

OUR COASTLINE



August 2020

OUR VISION STATEMENT

Our congregation's vision is to be a visible presence in the community, growing a just world through spiritual enrichment, compassionate action, and free religious inquiry.

A WELCOMING CONGREGATION

We are an intentionally diverse community welcoming of an enriched by people of varying cultures, economic and ethnic backgrounds; by people of varying sexual orientations, gender identities and family compositions; by people of all races, ages and beliefs.

Memorial Service for John Russell

A Zoom memorial service for longtime UCF member John Russell will be held on Saturday August 8 at 1pm. John died peacefully in Arizona on February 24, 2020. Members of John's and Ann's family will share some of their memories of and their gratitude for John, and invite you to add your own stories as, together, we celebrate John's life and honor his legacy. Watch the UCF Updates on August 1 and 5 for details and Zoom log-in information.

UPCOMING EVENTS

August 5—12:30 Women's Discussion Group

August 10 @ 4PM—Book Club

Wednesdays @ 10:30am Mental Health Family Support Group

Mondays @ 6:00pm Meditation Group

For more information on these Groups and how to get a Zoom Sign-in Link see articles in this issue.

Book Study: How to Be an Antiracist
Beginning in September, the Adult Religious Education program will be offering book study groups (meeting on Zoom) to read and discuss How to Be an Antiracist by Ibram X. Kendi. Plans are still taking shape. Watch this space for details in the September CoastLine.

August Reflections from Sally

Moments matter.
Our life is made up of moments –
and some of them we notice, and
we remember.



Moments of grace: the space of a breath, or a thought, when we feel entirely in harmony with life and the world around us. Moments of revelation – when all that we know about the world shifts, and we have to readjust *everything*. Moments of dedication – when we find ways of going on, even when the way forward is unclear and uncertain.

Eternal moments – a phrase I borrow from the poet Richard Blanco – are these “moments that change our lives, our stories, forever.”

Moments of ministry: moments of connection, of relationship, between you and another person, between you and the world around you, between you and the Great Mystery that holds and surrounds us all. On August 30, as we do each year on the last Sunday in August, we will dedicate our Sunday morning worship service to commemorating and to sharing moments of ministry that have touched you, touched your life, even in this time of not-touching.

As we embark on a new year of ministry together, a year filled with moments that matter, may your life be touched with grace, with revelation, with dedication, with eternity – with ministry.

Blessings on you. Be safe, and be well.
Sally

President's Column

My friends—you and I are history makers. We are the descendants of the history makers who started with an ad and the hope that their vision would last in perpetuity. We inherited their courage and built on it. Like them, we are also making history for the people who come after us. Even in a pandemic, we're doing the work of community building and social action. We exercise our congregational polity and offer spiritual enrichment and religious education. We demonstrate how important it is to pull together to achieve a vision. We agree on the importance of financial security and sustainability. We respect the large and small contributions. We're balancing the decisions of securing a new more visible home that increases our opportunities. Still, our decisions will yield more than we can create; they pen the history to guide future UCF congregations and enable them to build on the legacy we've created. A legacy that we also want to last in perpetuity.

Currently, members of the Leadership Council and the Board of Trustees are together planning to harness this legacy and further facilitate UCF's organic growth: "To Live into our Vision by Building a Vibrant and Diverse UCF that will Last for Generations". We can see a need to create a multigenerational congregation composed of people of all ages poised to take UCF into the future, specifically with the addition of adults in their 20s, 30s, 40s and older, with and without children. For adults who have children, we have a great children's religious education program, and expanded facilities. We'll be ready for the kids when the time comes. Now, let's consider whether we have something equally great for the adults in each age group. Even the best children's religious education program is only one incentive for these adults with children to attend church regularly. The biggest incentive for adults of any age is that they receive the spiritual and communal nourishment they need in their particular phase of life. Do we know what adults in their 20s, 30s, 40s, and older, with or without children, need in this regard? Are we offering it? Answering those questions is the first step. The second step is to reach out to and serve the needs of people of all ages, so they can proudly carry our legacy forward and continue to build upon it. By taking these steps, we will write the proud history of a vibrant and diverse UCF that will last for generations.

Long after each of us is gone, our time, our talent, our treasure, and our love will be revealed in the impact of future UCF communities. My friends, we are history makers without a doubt.

All the best to you!

Melva

New Building Team

August News from your New Building Team.

The Annex has passed the Fire Marshall's inspection of our alarm system and this means we can officially open the doors to business of the church. The rooms are ready for use as needed for authorized meetings. The Men's Restroom and the small restroom are finished. Until we are finished installing the partitions in the Women's Restroom, just lock the door when in use.

Those folks holding meetings please familiarize yourself with the building controls – Fire Alarm – HVAC – Electric Panel. There will be information posted for the basic controls/features that will be needed from time to time along with contact information if you have questions.

The building has WiFi and phone service. On your device search for UCF Church and enter the password. The password is posted in what will be the office assistant's room, (first room on the right).

Russ Dippman has volunteered to recaulk and paint the windows after his normal work hours. He is doing this work for us at no charge. Many thanks to Russ!

Respectfully submitted,
Dan Phillips

PS: Department of Health COVID-19 sanitation guidelines will be posted at the doors of the Annex. **These must be followed if you are using the building.**



Here is a big Thank You to Russ Dippman for volunteering to re-caulk and paint the exterior of the windows on the Annex Building for no charge! Many thanks to Russ!

Help Needed: Facilities Committee for 2900 Bridges Street

The Sunday School Building is almost ready for occupancy! The New Building Team has done a fantastic job renovating and getting the building ready. Now a Facilities Committee is needed to take over the care of the building and grounds. Some of the functions of this committee would be performing or coordinating repairs, maintaining records of maintenance needed (such as changing filters in HVAC, etc.), maintaining instruction manuals (or where to find them on the internet), maintaining or coordinating the maintenance of the grounds. Contact Susan Fetzter, Leadership Council Trustee at sgfetzer@gmail.com or Sandra Shelp, Facilities Committee for 1300 Evans at shelpsk@yahoo.com if you are interested in joining this new committee.

Worship Services

August Worship:

10:30am Sunday mornings by Zoom

Log-in information is in each week's Saturday UCF Update

Or email Marilynn Cullison at mscullison@gmail.com

August 2: **"Beyond the Water's Edge:" Worship from General Assembly.** These are uncertain and volatile times. These are times that call on us to work towards our collective liberation while also tending to our spiritual needs and caring for others. How do we ready ourselves for what is being asked of us? How do we keep moving even when we don't feel ready? The Sunday morning worship service from the Unitarian Universalist Association General Assembly in June addressed these questions in song, story, and a sermon from the Rev. Joan Javier-Duval. This morning, we will share selections from that service. **This morning's program will begin at 10:30 and will run about 50 minutes – longer than usual.**

August 9: **Continuity and Change in Congregational Leadership.** On June 14, we held our first virtual congregational annual meeting. This morning, we will reflect on leadership, growth, and thriving together as we practice our ministry across physical and social – but not spiritual – distance. As part of our service, we will covenant with our Board, and celebrate congregational leaders.

August 16: **Postcards from General Assembly.** General Assembly (GA) is the annual meeting of Unitarian Universalists from across the continent and around the world. "Rooted, Inspired, and Ready" was the theme of this year's General Assembly, the first all-virtual gathering in the Association's history. Melva Kearney, Holly Rogers, and Rev. Sally participated in workshops, worship, business meetings, learning and listening opportunities along with thousands of other Unitarian Universalists from across the country and around the world. This morning all three will share some of what we saw and heard and experienced at GA, and reflect on what it can mean for our congregation.

August 23: **Religious Education as a Spiritual Practice: Not Your Grandmother's Sunday School.** Religious Education in Unitarian Universalism – and in our congregation – is not your grandmother's Sunday School! Here, together, we reach deep inside to understand our lived experience and to clarify our core values. Then, together, we seek and we create ways of manifesting our values in a challenging world, in a rich and diverse and multigenerational community. This morning, Sarah Sutherland, Vicki Barrett, and Rev. Sally will offer some thoughts on Religious Education – for all ages – as a spiritual practice.

August 30: **Moments of Ministry.** We invite YOU to bring to this morning's service the story of one particularly powerful "moment of ministry" from your life in these times of social distancing and (mostly) virtual gatherings. As you share your story, we will replenish our congregational "waters of ministry." Together, our stories weave a living tapestry of ministry that serves us all, and the world around us.

Children's Religious Education

Children's Religious Education and Worship

Children and Fellowship Story Time is going very well with the people of our fellowship reading their favorite children's books. We will continue Sunday morning Story Time at 10 a.m. on Zoom before our church service. Zoom links for sign in are the same from week to week or check in on our Saturday's Fellowship Update.

We will need more readers starting August 16th. If you would like to read your favorite children's book, you can email Sarah Sutherland at ucf.re.sarah@gmail.com to sign up. If you would like to listen to our Story Time and are not a member of the Unitarian Coastal Fellowship, please email me and I will send you the link to sign on.

The children's religious education program has many books that you could choose from if you don't have one at home, just let Sarah know by email and she will mail one to you. Every week the Saturday UCF Update will have the link to sign into the Story Time.

On another note, knowing the state of affairs with racist actions against black people in our country that our children and youth are hearing on the news, I wanted to share some books that are in our religious education program that you can borrow if you want to read a story about diversity and racism with your children. As you can see below, we also have some books for adults to borrow as well. If you know of other books that we can add to our collection, please let me know.



CHILDREN AND YOUTH:

Teach Your Dragon About Diversity

Magnificent Homespun Brown

Just Ask! Be Different, Be Brave, Be You

Just Like Me

Why Am I Different?

Our Beautiful World of Colours

It's OK to be Different

Bein' with You This Way

Anti-Racism Starts with Me! A Coloring Book for Kids

An Indigenous Peoples' History of the United States

For Young People

Black Enough: Stories of Being Young and Black

In America

Child of the Civil Rights Movement

by Steve Herman

by Samara Cole Doyon

by Sonia Sotomayor

by Vanessa Brantley-Newton

by Norma Simon

by Adanma Onuoha George

by Sharon Purtill

by W. Nikola-Lisa

by Kadeesha Bryant

by Roxanne Dunbar-Ortiz

Edited by: Ibi Zoboi

by Paula Young Shelton & Raul Colon

Children's Religious Education



Here are a few of the books that we have that were just ordered. The others are at the church that I can pick up for you if you would like to read them. The Racial Healing handbook pictured above is an adult book but got added to the children's books selection

ADULT BOOKS:

<i>I Have a Dream</i>	by Dr. Martin Luther King, Jr.
<i>How to Be an Antiracist</i>	by Ibram X. Kendi
<i>Stamped from The Beginning: The Definitive History of Racist Ideas in America</i>	by Ibram X. Kendi
<i>Starting Small: Teaching Tolerance in Preschool and The Early Grades</i>	Published by Teaching Tolerance Project
<i>Ten Ways to Fight Hate</i>	Southern Poverty Law Center
<i>The Klu Klux Klan: A History of Racism and Violence Special Report</i>	No Author
<i>The Racial Healing Handbook: Practical Activities To Help You Challenge Privilege, Confront Systemic Racism & Engage in Collective Healing</i>	Anneliese A. Singh
<i>White Fragility: Why It's So Hard for White People to Talk About Racism</i>	Robin Diangelo

Let us hope there is peace in the world as we continue to walk through these unprecedented times. Take care and be well.

In love and spirit.

Sarah Sutherland
Children's Religious Education Administrator

Social Action

5th Sunday Collection for August

Carteret County Public Schools Foundation: Grandparents' Fund

As is our UCF tradition, whenever there is a 5th Sunday in the month all non-pledge offerings are donated to a charity or cause. Over the last several years, the Social Action Committee has been exploring ways in which we can help local children in need. Under the leadership of Mary Anna Newman, a member of the Social Action Committee and former social worker, we have organized Adult RE programs to learn more about the foster care system and the Guardian ad litem program.



Mary Anna has talked with the Department of Social Services as well as the Social Workers in Carteret County Schools to learn more about unmet needs for one of our county's most vulnerable populations. She has learned that there are numerous low-income grandparents taking care of their grandchildren because the parents are not able to for various reasons including the devastating impact the opioid crisis is having in our community. These grandparents often struggle to make ends meet and do not have extra money to pay for things like tutoring, band instruments, etc. Without a doubt, the COVID-19 pandemic has only made these circumstances more complex and challenging.

The school Social Workers suggested setting up a fund within the Carteret County Public Schools Foundation specifically to meet the needs of low-income grandparents raising their grandchildren. Tabbie Nance administers the Foundation and has agreed to create this fund if we raise money for it.

If your personal situation allows, please give generously. All non-pledge offerings will be given to the Grandparents' Fund in the Carteret County Public Schools Foundation for our August 30th 5th Sunday. You can contact David Hughes at ucfwecomenc@gmail.com to arrange an electronic donation or checks can be mailed to Unitarian Coastal Fellowship, P.O. Box 425, Morehead City, NC 28557. Please note 5th Sunday in the memo line. If you have a Paypal account, you also can go to the UCF website, <https://www.ucfnc.org/> and click on the DONATE button on the bottom of the page. There will be a place to put a note and you can type "5th Sunday" in that space. Thank you for your generosity and please contact Barb Thomas and Amy Jones if you have ideas and suggestions for social action outreach during this time of social distancing

Green Sanctuary

The Green Sanctuary Committee is rescheduling its July meeting due to lack of attendance. The new date is September 11 at 2:00, a Zoom link to follow. We are hoping for a good turnout, unless this committee is no longer needed for our congregation. Hope to see many of you there! If you have any questions contact Holly Rogers or Lauren Donnachie.

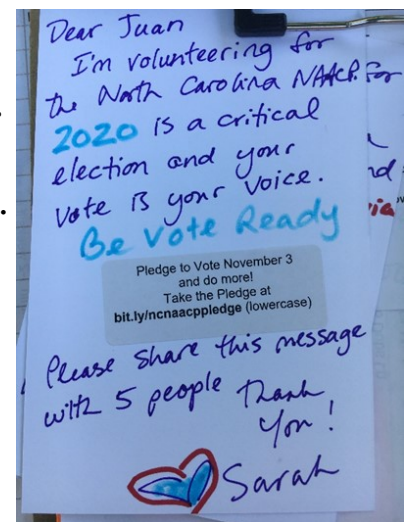
Social Action

UU the Vote 2nd Postcard Project is a Huge Success!

The Social Action Committee's UU the Vote team and our UCF congregation have once again partnered with the UU Justice Ministry of NC and the Reclaim Our Vote project of the Center for Common Cause to write postcards in an effort to get out the vote this fall.

This time we are sending postcards to registered voters of color who live in underserved areas of NC, encouraging them to PLEDGE TO VOTE and to get 5 friends to pledge to vote as well. In our first postcard project, we wrote and mailed 600 postcards. For this second effort, we set a goal of 900. 35 members of our congregation stepped up and pledged to send **1,540 postcards!** Kits were delivered during the last week in July and will go out during the first two weeks of August.

Thank you to all who volunteered to write 20, 40 or 60 postcards. We are making a difference!



PROPOSED STATEMENT OF CONSCIENCE ON BLACK LIVES MATTER/RACISM

Recently Sarah and Jill Sutherland came to the Social Action Committee with a request that UCF issue a public statement about our stand supporting the Black Lives Matter movement and against Racism. We have a Statement of Conscience policy on the issuance of such statements which outlines the process that must be followed.

The first step is for the Social Action Committee to vote on whether they think that this issue is one that meets our Mission and Vision and whether it should be pursued. An email was sent to the Committee and the vote was unanimous that we should continue with the process on this issue.

The next step is to form a Task Force to work on this and several members of the Social Action Committee volunteered to be part of that group, along with Sarah and Jill. They will proceed with the next step in the process which is arranging for an Educational Forum on this issue for the entire congregation. This forum will be held on Zoom. Stand by for more information on the date and time of this Forum.

UCF Women's Group

Women's Discussion Group

Our next Women's Discussion Group will be Wednesday, August 5 from 12:30 to 1:30 via Zoom. Get your lunch ready and your computer fired up and join us for an interesting discussion. Our topic for August is **Childhood Vacation Memories**. Did you and your family make a trip out west one summer, explore Europe, or perhaps like mine, travel to the same beloved beach every year? Were vacations something you looked forward to or were there some you dreaded? I'm looking forward to finding out! If you are not on the Women's Discussion Group email list and would like to be, contact Susan Roberts at landfall2@mindspring.com or 843-217-1885.



Book Club

ATTENTION READERS! Come join us on Monday, August 10 at 4 pm in Pat Harms' beautiful backyard for our next UCF Book Club discussion. We will be reading and talking about a wonderful travel tale set in Ireland: The Last of the Donkey Pilgrims by Kevin O'Hara. We will have Zoom as a backup if the weather doesn't cooperate.

The Meditation Group

The Meditation Group is now meeting via Zoom every Monday evening at 6:00 PM. After a brief discussion, the guided Meditation begins at 6:30 PM. Meditation is a practice of aligning your mind, body and spirit. All are welcome. For Zoom link or other information regarding the guided meditations contact:

Vicki Barrett at vlbarrett142@gmail.com



Mental Health Family Support Group

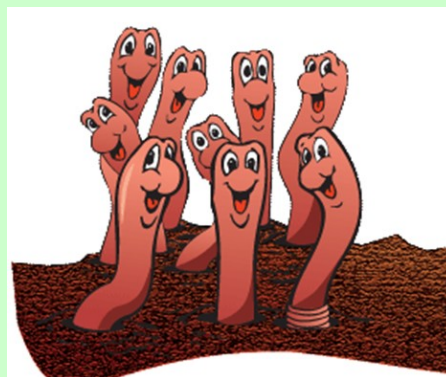
The **Mental Health Family Support Group** is an opportunity to share experiences and challenges of having family members or friends who live with mental illness. This group meets online (using the video conferencing platform Zoom) on Wednesday mornings from 10:30am to noon at the church. If you would like to join these virtual meetings or would like more information, please contact Rev. Sally at 252-622-1978.

August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 10 am Children's Story Time via Zoom 10:00 Worship Service via Zoom	3 6pm Guided Meditation Group via Zoom	4	5 10:30-N MHFSG via Zoom 12:30 to 1:30 - Womens' Discussion Group	6	7	8
9 10 am Children's Story Time via Zoom 10:00 Worship Service via Zoom	10 Book Club 4PM 6pm Guided Meditation Group via Zoom	11	12 10:30-N Mental Health Family support Grp via Zoom	13	14	15
16 10 am Children's Story Time via Zoom 10:00 Worship Service via Zoom	17 6pm Guided Meditation Group via Zoom	18	19 10:30-N Mental Health Family support Grp via Zoom	20	21	22
23 10 am Children's Story Time via Zoom 10:00 Worship Service via Zoom	24 6pm Guided Meditation Group via Zoom	25	26 10:30-N Mental Health Family support Grp via Zoom	27	28	29
30 10 am Children's Story Time via Zoom 10:00 Worship Service via Zoom	31 6pm Guided Meditation Group via Zoom					

Worms make great pets! This month start a vermicomposting bin to turn your kitchen waste into compost and reduce landfill!

Check out composting.ces.ncsu.edu for help and ideas.



How lucky I
am to have
something
that makes
saying goodbye
so hard.



Contact Us

Unitarian Coastal Fellowship

252-240-2283

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