

South Parish Congregational Church UCC
Newsletter • May 21, 2026



Again, Jesus said, *"Peace be with you! As the Father has sent me, I am sending you."* And with that he breathed on them and said, *"Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."*

Like its counterparts in Hebrew and Greek, the Latin word *spiritus* originally meant *breath* (as in expire, respiratory, etc.), and breath is what you have when you are alive and don't have when you're dead. Thus spirit=breath=life, the aliveness and power of your life, and to speak of a person's spirit (or soul) is to speak of the power of life that is in them.

When the spirit of a person is unusually strong, the life in them unusually alive, they can breathe it out into other lives, becoming literally in-spiring.

**Warrant
Annual Meeting
South Parish Congregational Church UCC
May 31, 2026**

Article I: To review and accept reports relating to programs and activities of the church

Article II: To discuss any matters of significance occurring since the Annual Meeting in May 2025

Article III: To review the status of the budget

Article IV: To elect officers and members of boards and committees for the coming year.

Article V: To transact any other business that may legally come before the meeting.

Article VI: To adjourn the meeting.



Kari Russo & Jim Kochenburger

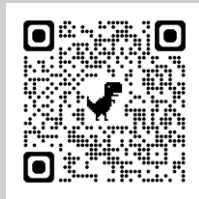
Description

In this session of the Mental Health Toolkit 2.0, we discuss Loneliness. One out of four Americans currently suffers from loneliness; a condition the Former Surgeon General has called a national mental health crisis. In this episode, counselor Jim Kochenburger Russo explores the despair of isolation and provides a roadmap for recovery. This project is designed as a foundational tool to help you understand basic mental health concepts and bridge the gap for those who may not have immediate access to face-to-face counseling.

In this session, you will learn to identify different forms of loneliness, from social disconnection to the "alone in a crowd" feeling of emotional loneliness. Jim outlines practical "loneliness busters," including the importance of finding a bigger purpose and the biological power of physical affection and oxytocin. While this episode does not replace the necessity of professional therapy, it serves as an essential first step toward reclaiming your mental well-being and discovering the vital importance of human connection.

[TO LISTEN TO PASTOR NATHAN'S VIDEO CHOICE CLICK HERE](#)

OR SCAN THE QR CODE WITH YOUR CAMERA.



<https://youtu.be/EUtRpmKhmtE>



Welcome Jeffery Nadeau, who will be serving as our fill-in Sexton while our humble Sexton, Richard Kimball, is away recovering from surgery.

Jeffery brings over 37 years of Sexton experience, along with dedication, care, and a heart for serving the church community. We are thankful to have him with us during this time and invite everyone to give him a warm welcome!



🐾 HELP KEEP THE *AMY BUXTON* PET PANTRY OPEN 🐾

The Amy Buxton Pet Pantry at South Parish Congregational Church continues to help local families, seniors, disabled individuals, and those facing difficult times keep their beloved pets fed and cared for.

As the cost of pet food continues to rise, the need in our community is growing quickly. In recent months, volunteers have personally spent hundreds of dollars out-of-pocket to make sure no pet goes hungry.

Now, we need the community's help.

We are urgently seeking:

- 🐶 Dry & wet dog food
- 🐱 Dry & wet cat food
- 🗑️ Kitty litter
- 💰 Monetary donations
- 👤 Volunteers to help lift, sort, organize, and distribute supplies

Even one donation or one hour of volunteering each month can make a huge difference.

Our mission is simple:

- ❤️ Help pets stay with the families who love them.

The Amy Buxton Pet Pantry operates in honor of Amy Buxton, whose compassion for both people and animals continues to touch lives throughout Central Maine.

📍 South Parish Congregational Church
9 Church Street, Augusta, Maine

🕒 **SUMMER HOURS:**
Open the 2nd Saturday of each month from 9–10 AM

Donations may also be dropped off during church office hours:
Tuesday–Thursday, 9 AM–Noon, or Sunday mornings.

📞 Questions or donations:
207-622-0552

Together, we can make sure no family has to choose between feeding themselves or feeding their pets. 🐾



May 24th is Memorial Day Weekend, and there will be no formal Sunday School.

During the Service on Sunday, May 31st, our Youth will be presented with age-appropriate Bibles, they are growing up! The following Sunday, June 7th, will be the last day of Sunday School until Fall. The Congregation is invited to join us after Church for cake.

Kathy Petersen, CE Chair



Today, May 17, 2026, is the first time your greeter has been able to talk with new people, since leaving for Florida 1 March.

This is what I learned today, which will be of interest to you.

A family of three started coming to South Parish Church just before I started greeting last year. This morning I got to talk with them for the first time. They are Jayson, Susie and Cole.

I was delighted to find out that the youngest son, Cole, was the reason they started coming to Church. At age 14, he asked to learn about God. Since his mother Susie had a history of being at our church in her youth, the decision was easily made.

Susie remembered the young people of the Church at that time, which was when I first came to South Parish myself.

I learned they have another son Aiden, 20 years old, who has just graduated from lineman school at Central Maine Community College. He will go on from there as an apprentice working toward getting his license.

Jean Rocque is delighted that her daughter and family have come to South Parish!

When we humans get concerned that young people are not coming into our Church, we have to remember that God has a plan. We do what we can to make them feel welcome, and never leave them out of conversations. Instead, take the time to engage in conversation and listen... Especially listen.

We have more new young people coming into the Church now than we have had at any time since I started attending in 1990.

MAINE VETERANS' MEMORIAL CEMETERY SYSTEM
MEMORIAL DAY HOLIDAY

CEREMONY

Monday May 25th, 2026 @ 10:00am

163 Mt. Vernon Road

Augusta



Volunteer Flag Placement

Friday May 22nd, 2026 @ 9:00am

163 Mt. Vernon Road, Augusta

143 Blue Star Avenue, Augusta

Volunteer Flag Removal

Wednesday May 27th, 2026 @ 9:00am

163 Mt. Vernon Road, Augusta

143 Blue Star Avenue, Augusta

Please call

Phone #: (207) 287-3481

For Inquiries during normal business hours 7:00am – 3:30pm



COMMUNITY MARKET

FUNDRAISER

Great finds just around the corner

★ BOOKS - CLOTHES - PLANTS - HOUSEHOLD - CRAFTS - FOOD ★

SATURDAY, JUNE 13TH

9:00 AM – 1:00 PM

**EMMANUEL LUTHERAN EPISCOPAL CHURCH
209 EASTERN AVENUE, AUGUSTA**



Crafts ~ Flea Market ~ Vendors welcome

**Proceeds benefit Bridging the Gap and
Centralized Helping Fund (CHEF)**

— AUGUSTA —
FARMERS MARKET

— AT MILL PARK —

TUESDAYS 2-6PM
UNDER THE PAVILION

THIS WEEK AT MARKET:

EGGS

MEAT

CHEESE

HONEY

GREENS

MUSHROOMS

OLIVE OILS

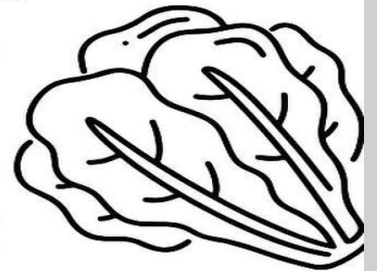
DOG TREATS

HOT FOOD

BREAD

PASTRIES

AND MORE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12pm - AA Meeting	2 4:30pm - Community Meals 12Pm - 4:30pm Dirigo Braiders Guild Meeting 7pm - AA Mtg
3 9am Green St. 10am SPCC UCC	4 12pm - AA Meeting 1pm - Bridge Club 6pm - AA Meeting 6pm - Line Dancing	5 12pm - AA Meeting 5pm - Bible Study 6pm Trustees Mtg	6 12pm - AA Meeting 4pm Green St 5pm AL-ANON	7 6:30am - Men's Breakfast 12pm - AA Mtg	8 12pm - AA Meeting	9 9am - Pet Pantry 4:30 Community 7pm AA Mtg
10 9am Green St. 10am SPCC UCC	11 12pm - AA Meeting 1pm - Bridge Club 6pm - AA Meeting 6pm - Line Dancing	12 12pm - AA Meeting 5pm Bible Study	13 12pm - AA Meeting 4pm Green St 5pm AL-ANON	14 6:30am - Men's Breakfast 12pm - AA Mtg	15 12pm - AA Meeting	16 4:30pm - Community Meals 7pm - AA Mtg
17 9am Green St. 10am SPCC UCC	18 12pm - AA Meeting 1pm - Bridge Club 6pm - AA Meeting 6pm - Line Dancing	19 12pm - AA Meeting 5pm - Bible Study 6m Council Mtg	20 12pm - AA Meeting 4pm Green St 5pm AL-ANON	21 6:30am - Men's Breakfast 12pm - AA Mtg	22 12pm - AA Meeting	23 7pm - AA Mtg
24 9am Green St. 10am SPCC UCC	25 12pm - AA Meeting 1pm - Bridge Club 6pm - AA Meeting 6pm - Line Dancing	26 12pm - AA Meeting 5pm Bible Study	27 12pm - AA Meeting 4pm Green St 5pm AL-ANON	28 6:30am - Men's Breakfast 12pm - AA Mtg	29 12pm - AA Meeting Fellowship Meeting	30 4:30pm - Community Meals 7pm - AA Mtg
31 9am Green St. 10am SPCC UCC	Annual Meeting Sunday 31 					