



The Flaming Chalice

The newsletter of The Unitarian Universalist Community Church
69 Winthrop Street ~ PO Box 8 ~ Augusta, ME 04332-0008

July 2015



July



July 5 Hymn Sing Service Martha Naber, Worship Leader

What hymn do you like to sing? We come to church each Sunday bringing our voices as an instrument. This service will give you an opportunity to choose what hymn you would like to have the congregation sing. If you are willing, please share with us why you chose this hymn. We will get to know a bit about you this way!

July 12th Coming Home Erica Rose Long

Home is a place where we feel safe and loved. In our lifetime there may be many places we call home. This Sunday, we will explore how some of these places become sacred to us as we find ourselves circling back to them throughout the many phases of our lives.

Erica Rose Long is a third year master of divinity student at Harvard Divinity School and an aspirant for Unitarian Universalist fellowshiped ministry. Erica, who participated in the religious education program at UUCC until she was nine years old, is now the children's religious education assistant at Arlington Street Church in Boston, MA. This summer, she is working as a student chaplain in the outpatient oncology unit of Massachusetts General Hospital.

July 19th TBA

July 26th TBA

UUCC/St. Mark's Suppers...

Thank you so much to the volunteers who helped at the supper and to the bakers of fine desserts for the supper on June 6th. We served spaghetti sauce with less meat than has traditionally been used and more healthy veggies, including carrots, peas and lots of onions. There was salad, bread and lots of tasty desserts.

Volunteers: Liz Johnson, Co-leader, Corinna Johnson, Cheryl Abruzzese, Phyllis Clark, and Sarah Chapin.

Bakers: Martha Bentley, Jim and Helen McKendry, Nancee Campbell and I've forgotten someone... thank you bakers! Sue Carey of St. Matthews in Hallowell got her congregation to make desserts as well. We had enough left over for Sunday fellowship hour at more than one church, including ours!!

Dan Stevens, Co-leader of Prince of Peace (formerly of St. Mark's) is still leading/cooking etc. with me -- Thank Goodness! Three former leaders from St. Mark's have now moved on.

Monique McAuliffe from UUCC has taught a generation of youth to give their time, skills and attention to this worthy cause! Ida Marie Gammon and Cheryl Clukey were unable to help at this last supper, but are Rocks of Gibraltar. They have worked so hard and for many years. They were volunteering on their own before I got involved.

The next supper will be held not on the first Saturday of July (the 4th), but on Saturday July 18th. We did not want to disrupt the 4th for family time and did want to hold the supper when Addie's attic and the Essentials pantry are open.

The future of the Outreach Center (the former St. Mark's building) which houses the kitchen and hall where we serve the public suppers, as well as the Augusta Food Bank, Addie's Attic (free clothes closet) and the Essentials Pantry (free toiletries, laundry soap, diapers, etc.) is unclear. It may not be available for much longer, so the future of the suppers will be determined when a decision is made.

Jenny McKendry:

Chief Cook-in-training and bottle washer

Krista Zidowecki

Celebration of Life

The Zidowecki family appreciates the support and comfort from the UUCC community for us and for each other. UUCC was an important part of Krista's life growing up and as she returned to the area several years ago.

Her Celebration of Life will be Friday, July 10th at 2:00 p.m. at the Church. Because of Krista's appreciation of preparing food, we are inviting people to bring favorite finger foods to share at the reception in the Fellowship Hall.

-Helen Zidowecki

Did I have to ask?

There are moments and situations that I'm so proud to be a Unitarian Universalist that I could just bust! Many of them have happened this summer and in this congregation. For example, as a caring community, we don't have to ask to gather round a beloved member when tragedy strikes and we need to share our sorrow and our favorite covered dish. We don't have to ask permission to share our opinion at a democratically convened meeting, and others don't have to ask to share their opposing opinion. We don't have to ask when we spontaneously gather to support a justice effort, like Rev. Carie did when she organized the march to support the Occupy Augusta individuals camping across from the Capital.

I work at the hospital with a terrific minister from Skowhegan, and we often talked about how much we wanted the high school to get rid of the "Indian" name for the sport teams. He was as adamant as I was, and he has children who go to that school. When the public from the town was going to be allowed to testify, I called him to support what he was surely going to say. You can imagine my surprise when he said he couldn't testify -- too many people in his congregation were against the name change it would cause a real congregational split. Certainly people were allowed to have their own opinion, but leave the church because they disagreed with the personal view of the minister on a community issue? I just didn't understand... "Of course you don't understand", he said. "You're a Unitarian Universalist." He's right. Even if I were the minister and I had congregants who wanted to retain the "Indian" traditional name, I can't imagine they'd leave the church because I testified against the name.

And with the horror that occurred in the A.M.E. Church in Charleston, S.C. last week, we don't have to ask to join in solidarity with the grief expressed around the world. Last Sunday at 10:00 a.m. bells tolled in churches across this nation, and if we had a bell we would have rung ours too. This Sunday Annie Nessen Voorhees will offer a brief tribute to the lives lost in Charleston at the beginning of our worship service on "The Four Agreements". The irony is that the reliability of the four agreements provides the integrity to our values so that, when we do our justice work, we never have to ask.

"He has told you, O mortal, what is good:
And what does the Lord require of you
but to do justice,
and to love kindness,
and to walk humbly with your God?"

Nancee Campbell, just thinkin'

Peaceful Heart Sangha...



~ Peaceful Heart Sangha Retreat 2015 ~

What a beautiful June morning with warm sunshine and a gentle breeze. How incredibly lucky we all are to be alive at this moment.

During our "Continuing Joyfully Together" retreat at Nurture Through Nature June 5 – 7, Brother Phap Tree shared another way to see our Mindfulness practice - as **Heart-Full-ness** - and that was definitely what we practiced together. We learned many new meditation practices, had open and helpful Dharma talks and times of sharing, created and shared delicious meals, stacked wood and cleared brush, and recognized our dear sister, Dawn Habash, (who was lost in the earthquake in Nepal) in several ways including hanging prayer flags from Nepal in a tree at NTN. **It is possible that one or both of Dawn's adult children might join us for sangha June 15 or 22.** If they join us, we will have some time during sangha to "water her flowers", sharing our gratitude for Dawn and her generous life (just as we practiced with her before she left for India & Nepal last fall).

On June 8 many of us attended the thought provoking movie "I Am" as a sangha. The next day some of us attended Sharon Salzberg's talks at the Nevola Symposium on Mindfulness, Concentration, and Loving-Kindness. We had a table about our practice and sanghas in Maine. Maybe we will have some newcomers coming to learn about what our practice offers... **Let's all make a practice of reaching out and welcoming anyone who comes to join us.**

The UU Church where we sit is going through financial challenges. They recently requested that church based groups donate financially or with service to support the church. Our treasurer, Lynn

Sangha continued...

Deeves, totaled our donations to UUCC this past year (\$1273.45) and I shared that with the president of the Board of Trustees. **Ours was the largest donation of any group at the church and may be used as an example of how to give back to the church. Thank you sangha!**

More wonderful opportunities coming up for us all:

Saturday, June 27, 9:30 - 2 - **Recitation of the 14 Mindfulness Trainings** at UUCC by the Maine Order of Interbeing - a more formal ceremony followed by a pot luck lunch and sharing from Maine sanghas in the Plum Village tradition (Thich Nhat Hanh's tradition) - all are welcome

Sangha Picnic Invitation from Full Moon Sangha in Farmington (picnic at [842 Industry Road](#), New Sharon). We are having a Sangha picnic at our house on July 11th with a rain date of July 18th. This will be a pot luck. If it rains both Saturday's we will plan a new date in early August. We would like anyone who would like to come. Bring a dish to share, your cup/glass and napkin. If you have folding chairs please bring those...we have some, or a blanket to lay on the grass. If you have a lawn game you like to play bring those along too! Anyone want to car pool?

May you and all beings be healthy and happy, fearless and at peace,

Marty Soule
Chân Quang Đô

Seasoned Souls

Seasoned Souls is a group intended specifically for church members and friends aged 65 and older. We USUALLY gather on the 1st and 3rd Wednesday of the month from 10:30 a.m. – noon to address the various issues associated with aging. However, because of the holiday in July, we will be meeting on **July 8th and on July 22nd**. We will be meeting both days in Fellowship Hall.

Goddess Continuing/ Earth Circles...

We will have "Connection" gatherings throughout the summer. We have found it helpful to meet informally, usually around the picnic table in the yard, for check-in. We bring our own lunch and bring things to share. These are scheduled for:

June 21 (after the Summer Solstice Service),
July 26, August 23 (Lammas or Candlemas)

The Women of Wisdom (WOW) We live our wisdom every day, all ages, all genders. Consider who you call wise. Consider your own wisdom and join us for the wisdom conversations. Please join us for the early fall events:

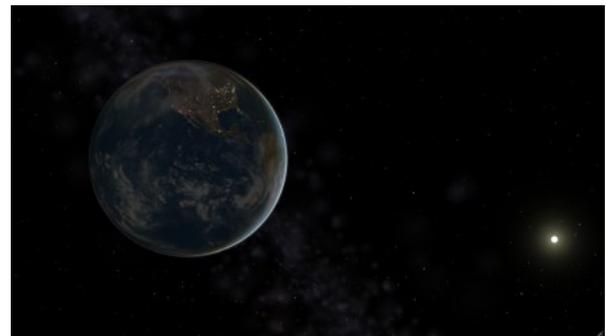
September 27: *Wisdom Through Our Lives.* What wisdom do we gain with the experiences during the decades of our lives? How does that influence who we are now?

We would like to have women and men of all ages join is, including youth. This can be held with a diverse group, or some time with same gender or age groups. Look for more information in the August newsletter.

October 25: *Women of Wisdom Celebration.* Our last ceremony was October 2102. This comes from the tradition of croning, or honoring wise women.

Reflect on these questions: How do you acknowledge your own wisdom? How do you share your wisdom? Then join the celebration yourself and/or talk with women about participating in these events.

For more information, contact Helen Zidowecki (582-5308) hzmre@hzmre.com)



**Awakening to the Joy of Life in the Present Moment
A Mindfulness Retreat for Adults and Families on Beautiful
Featherfoot Farm in Aurora, Maine**



The Morning Sun Community joins us for an All Ages Family Retreat featuring mindfulness practice and activities for individuals and families in the Plum Village tradition. In this peaceful setting we will train in the art of letting go of worries, settle into our True Selves, and enjoy the beauty of life together. In mindfulness, we will harvest and cook meals from the garden, enjoy fresh herbal teas together, care for farm animals, hike, swim and boat on the pond in the company of loons.

Through the deep nourishment of Dharma talks, discussions, daily sitting, walking and working meditations, we will experience mindfulness, while developing our presence and understanding of our bodies, our feelings, our thinking, and life unfolding around us. There will be a farm based children's program that will include, as well as everything mentioned above, a chance to ride horses!

Teachings will be offered by Dharma teacher Michael Ciborski. Michael has been practicing in the tradition of Thich Nhat Hanh for more than 20 years, including a period of 7 years as a Buddhist monastic in Plum Village. The retreat is being organized with great joy by Emily Lowell and Dan DeLuca, and their children, on their farm.

Most of us will be camping and limited indoor accommodations are available. Healthy vegetarian meals will be served. Retreat Costs: Meals - \$80, Program fee - \$90, Children (age 5 and up) - \$80 per child (includes meals and program fee, children 4 and under are free yet require parent supervision at all times) Tenting - \$20 per tent site.

To register please visit: www.morningsuncommunity.org/events/
For more information: Emily Lowell [\(207\) 479-4484](tel:2074794484), emilyalowell@yahoo.com

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Newsletter Submissions

Please submit all articles as an attachment in a Word document using Arial font size 11. Don't forget to give it a title and sign it, and send it as an email newsletter@augustauu.org with the article as an attachment. Photos of church activities welcome!

Deadline: July 20.

Minister: Rev. Carie Johnsen

President: Gary Chapin

Sunday Morning RE Coordinator: Nicole Danielson
Youth Advisor: Monique McAuliffe

Administrator: Lynn Smith
admin@augustauu.org

UU Office hours:
Monday, Tuesday, Thursday 9am-3pm
Wednesday noon-6pm

Choir Director: Bridget Convey
Choir Practice Wednesday 6-8pm
Small Group Ministry Coordinator: Kathy Kellison
Office: (207) 622-3232

Rev. Carie's office hours:

Monday 11:00 - 5:00
Tuesday Writing Day
Wednesday 2:00 - 6:00
Friday Sabbatical - Day off & by appointment