# Weekly E-Blast

## Unitarian Universalist Community Church Wednesday, March 9, 2022

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## A Message from the Minister

My partner and I are getting married in July, and we are busy planning our wedding. We are getting married in Virginia near my parents' house so that my 94-year-old grandfather can attend. It has been an exciting process with way too many decisions to make! I have felt overwhelmed by all the choices. How do you feel when there are too many choices? Overwhelmed? Excited? I have decided not to put too much weight on the small things. Decisions like napkin color or hotels are fun but not worth worrying about. Instead, I am working on having faith that everything will work out okay. The colors may clash, but it will all be okay.

I am grateful for you all as we kick off our stewardship drive. Thank you to Karen Foust and Wick Johnson for your honest and open testimonials at the service on Sunday. We have set an ambitious goal of raising \$175,000 in pledges for next year. This increase is driven by a staff pay raise to keep up with inflation, the need for a contracted bookkeeper, and the cost of searching for a settled minister—all new and vital parts of our budget.

Would you be interested in leading a summer service? Have you dreamed of giving a reflection or mini-reflection in partnership with another congregant? The worship arts committee is looking for folks to lead summer services. If you are considering it, please email me. I would be happy to help you brainstorm or answer any questions.

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. I continue to offer weekly "Coffee with Chloe" sessions on Tuesdays from 10-11 am on the church zoom.

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

# **Upcoming Services**

# Worship Theme: March Renewing Faith

Let us explore the challenges and adventures of Renewing our Faith.

THIS Sunday	"Invitations to Faith"	
March 13, 2022	Visiting Minister, Rev. Meg Mathieson*	
10:00 a.m. via Zoom	Whether we realize it or not, we are each invited to a faith that reflects our own uniqueness. When we bring our spectrum of individual faiths together, this diversity creates a sacred community that we cannot achieve alone. Come, bring your faith, your lack of faith, your broken heart. Add to the	
REMEMBER TO	colors of our rainbow!	
CHANGE YOUR CLOCkS	Special thanks to our worship associate John Seksay and our pianist, Stefanie Barley. Bridget Convey, our music director, will offer a meditative piece.	
SPRING FORWARD		
MAR	*Bio: Rev. Meg Mathieson is the minister of SouthWest UU Church in North Royalton Ohio. She also works as a Worship Consultant for East Shore UU Church in	
13	Kirtland, OH. Meg is currently working toward a Doctor of Ministry, writing a dissertation titled, "Unitarian Mindfulness" about the place of Mindfulness Meditation in the future of the UU denomination. Meg and her wife Nicky live in Parma Heights OH with their elderly border collie, Cricket.	
1 hour Forward	Theights off with their elderry border come, effeket.	
	"Wonder and Awe"	
NEXT Sunday	Chloë Briedé, UUCC Interim Minister	
March 20, 2022	Our theme this month is "Renewing Faith." How can we draw faith from the world around us? Chloe will reflect on her spiritual practice of recognizing the awesomeness of the universe and our existence in it.	
10:00 a.m. via Zoom	Special thanks to our worship associate, Susan Claska Burnett and our pianist, Karen Allen.	

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 the following services?

#### Sunday 2/27/22 - "Guest Speaker: Tribal Ambassador Maulian Dana"

Watch the complete service by clicking the following link: Link to 2/27 "Maulian Dana" service

<u>Sunday 3/6/22 –"Stewardship Sunday"-</u> with Chloë Briedé, UUCC Interim Minister Watch the complete service by clicking the following link: <u>Link to 3/6 "Stewardship Sunday" service</u>

## **Special Events / Opportunities**



# "Coffee with Chloë CONTINUES"

Minister Chloe will continue (through March) the informal church zoom room on **Tuesdays from 10-11 am** to chat and check in with UUCC-ers.

No RSVP required; drop in when the spirit moves. Chloe is calling this event "Coffee with Chloë," but feel free to bring a beverage of your choice.

#### Post Finance 101 - Final Budget Item Details

On March 6<sup>th</sup> (Stewardship Sunday) the Finance Committee held its annual educational, question and answer session on the church budgeting process. The presentation called **Finance 101** was combined with the monthly **What's on Your Mind** session held by the Board of Trustees. Below is some of the information presented and other facts and considerations of the presented budget.

This year's budget is largely influenced by four major items:

- 1. A 3.3% salary increase for our staff
- 2. The costs of a settled minister search
- 3. Hiring a bookkeeping firm
- 4. Decreased fund raising potential for the coming year.

In the past few weeks E-blast we have provided detailed information about the first three budget items. Today we'll cover the final topic, decreased fund raising potential.

Fundraising projects have been a longstanding tradition at UUCC. For years they have been a prominent part of our annual social agenda, as well as a substantial part of our annual budget. You don't have to think back too many years to remember:

- Talent shows
- Dessert theater soirees
- Hannah's Boutique
- The Whoopie Pie Festival

- Yard sales
- The First Friday Jazz Coffee House
- The UUCC Cookbook, *The Fellowship of Food*.

All of these activities brought us closer together as a community while simultaneously supporting the church financially. They were an outgrowth of a vibrant church community with many volunteer hands participating to make them a success and they were fun.

The past two years have taken a significant toll on all of us as individuals as well as on our collective sense of togetherness and community. COVID safety concerns have forced us into our isolated silos and bubbles and we've learned that it's harder to "come together" on Zoom. We have had to adjust our fundraising activities to accommodate the realities of pandemic life. This has meant deferring events that brought people together indoors for preparing or hosting the event, using the web for displaying items for sale at our holiday fair and spring auction and adjusting the pick-up & distribution of purchased items to folks standing at the front door of the church while volunteers brought the goods out to the buyers. Hardly the stuff of joyous, personal communion to which we were accustomed.

Despite the loss of frequent, direct connection, our community rallied to vigorously support the church's fundraising efforts. Last year's Spring Auction nearly reached its goal of \$5000 and as recently as this past autumn, both the Pie Sale and the Holiday Fair exceeded their goals. However, these activities have taken a significant toll on the small number of organizers who labored long and hard to make them a success. The many hands that once came together to plan, organize and implement our fundraisers have become a few hands having to shoulder a heavy lift. The result is that three of our most productive fundraisers have indicated that they are not available to continue these activities during 2022. Our Spring Auction will offer two work crews, but no other items. The Holiday Fair will only happen if new people step forward to organize and run it. The fiscal effect of these losses will be a decrease of more than \$5000 in our budgeted income.

Maintaining the Unitarian Universalist Community Church as a beacon of liberal, religious presence and social justice action is dependent upon each and every one of us stepping forward to keep that light burning. Please join us in devoting your time, energy and financial resources to maintain that presence.

## Social Justice Committee: Opportunity to help Ukraine refugees.

Nancy Fritz's son lives in the Czech Republic. There are more than 40,000 Ukraine refugees in the Czech Republic; thousands more are expected. The people of the Czech Republic are opening their homes to as many refugees as they possibly can, including Nancy's son Jeff and daughter-in-law Mel. Jeff is driving a van full of humanitarian supplies to the Ukraine border and bringing Ukrainian refugees back to the Czech Republic.

We have an opportunity to help in this effort by bringing a check made out to Nancy Fritz to the church office. The checks will be collected on Monday (March 14) and deposited into Nancy's account. These funds will be transferred by Nancy to Mel's bank account and will be used to support the refugees in the Czech villages.

Interested in protecting our Democracy? Wondering what we might do to strengthen voting access and elections?

MUUSAN March 12th Network Meeting
10 am - 12:30 pm on Zoom
Protecting Democracy's Guardrails

Democracy's survival depends on protecting and strengthening the guardrails that protected the 2020 election. But what are those guardrails, and how can we protect and defend them? The March network meeting will feature Former Maine Secretary of State, Matt Dunlap, Representative Nicole Grohoski and other speakers discussing how we, as Maine UUs, can best protect democracy in this challenging time. **Register HERE** 

This meeting will include a breakout group for newcomers to help you integrate into the important work that MUUSAN does to promote UU values. For more information contact Michaela Loisel at michaelatloisel@gmail,com or Kathy Kellison at kell6787@gmail.com.

# **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. <a href="https://www.augustauu.org/calendar-and-communications/">https://www.augustauu.org/calendar-and-communications/</a>

Monday Each week  6:30 – 8:00 p.m.	Peaceful Heart Sangha  You may join us at 6:15 to settle in.  Please contact Marty Soule for updated login information at email martysoule@gmail.com.  FMI: peacefulheartsangha@gmail.com
Wednesdays Each Week  5:00 – 6:00 p.m.	Gentle YOGA  Hosted by Debbie Mattson  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
2nd & 4 <sup>th</sup> Wednesday  10:30 a.m Noon	Seasoned Souls  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.  FMI: please contact Diane ( <a href="mailto:dmoongrove@gmail.com">dmoongrove@gmail.com</a> or 446-6162) or Stefanie ( <a href="mailto:stefbarley@gmail.com">stefbarley@gmail.com</a> or 629-8890)
Thursdays Each Week  8:00 – 9:30 a.m.	Peaceful Heart Sangha  You may join us at 7:45 a.m. to settle in. Meet from 8-9:30  Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com

	- More Connections by Day of the Week -	
<u>1<sup>st</sup></u>	Read, Learn, Share	
<b>Thursday</b>	Our next meeting will be April 7, 2022. We will meet in the UUCC zoom room from Noon –	
Noon-1:30 p.m.	1:30 p.m. to discuss <u>The Ninth Hour</u> by Alice McDermott. 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	
Next Meeting is: April 7	kell6787@ gmail.com We would love to have you join us.	
2nd & 4 <sup>th</sup>	Writing Group	
Thursday	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	
<u>9:00 – 10:30</u>	writing to develop skill.	
<u>a.m.</u>	Come and try it out; there is no obligation to come each time we gather. We meet in the UUCC Zoom Room.	
4th Sunday	Goddess / Earth Circles	
<u>1-2:30 p.m.</u>	We are continuing exploration of Wicca:  March 27 - Mysticism and Spirituality, and Karma and the Afterlife  April 24 – Ancestry	
Next Meeting	May 22 - Magic, Ethics and Morality	
is March 27	June 26 - Other Topics for Consideration	
	Resource: A Beginners Guide to the Wiccan Religion: <a href="https://wiccaliving.com/what-is-wicca">https://wiccaliving.com/what-is-wicca</a>	
	Goddess/Earth Circles focuses on Goddess, women's lives and earth-based spirituality. All ages and genders welcome. More information on UUCC website. Leader for the series is Mary Shifman (213-9760, <a href="mailto:shifmanmary@gmail.com">shifmanmary@gmail.com</a> ).	

# **Notices / Updates / News**



Priscilla Ashton is in MaineGeneral Medical Center, critically ill. She would appreciate prayers and thoughts.



Let's all join parents, Annie Reiter and Michael Conley and sister Tonia Reiter in cheering on Ruslan Reiter as he competes in the 2022 Paralympic Winter Games for the U.S. Paralympic Nordic ski team at Beijing.

The games began Saturday March 6<sup>th</sup>.

Ruslan is scheduled to compete in the following events:

Sat. March 6<sup>th</sup> - 6-kilometer race

Tues. March 8 - 10K biathlon on Tuesday

Wed. March 9 - the 5K Nordic sprint -

Sat. March 12 - the 10K Nordic race.

He may also compete in a mixed relay (uncertain of these details).

This is not Ruslan's first Paralympic games. The article in the Portland Press Herald has a comprehensive review of his career. See <a href="https://www.pressherald.com/2022/03/03/maranacook-high-grad-ruslan-reiter-ready-for-his-second-paralympics/">https://www.pressherald.com/2022/03/03/maranacook-high-grad-ruslan-reiter-ready-for-his-second-paralympics/</a>

At left is an official photo of Ruslan as he competes in this year's Paralympics.

Click below for information on how to stream the games from NBC: <a href="https://www.nbc4i.com/2022-olympics/how-to-watch-the-2022-paralympic-winter-games-on-nbc/">https://www.nbc4i.com/2022-olympics/how-to-watch-the-2022-paralympic-winter-games-on-nbc/</a>



Did you know about the Augusta Recovery Reentry Center (ARRC) at 2 Bangor St. in Augusta?

#### The mission of the ARRC from its website is:

The ARRC is a grassroots project to co-create a community space that is inclusive, sustainable, and celebrates and supports all people impacted by addiction and mass incarceration.

The center is offering MANY wonderful programs including 12 step programs of all kinds (some well know and some new programs), Roses Room, self-improvement and self-care programming, alternatives to suicide programs, Arts & Crafts, Computer Basics, Work Readiness programming, a Music &Open Mic Night and much, much more..

If you or anyone you know could benefit from this center – SPREAD THE WORD! You may contact <u>admin@augustauu.org</u> for the current list of programs or check out the website at <u>info@thaarrc.org</u> for more information.

#### Our donations to the UUSC's Guest at Your Table program totaled \$573.50



Hello! I'm Laura Randall from UUSC and I'm here to say

thank you so much for your participation in this
year's Guest at Your Table program. With all of
the adaptation, uncertainty, and sorrow these last few years
have brought us, your congregation is acting as a beacon of

hope and solidarity for our grassroots partners around the world. Guest at Your Table is a long-standing tradition in our congregations and provides a unique opportunity every year to get to know some of our partners on a deeper level. Learning someone's story can be a sacred act and it is one that we celebrate through Guest at Your Table.

With your support, you are helping to ensure that UUSC's commitment to advancing human rights and resisting oppression can rise to meet this moment. Thank you for saying yes to the world we seek, a world filled with more justice and more compassion for everyone; a world that recognizes the inherent dignity and power in each and every person. Thank you for being an integral part of UUSC. We are your service committee and we could not do this without you.

Thank you,

Laura Randall and all of us at UUSC

## **Board of Trustees**

#### BOARD HIGHLIGHTS - At the February 10 Board Meeting:

- The Treasurer reported that we continue to be in good financial shape for this fiscal year. The Annual Appeal and the Holiday Fair are still generating revenue and our invested funds are doing well.
- The Finance Committee reported that the Service Auction will likely consist of two work crews as there is no one to coordinate the event. Lynn has been researching book keeping services to assist with the duties of the treasurer. There was an update on the status of the Judd House tenant.
- The Covid19 Advisory Group reported that meetings have been held with two contractors regarding improving the ventilation system in the church building.
- There was discussion of the need for someone to oversee reopening plans.

- A group was designated to look into restorative practices related to our recent conflicts.
- There was discussion of the Stewardship Campaign.
- The Committee on Ministry asked for approval to create a process for crafting a congregational covenant.
- There was discussion of the updated projected budget for next fiscal year.



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

March 10<sup>th</sup>, 2022 - 5:00 pm to 7:00 pm

https://zoom.us/j/8238070673, then enter passcode: 6971 Join by phone: dial 1 646 558 8656, at first prompt (meeting id: 823 807 0673#)

Chalice Lighting
Words to Inspire: Kevin
Check in

#### **EXECUTIVE SESSION**

#### **REPORTS**

- 1. Clerk's Report: Karen / **VOTE**
- 2. Treasurer's Report: Martha
- 3. Finance Committee's Report: Harry
  - a. Update on Kali Bird Isis tenancy status
- 4. COVID-19 Task Force's Report: Terry and Harry

- a. Reopening Plan: (discussion below)
- 5. President's Report: Kathy
  - a. Rev. Paul and a Mediation Session with the Congregation
  - b. Stewardship Update
- 6. Minister's Report: Chloë

#### **NEW BUSINESS**

- Final Reopening Plans / VOTE
- Settled Minister Search Committee
  - a. Letter to congregation: Kevin

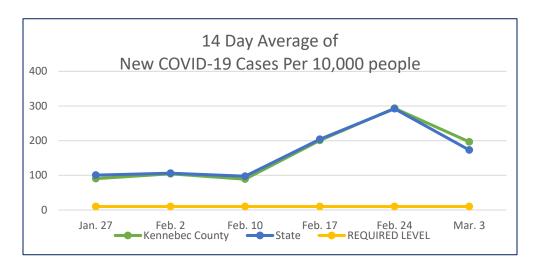
Board meetings are open to ALL. If you have an item that you would like the Board to consider, please contact Kathy Ann Shaw at <a href="mailto:kathyannshaw@roadrunner.com">kathyannshaw@roadrunner.com</a>. \*\*Next Board meeting: April 14<sup>th</sup>, 2022\*\*

## **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.

Discussions continue around reassessing the re-opening plan approved by the Board in August. The discussions may lead to a changing of the metrics OR to reopening the church. Discussions are continuing at the COVID-19 Advisory group meeting and Board meetings. More information will come. Stay tuned...

#### Dr. Don on Covid-19

Dr Don on COVID-19 Long Term COVID - One Person's Story

Reporting on the experiences of a UMaine professor, the Bangor Daily News provided us this past Monday a picture of the long term effects of COVID-19 for one individual. After giving a talk at Iowa State University, U M sociology professor Amy Blackstone returned to her hotel room with a tickle in her throat. Blackstone was pretty sure she had the virus, since she'd been traveling around the country giving talks. So she drove to a friend's cabin in the Wisconsin woods and spent two weeks sick and alone in quarantine before returning to her home in Bangor.

But COVID was far from done with her. In the two years since, Blackstone has grappled with an array of symptoms from long COVID, a condition that scientists believe affects up to 50 percent of people contracting the virus. Sometimes it lasts for a few months, for others it can last much longer. Like millions of others with long COVID, Blackstone has experienced debilitating fatigue, headaches, nausea and brain fog on a nearly daily basis. It's upended her life, even as she's among the tens of millions of Americans who have officially recovered from the virus that struck two years ago.

"I spent an afternoon cooking last weekend, and it drained me to the point that I slept for two full days afterwards. And all I did was cook. My tank just empties really quickly" she said. Walking up and downstairs is exhausting. She forgets where she puts household items. She has trouble focusing on reading and writing, or following movie plots. She hasn't experienced lung or heart issues, but headaches can leave her bedridden some days.

Long COVID has caused Blackstone to put her career on hold. She's taken a medical leave from UMaine and said no to opportunities to give lectures, appear on television or podcasts, and write columns for the New York Times and Time Magazine. "My life has been ripped away from me," she said. "I'm just trying to take it one

day at a time." Blackstone explained her struggle to find doctors in the Bangor area who would take her seriously when she believed she had long COVID. Blackstone said her primary care physician told her she was experiencing concussion symptoms, from bonking her head on a car door around the same time she got COVID.

By the end of 2020, not much had changed. Her doctor and a neurologist both told her that long COVID wasn't causing her symptoms. The neurologist, she said, outright denied that long COVID was a real thing, and said what Blackstone was experiencing was a mental health issue. "I think, beyond the fact that there's a documented history of women's health problems being dismissed by doctors as 'all in their head,' there's also the fact that even now there's still so much we don't know about the long-term effects of COVID," she said.

Frustrated by the fact that, nearly a year later, she wasn't getting much better, she decided to switch primary care physicians and soon received a referral to a neurologist at Massachusetts General Hospital in Boston. Blackstone is now making slow progress toward returning to a more normal life. One of the ways Blackstone is working to retrain her brain to focus is by doing puzzles, knitting and learning to cross stitch. "It kind of gets me in this place where the nausea and headaches go away, and I feel really calm and focused," she said. "And I don't have to take a pill to do it. I'm so sick of having to take drugs to feel better. I have a great job with amazing benefits. I am lucky to be able to access all kinds of treatment, and afford to stay overnight in a hotel in Boston when I go there," she said. "But the majority of people don't have that luxury. What happens to them? How do they get on with their lives?"

Send your questions, comments or suggestions to donnaber1364@gmail.com

### **General Information**

# All worship services AND virtual events (unless noted) are held in the UUCC ZOOM ROOM

#### Other ways to UUCC Zoom Room Zoom:

- 1. <u>Join from your internet browser by clicking this link or typing this into your browser:</u> <a href="https://zoom.us/j/8238070673">https://zoom.us/j/8238070673</a>, launch Zoom, then enter **passcode: 6971**
- 2. Select "Join Meeting" from the Zoom application on your computer or mobile device.

UUCC Meeting ID: 823 807 0673 – then enter passcode: 6971

**3.** <u>Join by phone</u>: 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	donnaber1364@gmail.com	207-887-1104
Cathie Nielsen, MD	cathieenielsen@gmail.com	207-441-0248
Marty Soule, PA-C	martysoule@gmail.com	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.

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.

## **UUCC 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 <u>estherpearl67@gmail.com</u>.

#### **UUCC Office Hours – NEXT WEEK**

**UUCC Office Hours** 

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

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

<u>Interim Minister</u>, Chloë Briedé Email: <u>chloeuucc@gmail.com</u>

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