

**Greetings, Members and Friends of
All Souls Unitarian Universalist Church.**

Wednesday January 19th Table of Contents (by pages):

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Your Presence Makes All the Difference at All Souls
We miss you when you are away and
we feel enlivened by your return.

11:30 am January 23rd, 2022

About Kwanzaa



A retired Fort Drum soldier, Bianca Ellis, will speak with us about the history and meaning of Kwanzaa.

This service will be online only: To participate online, go to:
<https://us02web.zoom.us/j/89601231307>

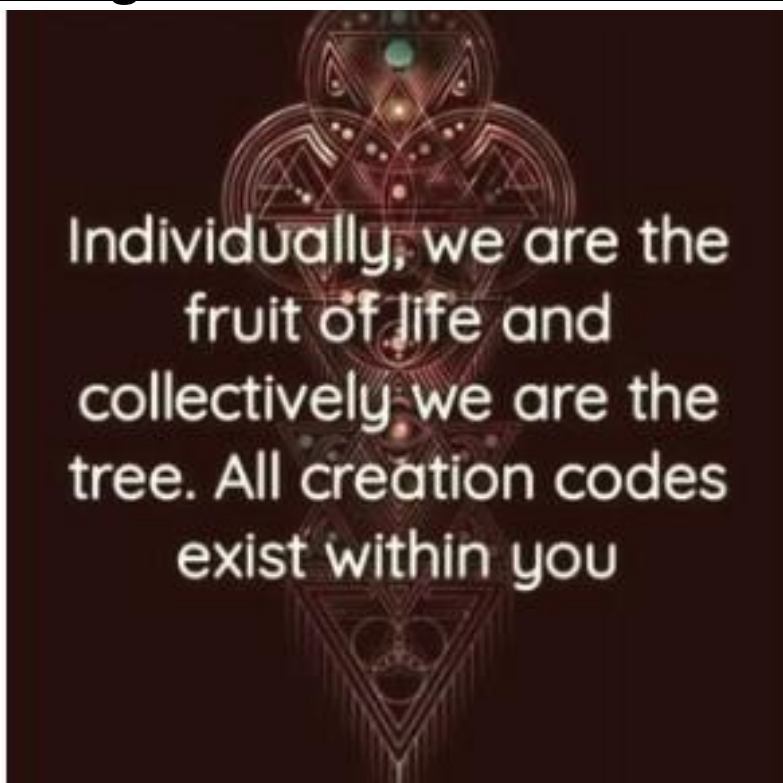
**ZOOM ONLY THIS MONTH- THE WORSHIP COMMITTEE HAS DECIDED TO HOLD ALL
WORSHIP SERVICES ENTIRELY ONLINE DURING THE MONTH OF JANUARY**

YouTube Channel

Zoom services produced by our congregation are recorded and placed on our You Tube channel for two months. Copyrighted material for which we don't have permission is cut out, as are elements of the services which may involve sharing of private information.

<https://www.youtube.com/c/ASUUCWatertown>

Instagram <https://www.instagram.com/allsoulsuuwatertown/>



Phone Tree

The default method of notifying the congregation of cancellations is to put the information on the website and email it out. However, some people would like to also be called on the phone. Rather than trying to call absolutely everyone, we are putting together a list of just those who prefer to be notified by phone.

If that's you, then either reply to this email or call the office during office hours (9 to 11 AM Monday, 11 AM to 1 PM Wednesday, or 1 to 3 PM Friday).

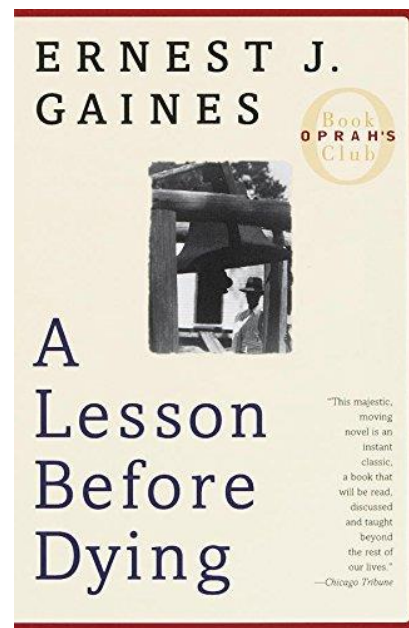
This will also be announced at worship services.

Common Read

Harriet McMillan suggests we all read

[“A Lesson Before Dying”](#)

by Ernest Gaines. Throughout the month of February those who are interested will be meeting (socially distanced) in Eaton Social Hall at 9:30 every Sunday to discuss the book. A free pdf is viewable here: [pdf](#)



Wondering Center — What's Happening in January?

submitted by Frances Mercer



Nothing much this week. During January we haven't been gathering in person on Sunday mornings, but all are welcome to participate in the Sunday morning services by Zoom. Each of the services includes “a story for all ages”. This week's fresh, crisp snow has reminded me of the several times during past years at the church when we became snow artists by “drawing/painting” pictures in the snow with birdseed. Why not try that at home or in a nearby park? Draw/paint pictures on your front yard to be enjoyed by humans that walk or drive by and of course, by the birds that dine on the seeds. Hope you are enjoying the winter and staying safe.

605 Group Reboot

A couple of years ago a member of the ASUUC congregation created an opportunity for women to come together in a group. The group's purpose was to create a space for honest expression of our lived experiences in a non-judgmental environment. The goal is spiritual enrichment; as the spirit is moved only by honesty, compassion and love. The group ended after a couple of years of bi-weekly meetings in the evening at ASUUC. The 605 group, as it was called, helped me stay grounded during a very difficult time.

Recently, during a rare in-person coffee hour, several women shared with each other a bit about how we are really doing. One of our number mentioned starting the group again. I participate in many regular on-line groups—some spiritual in nature. It isn't the same as being next to each other; able to hug and feel each other's hearts, but it is good for my soul.

So, I am thinking about starting this women's group again using ZOOM, If you are interested or curious, please contact me:

Veronica Hartman
veehippo@gmail.com email
207-229-8670 texting is probably best.
Vee



Updated 1-11-22

The flowchart provides guidance based on two starting points: being a close contact to a positive case or testing positive for COVID-19.

Path 1: I am a close contact to a positive case

- Are you experiencing any symptoms?
 - No:** Have you recovered from COVID-19 in the last 90 days?
 - No:** Have you received 2 doses of Pfizer or Moderna or 1 dose of J&J vaccine?
 - No:** Quarantine for at least 5 days. Wear a well-fitting mask around other people for 10 days from exposure. If possible, get tested at least 5 days after exposure. * K-12: you may continue in-classroom activities, but must quarantine outside of school. You cannot participate in extracurricular or after school activities.
 - Yes:** Are you eligible for a booster?
 - No:** Quarantine for at least 5 days.
 - Yes:** Did you get your booster?
 - Yes:** Did you get your booster at least 2 weeks before you were exposed?
 - Yes:** No quarantine.
 - No:** Quarantine for at least 5 days.
 - No:** Quarantine for at least 5 days.
 - Yes:** Isolate and get tested immediately.
 - Test positive?** Isolate for at least 5 days, regardless of vaccination status.
 - Test negative?** Test again 5 days after exposure.
 - If positive, isolate** → Isolate for at least 5 days, regardless of vaccination status.
 - If negative, end quarantine** → No quarantine.

Path 2: I just tested positive for COVID-19

- Isolate for at least 5 days, regardless of vaccination status.
 - Notify your close contacts
 - Wear a well-fitting mask around other people for 10 days
 - If you have symptoms, stay in isolation until symptoms are improving and you have been fever-free for 24 hours without fever-reducing medication
 - If symptoms are getting worse, call your doctor for guidance and treatment options

Thanks for all the donations and pledge payments. One of the checks was sent by someone's bank <free stamp!> in December but just arrived. Total for the three checks is \$642, which breaks down as \$592 of pledges, plus \$50 for our Generosity Project (half of which is shared with those other charities for which we voted last June). Our credit union is closed Monday in memory of MLK jr, so I plan to do the deposit on Tuesday.

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Feel Empowered To Share & Forward This Message

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The Weekly Post (formerly the Shepherd's Post) is sent out every Wednesday at noon. It serves as a reminder of shortly upcoming events rather than a general purpose church Newsletter (normally). Please submit items for the Weekly Post to the office, allsoulsuuchurch@gmail.com.