



THE COMMON

UNITARIAN UNIVERSALIST CONGREGATION OF CASTINE

October 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

October 5	Worship Leader: Rev, Amy DeBeck Musician: Karen Froehly
October 12	Worship Leader: Rev Amy McCormick Musician: Colleen Fitzgerald
October 19	Worship Leader: Rev, Amy DeBeck Musician: Colleen Fitzgerald Potluck
October 26	Worship Leader: Rev, Amy DeBeck Musician: Karen Froehly



Contact Us

P.O. Box 520, 86 Court Street, Castine, ME 04421
207-326-9083 • Email: office@uucastine.org
Website: uucastine.org • "Like" us on Facebook

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



Cultivating Compassion

Compassion can be described in cooking terms.

Macaroni is good, and so is cheese, but together, mac and cheese is a whole new glorious thing, made of its parts. You need to mix it all together for it to be mac and cheese.

Compassion is like that, too, a combination of things. It is possible to hold compassionate thoughts, or to do compassionate acts, if the right ingredients are all there. It takes awareness of suffering, feelings of empathy over the suffering, and a desire to act on those feelings. Even if the action is to send thoughts and prayers. Compassion means to act along with; that prefix, “com,” means “with.” Compassion combines all of these, empathy, desire, and action, into a whole new glorious thing. It starts with awareness, like reading the recipe, setting forth intentions.



It is not just awareness that somebody else is suffering, but you do need awareness.

It is not just empathy, but you do need that empathy, once aware of suffering.

It is not just having the desire to act on the empathy, but you do need that desire to act.

When we have compassion for others, it is not the same thing as self-sacrificing for somebody else's benefit. Not solely--it may mean skipping this or that, making trade-offs, but in order to be compassionate regarding others, it begins with our own self-awareness. We can feel compassion, we can speak compassionately, and yes, sometimes we might act with compassion. Sometimes we feel the need for compassion when we notice its absence; a situation that got messed up because compassion was NOT practiced.

Acting compassionately often takes extra steps in our otherwise simple daily life, so it is important that we are taking care of ourselves and our own feelings. An awareness helps us see suffering more clearly, while managing our own troubles effectively. Awareness really is the first step toward acting or living compassionately.

In the month of October, may we examine the place of compassion in our lives and encourage growth.

In peace

Rev. Amy





Potluck on October 19th!

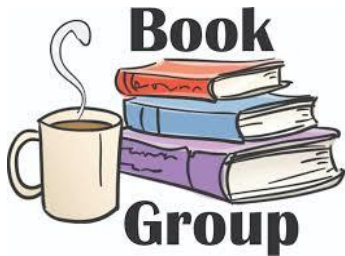
When: After the service on October 19th, our traditional 3rd. Sunday potluck day,

Where: 86 Court Street in the Parish House

All are welcome!

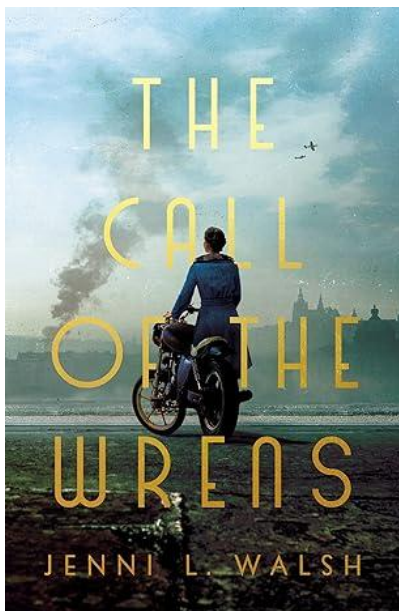
11:30 to 2pm ;

in the spirit of Potluck, please bring a dish to share



UCC READS
Tuesdays at 3:30 p.m. on ZOOM

This Month, UCC Reads will Begin discussing "The Call of the Wren " by Jenni L. Walsh



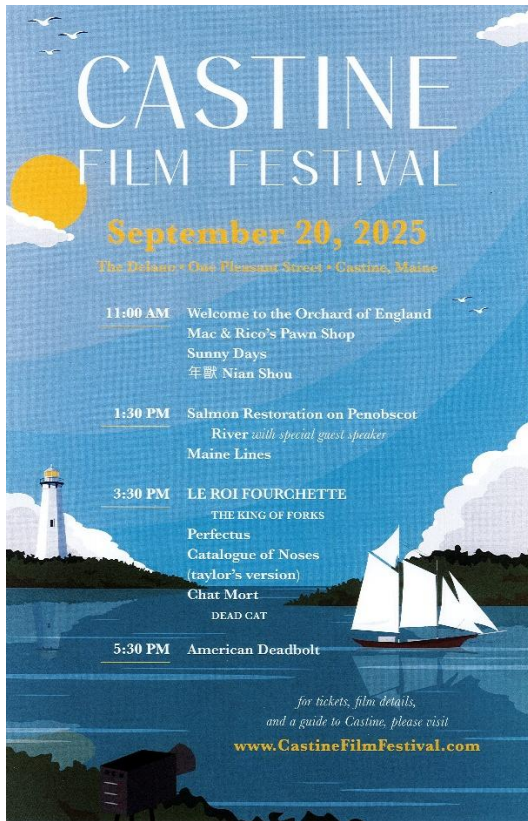
The Call of the Wrens introduces the little-known story of the daring women who rode through war-torn Europe carrying secrets on their shoulders. An orphan who spent her youth without a true home, Marion Hoxton found in the Great War something other than destruction. She discovered a chance to belong. As a member of the Women’s Royal Naval Service—the Wrens—Marion gained sisters. She found purpose in her work as a motorcycle dispatch rider assigned to train and deliver carrier pigeons to the front line. And despite the constant threat of danger, she and her childhood friend Eddie began to dream of a future together. Until the battle that changed everything.

Consider becoming part of the UCC Reads book discussion. Click on the link below Tuesday, or email office@uucastine.org and we will add you to the weekly reminder list.



Castine's First Film Fest

September 20, 2025



The Castine Community is full of active, hardworking, creative people who are interested in doing things that benefit the entire community. Castine's First Film Fest falls into that category.

A local jury sorted through more than 1000 films received through Film Freeway, a submission site used by the industry. Members of the jury then scrutinized 125 finalists to make their choices. They were not limited

to lengths, subject matter, or languages. The festival was made up of 4 programs of films that told stories of community and friendship, Maine documentaries, the best shorts, and the best feature.

A \$20 ticket allowed one to see 12 films from 6 countries in MMA's Delano Auditorium with breaks in between showings. Attendance was quite good and there was much chatter about having Castine Film Fest #2 in 2026!

A thanks to all involved!! Proceeds from the festival go to Castine Arts Association. We're so lucky to live in and to be a part of such a thriving community.

Respectively submitted,

Marcia

"Creative expression, I think, is vital to the success of any society...A society without art will die."

Robert Redford



No Neighbor Left Behind

Our next meal takes place on October 10 and consists of pork tenderloin, potatoes, a vegetable, and apple crisp for dessert. A meal to welcome this autumn season.

We will meet at the UUCU fellowship hall at 1 p.m., ready to pack the meals and send them on their way by 2:30 to 3 p.m.

So what do we need too do? We can heat up the main vegetable in the UUCU kitchen, but volunteers are needed to roast the pork and bake the potatoes then deliver them at 1 p.m. If you have an oven free and are available that day, let me know, and I will arrange to get the pork or potatoes to you.



As for the apple crisp, five volunteers have already signed up to make this crowd-pleasing dessert,

So thank you to Marcia, Brooke, Nancy, Meriby, and Kathryn. I have one more bag of apples to distribute to anyone who would like to bake the remaining 12-serving batch. And I can tell you, it was a treat to pluck these gorgeous apples from the variety of trees at Wight's Orchard in Bucksport.

If you would like to be a driver on this day, please let me know, and we'll sign you up.

As ever, it is a joy to work on this meal together.

Johanna Sweet 207-326-4924

johanna.s.sweet@gmail.com

DOWNEAST RESTORATIVE JUSTICE Training Workshops

- Curious to know more about Restorative Practices?
- Looking to become a volunteer to help support youth in your community?
- Interested in circle keeping & becoming a trained facilitator?



This 10hr FREE public training is for ANYONE interested in learning about COMMUNITY BUILDING, becoming TRAUMA INFORMED, and GETTING INVOLVED in working with us in YOUR COMMUNITY



Tuesday September 30th 5:30-7:30pm
 Saturday October 4th 9am-3pm
 Tuesday October 7th 5:30-7:30pm



Ellsworth: exact location given upon registration

DRJ is a local non-profit working in our communities to bring people together & promote social healing



For Questions or Workshop Registration:
 Email - all@downeastrestorativejustice.org
 Call/Text - 207-805-5188



Castine's Interfaith Community presents:

Warm Hands, Warm Heart

COAT & MITTEN DRIVE OCTOBER ONLY



**Please Donate
to help local families in need.**

**all sizes acceptable
lightly used and clean**

Drop off locations: Local Churches, Emerson Hall, Post Office

Castine's Interfaith Community Day of Giving for the Little Free Pantry

The first Sunday of every month is a Day of Giving to benefit the Little Free Pantry in Castine. There will be a box inside the front entrance of the church for your donations of non-perishable food. For this month's Day of Giving, **October 5th**, we would especially appreciate gifts of healthy backpack snacks for school children, such as applesauce packs, peanut butter crackers, or the like.



Have A Good Day

By Lenora McWhorter. "

May your blessings be many
and your troubles be few.
And may you feel God's presence
in all you say and do.

May your family surround you
and give you reasons to smile.
May your friends and loved ones
go with you an extra mile.

May you know joy and gladness
and have a life of peace.
And may your load grow lighter
and all your cares decrease.

May your sleep be ever so sweet
as you retire each night.
And when you wake each morning,
may your burdens feel light.

May mercy and grace follow you
every minute of every day.
And may you feel the love of God
As you go on your way!

