



THE COMMON

UNITARIAN UNIVERSALIST CONGREGATION OF CASTINE

August 2019

Sunday Service Calendar

Services are at 10:30 am

August 4:

Colin Powell leading worship
Ian Brenner-Simpson, Musician

August 11:

Rev. Charles Stephens leading worship
Colleen Fitzgerald, Musician

August 18:

Rev. Margaret Beckman leading worship
Juliane Gardner & Chris Poulin, Musicians

August 25:

Rev. Margaret Beckman leading worship
Colleen Fitzgerald, Musician



On July 18, about 75 people from Castine and the surrounding area were treated to a concert by Alan and Maeve Feinberg. This concert was sponsored by our UU Music Committee.

See page 3 for information about another concert event coming up on August 9th.

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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For questions or comments about *The Common* or to submit items for this newsletter, please contact Jean Lamontanaro at jean.lamontanaro@gmail.com.



Lakeside Reflections, August 2019

One morning in mid-July when I was walking with my dog, Cedar, to get the newspaper, I saw it. Down low, close to the ground at the side of our dirt road, there it was – a single bright red raspberry. The very first I had seen this summer. I did what any of you would do. I stopped in my tracks and bent down to examine it. Is it really ripe, ripe enough to pluck off its anchor to the bush without destroying its tender flavor? It was. I popped it into my mouth and let its sweetness flow across my tongue. Oh sweet summer raspberry. A Delight of the Highest Order!

There have been a few more raspberries in the last two weeks, but it is that very first berry of the season that is a true delight.

Delights. Life is full of these minor (maybe major) delights. It is a second delight when I can actually slow down and pay attention to my place in this natural world in any given moment. It would have been so easy, and so probable if I am honest, to walk by without seeing that tiny spot of bright red against the green leaves and dirt road. It is a blessing in my life that on that morning, I was at one with the raspberry and not occupied with thoughts of all the things yet to be done that day.

Delights. Each day may bring us a little delight or a big delight. Whether we notice and appreciate these delights is dependent upon our willingness to be delighted. How can there be room in my life, in my heart, in my spirit if I am completely filled with the cares and demands of my days? Noticing a delight is like a 'time out' in the frantic pace of the game of life.

What delights you? When is the last time something in your ordinary life caught you by surprise and gave you such delight that you



stopped and enjoyed basking in that moment? Later this month (August 25th), I'll be devoting a Sunday morning service to delights. I would love to share your moments of delight with others. Do you have a short (really short, you know ...) story about a delight? Can you remember a moment, or a sight, or a song, or an unexpected interaction with someone that simply and thoroughly delighted you? I want to know more. EMAIL ME your story. I'll weave as many of your stories into the Sunday service as I can. It will be, well, you know, delightful!

Send me your delights – MABME@AOL.COM
Thanks for sharing.

"For everything that lives is holy, life delights in life."
~ William Blake

May we all delight in all that is holy and all that is life,
Namaste,
Margaret



Upcoming Concert Event

Shawn and Maizey Mercer, a father-daughter duo, will give a concert at the church on Friday, August 9 at 7 p.m. Their music blends a wide variety of genre including folk. Dedicated to working for a better future by inspiring growth and change in our troubled world, the music is upbeat and empowering. They bring the authenticity of rural living and the energy of an old time revival, meaningful, but lots of fun.

Maizey is in her first year in Kents Hill School and Shawn is the Land Steward for the Great Pond Mountain Conservation Trust, and both are members of the Unitarian Universalist Church of Ellsworth.

This is our second father-daughter pair of the summer. Come for a delightful and inspiring evening of musical pleasure.

Help a Member, Help the Environment

We have the opportunity to preserve the environment and help a member of the congregation keep her home and save the mountain she loves.

Linda Trumble fought long and hard to retain title to the land she wants to conserve overlooking the Penobscot River in Stockton Springs, just across the river. She can no longer maintain the property by herself and has worked out an agreement with Coastal Mountains Land Trust for them to buy 100 prime acres of her property to protect wildlife habitat and outdoor recreation opportunities in the lower Penobscot River watershed. Linda will retain a small 15 acre piece of the property as part of her private home.

The property includes the 565' summit of Mt Tuck, the second highest point in Stockton Springs, a deer wintering area, and the streams on the land flow into Muskrat Pond, an important habitat for wading birds. Additionally, through Linda's kind proprietorship, the people of Stockton Springs enjoy limited hiking, birding, and hunting on the property. Coastal Mountains Land Trust plans to build an easily accessible trail to the summit that will be open year round and ensure that the community and visitors to the region can permanently enjoy the scenic and natural beauty

of the place. Mount Tuck is the highest point of land just south of Fort Knox and the Penobscot Narrows Bridge and Observatory. As the premier 18th century seaport at the head of Penobscot Bay, Castine has a long history with Stockton Springs and the entire Penobscot River.

Coastal Mountain Land Trust is about half way to raising the \$200,000 they need to conserve and create the Mt Tuck Preserve by the end of 2020. A gift to the campaign will help conserve greenspace in the Penobscot watershed of which Castine and our neighbors are a part. Additionally it will help a member of our congregation realize the conservation goal she has held close to her heart. Coastal Mountain Land Trust's Tax ID #22-2795691, indicate on your check that your gift is for the Mount Tuck Preserve. FMI on the trust, go to www.coastalmountains.org or contact Kathy Young, Development Director at (207) 236-7091. For more information please contact the undersigned.

Thank you for your consideration in supporting our environment and our congregation.

Cheers, Alvion Kimball
(207) 469-1140

OFF TO CAMP



Looks like another successful year of the Starfish Camp Scholarship program of Community Compass. Each camper and their parents have a mentor to help overcome barriers of enrollment for low income families.

Partnering with Castine's Hatch Community Youth Fund, Community Compass expects 36 youngsters to be enrolled this summer from all 10 towns of the Castine/Blue Hill Peninsula area.

These happy campers are mentored by H.O.M.E. staff. Photo is provided by Tracey Hair, Director.

For more on the Starfish program see the July Common.

Reflections from Our Congregation

Acadian

Diaspora in a compromised land,
stretched by forces moving so slowly,
slower than we can see
but with evidence left everywhere.

Culture accretes faster,
but still imperceptible,
reminding us that no one knows
everything,
or anything when it comes to that. When it comes to
remembering how to live, how we survived the cataclysm,
we depend on those who were lost once.
We depend on those who knew enough to get us here.
We depend on those around us now,
able to carry our hopes and our dreams
of returning to a place we've only been told about.

Colin Powell

Collaborative Ministry Team Update

Your CMT has had a busy few months. After not meeting during the busy early part of June, we had a late meeting to catch up on the results of our collaborative film, which we showed in Bucksport. The film, *Almost Sunrise*, focused on moral injury. Our guest speaker after the film, Rev. Al Boyce, walked the audience through the movement to educate people about moral injury and what makes it different from PTSD.

The Team agreed that the movie went well, but our donations were down from the last two films, and we had some ideas to encourage donations during a future film. Speaking of which, our next collaborative film at the Alamo is going to be held in the fall. If you have any suggestions for important films you'd like to see, be sure to let Colin know via email to: colin@onec.me

After our late June meeting, the Team met two weeks later in July. Due to scheduling, we didn't have any clergy with us for that meeting, and it ended up being a very productive meeting regarding the current state of our collaborative and where we ought to go from here.

The Team agreed that we need to do more reaching out. Especially regarding things like the collaborative service, which we held in Castine in June, we would like more congregational feedback. To that end, the Team is preparing a survey which should go out to all members of Belfast, Castine and Ellsworth sometime in early August. Please watch your inboxes, and be sure to let us know how you feel about the collaborative services.

Any other questions, suggestions or constructive criticism is always welcome: colin@onec.me

Thanks! Colin Powell

Meals for the Local Community

On July 12, members of our congregation joined efforts with members of the Catholic church in Castine to prepare meals to deliver to the local community. Below is a message from Tammie Cox offering thanks for the meals.



Photo by Pixabay at pexels.com

A huge thank you first and foremost for a very enjoyed meal. The sub sandwiches were a hit on this hot summer day. All 102 meals went out. We have 3 new families which were very grateful for the food.

We did learn that one of our regulars was seriously hurt in a car accident and would love to have prayers sent up for speedy recovery.

Our next meal is July 26 and is a delivery only and Bobby Vagt's crew is on deck. As I understand it we have 21 meals in Castine, and will give a delivery number for here when we get a little closer to give our regular eat in folks a chance to order a meal.

Thanks again for all you do and may God bless.

Tammie Cox
Neighborhood Navigator
No Neighbor Left Behind Program