

The COMMON

Plant-Based Food Pyramid



Dr. Sanford Warren did a guest turn in the pulpit on April 12 and folks still are buzzing about it. Riding the wave, *The Common* asked Sanford to give us a somewhat shorter version for the newsletter, and we are

delighted to point you to page 6 for his contribution.

The pyramid above, one of several vegetarian guides, was selected by the editor and not necessarily endorsed by Dr. Warren. *go to pg 6*

CALENDAR

Pulpit
 May 3
 Rev. Charles J. Stephens

May 10
 Rev. Stephens

May 17
 Rev. Stephens

May 24
 Rev. Stephens

May 31
 Rev. Albert Boyce

Events

Filipino Supper, May 8

Congregational meeting
 May 10

Board meeting, May 21

MARK YOUR CALENDARS!

Special Meeting

Please attend church on Sunday, May 10, so you can cast an important vote at a congregational meeting, directly after the service.

The reason for the meeting is officially to renew our endorsement of

LYNN PARSONS, PRESIDENT



our Ministerial Search Committee. The committee's current term of service has expired and we need to extend their appointment to a term concluding in fall 2016.

See my report on page 3.

RELIGIOUS EDUCATION

Some 25 hundred years ago, a Hindu named Siddhartha Gautama came up with a set of ideas that began a new religion, eventually called Buddhism. He lived in India and had become dissatisfied with the answers he had gotten from Hinduism. He wandered alone for six years, fasting and listening to holy men. He spent 45 days meditating and found the answers he was looking for. He became known as Buddha which means, "Enlightened One."

Buddha is our focus of the month---yet another model for our Unitarian Universalist principles. The religious education group will hear the story of Buddha and learn about the Four Noble Truths and the Eightfold Path, which form the basic teachings of this religion. They will learn about meditation and make a Zen garden. The younger children will continue with books about our world of trees and flowers. We will also pay tribute to our mothers on her special day, May 10.

Discussions About RE:

Several members of the church met in April to brainstorm about our religious education program. Some of the ideas we discussed:

- Find ways to have older children connect/communicate with the children of our partner church.
- Visit other churches in the Castine community. Have their youth visit us.
- Visit other UU churches, such as Ellsworth and Belfast.
- Involve youth in service projects in the community or church, such as helping with partner church dinners, for example.
- Send out special notices of events.
- Involve youth in the church services: ushering, leading the covenant, doing a reading, playing music etc.
- Lead a service.

- At a certain age, perhaps 13, encourage the youth to attend church services---to experience church as an adult.

If you have any comments about these ideas, email me, see me at church, or join us for another informal group meeting this month. I know there are some more interesting ideas out there!.

Kay Hansen
Religious Educator



Chef Ray Nualla and your Partner Church Committee invite you to our first 2015 Filipino Supper!

Friday, May 8 at 5:30 pm, Parish House
Adults \$15, children 5-15: \$10, under 5 free;
families \$40.

Menu:

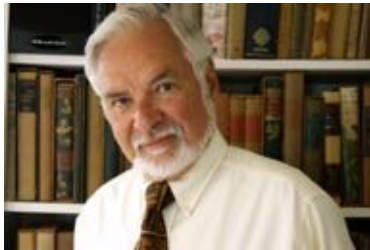
Chicken and Pork Adobo
Pansit(asian noodles/with fresh vegetable)
Lumpia(egg rolls)
White Rice
Filipino-style Flan, plus other
Deserts and drinks.

To volunteer or to make reservations, call Elaine Gerard-Climo at 326-0992; reservations also may be made with Becky St. John Mondays and Fridays at the Parish House, 326-9083.

These suppers benefit "our" schoolchildren in the Philippines, but they double as community events full of good fellowship. Spread the word!

FROM THE PRESIDENT'S DESK

Lynn Parsons



Interim Ministers are limited to two years' service, so Charles will be leaving our pulpit at the end of August. We have filed an application with the UUA, searching for a new Interim Minister for one year, beginning next September. The Governing Board has appointed a three-person Interim Search Committee: Joan Bothwell, Leslie Fairbank, and Tom Mason. My thanks to all three. If all goes well, they will have completed their search by the end of May.

The Ministerial Search Committee has volunteered to continue their search for a Settled Minister during the next search cycle, ending in the fall of 2016. Before they can resume their work, however, the Committee is requesting endorsement by the Congregation, at a meeting to be held on May 10. I and the Governing Board have complete confidence in all five members, and I urge the Congregation to support them (Peter Fairbank, Anne Parsons, Anne Price, Emma Sweet and Brooke Tenney).

There is no point in denying that there have been some bumps in the road over the past several months. There are vacancies on most committees, including the Social Justice Committee, the Religious Education Committee, the Partner Church Committee, and the Buildings and Grounds Committee. I'm urging those who are not serving on a Committee to think about stepping forward and joining those who have already committed their time and effort.

We are the heirs and legatees of a two-century heritage in the Castine area. With your help I remain confident that the coming months will see that heritage not only be renewed, but prosper.

* * * * *



This is the house (the big one in the back) several of you helped build for Hancock County Habitat for Humanity, in Sedgwick. The date you can't read is Saturday, May 16, at 10:30 am, and the event is the dedication of the house, already happily occupied by the Combs family.

If you would like to attend, and especially if you swung a hammer or wielded a saw, check with Charles for directions. No housewarming gifts, please; your presence will be your gift.

Did you know?

Did you know that our minister's sermons and all issues of The Common are archived on the Web site? If for any reason you miss a church service or need to search a back-issue of the newsletter, we aim to be only a mouse-click away.

www.uucastine.org

CHARLES' COGITATION

Rev. Charles J. Stephens



The Buddha spoke of not holding tightly to one's expectations and urged his followers to relinquish the desire to control. How good are you at looking at your emotions and letting them be? When it comes to dealing with disappointment and moving, I have found that it is often easier said than done. I say this even though I know intellectually and from experience that it is wise counsel and that it has worked for me in the past.

This is especially true when I am dealing with expectations about myself, things I think I should be able to do or ways that I assume I should feel about something that doesn't go the way I wanted it to go. At such times I want to be able to go with the wisdom that we can see so implicit in the transience of nature.

This is often a shared experience within a congregation when things don't go as we had hoped or expected. Many of us felt this way when the wonderful and dedicated work of our Search Committee didn't produce a Ministerial Candidate. We know how intensely they worked and that they diligently followed through on the process recommended by the UUA. They were disappointed, as were those of us who worked with them and the larger congregation which they represented. I know they worked hard and don't want them or the congregation to lose heart.

There were many reasons why this happened but the major reason is that there were

fewer ministers looking for congregations than congregations looking for ministers this year and this made it more difficult for smaller congregations. I could list other potential issues, but the reality is your congregation will be in the Search process for an additional year.

Loren Mead, a wise congregational consultant and author, likened participating in a congregation to white water rafting. I agree with his eight points:

1. White water is what you came for, so enjoy it.
2. Rest in the calm places. There will be more white water soon.
3. Never stop paddling.
4. If you get in trouble, don't panic.
5. If you go under, let go of everything; eventually you will come back up.
6. Don't be surprised if the boat doesn't go where you want it to go.
7. Everyone paddles furiously to get somewhere, but really the current will take you downstream.
8. Someone needs to call out the orders clearly. It works better.

The last three points seem particularly pertinent for us. We can never be surprised when the boat doesn't go where we want it to go. Even when we are all paddling furiously to go in the direction we think is right, the current will take us downstream. And working with the present Board Members and Search Committee, I know you can be confident with the clear directions (not orders, since this is a UU congregation) they are providing.

With Love and Admiration for UUC
Charles J. Stephens, your minister.

SUCCESS STORY

Kent Price



In my capacity as a member of the Advisory Board of the UUA's United Nations Office, in April I attended a meeting of the Board in New York City, including the concurrent Intergenerational Seminar, which in this edition focussed on the many forms of incarceration. We heard from a rich variety of speakers, from previously incarcerated persons to scholar/activist Cornel West.

We also heard reports from the seven interns who were attached to the UNO for the last several months. In a prominent nongovernmental organization that has only three paid staff, interns from such sending institutions as the graduate schools of Columbia, Fordham, and New York Universities do much of the everyday work, attending UN committee sessions, speaking to academic groups, organizing conferences, and keeping open lines of communication between the Office and hundreds of UU congregation across the United States and Canada.

Over the years UU-UNO internships have become highly contested positions and have attracted first-rate applicants. They bring with them a high level not only of academic accomplishment but also, in several cases, of international experience and backgrounds. Of the seven interns we met in April, two were from China, one from Slovakia (she is fluent in five languages!), one was born in Iran, and three are from the US. One of the Americans, Raymond,

wrote the Board a brief letter that illustrates just what these young people do for us, and what the Office does for them. I am pleased and proud to share it with you.

Ray's letter:

UU-UNO's Role in my Success

I want you to know that the UU-UNO is the single-most important external factor in my recent professional success. I arrived at the UU-UNO with **no** international advocacy experience at all. While I had traveled abroad several times previously, I hadn't done actual work on international issues. UU-UNO--with Director Bruce Knotts's mentorship, exposure to the UN, and my projects--has catapulted my career in international work. Now a year after starting, here I am en route to the UN in Geneva and starting an International Education Policy program at Harvard. I have the UU-UNO team to thank, and the greater UU family as well, including you for your support.

One of the UU-UNO's Top Programs (in my Opinion): The Internship Program

I would rate UU-UNO's internship in the top 3 things the office does. The internship provides students with the intellectual latitude to choose topics of interest to them and design and execute meaningful projects. The internship is also a massive networking opportunity. Since starting, I've made friends at other NGOs and throughout the UN system. A few of those contacts were facilitated by Bruce. Lastly, the internship enables students like myself to find family in a sometimes crazy and impersonal city that is New York. I can say that I have a special place in my heart for Bruce, our former and our newest staff, and my colleagues and friends--the interns you met. I look forward to many family reunions!

Thank you for your past and continued support of the office. I think you can see how much this internship has meant to me. I hope we can stay connected and continue doing some really great work together.

THE CASE FOR PLANT-BASED NUTRITION:

Medical, Environmental, Moral

Dr. S. Warren

The problems of chronic illness in this country--coronary artery disease (CAD), cancer, diabetes, hypertension, obesity, and others--are well known and epidemic. For example, one in two American men will be directly affected at some point in their lives by CAD (and 1 in 3 women, with women rapidly catching up). Our health care system is straining somewhat unsuccessfully to keep up, being hampered by rising costs, a muddled patch-work delivery system designed to favor insurers, limited resources, and a population that, while living longer, does so with an increasing daily burden of illness, starting (for many in middle age) the slow slide of medical visits, multiple medications, more frequent hospitalizations, skilled nursing facility placement, palliative care, hospice, and death. And even for the well-to-do, access to health care does not equal health. Generally, pills and procedures do not, with the exception of curative cancer intervention, cure most common chronic illnesses. They set it back, they hold the fort for a time--but if there is to be a seismic revolution in the health of the general US population, it will have to be through lifestyle change. And the number one change in lifestyle that should be made, more important than exercise, is in what we eat.

As I have a professional interest in preventing and treating CAD, I take a special interest in this area, although much of what I say about nutrition also holds true for many cancers (now the most common cause of death in Canada) and

other chronic illnesses. The scope of the CAD problem is vast: it is found in over half of combat casualty post-mortems (often called atherosclerosis, or hardening of the arteries, or plaque) from Korea and Vietnam and more recent wars, average age 20s, so advanced it can be seen with the naked eye. It starts in the first decade of life, with image of the "healthy" plump Gerber baby. We learn early to eat to resolve conflict, and what we learn to eat is "comfort food"--sugar, fatty meat, oils and fats, dairy, empty calories from refined carbohydrates. Societies that get most of their calories from plant-based sources, like Laos, Cambodia, Vietnam, and even the relatively plant-strong countries of central and south America--have a vastly lower incidence of CAD than the USA and the developed West. Yet the USA spends more money on healthcare by far than any other country in the world. We spend twice what the United Kingdom does, but we don't live a day longer.



Why do we get so little value from our system, considering the amount of money we throw at it? Why is the current generation of Americans the first in history to be projected to live less long than their parents? Why will roughly half the adult population be obese and nearly as many have (or be projected to get) type 2 diabetes by the year 2050?

PLANT-BASED NUTRITION, FROM PG 6

Watching TV, you would never suspect that there is a problem. Think of the late Dave Thomas and those Wendys commercials. Dave never told you that he needed coronary bypass surgery. The first spokesperson for Burger King's "takes two hands to handle a Whopper" advertising was the late Wilt Chamberlain--he too developed coronary disease and passed away. But the eminent physician Dr. Caldwell Esselstyn from the Cleveland Clinic (where, in a splendid moment of irony, they have a McDonalds on floor 1) has stated "CAD is a toothless paper tiger--it need never exist, and if it DOES exist, it need never progress. How can my colleague Dr. Esselstyn say this (and I agree with him, for the vast majority of people)?

"your genes load the gun, but your behavior pulls the trigger."

Dr. Caldwell Esselstyn

The evidence:

--Countries with high ratio of plant food calories to animal food calories have a low incidence of CAD.

--Norway (and other Scandinavian countries, Finland being the worst) has historically had a high CAD incidence, EXCEPT during the war years of occupation, 1940-1945. The Germans invaded in 1940, confiscated the goats, sheep, cows, chickens etc for their troops, and put Norway on a plant-based (plus some fish) nutrition plan for the rest of the war. The death-from-cardiovascular-disease numbers plummeted during those war years, only to rebound abruptly when the Germans left in 1945. This phenomenon was published in the British Medical journal several years after the war, but the healthcare community wasn't paying attention.



--Dairy consumption correlates with prostate cancer incidence (see Dr. T. Colin Campbell's *"The China Study"*). There was a dairy shortage in Japan in the late post war years. In one year in mid 1950s, Japan got down to fewer than 20 deaths from prostate cancer.

--Among mostly vegetarian societies: (Okinawa, the Tarahumara of Mexico, Papua New Guinea highlanders, parts of Italy, and even our Seventh Day Adventists of Loma Linda, CA--the incidence of CAD is low. And the latter are genetically diverse, leading Dr. Esselstyn to quip "your genes load the gun, but your behavior pulls the trigger." I do recommend his book, *"Prevent and Reverse Heart Disease."*

--Biologic Data on the behavior of arteries. Our blood vessels are lined by endothelial cells, which when healthy (they are stimulated by plant food and exercise) release EDRF (endothelial derived relaxing factor, now known to be nitric oxide, the same substance found in a nitroglycerin tablet). This EDRD production is vital to the health of the coronary arteries. It vasodilates the artery (more blood flow), it is anti-inflammatory (inflammation is thought to play a role in the development of CAD and cancer), and thins the blood (makes it more like Teflon and less like Velcro). The standard American diet (meat / oil /dairy / added sugar) damages endothelial cells acutely and chronically--so you get vasoconstriction, inflammation, and more clot-prone blood. And that is after one meal. *Continues on p 8*

PLANT-BASED NUTRITION, FROM PG 7

--Prospective studies in CAD patients: Dr. Esselstyn studied 24 patients with advanced CAD, placing them on a plant-based diet and following them for over a decade. The target total cholesterol was <150, LDL<80. This he attained in all, some of whom couldn't take statins. Six dropped out (non-compliant). Of the 18 compliant patients, there had been (pre-study) a total of 49 cardiovascular events. In the 12 years of follow-up after starting an 11% plant-based diet (no meat, no oil, no dairy--rice/soy/almond milk were ok), there was 1 event. Several patients had baseline and 3 years of after follow-up coronary angiograms: all showed CAD regression, some of it quite dramatic, and some in patients not on statins.



Largest animals eat no meat.

And then there are the environmental concerns. To quote a Bangor *Daily News* article from March 3, 2015, titled "New Dietary Guidelines Consider the Planet's Health... "Plant-based diets are good for you and the planet. Fruits, vegetables, and whole grains should be foundation of your diet. It's a healthy way to eat and is good for the environment. If we all ate a plant-based diet, we'd reduce the use of natural resources and avoid depleting them. That's known as sustainability, because it lowers the negative effects on the environment, including land and water use." I would add that animal products take six times the energy / pollution / carbon footprint to produce compared to plant foods. Going

from a meat-based diet to an animal-free vegan diet is like driving a midsize car only 629km in a year, as opposed to driving it a yearly 4,758km. For an organic vegan diet, the number drops to 281km. If we are to get a handle on global warming and create a sustainable food source for the estimated 100 million people we are adding to the planet every 2 years, it will have to be plant based. And we will need to show industry that the market for this food is strong, and show them by example. No one will lack protein: all plants are at least 30%, some more (e.g. broccoli and spinach). The largest animals on earth: elephant, giraffe, rhinoceros--eat no meat.

The evils of large, industrial, meat-factory farms are self-evident. Their treatment of animals is atrocious and unethical, and they want it out of sight. Here I except humane small family farms.

In summary, for health, for the environment, for the disincentivisation of inhumane treatment of animals, we should pursue a plant-strong nutrition plan, not a "diet," but a style of eating. For most, this consists of meals that emphasize vegetables, fruit, whole grains like oatmeal, shredded wheat, brown rice, etc, potato and/or squash, and legumes (things in pods—peas, beans, lentils). Rice / soy / almond "milks" are fine for most. So are small amounts of nuts or seeds (assuming no allergy, usually less than 3oz/day due to fat content, and raw, not roasted in oil--I like raw cashews) or another healthy "fat"--avocado. We should be reducing or eliminating meat (fish OK for some), oils and other fats like butter-margarine, dairy, and added sugar (you don't want to see a sugar listed in the first three ingredients if the food has a label). *continues on p 9*

CONTINUED FROM P 8

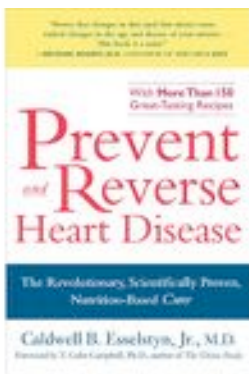
This behavior will increase your years, and even more important, make them more healthy and vital until the very last. It will promote sustainable food practices for the entire globe, using fewer resources and helping people on the other side of the planet. It will help eliminate the unethical treatment of animals in factory farms. It is the right thing to do.

And if you have trouble doing it, try being "vegan till 5 PM"--no meat/oil/dairy till 5. This will ensure that at least two meals are plant strong. Whatever your nutrition, you can be "plant stronger."

I would also, after the fashion of Dr. Dean Ornish in California who wrote *"The Spectrum"*, promote moderate exercise, stress reduction, and engagement in activities with a support crew: family, friends etc-- have a life!

The cruise control button for health disappears from the console of life after 40. If you are not actively working on your health, you are probably losing ground.

I have personally used recipes for plant-based nutrition found in Dr. Caldwell Esselstyn's book (mentioned above) and in Dr. Joel Fuhrman's *"Eat to Live."*



CALLED TO RADICAL HOPE Based on the Rev. Fred Small

Preventing climate change is impossible. The forces our folly have unleashed can no longer be called back. Our tasks now are to slow climate change, eventually to reverse it, and to save what can be saved—including our souls.

Are we wise enough and brave enough to turn from complaint to commitment?

How do I live my life for the rest of my life?

To what purpose am I faithful?

How courageously and creatively can I respond to this catastrophe?

How can I serve?

How can I sacrifice?

It is sometimes complained of Unitarian Universalists that we celebrate Easter while ignoring Good Friday—that we want the sweetness and light without the suffering and darkness.

Whether that charge is true or not, it will no longer be possible. Good Friday is coming, indeed is upon us. But Easter, too, is coming.

Easter, too, will come. Against our will but with our faith, we are called into a future beyond our dreams, beyond our nightmares, beyond our comprehension. We are called to devotion and sacrifice and imagination.

We are called to radical hope.

PULPIT PREVIEW

May 3, Rev. Charles J. Stephens

“The Poetry of New Beginnings”

May traditionally is thought of as a time of new beginnings. And because there are so many wonderful May poems, I will turn to poets for inspiration.

May 10, Rev. Stephens

“How Children See Their Parents”

Mother’s Day brings up the images we have of our parents and, if we have children, the images they have of us. We realize all too well that the roles of mother and father have iconic implications, both positive and negative.

May 17, Rev. Stephens

“Compassion for Your Enemies”

The last in my series based on Karen Armstrong’s book, “Twelve Steps to a Compassionate Life.” It is the last step in the book, and in my sermons, because loving our enemies is one of life’s hardest challenges.

May 24, Rev. Stephens

“I Think Continually of Those...”

On this Memorial Day weekend, let us look at the meaning of remembering those who fought for life.

May 31, Rev. Albert Boyce

“Letting Go”

We had Rev. Al scheduled for February 15, which was one of or snow cancellations. No snow expected on the last day of May.

MEMBERS OF THE BOARD

Lynn Parsons, President
 Gil Tenney, Vice President
 Diana Bernard, Treasurer
 Anne Romans, Clerk
 Tom Mason
 Leslie Fairbank
 Colin Powell, Alternate

The Governing Board meets in the Parish House at 8:30 am on the third Thursday of each month. Observers always are welcome.

THE COMMON

The Common is published monthly and distributed in both electronic and photocopy forms. All members and friends are invited to submit items for consideration. Send submissions or comments to editor Kent Price at kapricorn75@gmail.com. Deadline is the 15th of the month preceding publication.

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