



The Flaming Chalice

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

Fall 2022

Worship at UCC

Upcoming Special Services

Join us for these traditional services over the next few months.
For more information on all services see the E-blast.

Harvest Communion, Sunday, November 20

The annual Harvest Communion service is a time to pause in gratitude for all that is our life. With the symbolism of cider and pumpkin bread, we partake in the story of communion and community, abundance and gratitude.

Music Sunday, Sunday, December 4

This traditional December service has become a favorite among members and friends. This service brings us together to enjoy a morning of music highlighting the Unitarian Universalist Community Church music program.

Small Group Ministry, Sunday, December 11

“The Richness of Small Groups in the Congregation” will be presented by Small Group Ministry Committee and some of our Small Groups. Come, celebrate the diversity, offerings and challenges of small groups with their own identities and contributions to the community as a whole. How can Small Groups be building blocks for UCC in transition and going forward?

Grief and the Holidays, Thursday December 15

In the season of lights, carols and parties, all is not always merry. Many of us carry grief, stress, estrangement, financial crises, and illness. This service in Mid-December offers a quiet reflective space for healing and wholeness. This vespers style service is led by Rev. Christina and the Pastoral Ministry Team.

Christmas Eve Service, Saturday, December 24

Our annual Christmas Eve Service offers people of all ages the opportunity to reflect on the spirit of the season. Join us as we explore the light of Jesus with familiar hymns in this traditional candle lit service.

Worship services are 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/mtifpthOutvesjqqjyej>

[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.](#)

Minister's message

Timing is everything. Timing is what brought us together. Timing is you reading this right now.

Recently, I led the call to worship at Reverend Amy Fiorilli's Installation at the Belfast UU Church. It had been a while since I attended such an event in person. Part of me did not want to spend my Saturday traveling all the way to Belfast from Portland, socializing with other ministers, and sitting through a two-hour service on a beautiful September afternoon. However, timing is everything! As I sat in the beautiful church and listened to my colleagues share their wisdom with Rev. Amy and the congregation, I was filled with hope and faith for our shared ministry at UUCC. The spoken covenant, the charge to Rev. Amy and to the congregation, the prayers for fruitful ministry all nourished my soul and reminded me of why I am serving our faith, why I am serving you. Timing is everything! What I imagined to be a burdensome duty was instead an inspiring re-calling of the power of ministry.

The most marvelous part was the sermon delivered by The Reverend Jan Hutslar, from the UU congregation in Norwich, VT. She spoke about Gabrielle Roth, a dancer I studied with in my younger years who created the 5Rhythms. Rev. Jan correlated Roth's rhythms to the stages of ministry. The five rhythms are qualities of movement interpreted differently by everyone in order to discover the freedom and possibility of our beingness. The rhythms often occur in sequence...flowing, staccato, chaos, lyrical, and stillness. Timing is a core component of the rhythms. Timing is everything.

When we reflect on congregational life as well as our own lives, we may understand our journey using the rhythms. For me flowing is feminine and receptive, gentle and reflective, a way to nurture my being. Staccato is masculine and about my power and connection to the world and how I create boundaries. Chaos is the unknown, unpredictable time when things feel out of control in my life, but underneath I know transformation is at play. Lyrical is the light and sweet energy of hope and joy I feel when beginning something new. And finally, stillness is when I slow down and become humble and mindful. We need each rhythm in order to dance the journey of our lives and our communities. Timing is the key.

What rhythm are you riding now? What rhythm do you feel UUCC is riding? For me, at this moment, the timing of our shared ministry feels lyrical. Gabrielle Roth wrote of lyrical:

"In lyrical we practice the art of coming out of chaos. It is the physical, energetic, emotional, and spiritual dancing rebirth. The practice of lyrical teaches us how to break out of destructive patterns and surrender into the depths of the fluid, creative, repetitions of our soulful self, bubbling up from the deepest parts of ourselves, to the integrity and dignity that we often forget is within us."

I still occasionally journey with the 5Rhythms through dancing, Rev. Jan inspired me on that Saturday afternoon to understand them as a metaphor for congregational life. I hope we dance together with the deepest parts of ourselves making space for all the rhythms in this journey of shared ministry and experience a rebirth, a re-calling of our own sacred selves.

I welcome your thoughts about the rhythms and how you see them playing out at UUCC.

Much love and many blessings,
Rev. Christina Sillari
minister@augustauu.org



Update from Transition Team

Our group worked with Rev. Chloe last year to help the congregation focus on the tasks of interim ministry to prepare us to be ready to call a new settled minister. We were planning for a two-year interim and think we made good progress.

This year is different from what we expected. In as much as Rev. Christina is part time and not an official interim, the Transition Team has been put on hold. We expect that we will have a full time interim next year and a team will pick up where ours left off.

Kathy Kellison

A message from the Committee on Ministry

Our committee will be meeting monthly with Rev. Christina to oversee the ministry of our community. We recognize that each participant in the congregation contributes to its ministry so our intention is to notice where ministry is going well and where it could do better.

A specific area of focus will be COVENANT. We will be joining with the Restorative Justice Report Interpretation and Healing Group following up on the recommendations from Rev. Paul Langston-Daley around restorative justice to create a covenant to guide our congregation into its future. This continues our interim work on identity and mission as we move toward calling a settled minister.

We look forward to another year of growth and service as individuals and as a community.

Kathy Kellison
Sean Fritz

Chaplain's Note from Claire Curole

A note from the Affiliated Community Minister:

It's been a busy summer for us all and I am greatly looking forward to working with Rev. Christina Sillari as our minister this coming year. Rev. Christina and I have established a covenant regarding our relationship as colleagues, and reviewed my covenant of affiliation with the congregation. These are on file in the church office.

I continue to serve as Staff Chaplain at CMMC in Lewiston and have been delighted to welcome a new colleague into that ministry this September with another chaplain expected to join us in late October, following the departure of my former chaplain colleague in July. Being one person covering three positions has left me limited time for anything else and I look forward to sharing this ministry and returning some of my attention to the slow process of working toward board certification.

Peace,
Chaplain Claire

Notes from the UUCC Board of Trustees

A Message from our Board President

To say that there is a lot going on seems like a huge understatement as, generally, we UU's are very much aware of what is happening in the world. Now, though I am reflecting on the breadth and depth of activity going on in our world at UUCC. We have a new (contracted) Minister-Reverend Christina Sillari who comes to us with energy, passion, and experience as well as enthusiasm to help us get to the next level of our growth as a community.

At her first service with us, Reverend Christina led us through a meaningful water communion ritual where we spoke our values for our congregation aloud while we poured our individual cups into our community water. On October 2nd we will have our first monthly Sharing Café where we will more deeply discuss how we wish to be together in community.

At our Fall Board Retreat, we got to know one another better, learned about our individual decision-making, communication, and conflict-processing styles. We also discussed how to be in right relationship with the congregation by keeping in mind the qualities of respect, inclusion, support, value, responsibility, and joy.

We also set the following goals for this year:

- Determine how to live in a time of chronic, endemic Covid
- Review and revise UUCC By-Laws
- Address matters of our physical plant (window repair or replacement, ventilation estimates for board consideration)
- Assess Safety and Security concerns and a plan for building safety (several of us will attend an October security training sponsored by the Maine Council of Churches)
- Develop a Congregational Covenant

We have so much going for us at UUCC as you will see as you read this Fall Newsletter. I keep reflecting on the question: How do we want to be in community with one another? And encourage you to ask yourself this question and to bring your ideas and wishes with you as you participate in upcoming discussions. Please know I am happy to talk with you about your particular interests and concerns.

With loving gratitude,
Michaela

Updates from Lifespan Faith Formation

Hello All,

It feels good to be back and to share a welcome with you to the Autumn Season and Harvest Blessings! May we feel revived and find joy together: in the crisp morning air against our cheeks, the vibrant color of the trees, the crackle of the fallen leaves beneath our feet, the dancing leaves in the autumn breeze...

There is an exciting energy swirling around the planning happening now with our new interim Minister, Rev. Christina Sillari and I as we explore the direction and programming for Coordinator of Lifespan Faith Formation this church year!

A new season bringing with it new opportunities!

I am also bringing forward 3 topics of interest shared with me last year:

- The 4 interlocking aspects of Oppression: Ideological, Institutional, Interpersonal and Internalized. Once a month, taking a deeper dive into each of the 4 interlocking aspects of oppression and maybe

reinforcing each month's topic during a service too. Our neighbor, the Holocaust Human Rights Center is just 1 example for some supportive resources.

- The other was a book group on the UUA bookstore's Common Read: Defund Fear: Safety Without Policing, Prisons, and Punishment. In Defund Fear, Community leader and lawyer Zach Norris shifts the conversation about public safety away from fear and punishment and toward growth and support systems for our families and communities. The UUA Common Read has developed some discussion materials to go with this book.
- The 3rd topic is a once a month platform for Sharing our Gifts/Talents/Skills! What might that look like?

Let's keep brainstorming together! Reach out to me about your interests!

As we experience this time of Interim Ministry in our Church, let us remain open to the process of "*not losing*" something, but "*making space*" for something - with open minds, curiosity and anticipation.

Sowing the Seeds,

M. Monique Bergère

*"We are not human beings having a spiritual experience;
We are spiritual beings having a human experience"*
Pierre Teilhard de Chardin

Updates from Music Director

MUSIC AT THE UUCC Fall 2022



The UUCC choir's 2022-2023 season is underway, and it is an exciting time. Our congregation and community are welcoming our new minister, Rev. Christina Sillari, and the choir back inside the sanctuary. Woohoo!

The UUCC choir began meeting in person at the end of August. Our rehearsals are Wednesdays from 6:00pm to 7:00pm inside the sanctuary and we could not be happier. Returning indoors with the support of the acoustics in our beautiful sanctuary and the fabulous grand piano bring us great joy! N95 or KN95 masks are required for all singers, these masks are available at the front entrance (Winthrop Street) when you arrive to choir rehearsal.

Dale McCormick, our UUCCOO manager, is working hard collecting instrument masks for our woodwind and brass players of the orchestra. It is our hope to have our beloved UUCCOO, with strings AND winds, playing inside our sanctuary once again.

The choir will be singing twice per month this fall with the assistance of our new accompanist, Karen Allen. Music Sunday is scheduled for December 4th, and it is our plan to have our choir and UUCCOO join forces for a wonderful celebration of music at the UUCC!

The UUCC choir and UUCCOO are eager to share music with you - music that will lift your spirits and invigorate your hearts and minds. We are always welcoming new members! If interested, please email Bridget Convey at: musicdirector@augustauu.org

All are welcome!

Bridget Convey,
UUCC Music Director

Updates from Church Administrator

By Lynn Smith

Here we are again at the start of another church year with a new contract minister in place! Welcome Christina! Over the last couple of months, I have had the pleasure of getting to know our new minister. She is

a breath of fresh air – well, mostly -- except for that one time with the cleansing basil. 😊

I am encouraged by Christina's calming presence, her energy, her frankness and her commitment to her contracted tasks including her passion to supporting the staff. She is helping each of us to reach our potential while also retaining (or regaining) our sanity. I can't speak for the other staff's experience with Christina, but, to me, Christina is encouraging and grateful for the work that I am doing for this community. Christina gently pushes me to do the work I can, helps me determine what is most important and empowers me to let go of the things that I cannot do or shouldn't do.

Letting go in this way is not easy for me - I want to support you all in the same way I always have but I also know that I have to rely on ALL of YOU to do your work so I can do mine. Christina is helping me understand the importance of this shared responsibility and commitment to our beloved church community.

As you all know we have made changes in the timing of communications from this office and/or in my office hour schedule to allow time for systems and infrastructure upgrades. More changes may come as we continue to prioritize this important work. Please stay tuned for updates on any changes and developments in the upcoming E-blasts.

Our Google workspace (G Suite legacy edition) has been updated to Google for NonProfits. We are saving money by this upgrade and now have access to a whole barrage of enterprise quality solutions. While much of this powerful suite is WAY more than we will ever need or use, we are making great use of the G Suite google drives. The shared google drive is being used by the Worship Arts Team to collaborate on tracking service participants and information, preparing Orders of Service and supporting visiting ministers. In the near future, we will make use of the unlimited domain email addresses as we increase access to group lists and improve communication in our church community. Stay tuned.

I am working on transitioning our MemInfo database to Breeze, a more robust and modern Church Management System. This streamlined, efficient and more modern system will help us ALL do our work better and connect in deeper and more meaningful ways. We are still getting our data transferred to the new system and getting groups and people imported. If you want to see more about the features of this powerful system, feel free to visit the Breeze Church Management website at <https://www.breezechms.com/all-features>. I will provide specifics on how we will plan to use this system in future communications.

Fall seems to be coming in like a hurricane for me this year. I love the fall, the warm(ish) days and the brisk nights. The long walks with the dog in the evening observing the beauty of this changing landscape. I love the fall tasks: the cleanup of the leaves, the burning of the brush pile, the cleanup of the plant and flower beds. I even really enjoy the sawing and chopping and stacking of firewood. At the same time, I know what comes next! Do I dare to say... almost time to tune-up the snowblower?

Let's all remember – change is good! I am looking forward to where we go next as a community. Thanks to you all as you continue to support me as I continue to support you! I am so glad to be on this journey with all of you.

Peace and blessed be...

Lynn

Pastoral Ministry Team Report

Pastoral Ministry Team Report

The work of the Pastoral Ministry Team in recent months has involved maintaining connections with community members in need and providing meals, rides, errand runs, and cards. We have also provided longer term support for a few people facing ongoing challenges. We welcome Reverend Christina Sillari to our church and to our team.

We are a small team at the moment, looking to re-establish a Caring Cooperative. On In-gathering Sunday, September 11, I announced that we are looking for volunteers to provide meals, rides, and errands. On Sunday, September 18, during Fellowship Hour, sign-up sheets were made available for this work. Please consider what you may be able to offer. Community members have been generous, as always, in providing these services to one another. We just need an updated list so that we can operate more efficiently.

In Faith,
Martha Pelletier

COVID-19 Advisory Group Message

COVID is not gone, although we all wish it was. While Kennebec County is currently green on the CDC color coding system, the numbers of Mainers hospitalized, in the ICU and on ventilators because of COVID have all been increasing recently. COVID continues to kill 400 Americans a day (that is 140,000 a year).

Thankfully, a new vaccine that specifically targets the BA-4 & BA-5 variants has arrived just this month. This coupled with several very effective treatments has reduced the mortality rate from COVID from the levels we experienced this past winter & spring.

COVID has continued to change and evolve and so has the UCC response to this sneaky and highly efficient virus. At their September meeting, the Board approved a motion to allow the choir to practice and perform indoors while wearing N-95 or KN-95 masks (these highly effective masks dramatically reduce the dispersal of respiratory droplets & aerosols from the singers to everyone else). This week, the Board held two (2) listening circles enabling church community members to share their desires and concerns for how we move forward with in person gatherings as cold weather approaches. This topic will be a high priority at the October 13 Board meeting.

The Board has authorized the purchase of 10 HEPA (high efficiency particulate air) filters. Eight (8) of them will be placed in the sanctuary (we need a lot of them because of the very high ceiling) and two (2) will be used in the fellowship hall. The goal will be for them to filter out virus particles floating in the air thereby reducing the risk of transmitting COVID or flu. During their fall retreat, the Board voted to allow outside groups renting our spaces to make their own risk assessments & decisions regarding masking, food and beverages.

Please keep your eyes open for additional information in each edition of the E-blast.

The COVID-19 Advisory Group
Betty Cairn
Terry Cairn
Harry Grimmnitz
Don Naber
Cathie Nielsen
Marty Soule

Communications Work Group

The Communications Work group is tasked with overseeing communications in our community. We are always considering the best options to communicate well in a time of change, transition and constant evolution?

Communications and announcements occur in multiple ways. However, information reaches people most consistently through the E-Blast which is coordinated and distributed by the Church Administrator. The intent of the E-Blast is to have a consistent place to receive information related to community activities.--"one – shop communications!"

During the summer, the E-Blast was published every two weeks, and as of September publication was set for the first and third Wednesdays of each month. With the longer time between issues of E-Blast, watching publication timelines is critical.

When we have information or an event to share, the timing of communicating the information is important. It is helpful to have information sent to the Administrator "ready to publish" as soon as available. We are all connected with UUCC in different ways so we cannot assume that everyone has the same information. Your communication is helpful in building community. We all can prepare communications; the office facilitates distribution.

Bottom line: Communications must be shared AND read by the recipient to complete the communication process. Communicate....read what is received.....respond.....Repeat ongoing.....!
Ahhhhhh.. The communications dance.

Bottom line though is good communication is all about YOU. How are the communications working for you? We would love to hear from you.

We do our best overseeing UUCC communications, but we would love to hear from you.

- How is communication meaningful, timely, and relevant for YOU in the church community?
- What comments do you have about communications at UUCC—including ideas for enhancing the process?
- What are your comments on the change in schedule for the E-Blast?
- Do you have comments about other communications that are happening or should happen (but aren't)?
- Do you have other comments you would like to share about communications at UUCC?

Thanks for your communications... Send any comments you might wish to share to the CWG chair, Helen Zidowecki to hzmre@hzmre.com or 582-5308.

Submitted by: Helen Zidowecki, Chair

Other CWG members: Kathy Kellison and Lynn Smith

Worship Arts Team

Greetings from your Worship Arts Team! After initially agreeing just to convene Worship Arts meetings upon Susan Burnett's departure as chair, I have accepted the full role of chair.

The work of Worship Arts has changed since I last chaired the Worship Committee years ago. I am learning how to manage Boxcast broadcasts and collaborate on worship materials on Google, things not remotely on the radar back then.

We are glad to have Rev. Christina Sillari leading worship twice a month. Worship Arts will work especially closely with worship leaders on the other Sundays; some of these will be from within our congregation and others will be outside guests. Our schedule is full through Harvest Communion and we are working with

Christina to continue to fill in our calendar. If you have any ideas about someone you would like to hear speak, or a theme for a service, please let me know.

We have a wonderful team of Worship Associates in Sara Hodgkins, John Seksay, Marty Peters, and Nan Bell, and an equally wonderful tech team that includes Marty and John as well as Angie Blevins and Susan Burnett.

I am not planning to serve as a Worship Associate myself since my role at the piano seems enough, although I can fill in if needed. We are all learning new things as we navigate new ways of managing and sharing worship with you.

I'll close with a heartfelt thank you to Susan Burnett for her exceptional work as chair and her help in orienting me to the role.

– Karen Allen, Worship Arts Chair

Finance Committee

The Finance Committee has oversight of multiple areas of the church's fiscal health.

Finance:

- We are very pleased to announce that instead of the anticipated deficit from the FY 21-22 budget, we actually have a \$14,000 carryover.
- The church is awaiting a \$7,600 tax refund from the federal government under the Employee Retention Credit provision of the CARES Act.
- As a result of our hiring Rev. Sillari as a half time minister, our expense for ministerial salary is \$40,000 less than budgeted.
- Due to our significantly improved financial situation, the Finance Committee recommended & the Board approved zeroing the two income line items in the FY 22-23 budget that would have utilized our cash reserves and endowment funds for the operating budget.

Fundraising:

Keep your eyes open for announcements in the E-blast for upcoming fundraisers including:

- A November Pie Sale
- A Holiday Fair in late November & December
- The Hannaford card program remains in full swing. If you haven't participated, you should talk with some of the many members of our church community who do.

The Finance Committee:

Betty & Terry Cairn – Stewardship

Marilyn Dunn – Invested Funds

Alison & Karen Faust – Fundraising

Nancy Fritz – Treasurer

Harry Grimmnitz – Chair

Wick Johnson – Planned Giving

June Zellers – Member at Large.

History Committee

Have you been watching the Wayside Pulpit?

We mentioned the history in the June 2022 Newsletter. The Church was noted in the Kennebec Journal on August 30 as Angie Blevins was changing the sign! We also had a selection on the UUCC Facebook page, thanks to Lynn.

We are considering adding saying in E-Blast. We are also compiling a listing of quotes that we use. You are welcome to suggest – and create – sayings.

To become involved in various aspects of the work of the History of UUCC, contact Richard Bridges, Chair, at (207) 626-8134 or Auglaw@roadrunner.com. Other members are Heide Munro and Helen Zidowecki. We invite you to join us.

Small Group Ministry Updates



Small Group Ministry on the UU level and certainly within UUCC around 1998 developed as opportunity for closer connections within the community via smaller groups. The bonding or “intimacy” related to our personal connections. The “ultimacy” gave opportunity for consideration of topics that affect our lives and spiritual journeys, going beyond the usual ‘discussion’. Historically, Cheryl Ring suggested that we call it precisely what it was: Small Group Ministry. UUCC was actively involved on the UU level from the very beginning and carried the name to the larger UU community. Churches adopt various names for their groups, such as Covenant Groups and Chalice Circles, and use broad SGM heading.

We periodically have experimented with various ways of creating groups, and we can revisit options and have a variety of options co-existing as we move forward, such as:

Groups ongoing, with options joining frequently based on times and where there are vacancies

Groups formed around specific characteristics, or affinity groups such as music or an activity, still following the SGM guidelines.

Encouraging and welcoming participation, keeping the group’s sense of openness and freshness in relations.

In the June Small Group Ministry Leadership Meeting we briefly discussed how other Small Groups in the congregation, such as Seasoned Souls and the choir, offer an opportunity to interact with SGM, enhancing the depth of commitment to each other and the church at large.

Small Groups within the congregation share things in common. For example, the practice of lighting a chalice and check in for participants at meetings started as part of SGM format that spread throughout the congregation. People belong to different small groups, and small groups within the congregation increasingly participate in forums related to our future.

Congregations may have small groups or may be a community of small groups. A key to this strength is respect for each other, not becoming silo’s with our own ideas but sharing for the benefit of all. So the question is “How can Small Group Ministry be part of strengthening small groups as building blocks for UUCC going forward?”

The SGM Leadership (including participants of Small Group Ministry) will be having a meeting by zoom on September 29, 6:30-8pm, to:

--update status of groups, such as member changes and meeting arrangements, special activities.

--meet and share SGM program with Rev. Christina Sillari .

--begin planning for the Sunday Morning Service that SGM offers, with a potential date in December.

--to see how SGM may be involved as UUCC moves through this time of transition.

For more information and to become part of Small Group Ministry, please contact the church office, Helen Zidowecki or Linda Findlay.

Read, Learn, Share Book Group

We are a group for booklovers. We meet on the first Thursday of the month between October and June to discuss the chosen book. Over the summer, interested people submit suggestions for the next year's books and we vote by ranked choice. Nine books make the cut and the entire ballot is available to anyone who want to read for extra credit! We do separate ballots for fiction and nonfiction to have a balance.

We invite anyone to join us every month or only when that month's title appeals to you. We will be meeting in the church Zoom Room on October 6 at noon to discuss THE BOOK OF FORM AND EMPTINESS by Ruth Ozecki. We will also be talking about whether to continue meeting on Zoom or make a different plan. Our meetings last an hour and a half.

The following are the selected titles for this year:

- OCT: The Book of Form and Emptiness by Ruth Ozecki;
NOV: The Library by Susan Orleans;
DEC: The Lowering Days by Gregory Brown;
JAN: Sigh Gone by Phuc Tran;
FEB: The Last Watchman of Old Cairo by Michael Lukas;
MAR: To Make Men Free: A History of the Republican Party by Heather Cox Richardson;
APR: The Midcoast by Adam White;
MAY: Mill Town: Reckoning with What Remains by Kim Arsenault and
JUN: Once There Were Wolves by Charlotte McConaghy.

For more information, please reach out to June Zellers at jzellers@roadrunner.com or Kathy Kellison at kell6787@gmail.com

GODDESS/EARTH CIRCLES

The meetings of Goddess/Earth Circles are generally held on the fourth Sundays (except October) at 1pm. Goddess/Earth Circles. These have generally been by UUCC zoom, although we are working toward meeting in person or hybrid. We are trying to do this for the October 30 gathering.

We would like to develop ways to keep in touch and be supportive amidst time and energy of life demands.

The September 25 meeting focused on planning for

- > The Wisdom Celebration on October 30 (including Samhain and Halloween) and preparing our notes for the Women of Wisdom Book 2202.
- > Incorporating earth-based recognitions into our lives
- > Other things that we want to continue exploring as mentioned in the June Newsletter:
- > Wicca as spiritual connection with the divine in nature, ourselves and life.... Transcendentalism and Naturalism (as part of UUism), dreams, Tarot and other divinations."

The Wisdom Celebration on October 30 recognizes those who have or are receiving the crowning celebration. We also want to encourage all women to participate as we acknowledge the wisdom in our own ages, stages and spiritual journeys. We incorporate symbolism from the more traditional services in our crowning and encourage us to look at our wisdom for our lives today.

Halloween symbols will be included in the celebration on October 30. You may find a number of witch's hats present in the Sunday service that morning, as well as at the Wisdom Celebration. The meaning behind the hat is varied in lore from many countries, including many biases. Newer pagan imagery holds a witch's hat is the "cone of power." The power comes from the heavens/moon (point) and flows down and is dispersed to the surroundings (rim of hat flared outward). This power is the wisdom of experiences.



You are welcome to join us. Material from the gatherings and more information is available. Contact Helen Zidowecki (582-5308, hzmre@hzmre.com). Material is on the UUCC website (Church Life, Goddess).

Peaceful Heart Sangha



Come and join us any time as we practice Mindfulness Meditation every Monday evening and Thursday morning in the Plum Village tradition, the tradition of Thich Nhat Hanh (a Vietnamese monk, teacher, scholar, author, poet and peacemaker nominated for the Nobel Peace Prize by Martin Luther King Jr). Our gatherings are free and open to all.

Typically we have 20 minutes of sitting meditation followed by walking meditation, inspirational readings/practices/or videos, and a time for sharing (practicing confidentiality). We explore ways to recognize and transform the places we are stuck and to free ourselves from unskillful habit energy – freeing us to choose how we want to use our precious time and energy during this lifetime.

We now practice in person at UUCC every 1st, 3rd, 5th Monday from 6:30-8pm. We settle in at 6:15. We also practice on zoom every 2nd & 4th Monday.

Our Thursday gatherings at River Studio, 332 Water St, Hallowell are from 8-9:30am, settling in at 7:45, and also alternating zoom and in person.

If you have questions or want to get the zoom information, please reach out to Marty Soule martysoule@gmail.com



“Meet the Moment: General Assembly 2022”

June 22-26, 2022, David Rand and Helen Zidoweki attended the General Assembly of the Unitarian Universalist Association in Portland, Oregon, virtually, as delegates from UUCC. Both of us had attended General Assemblies in person. My first GA was at Bowdoin College in 1982. We are highlighting a few items and giving some links to more information. To explore items from the 2022 GA and to see what is coming up for GA 2023, see <https://www.uua.org/ga> Start thinking NOW about attending General Assembly 2023 June 21 - 25, 2023, online and in-person in Pittsburgh. Be there for UUCC and the larger UU community!

General Assembly is the annual meeting of Unitarian Universalist congregations. Imagine being with over three thousand Unitarian Universalists from 600 congregations coming in person and virtually to explore the mission and future of the Unitarian Universalist Association; for worship, and learning; to engage with music and readings of inspiration; to grapple with historic and contemporary issues; and spiritual connections of many varieties. We come to meet friends and to make new friends.

Some changes have occurred with the move to multi-platform format, such as:
 --The banners from the congregations were in a slide show rather than paraded through the meeting space. This still gives a picture of the diversity of UUism, but there seemed, sadly, fewer banners were involved.

--More people could be included is a broader time span and locations with the use of technology. And there were several chat sessions during General Sessions (Business). There were more ways to include people in General Assembly with virtual sessions at various time.

Starting this year, delegates who go to the General Sessions for business only do not have to pay.

With COVID 19 still an issue, people could isolate and recover virtually. These situations (about a couple of dozen total) were noted daily.

A major change was in introductions. The person's name is standard. This year the congregation is identified with as a statement like "from the land of the (specific indigenous group)". The name of congregations place us geographically in the present while calling us to awareness of history. We used to have ceremonial rituals by indigenous participants, almost a 'show and tell'. The naming of the indigenous peoples requires us to connect with local history, with the justices – and injustices.

Over the years I have felt that we may have been appropriating practices from different peoples as a show or fad. Sometimes it has felt competitive – whose grievances were being heard? And how many times do we reference supremacy? This year I felt more as if we were appreciating the gifts of all people, the richness of the diversity, *and the need to be together*.

It was delightful to hear people talk of age and physique as a matter of fact without judgment. The specific self-descriptions, especially what people might be wearing, included attendees online, sometimes without video. I found myself connecting with the speakers on the level of our mutual humanity, with similarities and differences. For the brief few seconds, the person speaking was the important focus. I wonder what the outcome would be if this happened with all of our discussions. In this brief practice, I felt connected to the UU "community" in ways that I had not before.

And we watched for the "**Actions of Immediate Witness**".

<https://www.uua.org/action/process/planning-aiw-ga>

Through a voting process from the congregations, the Commission on Social Witness suggests three topics for action by UU members. The three Actions of Immediate Witness that passed were: "We Do Not Consent: Rejecting Legal Challenges to Abortion (PDF)" (99.7 percent of the votes in favor); "Antiracism and Reparations via Restorative Justice (PDF)" (95 percent); and "Stop the Privatization of Medicare (PDF)" (77 percent).

The major focus of General Assembly this year is **revision of Article II of the Bylaws of the UUA** being led by the Article II Study Commission. This relates to how we function as an organization. And how we do that will influence Unitarian Universalism.

I found real hope in the approach of The Commission, in three areas:

PURPOSE or what the UUA is intended to accomplish

COMMON VALUES that evolve into actions or purposes

COVENANT and being in community.

The intent is to capture where we are now, today, as we work into being a dynamic faith for the future. Our present wording that developed up to the 1980's. Wording that is emerging has a tone of community, involvement of everyone in process and involvement of multiple sides of an issue, for inclusion. see

<https://www.uua.org/uuagovernance/committees/article-ii-study-commission>.

This is only a very brief mention of GA 2022. David and Helen invite you to keep updated at the activities of the UUA, be active in opportunities offered, and keep UUCC a dynamic part of the broad UU community.

In addition, we might want to encourage Small Group Ministry to engage the following resource:

<https://www.uua.org/uuagovernance/committees/article-ii-study-commission/resources/small-group-ministry-guide>.

Helen Zidowecki

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Newsletter Submissions

Submission Deadline for WINTER newsletter is December 12th
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 with the article as a word attachment! ***Photos of church activities are welcomed! *** You will receive a confirmation e-mail of receipt of your submission.

Contract Minister: Rev. Christina Sillari

Board President: Michaela Loisel

Coordinator of Lifespan Faith Formation:

M. Monique Bergère

Choir Director: Bridget Convey

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

Church Administrator: Lynn Smith

Phone: (207)622-3232 or email:

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Office hours: 8:00 a.m.–2:00 p.m. (Tues, Wed & Thurs)

No office hours: Monday or Friday

Rev. Christina Sillari

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Call or email to set up an appointment

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Contact the minister for pastoral emergencies by phone.
She will return your call as soon as possible.