

OUR COASTLINE



March 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.

UPCOMING EVENTS

Mar 5—6:30 pm Spirit in Practice

Mar 11—6:00 pm Science of Energy

Mar 15— 11:45 am Greening of the Church

Mar 16-6:30 pm Meditation Class. Why/How?

Mar 19—6:30 pm Spirit in Practice

Mar 25—6:00 pm Science of Energy

Mar 29—11:45 Open House @ Annex Building

B-I-N-G-O is planned for **April 3rd from 6:00-8:00 p.m.** in the Social Hall! Sign-up sheet is in the Social Hall. We **will need at least ten people signed up to hold this game night.** This night is for the whole fellowship to attend and have some fun, laughs, snacks and be in community together.



Dear Friends,

We at Martha's Mission Cupboard want to thank you so much for items you gave us during 2019. This is a great help with our Food Budget. All our clients certainly appreciate the many items they get to take home. Thanks for making Martha's Mission Cupboard a success. We are so thankful to have you as our friend.

Sincerely, Martha Bell, Executive Director.

March Reflections from Sally

We reach out because we find



in a life that is shared

This church is a way of being in community together that gathers the spirit – inside these walls and outside in the larger world. In this gathered community, held and challenged, strengthened and emboldened, we draw the best out of ourselves and each other, so that we begin to live into and live out of our truest, most authentic selves. And then we take our best into the world, casting its glow onto every life we touch. And we invite our neighbors to work with us in the service of truth and love and compassion and justice.

This church is a blessing in my life. May it be a blessing in yours, as well. May this Unitarian Coastal Fellowship offer you challenge and strength, encouragement and support. May you find here invitation and opportunity to grow yourself and to grow the ministry of this church – through your annual pledge to the operating budget, through your participation in committees or groups that are doing work that excites you and advances your values in the world. You – all of you – and I – we hold the future of this church in our hands, in our hearts, in our gathered spirits.

***Blessings,
Sally***

President's Column

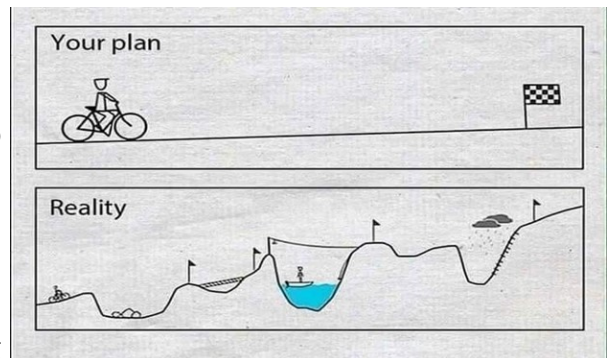
We will soon move into part of our new home at 2900 Bridges Street. Work on the annex is coming along nicely (and on budget) due in large part to the excellent work by our New Building Team and the many other volunteers who have worked so diligently to realize the first part of our dream. This week the Board of Trustees and Leadership Council will get the first look at ideas and costs for replacing the sanctuary. It's an exciting time.

The next step involves the transition from here to there. We will soon charter a new group, "The Move-In Team" for lack of a better term, to plan the move and guide decisions for outfitting the annex with furnishings and equipment. This team will benefit from the focused efforts of a diverse group with time and energy to create a reality. Your expertise would be most helpful, so please consider serving.

The Board is very familiar with the above cartoon which exemplifies our path to Bridges Street. We will experience some turbulence going forward, but focus and persistence will see our Fellowship through. Thank you for all you have done this far and for all you will do in the future with your generous donations, hard work and consistent vision.

We are getting there!

Tom Cullison, President, Board of Trustees

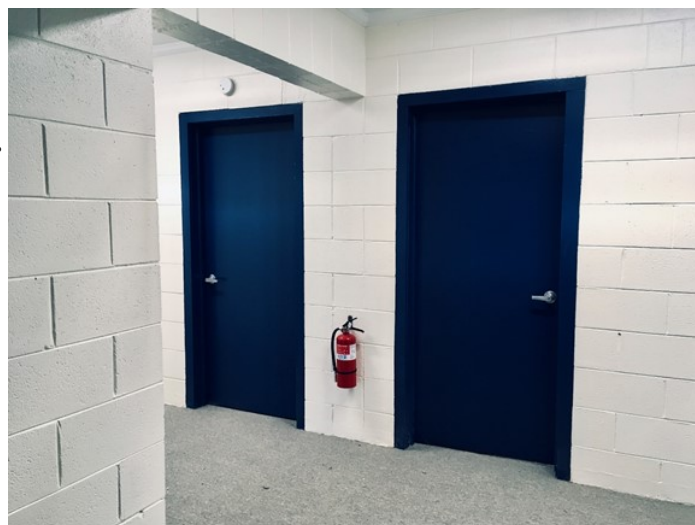


New Building Team.

Update from the New Building Team:

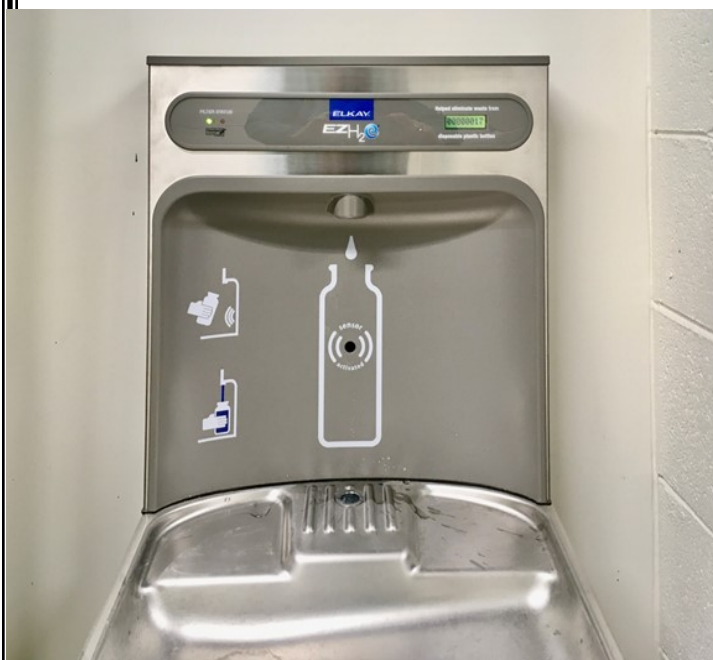
First and foremost, **SAVE THE DATE for an Open House at the Annex** at 2900 Bridges Street, on Sunday, March, 29th from 11:45 to 1 p.m. This is your opportunity to tour the building and enjoy some coffee hour refreshments at the same time. A hearty thank you to Tom Cullison and all of the volunteers who helped to paint the interior of the building – it looks nice and bright and clean in there! Since then, the carpet has been installed, the HVAC is up and running, partitions are ordered for the restrooms, the rooms have been keyed, a lockbox has been ordered that will allow emergency personnel access to the building if necessary, and an automatic door opener is to be installed soon. While we still have a few loose ends to tie up before that date, we are confident that the jobs that remain will be completed in plenty of time for us to host the Open House on March 29th.

We continue to meet with three design/build companies to fine tune their plans to our needs.



In addition to designing the new sanctuary/social hall building, they are including landscaping required by the Town of Morehead City, space needed for parking, a playground area and a memorial garden. All three companies have had several meetings with the New Building Team in person or in video conference. At some meetings we have had to shuffle a set of plans off the table while another company walks in the door with their own plans in hand - this work is exciting in more ways than one! We hope to be making a decision in the near future.

Meanwhile, back at the 1300 Evans Street Ranch, the Green Sanctuary Committee is discussing our use of paper products, and a Facilities Committee is taking shape to ensure that our new buildings and grounds are well maintained and cared for. Thank you to all who volunteer!



Worship Services

March Worship

March 1: “Forgive and Forget” How many times have you heard these words spoken together ? Is this something one does naturally and wholly ? Or is this a skill that we must practice again and again to become proficient ? We don’t all think alike, act alike, are hurt alike so chances are we don’t all find it easy or necessary to do. On this Sunday we’ll explore forgive and it’s often companion forget. Martha Naset and Sally Davis will be the service leaders.

March 8: UU Biography: A. Powell Davies (1902-1957). In 1944, A. Powell Davies was called to the pulpit of All Souls Church, Unitarian, in Washington, DC. During his thirteen years at All Souls, Davies was an outspoken public voice for civil liberties, government accountability, civilian control of atomic energy, family planning, desegregation – and Unitarianism. His public and congregational ministry changed the religious face of Washington and of Unitarianism. This morning, we will explore the life and legacy of this great Unitarian.

March 15: Growing a Just World: Our vision statement frames this congregation’s great aspiration as “growing a just world.” Our commitment to awareness, action, and advocacy around social and environmental justice is woven through virtually every part of our congregational life. As we grow into a larger building, what new possibilities for justice can we envision? This morning’s service is the second in a series that explores our vision, our ministry, and our hopes for our future.

March 22: Spirit of Air, Spirit of Spring. With lengthening days and warming temperatures, springtime brings new life to birth around us. Spring breezes freshen, carrying away what is old and stale; carrying hints and scents of new possibilities. What new growth is stirring in the springtime of this year? What adventure, what hope, what courage breathe through you in this turning of the season? Let us mark the spring equinox together this morning.

March 29: Spiritual Enrichment: In worship, music, meditation, thoughtful conversation, deep contemplation – in every encounter where our souls are deeply touched, our spirits are enriched. Churches are places where spiritual enrichment is cultivated with intention and with care. How does this church feed your spirit? How do we enrich the spirit of the world? What more is possible for us – now and in the future? This morning’s service is the third in a series that explores our vision, our ministry, and our hopes for our future.



FINANCE COMMITTEE

Reminder to all UCF Committees -

Get your Budget Requests in as soon as possible to David Hughes or Jo Ellen Essex at treasurer@ucfnc.org, so that the Finance Committee can finish our Budget for the next fiscal year. Thank you for all you do for our Fellowship.

To all Friends and Members of UCF -

Please get your 2020-2021 Pledge cards in as soon as possible, as our annual pledge drive ends soon! Your pledge to UCF is the support we need to fund all of our Worship, Religious Education, Social Action, Green Sanctuary and Fellowship activities, in addition to keeping the lights on. Send your pledge in or drop your card off in the Pledge Box in the Social Hall. Thanks again for your generous support of UCF.



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.



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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 March 11th from 6 to 8 PM. This session will cover the following topics: Fossil Fuel Energy—issues and concerns and Understanding Carbon Dioxide. The next session is March 25th from 6 to 8 PM, the topics will be: The Science of Nuclear Power and The Nuclear Fission Fuel Cycle. If you have any questions contact Landon Elswick at lels-wick@msn.com

Meditation Class March 15 at 6:30 PM—following the regular Meditation Group. Meditation—What is meditation? Why meditate? Guided meditation, deep relaxation and mind-body techniques are researched and proven approaches that have lasting benefits for radiant health, happiness and self-empowerment.

Meditation alleviates anxiety, depression, and negative attitudes; reduces fatigue and exhaustion; puts you in touch with your confidence, joy, enthusiasm, and self-worth.

For more information contact Vicki Barrett

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 four will be on March 5th at 6:30. The topic will be “**Mind Practices**” . Could a program of spiritual development be Unitarian Universalist without an intellectual component? This is a role of adult religious education: book studies, film discussions, lectures, adult forums, scripture studies, courses in UU history, and other RE offerings are all ways to fulfil this dimension of a “rich, integrated program.” The following session will be on March 19th at 6:30. The topic is “**Body Practices**” We know that mind, body and soul are interconnected. Doesn't it make sense, then, that a well-rounded spiritual practice includes some kind of physical practice? It might be running, sitting, gardening, tai chi, massage or anything else that keeps us in touch with the miracle of our physical selves. 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

Children's Religious Education Worship Programs and Activities

Sarah Sutherland, Religious Education Administrator

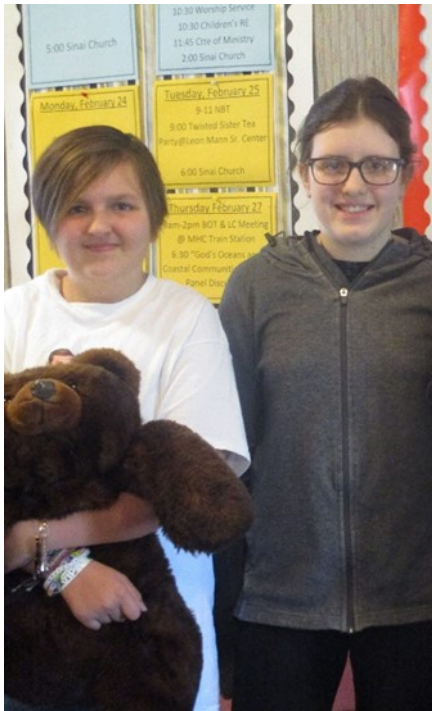
March 2020

Religious Education and Worship Round Table Discussion: On Friday, March 13th from 6:30-8:00 in the Social Hall we will hold our last Round Table Discussion for the fellowship to give input on how we, as a congregation, build and grow our religious education program for the children and youth of our fellowship.

How do we help our children and youth be the leaders of tomorrow in our church, community, and the world around us? What do we dream of and what needs to occur to make this happen? This discussion is open to all members, friends, children and youth of the fellowship. Please come share your thoughts and ideas and what your vision is of this program moving forward. Childcare and snacks will be available.



Children's Religious Education and Worship Program for March finds the Jr. High Youth group enrolled in our congregation's lifespan faith development program called **Families**. The workshops look 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. Karen Baggott came into our workshop in February and taught Abby and Ella how to take pictures with a different point of view. Their Families Luncheons are planned for March 1 and the 22nd. They will be photographing and interviewing their families during this time and the families will be doing a write-back to the youth about the photographs they have taken.



The six to nine-year-olds are 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.

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

SOCIAL ACTION

March 5th Sunday Collection: Carteret County Public Schools Foundation Grandparent Fund

Whenever there is a 5th Sunday, it is UCF's practice to give all non-pledge donations in the collection plate to a charity selected by the Social Action Committee. Over the last couple of years, the Social Action Committee, led by Mary Anna Newman, a former Social Worker, has been exploring ways in which we can help children in the foster care system.

We organized Adult RE programs with speakers talking about the foster care system as well as a speaker on the Guardian ad litem program. Mary Anna talked with the Department of Social Services as well as the social workers in the Carteret County schools, asking what

needs were unmet for these children. What she found was that both DSS and the school counselors said that the children in foster care and their foster parents were usually having their financial needs met by the foster care program. However, the school counselors told her that there were numerous low-income grandparents who were taking care of their



grandchildren because the parents couldn't for various reasons. These grandparents often struggle to make ends meet and do not have extra money to pay for things like tutoring, summer camps, band instruments, etc. The counselors suggested that we might be able to set up a fund within the Carteret County Public School Foundation that would be designated to meet those needs. We contacted Tabbie Nance who administers the Foundation, and she said she would be happy to create that fund if we raised money for it. The Social Action Committee at our November meeting decided to make this Grandparents Fund the recipient of our March 29th 5th Sunday collection.

Please give generously on March 29th to help these children and their grandparents. If you are not going to be at church that day, you can give your money ahead of time to Amy Jones or Mary Anna Newman. If you write a check, make it out to UCF with 5th Sunday in the memo line.

GREEN SANCTUARY

Be ready for our next Greening of the Church (March 15), Earth Day Recycling Event (April 23), Hands Across the Sand (May 16) 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

Greening of the Church:

Join us for our annual Greening of the Church on March 15 at 11:45 am. Help us trim, weed, rake and mulch to make our grounds beautiful, tidy and, well, Greener! Please bring your own gloves and hand tools if you have them, but we will also have some available (in limited quantities) for you to use. There will be a sign-up sheet in the Social Hall soon. This is a great

opportunity to chat with other gardeners in the sunshine, fingers crossed. Don't forget to wear your Green Sanctuary T-shirt! (You still have time to order one!) For further information, contact Holly Rogers: 509-607-2055 or hollyer54@yahoo.com.



**IMPORTANT
DATE
CHANGE**

Due to the change in the Board of Trustees' Open Annex tour date, the scheduled quarterly Green Sanctuary meeting will be held **NOT** on March 29 **but will instead be on April 26** at the same time of 11:45. Please make this change in your calendars if you are planning to attend. Thank you! Lauren Donnachie and Holly Rogers, Co-Chairs, UCF Green Sanctuary Committee.

UCF Women's Group

The Women's Discussion Group will be meeting on Wednesday, March 4 at 12:30. Bring your lunch and come join us. We'll be discussing who or what inspires you. Feel free to come at this from any direction at all - who inspired you as a child or inspires you as an adult - someone you know or an historical figure or even a fictional personage. Any questions, contact Susan Roberts at landfall2@mindspring.com or 843-217-1885

The Meditation Group

The Meditation Group meets every Monday evening from 5:00 to 6:00 PM in the Social Hall at Unitarian Coastal Fellowship.

Meditation is a practice of aligning your mind, body and spirit by going deep within to access the power of your beliefs to create what you truly desire. It improves brain function and actually lights up your mind and brings you back to being heart centered. For information contact Vicki Barrett vlbarrett42@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.

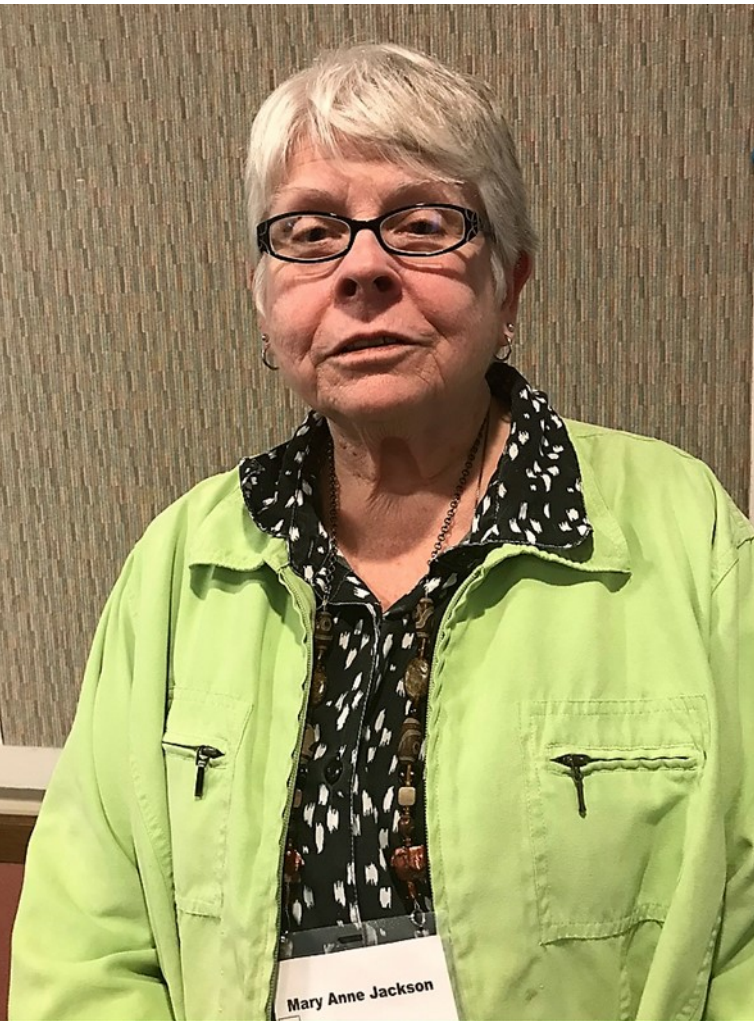
NEWS OF UUs

Barbara Bergman has been sick. She misses everyone and hopes to be back soon."

Maryanne Jackson is in the hospital. She is now out of ICU and doing better.

Marilynn and Tom Cullison share their joy and congratulate their son, Andy, on his new job with the state of Hawaii managing land and natural resources!

OUR NEW MEMBERS



Mary Anne Jackson, one of the newest members to join Unitarian Coastal Fellowship, currently lives in Newport, NC. She was born and raised "Downeast" in Atlantic NC. Her father was a commercial fisherman and grandparents owned a one room grocery store. When leaving home after high school, she spent time in the Navy Hospital Corp for three years. Mary Anne and husband Robert (from Beaufort) were married and have a daughter Jennifer. They were military dependents for ten years while Robert served in the Army and then settled back in Pender County, NC. They bought a house in Pender County and remodeled it. Robert died in 2014. The house in Pender County experienced serious flooding in hurricanes Matthew (2016) and then again with even higher water in Florence (2018). At least 10 feet of water in the house left Mary Anne

living in a shelter, hotel and rented room for 5 months. She decided not to return to the home and purchased a camper trailer where she now lives with her four cats. Mary Anne has attended several different churches but was drawn to UCF because of the religious beliefs. For hobbies Mary Anne likes to read, crochet and spend time caring for her cats. Daughter Jennifer and her son in law live in Havelock.

OUR NEW MEMBERS



Carol Corwell moved to Morehead City in July 2019 as the latest stop with her Coast Guard spouse; their expected stay is two years. As has become her habit, she looked for a local Unitarian Fellowship to find her community. Carol is very proud to claim herself a seventh generation Unitarian Universalist, with her lineage through her matriarchal line.

Carol's beliefs motivate her to reach people across different faiths for understanding, and she admits to liking to engage in challenging conversations. After being in the minority in her hometown high school in Aurora, IL and spending her junior year in a Rotary Club Exchange to Thailand, she entered Beloit College (WS) where she majored in history with a minor in museum studies. Family members have served in the military so it was natural for her to complete a senior project based on military history at the college, focusing specifically on Memorial Hall on the campus.

Her first move was to Guam where a canine companion, Lucky was adopted and a vacation to Australia resulted in marriage (celebrating 5 years in November). While her husband was on his first deployment to Bahrain, Carol lived in San Diego with her sister and was a nanny to her two preschool nephews. The next move took them to Everett WA where she lived for three years, during which her husband once again spent a year in Bahrain.

Since moving to MHC, Lucky has been joined by a second dog, Sherman.

Carol sings with the UCF choir.

OUR NEW MEMBERS

This synopsis might be considered long by some, but that is only because Gwen has lived a very full life so far! The most important part of being she is Marty's mother.; all else is secondary.

An only child, Gwendolyn Lee Mayhew Newcomb was born in Fillmore, California on July 18, 1929, to Clarence and Ida Mae Rivera Mayhew. She married her high school sweetheart, pilot Commander James Adair Newcomb USN, on March 3, 1956 in Ventura CA. Over the years, the Navy took them from Ventura, where their first two sons, Alan and Randy, were born; then on to Chula Vista CA where their third child, Laura was born. Next they were on to Whidby Island where their last and best child, Marty, was born. Next, they moved to Guam, then Norfolk VA, Brandywine MD and finally back to Ventura where James retired after 32 years in the Navy.

Upon her return to Ventura, Gwen began work with some of her high school friends who worked in the administration office at the Ventura Unified School District. Gwen worked there for ten years until her retirement June of 1991. In 2009, Jim and Gwen returned to MD to see their grandkids grow up.

When Jim flew his final flight in July of 2016, Holly and Marty scooped up Gwen and brought her to beautiful North Carolina (a favorite childhood vacation spot of Marty's) where the three now reside happily together.



in

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 Choir practice 10:30 Service 10:30 Child's RE 2:00 Sinai	2 5 PM— Meditation	3 9—1pm NBT 1 PM Worship C. 6—Sinai Church	4 10:30 MHFS Grp 12:30 Women's GRP	5 10am LC Mtg. 12N – ARR Grp 6:30 Spirit in Prac- tice	6	7 5 - Sinai Church
8 9 Choir practice 10:30 Service 10:30 Child's RE 2:00 Sinai	9 4pm Book Club 5pm Meditation 6:30 Sierra Club Cons. Cmmte.	10 9—11 NBT 9:30 Finance Ctte 6—Sinai Church	11 10:30 MHFS Grp 6 PM Science of Energy	12	13 6-8pm Focus Group for Chil- dren's RE	14 5—Sinai Church
15 9 Choir practice 10:30 Child's RE 10:30 Service 11:45 Greening of UCF 2—Sinai Church	16 5-Coloring Medi- tation 6:30 Meditation Class	17 9—11 NBT 6-Sinai Church	18 10:30 MHFS Grp	19 6:30 – Spirit in Practice	20	21 5—Sinai Church
22 9 Choir practice 10:30 Service 10:30 Child's RE 2:00 Sinai	23 5 PM Medita- tion	24 9—11 NBT 6-Sinai Church	25 10:30 MHFS Grp 6:00 Science of Energy	26	27 9PM – Sinai Church	28 5—Sinai Church
29 9 Choir practice 10:30 Service 10:30 Child's RE 11:45 Open House —Anex Bldg 2:00 Sinai	30 5— Meditation	31 9—11 NBT 6— Sinai Church				

As the temperatures start to rise in March, try to minimize using the heater or leave it off completely to save energy and dollars.

Think about turning down the water heater temperature as well to save energy.

Sunny days can help heat your home by opening curtains and blinds.



Brought to you by your UCF Green Sanctuary Committee

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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

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City, State Zip Code