SUNDAY SERVICES

February 7th  “We Are Upstanders“  Rev. Carie Johnsen

We gather to celebrate the call to live our Unitarian Universalist values and principles in a joyful and aching universe.

February 14th  “The Invitation”  Rev. Carie Johnsen

More than sixteen years later, the words of Oriah Mountain Dreamer continue to call us to live more deeply, passionately and honestly.

February 21st  “Black Lives Matter”  Rev. Carie Johnsen

Black Lives Matters is not a moment but a movement. This service engages the national conversation broadening to include all the ways Black people are intentionally left powerless at the hands of the state. See the section “Uniting for Racial Justice” to explore ways you can help shape this important dialogue.

February 28th  “The Four Agreements“  Helen Pere

Be impeccable with your word. Don’t take anything personally. Don’t make assumptions. Always do your best.
A Faith Journey…

I write this article on the heels of the MLK Speaker Breakfast in Winthrop. This fabulous event drew over 80 people from across Kennebec County for conversations on Immigration. Jews, Muslims, Christians, Quakers, Buddhists, Pagans, Unitarian Universalists all committed to creating a community that cares about the strangers among us. A gathering of people of faith each striving to nurture relationships with the newest Mainers. Over twenty people from UUCC attended and engaged in thoughtful discussions around the pressing needs of immigrants in Maine.

This breakfast is just one of many recent events (Thanksgiving Service, Refugee Vigil, Lighting the Way in Augusta, Ringing in the New Year) that have sparked new and exciting cross cultural and interfaith connections. While the Winthrop Area Ministerial Association (WAMA) and Capital Area Multi-faith Association (CAMA) have existed in central Maine since my arrival, there is new enthusiasm and new energy emerging from the religious leaders. Equally, the people in the pews are showing up in large numbers with grand expressions of love in their search for truth, equality and justice.

As one participant left the breakfast, he paused to say good-by, then added, “I love it when my Priest (Father Frank Morin) and my Reverend are in the same room.” A bit later another member took a minute to say, “I love it when my Rabbi (Erica Asch) and my Reverend are in the same room.” Father Frank, Rabbi Erica and I remarked on our way out of the event, “This is just as it should be.”

It seems the timing is perfect for UUCC to turn to their new theme: To Be An Upstander. As we reflect on what it means to live our Unitarian Universalist values and principles in the world, my mind lingers on all the good works, individually and collectively, of the members and friends of this community.

This past Sunday morning, we listened to Charlie Caldwell, Richard Fisher and Jani Clark tells their stories of resistance. Each story offered was a unique expression of Unitarian Universalism. Each story a brilliant example of an Upstander. As I looked out into the pews, I thought of all the people who have, at one time or another, gathered on this corner to better understand, affirm and live their Unitarian Universalist values and principles. I thought about the thousands, no millions, no countless words and deeds offered in kindness, compassion, faith, hope, peace, and love.

Unitarian Universalist Community Church is the faith home to several hundred people in central Maine. Unitarian Universalism is the religious foundation on which each of us stands. Every day the lived expressions of this faith move beyond the corner of Winthrop and Summer Streets, beyond our little steeple, beyond our banners and beyond Sunday morning. Each of us carries our UU values in our hearts and our minds and our bodies and our souls. We live them, breath them, share them, wrestle with them, affirm them, and proclaim them. Each of us finds a multitude of occasions to demonstrate our own distinctive expressions of Unitarian Universalism. We are the face of Unitarian Universalism!

On February 7th UUCC Stewardship Sunday embarks on a grand new adventure. This year, we will begin at home, on the corner of Winthrop and Summer, where we will celebrate our Unitarian Universalist values and principles that call us to live our faith in the world. Then we will head out the door, go down the street, and around a few corners to the Buker Center, where we will partnership with Family Violence Project to share our values of peace and harmony with people of all ages.

Unitarian Universalism is an extraordinary and unique faith. It is a proclamation of the inherent worth and dignity of all of humanity. It is a call for acceptance and diversity. It is an ever-evolving search for truth and striving for justice. It is a call for Love in Action. It is a reverence for the interdependent web of all existence of which we are a part. It is a call to care for all of creation. Unitarian Universalism teaches our hearts to hope and our hands to serve.

Being an Upstander means teaching other hearts to hope!!

May we, the people of UUCC, serve them well!

In faith of all that we are, and all that we strive to be in this joyful and aching universe,

Rev. Carie
February is just around the corner, which means my mind is beginning to turn to the next theme:

Be An Upstander!

What is an UPSTANDER, you ask? It is a person who takes action in words, deeds and knowledge to create a more peaceful, compassionate, caring, equitable and just community. It is little acts of kindness that shift the moment and brightens someone’s day. It is sitting with listening presence to a person in pain or suffering. It is grand gestures that awaken people and transform lives. It is answering a call to action.

This morning at our Sunday Service I listened to Charlie Caldwell, Richard Fisher and Jani Clark tell their stories of resistance. I looked out into the pews and thought of all the people who have, at one time or another, gathered in this space to affirm and live their Unitarian Universalist values and principles. I thought about the thousands of UPSTANDER stories waiting to be told. No doubt each of us has found a multitude of occasions to demonstrate our own unique expressions of Unitarian Universalism in the wider world.

This morning, Charlie called us to bring greater understanding to the people. Richard called us to befriend resistance. Jani called us to make big impacts through small action.

I invite you to consider how you have engaged your Unitarian Universalist values and principles in the world. How have your principles informed your thoughts, words and deeds?

Tell me your story. The Sunday services, the monthly newsletter, the Soul Matter packet, the Stewardship campaign are just a few venues where we want to share the stories of our people stepping up to create communities and circles of people who care for each other.

What is your story? See if you can capture your story in 50 words or 100 words but no more than 250 words. Send it to me this week.

For those members and friends who are traveling or life has pulled you away from the regular rhythms of congregational life, this is your opportunity to still be a part of shaping how we understand our Unitarian Universalist principles and values.

I hope many of you will engage this act of articulating one way in which you Live Your Unitarian Universalist Principles (LOUUP) in the world. Tell me your story; there is a congregation ready to listen.

Carie
“I want to be the force which is truly for good,” said John Coltrane.

That’s what I want to be. What I want us to be.

On February 7, as you may already have heard, we’re launching our Annual Stewardship Campaign with an event being held at the Buker School. We’re partnering with the Family Violence Project for an afternoon of some food and some fun, and a good amount of focus on family violence and the healthy relationships that can prevent it. You will find more information about that event in this newsletter. My point is not so much to talk about that event – which we should ALL attend – but to talk about how it continues the movement of our church into the community.

We are moving off the corner of Summer and Winthrop Streets. We are preaching – through our actions – beyond the choir.

You may have heard, on New Year’s Eve the UUCC hosted an interfaith gathering, bringing together Augusta Jews, Muslims, Quakers, and Congregationalists (Yes, even the Congregationalists!) to share in food, fellowship, and, unexpectedly, photography. (Shout out to Dale!)

You may have heard of the gathering of protesters, headed by our minister, in front of the Blaine House. Or the gathering of one hundred interfaith souls on the Augusta bridge with candles, lighting up Augusta in the name of religious toleration and peace. (Shout out to Carie!)

You may know about our work with St. Marks, providing meals for those who need it. We partner with other churches in the area for that, and are looking to increase our involvement. (Shout out to many!!!)

Our Peace Jam youth, for example, brought meals to an elder home in Leeds in December. We prepared the meal in the St. Marks kitchen. The stuffed shells were pretty amazing. The kids sang, too. (Shout out to Monique!)

You may have heard of the same Peace Jam Youth planning a trip to Guatemala (summer of 2017). They, along with other Mid-Maine UU kids, will be working with catastrophically poor families who make their living scavenging in the trash heaps of the city’s vast, vast dumps.

You may have heard – I only just did – that the choir is forming an off shoot group, a Hospice Choir. This group will sing for those who are in need of hospice care, comfort, and song. (Shout out to Susan!)

You may have heard, well … there is so much. Do you know about MUUSAN? Do you know about the developing RE service curriculum? There is so much going on that is good.

And, again, on February 7th, the UUCC will be at the Buker School, working side by side with the Family Violence Project, to educate, provide comfort, information and, yeah, some fun, too. The Buker event will be the launch of our Stewardship pledge season, and you’ll hear more about that from other folks. I mention it because while stewardship of the church does mean supporting our buildings and programs. It also means supporting our mission – and our mission takes us beyond the choir, beyond our walls, and off the corner of Summer and Winthrop.

This work is exactly what we – the congregation – said was necessary for our church to be a vibrant, intergenerational, force for good in our community. We’ve said it in our various vision and mission statements. We said it in the Leap of Faith work last year. We said it in our Leadership retreat just this past September. And we say it every Sunday, in our sermons, songs and conversations. I say this because so often we feel as if a lot of talking happens, and not much doing. There’s a lot of doing.

I am proud of this Church. We are a Force for Good.

Thanks. Gary Chapin
As we enter into election season, the Committee on Ministry and UUCC Board thought it might be helpful to offer some clarification on how we as a church and all of us as church members can most respectfully articulate our beliefs and feelings about various campaigns and election issues. It is against our policy and violates our non-profit status for UUCC to advocate for a specific candidate. The church does advocate for and support policies that reflect our principles. We also support policies identified by the UUA as being consistent with our beliefs. Even if we feel specific candidates best exemplify those beliefs, we cannot advocate for them. In this manner we advocated for Marriage Equality while not explicitly supporting the candidate who supports it, or support economic justice without supporting Bernie Sanders or Donald Trump.

The identification of particular candidates can also create a potential for adversarial arguments, rather than owning and expressing of one’s feelings. Talking during one’s Joys or Sorrows about the success or demise of a political candidate may seem justified, but it is not appropriate in our worship service. Speaking about how the impact of some policies directly affects you can be appropriate. The line between those may seem arbitrary, but it is necessary.

In no circumstance should a person disavow the feelings of another, either in Joys and Sorrows or general congregational communication. Statements of one’s feelings are not an invitation to debate, simply an expression of how one feels. In the spirit of pursuing our values, it is important that we accept people of all beliefs, even if – especially if – we think they are wrong.

As parishioners and as a church we should not take a stand against a specific politician, but if that politician were in our congregation and behaving inappropriately, we could confront disrespectful or intolerant behavior as being against our principles. Let us all continue to reflect respectful behaviors of acceptance in church and personal interactions, maintaining a place of refreshing respite from the polarities of news, social media, and politics!

Jeff Jannell, Chair, Committee on Ministry
Gary Chapin, President, Board of Trustees

New Unitarian Universalist (new to UUCC) Class

February 15th, 29th and in Drew House
March 21st in Fellowship Hall, 5:30 – 7:30 p.m.

The New UU Class is an opportunity to get together with those who are new to this Faith, or those who are familiar with UU’ism and wish to re-focus. The beginnings of Unitarians and Universalist religions, their merge and how we see our work in the local community and wider world will be discussed, as well as how our principles guide us. Participants will share their religious journeys in a safe and supportive environment.

Sign up for the class with Lynn Smith at admin@augustauu.org or 622-3232.

Uniting For Racial Justice

As Unitarian Universalists we are called by our principles and history to close the gap between our values and our actions. This call to stay engage in racial justice requires of us a willingness to stay tuned in and informed; ready to take risks and make mistakes; and to be called out on our white privilege that we might do better.

Coffee and Conversations – BLACK LIVES MATTER

In Kennebec County less than 1% of the 122,000 people are black or African American. Across the nation the Black Lives Matter movement has expanded to include all Black people left powerless and deprived of their basic human rights and dignity. The February 21st worship service will engage the rallying call for ALL Black Lives striving for liberation. What is on your mind? What breaks your heart? What calls you to be engaged and to take action? What overwhelms your spirit? What immobilizes your otherwise engaged self? Where do you part company? You are invited to grab a cup of coffee and bring all these questions and more to one of these conversation times with Rev. Carie. Drop in at your leisure for 30 minutes or two hours or anything in between.

Monday, February 15th, 3:00 – 5:00 p.m.
Slates Bakery, Water Street, Hallowell
Tuesday, February 16th, 10:00 – 12:00 a.m.
Downtown Diner, Water Street, Augusta
Tuesday, February 16th, 5:00 – 7:00 p.m.
Barnes and Noble, Marketplace Drive, Augusta
**Small Group Ministry Outreach...**

Have you ever thought of joining a small group? Our church was one of the founding congregations that began using Small Group Ministry as a venue for spiritual growth and closer relationships between members. We currently have ten active groups with a combined membership of over sixty congregants.

Small Group Ministry encourages its members to learn more about Unitarian Universalist values and beliefs. It is also a fantastic way to get to know your fellow church family members. Topics discussed during the two hour sessions range from the humorous to the very thought provoking. Some groups meet at member's homes while others meet at the church. All groups begin by having a "check-in" followed by discussion of that week's topic. One thing is for sure, Small Group Ministry engages the heart and mind in deliberate reflection of various topics and how they relate to our traditions.

During a recent meeting of the Small Group Ministry leadership, we discussed how to improve visibility of our program. My hope is that by addressing you as you read this, I might interest you to join a Small Group. Our Small Group Ministry Coordinator, Luke Curtis, can help place you in a group where you too can share in this rich fellowship. Luke can be reached at lincoln1966@gmail.com or 207-468-2702.

**Fellowship Refreshments Needed.** The kitchen corner cupboard is full of crackers and rice cakes but we need some cookies. Dollar Tree is a very reasonable source for goodies—their fudge stripe cookies are a big hit with the kids and the ginger snaps are great as well. Dollar Tree often has shelf stable milk which is very handy to have in the cupboard. Of course, home baked goods, fruit, or baby carrots brought on any Sunday are always a welcome addition. Individually wrapped/labeled teas for the wooden tea caddy are needed as well.

**Coffee Hour Volunteers Needed.** Everyone enjoys coffee hour so please help. Take a turn making it happen by signing up on the bulletin board in the fellowship.

**The Power of One: Be an UPstander - Not a Bystander**

Maine is recognized as a great place to raise children, yet it is not immune to the issue of domestic violence. Violent and abusive behaviors of people directly reflect the violence that permeates the media and many of the homes in our community. The vision of the Family Violence Project is a community without violence....where people treat each other with respect.

In an effort to help create a safer, healthier and more peaceful community on Sunday, February 7th from 12:30 – 3:30 p.m. the Family Violence Project and the Unitarian Universalist Community Church are partnering to sponsor “The Power of One: Be an Upstander - Not a Bystander” event at the Buker Center. It is our hope to put into practice the values and beliefs we are living and be Upstanders in making a commitment to recognizing and speaking out against violence.

We want to start a community dialogue about what ALL of us can do in response to violence in the Augusta community. Based on prevention education programs offered by the Family Violence Project to students K-12 in area schools, there will be interactive workshops offered to children and their families that provide information and tools to respond to bullying behaviors and teen dating violence. We will also be holding workshops on Non-Violent Communication and Recognizing & Responding to Elder Abuse.

Everyone will be able to create an Upstander T-shirt to make a commitment to being one voice among many. Please invite others and spread the word about being a part of this exciting event.

Nan Bell, Community Educator
Family Violence Project
24/7 Confidential Helpline 1-890-877-7788
Peaceful Heart Sangha - Mindfulness Meditation
Mondays at UUCC 6:30 – 8 PM
Thursdays at River Studio, 332 River St, Hallowell 8 – 9:30 AM

Frequently Asked Questions:

Do we have to know anything about Buddhism to attend a gathering?
No. We may refer to Buddhist teachings, but the core of our practice is about bringing helpful practices into our lives to make our lives happier and to help others be happier too. It is not about studying "Buddhism."

Will we be asked to sit cross-legged on the floor or assume any other uncomfortable positions?
No. We are invited to sit in a manner that we find comfortable. Chairs, cushions, pads and benches are available. If you have your own preferred seating cushion or bench, please feel free to bring it. Our ideal is to maintain a posture that affords the maximum "alert relaxation" - comfortable enough to be relaxed and free of distracting discomfort, but not so lax as to invite sleepiness or dullness of mind while meditating.

Does meditation mean that I withdraw from the world?
No. A central core of our practice is to calm ourselves. We stop, get in touch with our breath and calm our bodies, rest, and relax. From that initial centering, our practice can grow with greater clarity. It can help us look more deeply at and deal with the obstacles that block our happiness. It can help us transform our suffering and the suffering of those around us and of the world. It can help us discover our ability to reach out and act in a more effective and helpful way in our lives and the world.
Our practice fits well with the UUCC Stewardship Campaign’s theme of being an Upstander!

Will we be asked for money?
We maintain the 2,600-year-old tradition that the teachings (the Dharma) are offered for free. If we want, we may offer "dana" (generosity), which is used to donate to the church, expand our sangha lending library, and to make monthly donations to the Thich Nhat Hahn Foundation.

Are there any rituals we are expected to perform?
~ Many of us remove our shoes upon entering the meditation space, as a sign of respect. However, we are welcome to wear shoes or slippers, if that is more comfortable.
~ When we share, we bow (or put a hand on our heart or give some other nonverbal indication that we are ready to speak, if bowing seems uncomfortable), in order to let the sangha (community) know when we would like to speak. The sangha members bow back, indicating that they are ready to listen.

If you have other questions or would like to arrange an introduction to meditation, please contact peacefulheartsangha@gmail.com or martysoule@gmail.com or call 685-9270.

FYI – There will be a 4 week “Introduction to Mindfulness Meditation” class at Marty Soule’s home in Readfield (Jan 20 – Feb 10, Wed 6:30 – 8 PM) through Maranacook Adult Ed. Register or let me know, if you would like to join us. martysoule@gmail.com
Photos for UUCC Photo Directory to be taken

March 18 and 19, 2016

The UUCC Membership Committee has arranged for a professional photographer to take photos of all members and friends to be included in a new UUCC Church Directory. We did a photo directory about 5 years ago and people found having names with photos helpful and interesting.

Each family who signs up receives a complimentary 8x10 photo, plus a free directory for participating. If you like, you have the option of purchasing additional portraits for yourself, family, or friends.

Stay tuned for how to sign up for a portrait session. Each session takes about an hour, and will be held here at the church.

You can make your portrait as creative and interesting as you wish. For instance:

- Bring meaningful items that express your individuality. Popular choices are: sports equipment, musical instruments, hobby items, special toys or books.
  
  (I intend to include my binoculars in my photo. Stef may bring her violin!).

- Invite grandparents or other family members or loved ones to join your portrait sitting -- even if they are not church members.

- Wear your special jewelry, hats, scarves, etc. You can mention to the photographer if you would like to have your jewelry or other accessories featured in your portrait.

- Bring your pet! (always photogenic!)

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<th>Friday, March 18, 2016</th>
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<td>2:00 pm to 9:00 pm</td>
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Goddess Continuing/

Join Goddess/Earth Circles on **Sunday, February 21, 2016 from 12:15 - 2:00pm** in the Fellowship Hall for snacks and program.

We will continue *Directions, Elements, and Stages of Our Lives* that we started in January, and move into Imbolc, which celebrates the movement from winter toward spring with Brigit, the young goddess.

The dates and topics for the year are found on the UUCC website (Church Life). Youth and adults, all genders, are welcome. For more information, contact Helen Zidowecki (582-5308, hzmre@hzmre.com)

The Power of One….

Mark February 7th on your calendars now! This is the day when you as an individual or you and your family can join UUCC and Family Violence Project at the Buker Community Center in Augusta and make a difference by showing up. The event is open to the public, so let your friends and co-workers know too. It runs from 12:30 to 3:30 and welcomes participants of all ages.

The afternoon program includes:

- Age-appropriate workshops (kindergarten to adult) with educational activities
- A time to create an UPSTANDER T-shirt to take home
- Opening and closing remarks

Workshop topics are:

- Respectful Communication
- Healthy Relationships
- Teen Dating
- Non-Violent Communication
- Elder Abuse

You can purchase a light lunch for $5 from the Open Café starting at 12:30.

This event will kick off the stewardship campaign. February 7th is also the Sunday we will distribute pledge packets to those attending services, followed by a mailing to others.

Your Stewardship Committee is offering this event as an opportunity for our church members to be engaged in the larger community. It is different from recent kick off events, which have taken place in or near the church and involved mostly our congregation. We hope that each one of us, by standing up and speaking out, will help empower children, adults, families and the community to respond to violence and help create safer, healthier, and more peaceful communities to live in. Let’s create some positive energy and a positive voice for change.

Open Book Discussion

You are cordially invited to join a discussion of Atul Gawande’s book *BEING MORTAL*. This powerful and moving book is about living to the end of your life with dignity and joy.

We will meet on Thursday, March 17th from 12:30 until 2:30 p.m. in Fellowship Hall. This is one of several scheduled book discussions. Anyone is welcome to attend any or all of the sessions. There is no need to register. We are hoping for a good turnout, so feel free to come!

FMI contact Kathy Kellison at kell6787@gmail.com (445-4415) or June Zellers at jzellers@roadrunner.com (582-5862).

The remaining books in our series are *The Dinner* by Herman Koch on April 28th and *Buddha’s Brain* by Rick Hanson on May 26th.
THE POWER OF ONE
BE AN UPstander—NOT A BYstander

February 7, 2016
12:30 – 3:30 p.m.
A Free Program Open to the Public
Buker Center, 22 Armory St., Augusta, Maine

One voice leads the way!
Standing up and speaking out to empower the children, their families, and our community to
respond to violence and help create safer, healthier, and more peaceful communities

This multigenerational event will offer interactive workshops and educational activities

Topics include:
• Bullying
• Teen Dating
• Non-Violent Communication
• Elder Abuse

Come, create your UPSTANDER T-shirt and make a commitment to being
“one voice among many!”

Café lunch available as a fundraiser for Mid-Maine Youth to
support their 2017 Safe Passage trip to Guatemala

Sponsored by
Family Violence Project
Unitarian Universalist Community Church

FMI Nan Bell, Community Educator Family Violence Project, 623-8637 #307 nanb@familyviolenceproject.org
Stephanie Ralph, 626-0779, steph.p.ralph@gmail.com

Poster design by Bruce Bierce
Seasoned Souls to Meet...

Seasoned Souls is a group intended specifically for church members and friends aged 65 and older. We are now meeting on the 2nd and 4th Wednesday of the month in Fellowship Hall between 10:30 a.m. and noon. In February, we will meet on 10th and 24th to address the various issues associated with aging. The meetings are open to all Seniors who wish to join this spirited group.

This I Believe...

I believe in the inherent worth and dignity of all people. I’ve been doctoring for 30 years, the last 23 years in the ER. I care for people whose ills span the entire spectrum of human conditions. I see people in their most vulnerable states; I bear witness to their noblest and most base conditions. I have people thank me, curse me and occasionally spit at me. Through it all, I continually recognize that I have the rare privilege of offering them the respect and dignity that we all crave and deserve. This church community supports me in keeping my values in perspective.

Harry Grimmnitiz

Display Case...

I have tried to coordinate displays for the case in the hallway by the Sanctuary. Displays themselves come from individuals, Small Group Ministries, various programs and individuals. Did you may notice that the case is essentially bare in January? That condition will continue when no one takes this on.

It has been suggested that the displays follow the themes for the month. For the next few months, these would be:

February: Desire
March: Liberation
April: Creation
May: Blessing
June Simplicity

Contact Helen Zidowecki (582-5308, hzmre@hzmre.com) to arrange time to display.

Reflections….

As Unitarian Universalists, our principles are not something that we leave at church. As we talk more and more about stewardship in the month of February, I am trying to think very carefully about living those principles; they are always on my mind when I ponder (worry about) and try to make plans for the future. What choices can I make to be in right relations with the world and my community the way they deserve?

These are the questions I try to answer for our RE program as well. As Sunday morning RE will continue in a reduced capacity throughout the duration of OWL, I have been working to develop a curriculum that will allow our children and youth to live the UU principles through action and service. Over the last four months we’ve carefully reviewed and studied each principle individually. Now is an exciting time to put our thoughts into motion.

While most of our youth complete the OWL lessons, the small group of us doing regular RE will focus on activism. We will supplement our weekly sessions by completing projects in the community—meaning that our youth will have the opportunity to do tangible good here in Augusta. I’m still working on making connections and forming partnerships, so I’m publishing these ideas very optimistically—but by the same token, if you can be a resource in this interaction, please do get involved. I happily welcome any thoughts and suggestions.

This I know: something will happen, and it will be exciting, and we all will learn.

In faith,
Brigid
### 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: February 15.**

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**Minister:** Rev. Carie Johnsen  
**President:** Gary Chapin  
**Sunday Morning RE Coordinator:** Brigid Chapin  
**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:** Luke Curtis  
**Office:** (207) 622-3232  
**Rev. Carie’s office hours:**  
Tuesday 1:00 - 5:00pm  
Wednesday 2:00-600pm and by appointment  
Friday is Rev. Carie’s Sabbath. She does not attend to emails, phone calls or meetings. For Pastoral Emergencies please call her cell phone (508) 221-5295 and she will return your call at soon as possible.  
**Social Media links:** Professional Facebook page: https://www.facebook.com/revcarie.johnsen  
Please note: Rev. Carie also keeps a personal/private Facebook page. If you have requested to be her friend, please do not feel slighted by her decline or unresponsiveness. Instead, take a minute to friend her at RevCarie Johnsen.  
**Website:** www.everydayordinarytheologies.com  
Rev. Carie’s new website was launched in July as part of a sabbatical project. When you get a minute visit the site and subscribe to future posts.