

# Weekly E-Blast

Unitarian Universalist Community Church  
Wednesday, June 2, 2021

Worship Theme for June is **PLAY**.  
*Join us as we explore what it means to be a people of PLAY.*

## Upcoming Services

<p><b>THIS Sunday</b></p> <p>June 6, 2021 10:00 a.m. via Zoom</p> <p><b>UCC Zoom room</b></p>	<p><b><u>Annual Meeting as a Spiritual Practice</u></b></p> <p>The business of the church is as much a spiritual practice as anything we do on Sunday morning, or Tuesday night or Wednesday at noon. In this service the spiritual practice of church governance is a tangible expression of our faith.</p> <p>Sara Hodgkins and John Seksay will serve as our worship associates with Marty Peters managing technology. Karen Allen will be our pianist.</p> <p><b><u>WE NEED YOU!!</u></b></p> <p><b>Without a quorum of members, we cannot conduct the business of this church.</b></p> <p><b>We need to approve minutes from last year's annual meeting, commission new Board members and committee leaders, look at this year's finances and approve a new budget for next year, and more...</b></p> <p><b>We cannot proceed without our members.</b></p> <p><b>Please join us to see democracy in action!</b></p>
<p><b>NEXT Sunday</b></p> <p>June 13, 2021 10:00 a.m. via Zoom</p> <p><b>UCC Zoom room</b></p>	<p><b><u>Flower Communion</u></b></p> <p>Co-lead by UCC Summer Minister, Bettina Lehovic and Monique McAuliffe, UCC Lifespan Faith Formation Coordinator</p> <p>Flower Communion celebrates beauty, human uniqueness, diversity, and community. Join us in this beloved UU ritual that signifies our willingness to walk together even as we pursue our individual paths.</p> <p>Marilyn Gordon and Susan Burnett will serve as our worship associates with Marty Peters managing technology. Karen Foust will be our pianist. Special music video debut of Tis a Gift to be Simple</p>

**All worship services AND virtual events (unless noted) are held 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.**

**Connections**





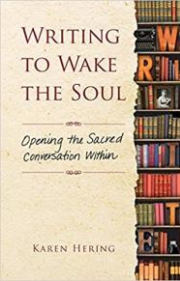
**Read. learn. Share** will meet Thursday June 3<sup>rd</sup> at noon in the UCC Zoom Room.

Anyone who interested in discussing our book for the month is welcome to join us. We will end at 1:30. For more information, contact Kathy Kellison at [kell6787@gmail.com](mailto:kell6787@gmail.com) or June Zellers at [junezellers@roadrunner.com](mailto:junezellers@roadrunner.com)

“Homegoing is an inspiration.” —Ta-Nehisi Coates

**Weekly Events**

<p><b><u>Monday</u></b> <b><u>Each week</u></b> <b><u>2:00 – 3:30</u></b> <b><u>p.m.</u></b></p>	<p align="center"><b><u>Read Aloud &amp; Discussion</u></b></p> <p align="center"><b>This group has been discontinued.</b></p>
<p><b><u>Monday</u></b> <b><u>Each week</u></b> <b><u>6:30 – 8:00</u></b> <b><u>p.m.</u></b></p>	<div data-bbox="414 1663 641 1843" data-label="Image"> </div> <p align="center"><b><u>Peaceful Heart Sangha</u></b></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 <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>. FMI: <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p>

<p><b>Wednesdays</b>  <u>Each Week</u>  <b>5:00 – 6:00</b>  <u>p.m.</u></p>	<p align="center"><b>Gentle YOGA</b>  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.  <a href="https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGbz3dMWmZoOTRxa3VoUT09">https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGbz3dMWmZoOTRxa3VoUT09</a>  Password <b>174192</b> - FMI: <a href="mailto:DebbieMattson@hotmail.com">DebbieMattson@hotmail.com</a></p>
<p><b>Thursdays</b>  <u>Each Week</u>  <b>8:00 – 9:30</b>  <u>a.m.</u></p>	<p align="center"><b><u>Peaceful Heart Sangha</u></b></p>  <p>You may join us at 7:45 a.m. to settle in. Meet from 8-9:30</p> <p>The login and password information has changed. Please contact Marty Soule for updated login information at <a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>.  FMI: <a href="mailto:peacefulheartsangha@gmail.com">peacefulheartsangha@gmail.com</a></p>
<p><b>2nd &amp; 4<sup>th</sup></b>  <u>Thursday</u></p> <p><b>9:00 – 10:30</b>  <u>a.m.</u></p>	<p><i>Writing to Wake the Soul</i>  We meet the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month - 9:00 - 10:30 a.m.</p>  <p>This is an open group and if you would like to participate in this event, please contact Debbie Mattson (<a href="mailto:debbiemattson@hotmail.com">debbiemattson@hotmail.com</a>) 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>

**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

### **Two ASKS from Building and Grounds**

**First ask** - Building and Grounds is reorganizing storage and needs 'copy boxes with lids'. These are the boxes that copy paper come in and the perfect size for shelf storage. If you see anywhere you work please leave with Lynn or if you score a number of them call Marilyn 512-5382 and she will pick them up.

**Second ask from Building and Grounds:**

Help is needed getting the church organized. The kitchen needs cleaning and sorting, as does the committee room and storage closet. Additionally, there are boxes of RE crafting supplies that need going through to sort out the useless, trim down the useful and donate the excess. We still are working two to a room max with masks per Covid protocols. If you, or you and a friend are willing to help please choose a task and call/email Marilyn 207-512-5382 [maine2007@hotmail.com](mailto:maine2007@hotmail.com) to schedule. Building and grounds is busy banging nails, painting and mowing and could really use some volunteer hands in the air to help with sorting.

---

**TO ALL COMMITTEE CHAIRS**

As the fiscal year winds down, I will be working to close out the books. If you have any unpaid invoices, bills, money "things" please get them to the church office as soon as you are able.

Thanks for your help with this task. -- Martha Naber, Treasurer

**2021-2022 Pledge Campaign UPDATE**

**Thank you to all who have sent a pledge form in to the church office.**

**Our goal is \$165,000. We are now at 82% of our goal!!!**

As of today **60 pledges** have been received, raising **\$134,815** for the work of UUCC in the next fiscal year.

**All pledges are important. Please return your pledge as soon as you can.**

**Thank you, thank you all!**

**A Very Generous Surprise Pledge Challenge Has Arrived**

I received an email last week from a couple who joined UUCC relatively recently. They had tried other denominations, other churches, and were still looking for a church home. They found UUCC on our website, and wanted to try our church.

At UUCC they have found friendship, meaningful worship, fun activities, and a spiritual home. When they reviewed the draft budget in the annual meeting packet, **they wanted to offer a pledge matching challenge of \$4500 to help close the budget deficit!**

Are you up to this challenge? If yes, contact Lynn in the church office to make a pledge for fiscal year 2021-2022 or to increase your already submitted pledge.

Thank you dear friends of UUCC. They wish to remain anonymous.

Martha Naber, Treasurer

## *An Update on Rev. Carie*

Rev Carie's surgery was very successful. After two nights in the hospital she returned home with friends and family taking turns as caregivers. The pathology report confirms the original diagnosis of localized renal cell carcinoma. The surgery removed the tumor and all cancer cells. She is now cancer free. WOOHOO!!

**Rev. Carie sends deep appreciation** for all the prayers, cards, team and teacup, chocolate, poetry and art, spiritual touchstones and mementos (my home altar needs more surface space), note cards, fantastic socks, night-shirt, and expressions of care and compassion. She opened these on Sunday morning during her typical worship hour.

---

### **EMBODY OUR PRINCIPLES WITH MUUSAN** (Maine Unitarian Universalist State Advocacy Network)

Hearing from constituents directly is a powerful motivator for elected officials. One of MUUSAN's major goals is to be able to mobilize us on short notice if a bill is coming up that needs us to reach out to the legislators who represent one of our local districts. Currently we are looking for voters from HOUSE DISTRICT 84 (Hallowell, Manchester, W. Gardiner) to let Charlotte Warren know that you support LD 1417, An Act Regarding Campaign Finance Reform that would BAN CORPORATE CONTRIBUTIONS in Maine elections.

A phone call leaving a message including the LD number and title is the most effective outreach. Her number is (207) 441- 9116. Next best is an email to [charlottewarren@legislature.maine.gov](mailto:charlottewarren@legislature.maine.gov).

Your taking a few minutes to do this would be greatly appreciated, especially if you live in her district

Thanks!

Kathy Kellison Michaela Loisel.

For more information, contact Kathy Kellison [kell6787@gmail.com](mailto:kell6787@gmail.com) or Michaela Loisel at [michaelatloisel@gmail.com](mailto:michaelatloisel@gmail.com).

## **Dr. Don on Covid-19**

Dr. Don on COVID-19      Using Dogs To Detect COVID-19 Infections

Although a bit out of the mainstream, the following caught my eye this past week, and now I see it has been picked up by numerous major publications.

A combined team from the London School of Hygiene & Tropical Medicine, the group Medical Detection Dogs, and Durham University ran a study training dogs to identify unique odors associated with coronavirus infection. Their study confirmed results previously seen showing dogs' ability to detect the infection.

As anyone who has walked a dog knows, dogs have an incredible sense of smell that eclipses our own abilities by orders of magnitude. The complex folded structure of their nasal cavity which results in a huge surface area is home to over 300 million scent receptors compared to 5 million in a human. This makes it ideal for detecting

odors and combined with their ability to learn, means dogs are great biosensors, capable of detecting odors associated with drugs, explosives, and food, which many of us have encountered at airports.

Medical Detection Dogs has more than 10 years of research experience in training bio detection dogs to detect changes in human odor caused by a variety of medical conditions. The group's recent work has demonstrated that the dogs' accuracy in detecting the odor of COVID infection is reliably at 90%. Remarkably, other studies have shown dogs can detect healthy individuals 100% of the time. Their research has also demonstrated that dogs can be trained to detect odor at dilutions of parts per trillion, which is the equivalent of one teaspoon of sugar in two Olympic sized swimming pools of water.

We have known for decades from work originally done in China that dogs can be trained to detect the presence of respiratory conditions such as lung cancer through changes in respiratory compounds emitted from patients. Recent research on flu viruses has shown that the viruses interact with the human immune system to create detectable changes in our exhaled respiratory odor profiles. Since dogs have already been shown to be able to detect the odors associated with other respiratory infections, researchers were correctly confident that dogs could do it for COVID-19.

While I'm not sure how well dogs would be accepted into the testing that western medicine depends upon for diagnosing COVID-19, I am sure dogs could easily be walked amongst school children or in large crowds to detect COVID infections.

Send your questions, comments or suggestions to [naber@gwi.net](mailto:naber@gwi.net)

## Covid-19 Advisory Group

On May 26<sup>th</sup>, a sub-committee of the COVID-19 Advisory Group and the Board began initial discussions of re-opening church facilities to in-person use. This is a remarkably complicated endeavor and we will continue these deliberations after we gather additional information.

As of this moment, there has been no change in our policy limiting indoor use to no more than 2 people. As always, our primary goal is to ensure the health and safety of the entire UCC community and we will continue to keep everyone updated as we move forward with this effort.

The next meeting of the COVID-19 Advisory Group is scheduled for 6:15 pm on Wednesday, June 2nd in the UCC Zoom Room and is open to all.

---

### 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	<a href="mailto:StonehengeMaine@yahoo.com">StonehengeMaine@yahoo.com</a>	207-215-6394
Terry Lee Cairn, ND, MSOM, Lac.	<a href="mailto:tlcnaturalhealth@yahoo.com">tlcnaturalhealth@yahoo.com</a>	207-557-2557
Harry Grimmnitz, MD	<a href="mailto:hgrimmnitz@gmail.com">hgrimmnitz@gmail.com</a>	207-685-9270
Don Naber, Ed.D	<a href="mailto:naber@gwi.net">naber@gwi.net</a>	207-887-1104
Cathie Nielsen, MD	<a href="mailto:cathieenielsen@gmail.com">cathieenielsen@gmail.com</a>	207-441-0248
Marty Soule, PA-C	<a href="mailto:martysoule@gmail.com">martysoule@gmail.com</a>	207-685-9270

## 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)	<a href="mailto:Mjpell14@roadrunner.com">Mjpell14@roadrunner.com</a>
Helen Zidowecki	207-582-5308 (h)	<a href="mailto:hzmre@hzmre.com">hzmre@hzmre.com</a>
Tracy McNaughton	207-623-3110 (h)	<a href="mailto:tracy.mcnaughton@yahoo.com">tracy.mcnaughton@yahoo.com</a>
Peggy Lamb	207 622-5174 (h)	<a href="mailto:plambflowers@outlook.com">plambflowers@outlook.com</a>

### Pastoral Ministry Team Summer On-Call Schedule

- |                      |        |                        |        |
|----------------------|--------|------------------------|--------|
| 1. May 17 – May 23   | Helen  | 7. June 28 – July 4    | Tracy  |
| 2. May 24 – May 30   | Peggy  | 8. July 5 – July 11    | Martha |
| 3. May 31 – June 6   | Tracy  | 9. July 12 – July 18   | Helen  |
| 4. June 7 -- June 13 | Martha | 10. July 19 – July 25  | Tracy  |
| 5. June 14 – June 20 | Helen  | 11. July 26 – August 1 | Martha |
| 6. June 21 – June 27 | Peggy  |                        |        |

**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



### 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 Michael Conley at 207-248-7948 or at [estherpearl67@gmail.com](mailto:estherpearl67@gmail.com).

## UCC Office Hours – NEXT WEEK

### UCC Office Hours

Tues, Wed, Thurs and Friday  
8:00 am to 1:00 pm.

### TEMPORARY HOURS

<plus 7 flex / work at home hours>

### Staff Contact information:

Church Administrator, Lynn M. Smith, [admin@augustauu.org](mailto:admin@augustauu.org), Phone 622-3232

Coordinator of Lifespan Faith Formation, Monique McAuliffe, [LifespanFF@augustauu.org](mailto:LifespanFF@augustauu.org)

Music Director, Bridget Convey, [musicdirector@augustauu.org](mailto:musicdirector@augustauu.org)