

Weekly E-Blast

Unitarian Universalist Community Church
Wednesday, June 23, 2021

Worship Theme for June is **PLAY**.

Join us as we explore what it means to be a people of PLAY.

Upcoming Services

<p>THIS Sunday</p> <p>June 27, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>Circle 'Round for Justice / Healing / Courage</u> Bettina Lehovec, UCC Summer Minister</p> <p>Join us for Sunday morning worship streamed from the UUA Virtual General Assembly. The theme this year is Circle 'Round. We circle 'round in care and healing; for liberation and justice; and for love and courage. The stream will start promptly at 10:00 a.m. please plan to join us a few minutes early for a UCC welcome. Optional breakout rooms following the service will allow us to share our responses.</p> <p>John Seksay and Sara Hodgkins will serve as our worship associates with Marty Peters managing technology. Stefanie Barley will be our pianist.</p>
<p>NEXT Sunday</p> <p>July 4, 2021 10:00 a.m. via Zoom</p> <p>UCC Zoom room</p>	<p><u>Symbols of our Faith</u> Bettina Lehovec, UCC Summer Minister</p> <p>The American flag is a time-honored symbol of independence and unity. Yet the stars and stripes today are often co-opted by a conservative ideology. How do we reclaim the flag and take pride in our nation, even as we wrestle with a legacy of exploitation and abuse?</p> <p>Susan Burnett will serve as our worship associate with Marty Peters managing technology. Karen Foust will be our pianist.</p>

Did you join the Flower Communion Service on 6/13?

The UCC music video of 'Tis a Gift to Be Simple, which premiered on Flower Communion Sunday, is available on YouTube using the link that follows. It is unlisted so you do need to use the link; you can't find it by searching. UCC musicians thank all of you for your enthusiasm and appreciation!

Check out the video at: <https://youtu.be/LdmXJWAtgn8>

**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.


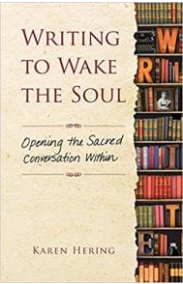
HOSTS: Once in your meeting, claim the host using the HOST KEY as you have done in the past.

Connections

June 27: Goddess/Earth Circles 1-2:30 Zoom. Summer Connections, with time for sharing. Topic: Four Phases of Womanhood and the Divine Feminine: New phases? New Names? New meaning? Material will be sent to ongoing participants this week, and you can contact Helen Zidowecki (582-5308 or hzmre@hzmre.com) for an electronic or paper copy.

Weekly Events

<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>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> Each Week <u>5:00 – 6:00</u> <u>p.m.</u></p> <p><u>NO YOGA on June 23</u></p>	<p align="center"><u>Gentle YOGA</u> Hosted by Debbie Mattson</p> <p align="center"><u>PLEASE NOTE: YOGA class on June 23 is CANCELLED</u></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>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 martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p> 
<p><u>2nd & 4th</u> <u>Thursday</u></p> <p><u>9:00 – 10:30</u> <u>a.m.</u></p> <p><u>Will NOT</u> <u>meet on June</u> <u>24</u></p>	<p><i>Writing to Wake the Soul</i> We meet the 2nd and 4th Thursday of each month - 9:00 - 10:30 a.m. <u>PLEASE NOTE: We will not meet on June 24</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>

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 Church Administrator by Monday, June 28th
Admin phone (207) 622-3232 or email admin@augustauu.org

[HELP US](#) keep in touch with you and keep you informed.

REMINDER : Tonight's June 23rd YOGA class
has been CANCELLED

Welcome to our Interim Minister, Chloë Briedé



The UUCB Board, in concert with the Interim Minister Search Committee are excited to announce that we have reached an agreement with our new Interim Minister! She will begin her duties starting August 2, 2021.

The role of the Interim Minister is to help us review our past and help guide us to our future. We believe we have found the perfect person for this role. She will serve the congregation for two years and lead us into the process of calling our new settled minister.

It is with pleasure and excitement that we introduce Chloë Briedé. Chloë brings to us a wide range of knowledge and experience. She earned her Bachelor's degree in Conflict Analysis and Resolution with a minor in Islamic

studies, and describes herself as a UU Buddhist agnostic, a constant explorer of her faith and spirituality. She has worked with AmeriCorps, is an experienced disaster responder with the Red Cross, and is currently working as an Interim Director of Religious Exploration and Interim Parish Assistant. She has been active in the Right Relationship Team at General Assembly. She is a leader in addressing social issues including LGBTQ issues, classism and racism.

Chloë takes a coaching approach to leadership, listening deeply to help solve problems and not hesitating to face a challenge and name the difficult emotions. She brings to UUCA a freshness coupled with a respect for institutions that we believe will help to guide us successfully through this transition.

Chloë shares this thought as we prepare to enter this new relationship:

"I am excited to serve as your interim minister for the next two years. We will work together as your community transitions from one settled minister to another and as the community emerges from the pandemic. I look forward to connecting with each of you on our shared journey."

UUCB Board – and -- UUCB Interim Minister Search Committee

WANTED / NEEDED by Church Office

Are you wanting to pass on a file cabinet you no longer use? The church office needs one!

We are looking for a cabinet that:

- Locks
- Is full size (four deep drawers)
- Has the hanging folder framework inside
-

Do you have the match to our need? Contact Lynn in the church office to arrange for your donation to be delivered.

Thank you.

Lynn Smith, Church Administrator and Martha Naber, Treasurer

Covid-19 Advisory Group UPDATE

At their June 10, 2021 meeting, the UUCB Board of Trustees approved the policy on the next page allowing groups of twelve (12) or fewer people, wearing masks, to meet indoors, in-person in UUCB facilities.

The COVID-19 Advisory Group and the Board are working on a policy that will allow us to resume in-person church services this coming autumn. We are not resuming in-person services this summer because that was not a part of our contract with our summer minister. Due to recent significant upgrades to the technology systems in our sanctuary and fellowship hall, we will be offering both in-person and live streamed Sunday morning services when we reopen.

A sub-committee of the Board and the COVID-19 Advisory Group studied the issue of creating separate guidelines for vaccinated and unvaccinated individuals, but ultimately decided against such a proposal for the following reasons:

- It was not in alignment with our UU principles focusing upon the equal inclusion of all members
- It would be intrusive and violate each individual's right to privacy about their medical decisions
- It would result in an unenforceable policy.

We are requiring all attendees to in-person, indoor gatherings to wear facial coverings and maintain physical distancing for the following reasons:

- While they are incredibly effective, no COVID-19 vaccine can prevent 100% of COVID infections
- There are members of our congregation who are unable to be vaccinated for a variety of reasons
- Many members of our congregation are at higher risk of incomplete protection from the vaccines due to underlying medical conditions, medications and age
- Our primary goal is to ensure the safety of everyone who enters our facilities. We take care of each other because we care about each other.

Use of spaces Policy

Beginning in February, 2020 SARS Cov-2, the coronavirus that causes COVID-19 has been present in Maine. It is a microscopic particle that is spread from person to person attached to tiny respiratory droplets or saliva. Some of these droplets are so small that they can remain suspended in the air as an aerosol for prolonged periods of time. These droplets are released when an infected person coughs, sneezes, sings or talks. Since early 2021, three (3) remarkably safe and effective vaccines have been available and Maine has one of the best rates of vaccination in the country. These vaccines are between 75-94% effective in preventing any COVID-19 infections in fully vaccinated individuals. More importantly, all three (3) are 99.96% effective in preventing serious COVID infection (the need for: hospitalization, ICU care, ventilator support or death). Currently, all people twelve (12) years of age and older are eligible for COVID vaccination.

Despite the overwhelming success of the vaccination programs, it is important to recognize that there are members of our community who are immunosuppressed due to medications for underlying medical conditions. There is strong evidence that some of these individuals will not receive protection from being vaccinated. There are others who are unable to be vaccinated (for a variety of reasons). We are a community that cares about each other and strives to take care of each other. Therefore, we must all continue to take simple precautions to protect our friends and the valued members of our community.

Following a prolonged winter/spring spike in COVID-19 infections, Maine is seeing a dramatic reduction in infections, hospitalizations and deaths. This is primarily the result of widespread vaccination across the state.

As a result of the effectiveness of the vaccines and reduced number of COVID cases in Maine, the UUCC COVID-19 Advisory Group recommends that groups of twelve (12) or fewer people can meet indoors in UUCC facilities following these guidelines:

- If you have any cold or flu-like symptoms, DO NOT attend in-person gatherings
- Appropriate facial coverings (covering both mouth and nose) must be worn at all times and in all areas of the facility
- Maintain six (6) feet of physical distancing between individuals who are not household members
- No eating or drinking while indoors (requires removal of facial covering)
- No singing or wind instruments
- Weather permitting, please open all windows and doors to improve ventilation
- Please remember to close the windows at the end of the gathering
- Please do not run the ceiling fans as they may increase the risk of aerosol spread
- All meetings are to be scheduled through the church administrator
- Only one meeting may take place during any time slot
- Group leaders are responsible for filling out a *Checklist for Groups Using UUCC Facilities* and leaving it in the drop box in the Committee Room. This checklist includes a listing of all participants and contact information in case contact tracing becomes necessary.

The COVID-19 Advisory Group will continue to monitor Maine CDC COVID metrics and these guidelines are subject to review and may be changed or rescinded as necessary to ensure the safety of all members of the UUCC community.

Approved by the UUCC Board of Trustees, June 10, 2021

Board of Trustees

June 2021 Board Highlights

At its June 10 meeting, the Board:

- Acknowledged the surplus in the budget presented at the Annual Meeting that was created by the response to a generous anonymous challenge grant.
 - Voted to add back \$1,000 to our contribution to the UUA to meet our Fair Share and restored \$3,500 back to the rainy day fund.
 - Voted to accept the gift of an air conditioner from Hal Booth to be used in the administrator's office. Heard an update on the tasks remaining relevant to building renovations.
 - Voted to approve the policy recommendations from the COVID Advisory Team (which included Board representation) related to small groups meeting once again in the church building.
- **MORE Board Highlights for June 10.**
- The Board was introduced to Interim Minister Chloe Briede and had the chance to ask questions. Ms. Briede was gracious and took the time to speak to the Board members at length.
 - New members: Harry Grimmnitz, Karen Foust and Alison Foust (Naomi Koneski was not able to attend), were in attendance and were introduced to the Board.
 - The Board was updated on the church campus renovations plans by Wick Johnson. The renovations are almost complete, and many kudos were sent to the renovations crew, another invaluable group. Wick was also thanked for continually keeping us up to date as the project progressed.
 - Kathy Kellison, chair of the Committee on Ministry (CoM) reported to us on a New England UUA meeting focused on covenanting that all CoM members had attended. CoM and the Board will work further with the congregation on developing a congregational covenant; long overdue.
 - Last, but not least, outgoing board members, Jill Watson, Wick Johnson, Catherine Palmer and Susan Caldwell were thanked for their wonderful service in their roles on the Board. Testimonials were made and many virtual hugs and kisses sent!

Dr. Don on Covid-19

Dr. Don on COVID-19

A Primer on COVID-19 Mutations and Variants

Mutations occur when genetic information changes, altering future generations, be they virus, cells or the organism produced from the cells. In nature the hard fact is that the majority of mutations are lethal. To be clear, mutations are also what allow organisms to better survive as the chief "tool" of evolution. A frequently cited example occurred in the industrial UK where coal smoke darkened surfaces hid darker moths which flourished while lighter colored moths were easily spotted and eaten by birds.

Because of their fragile genetic codes all viruses acquire mutations as they replicate, and COVID-19 is no exception. Many of these mutations are damaging resulting in the virus failing to reproduce, others have no impact at all. But some change the virus's structure or function. Identifying changes in the genetic codes of a virus is simple. Figuring out how those changes impact the way a virus spreads is trickier.

To infect cells, COVID-19 must enter the body and bind to receptors on the surface of cells. The virus is studded with mushroom-shaped spike proteins that latch onto a receptor called ACE2 found on many human cell types, including those that line the lungs. Think of it like a key fitting into a lock.

Mutations that help the virus bind more tightly can make transmission from one person to another easier. Imagine you breathe in a droplet that contains COVID-19. If that droplet contains viruses with better binding capabilities, they "will be more efficient at finding and infecting one of your cells," says Nathaniel Landau, a microbiologist at NYU Grossman School of Medicine.

Landau and his colleagues study binding in the lab by mixing lab created COVID-19 virus attachment spikes with plastic beads covered with ACE2 and then work out how much virus sticks to the beads. Landau and his colleagues have shown that some of the spike mutations do enhance binding. Because the virus is better at grabbing ACE2, it will infect more cells inside the body. "The infected person will have more virus in them, because the virus is replicating more efficiently," Landau says.

After the virus binds to ACE2, it forces enzymes from the infected cell to cut attached virus spikes at two different sites, a process known as cleavage. This allows the virus genes to enter and take over the cell, forcing it to make more virus. If binding is like the key fitting in the lock, cleavage is like the key turning the deadbolt and opening the door. "Without cuts at both sites, the virus can't get into cells," says Vineet Menachery, a virologist at The University of Texas Medical Branch. One of the mutations present in the new Delta variant enhances the cleavage process. "So it's a little bit easier for the virus to be activated," says Menachery.

Thus far there are three Delta variants and some of these Delta mutations could help the virus evade the body's immune responses. Immune evasion means more cells become infected and produce more virus, which then potentially makes it easier for a person carrying that virus to both become infected and infect others.

The good news is that full vaccination provides strong protection against current variants. The effectiveness of one dose of either the two dose Moderna or Pfizer vaccines was much lower— just 33%.

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.

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)	tracy.mcnaughton@yahoo.com
Peggy Lamb	207 622-5174 (h)	plambflowers@outlook.com

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		

For special services and celebrations, contact Rev. Helen Zidowecki.

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 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.

UUC Office Hours – NEXT WEEK

UUC 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, Phone 622-3232

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

Music Director, Bridget Convey, musicdirector@augustauu.org