



THE COMMON

UNITARIAN UNIVERSALIST CONGREGATION OF CASTINE

April 2024

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 April

- Apr 7 Worship Leader: Rev. Erica Baron
 Musician: Karen Froehly
- Apr 14 Worship Leader: Colleen Fitzgerald
 Musician: Juliane Gardner & Chris Poulin
- Apr 21 Worship Leader: Rev. Jacquie Robb
 Musician: Karen Froehly
 Potluck
- Apr 28 Worship Leader: Rev. J. Mark Worth
 Musicians: Colleen Fitzgerald



Contact Us

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Website: uucastine.org • "Like" us on Facebook

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

From the President's Desk

Spring is here! We made it through winter once again. Now comes the planting, mowing the lawn and cooking out. It will be easier to walk our dogs and visit our friends and neighbors. How wonderful to be outside.

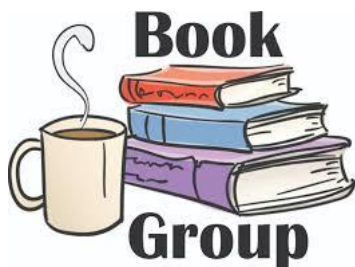
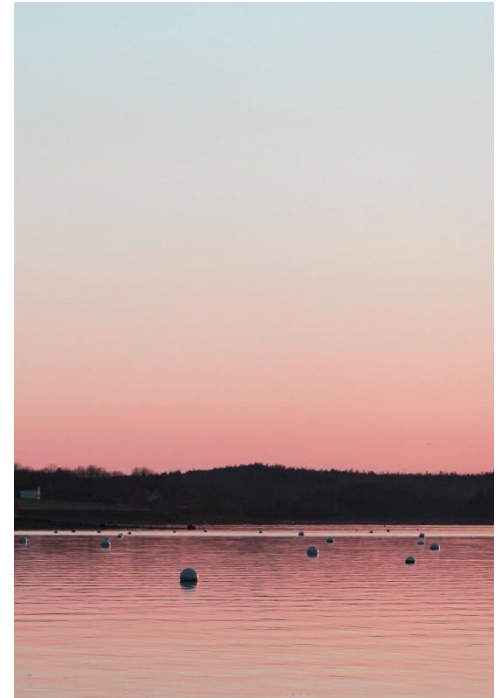
A little poem:

Mornings First Light

In the mornings first light,
Spring whispers, soft and slight,
A world reborn, in delight,
Under the sun, so bright

It is important to really take time to feel the warmth of the sun, smell the freshness of the air and take in the calmness of the earth. May it be so.

Love to all, Cindi

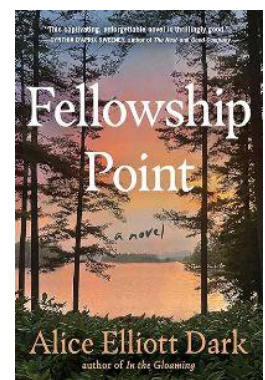


UCC READS

Tuesdays at 3:30 p.m. on ZOOM

We will begin April with a continuation of our discussion of *Fellowship Point* by Alice Elliott Dark.

Alice Elliott Dark's *Fellowship Point* (2022) begins as an elderly woman's quest to protect the Maine peninsula she loves (Fellowship Point) from development. As the novel unfolds, it showcases the friendship between this woman (Agnes Lee) and her lifelong companion (Polly Wister), who have spent summers together on the Point since their childhood. Coming of age at a time when roles for women were limiting, Agnes and Polly have taken separate paths but remained intensely connected to one another. As both women reckon with aging and life fulfillment, Agnes (the author of a children's book series) is approached to write a memoir. In doing so, Agnes wrestles with divulging secrets she has kept hidden for decades.



To join the UCC Reads book discussion and get the zoom link, sign up for our weekly e-newsletter, or email office@uucastine.org to be added to the weekly reminder list.





Search Committee

The Search Committee and the Governing Board will be continuing their work as Rev. Michael Hall was unable to accept our offer as our new minister. The updated Congregational Record is now in the hands of the Region and has been posted. Meanwhile, one other candidate will provide a sermon in person in May. We'll keep you posted.

It Couldn't Be Done

by Gil Tenney

This past Christmas my family asked me to write my life's story. My first reaction was it appeared to be a daunting task. At age 82, looking back, I am realizing there are a few memories which, until now, appeared insignificant but now may be pertinent for a life's story.

Imagine, a sixth grader in a small private school in the Boston area, sitting nervously at his desk with maybe 15 other students on an early morning. It was the first day after the summer vacation. We were anxiously awaiting the appearance of our new teacher, a teacher none of us had ever met. We had heard he was a very stern person.

The door opened. In walked an immaculately dressed gentleman, standing straight in a dark, well pressed suit. It was the starched white collar, not button-down, that first caught my eye.

His first words were "Good morning. My name is Patterson. You will call me Sir Patterson. Yes Sir, no Sir, anything you say Sir".



As it turned out, yes he was stern and he had a warm heart, a dry sense of humor and a wonderful understanding of young children.

One of his homework assignments was to memorize the following poem.

It Couldn't Be Done
by Edgar Albert Guest

*Somebody said that it couldn't be done
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it!*

Our church is a wonderful place with caring, talented and hard-working people and with a limited membership and staff. We have a mission coupled with resources unique to many organizations. Looking forward, we have exciting opportunities.

As with many faith organizations today, there is the challenge of increasing our membership. Some might view this as a daunting challenge.

I sincerely hope that we might soon meet and listen to each other in search of "roads less traveled by" that can make "all the difference" (Robert Frost)

I know we can all "buckle right in with a trace of a grin" and we can do it.



Eclipse 2024

This April 8, millions of people will watch in awe as the sun disappears behind the moon in a total solar eclipse. These days, of course, we understand what's going on—the moon's orbit is carrying it in between the sun and the Earth, with the moon's shadow striking our planet's surface. But in ancient times, the spectacle of the sun disappearing in the middle of the day would have been a thing of wonder, even something to be feared.

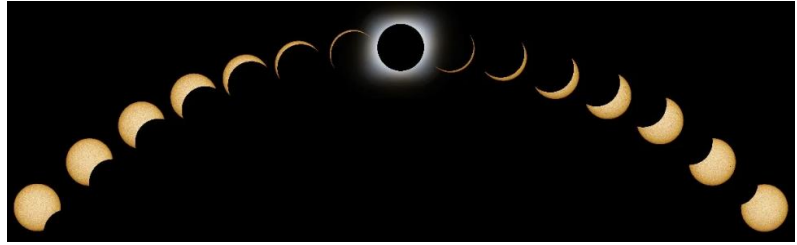
Throughout the ancient world people reacted with shock and bewilderment as the sun disappeared during a solar eclipse. In the seventh century B.C.E., a solar eclipse over the Greek island of Paros sparked these words from the poet Archilochus: "Nothing in the world can surprise me now. For Zeus, the father of the Olympian, has turned mid-day into black night by shielding light from the blossoming sun, and now dark terror hangs over mankind. Anything may happen."

Source: smithsonianmag.com.

Don't Look Directly at the Sun

It only takes a thin sliver of sunlight to damage the eye if you look directly at it. And, it can only take about 100 seconds to permanently damage the retina, but it could happen quicker depending on sunlight intensity and other factors. Since there are no pain receptors in the retina, the damage can occur without you even realizing it.

To watch the various phases of the 2024 solar eclipse without damaging your eyes, you have to wear ISO-certified glasses. ISO stands for International Standards



Organization - a global organization that publishes detailed safety standards for many things, including eclipse-safe lens filters.

Even with ISO-certified glasses, you don't want to look at the eclipse before and after totality for too long. The reason is that the sun's infrared heat can warm your eye, dangerously overheating the fluids and tissues in your eye. To prevent that, look away from the eclipse every now and then to let your eyes cool off.

In Maine, the path of totality (where the moon's shadow is cast on the Earth as it completely blocks out the sun) is shown on the map below. Most of the path of totality passes over the more remote parts of Maine. Tens of thousands of people are expected to visit various towns across the state to watch, especially in Aroostook County where the eclipse will develop last.

The center of the eclipse's path will cross the Maine state line at about 2:18 p.m., and the totality phase will begin at about 3:28 p.m. at that location. Before crossing over the Canada border at about 4:41 p.m., the totality phase will end at about 3:35 p.m. in Maine. Thus, wherever you are, the partial eclipse will start about 1 hour and 10 minutes before totality. The whole event will last about 2.5 hours. Most towns within the totality area will be offering a wide variety of activities to make it an event to remember, since it won't be back again until 2079.

Source: visitmaine.net.



Map source: www.storm2k.org

No Neighbor Left Behind

It's time! Time for all bakers, packers, and drivers to join forces on April 12 as we provide 140 meals to area individuals and families.

The menu:

Roast pork loin rubbed with the classic wet rub we have used on chicken.

Baked potatoes

Glazed carrots

Fruit cocktail

I'm putting Pedrick in charge of roasting the loins and within our family we have access to enough ovens to handle them. What we need are volunteers to prepare the carrots (peel, slice, cook and glaze) and potato bakers/roasters.

When we gather at the UUCU fellowship hall, two or more individuals will be needed to open cans of fruit cocktail (already purchased) and divide their contents into serving containers. The rest of us will pack the three-compartment serving containers, and we will entertain ourselves with the ongoing challenge of trying to get the counts right!!!!

We made a trial run this past week and found the combination pretty tasty! Oh, a roasted potato hint that our cousin Kathryn Munn shared is for the potatoes to be poked and microwaved for six minutes, then brushed with olive oil and sprinkled with slightly coarse salt before roasting at 400 degrees for an additional 30 minutes. Excellent. You don't have to follow this recipe for April 12th, but it's a great short-cut for home use!

We have the potatoes and carrots ready to distribute.

All we need now is YOU! Contact me to let me know in which aspect of the meal you are able to participate!

All best, Johanna Sweet (326-4924)



~POTLUCK~
April 21, 2024

Bring your favorite dish to share and join us for the next Church Potluck, following service on April 21, 2024. Lunch is always lots of fun when we have a crowd, so put it on your calendar now!

Earth Day Celebration on the full moon



April 23, 2024
7-8 pm ET | 6-7pm CT |
5-6 pm MT | 4-5 pm PT

Join UU Ministry for Earth to celebrate Earth Day! We protect what we love, so come explore how we can do that as UUs! There will be time for reflection and small group sharing.

Zoom Link:

<https://us02web.zoom.us/j/3248332840?pwd=SXVScW1ESzJlLy9PMWlkTXVkJTnpjZz09>

What Can We Learn from Spring's Power?

Spirit of spring and new life, spirit of decay and death,

We turn to your wisdom and strength as we seek to live lives of meaning and love.

The cycle of life is powerful. Everything that lives, dies. Everything that dies has lived. There is no escaping this cycle. What then, can we learn from its power?

The leaves that we put away in the fall are now compost, fertilizing the soil as we prepare to till the garden for this year's plantings.

That harbinger of spring, the crocus, brings such delight, and lasts but for a moment. Then it's gone, making way for the abundance of green and color that spring will bring.

When one who was beloved dies, we cry. We mourn.

We lament. And we carry them on in our hearts, seeking to live as they inspired us to live. As a child grows, we marvel at their unfolding into their own unique self.

These lives we live hold so much beauty and so much pain. And we, like each of our ancestors across the millennia, seek to live them fully.

We seek Love.

We seek to appreciate beauty.

We seek solace and healing.

We seek to hold "fast to the core goodness of this world" and to amplify its abundance.

We seek one another – for no one can do this alone.

Now, in the company of many, let us enter a time of silence. May this silence be a time to honor that which your heart seeks.



Quote is from [Saving Paradise](#) by Rebecca Ann Parker and Rita Nakashima Brock, p.53.