people to engage with social justice work. Last March when "business as usual" came to a screeching halt, I looked for new ways to engage. I learned the Cohen Center was looking for volunteers to participate in the Meals on Wheels program. I signed up! I told friends about the various volunteer positions and 6 of them also signed up. I wasn't looking to recruit people, just telling them about my days. We are thinking the directory may have the same impact....as we know more about each other, we will join each other in service. Please email Hilary Neckles (hneckles@gmail.com) to be included in the digital directory.

Thank you,
 Debbie Mattson, Co-chair of Social Justice Team

Board of Trustees

you are
INVITED

So, What's On Your Mind?

The UCC Board wants to hear what you are thinking, your ideas, your concerns, your suggestions about how UCC is doing. Please join board members on the first Sunday of the month right after the church service to talk about this. We will begin Feb. 7 at 11:30-12:30 on the ZOOM church site.

Do you have questions about how UCC operates? Do you wonder "Why?" about something? Are there things you would like to learn more about? Bring all this and what you want to discuss with board members.

We will not be making decisions during these times, but will listen intently and take all comments and ideas back to the board. See you there!

Jan 2021 Board Notes

At its January meeting, the Board:

- Heard from the Finance Committee that halfway through the fiscal year, income is up and expenses are down. We are in good financial shape.
- Voted to pursue a second Payroll Protection Program grant if we are eligible.
- Heard a report from the Personnel Work Group which has been updating our Personnel Handbook in accordance with the UUA Handbook. Voted to accept the updated handbook as amended.
- Voted to sign onto a draft Statement of Conscience from the UUA "Undoing Intersectional White Supremacy: A Call to Prophetic Action", with the approval of the Social Justice Committee.
- Heard recommendations for building renovations.
- Agreed to proceed with two recommendations stemming from the Congregational Engagement Working Group: 1) Initiate "What's on your mind?" sessions with the congregation starting in February and 2) Explore "Beginning Anew" as a potential practice for conflict resolution.



Unitarian Universalist Community Church of Augusta
Board Meeting
A G E N D A

DRAFT

February 11, 2021, -- 5:00 – 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
Words to Inspire
Check in

REPORTS

1. Clerk's Report: Susan / **VOTE**
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
- Report on *What's on Your Mind?* Session: Martha, Susan

- UUCC Campus Renovations and Spring/Summer Move in: Wick / **VOTE**
- Draft Budget Discussion: Martha, CP / possible **VOTE**
- Transition update: Carie
- 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 March 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 = March 11, 2021

To cause infection the COVID-19 spike proteins must attach to a particular receptor called ACE2 which is abundantly found on the surface tissues of the lungs and other locations in the body. Once attached the virus enters the cell, it reproduces many copies of itself, ultimately killing the cells. In those with COVID severe enough to be hospitalized over 75% show respiratory complications including pneumonia, and in severe cases, sepsis or acute respiratory distress syndrome, or ARDS.

In pneumonia, the lungs become inflamed then filled with fluid, leading to difficult breathing. The breathing problems can become severe enough to require treatment at the hospital with oxygen or even a ventilator. The COVID-19 pneumonia tends to take hold in both lungs causing the tiny air sacs in the lungs to fill with fluid, limiting their ability to take in oxygen, causing shortness of breath, cough and other symptoms. While most people recover from pneumonia without any lasting lung damage, COVID-19 pneumonia may be severe. Even after recovery, lung injury may result in breathing difficulties that may take months to improve.

Another possible complication of severe COVID-19 is sepsis. Sepsis occurs when an infection enters and then spreads through the bloodstream, causing tissue damage everywhere it goes. “Lungs, heart and other body systems work together like instruments in an orchestra,” says Panagis Galiatsatos, M.D., M.H.S., a lung disease expert at Johns Hopkins Bayview Medical Center. “In sepsis, the cooperation between the organs falls apart. Entire organ systems can start to shut down, one after another, including the lungs and heart.” Sepsis, even when survived, can leave a patient with lasting damage.

Galiatsatos notes that when a person has COVID-19, the immune system is working hard to fight the invader. This can leave the body more vulnerable to infection with another bacterium or virus on top of the COVID-19 — a superinfection. More infection can result in additional lung and organ damage.

As COVID-19 pneumonia progresses, more of the air sacs become filled with fluid leaking from the tiny blood vessels in the lungs. Eventually, shortness of breath sets in, and can lead to acute respiratory distress syndrome (ARDS), a form of lung failure. Patients with ARDS are often unable to breath on their own and may require ventilator support to help circulate oxygen in the body. People who survive ARDS and recover from COVID-19 may have lasting pulmonary scarring and diminished capacity to breathe effectively.

Galiatsatos notes three factors that affect the lung damage risk in COVID-19 infections and how likely the person is to recover and regain lung function. “The first is the severity of the coronavirus infection itself — whether the person has a mild case, or a severe one,” Galiatsatos says. Milder cases are less likely to cause lasting scars in the lung tissue.

“The second is whether there are existing health problems, such as chronic obstructive pulmonary disease (COPD) or heart disease that can raise the risk for severe disease.” Older people are more vulnerable for severe COVID-19. Their lung tissues may be less elastic, and they may have weakened immunity because of advanced age.

“Treatment is the third factor,” he says. “A patient’s recovery and long-term lung health is going to depend on what kind of care they get, and how quickly.” Timely support in the hospital for severely ill patients can minimize lung damage.

Unfortunately in severe infections COVID-19 can destroy the "fundamental framework" of the lungs, meaning the organs simply cannot recover. When this occurs lung transplant may be the only way a patient can survive.

Send your questions, comments or suggestions to 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

UUCS 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

UUCS Office Hours – NEXT WEEK

UUCS 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