

OUR COASTLINE



December 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.

A Sweet Treat For You

The Pastoral Care Team had so much fun at the Halloween drive-through candy give-away that we are planning to do it again! **You are invited to come to 2900 Bridges Street by car between 2 and**

4pm on Saturday, December 19.

(COVID) masks are required; Santa hats or reindeer antlers are optional. The Pastoral Care team is preparing 100 bags with candy, cookies, and a candle you can use during our Christmas Eve service (details in Worship Services, December 24 in this newsletter), and a hand-written card or note in each one.

Weather permitting, we will have Christmas Carols playing. Wearing gloves and (COVID) masks, Pastoral Care Team members will hand out bags to adults and children as you drive through. We ho-ho-hope you will come by!



December Reflections from Sally

Robin Wall Kimmerer, an enrolled member of the Indigenous Citizen Potawatomi Nation, speaks of gifts. Indigenous people are many and diverse; no one writer speaks for all – but these words from Dr. Kimmerer’s book Braiding Sweetgrass are offered as gifts *to* all who are able to appreciate them. May these wise words speak to your heart and your spirit in this season of gifts, and of giving:

“A gift comes to you through no action of your own, free, having moved toward you without your beckoning. It is not a reward; you cannot earn it, or call it to you, or even deserve it. And yet it appears. Your only role is to be open-eyed and present. Gifts exist in a realm of humility and mystery – as with random acts of kindness, we do not know their source. [pp. 23-24] ...

Gifts from the earth or from each other establish a particular relationship, an obligation of sorts to give, to receive, and to reciprocate. [p. 25] ... We are showered every day with gifts, but they are not meant for us to keep. Their life is in their

movement, the inhale and the exhale of our shared breath. Our work and our joy is to pass along the gift and to trust that what we put out into the universe will always come back.” [p. 104].



***Blessings on you, and on those who are gifts in your life.
Be safe, and be well.
Sally***

Pastoral Care Offerings:

Making A Place At The Table: A Supportive Group For Grief In This Season Of Gathering

As we approach the holidays, a time of gathering as best we can, many of us will set fewer places at the table than we have in the past, due to the loss of loved ones and the ways the pandemic has forced us apart. Meeting this difference, and managing the grief that accompanies it can be particularly challenging, especially when we try to do so alone. You are invited to join Kate Reavis, social worker, Zen chaplain in training, grandmother, activist, lover of loss in a confidential and supportive Zoom group, where we will share all the ways our separations have changed us in 2020, have opportunities to form new connections, and a safe space to talk about the ways we may invite our sadness, as well as our gratitude, to the process of loss, acceptance, and healing.

Group size is limited to 8, with interest in attendance dictating the number of groups.

Pastoral Care Tip for December

Here's something to think about from Tom Willis:

"As the pandemic continues on and on, our lives become more constrained and compromised. Many are isolated and get whatever human interaction via tv, which is passive. There are people who live alone and are ok with that, but there are many among us who need some of that human touch, a real smile, a hug, real interactive conversation. How do we as UUs reach out in socially distanced times? One of the best things you can do for yourself is to help someone else: cook a meal for a family or neighbor. Good way to meet them. Share home videos or photos of something you or your family did or want to do, or a family event, an amusing story. Reach out.

The UCF Pastoral Care Team is here when you need us! Call on us. Call or email or text us. We will see you, hear you, be with you.

Chair: Kate Reavis 910-358-2034 or katereavis@yahoo.com

Helene Kelly 252-269-0775 or helenekelly1@gmail.com

Holly Rogers 509-607-2055 or hollyer54@yahoo.com

Joan Burton 201-669-1519 or Ldybg223@aol.com

Terri Thomas 252-314-4110 or terriethomas00@gmail.com

Rev. Sally White 252-622-1978 or sb.white@earthlink.net or ucfminis-ternew@gmail.com

President's Column

Happy December Friends:

"If you think you can, you can. If you think you can't, you're right." *Henry Ford*

The story of Monty Roberts—Monty's father was a horse trainer who moved from stable to stable, from ranch to ranch, training horses. Consequently, Monty's entire school career was constantly interrupted. One day, in high school, his teacher assigned the class to write a paper about what they wanted to be when they grew up. Monty didn't hesitate for a minute and enthusiastically wrote a 7-page paper about his dream to be an owner of a horse ranch. He filled the pages with vivid detail and drew the location of buildings and stables and even a plan for a house. Two days later, Monty's paper was returned to him with a big "F" on the front page. Monty stayed after class to talk with the teacher, and asked: "Why did I receive an F?". The teacher responded: "Your dreams are so unrealistic for a boy like you! You come from an itinerant family with no money and no resources. There is no possibility you can reach these goals. You must face reality!" The teacher then offered Monty a chance to rewrite the paper with a more realistic attitude, for a better grade. That evening, Monty asked his father for advice about his dreams and writing the paper. His father answered: "Dreaming costs nothing. Making up your mind to successfully fulfill your dreams is your decision". After several days, Monty decided to return the paper to his teacher. The boy had made no changes. He stood tall and said: "I will keep my dream". Today, Monty Roberts owns a 4,000-sq. ft. house in the middle of a 200-acre horse ranch. He still has that school paper hanging framed over his fireplace.

We at UCF have come face-to-face with the final stretch of our own dream. We have "kept our dream" for a new and larger space and persisted in the form of giving time and treasure. Now, it's time for one determined last push before we can finally live our dream. The Building Bridges Task Force has been formed to help us with this last push to raise enough money to reduce our debt. Every single one of us has a role in making our dream a success. Let's get busy!

All the best!

Melva



Worship Services

December 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



December 6: **Balance.** Sally Davis will lead us as we explore balance. Balance in our daily lives is not simple and is often an elusive and shifting reality. How can we find balance in our personal and congregational lives?

December 13: **Stories of the Season.** Zoom in to hear three holiday stories starring members and friends of our congregation. We will visit an Indiana woodland, a re-creation of the Swedish celebration of St. Lucia's Day, and our own congregation's Holiday Gift bag tradition. Zoom technology will allow storytellers to give you a glimpse of what their celebrations look like, as they share why these observances are a meaningful part of their winter holidays.

December 20: **Winter Solstice.** Winter Solstice or the darkest night, gives us the best chance to see the spray of stars and other celestial bodies in the sky. We can hunker down for a few more months of darkness, knowing that the long winter of Covid-19 may be almost done. We can contemplate what we have learned about ourselves and others, and wait for the sun. Mary Anna Newman and Sarah Sutherland are leading this service

December 24: **(Thursday): 4pm Christmas Eve service.** In the late afternoon of Christmas Eve, we will gather on Zoom for a traditional service of Lessons and Carols. You may want to have a candle ready to light and to hold as we end the service with Silent Night. **Please note that this service is at 4pm, rather than our traditional time of 7pm.** (The Pastoral Care Team will be giving out candles on December 19. See "A Sweet Treat for You" elsewhere in this newsletter).

December 27: **Kwanzaa: To Bring and Sustain Good in the World.** Kwanzaa is a week-long celebration that honors African heritage, cultures, and the enduring values that ground and guide African-American families and communities. Kwanzaa begins each year on December 26, and culminates on January 1 with feasting and gift-giving. At the heart of Kwanzaa is an imperative to bring and sustain good in the world. What can we learn from Kwanzaa about being informed and accountable allies in working for racial justice?

Children's Religious Education And Worship

Dear Parents,

As December will soon be upon us, I hope your families are all well and staying protected from COVID 19. I imagine your holidays might be different than last year, just as our Project Christmas Cheer that the Social Action Committee coordinates every year, will be different for the families of need in our community.

Penny and Mark Hooper, who have coordinated this project for many years, will be taking a step back from the project and we definitely give them a big thank you from the bottom of our hearts. I will be overseeing the project and getting names of families and information from the United Methodist Church. I do not know how many families in need there will be until the beginning of December and we see how much money will be raised in our church for this worthy cause along with the Gift Bag Project for the Hope Mission Recovery Homes.



If your family would like to be Angels for our Project Christmas Cheer, please email me at ucf.re.sarah@gmail.com or call me at 603-254-5559 and let me know and I will match you up with a family if we have one for you.

As I have said, we will not be able to do this project the same way as we have for many years in the past with going shopping, having lunch and wrapping presents together. This year will be virtual. I will be mailing to you the family you will be matched with, your money for the family gift that you will be buying and wrapping yourselves. I am still working on the delivering aspect of this with the churches and I will let you know when I send you your letters the process of delivery.

Also, as I talk about the families in the communities that we live in that might need help, I do not want to forget that some of our families with children here in our own church may be in need this year. Please let me know, in total confidence, if your family needs help this year so we can help you or you can contact the United Methodist Church and have your family added to the tree. We are here for you and your family this holiday season and throughout the year.

In spirit and love,

Sarah Sutherland

Children's Religious Education Administrator

PAID STAFF POSITION OPENING OFFICE ASSISTANT 2021

The Unitarian Coastal Fellowship Staffing Committee is seeking applicants to fill the position of Office Assistant beginning on or before January 1, 2021.

The UCF Office Assistant supports the ministry of the congregation by facilitating communications and supporting volunteers. The Office Assistant reports to the UCF Minister who will work with the Office Assistant to coordinate and prioritize the work requests received from all employees, committees and members of the church. This is a quarter-time position; 10-13 hours per week, 45 weeks per year. Total compensation is approximately \$6850 per year.

Duties include:

- Organize and maintain the church office and records

- Compose, edit, and distribute the monthly CoastLine newsletter

- Publish and disseminate information such as weekly press releases, weekly Order of Service, and bulletin boards

- Provide administrative support services to the Minister, staff members, and all UCF committees

- Assist in the maintenance of the UCF social media presence

Qualifications Required:

Organization and interpersonal skills: Ability to organize and manage information, communicate clearly and to form cooperative and effective working relationships with church committees, church members, friends and the public.

Confidentiality: Ability to be knowledgeable of and work with confidential Information while maintaining the proper discretion in the sharing/discussing that information.

Computer skills: Ability to use Microsoft Office suite, including Word, Excel, Publisher and PowerPoint. Knowledge of Facebook.

Self-motivation: Ability to work efficiently and productively under indirect supervision.

Interested persons please email a letter of consideration, including a description of relevant experience and/or resume, to Staffing Committee Member Susan Fetzer at sgfetzer@gmail.com.

For more information or to obtain the complete job description, please email Susan (email above) or phone her at 252-259-5187.

Social Action

Holiday Giving – 2020 Style

While this year's holiday season will be different as most of us will limit travel and large gatherings, one thing that can stay constant is the generosity of our UCF congregation. We are modifying our usual holiday efforts to provide safety during Covid, but striving to give to those we have given to in past years.

Penny Hooper and Sarah Sutherland are heading up our Project Christmas Cheer efforts and will choose families from the Angel Trees. Individual families from our congregation will do the shopping for these Angel families.

Miriam Green and Susan Roberts are heading up a group that will pack holiday gift bags for the clients and residents of Beach House and Hope Mission Recovery homes. The bags will contain a Walmart gift certificate, a greeting card and a handmade item like a hat or scarf.

Amy Jones and Barb Thomas will also pack gift bags for the clients of the Station Club. These bags will contain a handmade item and a greeting card. We will also provide cookies, drinks and snacks to the Station Club so they can have a party, since we can't have our caroling party with them this year.

We are so grateful to the women of the Twisted Sisters needlework group who are working hard to provide hand made gifts to go in all our bags.

At the time of publication of this newsletter, we don't yet know how much we received in our 5th Sunday collection to fund these activities. But based on the generosity of this congregation in the past, we are confident that we will be able to provide holiday joy to these people who face such challenges in their lives.

"In every crisis, doubt or confusion, take the higher path—the path of compassion, courage, understanding and love."

Amit Ray



The Food Waste and Recovery Program of the Carteret Food and Health

Council will be having a county wide drive for donated food to supplement our pantries – both because there is no program for the 20 day vacation as of yet to help school students who usually get a daily meal from school, and also to supplement the pantries' supplies for Christmas dinners.

If you wish to donate, you may

1. add to our Donation Box at Piggly Wiggly or Beaufort Drug in Beaufort or IGA in Morehead City.
2. Take a bag full of items to your favorite pantry
3. Give us the financial donation you wish to make and we will shop and deliver for you.

Please contact Daryl Walker
at: dfwalker99@hotmail.com - or 919-219-9840 tel/text)) if you have any questions.



UPDATE FROM THE BUILDING BRIDGES TASK FORCE:

Calling all UCF members and friends, I hope you were able to attend the roll-out of our campaign to reduce the need for a commercial loan to build our new sanctuary at 2900 Bridges St. What's next? The Task Force plans to have a series of Zoom meetings in December to strategize our fundraising efforts and to answer questions about individual contributions. Contribution packets will also be mailed to every member and friend in December. Keep an eye out for the Zoom invitations and the contribution packets. Everyone's participation is our best path to success.



Adult RE

On December 9th there will be a group discussion on the 2016 documentary film *I Am Not Your Negro*. This visual essay based on James Baldwin's unfinished book explores racism through the stories of Medgar Evers, Malcolm X and Martin Luther King Jr. The tentative time for the discussion group is 2PM, via zoom. Please confirm with Harriett Altman that you will participate by December 7th at: harriettaltman@icloud.com

The Meditation Group

The Meditation Group has added a short class every Monday before the guided meditation. It starts at 6PM. Various topics relating to Meditation will be covered. The Guided Meditation begins at 6:30 PM. Everyone is welcome. You may come to either or both, it is up to you. If you want to only participate in the meditation please log in by 6:30PM For Zoom link or other information regarding the guided meditations contact: Vicki Barrett at vlbarrett142@gmail.com



Ryan Mroch was spotlighted on the Face Book page of Carteret Big Sweep.

Ryan Mroch, Eagle Scout, is working towards his Hornaday medal. This is a rare conservation award that requires multiple eagle-level projects, but includes a research component to see how effective the project is for reaching the conservation goals. For one of these projects, Ryan plans on hosting an event called the Carteret County Trash Trawl. It will be comparable to the Big Rock fishing tournament, but instead of catching fish, competitors will be using non-motorized boats to collect the most trash they can. Before he can do this, he needs to do a bit of research about how much and what type of trash accumulates in the area. "I am collecting data on the accumulation of debris on Radio Island Beach by having people sign up to walk the beach weekly to pick up and log the trash they find."

Ryan hopes to see you at the Trash Trawl! It will be held on April 24, the weekend after Earth Day.



Volunteer Spotlight

Ryan Mroch

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Ryan hopes to see you at the Trash Trawl! It will be held on April 24th, the weekend after Earth Day.



Our next Women's Discussion Group will be Wednesday, December 2 from 12:30 to 1:30 via Zoom. The cold snap we had should put us in the proper frame of mind for our upcoming topic: **What are your favorite winter outdoor activities, past and/or present?** I'm already remembering some wonderful winter wonderland doings from my childhood and I'm looking forward to hearing both your memories and current favorite outdoor winter activity. 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

Mental Health Family Support Group



This weekly group is an opportunity to share experiences and challenges of having family members or friends who live with mental illness. Meetings are online (using the videoconferencing platform Zoom) on **Wednesday afternoons from 2:30 to 4:00**. If you would like to join these virtual meetings or would like more information, please contact Rev. Sally at 252-622-1978 or at ucfministernew@gmail.com.

Green Tip



As you are preparing for the holiday season, remember to shop local, buy from small businesses online, and think about wrapping your gifts in environmentally friendly wrapping materials. Try your best to stay away from items wrapped in plastic and remember to recycle all the packaging material from your online purchases. Happy Green Holiday everyone.

New Member

Welcome back to Kate Reavis, former member who has returned to eastern North Carolina and rejoined our fellowship. Born and raised in Swansboro, Kate spent 25 years as a social worker, then decided to make a life change and went to live and work at Southern Dharma, a 40 year old Buddhist silent meditation and retreat center, in Hot Springs, NC, from 2016-2019.

She is currently deeply engaged in the work of social justice, in the form of antiracism action and education, participating in training for Zen Chaplaincy through New York Zen Center For Contemplative Care, chair of our Social Action Committee and a member of the Pastoral CareTeam, a new member of Citizens For Diversity in Education, and a sitting member of the board of Great Tree Women's Zen Center, in Alexander, NC.

She is a live-in Mimi to a beautiful grandboy, Landon, a mother to Ashton and Zack, a yoga instructor, a visual and musical artist, a writer with a book in process, a cat lover, a trained chef, and the daughter of a commercial fisherman. She believes in community care and the value of well and intentionally cultivated relationships that support us from birth to death. She is a practicing Buddhist.



News of UUs

Healing thoughts were sent to former UCF members Duncan and Jessie McElhaney. Duncan has tested positive for Covid 19. He is at the Croatan Care Center, but will be transferred to a sister facility in Raleigh which has become a nursing Facility for only Covid patients to isolate them from healthy residents at their individual facilities. Jessie has tested negative for the virus, but will be unable to visit Duncan.

Thanks to the UCF Pastoral Care team for hosting the drive-through Halloween Candy give-away yesterday at 2900 Bridges Street. Nearly 40 UCF members, friends, and extended families came by for candy and an in-person (socially distanced) hello! It was so good to see people in person – we plan to make this an annual event.

Marty Newcomb, Holly Rogers, and Gwen Newcomb would like to thank those who have visited for their kind gifts and sharing of their time so compassionately. They are very grateful and feeling very loved. Marty sprained her ankle last weekend, but her orthopedist says she will do well with a brace, and ice, and exercises.

Christina Berner's broken foot is healed, and she is getting stronger with physical therapy. Christina is still laughing, enjoying life at Ekklesia – and missing friends at UCF. She'd love a phone call or a visit.

UCF member Barbara Bergman is scheduled for day surgery on Friday, November 13. She welcomes your good wishes for no surprises!

Nan Reed sent this: from dear friends from PA days who are the parents of Alexis; she also babysat my children .

For all you power prayers out there, please add my daughter, Dr. Alexis Eastman, to your prayers. She is a geriatric physician and on the COVID team at UW Madison hospitals. In her very recent words, " things are getting grim." The burdens of worry and fatigue are wearing her down. She greatly appreciates the prayers and kind thoughts she has received. Thank you and bless you all.

Brenda, sister of June Little has permanently lost the use of her left hand due to scar tissue in her shoulder. She is being evaluated at Duke for the possible return of cancer in that shoulder. June and Brenda would welcome your prayers.

UCF member Barbara Bergman has had a rougher recovery from her surgery than she had anticipated, but she is getting better as fast as she can! She would appreciate your prayers and good wishes, and would love to receive cards – but no phone calls, because she has limited minutes on her phone.

December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 12 N Worship Committee	2 9am Yoga 12:30pm Women's Grp 2:30pm MHFSGroup	3 10 AM Leader- ship Council Meeting 4 PM—Adult RE	4	5
6 10:30 Worship Service	7 6pm Guided Meditation Group	8	9 9 am Yoga 2:30pm MH Family Support Group	10	11	12
13 10:30 Worship Service	14 4 pm Book Club 6pm Guided Meditation Group	15 9am Finance CTTE	16 2:30pm Mental Health Family Support Group	17	18	19
20 10:30 Worship Service	21 6pm Guided Meditation Group	22	23 2:30pm Mental Health Family support Group	24 Christmas Eve	25 Christmas Day	26
27 10:30 Worship Service	28 6pm Guided Meditation Group	29	30 2:30pm Mental Health Family support Group	31 New Years Eve		
NOTE: All meetings are via ZOOM unless stated otherwise.						

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



Contact Us

Unitarian Coastal Fellowship

252-240-2283

UNITARIAN COASTAL FELLOWSHIP

P. O. Box 425

Morehead City, NC 28557

Choir Director: Tom Cullison trcullison@gmail.com

Office Assistant Vicki Barrett vlbarrett142@gmail.com

Board of Trustees: President: Melva Kearney melva.kearney@gmail.com

Vice President: Guerry Willis tomandguerry@gmail.com

Secretary: Vicki Barrett vlbarrett142@gmail.com

Treasurer: David Hughes ucfwelcomenc@gmail.com

Leadership Trustee: Susan Fetzer sgfetzer@gmail.com

Leadership Chair: Susan Fetzer sgfetzer@gmail.com

Facilities: Sandra Shelp shelpsk@yahoo.com

Worship: Marilyn Cullison mscullison@gmail.com

Finance: Jo Ellen Essex ucfwelcomenc@gmail.com

Membership: Nan Reed nanreed5@gmail.com

Social Action: Amy Jones amjones0912@gmail.com

And Barb Thomas bsthomas2@gmail.com

Green Sanctuary: Lauren Donnachie lsdonnachie@twc.com

And Holly Rogers hollyer54@yahoo.com

Committee on Ministry: Holly Rogers hollyer54@yahoo.com

RE, Children: Sarah Sutherland UCF.RE.Sarah@gmail.com

RE, Adults: Vicki Barrett vlbarrett142@gmail.com

Music Committee: Tom Cullison trcullison@gmail.com

Care Circle Coordinator: Pam Holliday pamelalaholliday@gmail.com

Newsletter: Vicki Barrett ucfofficeassistant@gmail.com