## Weekly E-Blast

## Unitarian Universalist Community Church Wednesday, November 2, 2022

### In this Issue:

- Upcoming Services
- Upcoming Special Events
- Ongoing Connections
- Notices / Updates / News
- General / Contact Info



69 Winthrop St., Augusta ME



(207)622-3232 — <u>info@augustauu.org</u> www.augustauu.org

#### A Message from our Minister

Dear Members and Friends of UUCC,

Some of you may know that in addition to serving as your minister, I serve as a shamanic practitioner. I help clear land and buildings. I work with people's souls and their connections to the unseen worlds beyond this time and place. This work can involve teaching people how to journey to find their own compassionate teachers, helping people retrieve soul parts, supporting people in their connection to their healthy vibrant ancestors, unraveling curses, burdens, or possessions, and much more. I am especially drawn to working with spirits who are lost and need support in moving on to their proper place. I know for some of you this work may seem unscientific, strange, or just a bunch of hocus pocus, I sometimes feel the same. Yet, I have been studying and practicing shamanic work long enough to see and understand the healing benefits of working in these spirit realms. One of my teachers says: "The shaman does not believe in a division between the body and the spirit or between the visible world of form and the invisible world of energy."

My work in this area began decades ago, before I became a Unitarian Universalist. Part of my feeling welcomed into our faith was my awareness that I could bring this part of myself and my beliefs about these mysteries into this uncommon religion. When I received my call to ministry I had just started going deeper into shamanism and I clearly remember feeling I had to choose between the two. Do I follow the shamanic path, or do I go to seminary? I went to seminary and put this part of my life on hold for a while. Over the past few years my call to shamanism has been growing which is part of the reason I left my last ministry. Currently I am splitting my work between serving as your minister and developing my practice as a shamanic practitioner.

The funny thing is that my soul needed to reclaim its right to be a female spiritual leader in this world which I realized through our ministry. This needed to occur for me to re-member myself and recall my power as a spiritual teacher. Yet, I

am seeing how these two calls, shamanism and ministry are now intertwined. So, if you see me pick up a rattle in a pastoral care session or leading rituals in worship or calling on weather spirits in a meeting know that I am always tending to our souls.

Much love and many blessings, Reverend Christina Sillari

## **Upcoming Services**

## THIS Sunday November 6, 2022

10:00 a.m. IN-PERSON Ingathering music to begin at 9:55 a.m.

#### "Seeing with the Heart"

Christina Sillari, Minister

How does seeing the world with the eyes of the heart manifest love in our lives? Can loving silence be a tool to seeing with the heart? We will explore what it means to see with the heart and practice some techniques that cultivate heart awareness.

A special thank you to our worship arts team. Sara Hodgkins will be our worship associate and Angie Blevins will manage our technology. Karen Foust will be our pianist

This service will be followed by the <u>2<sup>nd</sup> Sharing Caf</u>e – See **Upcoming Special Events** for more details.

#### NEXT Sunday November 13, 2022 Ingathering music to begin at 9:55 a.m.



#### "Curating our Spiritual Playlist"

Sarah Mills\* (UCC Seminary Student)

Music feeds our spirit, so let's take some time to think about music that supports, comforts, and empowers us to live lives of purpose, compassion, and understanding.

A special thank you to our worship arts team. John Seksay will be our worship associate and Angie Blevins will manage technology. Hannah Faulkner will be our pianist.

\*Biography: Sarah Mills is a Maine native who currently lives in Waterville. She is a member-in-discernment in the Living Water Association of the Maine Conference of the United Church of Christ, led worship for ten months at Waterville UCC, and recently completed a nine-month pastoral internship at Winthrop UCC with Rev. Chrissy Cataldo. She spends her time reading, playing guitar, gardening, and hanging out with her rescue dog, Buddy!

## Sunday November 20, 2022

Ingathering music to begin at 9:55 a.m.

#### "Kindness"

Christina Sillari, Minister

Do you see yourself as kind? Is kindness related to joy or sorrow? Can kindness be a vehicle for change and transformation? Does the world need more kindness? We will explore what kindness really is and how can we use it to heal ourselves and each other.

A special thank you to our worship arts team. Nan Bell will be our worship associate and Marty Peters will manage our technology. Karen Allen will be our pianist and we will have music from our Choir.
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### <u>Sunday worship service</u> is now being held IN-PERSON in the Sanctuary.

Our services are no longer accessible by Zoom

#### If you want to watch the livestream of the service, please visit:

https://boxcast.tv/channel/mtifpth0utvesjqgjyej

If you missed a service or want to watch a service again, the link above also allows access to prior services. Click on the play button on the video of the "broadcast date" you are interested in watching.

### **Special Events / Opportunities**

# DON'T MISS THE NEXT SHARING CAFE SUNDAY, NOVEMBER 6<sup>th</sup>

11:15 to 12:30

We will again gather in small groups to consider a new question or two on Sunday, November 6<sup>th</sup> immediately after our church service. Coffee and treats will be available.

For those attending our service on Box Cast, there will be a Sharing Café session hosted in the Church's Zoom Room at 11:15.

We are so looking forward to seeing you there and to this opportunity for sharing.

### **Post-Election Sharing Circle**

#### with Reverend Christina Sillari

A time to process our thoughts and feelings about Election Day, for listening with the heart, for sharing our hopes and fears. All are welcome!

Thurs. November 9<sup>th</sup>: In person in the sanctuary 12:00 PM

Thurs. November 9<sup>th</sup>: On Zoom 5:00 PM

Post Election Sharing Zoom Link

#### **Calling All Leaders!**

# \*\*SAVE THE DATE \*\* Leadership Council Meeting

# After worship on Sunday November 20<sup>th</sup> With Reverend Christina

All are welcome!



#### ANNUAL LEAF RAKING

Please help with annual raking on Friday November 11<sup>th</sup> from 9-noon with Building and Grounds. We'd like to clean up the grounds prior to MUUSAN's celebration on Saturday. Bring gloves and rakes if you have them. We will rake onto tarps and dump into the compost bin so there is no bagging, and it goes quickly.

If we get enough people, we are done in less than two hours. Saturday the 12<sup>th</sup> is rain date. Please RSVP Marilyn Dunn at maine2007@hotmail.com.

#### **Goddess/Earth Circles Events**

November 10, 7:30-8:30pm Women of Wisdom ZOOM gathering based on the session October 30. All are welcome.

November 27, 1-2:30pm in Fellowship Hall

Along with the theme of Gratitude, we hope to have the Women of Wisdom Books 2022 available for distribution. Contributions are due to Helen by November 16.

For more information on the programs, contact Helen Zidowecki.

See UUCC website: Church Life/Goddess: Meetings and Archives

Goddess/Earth Circles focuses on Goddess, women's lives and earth-based spirituality. All ages and genders welcome. Contact: Helen Zidowecki (582-5308, <a href="https://hzmre@hzmre.com">hzmre@hzmre.com</a>).

#### SAVE THE DATE



## Forgiveness Ceremony

Tuesday, December 6th

6:30 – 7:30 PM (almost full moon) In person at UUCC (hopefully outside)

## **Social Activities**

Our UU traditional all church

### **Harvest Dinner is B-A-C-K!!**

Join us FRIDAY, November 18, 2022 at 5:30 p.m.

Please bring your favorite dish to share. We will supply the turkey!

Always looking for helpers, please contact Cheryl Clukey – cherylclukey5@yahoo.com.

## WANTED - donations for the Annual Pie Sale at Longfellows, 81 Puddle-

dock Road in Manchester. Please bring your yummies to the UUCC on Friday, Nov. 18, no later than 4 p.m.so that we can box them and take them to the sale. You can also bring your donation directly to Longfellows no later than 9 a.m. on Saturday, November 19th. \*\*\*Credit, cash checks ok for donations to buy pies if you prefer. \*\*\*

Any leftover pies will be sold on Sunday during Fellowship Hour, Nov. 20.

THANK YOU! Pie Fundraising Committee (Karen Foust, Catherine Palmer and Kathy Ann Shaw)



Come shop for greenery, homemade crafts and edible goodies at the  $\underline{UUCC}$ 

## Holiday Boutique craft

<u>Sale</u> on December 4th after the Music Sunday service. Come celebrate our community talents and purchase gifts or items for yourself - we will be open until 2 pm so invite your friends!!

# Wreaths, wreaths and

more wreaths! Customize your wreaths with ribbons, ornaments and lights or swags with your choice of ribbons. Pre-order forms are available in the Fellowship Hall. Visit Link to Wreath Form for the wreath options available. After reviewing the options, send an email to Karen F with your order specifics. Wreaths and swags will be delivered and available on December 4th.

Would you be able to help with the Holiday Boutique Craft Sale or do have items to donate? If you would like to help making bows or swags, we are looking for a couple of volunteers. Please contact Karen Foust if you can help -- 441-8971 or email at <a href="mailto:karmafoust@gmail.com">karmafoust@gmail.com</a>

### **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/

Some events are still being held in the UUCC Zoom Room.

### Click here to join Events in the Zoom Room:

For other ways to join Zoom, see General Information



**Zoom meeting id: 823 807 0673 – Password: 6971** 

<u>Monday</u>
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Each week

6:30 - 8:00

<u>p.m.</u>

Please note: location changes weekly

### **Peaceful Heart Sangha**

You may join us at 6:15 to settle in. NEW SCHEDULE for SANGHA Monday meetings is as follows.

-- IN-PERSON in the UUCC Sanctuary – 1st - 3rd & 5th Mondays

--BY Private ZOOM – 2<sup>nd</sup> and 4<sup>th</sup> Mondays

Please contact Marty Soule for updated Zoom login information at: email: martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com

Sangha gatherings are free and open to all

# Wednes-

days Each Week

6:00-7:30p.m.

## **UUCC Choir Rehearsal**

The UUCC choir is always looking for new members, the more the merrier! All levels welcome, reading music is NOT required. Come and share your voice with our UUCC community.

Rehearsals are currently on Wednesdays from 6:00 to 7:30 p.m. in the Sanctuary of the Church Rehearsals are usually held from late August through the first Wednesday in June. There is usually a short break for the holidays (after Thanksgiving through December 31st).

All are welcome, join us!

Questions: please contact Bridget Convey at: musicdirector@augustauu.org

## Wednesdays

Each Week

<u>5:00 – 6:00</u> 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:<u>30 a.m. -</u> Noon

2<sup>nd</sup> Wed - C-FH 4th Wed. - Zoom

## **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. On the 2<sup>nd</sup> Wednesday monthly we will meet in the Fellowship Hall and on the 4<sup>th</sup> Wednesday, we will meet in the UUCC Zoom room.

FMI: please contact Diane (dmoongrove@gmail.com or 446-6162) or Stefanie (stefbarley@gmail.com or 629-8890)



YOGA

#### **Thursdays**

Each Week

### **Peaceful Heart Sangha**

You may join us by Zoom at 7:45 a.m. to settle in. Meet from 8-9:30

8:00 – 9:30 a.m.

-- IN-PERSON at the River Studio, 332 Water St. Hallowell

1<sup>st</sup> - 3<sup>rd</sup> & 5<sup>th</sup> Mondays

--BY Private ZOOM – 2<sup>nd</sup> and 4<sup>th</sup> Mondays



Please contact Marty Soule for updated login information at martysoule@gmail.com. FMI: peacefulheartsangha@gmail.com

Sangha gatherings are free and open to all.

Writing to Wake the Soul

## 2nd & 4<sup>th</sup> **Thursday**

In the UUCC 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.

Zoom room

Come and try it out; there is no obligation to come each time we gather. This group will be meeting in the UUCC Zoom Room.

<u>9:00 – 10:30</u> a.m.

FMI: please contact Debbie at (207)557-2697 or debbiemattson@hotmail.com

# 1<sup>st</sup>

## Noon-1:30

p.m. Next **Meeting** is

Nov. 3rd

**Thursday** 

## Read, Learn, Share

READ SHARE LEARN meets on THURSDAY NOVEMBER 3 at noon in the UUCC ZOOM ROOM. Anyone who interested in discussing this month's book is welcome to join us. We will end at 1:30.



"Susan Orlean delivers a mesmerizing and uniquely compelling book that manages to tell the broader story of libraries and librarians in a way that has never been done before" Goodreads

For more information, contact Kathy Kellison at kell6787@gmail.com or June Zellers at jzellers@roadrunner.com

PLEASE NOTE: We will be discussing how we will respond to the change in the church's Covid-19 policy.

Our title for December 1 is The Lowering Days by Gregory Brown

# **Friday**

Sanctuary

## **Free Style Drum Circle**

The Augusta Community Drum Circle is a free style drum circle welcoming people of all ages, walks of life, and abilities. Free style means no one is assigned 'pieces' to play. Just play! Or don't play! Just come watch, sing, dance, or bring your own instruments. No one cares if you've never played before or if you make a mistake. As long as you are having fun you can't get it wrong! ALL are welcome. Event is FREE, No RSVP, just come!

Next Meeting is Nov. 24 The Drum Circle meets the fourth Friday of each month at 6:30 pm in the Sanctuary. For more information you can contact Mike Moody at <a href="mtmoods@gmail.com">mtmoods@gmail.com</a> or 229-1118.

#### **Saturday**

#### **UUCC** Occasional Orchestra

Come and share your musical talents with our UUCC community.

Rehearsals are typically the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month from 9:30 – 11:00 a.m. However, there are a few additional rehearsals schedule to help us get ready for Music Sunday on Sun. Dec. 4<sup>th</sup> (see the schedule below for all the practices scheduled to date).

All are welcome, please join us!

Questions: please contact Dale McCormick at: dmmcormick11@aol.com.

3 NOV 2022, THU	• 5:30 – 7pm	UUCCOO Rehearsal (C-Sanct)
5 NOV 2022, SAT	9:30 – 11am	UUCCOO Rehearsal (C-Sanct)
19 NOV 2022, SAT	9:30 – 11am	UUCCOO Rehearsal (C-Sanct)
3 DEC 2022, SAT	9:30 – 11am	UUCCOO Rehearsal (C-Sanct)
17 DEC 2022, SAT	8:30 – 10:30am	UUCCOO Rehearsal (C-Sanct)

## 4<sup>th</sup> Sunday

1-2:30 p.m. In-Person

Next Meeting is Nov. 27

#### **Goddess / Earth Circles**

November 27, 1-2:30pm in Fellowship Hall

Along with the theme of Gratitude, we hope to have the Women of Wisdom Books 2022 available for distribution. Contributions are due to Helen by November 16.

See UUCC website: Church Life/Goddess: Meetings and Archives

Goddess/Earth Circles focuses on Goddess, women's lives and earth-based spirituality. All ages and genders welcome. Contact: Helen Zidowecki (582-5308, <a href="https://hzmre@hzmre.com">hzmre@hzmre.com</a>).

## Notices / Updates / News

## Welcome to our newest Member, Edward Democracy.



My name is Ed Democracy. (pronouns he/him) I am proud to be a new member of the Augusta UU Community Church. I have also joined MUUSAN & the Social Justice Committee. I live on Florence Street in Augusta and work at the Maine State Archives.

I am the proud father of a brand new voter! My daughter Sophia Democracy, also an Augusta resident, is recently eligible and will be voting for the very first time this year! I am very, very proud of her for many other things as well, but, most of all for what an independent, kind and smart human being she is.

I was born in Biddeford and grew up in Eliot, Maine. In 1983, I moved to Portland to attend the University of Southern Maine where I earned a BA in Philosophy and began my 40 years of community organizing. In summary, I am a human being, father, neighbor, citizen, union member, democracy practitioner, permaculture practitioner, social systems philosopher, community organizer, writer, cooperative entrepreneur, future farmer, sailor, and a US Navy veteran for peace through **strength** of *humanity*, by *humanity*, and for *humanity*.

Ed – we are so glad to have you in our community!! WELCOME!!!

### SHARE THE PLATE

Each month, the Sunday morning offering is given to an organization that has been selected by our Social Justice Committee. The UUCC has given our Share the Plate contributions to the following organizations so far this programming year:

July	Maine Family Planning	\$208.60
August	Capital Area New Mainers Project	\$167.00
September	Augusta Food Bank	\$273.00
October	Family Violence Project	\$226.00

\*\*\*\* Your generosity is appreciated.\*\*\*\*

#### UPDATED Fall E-blast & Office Hours

• E-blasts will be produced on the 1st and 3rd Wednesdays of each month. The upcoming schedule is:

E-Blast (11/2) NO E-Blast (11/9) E-Blast (11/16) NO E-Blast (11/23 or 11/30) E-Blast (12/7) NO E-Blast (12/14) E-Blast (12/21) NO E-Blast (12/28)

Open office hours will remain in effect into the fall

Office Hours will be Tues, Wed and Thurs from 8:00 a.m. to 2:00 p.m. There will be NO office hours on Friday. I will spend the day working on tech updates solely. The office will be closed between Christmas and New Year's Day (reopens Tues. Jan. 3, 2023).

#### **Board of Trustees**

#### The UUCC Board of Trustees met on October 13, 2022.

#### At the October 13 meeting the Board:

Updated the church's Covid 19 policies (See the note form the president elsewhere in this eblast).

Heard a report for the president on progress toward goals set at the Board retreat

Heard a report from the group who attended at workshop title (See article elsewhere in this eblast.

Board meetings are open to ALL. If you have an item that you would like the Board to consider, please contact Michaelatloisel@gmail.com

Next Board meeting: November 10, 2022

**Board Meeting minutes are** available from the UUCC website (www.augustauu.org). at the following link

https://www.augustauu.org/minister-staff-and-church-life/church-governance/board-of-trustees

#### Important update from the Board of Trustees: Recent changes to Covid safety measures

Recently, two Listening Sessions were held so that we could hear from the Congregation their views about the various Covid safety measures in place - approximately 32 people provided input.

After considering these views as well as recent advisory information from the Covid Advisory Team and the lack of an effective ventilation system for the church, the Board decided to ease current safety measures in the following ways:

#### The Board voted to allow:

- 1. Small Group Ministries, committee and Board meetings, Seasoned Souls, and all other groups using our facilities are empowered to individually decide on masking, eating and drinking during their meetings, if all the involved participants agree and feel safe.
- 2. In the Sanctuary, hallways and rest rooms, masking will continue.
- 3. Singing will resume in the Sanctuary during church services if congregants who sing wear K-95 or N-95 masks. We ask that congregants bring the required masks (there will be some available, if needed)
- 4. Coffee Hour will resume unmasked in the Fellowship Hall, provided masks are required in the Sanctuary, in the hallways and restrooms.
- 5. Elder Lunch and other church dinners, such as the Harvest Dinner will resume in the Fellowship Hall for the Congregation, their families and friends.

I remind you that the Board recently purchased 10 Hepa Filter Air Purifiers for the Sanctuary and Fellowship Hall to reduce the risk of covid transmission as we close doors and windows due to our cold weather. These measures remain in place unless circumstances suggest that we reevaluate and reconsider.

Please feel free to address any concerns with the Board of Trustees:

Michaela Loisel, President Vice-President Susan Burnett. Treasurer Nancy Fritz, Harry Grimmnitz, Finance Chair Catherine Palmer, Clerk Members -At-Large: Terry Cairn Hal Booth

Past President: Kathy Ann Shaw

## **General Information**

#### Worship Services are now being held IN-PERSON Events may still be held virtually in the **UUCC ZOOM ROOM**

#### Other ways to UUCC 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.

UUCC 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	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 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 the Church Administrator at 207-622-3232 or admin@augustauu.org.

### **UUCC Office Hours – NEXT WEEK**

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

Office Hours:

Tues, Wed and Thurs -8:00 a.m. -2:00 p.m.

Rev. Christina Sillari

Office Hours on Wednesday and Thursday Call or email to set up an appointment

minister@augustauu.org (207) 807-9232

#### **Staff Contact information:**

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

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

Music Director, Bridget Convey, musicdirector@augustauu.org