



# THE COMMON

UNITARIAN UNIVERSALIST CONGREGATION OF CASTINE

September 2020

## Sundays in September

- September 6:** Colin Powell – Worship Leader  
Colleen Fitzgerald – Musician
- September 13:** Collaborative Ministry Joint Service  
(Belfast, Castine & Ellsworth congregations)  
Covenant with Intern, Bettina Lehovc  
Celebrating Water – The UU Water Ceremony
- September 20:** Rev. Margaret Beckman – Worship Leader  
Julie Gardner & Chris Poulin, Musicians  
Renewal – Renewing our Covenant
- September 27:** Rev. Margaret Beckman – Worship Leader  
Ian Brenner-Simpson, Musician  
Renewal – Honoring the High Holy Days, Yom Kippur

## 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 while serving our broader communities.

## Contact Us

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Website: [uucastine.org](http://uucastine.org) • “Like” us on Facebook  
For questions or comments about *The Common* or to submit items for this newsletter, please contact Jean Lamontanaro at [jean.lamontanaro@gmail.com](mailto:jean.lamontanaro@gmail.com).



## Lakeside Reflections, September 2020



Loon at Green Lake

A string of 90-degree sweltering days and then a cold snap and our summer is drawing to a close here in Maine. The end of summer seems to come all at once and we look at each other with dismay and say, “where are the warm days and cool nights that we love so much?” It happens every year. You’d think we would be used to it by now, and we are, but still, couldn’t we have just a few more days of August sun and warmth before we turn toward Autumn?

September is here and we listen to the evening call of the loons across a now mostly quiet Green Lake where I live. The youngest loons are preparing for their first flight to a salt-water winter habitat along the Atlantic coast. The adults already know the way they will travel again this year. But not yet. In September, the loons are still here and their calls are a comfort and a delight. By the time Autumn fades into winter, the loons will leave us for another season. The last of our loons leave as the lake begins to ice over and the first will return in the spring just as the ice opens enough for a loon to both land and take off.

There is something almost magical about loons. Their majesty and beauty are such a gift to those of us who live near them. There are many legends and stories about the loon. The loon has been here for thousands of years and all northern indigenous people know the loon. Here is one legend that tells about an earlier time when loons

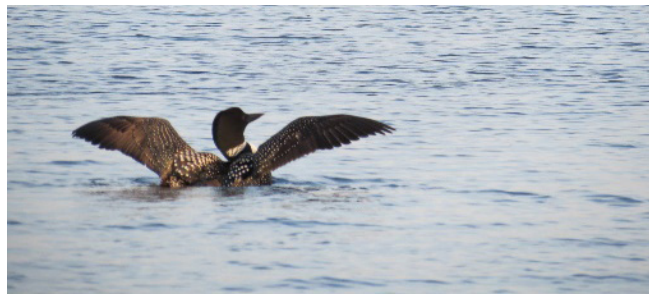
lived on land. This legend was passed down by generations of Micmac Indians.

“The loon was so tame, yet clumsy, that it annoyed all the villagers as it ran in and out of the wigwams, knocking over belongings and spilling food and drink. The Micmacs could finally stand it no longer, caught Loon, and threatened to throw him into the water. Thinking quickly, Loon begged them not to throw him into the water, but to throw him in the fire instead. The Indians, thinking they could finally get even, were sure to throw him into the water. When he was safely away from the village he called back to them with his wonderful laugh, saying, ‘Just what I wanted, just what I wanted.’ And that is how the Loon Became a Water Bird.”

The Loon is a solitary bird of the wilderness that symbolizes tranquility, serenity and the reawakening of old hopes, wishes and dreams. The Loon relies on water and water is a symbol for dreams and multiple levels of consciousness, thus Loons teach us to follow our hopes, dreams and wishes.

May you follow your hopes, dreams and wishes this Autumn. May you be blessed to hear, once again, the call of the loon and know that our interdependent web of life continues to offer each of tranquility in times of comfort and in times of stress.

Namaste, *Margaret*



## From your Collaborative Ministry Team intern

### Everyday Renewal

I've just returned from the collaborative retreat at Ferry Beach. Sadly, many of you were not able to attend because of Covid-19 concerns. We missed you! I hope this photo – sunrise from my bedroom window – helps bring it a little bit closer.



What a glorious experience! Three days of connection and deepening – with one another, with nature, and with ourselves. That was my experience, anyway. I arrived bound up with uncertainty, and left relaxed, nourished, and reenergized.

Was it the morning meditation that asked me to set an internal GPS, returning again and again to the deepest knowing of my heart? Was it the writing class, time with children, yoga on the beach? The rich conversations, informally and in “get-to-know Bettina” groups? The Sunday morning service among the trees? Dancing and

bonfires and s'mores? The sound of the waves and the smell of the salt?

It was all of those things – and more. There's a magic that happens when we gather with intention. We create a space for renewal that we don't typically find on our own.

The challenge becomes how to bring that with us when we return to our everyday lives. How can we tap into the spaciousness we experience on retreat?

I can take a clue from the things that nourished me at Ferry Beach. Writing. Yoga. Spending time outdoors. Building relationships of depth and caring. Those are good ways for me to stay close to my spirit. Important tools in my toolbox of self-care.

Interfaith minister Laura Mancuso offers a litany of ways she nurtures her body, mind, and spirit. <https://www.uua.org/worship/words/meditation/my-commitments-myself> Take a look and adopt one or two to focus on this month.

The trick lies in *remembering* – in returning, again and again, to the things that give us life.

How do you find renewal in your everyday life?

Warmly,  
Bettina

P.S. I want to make connections with all of you! Feel free to reach out and we will schedule a brief Zoom meeting (or meet outside in person, if that feels safe to you). My email is [blehovec@gmail.com](mailto:blehovec@gmail.com)

## Welcome our Intern, Vanessa Williams



This year, UUCC will have two ministerial interns working and learning with our congregation. Please meet and welcome Vanessa Williams!

Vanessa Williams is a second year Master of Divinity student at Meadville

Lombard Theological School. She already has a Masters in Organizational Leadership for Higher Education from Wheelock College, and a BA from Smith College.

She was born in Pennsylvania, raised in Massachusetts, and moved to Ellsworth, ME with her significant other James, and daughter, Amelie, in 2018, after falling in love with the Maine coast. With an eclectic theological view, she became a Unitarian Universalist after the move, and attending the Unitarian Universalist Church of Ellsworth; Her call to ministry followed shortly thereafter. Last year she served as a volunteer for the Beth Wright Cancer Resource Center, in Ellsworth. Now she is eager and excited to begin interning at the Unitarian Universalist Congregation of Castine for the 2020-2021 academic year.

## Emergency Appeal – UUA Disaster Relief

*Note: This information is quoted from an email from Rev. Lauren Smith, Director of Stewardship and Development at the Unitarian Universalist Association.*

You have probably seen the same natural disasters in the news as I have. Fires raging in California and Colorado. Those flattened cornfields, trees, and homes in Iowa. And now, flood water and serious wind damage along the Louisiana-Texas Gulf Coast.

If you have not yet made a Disaster Relief gift, or if you are able make another, please give today.

At times like this, UUs and congregations turn to the UUA Disaster Relief Fund, which helps with costs like food, water, shelter, and sanitation—basics that are now riskier to find for some of our neighbors who are particularly vulnerable to COVID-19 infection.

In faith and gratitude, Rev. Lauren Smith  
Director of Stewardship and Development

You can make a donation at: <https://giving.uua.org/disaster-relief>

## Hilton Scholarship awardees

This September six area students will be attending institutions of higher learning with assistance from our Rev. Randall Hilton scholarships. They are Tyler Winchester (Thomas College), Olivia West (Husson University), Katelyn Cloutier (UM Farmington), Ian Brenner-Simpson (Berklee School of Music), John Foster (Rensselaer Poly. Tech.), and Quincy Howes

Mosher (EMCC). Congratulations to all.

The Hilton Scholarship was created in 2010 and has given gifts annually to graduating high school students and to students of any age seeking continuing education. Scholarships are given every spring and applications are available through our website.



**The Unitarian Universalist  
Church of Belfast**

Invites You to Join in Celebrating  
the Ordination of

*Lane Fisher*

to the Unitarian Universalist  
Ministry

by the Unitarian Universalist  
Church of Belfast  
Belfast, Maine

**Sunday, September 20, 2020  
4:00 p.m. EDT**

<https://tinyurl.com/LFOrdination>  
(password: Lane2020)

Ministerial colleagues and seminarians are  
invited to join in a virtual procession.

For instructions, please write to  
Rev. Sara Hayman by August 26:  
[sara@uuellsworth.org](mailto:sara@uuellsworth.org) or 207-610-2872

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**Lane's Contact Information:**

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