

# OUR COASTLINE



January 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.

### Peace Like a River

Coleen Clark placing Ann Rivers' ashes along with two flower leis in the Ganges River on Saturday, December 7, at 11:30.



## UPCOMING EVENTS

**Jan 8 - 6:00 pm Science of Energy (1st session)**

**Jan 11 Volunteer Party @ OWLS**

**Jan 16 - 6:30 pm Spirit in Practice (1st session)**

**Jan 18—7:00pm Tom Neilson Concert (see article in this issue for details-ticketed event)**

**Jan 22—6:00pm Science of Energy (session 2)**

"On behalf of the UU Service Committee (UUSC), thank you for Unitarian Coastal Fellowship's gift of \$941 toward our Hurricane Dorian Crisis Response Fund. With your congregation's help, UUSC is working to support those who were already struggling before the storm and who are at risk of falling through the cracks of traditional relief efforts. In particular, we are focusing our response on a large Haitian migrant community whose shanty town known as "The Mudd" was completely destroyed. Your donation makes it possible for us to reach those whose access to aid is most limited and support sustainable recovery in the Bahamas."

## January Reflections from Sally

*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.*

This vision statement, written and adopted by this congregation in 2013, articulates how we see ourselves and how we want to be seen. It voices some of our highest values and our deepest commitments: to growing a just world, to spiritual enrichment, to compassionate action, to free religious inquiry. And it reaches for a visible presence in the community that was a hope and a dream in 2013.



Now, as 2020 begins, we have bought a new building that gives us a physical presence and visibility we could not imagine seven years ago.

Now, we have the opportunity to revisit the other elements of our vision, and ask ourselves how we have grown and how we want to grow into these values and these commitments. Now, we can consider whether there are new areas of ministry that call to us; whether and how our vision has expanded, or changed.

We are poised on the threshold, of new potential and new possibilities for this Unitarian Coastal Fellowship, for our vision and for our ministry. What an exciting way to begin a new year!

***Blessings,  
Sally***

P.S. **I will be on study leave** beginning Monday, December 30, and will return to the office on Tuesday, January 28. If you have a pastoral care issue or concern during that time, please contact a member of our pastoral care team: Helene Kelly at 252-269-0775 or [helenekelly1@gmail.com](mailto:helenekelly1@gmail.com), Holly Rogers at 509-607-2055 or [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com), or Terri Thomas at 252-314-4110 or [territhomas00@gmail.com](mailto:territhomas00@gmail.com)). They will help connect you with the resources you need.

## President's Letter

### Solstice



I like to write early in the morning.

On this shortest day of the year the sun is peeking over the horizon southeast of the Emerald Isle water tower, beginning its northerly journey toward Morehead City. Midwinter evokes contemplation of the past year and anticipation of the next; a time to take stock of where we are, how we got here, and where we are going.

This solstice brings a feeling of personal urgency – my last 6 months with our Board of Trustees. We have come a long way toward creating our new home on Bridges Street. I am committed to working with the Board, Leadership Council and New Building Team to see this project through.

We will create a new space in which to expand and grow our future. But what will that future be? Our numbers have increased. We see younger faces. Our longtime members remain committed as ever to the programs and activities that created our presence in the community. We are rightly proud of UCF and all that it stands for. However, if we are to remain relevant, we cannot become stagnant.

In her *Reflections* this month Reverend Sally suggests we, as a Fellowship, revisit our vision *to be a visible presence in the community growing a just world through spiritual enrichment, compassionate action, and free religious inquiry*.

I agree wholeheartedly.

A new building gives us a place to grow.

It's up to us to define how we desire to evolve.

Tom Cullison

President, Board of Trustees



## New Building Team.

January news from your New Building Team.

**Wow!** Have we got NEWS for you! The Sunday School Building is sporting a new roof. The roofing contractor removed all of the fascia and replaced with material that won't rot or need repainted. Equipment that was on the roof was removed and the wood replaced as needed and the area that was modified by previous owners to accommodate the connector was returned to a normal roofline. And of course, beautiful blue architectural style asphalt shingles.

To comply with ADA standards, both restrooms had to be extensively gutted and rebuilt. They are now being tiled in preparation to installing the fixtures. Both entryways are being tiled as well. Lighting fixtures have been chosen, all are LED. We are in the process of selecting a fire alarm system that is approved by Morehead City Fire Marshall.

Ceiling and interior door repair and painting will begin soon. In short, after months of careful consideration, the selected contractors are actively working to renovate the Sunday School Building.

The New Building Team has had all the fun and we know many of you want a piece of the action. Your chance to get some 'hands on' by painting some of the rooms is approaching. We'll be asking for volunteers in January for work parties for the later part of the month. This is going to be so much fun you won't want to miss this wonderful opportunity.

We have selected three design/build companies to offer preliminary plans for the new sanctuary building. We have already had a look at a first draft from one of the companies and the other two are scheduled for early January 2020. This process of looking at designs and the companies making changes to get closer to our dream, will continue for several cycles. After that, the design company with the best design for the money will win the contract.

Your New Building Team wishes each of you a safe and happy holiday season.

Respectfully submitted,  
Dan Phillips



# Worship Services

## January Worship

**January 5** “Fire Communion” What will we leave behind or carry with us into the New Year and new decade? What thresholds did we or will we cross in this journey of life? We will examine this and hold a fire ceremony to rid ourselves of things that hold us down and that do not serve us well. Martha Naset and Vicki Barrett will be guides in this ceremony with neo pagan roots



**January 12** “Being Religious Together”

The Rev. Jay Leach writes, “If the web of existence, of which we are each parts, truly is interdependent, then there is really *only* the common good.”

The reason a religious community exists is so we can “be religious together” and not alone. Attempting to nurture the relational aspect of our spiritual path can be powerful motivation to connect with others beyond common worship and principles. The challenge for our contemporary religious communities in this coming decade is how to be “communities of resistance” that support each other in promoting the common good. Are we ready to face that challenge? Presented by Rev. Dr. Gaye W. Morris

**January 19th** “Love and Justice” Tom Neilson and Lynn Waldron will do a service in recognition of Martin Luther King Day. Traveling performers, activists known for their satire and social commentary, also will provide some of their original music. Tom has won several music awards that include two Song of the Year Awards from Independent Musicians and a 2015 nomination for the United Nations Nelson Mandela Award for lifetime achievement in peace and justice.

**January 26** “Unity That Makes Us One,” is based on a service adapted from Touchstones. It explores community and nature, as well as different cultures, to illustrate the incredible diversity in the world and the interconnections that make us one. Worship Associates Daryl Walker and Sally Davis.

## 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.



Topics to be covered:

**Fossil fuels**

**Nuclear energy**

**Wind energy**

**Energy and economics**

**Energy and the environment**

**Hydroelectricity**

**Solar energy**

**Energy and technology**

**Energy and geography**

The class will be facilitated by Landon Elswick (former Licensed Professional Engineer in Mechanical Engineering). The class sessions are scheduled for the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday evenings of each month at the UCF Building starting January 8th, 2020, 6-8 PM. The sign up sheet is in the Social Hall on the Adult RE Bulletin Board. If you have any questions contact Landon Elswick at [lelswick@msn.com](mailto:lelswick@msn.com)

**Spirit in Practice** Spirit in Practice was created to help Unitarian Universalists develop regular disciplines, or practices, of the spirit—practices that help them connect with the sacred ground of their being, however they understand it. 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, the Spirit in Practice workshops offer a forum for learning, sharing, and growth that can enrich their faith journeys. Session One “**Toward a Rich and Meaningful Unitarian Universalist Spirituality**” is scheduled for January 16th at 6:30 PM in the Social Hall at UCF. If you have any questions please contact Vicki Barrett at [vlbarrett142@gmail.com](mailto:vlbarrett142@gmail.com)



## SOCIAL ACTION

### HOLIDAY GIFT BAGS

Our congregation's generosity also extended to adults in our community who need to know that people care about them. On December 15<sup>th</sup>, Reverend Sally shared a story of giving thanks from the native American tradition of the Iroquois Nations. We then collected money and small gifts to go into gift bags for the men and women of Hope Mission, Hope Mission Recovery homes, and Beach House. These adults are either homeless, recovering



### Santa's Helpers Filling the Gift Bags at UCF

from addictions, or have a severe and persistent mental illness. Besides the small gifts that were donated, each bag contained a handmade hat which was crocheted by some members of our congregation and members of Twisted Sisters, a needlework group that meets at the Senior Center.



An amazing \$1381 was collected from the congregation that morning which allowed us to provide a \$20 Walmart gift certificate in each of 65 Holiday bags. Members of the Social Action Committee filled the bags after church and these were delivered the following week.

Miriam Green and Susan Roberts led the many steps to coordinate this outreach to our community.



## SOCIAL ACTION

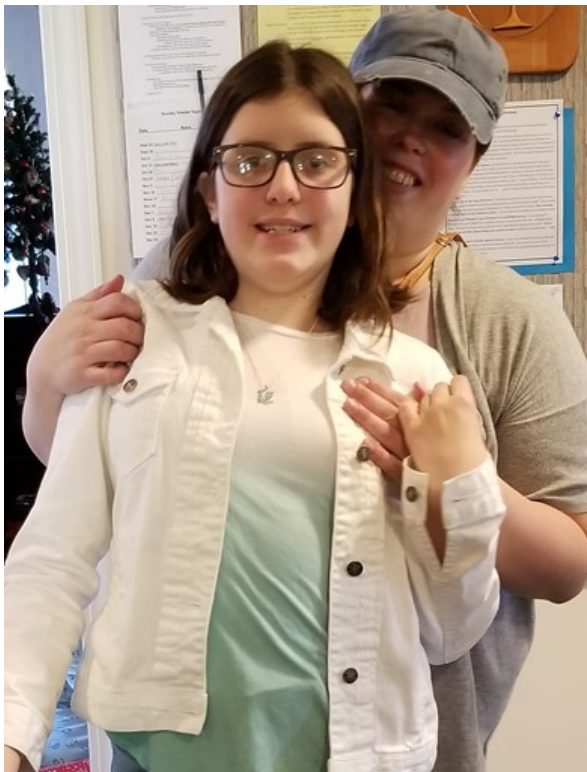
### PROJECT CHRISTMAS CHEER

Our UCF congregation has always given generously to others during the holidays and this year was no exception.

The Fifth Sunday Social Action Collection plate in September was used to buy presents for Project Christmas Cheer “Angels” in Carteret County., and \$1231 was collected. On December 7th, Penny Hooper and Sarah Sutherland took ten of our UCF young people and some parents shopping to buy presents for seven children whose parents needed help in providing a Christmas for them. The group went to Walmart at 9:00 a.m. on Saturday and returned to the church for a pizza lunch and gift wrapping. The gifts, grocery cards and handmade hats were delivered during the following week by Sarah, Jill and Halle.



**Kristi and Amelia Mroch helping wrap gifts.**



**Jill Sutherland and Ella Hunter**



**Owen Simons and Ryan Mroch having a great time wrapping gifts.**



## SOCIAL ACTION

### PROJECT CHRISTMAS CHEER

Here are more pictures to enjoy of members of our congregation helping to wrap the gifts for Project Christmas Cheer.



**Penny and Mark Hooper  
and Bontu Kellison**



**Rilla Lott and Halle Starchis**



**Sophie Lott  
Orion Lott  
Emily Simons  
(from left to right)**

## SOCIAL ACTION

### Martin Luther King, Jr. Celebration

This year's Martin Luther King, Jr. Celebration will be held at the Civic Center in Morehead City on Monday, January 20<sup>th</sup>. Once again, members of our congregation will prepare the plates for the lunch at the event. It takes a lot of hands to put together food on 300 plates so we need plenty of help. We usually gather about 10:30 and are finished about 1:30 or 2:00. You are welcome to help even if you can't stay for the whole thing, but if you can stay, the ceremony is usually excellent and very moving. If you would like to participate, email or call Barb Thomas ([bsthomas2@gmail.com](mailto:bsthomas2@gmail.com)), 25-422-1354.



**Helpers at Martin Luther King, Jr. Celebration 2019**

### STATION CLUB CAROLING

December 6<sup>th</sup> a large group from UCF, including many members of the choir, went to Station Club, a program for adults with developmental disabilities, and sang carols with the members. After singing carols, we had a party with cookies, snacks and drinks. Station Club members were thrilled to receive a handmade hat from Twisted Sisters. The party was a huge success and we are already looking forward to next year's party. The UCF members who attended said that the party really got them into the Holiday spirit.





## GET YOUR TICKETS FOR AN EVENING OF MUSIC FOR SOCIAL CHANGE

Do you enjoy good music, satire and social commentary? If so, please make plans to spend an evening with Tom Neilson and Lynn Waldron on Saturday, January 18, 2020 at the Mill Space, 1354 Lennoxville Road in Beaufort. La Cocina Del Coqui food truck will be serving their delicious Latin food for purchase beginning at 5:30 p.m. and Tom and Lynn's concert will start at 7:00 p.m.



Tom Neilson is the recipient of numerous awards and was a 2015 UN Nelson Mandela Lifetime Achievement Award Nominee. As quoted by Tom Paxton, an American folk singer-songwriter and 2009 recipient of a Grammy Lifetime Achievement Award, "this is very good music and very good politics."

**Space is limited and this concert will sell out quickly.** This event is not recommended for children.

Tickets are available from Barb Thomas and Amy Jones for a suggested donation of \$10-\$20 per ticket. You can contact Barb at [bsthomas2@gmail.com](mailto:bsthomas2@gmail.com) or 252.422.1354 or Amy at [amjones0912@gmail.com](mailto:amjones0912@gmail.com) and 252.717.1716.

## 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 of 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.





**Join the  
Social Action Committee  
For our 1st  
Service Project for 2020  
January 11, 2020**

**At the  
Outer Banks Wild Life Shelter**

100 Wildlife Way, Newport (off of route 24)

We will help the staff with cleaning and other  
projects. Come experience  
all of the caring that goes on behind the  
scenes and be  
introduced to the Ambassador  
full time residents.

Bring a sack lunch; cake will be provided!

For more information contact:

Holly Rogers 509-607-2055

Email: [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com)

Sign up sheet is in the Social Hall

## Blind and Low Vision Roundtable



The Blind and Low Vision Roundtable will meet Wednesday, January 8 from 1:00-2:30 in the Fellowship Hall. This month we will discuss our journeys into blindness—the circumstances that led to our individual vision loss, and our personal experience so far along that road. If you would like to attend and will need a ride, or for more information, please contact Sherry Hintze at [SNHintze@gmail.com](mailto:SNHintze@gmail.com) or 252-732-6513.

## UCF Women's Group

The UCF Women's Discussion Group will not be meeting in December or January, but I hope to see you all on Wednesday, February 5 at 12:30 in the social hall for some lively discussion. We'll be starting at the new time of 12:30 from now on. I'd love to get an email list going so I can send out a reminder to anyone who might be interested. And if you have any suggestions for topics you'd like discussed I would love to get those also. You can email me, Susan Roberts, at [landfall2@mindspring.com](mailto:landfall2@mindspring.com) or phone or text me at 843-217-1885. I look forward to getting together with you all in the new year!

## Guided Meditation

The Meditation Group meets on 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](mailto: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.

## THOUGHTFUL GATHERINGS

Are you looking for “something more” from your association with our Fellowship? Are you yearning for a sense of intimacy and trust with others? Searching for ways of feeling more integrated into this liberal religious community? Willing to look deeply into your own spirit in company with others? Looking for an opportunity to engage in in-depth conversations about ways of being in everyday life? Many of us are in search of just this kind of depth and connection. **Thoughtful Gatherings** offers an opportunity to find it.

Thoughtful Gatherings (formerly known as Simply Circles) is a network of small groups at UCF. This year, the groups will meet three times only – in February, March, and April – for a time of casual socializing (often over a shared meal) followed by a focused, facilitated conversation on a monthly theme.

The six to eight members in each group will be drawn from among those UCF members and friends ages 16 and older who have signed up to participate. Each group will be convened by a facilitator, and members will covenant to participate for all three months, so that there is time to develop trust, depth, and intimacy.

Do these small groups sound intriguing to you? Sign-up sheets are already posted in the Social Hall and the groups will begin meeting in February. If you are out of town in January and can't sign up, just email Rev. Sally, [ucfminister@ucfn.org](mailto:ucfminister@ucfn.org)

The planning group includes Sally Davis, Sherry Hintze, Melva Kearney, Nan Reed, and Rev. Sally—and we welcome your questions, comments, or suggestions. Email us, call us, or grab us at coffee hour—we want to include you in Thoughtful Gatherings!

A “send-off” party was given for John Russell at Brookdale prior to his departure to Arizona to live near his son David. Members of the staff and John's UCF family wished him well on his new adventure. Enjoy Arizona John!



John Russell arrived safely in Arizona on Thursday (12/12) to begin the next chapter of his life living in Flagstaff near his son David and David's family.



# Children's Religious Education Programs and Activities

## Children's Religious Education Programs and Activities January 2020

Sarah Sutherland, Religious Education Administrator

What do we call religious education for our children and youth that come into our church every week? Just as we call our adult worship a shared ministry, we also see children's worship as a shared ministry. The children and youth care deeply when one of their peer's becomes ill or is hurting from a tragedy and they send them a card they have made, they share a weekly chalice lighting and responses with each other, they share what they have learned in their classes with the fellowship, they give to the less fortunate in our community, and they make snacks for the church coffee hour – this is shared ministry. When we have adults teaching our children how to



make a clay chalice or teaching a curriculum lesson, this is shared ministry.

The tools that our children and youth take home every week from our teachings deepens their understanding of what a UU embodies.

Our program is growing weekly and we now have 32 children registered in our religious education program. As we start our new session that runs from January through June 2020, we will have three classes running every week! There is incredible energy that is occurring with the children and youth of our Fellowship and if you would like to be a part of this growing movement of young UU's, please see Sarah.

Thank you to Jill Sutherland who will teach *We Are Many We Are One* to the 3-5-year-olds; Jo Ellen Essex who will be teaching *Families* to the 10-15-year-olds from April-June; we will need a teacher for January – March; and Nan Reed is volunteering for special sessions/projects with the children and youth.

**Youth and Congregation Ensemble:** Meganne Smith would like to start a small ensemble of youth musicians and congregation members and friends that would like to possibly play before a service or maybe with the choir. Please talk to Sarah if you have a child or children that play an instrument and would like to be part of this group.

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

## Leaving a Legacy Gift to UCF – Easier Than You Think

### UCF Legacy Giving Campaign Kick-off

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 November 17<sup>th</sup> 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.**

**THE FINANCE COMMITTEE**

### **News of UUs**

Former UCF member Frank Pizzardi's partner Dianne Ledbetter died Saturday (November 30<sup>th</sup>) from complications of cancer treatment.

A dear friend of Christoph and Sherry Hintze, Linda Murphy has stage 4 cancer and is at home under palliative care.

Roann Simons's son-in-law, Josh Guiendon, husband of Roann's daughter Addie, died Tuesday (12/10/19) after a fall last week. Josh was an organ donor. Four recipients received a new chance at life through Josh's organs. Josh's family are handling memorial arrangements.

Eric Burger is on 12/15/19 having a PET scan to screen for lung cancer. Eric and his wife Jo ask for your prayers for healing and health.

Harriet Altman's brother is starting treatment this week for Stage 4 prostate cancer. Prognosis is hopeful for remission.

Coleen Clark is recovering from pneumonia and has gone on to her next gig in Malaysia.

John Brobst shared In Memory of His Father who died on December 22.

## JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:30 MHFS Group	2 12N-Anti-Racism Reading Grp 2:00 Leadership C	3	4 5 - Sinai Church
5 9 Choir practice 10:30 Service 10:30 Child's RE 2:00 Sinai	6 1:00 Finance C 4—Book Clb 5—Meditation	7 9—11 NBT 1:00 Worship C 6—Sinai Church	8 10:30 MHFS Group 1—VIP Group 6 pm Science of Energy	9	10 12 N Thoughtful Gatherings Planning	11 OWLS Volunteers 5—Sinai Church
12 9—Choir practice 10:30 Child's RE 10:30 Service 2—Sinai Church	13 5—Meditation	14 9—11 NBT 6—Sinai Church	15 10:30 MHFS Group	16 6:30 Spirit in Practice	17	18 5—Sinai Church 7pm-Tom Neilson Concert
19 9 Choir practice 10:30 Service 10:30 Child's RE 11:45 Green Sanct 2:00 Sinai	20 MLK Luncheon @Civic Center 5—Meditation	21 9—11 NBT 6-Sinai Church	22 10:30 MHFS G 6pm Science of Energy	23 1:00 Finance Ctte work party	24	25 5—Sinai Church
26 9 Choir practice 10:30 Service 10:30 Child's RE 11:45 BOT Coffee 2:00 Sinai	27 5—Meditation	28 9—11 NBT 6—Sinai Church	29 10:30 HMFS G	30	31 9 - Sinai Church	



### GREEN TIP FOR DECEMBER

Green Tip for January 2020.

January Green Tip:

Keep a reusable travel mug in your car to use when you stop to grab a cup of tea or coffee.



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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