



THE COMMON

UNITARIAN UNIVERSALIST CONGREGATION OF CASTINE

FEBRUARY 2025

It is our Mission:

To establish and promote an open and welcoming congregation that supports and sustains the spiritual, ethical, intellectual, and overall well-being of our members and friends while serving our broader communities.

A Month of Sundays in

- FEB 1 Worship Leader: Rev Amy DeBeck
 Musician: Colleen Fitzgerald
- FEB 8 Worship Leader: Rev Amy DeBeck
 Musician: Karen Froehly and
 Marion Feildman
- FEB 15 Worship Leader: Rev Vanessa
 Titang
 Musician: Colleen Fitzgerald
 Potluck
- FEB 22 Worship Leader: Rev Amy DeBeck
 Musician: Karen Froehly



Contact Us

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For questions or comments about The Common or to submit items for this newsletter, please contact Victoria Bujan office@uucastine.org.



Minister Meandering

“Embodying Resilience”

I wish all of you a February that keeps us warm from the inside. I have recently had many eye-opening, soul-expanding opportunities to explore what it means to live, more in touch with body. A departure from the life inside my mind.

When it is so cold that it hurts, I remember I am a body wrapped around that mind.

When I witness images of brutality against our fellow Americans it literally hurts my heart to watch.

Embodiment does not always mean being aware of pain, however.

Embodying resilience makes me think of the things that lift spirits, help us breathe easier, things that encourage a lighter movement through the world than when we are hurting.

Music—listening or singing—maybe you play an instrument—music helps us to embody resilience. Keeping our breathing regulated, encouraging deeper breaths, sharing residence with others.

Moving our bodies in walking or dancing or stretching brings mind and body together for an integrated resilience.

This February we need to stay resilient as we endure the cold. The changes to our everyday life continue to confuse and sometimes scare us. We would do well to be ready for whatever resistance looks like so that we do not lose civil rights.

The best way to stay resilient, for whatever your primary challenge might be, is to not go through it alone.

My February 8th sermon will be about community, and will feature this quote, attributed to Margaret Mead.

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Stay resilient, friends, by embodying the efforts you make to change our world. Breathe, notice your heartbeat, laugh, cry, hold hands with somebody, sing—let your body hold you and support you. Then go support others and let them be resilient with you.

And above all, keep yourself safe and warm so that we can face the Spring together.

In peace

Rev. Amy



President's Letter

January 25 is "Robert Burns Day"

"Scotland's favorite son" was born on 25 January 1759 and died on 21 July 1796.

Robert Burns was never a member of the Unitarian Church or any other particular religious faction, but he is celebrated by Unitarians of Scotland as a religious forbear. He rejected Calvinist theology, piety, and social attitudes.

American Unitarian minister Ralph Waldo Emerson wrote, "The people who care nothing for literature and poetry care for Burns."

Celebrated as "Scotland's National Poet," Burns wrote lyrics for over 200 songs. Many of these songs are often published as poems. *A Red, Red Rose* is a 1794 song written in Scots based on traditional sources.

Bob Dylan named this poem as his #1 inspiration for song writing.

Annual *Burns Night* celebrations are held in his honor on 25 January.

O my luv'e's like a red, red rose,
That's newly sprung in June;
O my luv'e's like the melodie
That's sweetly played in tune.

As fair art thou, my bonnie lass,
So deep in luv'e am I;
And I will luv'e thee still, my dear,
Till a' the seas gang dry.

Till a' the seas gang dry, my dear,
And the rocks melt wi' the sun:
O I will love thee still, my dear,
While the sands o' life shall run.

And fare thee weel, my only luv'e,
And fare thee weel awhile!
And I will come again, my luv'e,
Though it were ten thousand mile.

Respectively submitted,

Marcia



Clerk's Summary

The Governing Board held its monthly meeting on January 15th where seeking advice took center stage.

With the steeple repair project in mind, Lisa Lutts was invited to explain her process of writing grants. She noted some possible grants, their requirements, timeframes, and potential amounts. While she noted that she charges by the hour, she did not have a proposal with her. She promised to provide one asap. There has been



a lot of discussion about the urgency of getting this project going versus the time it would take to get a grant, in light of the fact that any work done before the granting process is complete can not be paid for with grant money. Discussion is ongoing.

Barbara Fleck from the Building and Grounds Committee has been seeking advice from plumbers and contractors regarding the Parsonage bathrooms. It seems there are several possible scenarios and as we bring these all together, we will try to keep in mind the needs of all involved.

The last area of discussion involved legal advice regarding our endowment and the stipulations of Deborah Pulliam's bequest. Enough time has passed and institutional memory has faded to the point where the Governing Board would like to better understand this important part of our congregational responsibility. Ellen Best was involved with the Pulliam bequest and she is willing to come speak with the Board in the near future. A date and time will be determined.

The Governing Board's next meeting will be February 19th at 10 a.m.

Debbie Morehouse, Clerk

President: Marcia Mason marciamason@hotmail.com

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Treasurer/Clerk: Debbie Morehouse legacycrafts2@yahoo.com

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Bean Counter's Tally

January 2026

With the end of the year 2025 comes all the tallying and reporting for the year. I am pleased to report that we successfully lived within our budget and finished 2025 in the green.

Our investments have done well this year, growing by 9% overall. The balance now stands at \$9,114,556. We are blessed to have this generous endowment and take seriously the responsibility to steward and grow it, allowing us to do the most good in our community and beyond.

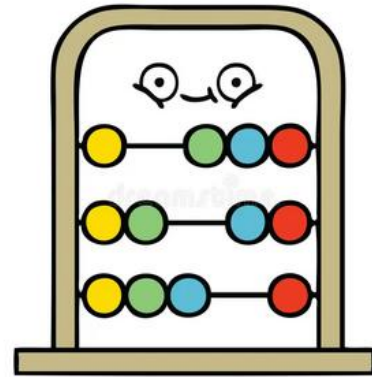
I am also pleased to report that all those who pledged support in 2025 met or exceeded their pledges. Thanks to everyone who stepped up and finished the year strong! Pledges for the coming year are up over last year by about \$2,400. Your regular support for the operation of your Church, helps free up endowment funds for our important social justice and philanthropic work.

We also take seriously the responsibility to do our work with care and honesty. While we have every confidence in our Board, staff, and bookkeeping firm, it is prudent to have an audit periodically and to review our financial procedures to be sure we are following best practices. To this end, we are in the process of identifying an accountant to do such an audit sometime this year. I will keep you informed.

Please feel free to reach out to me with any questions you may have on UUCC's financial circumstances.

Debbie Morehouse,

Chief Bean Counter (aka Treasurer)



No Neighbor Left Behind

Attached is the recipe used for our January meal. Somehow (and it's not hard to guess why), once we make a NNLB meal, it looks and smells so good, we want to duplicate it for our own enjoyment!

The fruit, baked potatoes, and corn filled out the rest of the meal that we sent to 100 recipients. The number has dropped from 120 due to deaths and winter travel. I suspect our numbers will rebound by our next meal on April 10th.

It has been brought to my attention that one of the richest experiences in the NNLB program is the interaction drivers have with recipients and, therefore, why not encourage ride-alongs. If you would like to accompany one of our drivers and meet some of our neighbors, we could schedule that.

I look forward to our being together in April and continue our support of the NNLB program.

All best, Johanna

STOVE TOP One-Dish Chicken Bake



40 Min(s)
10 Min(s) Prep
30 Min(s) Cook
Healthy Living



Discover the ultimate comfort food with this STOVE TOP One-Dish Chicken Bake. Combine chicken, stuffing and sour cream for a delectable dish.

What You Need

Select All

6 Servings

1-2/3 cups hot water

1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken

1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces

1 can (10-3/4 oz.) condensed cream of mushroom soup 1/3 cup sour cream

Heat oven to 400°F. Add hot water to stuffing mix; stir just until moistened. Place chicken in 13x9-inch baking dish. Mix soup and sour cream until blended; pour over chicken. Top with stuffing. Bake 30 min. or until chicken is done



Invictus

By William Ernest Henley

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul



‘I took my Power in my Hand’.

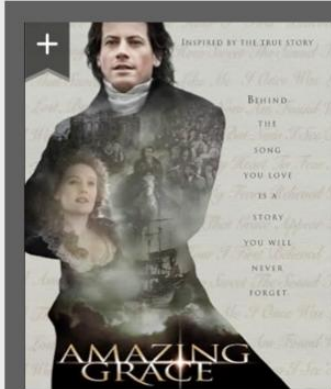
By Emily Dickinson

I took my Power in my Hand —
And went against the World —
’Twas not so much as David — had —
But I — was twice as bold —

I aimed my Pebble — but Myself
Was all the one that fell —
Was it Goliath — was too large —
Or was myself — too small?



The Castine Arts Association invites you to **Potluck and a Movie Night**



January 22

**AMAZING
GRACE**

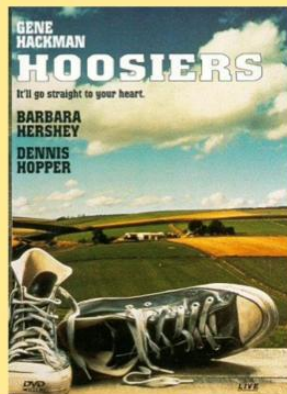
Host - Joel Deckler



March 5

**KING OF THE
HILL**

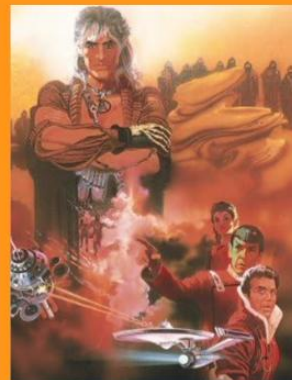
Host - Riva Berleant



February 5

HOOSIERS

Host - Kevin DeBeck



March 19

**STAR TREK II
THE
WRATH OF
KAHN**

Host - Kevin DeBeck



February 19

DAVE

Host - Don Tenney



April 2

**The
Turning
Point**

Host - Pat Winter

**Thursdays 5:30 Potluck Supper
at Emerson Hall 6:30 -Movie**



www.castinearts.org

