

OUR COASTLINE



November 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

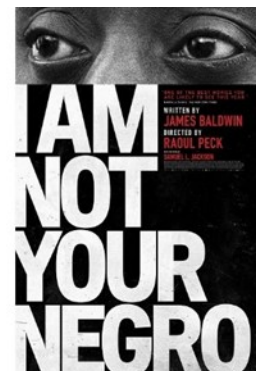
THOUGHTFUL GATHERINGS ON ZOOM!

Thoughtful Gatherings is a network of small groups at UCF that meet once a month to engage in in-depth conversations about ways of being in everyday life. Each group is convened by a facilitator, and members covenant together to develop trust, depth, and intimacy.

Those who have signed up for this fall's 3-session series will be notified in early November about their groups. If you have not signed up, but would like to be included, email Rev. Sally at: ucfministernew@gmail.com.

Save the date: On December 9th there will be a group discussing the 2016 documentary film I Am Not Your Negro. This visual essay that is based on James Baldwin's unfinished book explores racism through the stories of Medgar Evers, Malcolm X and Martin Luther King Jr. This will be held via zoom, a tentative time for the discussion group is 2PM. If you are interested in joining this discussion group or have any questions please contact Harriett Altman at:

harriettaltman@icloud.com



October Reflections from Sally

In this strange and stressful month of November, may there be room in your life for hope and for joy.

With hope, and with planning, we can dream big, and we can make our dreams come true. Imagine what could be – and imagine how we – together – can make it so.

If you can find your way to joy, find a way to let joy in, it is possible – it is probable – that *your* spirit can be released; set free; can burst forth in joy that is irresistible and contagious. And that would be a blessing, for you and for a world that sorely needs joy.

Blessings on you.

Be safe, and be well.

Sally

Pastoral Care Tip for November

The Pastoral Care Team met to plan the Halloween Day drive-through candy give-away. As we talked, as the event began to take shape, excitement began to build and our own spirits began to rise. The very idea of doing something that might bring joy to others brought joy to us.

When your spirits are down, consider making a small gesture of caring for someone else – it could be as simple as a phone call, a text, or an email. You might find that you are caring for yourself, too!

(P.S. If you are reading this before October 31, **Come one, come all on Halloween day!** To The Pastoral Care Team's drive-through, all-outdoors candy give-away for UCF members and friends on Halloween day. You are invited to come to 2900 Bridges Street by car between noon and 3pm on Saturday, October 31. (COVID) masks are required, costumes are optional. The PC team is preparing 100 bags of candy, with a hand-written card or note in each one. Wearing gloves and (COVID) masks, PC team members will hand out bags to adults and children as you drive through. It will be "boo-tiful" to see you there!)

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

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

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

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

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

Terri Thomas 252-314-4110 or territhomas00@gmail.com

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

President's Column

Hello my friends:

Last week, just for the heck of it, I googled UCF. On the right side of the screen, above a picture of the front door at 1300 Evans St., it read "Unitarian Coastal Fellowship". No surprise there. But under the picture, in red-lettering, it read "**PERMANENTLY CLOSED**". What?? All I could think was: "UCF is anything but closed!"

The UCF community is engaged in a flurry of activity that rivals pre-pandemic times. No grass is growing under our feet, despite the need to protect ourselves and each other. Nothing has deterred us from moving our congregation forward. Moreover, to me, it appears that our heads are really in the game. I see enthusiasm and commitment, and an inherent faith that we will succeed. Think about it. We signed an offer on the Evans St. property and our congregation showed up, with their vehicles, to empty the building. No sign-up sheet or persuasion was needed; they just showed up. The New Building Team still juggles countless tasks day after day. They negotiated plans for a beautiful sanctuary building and continue to coordinate tasks while walking the maze of city ordinances. All of our committees still meet and plan, never diverted from the work they do for the congregation. Services are still planned and carried out with care to present messages and music to carry on the spirit from week to week. Adult Religious Education continues with Meditation and Anti-Racism classes. The Book Group and the Women's Group still meet. We even held our Annual Meeting and have had at least 3 Coffees with the Board to continue our tradition of self-governance and our dedication to transparency. We've also created a Fundraising Task Force who will work together with members and friends to raise the money we need to avoid debt for our new sanctuary. What's more, the Leadership Council and the Board have undertaken a flurry of strategic plans to facilitate UCF's organic growth as we get ready to move to our new home at 2900 Bridges St. In a few months, conversations with the congregation will take place so we can learn what you see for the future of UCF. So that's coming up. The flurry of activity never stops at UCF. Our faith keeps us moving forward.

Since the day I googled UCF, the "**PERMANENTLY CLOSED**" line has been removed. I don't know why that changed. Maybe the universe felt the good vibes around us or maybe our flurry of activity raised a little cosmic dust. It doesn't really matter because, when all is said and done, WE know UCF is anything but closed.

All the best,

Melva

Worship Services

November Worship:

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

November 1: **Spirit of Life.** On this final Sunday of Election Season, let us consider the wholeness of our lives and the communities we participate in: social, civic, spiritual, as well as political communities. How do we cultivate balance and health in our spirits, and in our multi-faceted lives? **Daylight savings time ends on October 31.** Turn your clocks back one hour Saturday night – or you will be an hour early for the service this Sunday morning.

November 8: **The Work of Democracy.** Whether or not we know the outcome of the 2020 election, and regardless of who won and who lost, the work of democracy is the work of the people. How and where will you exercise your power as a citizen? How can we empower and support each other in the work of democracy?

November 15: **Hearing Lost Voices: Remembering and Resisting Our Colonial Past**
This is the time of year, between Columbus Day and Thanksgiving, when we hear most about the 'discovery' of America. But the dominant colonialist narrative is at last coming under close scrutiny, thanks to historians like Roxanne Dunbar-Ortiz, and the story of our indigenous peoples is being heard. As Unitarian Universalists who affirm and promote the inherent worth and dignity of every person, what are we called to do to bring those lost voices into the twenty-first century?

The Rev. Dr. Gaye Williams Morris served as minister of the Unitarian Universalist Church of Augusta (UUCA), GA from 2013 until 2019, when she moved to North Carolina. She and Rev. David Morris, who serves the Unitarian Universalist Congregation of the Outer Banks, live in Manteo, North Carolina with great-grandson Oliver, who is almost 6 and who provides plenty of opportunity for an active lifestyle.

Gaye continues to serve our faith as a community minister, with an emphasis on social justice. She is affiliated with the Oak Ridge UU Church, Tennessee. She serves as Secretary/Treasurer of the North Carolina Justice Ministry of North Carolina. She is a lifetime member of the NAACP. Gaye also co-chairs the newly-formed Outer Banks Peace and Justice Interfaith Coalition.

November 22: **Revisioning Thanksgiving.** Because of COVID-19, Americans are being cautioned to forego traditional family gatherings at Thanksgiving. Can we use this as an opportunity to revision our relationship to the larger Thanksgiving story, and to the blessings in our lives?

November 29: **Spiritual Sounds.** Music causes exhilaration and reflection, comfort and melancholy - sometimes all in the same piece. Although we cannot physically join our voices in song, Zoom services have allowed a breadth of musical experiences not possible in our sanctuary. Join us this week to celebrate the music of worship including favorites submitted by many in our Fellowship.



Children's Religious Education And Worship

Hi all-

I was just remembering where we were a year ago in our fellowship talking about our Chalice Children Program and making our fall Family Tree on the Social Hall bulletin board. It included what we were thankful for with our whole congregation participating. This year has been a difficult year for all of us. Grandparents, parents, children, our doctors, nurses, medical EMT'S, our ministers, and many others that take on additional work loads - we are so thankful for all who do the hard work.

I am thankful for my family as we are still healthy and avoiding so many other people that we might have naturally been together with. We also remember the fun times we had making our clay chalices with Pam's guidance was so much fun and making our own designs, painting them with their own fun colors. The chalices that the children made last year and have at home maybe can be lit at dinner and share what you are thankful for around your table during this month of thanks.

The parts of the chalice that represents our faith of being a Unitarian Universalist are below.

What Our Chalice Represents

The base is for the stories that we share

The stem is for all the Unitarian Universalist in the world

The bowl is for our Coastal Unitarian Fellowship

The fuel that keeps us going is goodness, freedom, and action.

Story for All Ages has been put on hold for the near future and we will be looking at others ideas we may incorporate into the religious education program at these current times.

Take care and be well everyone.

Sarah Sutherland, Religious Education Administrator

Ucf.re.sarah@gmail.com

603-254-5559

UPCOMING EVENTS

GREEN SANCTUARY

The UCF Green Sanctuary Committee will host a discussion of the movie "**The Story of Plastic**", on Wednesday November 11 6:00 pm. The movie, created by The Story of Stuff Project, has had more than 1700 screens, and helps viewers see "the full lifecycle impacts of plastic" as well as the "real villains of plastic pollution". We will receive a link this coming week, which we will send to the Green Sanctuary Committee as well as in the Saturday updates. Please watch the film anytime, and then tune into the Zoom discussion on the 11th, at 6:00 pm. We will have **Lisa Rider, Executive Director of the Coastal Carolina Riverwatch**, leading the discussion. *For more information, contact Holly Rogers at 509-607-2055.*

Dates to Remember:

November 3@12N Worship Cmte

Nov 4@12:30pm Women's Group

November 4@9am Yoga with Harriett

November 5@10 Leadership Council

November 7@9am Fincance Cmte

November 9@4 pm Book Club

November 11@6pm "The Plastic Story"

November 12@ 10am Social Action Cmte

Nov 19@4pm Adult RE Cmte

Each Monday@6pm Meditation Class

6:30pm Guided Meditation

Please Note all classes and meeting are currently being held via Zoom.

News of UU's

Joys and Sorrows

Mac Hines is home and improving steadily. Mac and Jane are grateful for your calls and your healing thoughts.



Adult RE

GENTLE YOGA



Join Harriet Altman in a gentle 1 hour yoga practice, beginning Wednesday, November 4. This will be a weekly virtual zoom practice at 9:00 am each Wednesday morning for 6 weeks initially.

All levels are welcome, no experience necessary. Each class will begin with a little yoga history or yoga wisdom, and then a 45-50 minute gentle practice.

Harriet became certified two years ago, and would like to share the benefits she has found, and enjoy the unity among us in doing it together. Contact Harriet at harrietaltman@icloud.com with any questions.

Join Zoom Meeting Nov 4, 2020 09:00 AM

<https://zoom.us/j/91643666297?pwd=VEp1aoxlNnd1VzRsdHVoYzJWeGZxdzo9>

Passcode: 886926

"Yoga is a deep well into which we can tap, drawing forth whatever we need to bring ourselves into wholeness and balance."

The Meditation Group

The Meditation Group has added a short class every Monday before the guided meditation. It starts at 6PM. Various topics relating to Meditation will be covered — a different topic each week. The Guided Meditation begins at 6:30 PM. Everyone is welcome, whether you have just begun to meditate or if you have been meditating for a long time. You

may come to either or both, it is up to you. If you want to only participate in the meditation please log in by 6:30PM For Zoom link or other information regarding the guided meditations contact: Vicki Barrett at vlbarrett142@gmail.com



Social Action

Holiday Giving in a Pandemic and November 5th Sunday Collection

The year 2020 has been a challenging year with unprecedented stressors related to physical, mental, financial, and social well-being. The COVID-19 pandemic further exposed long-standing inequities across our country. In addition to the toll of COVID-19 on physical health, the added stressors and ongoing uncertainties have put marginalized and vulnerable communities in extremely difficult situations. Community-based organizations are seeing increases in demand especially related to food and housing insecurities and mental health challenges.



While this year's holiday season will be different as most of us will limit travel and large gatherings, one thing that can stay constant is the generosity of our UCF congregation. Our traditions of gathering together in person to shop for Project Christmas Cheer angels, to stuff gift bags for the men and women at Hope Mission Recovery Homes and Beach House, and to

carol at the Station Club will have to change because of the pandemic. Although we will not be able to gather in person for these traditions, we can still let the people relying on these services know that they matter and that we care about them.

Through your generosity, the Social Action team will work with these organizations and use COVID-19 safety precautions to adopt children and families through Project Christmas Cheer and provide Wal-Mart gift certificates to the men and women at Hope Mission Recovery Homes and the Beach House. If we are able to secure enough hand-knitted hats and scarves from the Twisted Sisters needlework group, we also plan to donate these to people attending the Station Club.

SOCIAL ACTION



Caroling at Station Club December 2019

In past years, Project Christmas Cheer and the Holiday Gift Bags were two different collections. This year, instead of having two different collections, we are combining these two causes and are accepting donations the entire month of November. If your personal situation allows, please give as generously as you can during the month of November as all non-pledge and non-capital fund

offerings received during this month will be used to support these UCF traditions of Holiday giving. You can contact David Hughes at ucfwelcomenc@gmail.com to arrange an electronic donation or checks can be mailed to Unitarian Coastal Fellowship, P.O. Box 425, Morehead City, NC 28557. Please note 5th Sunday in the memo line. If you have a Paypal account, you also can go to the UCF website, <https://www.ucfnc.org/> and click on the DONATE button on the bottom of the page. You will see a dropdown list and can select 5th Sunday.

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

Amit Ray

Social Action

Affordable Care Act Open Enrollment

If you or someone you know needs information about enrolling in ACA health insurance (Obamacare), Open Enrollment begins on November 1st and goes through December 15th. Karen Baggott (252-247-5770), Helene Kelly (252-269-0775) and Barb Thomas (252-422-1354) are Certified ACA Navigators with Legal Aid of NC. They can help you understand whether you qualify for financial help under the ACA.

UCF Women's Group

Our next Women's Discussion Group will be Wednesday, November 4 from 12:30 to 1:30 via Zoom. Dig out your passport and bring it with you, we're planning a trip - well, many trips. It's your chance to plan the dream vacation you have always wanted to take. Our topic for November is **You have just been given a tickets for a one week vacation anywhere, all expenses paid. Where would you go? And you may bring anyone you would like with you or you may choose to go alone.** So many choices! I'm really looking forward to hearing your travel plans. If you are not on the Women's Discussion Group email list and would like to be, contact Susan Roberts at landfall2@mindspring.com or 843-217-1885



Book Club



Whether you are a big meat eater or avoid meat altogether, our November book club selection may interest you. We will be discussing My Year of Meats by Ruth Ozeki. The protagonist is a Japanese-American documentary filmmaker who is commissioned by a beef lobbying group to work on a Japanese television show that is aimed at encouraging beef consumption. Come join us for the discussion on Monday, November 9 at 4 pm in Pat Harms' beautiful backyard on Calico Creek. We will have Zoom as a backup if the weather doesn't cooperate.

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 ucfminiternew@gmail.com.

New Member

Hi, I'm Bob Thomas. Some people in the congregation may know me as Mr. Barbara Thomas. I've always been married (53 years).

I grew up on Long Island – my mother was Irish Catholic and my Dad a laissez-faire Protestant. So I was brought up Catholic and even attended Catholic school for two years when I was in Elementary school. By the time I was a teen, I was done with the dogma of the church.



When I returned from Viet Nam in 1969 (Barb and I were already married), we moved to upstate New York and built a cabin on a dead-end dirt road. We loved the “homesteading life” and had a great group of friends who were doing the same thing. Our two children (Justin and Mattie) were born there. We were planning on spending the rest of our lives there until I spent a winter reading cruising magazines and books – I was bitten by the sailing bug which would dominate the rest of our lives. We sold our house and moved to Beaufort, NC, bought a 36-foot wood schooner and moved aboard full-time, cruising the East Coast of the US and spending two winters in the Bahamas with our children. The spirituality of a night watch sailing on the ocean with my family sleeping down below still touches me all these years later.

In the late 80's we built a steel 42 foot schooner (Rhiannon). We moved aboard in 1989. I had been a welder for 20 years but at this point, I made a small course correction and went to nursing school. I spent most of my nursing career as an ER nurse. I loved being a nurse. My career as a nurse and Barb's as a Respiratory Therapist also allowed us to spend seven winters in the Bahamas on Rhiannon over the next 20 years. We now have four teenaged grandchildren who all live in Maryland, and Dory, our enthusiastic and loveable dog.

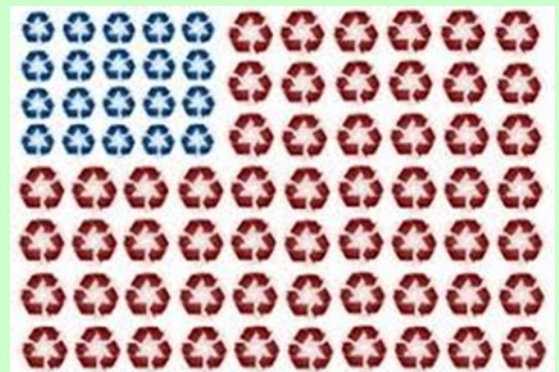
It was somewhere during the late 80's that I accompanied Barb to UCF at the Galley Stack restaurant. To say that I started sporadically would be generous. At what could be described as a glacial pace, I became more and more attached to the UCF family. The people are our church and whenever or however we meet they raise my spirit, touch my soul and put a smile on my face. I hope as a member I can, in a small way, touch them.

November 2020

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

November Green Tip

America Recycles Day, November 15, pledge to have a single-use plastic-free day for Thanksgiving! Ditch the plastic wrap for reusable containers, silicone covers and wax paper.



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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