

February 2021

# Our Coastline



Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC



Dear members and friends of UCF,

It is with a full heart that I announce to you my decision to retire from ministry at the end of this church year. This week, the Board and I agreed that June 30, 2021 will be my last day as your minister.

My heart is full of admiration for the ways in which, together, we have grown this congregation: in the breadth and depth of our vision of ministry; in numbers, in spiritual maturity, in service and in learning; in physical space and financial stability; in stature and connection and relationship with the local community and the larger Unitarian Universalist world.

My heart is full of memories. Memories of your faces and voices, and of the faces and voices of so many others who have been part of this congregation. Memories of talking and singing and working and playing together; memories of laughter and tears; of living and loving and growing together.

My heart is full of stories: of joyful beginnings and tearful endings. Of celebrations and vigils and meditation and activism. Of weathering hurricanes and Zooming through a pandemic. Of life in religious community, and all the ways we have given that life meaning.

My heart is full of gratitude for all of you, and for the opportunity to serve you and to serve with you in ministry for more than seventeen years.

The Unitarian Universalist Association and the Southern Region are ready to work with you on the transition to the next chapter in your ministry, through the interim period and the search for a new minister.

Professional Guidelines for UU Ministers require me not to involve myself in that transition process. But until that time, we have five months in which to express our admiration, share our memories, tell our stories, and give voice to our gratitude. Until then, I will be here to talk with you, listen to you, and work with you to find closure – together.

Faithfully yours,  
Sally

## 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.





## February Reflections from Sally

We are spiritual beings, gifted with wonder and imagination. We are rational beings, gifted with good brains. And we are physical beings, gifted with bodies.

One key to good health is caring for, is balancing all three aspects of our beings: body, mind, and spirit.

I wish you health in body. When you can do so safely, take time to move your body; breathe fresh air; feel the wind and the sunshine and the rain. Pay attention to a flower, a plant, an animal, woods or water. Eat well, and sensibly. Sleep well. Wash your hands, wear your mask, and keep a safe distance from others until we are all safely protected from COVID.

I wish you health in mind. Good books to read, good conversations that stimulate and challenge and enlarge and enrich you.

I wish you health in spirit. I wish you laughter, and healing tears. I wish you singing, and nurturing silence. I wish you joy that bubbles up, and hope and dreams and satisfaction.

Blessings on you, and on all that is your life.

Be safe, and be well.

Sally

"Breathe fresh air; feel the wind and the sunshine and the rain."



## Updates from the New Building Team

If I could go Back to the Future, there would be more news than I have available now. Our builders will meet with us the last week of January, so even though this is for the February newsletter, I'm writing before our meeting. We have received the Standard Form AIA Document from our builder and we and our legal team will go over this prior to a working meeting to state any changes or additions to the Scope of Work with our builder. Until this is done, we won't have a final cost for our project.



In a project of this size, we want to have enough details stated, but also allow for any possible small changes and additions that may appear as the building goes up. For example, we are interested in eventual solar panels and (2) electric vehicle charging stations as examples of reducing our carbon footprint to the community. In the last few days, the State (NC) has put forth an incentive plan for charging stations and a subcommittee of the Green Sanctuary has just received a quote from a company to take advantage of this grant. This is just one item that may be added to the Scope of Work as part of our project.

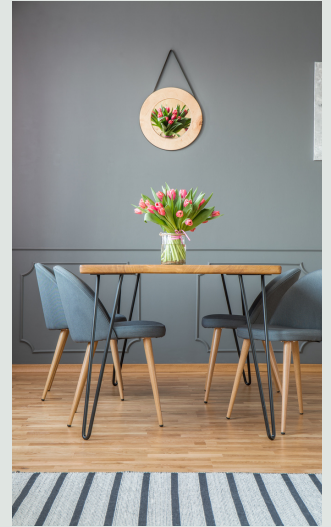
Moving forward, we are hopeful that our next meetings with our builder will complete the planning stage and we'll be starting construction our new home.

Respectfully submitted,  
Dan Phillips



## 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.

**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](mailto:katereavis@yahoo.com)

Helene Kelly 252-269-0775 or [helenekelly1@gmail.com](mailto:helenekelly1@gmail.com)

Holly Rogers 509-607-2055 or [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com)

Joan Burton 201-669-1519 or [Ldybg223@aol.com](mailto:Ldybg223@aol.com)

Terri Thomas 252-314-4110 or [terriethomas00@gmail.com](mailto:terriethomas00@gmail.com)

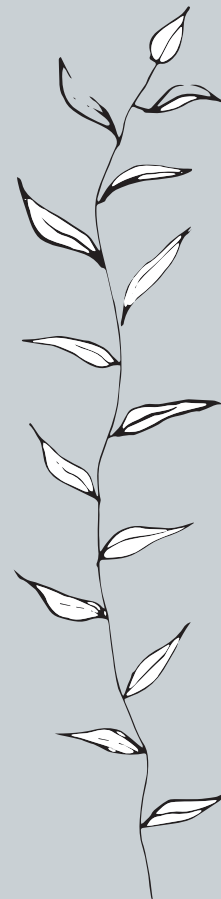
Rev. Sally White 252-622-1978 or [sb.white@earthlink.net](mailto:sb.white@earthlink.net) or [ucfministernew@gmail.com](mailto:ucfministernew@gmail.com)

### Pastoral Care Tip for January

Get on the list for your COVID shots! Here's the link to the Covid Vaccine Application at Carteret County Health Department  
[Carteret County, NC - Official Website](#)



## News of UUs



Kate Reavis would like to request prayers for her family. Kate has one daughter at Duke, recovering from surgery to remove a brain tumor and another daughter diagnosed COVID positive, in addition to two additional family members who tested positive.

Jo Ellen Essex is recovering from a mild case of COVID, and is glad to be feeling better. She is grateful to be better and is thankful for all the kind thoughts!



# President's Column

Hello My Friends,

Every month, when I sit down to write this column, I endeavor to produce an inspirational message for all of us. Something that uplifts and highlights the “fellowship” part of this Fellowship.

This month, I plan to take a path I’ve never traveled before in full view of the congregation. This month I want to travel the path of gratitude.

Please, to start, let me tell you how grateful I am for my fellow Board members—the people who discuss, debate, and decide with me the future of this wonderful Fellowship. I won’t go into detail about the outstanding character of each of them. I will only say that they all forged ahead when they were asked to serve. Each of them demonstrates their ambition, their creativity, and their dedication to all of us in every correspondence and every meeting. They are a gift. We have had a bit of a shift in personnel on the Board recently, but everyone has leaned into their new roles. The ease of this change only shows the strong fabric that composes our Fellowship.

We all serve when we’re called to do so, whether it’s with our talent, our time, or our treasure. We all lean into the roles we are called to serve. I am grateful for this truly generous community! Thank you, each of you, for being part of it and being there for each other!

All the best!

Melva



# February Worship Services

**10:30am Sunday mornings by Zoom**  
**Log-in information is in each week's Saturday UCF Update**  
**Or email Marilyn Cullison at [mscullison@gmail.com](mailto:mscullison@gmail.com)**

## January 31: Zoom!

Before Zoom was a virtual meeting platform, it was a wordless book by Istvan Banyai that transports the reader from a farm to a ship to a city street to a desert island. "If you think you know where you are, guess again," warns the book cover. "For in Istvan Banyai's ...mysterious landscape of pictures within pictures, nothing is ever as it seems." This morning, let's explore in pictures, in music, and in words this beautiful and haunting metaphor for life.



## February 7: Faithfulness.

"Faith" is commonly associated with religious belief, but it draws on an older, deeper concept of faith as trust, honesty, truthfulness. This morning, let us consider how faith calls us to wonder, hope, integrity, and fearless self-examination.



## February 14: Love, Fierce and Tender.

On Valentine's Day, we tend to think about romantic love, tender and nurturing. But love that endures also calls upon us to be fierce - in honesty, in challenge, and sometimes even in separation. What tenderness, what ferocity does love call forth in your life? In our life?



## February 21: For Black History Month, A Conversation About Antiracism.

UCF member Carol Corwell and Rev. Sally will discuss Antiracism: what it is, and how it speaks through our lives and the life of our congregation. Come hear an exchange of ideas during the service, and add your own voice to our AfterWords conversation.



## February 28: Generosity and Spiritual Enrichment.

Worship Committee members will explore sources, expressions, and consequences for givers and receivers of generosity.

Worship Committee meets the first Tuesday of each month at noon. We welcome new members. Please contact Marilyn Cullison for the meeting Zoom link ([mscullison@gmail.com](mailto:mscullison@gmail.com)).



# Social Action



**Social Action Committee Meeting  
Friday, Feb. 12th 10:00 AM on Zoom  
All Are Welcome!**

The Social Action Committee, unlike many other UCF committees, has a fluid membership. If you are interested in working on a current Social Action project or in bringing an issue that sparks your passion to the committee, you are welcome to attend. We meet quarterly and our next meeting is on Friday, February 12th at 10:00 AM. Our work is balanced between Service and Activism.

The Mission Statement of the Social Action Committee is:

The UCF Social Action committee advocates for social and environmental justice within the UCF community and in the larger community.

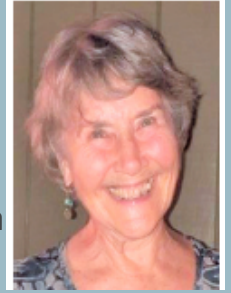
We will activate the Statement of Conscience process when it is deemed important for our congregation to make a public statement regarding specific justice subjects. We will facilitate the passions of our congregation with support, dollars, and resources.

Our mission includes that of the Green Sanctuary Committee which operates independently but under the umbrella of the Social Action Committee. The Green Sanctuary mission states: "We are dedicated to creating a religious community that has a fundamental, bottom-line commitment to living in harmony with the Earth. Our Mission is to present stewardship, educational and fun opportunities for our congregation each season of the year." If you would like more information or to receive the Zoom link for the meeting, email co-chairs Amy Jones (amjones0912@gmail.com) or Barb Thomas (bsthomas2@gmail.com).

## News Times

### 2020 Women Heroes on the Front Lines Winner

Congratulations to Daryl Waller who was recognized as one of the 2020 Women Heroes on the Front Lines for her work with The Food Waste and Recovery Program.



You can read the full story in the Jan 20, 2021 News Times (5A). Email [ucfofficeassistant@gmail.com](mailto:ucfofficeassistant@gmail.com) if you would like an electronic copy of the story.



## Green Tip



Try a vegetarian supper! Winter is the perfect time to try vegetarian chili, and there are a wealth of recipes out there. One of my favorite combinations is black bean and butternut squash, but the possibilities are endless. Substituting one meal a week with a vegetarian choice for your family can reduce carbon emissions by the equivalent of driving 1,160 miles less. Pass the cornbread!



## Children's Religious Education and Worship

A new year is upon us with many things to look forward to. The biggest one being the building of our new church where we will have room to spread our wings, gather more people from our community together in celebration and love. I am in hopes that people will have received their COVID 19 shot(s) and we will be able to be in fellowship again. I miss everyone's smiling faces and hugs. I miss the children running all around and seeing them helping put out the food for the after-service coffee hour. I miss the chitter chatter during social hour and wondering if we are going to have the famous macaroons again (I am not sure who makes them but boy are they good.) The kindness that exudes from our fellowship follows our children's second principle, we believe that all people should be treated fairly and kindly.



### BE KIND IN ALL YOU DO The Excruciatingly Scrupulous Twins By: Janeen K. Grohsmeyer



Once upon a time, not so very long ago, and in a place not so very different from our own, there lived a pair of twins named Tim and Tom, and they looked exactly the same. Same hair, same eye color, same weight, same height. They wanted everything else in their lives to be exactly the same, too. So, Tom and Tim were always fair with each other excruciatingly, scrupulously fair.

Everything simply had to be fair. If Tom got a new pencil Tim had to have a new pencil - same length, same color, same sharpness. If Tim got a new skateboard, Tom had to have a new skateboard. "Why don't we take turns?" asked their father, but taking turns wasn't the same as having your own, which meant it wasn't fair.

The twins were always careful to be fair - excruciatingly, scrupulously fair. In the morning at breakfast time, they counted every flake of cereal in their bowls, to make sure they had the same number. They each measured one-half cup of milk for their cereal. If Tim had three strawberries, Tom had to have three strawberries (even though Tom didn't really like strawberries), and the strawberries had to be exactly the same size. Oh, yes, they were fair.

"Why don't you share?" asked their mother, but sharing wasn't the same as having and it certainly wasn't fair. The twins knew about sharing. They slept in the same bedroom, and they had to share that. So, they did: excruciatingly and scrupulously. They put a line of tape down the exact center of the bedroom. To split the room exactly in half. On one side of the room were a bed, a dresser, and a desk. On the other side of the room were a bed, a dress, and a desk: same kind, same size, same color. Luckily, the line of tape went through the center of the door, so they could both get in and out of the room without crossing over the line, even if they did have to turn sideways and not breathe and suck in their tummies to squeeze through. But one side of the room had a window and the other didn't, and so their bedroom wasn't fair.



And sometimes, no matter how hard they tried to make every single thing in their lives excruciatingly, scrupulously fair, they couldn't. Tom could run faster, and Tim could do cartwheels. Tom was good at math, and Tim was good at spelling. It didn't seem to make any difference how much they exercised or how hard they studied, they weren't identically the same, and that wasn't fair.

"Life isn't fair," said their father, but that wasn't . . . well, it wasn't fair: Things ought to be fair and even and equal.

Only things weren't.

And neither were their parents. "Go study your spelling," said their mom the night before a spelling test, but said it only to Tom.

"Why doesn't Tim have to study?" Tom asked.

"Because he already knows how to spell all the words."

"That's not fair!" Tom said.

"You're right," his mom agreed. "But that's the way it is, so go study. You flunked the last spelling test, remember?"

Tom remembered. That had been the test with all those "I before E" words, except there were also a couple of tricky ones that were "E before I." Spelling was stupid, anyway. Who cared?

"Go study now," said his mom.

His mom cared. His dad cared. His teacher cared. Tom got out his spelling book and thumped it down on the table, but he didn't open it. He poked at the book with his pencil and stared gloomily at the wall. Tim sat down at the table, too, but he had a picture to color instead of homework to do. Tom made a face at him, and Tim made a face right back, so that was fair. But it didn't make Tom feel any better. He opened his book at the right page then poked at it with his pencil. This week it was words with silent Es. It was still stupid.

"You want help?" offered Tim.

Tom looked up in surprise. "you'd help me?"

"Well . . . yeah. Sure. If you want."

"But you already did your spelling homework. It won't be fair for you to have to do spelling again."

His brother shrugged. "That's okay. I don't mind helping you."

"Well, um yeah. Thanks!" said Tom. "And hey, you know, two days from now we're going to have a math test, so tomorrow I can help you."

"Hey, yeah!" Tom said. "That's right! Then he grinned "That'll make it fair."

It would be fair tomorrow, but even more important than that, Tim decided, was that it was nice right now.

And maybe, Tim decided, maybe it was always more important to be nice than it was to be excruciatingly, scrupulously fair.

The End

In March we will have a story on the third principle, *We're Free to Learn Together*.

Story Title:

The Rooster Who Learned to Crow.







## NEW MEMBER SPOTLIGHT

### WELCOME, LIZ MORNINGSTAR

She will tell you that her presence here in Eastern North Carolina is all due to her husband’s desire for a shoulder bag when he attended nursing school orientation in Denver, Colorado. Her weaving together of seemingly disjointed events puts her humor and thoughtfulness on full display...be sure to ask her to tell you all about it.

Liz, her husband, Adam, and her dog, Savannah, moved to Eastern North Carolina in the fall of 2019. After spending her youth in Saint Louis, Missouri (where she became involved in issues of racial equity), she spent time in such disparate environments as Columbia, Missouri (to study journalism) Boulder, Colorado (PhD. in Sociology) and San Diego—as well as a stint in a tiny country known as the Warm Heart of Africa, Malawi. Liz never expected to live in North Carolina, but Adam’s career as a Navy Nurse means that adventure is always around the corner.



While in Boulder, Liz was a member of a UU church, but admittedly she found a Sunday hike in the Rockies provided spiritual renewal, too. After moving to Swansboro in the fall of 2019, Liz began to explore UCF. Self described as an “extrovert with purpose”, Liz is much more comfortable with deep, challenging discussions than idle chatter, so not surprisingly, she joined one of the anti-racist book study groups. She admits to initially being very challenged by Eastern North Carolina, but happily reports being helped by a particular conversation after one of our Sunday services.



In addition to finding new ways to get involved at UCF, Liz is trying to learn to play the djembe drum, working to convince herself to turn her dissertation (on young adult children growing up with parents with mood disorders) into a manuscript, and exploring the waters of NC in her kayak.

Liz currently supports marines, sailors, and their families as an education and career coach at Cherry Point, and given her daily commute of two hours, she has found our Zoom services meet her needs quite nicely. Liz and her husband anticipate being stationed here until at least the fall of 2022. YAY!

# UCF Women's Group



Our next Women's Discussion Group is coming up soon. We will meet on Wednesday, February 3 from 12:30 to 1:30 via Zoom. It may be time to take some skeletons out of your family's closet. Or, perhaps not! The February discussion topic is What is your favorite story from your family's history? I'm enjoying traveling down memory lane as I decide which family tale to choose. If you are not on the Women's Discussion Group email list and would like to be, contact Susan Roberts at [landfall2@mindspring.com](mailto:landfall2@mindspring.com) or 843-217-1885.

## Book Club

The February book club meeting will be on Monday, February 8 at 4 pm. We will be traveling back to the 1800s and reading and discussing *Little Dorrit* by Charles Dickens. Come join us for the discussion in Pat Harms' beautiful backyard on Calico Creek. We will have Zoom as a backup if it's rainy or too cold. If you would like to be added to the book club email list, contact Susan Roberts at [landfall2@mindspring.com](mailto:landfall2@mindspring.com).



Do you like to read and discuss books? We would love to add some new members to our book club. After our February meeting, we will be reading more current books, beginning in March with *Untamed*, a memoir by Glennon Doyle. Kirkus Reviews describes *Untamed* as "An emotional gut punch . . . an in-depth look at a courageous woman eager to share the wealth of her experiences by embracing vulnerability and reclaiming her inner strength and resiliency. Doyle offers another lucid, inspiring chronicle of female empowerment and the rewards of self-awareness and renewal." Our meeting time is flexible, it doesn't have to be Monday at four. If you might be interested in joining us or learning more about the book club, contact Susan Roberts ([landfall2@mindspring.com](mailto:landfall2@mindspring.com) or 843-217-1885).

## Mental Health Family Support Group



The Mental Health Family Support Group is meeting at a new time! 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](mailto:ucfministernew@gmail.com).

# Gentle Yoga



Join Harriet Altman in a gentle one hour yoga practice. This weekly virtual zoom practice at 9:00 am each Wednesday morning is open to all levels, no experience necessary. Each class will begin with a little yoga history or yoga wisdom, and then a 45-50 minute gentle practice. Contact Harriet at [harrietaltman@icloud.com](mailto:harrietaltman@icloud.com) with any questions.

Please download and import the following iCalendar (.ics) files to your calendar system.

<https://zoom.us/join/ztJcruqoqT4iHtWoUa7BVjiHucGb5zsSMZCC/ics?>

[icsToken=98tyKuCrqD4pGt00uB2GRowqBl\\_4b\\_TwtiVHgrdqkyrkVAJlaArel-FIMoDIA-v9](https://zoom.us/join/ztJcruqoqT4iHtWoUa7BVjiHucGb5zsSMZCC/ics?icsToken=98tyKuCrqD4pGt00uB2GRowqBl_4b_TwtiVHgrdqkyrkVAJlaArel-FIMoDIA-v9)

# The Meditation Group



The Meditation Group starts at 6PM every Monday evening. Everyone is welcome, whether you have just begun to meditate or if you have been meditating for a long time.

For Zoom link or other information regarding the guided meditations contact: Sally Davis at: [Sdavis8772@gmail.com](mailto:Sdavis8772@gmail.com)

## CASTE Reading Group

For those interested in anti-racist reflection and action, please consider joining the discussion of Isabel Wilkerson's CASTE. We will hold two groups, one on Mondays from 1:30 to 3:00 pm and another on Saturdays with the time to be determined by the group members. Please email Sally Davis ([sdavis8772@gmail.com](mailto:sdavis8772@gmail.com)), Liz Morningstar ([lizmorningstar@gmail.com](mailto:lizmorningstar@gmail.com)), or Penny Hooper ([pjhooper@ec.rr.com](mailto:pjhooper@ec.rr.com)) for more information.

# FEBRUARY 2021 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 YOGA 9:00 AM WOMEN'S GROUP 12:30 PM MHFS GROUP 2:30 TO 4 PM	4	5	6
7 WORSHIP SERVICE 10:30 AM	8 BOOK CLUB 4:00 PM MEDITATION 6:00 PM	9	10 YOGA 9:00 AM MHFS GROUP 2:30 TO 4 PM	11	12	13
14 WORSHIP SERVICE 10:30 AM	15 CASTE READING GROUP 1:30 to 3 PM	16	17 YOGA 9:00 AM MHFS GROUP 2:30 TO 4 PM	18	19	20 CASTE READING GROUP TBD
21 WORSHIP SERVICE 10:30 AM	22 CASTE READING GROUP 1:30 to 3 PM	23	24 YOGA 9:00 AM MHFS GROUP 2:30 TO 4 PM	25	26	27 CASTE READING GROUP TBD
28 WORSHIP SERVICE 10:30 AM						All events are via Zoom unless noted otherwise



**Contact Us**  
**Unitarian Coastal**  
**Fellowship**  
**252-240-2283**

Choir Director: Tom Cullison [trcullison@gmail.com](mailto:trcullison@gmail.com)  
Office Assistant Vicki Barrett [vlbarrett142@gmail.com](mailto:vlbarrett142@gmail.com)  
Board of Trustees: President: Melva Kearney  
[melva.kearney@gmail.com](mailto:melva.kearney@gmail.com)  
Vice President: Susan Fetzter [sgfetzer@gmail.com](mailto:sgfetzer@gmail.com)  
Secretary: Harriet Altman: [harrietalman@icloud.com](mailto:harrietalman@icloud.com)  
Treasurer: David Hughes [ucfwelcomenc@gmail.com](mailto:ucfwelcomenc@gmail.com)  
Leadership Trustee: Mary Anna Newman: [manewman47@gmail.com](mailto:manewman47@gmail.com)  
Leadership Chair: Mary Anna Newman: [manewman47@gmail.com](mailto:manewman47@gmail.com)  
Facilities: Sandra Shelp [shelpsk@yahoo.com](mailto:shelpsk@yahoo.com)  
Worship: Marilyn Cullison [mrcullison@gmail.com](mailto:mrcullison@gmail.com)  
Finance: Jo Ellen Essex [ucfwelcomenc@gmail.com](mailto:ucfwelcomenc@gmail.com)  
Membership: Nan Reed [nanreed5@gmail.com](mailto:nanreed5@gmail.com)  
Social Action: Amy Jones [amjones0912@gmail.com](mailto:amjones0912@gmail.com)  
And Barb Thomas [bsthomas2@gmail.com](mailto:bsthomas2@gmail.com)  
Green Sanctuary: Lauren Donnachie [lsdonnachie@twc.com](mailto:lsdonnachie@twc.com)  
And Holly Rogers [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com)  
Committee on Ministry: Holly Rogers [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com)  
RE, Children: Sarah Sutherland [UCF.RE.Sarah@gmail.com](mailto:UCF.RE.Sarah@gmail.com)  
RE, Adults: Sally Davis [sdavis8772@gmail.com](mailto:sdavis8772@gmail.com)  
Music Committee: Tom Cullison [trcullison@gmail.com](mailto:trcullison@gmail.com)  
Care Circle Coordinator: Pam Holliday [pamelalaholliday@gmail.com](mailto:pamelalaholliday@gmail.com)  
Newsletter: Liz Morningstar [ucfofficeassistant@gmail.com](mailto:ucfofficeassistant@gmail.com)

**UNITARIAN COASTAL FELLOWSHIP**  
**P. O. Box 425 Morehead City, NC 28557**