

OUR COASTLINE



February 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.

Twisted Sisters Tea Party

On Tuesday, February 25 at 9 AM at the Leon Mann Senior Center there will be a Tea Party to say "Thank you" to the Twisted Sisters group that crocheted and knitted over 115 hats that were included in holiday gift bags UCF gave to local adults who are homeless, recovering from addiction, dealing with developmental disabilities or severe and persistent mental illness. Please plan to provide cookies, scones, other sweet and savory items and tea bags to celebrate the Twisted Sisters generosity and their relationship with UCF. Attend if you can. If you can contribute, contact Miriam Green, 252-726-3583, mwgreen15@gmail.com or Susan Roberts, 843-217-1885, landfall2@mindspring.com.

UPCOMING EVENTS

Feb 6—6:30 pm Spirit in Practice

Feb 7—6:30 to 8:30 Family Fun Night

Feb 9—11:45 Legacy Giving Campaign Kick-off

Feb 12—6:00 pm Science of Energy

Feb 19—6:30 pm Richard Blanco Video

Feb 20—6:30 pm Spirit in Practice

Feb 26—6:00 pm Science of Energy

Feb 27—6:30 "God's Oceans and Coastal Communities" Clergy Panel Discussion

February Reflections from Sally

Dear ones,

Momentous events have been coming thick and fast recently. Weather, natural disasters, fast-spreading illnesses, impeachment, election campaigns, new building possibilities and plans and growing pains for this congregation – recent months and recent years have been a time of great challenge, and of great possibility. Both can take their toll on our bodies and on our spirits.

The late Irish poet John O'Donohue offers steps toward health in this excerpt from a poem called

A Blessing for One Who Is Exhausted."

*You have traveled too fast over false ground;
Now your soul has come to take you back.*

*Take refuge in your senses, open up
To all the small miracles you rushed through.*

*Become inclined to watch the way of rain
When it falls slow and free.*

*Imitate the habit of twilight,
Taking time to open the well of color
That fostered the brightness of day.*

*Draw alongside the silence of stone
Until its calmness can claim you.
Be excessively gentle with yourself.*

*Stay clear of those vexed in spirit
Learn to linger around someone of ease
Who feels they have all the time in the world*

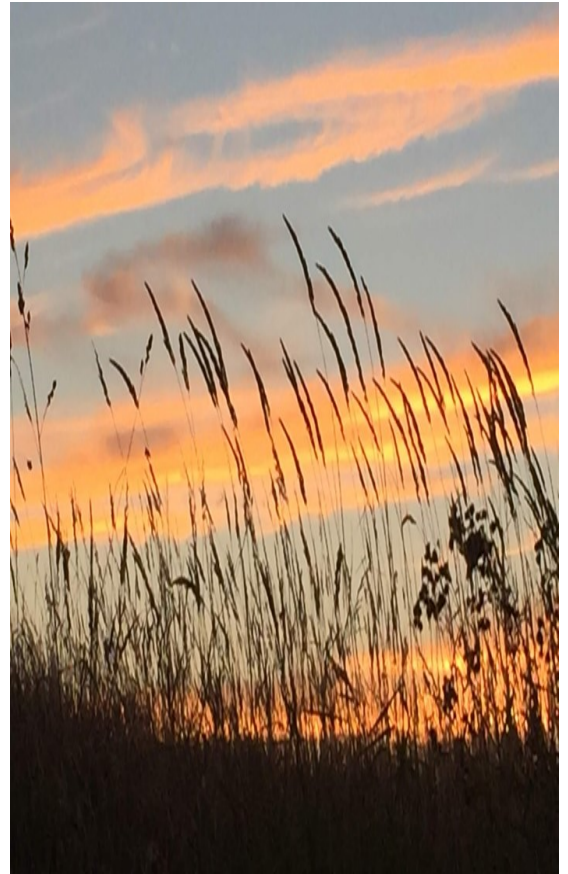
*Gradually, you will return to yourself,
Having learned a new respect for your heart
And the joy that dwells far within slow time.*

-John O'Donohue, from "Blessings" [http://www.dailygood.org/story/734/a-blessing-for-one-who-is-exhausted-john-o-donohue/]

In the midst of great challenge – and great possibility – may you and I stay connected to “the joy that dwells far within slow time.”

In the arms of this religious community, may you and I find – and may we offer to each other – healing, and health, and wholeness.

***Blessings,
Sally***



President's Column

Would You Lend a Hand?

This past Sunday seventeen (17) volunteers signed up in 20 minutes to paint the annex walls. I was not really surprised. It's what we do.

While away visiting family during January I considered all of the committees, classes, boards, services, music, meals, auctions, fund raising and caring that our small Fellowship supports through volunteers. It's incredible!

For example, things are moving along nicely with renovations to our new church home at 2900 Bridges Street. The annex will be ready to use in a couple months and discussions are underway with three builders who are submitting bids for the sanctuary replacement. Our volunteer New Building Team is doing an amazing job.

So if someone asks, "would you lend a hand to work, help, support, advocate, care for....." I am not surprised when 17 people step forward.

It's what we do.

Tom Cullison

President, Board of Trustees

UCF Legacy Giving Campaign Kick-off

Leaving a Legacy Gift to UCF – Easier Than You Think

You may not realize how easy it is to leave a legacy gift to UCF through your will, trust, life insurance or registered investments. Often as easy as naming UCF as the designated beneficiary of your life insurance or registered investments. Please join us on **February 9** for "Coffee with the Finance Committee" as we kick-off our UCF Legacy Giving Campaign. During this time we will explain the many ways you can plan and structure your gift and the ways it can be used by UCF. We will also have a CPA and Financial Planner on hand to answer any questions you may have.

Together we can make a difference in our world - your support is vital to what we do here at the Unitarian Coastal Fellowship. Making a special gift or bequest allows you to make intentional decisions about your financial giving. When you plan ahead for your giving, you make conscious choices about spending your money in ways that reflect your faith and values. It is also a wonderful way to provide support for our mission while making sound financial plans for yourself and your family.

PLEASE PLAN TO ATTEND THE UCF LEGACY GIVING CAMPAIGN KICK-OFF ON
SUNDAY, FEBRUARY 9, 2020.

New Building Team.

Update from the New Building Team:

As Dan Phillips reported in the January Coastline, work is proceeding in the Sunday School Building with the new roof being completed, a volunteer interior painting team taking shape under the leadership of Tom Cullison, ADA compliant restrooms nearing completion, water fountain installed, HVAC and carpeting work scheduled and fire alarm and smoke detectors installed soon. Dan, we miss you and hope your recovery from hip surgery goes smoothly!

One Design/Build company has presented tentative plans for the new sanctuary/social hall building, with a two others making their presentations on January 28th. Last Sunday, January 26th, we held a Coffee with the Board and New Building Team after the service. Guerry Willis presented an update on the the Sunday School building renovations (complete with photos) while Joe Naset gave a timeline of items to be completed in order to remove and replace the sanctuary/social hall building, including permits from the Town of Morehead City.

The Team is hoping to have plans reviewed by the end of February, then presented to our Board of Trustees, then to the congregation near the end of March. As a newer member of the team, I have been very impressed by, and grateful for, the

knowledge and dedication that the team members have brought to the process as well as the hands-on work they have provided. They won't toot their own horns, so I will tell you that countless hours have been spent by team members getting bids from contractors, ordering and installing 'parts' when possible, meeting with Town staff, overseeing contract work, finding design/build companies, etc. If you are able to help, your contribution to the painting team will be greatly appreciated.

Two dates are scheduled thus far:

Wednesday, Jan. 29 and Friday, Jan 31.

We are sad to see Casey Benavides leaving the team due to other commitments and her family's upcoming move to Peru. Casey, we appreciate your participation and wish you and your family all the best as you prepare to make this transition.



Worship Services

February Worship

February 2: Gather the Spirit: Each year, members and friends of the Unitarian Coastal Fellowship pledge freely and generously to fund the work of this congregation – all the ways we inspire possibilities within these walls and outside in the larger world. This year's pledge drive begins today, and this morning's service will inspire you to reflect on the ways that UCF's many ministries bring great value to your life and the lives of others, and on what YOU have to offer to support and sustain UCF.



February 9: UU Biography 1850-1900: Quillen Shinn. Quillen Hamilton Shinn has been called “the greatest Universalist domestic missionary in the post-Civil War period.” Between 1870 and 1907, he is credited with founding at least 40 churches, recruiting 1000 new members and thirty new ministers to Universalism. Named Universalism’s “Missionary to the Southern States,” he loved the Carolinas and Virginia – but in his lifetime, he visited every state in the Union and most Canadian provinces, preaching the love of God, the immortality of the soul, the certainty of punishment for sin, and the universality of salvation. this morning, let’s get to know this Universalist forbear.

February 16: “The Middle Path”

This morning, we will hear from our member Coleen Clark, who is at this moment on the other side of the world somewhere. Coleen has sent us a message on “The Middle Path” the moderate way of centering and focusing your life’s journey. It was during his time in Bodhi Gaya, India that Buddha realized the only way to Enlightenment was the Middle Way of moderation, between the extremes of sensual indulgence and self-mortification.

February 23: A Visible Presence in the Community. Our congregation’s vision statement begins with the aspiration that we will be “a visible presence in the community.” How do we live into this hope, and how will we grow this vision as we grow into our new buildings and into a new decade? This morning’s service is the first in a series that will explore our vision, our ministry, and our hopes for our future.

ADULT RELIGIOUS EDUCATION

The Science of Energy provides you with an understandable introduction to the fundamentals of different energy sources that we often take for granted.

The class will be facilitated by Landon Elswick (former Licensed Professional Engineer in Mechanical Engineering). The class sessions

are scheduled for the 2nd and 4th Wednesday evenings of each month at the UCF Building . The next session will be on February 12 from 6 to 8 PM. This session will cover the following topics: chemical energy, biomass, and photosynthesis and coal. 6-8 PM. At the next session , February 26 at 6 PM, the topics will be: petroleum—chemistry, retrieval and use and petroleum—new directions. If you have any questions contact Landon Elswick at lelswick@msn.com



Spirit in Practice Spirit in Practice affirms religious diversity while seeking unity in our communal quest for meaning and wholeness. Whether participants follow a path they identify as Humanist, Jewish, Christian, Pagan, Theist, Atheist, Agnostic, Mystic, and/or any of the other paths we follow in our diverse congregations, these workshops offer a forum for learning, sharing, and growth that can enrich our faith journeys. Session three will be on February 6th at 6:30. The topic will be “**Communal Worship Practices**”. Unitarian Universalists affirm the uniqueness and individual nature of a person’s spiritual path, our movement is also founded on a belief that community is essential to that journey. Session four will be on February 20th. The topic is “**Spiritual Partnerships**” Spiritual development is hard work, and most faith traditions affirm the usefulness of companions on the journey. A spiritual partnership can take many forms. What matters most is the intentional relationship and a mutual commitment to the journey. Both workshops will be held in the Social Hall at UCF at 6:30 PM. If you have any questions please contact Vicki Barrett at vlbarrett142@gmail.com

ADULT RELIGIOUS EDUCATION

Richard Blanco

American poet



Wednesday evening February 19 from 6:30 – 8:30pm, Rev. Sally and the Adult Religious Education Committee present a video of poet Richard Blanco as he addressed the General Assembly of the Unitarian Universalist Association in June 2019. Selected by President Obama as inaugural poet, Richard Blanco explores cultural identity and belonging in America today. Speaking

from his own experience as an immigrant, Latinx, gay man he speaks and writes with an eye for the humanity that links us together and an ear for the details that break our hearts open. There will be time after the video for discussion.

MARTHA'S MISSION CUPBOARD & FAMILY PROMISE

We continue to support the work of **Martha's Mission and Family Promise**, through the generosity of our congregation.

Please bring non-perishable food items to UCF and place them in the boxes in the Social Hall, under the half benches. Martha's Mission also collects pet food and they are in need plastic grocery bags for distributing the food. Non-perishable breakfast and lunch items like granola bars, cereal, soup and fruit juice are especially needed for supplying our Family Promise Day Center. Let's fill the boxes and help others. For more information contact Amy Jones or Barb Thomas.



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Children's Religious Education Worship Programs

Sarah Sutherland, Religious Education Administrator

Our Children's Religious Education Program for February finds the Jr./Sr. High Youth group enrolled in our congregation's lifespan faith development program called *Families*. The program looks at families through the lens of our UU Principles and aims to broaden and deepen respect, appreciation, and care for different kinds of families. The heart of this program is the photo-documentary project that places youth in a leadership role, listening, learning, and representing the lives of families in their congregation. Autonomy, creativity, and sensitivity are nurtured in the process. The end product is a visual, artistic representation of a diversity of families from the congregation in June. We will be seeking diverse families in the fellowship to participate in this project with our youth.

The six to nine-year-olds will be participating in the lifespan faith development program Moral Tales. Every day our children go forth into a complex world where they are often faced with difficult decisions and situations. Moral Tales attempts to provide children with the spiritual and ethical tools they will need to make choices and take actions reflective of their Unitarian Universalist beliefs and values.

Our program is still seeking someone to be a leader for the three to five-year-old group. They will be participating in the lifespan faith development program *We Are Many We Are One*. Every week of the lifespan faith development curriculum is planned out and the children will learn about their religious community and tradition, as well as the freedom to discover and express their uniqueness. The primary goal of this curriculum is to create an atmosphere that invites religious growth and learning. If you would like to be a leader or part of a team that will lead this group please see Sarah.

It takes a village to raise a child, it takes a congregation to raise the children and youth of our Fellowship.



Are you ready for a fun night of games? Come to the social hall on **February 7th 6:30-8:30 p.m. for our monthly Family Fun Night for All** to share in games, laughter, snacks and lively competitions or learning a new game.

SOCIAL ACTION

Martin Luther King Birthday Celebration 2020

This year's MLK Birthday Celebration at the Crystal Coast Civic Center on January 20th was another huge success with approximately 300 people attending. Members and friends of UCF contributed to that success by once again preparing and serving the plates for the lunch that follows the ceremony. This service project is a tradition started over 20 years ago by John Russell and Ann Rivers (long time UCF members) and we carry it on in honor of them.



Some of the kitchen workers getting ready to watch the ceremony after preparing the food



Bontu Kellison was a dynamo in the kitchen and kept us all hopping to keep up with her!

Rev. Sally gave the Benediction at the ceremony and Bishop Donald Crooms of the Faith Tabernacle of Praise in Beaufort, gave an excellent keynote address which honored Rev. King's legacy and talked about how we can continue to use his lessons to meet today's challenges.

SOCIAL ACTION

On Saturday, February 8, join others from across the state for the Moral March on Raleigh known as HK on J (Historic Thousands on Jones St.) This is sponsored by the NC NAACP and about 200 other justice seeking NGOs and Rev. Barber will be a keynote speaker. Tickets are \$25. Bus leaves at 5AM from the KMART lot at 4915 Arendell Street, Morehead City. Contact Penny Hooper (pjhooper@ec.rr.com) regarding tickets.



Get on the Bus !

Tickets \$25

Contact: Fred Pittenger
970-216 2630
fredwage@gmail.com

Sponsored by
UUFNB
Craven County NAACP
Democracy NC

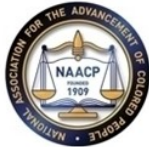
Bus Leaves from

Morehead City

5:00am KMart 4841 Arnell St.
Morehead City

New Bern

6:00am Armstrong Grocery
1201 Broad St.
New Bern



#MORALMARCH2020

For more information, visit our websites at naacpnc.org or hkonj.com



Forward Together, Not One Step Back!

GREEN SANCTUARY

“God’s Oceans and Coastal Communities” Don’t miss this one!

On Thursday, February 27, at 6:30-8PM, UCF and the Unity Church will co-sponsor a panel discussion by local clergy, including our own Rev. Sally. This conversation and roundtable event will feature religious leaders discussing how stewardship calls us to responsibly protect creation and highlight the dangers posed by climate change, pollution, and offshore drilling to God’s oceans and coastal communities. Susannah Tuttle, Director of North Carolina Interfaith Power and Light, will be the Moderator.



The UCF Adult Religious Education and Green Sanctuary Committees are organizing this event which will be open to the general public and will include prayers for the people and the planet.

Please see the sign-up sheet in the Fellowship Hall for the full Agenda and list of participants.

You do not have to sign up to attend, but it will help us know how many cookies to bake!
Contact Persons: Penny Hooper and Lauren Donnachie.

Be ready for our next Greening of the Church (March 15), Earth Day Recycling Event (April 23), Hands Across the Sand (May16) and Celebrating World Ocean Day (June 7)

Please purchase a Green Sanctuary t-shirt. The t-shirt will have a small logo on the front and the large logo on the back with the oak leaf as the flame in the chalice, with “Unitarian Coastal Fellowship a Green Sanctuary” below the chalice.

T-shirts are available in two colors Kelly Green and Mint Green Pistachio (“sage”)

Ladies shirts are a vee-neck and men’s and children are crew neck. All shirts are \$10. There is a sample shirt in the social hall as well as an order form.

The deadline to order shirts is February 23rd

If you have questions, please contact Lauren Donnachie at lsdonnachie1@gmail.com

UCF Women's Group

Bring your lunch and let's get together! The UCF Women's Discussion Group will meet, on **Wednesday, February 5 at 12:30** in the social hall for some fellowship and sharing. The topic for February is your favorite book. Maybe you have a favorite book from when you were a girl or have a more recent favorite. I look forward to finding out what it is. If you have any questions, you can email me, Susan Roberts, at landfall2@mindspring.com or phone or text me at 843-217-1885. I look forward to getting together with you all on February 5!

Guided Meditation

The Meditation Group meets each Monday evenings at 5:00 PM in the Social Hall. All are welcome! Meditation can give you a sense of calm, peace and balance that can benefit your emotional well being and your overall health. For information 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 on Wednesday mornings from 10:30am to noon at the church. If you have questions or would like more information, please contact Rev. Sally at 252-622-1978.



An Evening of Music for Social Change

Thanks to everyone who supported the January 18 concert with Tom Neilson and Lynn Waldron. Tom and Lynn provided an evening of musical satire and thought-provoking social commentary.

Special thanks to Tom and Barb Backman, owners of the Mill Whistle Brewery, for donating the venue space and the Beaufort Picture Show for letting us borrow chairs. We are grateful to Pam Holliday for opening up her home to host Tom and Lynn during their stay in Carteret County.

Because of the generous donations for this event, we covered all expenses and had an additional \$307 to donate to the UCF Children's RE program and Children's



NEWS OF UUs

Happy Ewbank is in Cherry Point Bay Rehabilitation Center in Havelock for physical therapy.

Christoph and Sherry Hintze are sorrowful about the passing of their dear friend Linda Murphy. She passed away the evening of the 22nd from cancer.

Martha Naset sent the folks with January Birthdays a Big Birthday Shout-out. Coleen Clark, Pam H., Holly R. and Rebecca Cole.

Karen Baggett's sister-in-law, Kitten Pinsley passed away on Monday January 27, 2020. Please keep Karen's sister Nancy in your thoughts and prayers.

Daryl Walker was in the hospital while visiting her son in Colorado. Daryl is now home and doing better.

OUR NEW MEMBERS

Sarah Sutherland

Sarah grew up in the White Mountains of Campton, New Hampshire on a 300-acre family farm. She married, had two children, after eight years in the military they moved back to Campton and started Bald Mountain Enterprises. while helping her parents



on the farm. Her daughter Molly lives in Boonville, CA and has three daughters and Jill has two daughters. After Sarah's marriage ended in 1990, she returned to college and earned a Bachelor's and Master's degree in Organizational Management and Leadership in Human Services in 2004 while working full time and raising her two daughters. Sarah worked in the local elementary school for ten years with children with developmental disabilities. She also was a domestic violence specialist working with women and families; she also managed the safe shelter. She was recruited to work in the drug and alcohol prevention field through the State of New Hampshire with local non-profits and colleges. After retirement, she continues to work as a grant writer for the Boys and Girls Club of Souhegan Valley in Milford, New Hampshire.

Sarah moved back to the homestead in Campton in 2011 with her daughter, Jill, and granddaughter, Ella, to help her parents live out their lives. After their passing, Sarah decided that the long cold winters of New Hampshire in the old farmhouse was physically and financially overwhelming. Wanting a smaller footprint on the world, they were designing a tiny home when they discovered a tiny home village existed in Cedar Point. With a desire to be near the beach and much heartfelt contemplation, Sarah sold her family homestead where seven generations had lived and started new roots in Cedar Point, NC where she lives with her daughter, Jill and granddaughters Ella (10) and Halle (5) in their tiny house life of 400 square feet!

Sarah grew up as a Catholic and although she searched spiritually as a young adult, it took until 1986 to connect with the Starr King UU Fellowship in Plymouth, NH. She has been a UU ever since. Sarah served as the religious education coordinator while her children were young and she has recently traced her UU roots back to her eight times great-grandfather Christopher Mitchell in 1630 in Saco, Maine.

Sarah says she has found a wonderful community within the Unitarian Coastal Fellowship walls where people are so welcoming, kind, and caring. Sarah has jumped right in to serve as UCF's Religious Education Administrator.

Jill Sutherland

Jill grew up in Campton, New Hampshire on the family farm playing outside and enjoying all the seasons. When she was young, she attended the Starr King Unitarian Universalist Fellowship in Plymouth, NH and went to Fairy Beach in Maine for their summer religious education program where her love for the beach and the ocean began. After high school she was a nanny for a family with a special needs young infant; then went on to earn a Baking and Pastry Arts degree from New England Culinary Institute in Montpelier, Vermont (where she loves the free spirits of the people in the community). After college, her life took her to Dallas, Texas, Boston, Massachusetts and then back to the farm to help transition her grandparents to their end of life living with her mom, Sarah.

Jill lives in Cedar Point with her mom, Sarah, and is a stay-at-home mom with daughters Ella (10) who attends White Oak Elementary School and Halle (5) who is home schooled.

Jill loves the beach, but frequently visits are precluded by the restrictions from three auto-immune diseases and related symptoms. You will often see her with her service dog, Honor, who helps mitigate these difficulties.

Her philosophy does not require strict attendance to Sunday services as she has found her spirituality in many different ways: being at the beach, sitting on a rock in the

Scott Travers

Scott sold his farm and moved to Brandywine this past year. He came from Virginia, where he was born, raised, educated and developed an impressive career in real estate and as a real estate appraiser. He worked primarily in commercial properties and specialty projects such as those affecting wetlands. Scott's retirement job is to provide training workshops for aspiring or advancing appraisers around the country.



Scott loves college sports, but it was his passion for fishing that brought him to Morehead City. He shares his home with rescue dogs number 13 and 14, Sam and Patches. His personal mantra 'Honesty, Integrity and Loyalty' comes from his military prep school headmaster who has become a lifelong friend. In parting, Scott told me he is proud to have the opportunity to join this UU Coastal Fellowship.

A photograph of Joan and Bob Burton. Bob is on the left, wearing a green button-down shirt. Joan is on the right, wearing a blue sweater and glasses. They are both smiling and standing in front of a light-colored wall. Joan is wearing a name tag that says "Joan Burton".

A photograph of Joan and Bob Burton. Bob is on the left, wearing a green button-down shirt. Joan is on the right, wearing a blue sweater and glasses. They are both smiling and standing in front of a light-colored wall. Joan is wearing a name tag that says "Joan Burton".

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FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 5 - Sinai Church
2 9 Choir practice 10:30 Service 10:30 Child's RE 2:00 Sinai	3 5 PM— Meditation	4 9—11 NBT 1 PM Worship C. 6—Sinai Church	5 10:30 MHFS Grp 12:30 Women's GRP	6 10 Ldrship Cncl. 12N-ARR Grp 6:30- Spirit in Prc- tice	7 6:30 – 8:30 Fam- ily Fun Night	8 5— Sinai Church
9 9—Choir prac- tice 10:30 Child's RE 10:30 Service 11:45 Coffee w/ Legacy Society 2—Sinai Church	10 4 PM – Book Club 5—Meditation	11 9—11 NBT 9:30 Finance Ctte 6—Sinai Church	12 10:30 MHFS Grp 6 PM Science of Energy	13 10 - Adult RE	14	15 5—Sinai Church
16 9 Choir practice 10:30 Service 10:30 Child's RE 2:00 Sinai	17 5 PM Coloring Meditation	18 9—11 NBT 6-Sinai Church	19 10:30 MHFS Grp 6:30 Richard Blanco Video	20 6:30 – Spirit in Practice	21	22 5—Sinai Church
23 9 Choir practice 10:30 Service 10:30 Child's RE 2:00 Sinai	24 5—Meditation	25 9—11 NBT 6—Sinai Church	26 10:30 MHFS Grp 6:00 Science of Energy	27 9am BOT/LC Mtg 6:30 God's Oceans and Coastal Comm	28 9PM – Sinai Church	29 5 – Sinai Church

GREEN TIP FOR FEBRUARY

Even though it is winter remember you can still shop local for NC food. We have several local markets in our area that are open at this time of year to purchase fresh fruit, seasonal vegetables, meats, cheese and other products. Have you checked out Cedar Point Market, Island Produce and the Community Market? There are also many other shops in the area that carry NC items. If you know of any others that are open at this time of year please let us know

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



Contact Us
Unitarian Coastal Fellowship
252-240-2283

UNITARIAN COASTAL FELLOWSHIP

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Recipient Name

Street Address

City, State Zip Code