



THE COMMON

UNITARIAN UNIVERSALIST CONGREGATION OF CASTINE

February 2022

A Month of Sundays in February 2022

- February 6th** Collaborative Worship Service with Ellsworth and Belfast. A service about support for Wabanacki sovereignty. Please note: SERVICE TIME IS 10:00AM and we will connect using the Belfast Zoom link.
- February 13th** Guest Minister – The Reverend Amy DeBeck will be our worship leader. She will join us via Zoom from her home in Indiana. Worship Associate is Margaret Beckman and our musician is Colleen Fitzgerald.
- February 20th** Rev. Margaret Beckman – Widening the Circle is the theme for February. Musicians are Chris Poulin and Julie Gardner.
- February 27th** Ministerial Intern Vanessa Williams will lead worship. Margaret Beckman is the Worship Associate and Colleen Fitzgerald is our musician.

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.

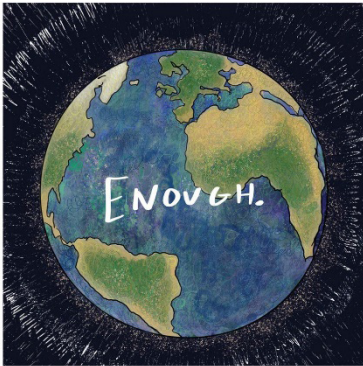
Contact Us

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Website: uucastine.org • “Like” us on Facebook

For the March issue of *The Common*, please submit items to office@uucastine.org.



Lakeside Reflections, February 2022



How do we recognize enough?

I've grown up in a culture that seems to be based on the premise that 'enough' is never actually achieved. Just as we manage to reach one target or benchmark, there is another one just out of reach. We are trained to always want more and to be unsatisfied with the present. The result is unhappy people who are consumed with stress and anxiety. Compounding this dilemma of "never enough" is a growing sense of scarcity in our culture. Not only is there not enough for me, but there is not enough to go around. Whatever I acquire is at the expense of the general whole. Whatever others acquire may be at my expense, or at least at the expense of my future. We are rewarded for striving and competing. Yet, these are rewards that prove false.

What would happen if we stopped striving and started cultivating the ground where we are now and nurtured our lives right where we are with what we already have? Might we find that life is rich and full without a continuous striving for more? This is not to say that we need to be content with a status quo. What I am thinking about is engaging more deeply and more richly and more intentionally with this present moment rather than reaching always for the next moment.

Enough. This life that I have is enough. This person that I am is enough. The work that I have to do now is enough. To be engaged with enough invites us to go deeply into what is here now and to let go of the notion that whatever we already have, already achieved, already have become is not enough. Perhaps a focus on abundance is more useful.

I've been re-reading Robin Wall Kimmerer and her teachings of reciprocity.

I've been honoring and remembering the life and gifts of Thich Nhat Hanh whose teaching of engaged Buddhism is a balance of inner stillness and outer work.

There is so much dis-content and dis-ease swirling around us these days that it is easy to fall into the morass of not enough and what's wrong. Too much time spent in these places results in stress, unhappiness, and suffering. Can I turn toward an ethic of enough and a focus on the present abundance of this life – with all its imperfections?

There is a spiritual practice here, I think. I'm trying to work it out.

The moral code of reciprocity invites me to recognize always what I have and what I take in order to live and in exchange, I recognize the beauty and bounty and generosity of my world. Gratitude ... yes. And more. Reciprocity asks me to give back to the world my gifts, gifts that I possess because of all I have received. I give back in joy and dance with the world. Give back. Dance with the world.

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Lakeside Reflections, continued

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If I can work out the spiritual practice of having and being enough, then I believe suffering will lessen and happiness will increase. If it works for me, perhaps it can work for you. If it can work for me and for you, perhaps together we can apply this spiritual practice of 'enough' – reciprocity and engaged living – on a wider scale. Perhaps a congregation can engage in a practice of reciprocity and engaged living with a focus on giving back and making whole. What do you suppose that might look like? What do you suppose we could give back to the world? These

are not idle questions. These are questions about the very soul and ministry of our congregation.

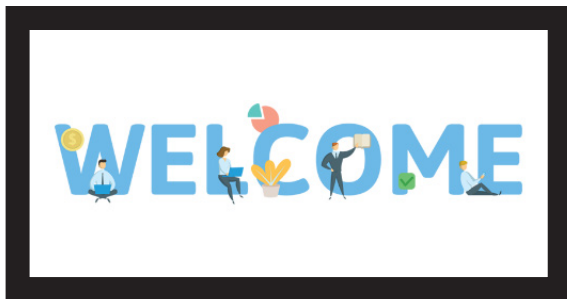
We are enough. I am enough. You are enough. How, then, shall we dance with our world and give back our gifts?

May we be engaged with the ethic of reciprocity and the practice of engaged living.

May we find that life's abundance is a blessing that already far exceeds our striving for more.

Namaste, *Margaret*

New Church Office Administrator



Please welcome Debbie Morehouse as our new Church Office Administrator. Debbie began her time in this position the middle of January and already she has the responsibilities well

in hand. You will find her at the Parish House most mornings and at the technical controls of our service on Sundays. She will be providing administrative support to the Governing Board, the Minister, the Bookkeeping consultant, and our church programs. Debbie brings a wealth of experience from prior professional jobs and she is currently the Admin for the Trinitarian Congregational Parish of Castine (also known as the Main Street Church).

Contact Debbie at the Parish House office 207-326-9083 or Office@uucastine.org.

President's Desk

Those of you who have been members and friends of the Unitarian Universalist Congregation of Castine longer than I might remember discussions and efforts to reimagine the space in the Parish House to support the future of our congregation and to serve the broader community. One of those efforts started two years ago. As you may remember we embarked upon a feasibility study.

Among other things we learned that we could safely dig under the current Parish House, we also learned that UUCS does not have title to the land and buildings. We learned that the Parish House we aspired to would cost 2.3 million dollars. Then came the reality that it would not be financially feasible to fund the project at this time.

At the January 27 Governing Board meeting it was decided to put a temporary hold on the current project pending how other projects develop.

Brooke Tenney

Call for Submissions

Important note: I will be away at the end of February, so please send any submissions for the March edition of *The Common* to office@uucastine.org.

Thank you!
Jean Lamontanaro

Monthly Collaborative Anti-Racism Conversations

1st Thursday from 4-5:30pm on ZOOM beginning again in October!

- **Next Conversation is Thursday, February 3rd at 4pm on ZOOM**
- **Rev. Amy Fiorilli, Facilitating**

Revs. Amy Fiorilli, Sara Hayman, Margaret Beckman and Collaborative Intern Minister Vanessa Williams will take turns facilitating these monthly conversations about racism and doing our work re: decolonization and being anti-racist activists. Each session will include a presentation of some sort (a video clip, case study or reading) followed by conversation, deep listening and engagement with each other. All are welcome!

These monthly collaborative anti-racism conversations will begin again **on ZOOM each 1st Thursday from 4-5:30pm, October 2021 through May 2022**. They are open to the members and friends of our three congregations. We hope you'll put these dates on your calendar now and plan to participate in the year ahead!

Join Zoom Meeting

<https://us02web.zoom.us/j/4695376814>

Meeting ID: 469 537 6814

Phone: 646-558-8656



From Your Collaborative Intern

But what does covenant mean; What does it mean to me?

Dear Ones,

The last 5 months I have learned so much from my experience amongst the 3 church collaborative of Maine, as your ministerial intern. Currently, I am learning how to integrate pastoral care skills alongside worship to see the care of the individual and the congregation as a whole.

In my time here and now in my final semester of divinity school I have come to appreciate the place and purpose of covenant in our faith spaces. When I first joined a Unitarian Universalist church in 2018 I found the emphasis on covenant new and a bit of a mystery. I came to recognize the repetition of these covenants as part of a spiritual practice of joining and engaging in community. It is in my final semester that I am really exploring and coming to understand what covenant means for and to us each.

Oxford English dictionary defines *covenant* as follows,

I. an agreement.

“there was a covenant between them that her name was never to be mentioned”

- LAW

a clause in a contract.

- THEOLOGY

an agreement which brings about a relationship of commitment between God

and his people. The Jewish faith is based on the biblical covenants made with Abraham, Moses, and David.

But the definition provided here did not inform what I know is at the heart of covenant in UU churches. Synonyms of “promise”, “pledge”, “vow” included later with this definition expressed the emotional, spiritual component in this kind of agreement.

From my experience, yes, covenant is an agreement between people, but in their rarest form—with feelings exposed; markers of testament to the purpose and need for such powerful and yet delicate negotiation between human beings. Covenant is us being authentically human and through agreements upholding expectations and granting grace. This is a divine human spiritual contract. From this I now appreciate why covenant remains such an integral piece of this faith, in upholding each of its 7 UU principles.

My hope is that this exploration of covenant has filled you with curiosity and reaffirmed the value of covenant in our shared faith, as it has for me.

With greatest blessings,
Vanessa Williams



Unitarian Universalist Service Committee

Each year the Unitarian Universalist Congregation of Castine supports the Unitarian Universalist Service Committee.

Here is a note we received about how our support made a difference last year:

[We've just published UUSC's 2021 Annual Report, and I hope you will take a moment to read about how your support made a difference last year!](#) In a time of increasingly complex human rights challenges, you helped UUSC and our grassroots partners provide relief for people facing extraordinary needs.

Thanks to your generosity, UUSC distributed emergency grants — spending an additional \$420,000 on COVID-related support and \$180,000 on broader crisis response work — above our regularly planned grantmaking budget.

A few highlights of our collective impact include:

- Our partners supported nearly 200 families at the Thailand-Burma border who were struggling with food insecurity due to loss of jobs from closing factories.
- A women's cooperative in Nicaragua ensured economic assistance and food aid reached women-led households — an especially vital lifeline when the government failed to care for the basic needs of its citizens during the height of the pandemic.
- In Mexico, our partners were able to expand their work with families arriving at the U.S-Mexico border, where the dangers have escalated dramatically with spikes of COVID-19 cases. Emergency grant funds supplied shelters with personal protective

equipment to keep both volunteers and families safe from disease, so they can focus on obtaining asylum and rebuilding their lives.

[Please check out our latest Annual Report to learn more about our powerful efforts to repair harmful inequities and restore rights in times of crisis.](#)

Thank you for continuing to join us in reimagining a world built on respect for every person's dignity.

In solidarity,
Michael Kourabas
Director of Partner Support and Grantmaking
Unitarian Universalist Service Committee

You can find the annual report here: <https://www.uusc.org/wp-content/uploads/2022/01/UUSC-2021-Annual-Report.pdf>



Each year UUCC receives a certificate thanking us for our congregational support. The 2021 certificate is pictured above.

Support Tribal Sovereignty in Maine through LD 1626.

On Sunday, Feb. 6th at 1pm the UU Church of Belfast will be having a letter writing party to support LD 1626:

“An Act Implementing the Recommendations of the Task Force on Changes to the Maine Indian Claims Settlement Act”.

Community Letter writing party for LD 1626: Sunday, Feb 6, 1-2pm on Zoom and in person at the UU Church of Belfast.

The UU Belfast Social Action Committee is pleased to be hosting a community letter writing party in support of LD 1626 – the Wabanaki Sovereignty bill – on Sunday, February 6 from 1-2pm both on zoom and in person at the UU Church of Belfast on Miller Street in Belfast.

This welcoming, open to the public event is an opportunity to craft letters to the Judiciary Committee of the Maine Legislature and to Governor Mills. The Judicial Committee will be holding public hearings on LD 1626 in February and Governor Mills has stated she will read every hand written letter! We will have talking points, Q and A and personal assistance to help you get your message written and on its way.

If you choose to come in person, please wear a mask and maintain social distance. If you choose to join via zoom please RSVP to wabanakiltrwriting@gmail.com for the zoom link. You are encouraged to prepare for this event by reviewing the general information at <https://wabanakialliance.com/>. If you have any questions or would like more information please email us at wabanakiltrwriting@gmail.com.

The tribes in Maine are asking to be treated like the other 570 federally recognized tribes. Let's get together to help make this happen!

To Join by ZOOM:

Join Zoom Meeting
<https://us02web.zoom.us/j/4695376814>

Meeting ID: 469 537 6814

One tap mobile

+13126266799,,4695376814# US (Chicago)

+16465588656,,4695376814# US (New York)

Partner Church News

Our Partner Church is the Aquino Congregation – in The Philippines.

We need a few dedicated volunteers to lead our Partner Church activities. Please join this effort and give just a few hours a month to support and maintain our connection with our friends at the Aquino UU Church. Talk to Brooke Tenney or Margaret Beckman if you are interested in learning more or volunteering.

The disruptions to daily living in Aquino since the arrival of Covid-19 and the recent category 4 typhoon have been numerous. There are many people with Covid now and there have been deaths from Covid or its complications. Then, homes were damaged or destroyed in the typhoon. Nevertheless, people are managing as well as can be expected. Over the years that our UU congregational partnership has been in place, they have shared photos of their children and we have sent pictures of our kids to them.

The church is small and cannot afford a full-time paid minister. There are many volunteers who make this small congregation mighty. Each year, our congregation provides financial support to the congregation by way of a general gift of a few thousand dollars for their general budget. In this part of the Philippines, school is not free. There

are expenses for tuition, books and uniforms. Our Dollars for Scholars program has been tremendous helpful in providing scholarship funds for school children.

During the time of Covid when communication has been particularly challenging, our two congregations fell out of regular communication, and it has taken quite an effort from both sides of the Pacific Ocean to re-establish reliable contact people both here in Castine and in the Philippines. We now have two contact people there.

Our general support for the Aquino congregation will resume in 2022. Our Dollars for Scholars initiative will also resume operations. There are now 10 elementary school aged children and 22 high schoolers. They are not having classes at the school now because of Covid, but students are continuing their studies at home with help from their parents. Aquino has one young person in college now. We will soon send out the appeal for Dollars for Scholars sponsors for the 2022 school year.

The Philippines Relief Fund has collected \$2000 which we will send to the church leaders as soon as we have confirmation of the process for getting money from here to there.



UNITARIAN UNIVERSALIST
PARTNER CHURCH COUNCIL

No Neighbor Left Behind—January 2022 Recipe

I found this recipe online and agree with the site that this rub for chicken is delicious. We tried roasting the potatoes and carrots, but somehow they took much longer than the recipe indicated. I probably should have cut the vegetables into smaller pieces. For an easier approach—simply bake your potatoes and forget the carrot/potato mix. I also tried this recipe with breast quarters and it was even better. As long as you trim away extra fat and rub the wet rub mixture under the skin as well as on the surface of the skin—you will have very tasty chicken!

Johanna Sweet

The Most Flavorful Baked Chicken Leg Quarters

From: A Simple Tweak

Ingredients

- 4 chicken leg quarters (skin-on with bone)
- 1 tablespoon paprika (smoked)
- 1 tablespoon salt (I use kosher)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- ½ teaspoon chili powder
- ½ teaspoons black pepper
- 8 red potatoes (small)
- 2 carrots large (diced)

Instructions

1. To make the wet rub combine all the spices in a small bowl and add the oil. *Save some of the rub for the vegetables.
2. Pat dry the chicken and then proceed to rub the mixture on the chicken. I use my hands but you can use gloves if it is more comfortable for you. With my fingers, I go inside the skin to season the whole chicken leg quarter.
3. Once your meat is coated with the wet rub, place them in a baking sheet and bake them in the oven for about 40 minutes to an hour at a 400-degree Fahrenheit.
4. Cut all the vegetables and place them in a baking pan. Using the rest of the seasoning add that to the vegetables. Place them in the oven after the chicken has cooked for about 20 to 25 minutes because these vegetables will not take long to cook. You can definitely cook the chicken and the vegetables together if you'd like. I just like my vegetables to be firm.