OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship Morehead City, NC

May Reflections from Sally

With permission, I share an excerpt from a message I recently received on behalf of the whole Fellowship. The card came from Laura Ward, Miriam Green's sister, who frequently joins our Zoom services from her home in Asheville.

She writes, "I just finished Zooming in on your service today. ... UCF is...a Sacred place of inclusiveness that flows with quietness and stillness. ... Thank you."

In this time of social distancing and disruption of so many familiar and long-standing ways of being together ... our Zoom services offer inclusiveness, quietness and stillness to at least one person who joins us from hundreds of miles away.

In this time of dislocation when UCF is planning and building our new Sanctuary and we are sorely limited in the space we have to practice ministry... still we minister. Virtually on Sundays and in meetings and in classes and in film discussions and book discussions. In person as we can when we caravan to pick up USDA food for hungry families in Carteret County; when we prepare and deliver meals for congregants who have been sick; when we make phone calls and write postcards and pitch in and speak out. And when we listen; when we make space to hear what needs to be said, what needs to be heard.

Thanks to Laura Ward, for giving us these words of acknowledgment.

Blessings on this Sacred place, and on the ministry practiced here.

Be safe, and be well. -Sally

OUR VISION STATEMENT

MAY 2021

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.

Happy May, My Friends!

PRESIDENT'S COLUMN

It's no news to you that our congregation has been meeting on Zoom for over a year now. Does that fact ever cause you to emit a big sigh? If so, what do you do to reverse this feeling of melancholy? For me, the best therapy is to adopt an attitude of gratitude that Zoom exists currently and is affordably priced for our congregation to use. I think about how our options would have been entirely different even 5 years ago. Zoom isn't perfect, but it's oh so providential. Just think of where our UCF community would have been today without something like Zoom. Imagine the pandemic's impact on our entire ministry; safe connections between congregants would have been severely limited. The thought of not even seeing each other at all for over a year makes the opportunity to interact virtually feels like we uncovered a treasure. With Zoom, we have been blessed with the ability to maintain face-to-face contact, albeit not in-person, to keep our ministry alive and our Fellowship intact and thriving. Thank goodness for Zoom!

What else has Zoom technology afforded us? First, proximity. When we meet in person, we usually sit in our regular spots in the pews and don't really have direct contact with those on the other side of the sanctuary. This is not the case with Zoom because virtual space offers contact with everyone at once. Everyone can engage in a conversation and people laugh and share. Second, we can enjoy the participation of former members and friends. Meeting on Zoom often brings the company of those who have moved from the area to again be part of the congregation. This reconnection would not be possible if we were meeting in-person. Third, meeting on Zoom allows faraway family members to go to church with us. Sure, it's not exactly the same, but it's still pretty great. Fourth, whole groups of congregants from other UU churches can join us. Opening the door to other congregations and speakers helps us connect with those whom we likely would never meet. It also opens the door to speakers who would have had to travel long distances to offer their messages. Fifth, Zoom gives us a safe venue to have leadership meetings, a venue where our ministry is maintained and the business of our Fellowship continues. Being able to hold our leadership steady has also held us steady fiscally and maintained UCF's place in the larger community. Sixth, Zoom provides the possibility for religious education classes and Thoughtful Gatherings to continue. Seventh and very important, we were able to finalize the sale of our beloved Evans St. building knowing that Zoom would offer us a venue for meeting until the construction of our new campus was complete. That's a huge reason to be grateful for Zoom. Having the cash in hand from the Evans St. sale was really necessary to move construction forward. Maybe you can think of more opportunities Zoom technology affords us. Can you can think of ways we can use Zoom to expand our reach after we return to in-person meetings? To close, I hope you can join me in times when you feel like sighing by adopting an attitude of gratitude for Zoom. It sure is making it easier for me to hold on a little while longer. Let's say it together: "Thank goodness for Zoom!"

All the best to you! -Melva

May Worship Services

10:30am Sunday mornings by Zoom

Log-in information is in each week's Saturday UCF Update or email Marilynn Cullison at mscullison@gmail.com

May 2: <u>"One Vision in Two Voices"</u>: What is called the "first-wave" of feminism occurred about 100 years ago. Karen Baggott and Meganne Smith, from two different moments in that century, share personal stories, thoughts, and questions about the unique struggles of women. They hope for and envision a union of all people in eradicating these struggles for women of the future.

May 9: <u>The Transpirational Theory of Everything</u>. Transpiration is the process by which plants release water into the air – making it possible for the plant to take up more water through its roots. Can we use transpiration as a metaphor for the flow of other things through our lives – things we must release or let go of in order to make room for more – or for something new? Things like laughter, tears, money, love?

May 16: <u>Grace and Mercy</u>. In common speech, we often use the terms Grace and Mercy interchangeably. But theologians and world religions make distinctions between these two qualities – and how they play out in our lives. This morning, let us consider Grace and Mercy. Bob Thomas bought this service at the UCF Auction last year.

May 23: <u>The Thin Line Between Saturday Night and Sunday Morning</u>. In the middle of his song "Fruitcakes," Jimmy Buffett says "there's a thin line between Saturday night and Sunday morning." What kind of line *is* that? And how do we hold that line – or make it disappear?

May 30: <u>Memorial Day</u>. On this holiday set aside to honor those who served and to mourn those who have died in war, who do we remember and how? What are some of the national, local, and personal memorials that keep alive the memory and the legacy of war – and what are the conversations these memorials invite?

DON'T FORGET!

The Annual Meeting of the Unitarian Coastal Fellowship will be conducted by Zoom on Sunday, June 13.

Please submit items to be included on the final agenda by **THIS MONDAY, May 3, 2021**, to Susan Fetzer, Board Vice President at <u>sgfetzer@gmail.com</u> or 259-5187.

There will be a notice sent to all members 2 weeks prior to the meeting including the final agenda.

The required business of the Annual Meeting includes reports on Fellowship activities from the Board and Committees, the budget for 2021-22, election of Officer Trustees and Nominating Committee members as indicated, and any other business. Officers and Nominating Committee members are elected on a staggered basis to provide continuity.

Please refer to the website, <u>www.ucfnc.org</u> to find the bylaws and policy manual in the tab labeled "We Govern Ourselves."

Call Susan Fetzer, Vice President, at 259-5187 if you cannot access these documents on the internet.

MAY GREEN TIP

As we start thinking about planting our 2021 gardens, we can benefit our planet's diversity and wildlife by choosing <u>native</u> plants. Many of our favorite ornamentals are nonnative flowers and shrubs, but there are so many beautiful plants native to eastern North Carolina to choose from for your garden. There's an added benefit to the birds and insects with whom we share our planet home; they are often specialists who need native plants to sustain them. Plant the aptly named American beautyberry shrub (*Callicarpa americana*) for a pop of color in your garden!

Joys and Sorrows

Sherry Hintze is home from the hospital after treatment for kidney stones. The Hintze family would appreciate your healing thoughts and prayers.





SOCIAL ACTION COMMITTEE

May's 5th Sunday Collection: Broad Street Clinic

The month of May has five Sundays and, as is our tradition, the Social Action Committee has selected a local charity to receive a special collection during this month. The committee has selected Broad Street Clinic as the May recipient.

The Clinic was founded in 1993 by local physicians and concerned citizens. It is staffed by 12 paid employees and 60+ volunteer doctors, nurse practitioners/physician's assistants, nurses, pharmacists, pharmacy techs and front desk workers. Martha Kenworthy and Barb Thomas are two of those many volunteers. The Clinic provides medical check-ups and medications to patients throughout the area who are low income, uninsured, do not qualify



for Medicaid and have chronic health conditions like diabetes, heart disease, COPD and hypertension. They also provide equipment like blood pressure monitors and glucometers.

The clinic serves over 850 patients and fills over 22,000 prescriptions per year.

Broad Street receives no federal or state funding. They do apply for grants but grant money can only be used for such things as diabetic workshops, blood pressure monitors and other equipment. Carteret Healthcare supplies \$50,000 per year in medications and pharmaceutical companies supply some medications for qualified patients. However, the money for overhead expenses such as rent, utilities, payroll, and supplies, which total over \$16,000 per month must be raised from other resources.

During the pandemic, Broad Street Clinic has kept its doors open but has modified their procedures. Many patients talk to the providers over the phone. If a patient needs to be seen, they are given an appointment (before it was first come, first served) and are pre-screened for COVID over the phone and then again when they reach the door.

Appropriate PPE is available and cleaning procedures are followed -- the clinic has continued to meet the needs of the patients.

Broad Street Clinic applied to be a COVID vaccination location and has served the entire community, administering vaccines. Clinic volunteers have also worked at the K-Mart mass vaccination site.

During the month of May, please donate as you can to help us support this very worthy and needed organization. You can donate in the usual ways: mail a check to UCF Treasurer at PO Box 425, Morehead City, 28557 (put 5th Sunday in the memo line); call Dave Hughes and make arrangements for credit card payment; or use the "Donate" button on the bottom of the pages of our website (<u>https://www.ucfnc.org/</u>) and select "5th Sunday". Thank you in advance for your donations.

May News from your New Building Team

Ah, that age old question, "Who let the dogs out?", or to paraphrase, who took the siding off? I'm talking about the building at 2900 Bridges St, of course! The contractor has begun to remove the



Just so you know, we don't actually have a check list. All this stuff we've been doing we've done with the end goal in mind. A place where we can gather in fellowship safely. Most of the in-between steps presented themselves as either opportunities or obstacles to turn into opportunities. So far, so good.

By the way, have you heard about the "surprise" tour at the annual meeting? Pass it on.

old building. After more than two years of your NBT promising a safe and secure sanctuary, only a few nail biting months to go and our well designed and aesthetically pleasing building and entire site will be completed.

Well, that's the plan.

But really, we (the NBT) feel we've dotted all the I's and crossed another letter so that the rest of this project will be mostly downhill. Some of the last items on our check list are being worked on by subcommittees, such as color of paint for inside and the type of plants for outside.





Respectfully submitted, Dan Phillips

"A jug fills drop by drop." - Gautama Buddha, Dialogues of Buddha

Children's Religious Education — May 2021

Last month I wrote about all the fun games children are playing now that spring is here, this month Jeanne Grohsmeyer's story, *Playing Fair*, talks about our Fifth Principle, 'All People Need a Vote'. Her story speaks to all of us as youngsters about how we voted for the games we played and was it fair that Julie got to play dodgeball whenever she wanted and Sam never got to play basketball and that he didn't have a voice in what they played. You will see in this story that Alex, Tabitha, and Shina had the same thing occur, but in the end what do you think they worked out as a compromise?

Fifth Principle: All People Need a Vote <u>Playing Fair</u> By: Jeanne K. Grohsmeyer

It was a warm summer evening, in that glorious time between supper being over and having to get ready for bed, when the fire flies start to appear one by one, three children went outside to play.

"But what should we play?" asked Tabitha, who was the oldest of them all (by four months and two days). She had bright shiny braces and beads braided into her hair.

"Let's play tag," said Alex, who was the next oldest (by two months and fifteen days). He always wore his baseball hat sideways, and he always wore his T-shirt tucked in.

"Let's play hide-and-seek," said Shina who was the youngest of the three. She had three braids in her long dark hair, two little braids in front on either side of her face and one bigger braid that hung down her back.



wrote "Hide-and-Seek" in neat and careful letters.

"Tag," said Alex.

"Hide-and-seek," said Shina.

"Tag."

"Hide-and-seek."

"Tag!"

"Hide-and-seek."

"Stop it!" said Tabitha, stomping her foot and crossing her arms. "Let's vote."

Shina looked at Alex, and Alex looked at Shina, and then they both said, "Okay."

"We can have secret ballots and everything!" said Tabitha, and she ran inside her house then brought back paper and pencils and a shoe box with a skinny hole cut in the top.

Shina took her piece of paper and

Then she folded her paper and put it through the skinny hole into the box. Alex and Tabitha were already done.

"Right! Now we count them, said Tabitha, and she took the lid off the box and unfolded each paper. "Tag, hide-and-seek, tag. It's two to one. Tag wins."

"Okay!" said Shina, and the three of them played tag until their parents called them inside to get ready for bed.

The next night, Tabitha brought the shoebox and they voted again. "It's two to one!" announced Tabitha. "Tag wins."

<u>Children's Religious Education — May 2021</u> Continued

Shina sighed. "Okay."

Tag won the next night, too. And the night after that, and the night after that. "It's not fair!" Shina said. "But we voted on it." Alex replied, and that was true. And besides, they lived in a democratic country, and in a democracy, voting was the way to decide.

"It's still not fair," Shina muttered and to the new night, when tag won again, she decided not to play.

"Oh, come on!" said Tabitha. "Tag isn't fun with only two people."

"Tag isn't fun at all," Shina said darkly. "I'm tired of playing tag. I quit."

Tabitha looked at Alex, and Alex looked at Tabitha, and then they both looked at Shina, who wouldn't look at either of them at all. Tabitha jingled the beads braided into her hair. Alex turned his baseball hat so it pointed the other way. Then Alex said, "Well, maybe instead of voting all the time, we could take turns."

Shina looked up. "Take turns?"

"Yeah. Two nights playing tag because there are two of us who like to play it, then one night playing hide-and-seek because there is one of you."

"We could start tonight!" said Tabitha. "We could even play hide-and-seek for a couple of nights in a row, because we haven't played it yet at all. How's that sound, Shina?"

"That sounds great!" Shina said. "I'm going to go hide!"

"Me, too!" said Alex. "That means you're It. Tabitha" and he and Shina ran off to hide, while Tabitha closed her eyes and counted slow, and sometimes a little too fast. When she got to one hundred, she yelled, "Ready or not, here I come."

And on that warm summer evening, in the glorious time between supper being over and having to get ready for bed, as the fireflies appeared one by one, the three children played outside until their parents called them home.





Ryan Mroch, an eighth grader at Morehead City Middle School, successfully hosted his first annual Carteret County Trash Trawl on April 24 at Gallants Channel. The trash trawl is a garbage collection competition but done in Big Rock style! Thirty-five contestants used their personal non-motorized boats or walked on land to collect trash and brought it back to be weighed.

The team collecting the most trash won the event.

This year, the Speckled Belly Puppy Drum collected **723.9 lbs**. of trash to win the event, along with the coveted Golden Starfish trophy and gift certificates from local businesses. Ryan melted aluminum cans to create the starfish and mounted it on driftwood found on one of his beach clean-ups to create the trophy. Overall, **3,266.7 lbs**. of trash were collected at the event!



Ryan is an Eagle Scout and Sea Scout pursuing a Hornaday Medal with this project. A Hornaday

Ryan Mroch attended our Children's Religious Education classes before COVID.

Project is an Eagle-level project that focuses on conservation, but also requires scouts to do



His mom, Kristi, is a UCF member.

independent research on their topic. For his research, Ryan has organized weekly beach cleanups of Radio Island Beach since August. In total, volunteers and contestants of the Trash Trawl have invested over 1,200 hours in this effort.

Ryan learned that marine debris was an issue in Carteret County when he attended a Commissioners' meeting for a merit badge. He decided to do something about the problem and came up with this idea for the event. Although only one team could win the coveted Golden Starfish trophy, the earth won with this event!

Ryan isn't finished yet though—To complete the requirements for the award, he has one final project to lead. In May, he will be supervising the planting of thousands of marsh grass plugs to help stabilize the living shoreline at Carteret Community College. If you're interested in being a part of this, please contact him.

Adult Religious Education Events

YOGA—Wednesdays at 9AM with Harriet Altman

MEDITATION—Mondays at 6:15PM with Kate Reavis

The Sum of Us:

What Racism Costs Everyone and How We Can Prosper Together

discussion groups are meeting twice a month with participants leading chapters on various aspects of racism. Groups meet on Thursdays at 12:30PM and Saturday mornings at 9AM. Please contact Penny Hooper, Sally Davis, or Liz Morningstar for more information.

Articulating Your UU Faith—5 sessions led by Rev. Sally White throughout May. Time will be determined by participants.

Spring **Thoughtful Gatherings** have begun! The theme will be "Vital Signs, Reconnecting, and New Life"



Rev. Sally will conduct a brief tutorial on hosting Zoom meetings. Please contact her if you are interested!



UCF BOOK GROUP



For our May discussion the UCF book group has chosen, <u>Hungry Mother Creek</u>, a book by local eastern North Carolina author, Heather Cobham.

The book is set in Oriental where Cobham lives. Here is a teaser for you from Amazon: "To the outside world, it looks like Maya Somers lost everything in Hurricane Katrina, her husband, the bungalow they shared and her job. But inside Maya knows Katrina gave her the gift of a fresh start. She and her yellow lab, Doodle Bug, leave the destruction of the Gulf Coast for North Carolina and settle in Oriental, a quaint fishing village on the Pamlico Sound."

We will meet on Saturday, May 15 at 11:00 a.m. in Pat Harms' beautiful backyard by Calico Creek, weather permitting. If it's cold or rainy, we will meet via Zoom. In June, we will be discussing *Transcendent Kingdom* by Yaa Gyasi, a deeply layered novel about a Ghanaian family in Alabama. Feel free to join us for any or all of our discussions. To learn more about our UCF book group, contact Susan Roberts (landfall2@mindspring.com or 843-217-1885).

Anti-Racism Action Meeting – Sunday, March 21, 2021 TOGETHER—We can eliminate racism!

Several UCF and community members have participated in classes, book discussions, and film discussions on anti-racism over the last year. On March 21 the Social Action and Adult Religious Education Committees invited the congregation to brainstorm ways we, both as individuals and as a fellowship, could put into action some of the anti-racism ideas we have studied. Penny Hooper led the brainstorming session...

Penny Hooper facilitated the meeting. Brainstormed below are ideas of ways to address racism:

We have an active NAACP group in our county – more people could attend

Voting issues: work on Get Out the Vote, Voter Registration, and redistricting

Partner with LWV on redistricting education

- Citizens for Diversity in Education work with Superintendent and school administration to encourage diversity in the schools several people in our congregation are already in this group
- Get more involved in fighting against racism towards those of Asian extraction

Have a social media presence on anti-racism

Continue our musical connections with Black churches – possibly host NAACP gospel festival

Reconnect with Sinai congregation

Do another fundraiser for the NAACP Scholarship Fund for this year – Perhaps do a raffle

Make a commitment to hold ourselves and others accountable when racism occurs – "an ouch and an oops"

- Look into the group Showing up for Racial Justice (SURJ) White people who are allies in the fight may not be taking charge <u>https://www.showingupforracialjustice.org/</u>
- Help with housing for poor people, especially in Latinx who live in terrible housing explore possibilities in this area Land Use Planning in Beaufort?
- Helping provide food to Latinx people who are afraid to go to food banks because they may be asked for papers. Food Waste and Recovery is working on this.
- Increase minimum wage a living wage. Many people cannot afford housing.

Contact our representatives in Washington about this.

Encourage expansion of Medicaid in NC – contact our representative in Raleigh

Spread the word that anyone who qualifies for unemployment insurance can qualify for ACA insurance for 2021, no matter what their income.

Immigrant families can apply for ACA insurance for members of the family who have legal status. Anyone in the family who is not applying for health insurance will not be asked about their immigration status

Reparations - what would this look like?

- Bystander training how to be an effective bystander
- Read "The Sum of Us" by Heather McGhee economic impact of racism
 - The ARRG is reading this now. Penny is ordering books at the half-price bookstore.

Discussion: What would you do in a situation like watching George Floyd's killing?

Make sure that people understand how systemic racism is and how many areas it affects

Partner with League of Women Voters and Interfaith Power and Light in efforts on redistricting and voter rights. How do we share this information with people of color? NAACP and partnering with Black churches?

Bring our anti-racism discussions into the community – panel discussion, open to the public and advertised widely. BLM group did this last summer – need to do it again. We could support this effort possibly in Zoom meetings.

Liz suggested that we need to focus on two or three of these ideas and not spread ourselves too thin.

It was decided to send out a survey to the congregation to ask what areas of anti-racism they would like to focus on. Liz, Barb, Susan and Amy will work on this. Amy mentioned that the book that many of us have, Widening the Circle, has a tool to find out where the congregation is on racism.

We will send the survey to Lela Faye as well as who can fill it out and also share with St. Andrews congregation if she wishes.

Sarah agreed that we will hold off for now on a statement of Conscience and continue to educate the congregation on this topic. We will still plan to put out an SOC in the future. We also decided to do the survey first, then decide which actions to carry out based on the survey results. Then perhaps we could consider doing a community forum.

Meeting adjourned.



Board of Trustees Business

- ⇒ The Board is working closely on the logistics of the Constructive Conversations with the Congregation.
- ⇒ The Board is continuing to work with the New Building Team as construction proceeds. Currently, the old sanctuary building is undergoing the safe removal of the asbestos siding and asbestos flooring. The building must be free of asbestos before demolition can proceed.
- ⇒ The Board helped the Green Sanctuary Committee finalize the paperwork for the Volkswagen Grant for electric car charging stations.
- \Rightarrow The Board has assisted the Finance Committee for next year's operating budget.
- ⇒ The Board has proposed the parameters of a Staffing Committee Policy and will be overseeing its creation with the help of the Staffing Committee itself.
- ⇒ The Board has proposed the parameters of a policy for governing the Staff. The Board has sought the Staffing Committee's wisdom and guidance on the protocols of this policy.
- \Rightarrow The Board is preparing the agenda and ballot for our upcoming Annual Meeting.

Interim Minister Search Committee Business

The Interim Minister Search Committee completed our profile and submitted it to the Transitions Office on April 7th. On April 8th, the profiles were opened to this year's applicants. Currently, the Committee awaits the release of the list of applicants who wish to apply for our position. That list will be sent to us on Monday, May 3rd, along with their information and sample sermons. After that, we will have a chance to evaluate and interact with them. On Monday, May 17th, the Committee will formally rank our applicants and submit that ranking to the Transitions Office.

Pastoral Care Tip for April

As we move into being together in person, some of us may experience sensory overload from being in the physical presence of multiple people. We recommend gradually increasing social interaction while paying attention to your individual needs and physical responses. And – if you are feeling overwhelmed – meditation can be a helpful way to restore balance. The UCF meditation group meets every Monday evening on Zoom (check-in and discussion at 6:15; meditation begins at 6:30). For more information and the Zoom link, please contact facilitator Kate Reavis at 910-358-2034 or <u>katereavis@yahoo.com</u>.

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, and hold your concerns in strict confidentiality.

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Sun	Mon	Tues	Wed	Thu	Fri	Sat
		CINC	De Mayo Yoga 9AM		7	1
2 Worship Service 10:30AM	3 Annual Mtg. Agenda Items Due Meditation 6:15PM	4	Women's Discussion12:30PM Mental Health Family Support 2:30PM	6 Leadership Council 10AM	7 New Website Team 1:15PM	8
9 Worship Service 10:30AM Mother's Day	10 Meditation 6:15PM	11 ARRG The 3 Mothers 12:30PM	12 Yoga 9AM Mental Health Family Support Group 2:30PM	13 Social Action Committee 10AM Anti-Racist Reading Group 12:30PM	14 New Website Team 1:15PM	15 UCF Book Club 11AM
16 Worship Service 10:30AM	17 Meditation 6:15PM	18	19 Yoga 9AM Mental Health Family Support Group 2:30PM	20 ARE Committee Meeting 4PM	21 New Website Team 1:15PM	22
23 Worship Service 10:30AM	24 Meditation 6:15PM	25	26 Yoga 9AM Mental Health Family Support Group 2:30PM	27	28 New Website Team 1:15PM	29
30 Worship Service 10:30AM	31 Meditation Memorial Day					

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