



# The Flaming Chalice

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

February-2018

## Sunday Worship Services at 9:15 & 11:00

### Unitarian Universalist Identity

*We covenant to affirm and promote the right of conscience and  
the use of the democratic process within our congregations and in society at large*

**February 4<sup>th</sup>**

**“Buried Treasures”**

Rev. Carie Johnsen

There is a timeless ancient story in most traditions of the wise person who travels far and wide to find the buried treasure... I will leave the ending for us to explore together.

**Feb. 11<sup>th</sup>**

**”A Quiet Refuge”**

Rev. Carie Johnsen

If you missed the vespers service, here is your opportunity to restore balance, find your guiding center, cultivate peace and bring mindfulness to these our lives in these complicated times.

**Feb 18<sup>th</sup>**

**“No Simple Faith Here”**

Rev. Carie Johnsen

The Unitarian Universalist quest for what is right and good is an individual adventure in the interdependent web. Navigating between the two requires both right of conscience and the democratic process. Ours is not a simple faith but it is worthy undertaking.

**Feb 25<sup>h</sup>**

**"To be led by our hearts"**

Worship Associates

Should we find our lives scripted and our personas somewhat automatic, then please let us take a look around together and settle a bit deeper into the heart? Join the worship associates and we will try to do just that.

## A Faith Journey...

Before I sat down to write my monthly article, I paused to read the Presidents message. Yes, it is true, she is much better at meeting deadlines these days. This month I am grateful for her words and my all too typical delay. Her message touched several other thoughts moving through my reflective spirit. Much like dominoes laid out on a surface waiting at the ready to be gently prompted to fall on next cube.

In thinking of her call to action in the context of conversations with Kathy Kellison (membership chair) about the journey of belonging, in the context of my MLK sermon, in the context of Rev. Dr. Jacquie Lewis' call to *Revolutionary Love*, in the context of my MLK benediction (see page 8), at the Portland NAACP dinner. I wonder how each of us might make a bold and courageous commitment to strengthen the relationships that bind us together at UCC.

We need each other in this work of building caring, connected, courageous, and committed communities. How would our relationships at church, in our homes, in the community and with our families look differently if they were rooted in a covenant to Love? And I'm not talking here about a covenant to ordinary love or sentimental love or the Hallmark formula of Love but rather ***Revolutionary Love***.

The kind of love that calls us beyond our self to engage in dangerous unselfishness. The kind of love that helps us to turn fear into curiosity and hate into expansive conversations. The kind of love that empowers us to go beyond our comfort zone into uncharted waters. The kind of love that befriends the internal voice of self-oppression long enough to acknowledge and disempower the daemons that restrict us from living into generosity and abundance. The kind of love that is unexpected.

This month as we approach the fifth principle, *covenant to affirm and promote the right of conscience and the use of democratic process within our congregations and society at large* let's make a commitment to ourselves, to our families, to our communities and to our church to lift this dry principle off the pages into ***lived expressions of Revolutionary Love***.

Democratic process is not just about politics and the voting booth. There are a multitude of ways and opportunities each and every day for the people to bring their voice, values, opinions, beliefs and worldviews and vote into the public arena. Truth is we live out deepest commitments and convictions in the profane and sacred moments of everyday ordinary lives. We are, at every moment, walking, talking, acting, living expression of that which we believe most. This month let's enlist our right to conscience and our democratic process through creatively imagination. Consider this: how will you make manifest the Grace of Love in our lived moments.

Try these examples:

- Commitment to helping one new guest at church make a meaningful connection.
- Take the time to see another. Greet people you meet along the way with eye contact, a warm hello. It really does make a difference when you look a clerk in the eye with a warm greeting rather than rush on by.
- Turn negative thoughts about others into a learning opportunity. See them as a teacher. Be grateful for their presence in your life. Listen below the surface. Take the time to express your appreciation for this person.
- Commit to being informed. Educate yourself. Read a book that expands your knowledge.
- Identify one just cause that might arouse in you passionate advocacy, meaningful connection, and opportunities to engage.

As we move through February together, may we find ways to connect and live out a ***Covenant of Revolutionary Love?***

In faith, Rev. Carie

## UUCB Board President's Letter

As I was sorting out old Christmas cards I found a short poem we received several years ago from my Aunt Bebe. She typically enclosed such poems in her cards. As I began reading it I thought of UUCB and what we are about. Then I had a surprise with the fourth line.

May the light always find you on a dreary day.  
When you need to be home, may you find a way.  
May you always have courage to take a chance.  
And never find frogs in your underpants!

I hope that UUCB provides light for you when you need it. The light could be in a musical form, a reading heard, a smile from another, a hug or handshake shared. Do you feel held in the light at a challenging time? Do you see the light that others at UUCB can provide for each other? How do you add to the light for another's life journey?

Does UUCB feel like a home for you? At the Faith Café in January several mentioned in our small group discussion how when they came to UUCB they felt they had found a spiritual home. Maybe that was your experience as well. When we are home we know each other's names. We feel comfortable having conversations. We share food, information, solace, tears, challenges, joys and concerns. I truly hope you have found a home at UUCB. How will you work to make UUCB a home for others?

In January, Rev. Carie spoke about Martin Luther King and putting love into action, action done with love. This takes courage, and UUCB can stand with you as you take chances to move justice forward. The next time there are petitions to be signed, letters to be written, marches in which to participate, take a chance and put your love into action. There are so many opportunities to show love through our actions, so many unmet needs and unjust conditions in our spheres. What will you do next? How will you show your love to the rest of the world?

**And never find frogs in your underpants!**

**I want to thank all of the families and individuals who donated funds for the year-end financial appeal. The last I heard the total donated was over \$4000.00, significantly higher than the budgeted amount of \$2100.00. Thank you all.**

Have a great February. I hope to see you at UUCB.

Sincerely,  
Martha Naber  
UUCB Board of Trustees President

Naber Household updated contact information

Land line: 207-887-1104

Mailing address: P.O. Box 124 Westbrook, ME 04098

Martha Cell: 207-680-6589

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Email: naber@gwi.net

## FAITH CAFÉ

January Pastoral Pizza Party had Food, Connection, and Conversation

About forty people, ages 11-84 years of age participated in the Pastoral Pizza Party on January 12. The pizza and contributions of salads and desserts created a feast!

The Human Scavenger Hunt produced interactions, laughter, and connections! And thanks to the youth and adults who facilitated the small group sessions;

Meaning in Music – Hannah Faulkner and Sedona Kmen

Winter in Maine – Jim McKendry and Charlie Caldwell

Pets and Other Creatures – Helen Zidowecki and Phyllis Clark

Across the Generations – Stefanie Barley and Allison Foust

Creative Expression – Melanie Lanctot and Cricket Gottlieb

The thirty-four people who participated in the sessions generated a total of 1689 of what Rev. Carie calls “wisdom years” or life experience. The group also generated a total of 515 wisdom years involved with the UU congregation in Augusta! This includes wisdom of all ages: younger and older wisdom mingles!

**Join us for the NEXT FAITH CAFÉ on Sunday Feb.25<sup>th</sup>**

## HISTORY COMMITTEE

The History Committee will be meeting on Thursday, February 1, Noon-2pm in the History Committee and Olsen Rooms in Drew House. The agenda will include:

25<sup>th</sup> Anniversary year items: History Committee itself – formed in 2005

Supporting the celebrations

Events and displays for the rest of the year

Please contact Helen Zidowecki for more information, and to let the committee know items that you might have for the history collection. Items and communications can also be put in the History Committee mail slot in the Committee Room.

## GODDESS/EARTH CIRCLES

Join us in the Goddess/Earth Circles monthly gatherings, 12:15-2pm, usually in the Fellowship Hall.

All are welcome. We share light refreshments, share briefly, and have a topic.

For the next two months, we are meeting several Goddesses:

February 25 Hekate, a Greek Goddess, introduced by Helen Zidowecki. Hekate is the Goddess of crossroads and involved with many phases of our lives.

March 25 Lilith, A Hebrew Goddess, introduced by Nance Caldwell

For more information about Goddess/Earth Circles, contact Helen Zidowecki, [hzmre@hzmre.com](mailto:hzmre@hzmre.com) or 582-5308.

## The Spirituality of Human Sexuality The Journey of a Lifetime



Brown bag lunch encouraged. We will provide desserts, tea, and coffee.  
Adults of all ages welcome. Attend one or more sessions.  
The series is free and open to the public.

**Sunday, February 4, 2018  
12:30 – 2:30 p.m.**

### **Dialogues with a New Generation**

A panel of LGBTQIAP youth, and young adults will share their stories, wisdom and experiences. We will discuss language, labels and what it means to be young and queer in a rural state. How our faiths and/or lack of faiths impact our queer experience and how attendees can be better allies to the youth in their lives.

The acronym stands for lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual, pansexual and anyone else in the queer spectrum of identities.

### **Mark your calendar for these upcoming sessions:**

<b>March 4, 2018</b>	<b>Body as Temple</b>
<b>March 18, 2018</b>	<b>SEXcessful Aging</b>

### **Elder Lunch at Noon February 11th**

Elder lunch is the second Sunday of each month October through May. This event has grown in popularity and 35-40 of our elders enjoy lunch and conversation. Plan to relax and socialize with your friends after the second service. Menu always includes breads, salad, entree and dessert. Church elder lunch is not exclusive to Senior Citizens – we have regular attendees in their 40s and 50s too so please self-select and join us.

Each event requires two large salads, 4 entrees choices, and plates of finger desserts. Could you cook an eight portion casserole, quiche or soup for the Elder Lunch just once this year? Or are you willing to cook a finger food desert like cookies, brownies or bars? Or would you be willing to bring a large green salad or cole slaw? If you aren't a cook, would you be willing to help setup, serve or clear? Please call Marilyn Dunn to schedule your contribution 512-5382

## Small Group Ministry

### What I learned in Small Group

I joined this church seeking community and decided to join a small group ministry group seeking a deeper connection. After opening words on the SGM topic of the evening, and the lighting of the chalice, we each check in and share what's happening in our lives emotionally, healthwise, familywise and general news. It's an extended sharing of joys and sorrows and the most important part of the meeting for me. I know SGM is not a support group but having friends listen without interruption is validating. Sometimes I only take up one minute to check in, and sometimes I might spend five minutes sharing what's going on with me. Most of the time I'm sharing happy hiking, gardening, or grandkid news. Occasionally, things aren't going well, and I share the sadness about a disagreement with a grown child, vent about elder care, or express feeling down at the end of winter, and what's really really lovely is *no one interrupts me* while I'm speaking, and *no one tries to talk me out of what I'm feeling*. This is very different from my upbringing, which was pretty much 'stiff upper lip', and being told that other people are way worse off, and you should be grateful etc. I now try to practice these skills of deep listening, being present and validation when listening to others now, instead of talking people out of what they are feeling.

Marilyn Dunn

## ATTENTION NEWCOMERS AND VISITORS!

### Starting in February!

You are invited to meet with the minister and some members of our community. We want to get to know you and we want you to get to know us and how our church works.

**FEB 4 at 10:15** (*following the first service*) we will meet in Drew House on Summer St.

**FEB 18 at noon** (*following the second service*) we will gather in the minister's study in the Judd House on Winthrop St.

We will introduce ourselves and answer questions you have about our church and Unitarian Universalism. We are an active congregation with many opportunities for connection, ministry and service. We want to help you find your place with us. Please join us for either gathering!

## \*NOTICE\* Stewardship Event

### Buried Treasures: A Talent & Improvisation Show

Stewardship Event rescheduled to Sunday, February 11th  
1:00-3:00 p.m.

Location: UUC Church Sanctuary  
FMI, to Share a Talent, or to join the Improvisation, please contact Gary Chapin  
([accordeonaire@aol.com](mailto:accordeonaire@aol.com)) or Annie Voorhees ([annabelle.voo@gmail.com](mailto:annabelle.voo@gmail.com))  
Come join the fun & share our UUC treasures!

**Monday Children/Youth Mindfulness Practice Group**  
**February 26, 2018 - 5:30 – 6:15 p.m.**



On Monday, February 26, children, teens and adults interested in the Children/Youth Mindfulness Practice will meet in the Drew House, 6 Summer St (next door to UCC).

After our time together, childcare will be available in the nursery from 6:15 – 8:15 so that adults, older children & youth can take part in our mindfulness meditation group (6:30 - 8), if they want to do so.

Please let me know if you think you might be able to join us – to help with planning. Spur of the moment joining is fine too.

Questions: contact me at [martysoule@gmail.com](mailto:martysoule@gmail.com) or at 685-9270.

Be well,  
Marty

**MLK Benediction**  
Rev. Carie Johnsen  
NAACP Dinner Portland, ME  
January 16, 2018

Be still, my friends for just one more minute.  
Look to the person on your left and look to the person on your right.  
Look to the person across the table and across the room.  
These are your people.

We, my friends, are the keepers of the dream.  
Powers greater than ours sanction and sustain our call  
to stand up, speak up and demand  
nothing less than justice and equality for all.

In this room we have been graced with all that we need.  
Gather up the strength and the wisdom.  
Gather up truth and justice.  
Gather up light and goodness.  
The future is expecting us.  
The time is now.  
Life calls us on.

May we be granted bold courage.  
May we be embolden with radical hope.  
May our lives be a living expression of Revolutionary Love.

Go in peace.  
Go in love.  
Take what you find here  
back with you into the world.  
There is much to be done  
and the world needs the grace of God's finest  
abundant in this time and place.  
So may it be, Amen.

## Book Discussion Group<sup>1</sup>

### Christ for Unitarian Universalists

by Scotty McLennan

Facilitators: Rev. Carie Johnsen & Peter Mendall, Sr.

#### TUESDAYS

Afternoons 2:00 – 4:00 OR Evenings 6:00 – 8:00

February 20<sup>st</sup> March 13<sup>th</sup> April 3<sup>rd</sup>

### Overview

*Christ for Unitarian Universalists* is a clarion call for UUs—the vast majority of whom don't identify as Christian—to engage in dialogue with the more than seventy percent of Americans who do so identify.

Our tradition has significant continuity with this great historical religion, although that's often overlooked these days. We also have some ideas about how to enhance the practice and experience of Christianity that traditional Christians today might find compelling.

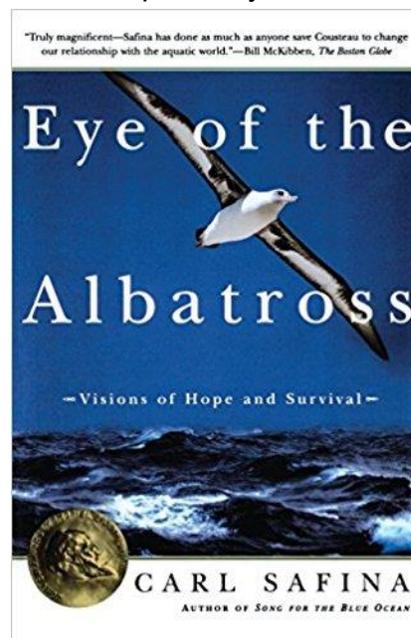
Extra books are available in the church office. Sign up for discussion group at [admin@augustauu.org](mailto:admin@augustauu.org) or 207-622-3232. Please state your availability or preference for Tuesday afternoon or evening class. Let us know if childcare is needed.

## BOOKS FOR SERIOUS READERS

Will meet on February 1 from 12:30 to 2:30 in Fellowship Hall. We will be discussing The Golem and the Jinni by Helene Wecker. According to the publisher, “Marvelous and compulsively readable, *The Golem and the Jinni* weaves strands of folk mythology, historical fiction, and magical fable into a wondrously inventive and unforgettable tale.”

On March 1 our title is Eye of the Albatross by Carl Safina. The Boston Globe calls it “One of the most delightful natural history studies in decades”.

You are welcome to join us for either or both sessions. No need to sign up. FMI contact June Zellers at 582-5862 or [jzellers@roadrunner.com](mailto:jzellers@roadrunner.com) or Kathy Kellison at 445-4415 or [kell6787@gmail.com](mailto:kell6787@gmail.com).



<sup>1</sup> This is a discussion guide for Scotty McLennan's 2016 Skinner House book, *Christ for Unitarian Universalists: A New Dialogue with Traditional Christianity*

**Unitarian Universalist Community Church**  
**P.O. Box 8**  
**Augusta, Maine 04332-0008**

### **Newsletter Submissions**

#### **Submission Deadline for March newsletter February 19th**

Submissions received after this date may not be able to be published.

Please submit all articles as an attachment in a Word document using Arial font size 11. Don't forget to give your article a title and sign it. Send an email to [newsletter@augustauu.org](mailto:newsletter@augustauu.org) with the article as a word attachment! \*\*\*Photos of church activities welcome! \*\*\* You will receive a confirmation e-mail of receipt of your submission.

**Minister:** Reverend Carie Johnsen

**Board President:** Martha Naber

**Sunday Morning RE Coordinator:** Brigid Chapin

**Youth Advisor:** Monique McAuliffe

**Choir Director:** Bridget Convey

Contact information for Committee chairs and other leaders can be found in the UUCC directory or obtained by contacting the Office Administrator.

**Office Administrator:** Lynn Smith  
Phone: (207)622-3232 or email: [admin@augustauu.org](mailto:admin@augustauu.org)

Office hours: 9:00 a.m.–4:00 p.m. (Tues, Wed & Thurs)  
No office hours: Monday or Friday

#### **Rev. Carie's NEW Office Hours:**

Monday	off
Tuesday	1:00 – 6:00
Wednesday	2:00 – 6:00
Thursday	Writing Day

Other times and days available by appointment.

Monday 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. She will return your call as soon as possible.