

Weekly E-Blast

Unitarian Universalist Community Church

Wednesday, November 24, 2021

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A Message from the Minister

Wow! It was so lovely to see everyone at our Pumpkin Bread Social. We had over 40 people there with a variety of yummy pumpkin breads and warm drinks. There were folks we often see at online worship and folks we haven't seen in a while. Items from the Winter Wonderland Fair provided a beautiful backdrop and made our social even more festive. A big thank you to those who helped organize the fair: bakers, organizers, fair fairies, and everyone else! It was a truly magical experience. We look forward to gathering again outside once we see the first signs of spring.

This past Sunday, we talked about forgiveness with the frame of the holiday season. This Sunday, we will gather to hear from the President of the Unitarian Universalist Service Committee (UUSC). Her sermon will remind us of the power we all have to make a difference in the world. Each year, we collect donations for the UUSC to help them support their remarkable partners and their mission. It is a bit of a holiday tradition to hear from the UUSC and to remember our connection to our larger Unitarian Universalist faith.

As always, you are invited to reach out to me for any reason. I am available for a conversation by appointment. As an interim, I am especially interested in getting to know individual members and hearing your thoughts. Additionally, I am available for pastoral care conversations on a range of topics.

With blessings for your holiday,

Chloe Briede, Interim Minister
chloeucc@gmail.com
207-623-3663

Upcoming Services

Worship Theme for November: Holding History

Let us explore the challenges and adventures of **Holding History**.

<p>THIS Sunday November 28, 2021</p> <p>10:00 a.m. via Zoom</p>	<p>"Power, Partnership, and Change" Chloë Briedé, UUCC Interim Minister</p> <p>On this Thanksgiving Sunday, join us for a sermon from the Unitarian Universalist Service Committee's President and CEO, the Rev. Mary Katherine Morn. Chloe will lead us through worship as we reflect on Rev. Morn's message and our own call to power and change.</p> <p>Special thanks to our worship associate Sara Hodgkins, our pianist Karen Foust and our Sunday tech Marty Peters.</p>
<p>NEXT Sunday December 5, 2021</p> <p>10:00 a.m. via Zoom</p>	<p><u>"Music Sunday"</u> Chloë Briedé, UUCC Interim Minister and the UUCC Music Program</p> <p>This Music Sunday, the choir, the orchestra, and the congregation will share pieces that remind us that seasonal comfort and joy are found even on the darkest night. Chloë's sermon explores the theme of comfort; sometimes, we need to push our limits, and sometimes, we need just to settle in.</p> <p>Special thanks to our worship associate Susan Burnett and our UUCC Choir and UUCC Occasional Orchestra.</p> <p><u>AFTER the Service:</u> Join the Board for <u>"What's on your Mind"</u> at 11:30 a.m.</p>

All services and events are held in the UUCC Zoom Room unless noted.

[Click here to join:](#)



For other ways to join Zoom, see [General Information](#)

Did you miss last Sunday's worship service?

"Gathered at the Table"

Chloë Briedé, UUCC Interim Minister

Watch the complete service by clicking the following link: [Link to 11/21 "Gathered at the Table" service](#)

Link to Video with Alex Fuentes: Introduction to Guest at Your Table

<https://vimeo.com/596023719/669a7f5070>

Upcoming Special Events

MUUSAN 1st Auction

UUC is proud to be the fiscal sponsor for MUUSAN as it works to bring about positive change through legislation and public policy and to educate and empower our citizens to take part in our democracy at the state level.

As you are able, please help support by checking out

MUUSAN is First Online Fall Auction

Go to - <https://www.32auctions.com/muusan>

Auction ends on Tuesday, November 30th.
FMI: jlinzee@comcast.net or call at 207-677-3703.

*** Please share this your family and friends ***

What's on Your Mind?

Sunday, Nov. 28 (after service)

Join us after this Sunday's November 28 service for the next session of *WHAT'S ON YOUR MIND?* with the Board of Trustees.

We will begin at 11:30 after coffee fellowship on the church ZOOM.



Orders from the Holiday Fair Catalog are being taken now Pick up / payment is Dec.4 at church from 10am to Noon

Many items were sold at the Pumpkin Bread Social SO...

DON'T DELAY, check the catalog to see what is still available

AND place your orders NOW!

The catalog contains 69 pages of wonderful items for you, for loved ones, for gift giving. Share this link with MANY so lots get to see the wonderful items available for sale to support the mission and work of UUC.

If you have further questions, please call Nancy Fritz or Martha Naber.

Click below for the link to the [UUC Winter Wonderland Catalog 2021](#)

You can also visit our website at www.augustauu.org - scroll down past [News and Events] to [Upcoming Events]

Updates on Recent Events

PIE SALE -- A complete success - PIES SOLD OUT

Thank you to all who contributed pies and desserts for our 12th Annual UCC Pie Sale at Longfellow's Greenhouse on Sat. 11/20. Because the Nursery always sets up tables for us on the day of the store's Live Reindeer Event, we always sell out of pies by noon. We earned more than \$600 for the church.

Thank you to the following bakers and donors: Hannah Faulkner, Kathy Ann Shaw, John Seksay, Jane Gilbert, Karen Foust, Becky Harvey, Linda Findlay, Ida Gammon, Mary Kane, Denis Thout, Marilyn Dunn, Lynn Smith, Judy McCown, Marty Soule, Martin Spahn, Chloe Bridie and Catherine Palmer. If I omitted your name, please let me know, so I can make amends.

Next year, it will be even bigger!

Hint: *Apple pies sell out fast!*

Pumpkin Bread Social – A wonderful gathering on a beautiful day.

Thank you to all who made this wonderful social event happen. We shared space while enjoying some wonderful goodies. We also had the pleasure of viewing the lovely Holiday Fair items and choosing gift tags from our holiday tree for the Family Violence Project again this year. It was great to see so many of you!!



Connections by Day of the Week

ALL church events and meetings are reflected on the UUCC calendar
Click below to view ALL events, including any group meetings or other business meetings.
<https://www.augustauu.org/calendar-and-communications/>

<p><u>Monday</u> Each week</p> <p><u>6:30 – 8:00</u> <u>p.m.</u></p>	<p><u>Peaceful Heart Sangha</u></p> <p>You may join us at 6:15 to settle in.</p> <p>Please contact Marty Soule for updated login information at email martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>	
<p><u>Wednesdays</u> Each Week</p> <p><u>5:00 – 6:00</u> <u>p.m.</u></p>	<p><u>Gentle YOGA</u></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. Click the link below to join. https://maine.zoom.us/j/95825651125?pwd=UWJpOVFjVFJGb3dMWmZoOTRXa3VoUT09 Password 174192 - FMI: DebbieMattson@hotmail.com</p>	
<p><u>2nd & 4th</u> <u>Wednesday</u></p> <p><u>10:30 a.m. -</u> <u>Noon</u></p>	<p><u>Seasoned Souls</u></p> <p>Seasoned Souls is a group of older church members that meet as a study/support group to talk openly about topics related to the aging process. Seasoned Souls is open to any church member over 65 years of age. We will meet in the UUCC Zoom Room.</p> <p>FMI: please contact Diane (dmoongrove@gmail.com or 446-6162) or Stefanie (stefbarley@gmail.com or 629-8890)</p>	
<p><u>Thursdays</u> Each Week</p> <p><u>8:00 – 9:30</u> <u>a.m.</u></p>	<p><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>Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com</p>	
<p><u>1st</u> <u>Thursday</u></p> <p><u>Noon-1:30</u> <u>p.m.</u></p> <p><u>Next Meeting</u> <u>is: Dec. 2</u></p>	<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  </div> <div style="flex: 2; padding-left: 10px;"> <p>We will meet in the UUCC zoom room on Thursday December 2, 2021 from Noon – 1:30 p.m. to discuss <u>Piranesi</u>. Anyone interested in this book is welcome to join us whether or not you have attended before. FMI about this or any meeting of the group, contact June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com We would love to have you join us!</p> <p>Clarke’s power certainly extends beyond mere suspense, but her story relies on the steady accretion of apprehension that finally gives way to a base-shifting revelation. ~ Washington Post</p> </div> </div>	

More Connections by Day of the Week	
<u>2nd & 4th</u> <u>Thursday</u> <u>9:00 – 10:30</u> <u>a.m.</u>	<u>Writing Group</u> This is an open group that gathers and writes 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. We meet in the UUCC Zoom Room.
<u>4th Sunday</u> <u>1-2:30 p.m.</u> <u>Next Meeting</u> <u>is: Nov. 28</u>	<u>Goddess / Earth Circles</u> <u>Goddess/Earth Circles gathering November 28, 1-2:30pm by Zoom</u> We will be focusing on Goddesses and Gratitude. We will be dedicating our Women of Wisdom Book for 2021. In addition, we will be considering Yuletide in preparation for the December 26 service. We look forward to your joining us.

Notices / Updates / News

Condolences to the Caldwell family:

Susan Caldwell’s mother, Shirley Hemphill Jessup, 91, of Topsham, Maine, passed away peacefully on November 11, 2021. In the week before her passing, her loving family gathered to visit and celebrate her life and say farewell. Shirley’s obituary will be in today’s Kennebec Journal. A service will be held at St. Paul’s Episcopal Church in Brunswick, Maine, in the spring of 2022, where her ashes will be returned to the earth.

Condolences may be sent to Jim and Susan Caldwell, 150 Indiana Road, West Gardiner, ME 04345

UUCC is holding a giving tree to benefit the Family Violence Project again this year.



Thank you to each of you that selected a gift tag from our giving tree at the Pumpkin Bread –Cider social held on Sunday, Nov. 21.

For those of you that did not have an opportunity to select a gift from the tree (or those of you that can provide an additional gift), please visit: [Link to Family Violence Project Gift List](#)

Soul Matters Packet

This is the last week for the November Soul Matters Packet theme of "Holding History".

Following is the UUCC History Tidbit for the week:

We have walked in parades, stood at protests, attended legislative hearings, assisted on phone banks, and had special collections. We provided organizational and fiscal management support

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for two organizations related to special causes. We have received public recognition for our work. What is the focus of these activities? What organizations did we help start? What recognition is visible at UUCC? How have you been involved?

As we prepare the packet for a new theme next week, we would appreciate your reflections on the current one.

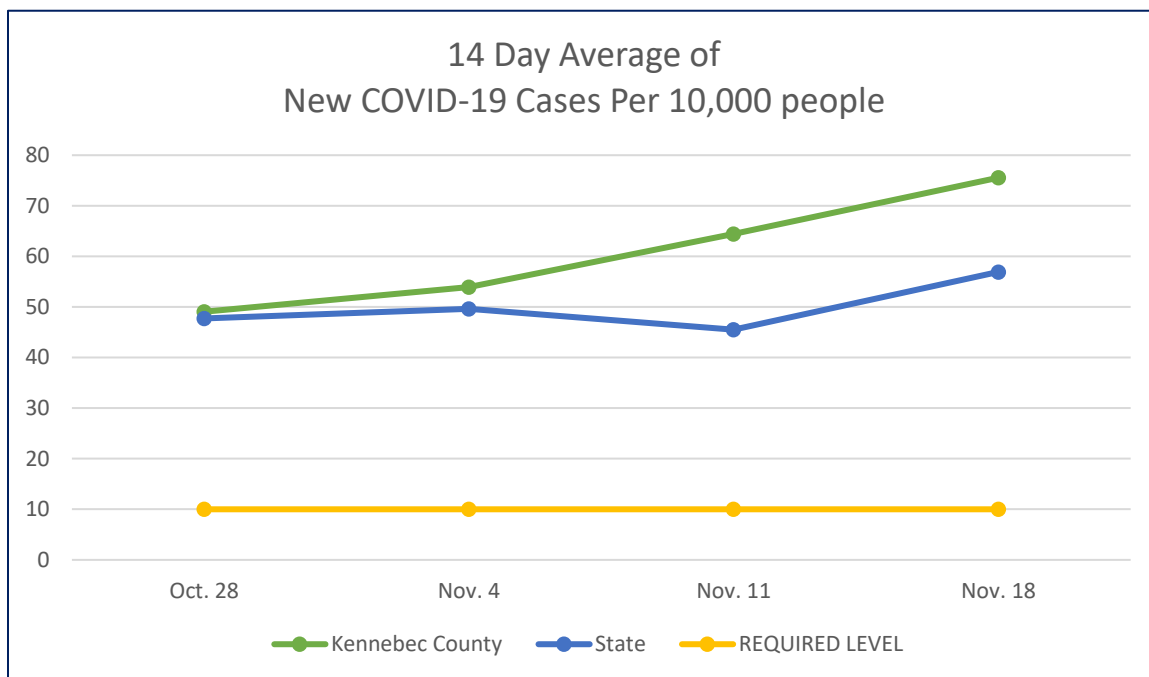
1. Has the Holding History packet helped in connecting you with the theme this month?
2. How and when have you used the Packets?
3. What suggestions do you have regarding the packets?

Please contact Minister Chloe or Helen Zidowecki with your comments. Thank you.

COVID-19 Updates / News

Update from COVID-19 Advisory Group

The plan for reopening UUCC for in-person, indoor gatherings approved by the Board on August 12, 2021 depends on the COVID-19 pandemic being under control in our state and county. The Board adopted a Maine CDC metric that measures “community (person to person) transmission” of the virus. **The necessary CDC metric for us to reopen is no more than 10 new cases per 10,000 people in Kennebec County or the State of Maine.**



The present CDC metric data indicates that it is still unsafe for us to safely reopen.

Dr. Don on Covid-19

Dr. Don on COVID 19 Ventilator Use In Treating COVID

A ventilator mechanically helps pump oxygen into your body. The air flows through a tube that goes in your mouth and down your trachea. The ventilator also may breathe out for you, or you may do it on your own. A ventilator is utilized when the patient is too exhausted to continue breathing on their own or their efforts are insufficient to meet the needs of the body for oxygen. The ventilator can be set to take a certain number of breaths for you per minute and for how much additional oxygen is added to breath. A ventilator doesn't cure COVID-19. It helps you survive until you get better and your lungs can work on their own.

The patient requiring mechanical ventilation is placed under general sedation while intubation, the placement of a ventilation tube into their trachea, takes place. Later, sedation will be reduced or eliminated, depending on the patient's ability to tolerate the tubing which is often uncomfortable. While it's hooked up, most people are not able to eat and drink normally. They receive nutrients through an IV inserted by needle into a vein.

When the physician thinks you are well enough, your breathing is tested. The ventilator stays connected but set so that you can try to breathe on your own. When you breathe normally, the tubes are removed and the ventilator will be turned off. For those who need to be on a ventilator for an extended period of time, a tracheostomy may be required. During this procedure, a surgeon makes a hole in the front of the neck and inserts a tube into the trachea.

If the body's immune system does not fight off the infection, it can lead to a potentially fatal condition called acute respiratory distress syndrome (ARDS). In ARDS, the alveoli (tiny air sacs that allow oxygen to reach the blood stream and remove carbon dioxide) are inflamed and essentially drown as fluids fill the alveoli, reducing the lungs' ability to provide enough oxygen for survival.

As you know, the numbers of Mainers hospitalized in ICU care and on ventilators have hit all time new highs in the last week, and show no sign of slowing. Nationally estimates show that about 6% of people who have COVID-19 get critically sick and about 1 in 4 of those need a ventilator to help them breathe. Unfortunately these figures are higher in Maine and are further concerning as the weather and holidays bring us closer together inside.

Fatality rates for those on ventilators have been widely reported in medical journals. One metastudy (a report of studies on one topic) of 69 medical journal studies of respirator fatalities concluded that 47% of patients under age 40 and 84% of those over 80 requiring mechanical ventilation died. Studies also pointed out that a long list of underlying disease conditions including diabetes, coronary artery disease, obesity, chronic lung, kidney, liver and heart disease, and immunocompromise figure substantially in these fatality rates. Vaccination and booster doses provide our best protection. Masks, handwashing and interpersonal care are still vital.

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

General Information

**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.

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

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)	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

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 or Peggy Lamb 622-5174.

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 es-therpearl67@gmail.com.

UCC Office Hours – NEXT WEEK

UCC Office Hours

Tues, Wed, Thurs and Friday
8:00 am to 1:00 pm. <plus 7 flex hrs >

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

Interim Minister, Chloë Briedé
Email: chloeuucc@gmail.com
Office: (207) 623-3663

For pastoral emergencies please call her cell phone

(757) 234-1303. She will return your call as soon as possible.

Minister Briede's office hours:

Monday	No office hours - Sabbath
Tuesday	Noon – 4:00 p.m.
Wednesday	Noon – 4:00 p.m.
Thursday	Noon – 4:00 p.m.
Friday	No office hours – Writing day

<Other hours available by appointment>

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