

JUNE 2021

OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC



June Reflections from Sally

Most days, a couple of times a day I scroll through my Facebook feed – finding funny posts and memes to share, watching a couple of awww-inducing animal videos, and catching up with friends near and far.

As of July 1, my Facebook feed will be much different.

Professional ethics and my commitment to the ministry of this congregation demand that I “unfriend” every member and friend of UCF when our ministry together ends on June 30. I will withdraw from all UCF email lists and groups and conversations. My sermons will come down off the UCF website.

This will create the clear break for each of us to really “get it” – that I will no longer be your minister.

That the future of UCF’s ministry will unfold in new directions, in new ways – without me.

This will make time for grieving what is ending.

And, this will make space for wholeheartedly preparing to greet what is beginning: new ministry partnerships with the Interim minister who will join you in September and, down the road, with a new called and settled minister.

An expanding ministry in your new building.

A strategic plan that will give shape to your hopes and dreams for growth.

This will not be easy. But it is necessary. For closure. For healing. For health. For the wholeness and the integrity in which growth is rooted. For me. For you, and for your ministry.

Blessings, always,

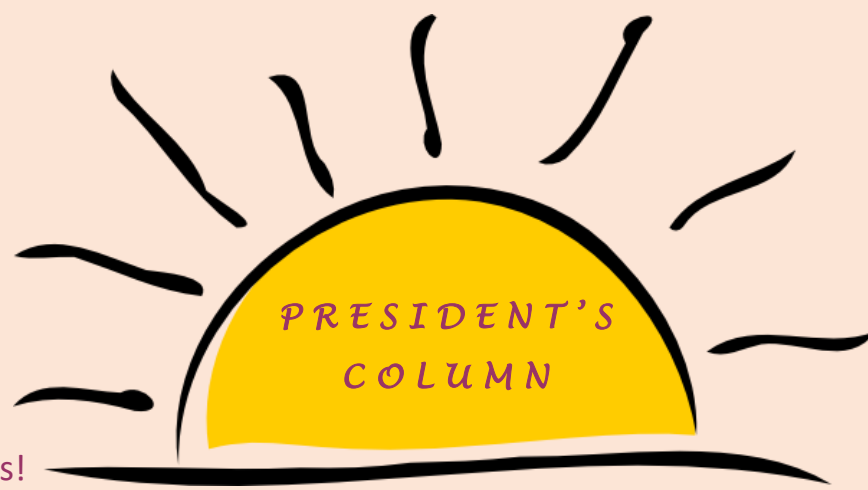
Sally

OUR VISION STATEMENT

Our congregation’s vision is to be a visible presence in the community, growing a just world through spiritual enrichment, compassionate action, and free religious inquiry.

A WELCOMING CONGREGATION

We are an intentionally diverse community welcoming of an enriched by people of varying cultures, economic and ethnic backgrounds; by people of varying sexual orientations, gender identities and family compositions; by people of all races, ages and beliefs.



Happy June, My Friends!

As we have looked ahead to a new church home and all the opportunities for organic growth it presents, a strategic planning effort has taken shape to help us achieve our goal of a vibrant and diverse congregation that will last for generations. It began with an acknowledgement that the voices of every member of the congregation had to be solicited before plans were made; and that leadership and staff would be dedicated to formulating plans for the future that reflected the values presented by those voices. Many of you recently participated in the Constructive Conversations with the Congregation focus groups where your voices actually became the basis for future strategic planning efforts. Many, many thanks for being part of that process! Facilitators of these focus groups reflected on their excitement in witnessing the commitment participants have to UCF's future and the treasure trove of ideas our congregants have to strengthen our church and our contribution to the larger community. Every one of our standing committees are populated with dedicated and hard-working members with ideas, but the addition of the focus groups' contributions added many layers to current thoughts generated in the course of regular committee work.

What comes next after listening to the congregation? Each of the facilitators will create a Sourcebook to document the strategic planning journey. Questions will be addressed, such as: What values do the congregation hold dear? What does the congregation want our community to achieve? What can be planned to help the congregation be successful in reaching their dreams? What plans are possible? How did those plans work? Do we need to do something completely different or just tweak what we've been doing? Etc....etc. The Sourcebook will be a place to review congregational values, to suggest solutions, and to evaluate success. In early July, leadership and staff will meet to review all of the Sourcebooks and begin the work of achieving the successes that are important to you as a congregant of our wonderful UCF.

Will this strategic planning effort ever end? In a vibrant congregation, strategic planning never ends. The combined voices of every congregant and a commitment to listen to those voices is what maintains vibrancy; continuous and courageous evaluation and discussion is what keeps a congregation reaching for its potential.

All the best to you!

Melva

June Worship Services

10:30am Sunday mornings by Zoom

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

June 6: **Where I'm From.** In 1993, Poet Laureate George Ella Lyon created a list poem as a playful exercise. She listed items, expressions, even smells from her past. When she was finished, she realized this was an exercise that stirs deep feelings. Thus, she created the "Where I'm From" poetry project. Today, UCF members Sarah Sutherland, Marty Newcomb, Tom Wentworth, and Meganne Smith share their own original "Where I'm From" poems. As UCF moves forward into a new building and into the future, we all are meditating on where we come from and where we are going.

June 13: **How the Cellular Slime Mold Changed My Life.** Long before I knew myself to be a minister, I was a graduate student in developmental biology, studying cellular differentiation in the cellular slime mold. Looking back with the perspective of years and of ministry, I see themes and metaphors that shape my life, my sense of what is true, and my ministry. Today, I'd like to reflect with you on lessons I've learned from the cellular slime mold – and how they have changed my life!

June 20: **Our Living Tradition.** This morning, we reflect on a year of leadership, growth, and laying the groundwork for the future while practicing ministry across physical and social – but not spiritual – distance. As part of our service, we will covenant with our Board, and celebrate congregational leaders.

June 27: **Endings and Beginnings.** On this last Sunday of our ministry together, Rev. Sally will reflect on endings and beginnings; on the road we have traveled together and the roads that beckon us into divergent futures.

The Worship Committee meets the first Tuesday of each month.

Contact Marilyn Cullison at mscullison@gmail.com for more information.

INTRODUCTION OF THE INTERIM MINISTER



Hello everyone,

It is our pleasure to introduce **Reverend Michelle Ma**, our Interim Minister!
She will join us at UCF on September 1st.

Rev. Michelle was ordained in 2020 following graduation from the Pacific School of Religion in Berkeley, California. She has been living in Cleveland, Ohio where she served as an Intern Minister and the Summer Minister at West Shore UU Church in Cleveland. West Shore is a large congregation numbering 525. During that same period, Rev. Michelle also served as a Clinical Pastoral Education Resident at the Cleveland VA Medical Center where she currently counsels patients with mental health difficulties.

The Committee greatly enjoyed getting to know Rev. Michelle during our interview, particularly noting her deep interest in UCF and the people here. She was very impressed with our Fellowship and we with her.

We urge you to learn more about Rev. Michelle by going to her website at <https://www.revmichellema.com/>. There, you can even listen to some of her sermons.

All the best to you!

The Interim Minister Search Committee

Thank You to the Interim Minister Search Committee

The Board of Trustees sends huge thanks to the members of the Interim Minister Search Committee—Barb Thomas; Jo Ellen Essex; and Tom Cullison. Being part of the Committee required a large time commitment jammed into a short period of time, as well as the copious skill it took to present a profile of UCF that would excite applicants when they read it. The Committee achieved what they set out to do. UCF was one of 44 UU congregations seeking a minister and the applicant pool offered 42 sets of eyes to view our profile. Of those 42 applicants, 5 sought interviews with our Committee. Those interviews were arranged and the Committee ranked the 5 applicants as to their potential fit for UCF's interim minister. It turned out that the Committee's 1st choice also chose UCF as her 1st choice. Please join the Board in thanking the Interim Minister Search Committee for their service to the congregation.

Board of Trustees Business

- * Budget work
- * Preparation for the Annual Business Meeting on June 13th.
- * Helping to manage the various elements to prepare for groundbreaking on the new building.
- * Overseeing the strategic planning effort and preparing the standing committees and staff to facilitate focus groups.
- * Working on the bringing together the Staff Relations policy
- * Working with the Interim Minister Search Committee
- * Conducting contract negotiations and various other protocols in the hiring of the Interim Minister

June News from your New Building Team!

Last month I noted the contractor has begun to remove the old building. Really, no fooling, it should be gone by the time you read this June News. We've had about two weeks of wrinkles including an NC State asbestos permit. And of course there was that pesky gas shortage which caused our contractor to cancel sending heavy equipment to our site until a reasonable stable gas supply is possible.

We are now meeting in person in the Annex for our NBT meetings and, although several rooms are filled with 'stuff' for the Sanctuary; there are two rooms available for meetings. We are proceeding with the fence project. You may remember this was started in 2019. The permit request for this first building project started the avalanche of surveyors, lawyers, contractors, engineering firms and MHC Building Code/Permit officers paperwork. We even managed to get the NCDOT involved in our effort to do the best possible for UCF.

You all know the bell was sold and removed in the summer of 2019. But we've saved the brick sign along Bridges St. The contractor will make sure the sign is not removed and MHC is allowing us to keep the existing sidewalk on Bridges St, instead of spending a lot of money for new sidewalks.

We plan to show everyone a tour of sorts at the annual meeting. This will show a representation of how we expect the building to look with most furnishings installed. It will not be exact colors, appliance models, etc. It will give a good idea of how things are going to fit together. You don't want to miss this meeting.

Respectfully submitted,
Dan Phillips

SOCIAL ACTION COMMITTEE

AmexCan is an organization based in Greenville, NC that works to help Mexicans and Latinos in North Carolina. We have partnered with them in the past on efforts to help undocumented people in our area. They are currently running a campaign to collect new or gently used long sleeve t-shirts, hats and gloves for migrant workers.

The Food Waste and Recovery group (led by Daryl Walker) is helping to collect the t-shirts by setting up two Carteret County collection sites:

The Community Market - 606 Broad Street in Beaufort

Tienda Mexicana – 3011 Bridges St. in Morehead City (near Williams Hardware)

YOU CAN ALSO BRING YOUR DONATIONS TO THE BEACH CLEANUP AT FORT MACON ON JUNE 5TH (below)

The t-shirt, glove and hat collection at the two above sites will continue through August. Please check your closets and drawers and donate to this effort if you can!

LONG SLEEVE SHIRT DRIVE



During hot summers, migrant farmworkers are in need of long sleeve shirts to protect them from the sun, chemicals, and cuts. Support migrant farmworkers by donating shirts at the AMEXCAN office.



NC LATINO COVID-19
TASK FORCE



For more information, call: (252) 329-0593
or email: jrodriguez@amexcannnc.org



@AMEXCANNC



@AMEXCANNC



AMEXCAN.CAROLINA

UCF BEACH CLEANUP—JUNE 5

UCF Green Sanctuary and Social Action Committees with the support of Carteret Big Sweep will host a beach cleanup on Saturday, June 5, 2021 between 9:00am-11:00am at Ft. Macon swimming beach access. Please join us for a couple of hours to clean up the beach and get reacquainted with UCF friends!

All supplies will be provided by Carteret Big Sweep. Please bring hat, sturdy shoes, sunglasses, cellphone, suntan lotion, water in a reusable container and snacks. We will use the Clean Swell sweep to document our collection. If possible, please download the app before the event.

We will meet under the pavilion at the swimming beach entrance. The parking lot is the first right as you enter the park. There are bathrooms and shower facilities on the site.

Sign up by emailing Lauren Donnachie (lsdonnachie1@gmail.com)

We will also be collecting new and used long sleeve t-shirts for the Amexcan Shirt Drive.

Rain date: Saturday, June 12 at 9:00

CARTERET COUNTY HURRICANE PREPAREDNESS EXPO

SATURDAY | JUNE 5TH | 9AM-1PM

- RESOURCES ON HOW TO PREPARE YOUR HOME,
FINANCES AND MORE AHEAD OF THE STORM

- INFORMATION FROM ORGANIZATIONS WHO
AID POST STORM

DOOR PRIZES AND MORE!!!!

DRIVE - THRU
OLD K-MART PARKING LOT
4915 ARENDELL STREET
MOREHEAD CITY



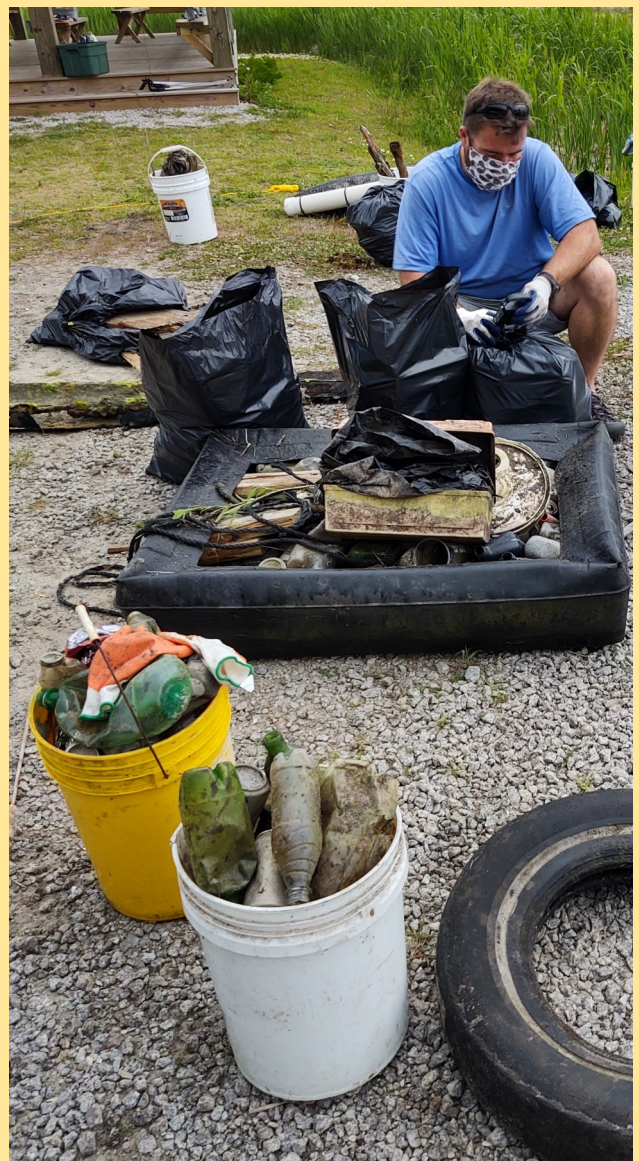
JUNE GREEN TIP

Those who live on the coast love our beautiful beaches and waterways. It's always heartbreaking to see our shorelines littered with trash, especially plastic and Styrofoam debris. Members of UCF often participate in events such as the Carteret County Trash Trawl that took place April 24 this year (organized by UCF's own Ryan Mroch, assisted by his family) and Big Sweep on April 17. These and other participatory events are ongoing. Visit <https://www.carteretcountync.gov/704/Big-Sweep> for information about Big Sweep's 2021 calendar; they hold monthly cleanup events. UCF also publicizes trash cleanup events during the year. It feels great to help keep our Crystal Coast lovely!

Carteret County Hurricane Preparedness Expo

After you've helped with the Fort Macon beach clean up, there is still time to participate in the Carteret County Hurricane Preparedness Expo on June 5 from 9:00-1:00.

This is a drive-thru event and will take place in the old K-Mart parking lot at 4915 Arendall Street, Morehead City. Please see the flyer to the left for more details.





Website Updaters Needed:

Have you seen the new UCF website? We think it is more inviting, exciting and easier to use.

And we want to keep it current and fresh!

Hilary Schultz and Barb Thomas are looking for two more people who are willing to help us with website updates. The website is done in WordPress and requires no special skills (like coding) to update. We will train you and provide support. It's relatively easy and not a time-consuming task. If you enjoy working on a computer and are willing to help, or if you want more information, please email or call Barb Thomas – bsthomas2@gmail.com or 252-422-1354.

June Nature Walk—June 18, 2021

UCF's Green Sanctuary and Adult RE Committees are pleased to announce a second 2021 spring nature hike, led by botanist and UCF member Tom Wentworth on Friday, June 18, 2021. We'll hike the Roosevelt Nature Trail in the Theodore Roosevelt Natural Area at the NC Aquarium in Pine Knoll Shores. The hike will begin at 9:00 AM and take about 2 hours, depending on how often we stop. The trail traverses one of the finest remnant tracts of maritime forest on the southeast Atlantic coast. According to Wikipedia, "The 1.5-mile (2.4 km) Roosevelt Nature Trail is accessed from [the] west end of the aquarium's parking lot, and aquarium admission is not required to use the trail. The out and back trail transverses a dune ridge, through an old growth maritime forest, and it takes hikers by sound-side and interior marshes." Please wear comfortable closed-toe shoes, and otherwise dress for the weather. Recommended comfort items include a water bottle, light snack, sunscreen, insect repellent, hat, and sunglasses. If you enjoy birdwatching and photography, don't forget to bring your binoculars and camera. A light daypack is recommended for carrying all your "stuff." Please bring an appropriate COVID-19 protective face mask; we'll decide as a group whether or not we wish to wear masks. **This trip is limited to 15 people, and you must pre-register for the trip, first come, first served.** Please contact Tom Wentworth if you wish to participate, or if you have questions about the trip, at tom_wentworth@ncsu.edu. Tom will provide more information about the meeting location, liability waiver, etc. Please join us for a fun experience at a unique and beautiful natural area!

ADULT RELIGIOUS EDUCATION EVENTS

"Articulating Your UU Faith," led by Rev. Sally White will be concluding Wednesday, June 2.

YOGA—Wednesdays at 9AM
with Harriet Altman

MEDITATION—Mondays at
6:15PM with Kate Reavis

As we build our anti-racism awareness, it is common to find ourselves in social situations with others who are sharing racist views or support racist policies.

How do we engage with these conversations?

Is it possible to interrupt racism?

This three-hour session will provide an opportunity to explore strategies for effective intervention and discussion. We will meet at 2900 Bridges Street on Saturday, June 12, at 9 a.m. until about 11. It is felt that meeting in person will be the most effective way to role play. Masks and social distancing will be up to the participants.

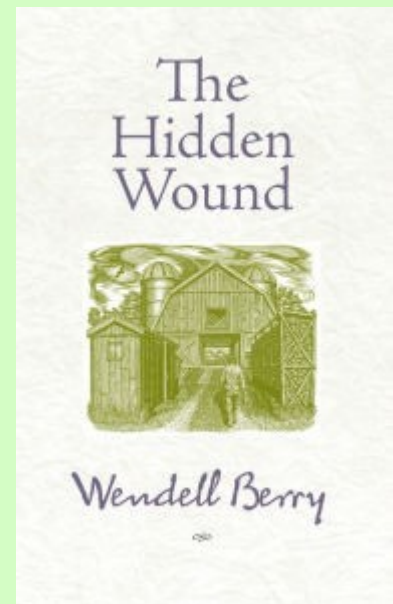
Come prepared to role-play!

Contact Liz Morgningstar for more information.

The Anti-Racist Reading Group will meet Thursday, June 10 at 12:30 on ZOOM.

We will be reading The Hidden Wound by Wendell Berry. Berry is an American novelist, poet, environmental activist, cultural critic, and farmer.

Amazon describes The Hidden Wound as "An impassioned, thoughtful, and fearless essay on the effects of racism on the American identity by one of the country's most humane literary voices. Through Berry's personal experience, he explains how remaining passive in the face of the struggle of racism further corrodes America's great potential. In a quiet and observant manner, Berry opens up about how his attempt to discuss racism is rooted in the hope that someday the historical wound will begin to heal."



UCF BOOK CLUB

For our June discussion the UCF book group has chosen **Transcendent Kingdom** by Yaa Gyasi, a deeply layered novel about a Ghanaian family living in Alabama. We will meet on Saturday, June 26 at 11:00 a.m. in Pat Harms' beautiful backyard by Calico Creek, weather permitting. If it's rainy, we will meet via Zoom. 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).

Children's Religious Education—June 2021

It's Summertime! Children are getting out of school and will experience a whole new summer with some children going to summer and sports camps as others will be working again and pretty sure they will be excited to have some spending money in their pocket or saving for college. The beaches are calling our names as we look for sea shells and little minnows or the big one that might get away. Going to the aquarium, taking hikes with Tom Wentworth and helping Ryan Mroch make a difference in our fragile ecosystem, all while making a difference in the world around us.

This month we will hear Janeen Grohsmeyer tell a story about our Sixth Principle, "We Should Build a Fair and Peaceful World".



Sixth Principle

We Should Build a Fair and Peaceful World

By: Janeen K. Grohsmeyer

Many years ago, in the land of Transylvania, in a mountain valley watered by quick running streams and shadowed by great forests of beech trees, there was a village of small wooden houses with dark-shingled roofs. The people in the village were of the Unitarian religion, and they wanted a church of their own. A church set on the hillside, they decided, looking down upon the village as a mother looks down upon her sleeping child.

So all the people of the village labored long and hard to build themselves a church. The stonemasons hammered sharp chisels to cut great blocks of gray stone, then set the stones into stout and sturdy walls. The glaziers made tiny glass panes and fitted them neatly into the windows with leaded lines. The foresters sawed tall beech trees into enormous beams and laid the trusses for the ceiling, then covered the roof with closefitting wooden shingles that wouldn't leak a drop of rain. The carpenters carved wood for the pair of wide-opening doors, setting them on strong pegs so the doors hung straight and square. A bell was brought from a faraway city, then hoisted by ropes with a *heave* and a *ho* to the top of the tower. The weavers wove fine cloths for the altar table, cloths embroidered with flowers and edged with lace. The smiths hammered black iron into tall lamp stands and hammered thin bronze into shining oil lamps.

Finally, when the building of the church was done, the painting of the church could begin. The painters mixed bright colors royal red and shimmering gold and brilliant blue and everyone in the village-old and young, women and men, boys and girls-came to decorate their church. They painted flowers. They painted trees. They painted designs around the windows and different designs around the doors.

And at the end of the day, when it was finished-when their church was finally done-all the people of the village stood back to admire it . . . and then to sing, a song of happiness and praise. Their village had a church now, a church set on the hillside, looking down upon the village as a mother looks down upon her sleeping child.

"We will eat now!" announced an elder of the village, because everyone was hungry after their long day's work. "And later tonight, we will come back to pray."

So the people of the village went down the hillside to their homes and their suppers, all except one little girl named Zora and her father, who stayed behind. They had brought their own bread and cheese.

They ate their food slowly, sitting on the grass on the hillside and admiring their new church with its strong stone walls, its tall tower, and its magnificent bell.

After they had eaten, they went back inside, opening those carved wooden doors to go into the gloriously painted sanctuary inside. "Oh, look, Father!" Zora cried, running from picture to picture, with her footsteps echoing off the stone walls. "See how pretty the church is!" She stopped in the center of church and twirled slowly around. "See how grand!"

"Yes, it is," said her father, looking around and nodding with pride. "Yes, it is."

"But Father," she said suddenly, "we have not finished!"

"What do you mean?"

"There are tall iron lamp stands all along the walls, but there are no lamps! The church will be dark when the people come back."

"Ah no, little one," said her father. "The light of the church comes from its people. You shall see!" He rang the bell to call the people to worship, then took his daughter by the hand and led her back outside. They waited on the grassy hillside, next to their beautiful church of strong gray stone.

The sun had set behind the mountains, and night was coming soon. Yet in the growing darkness, tiny points of light came from many directions and moved steadily up the hill.

"Each family is entrusted with a lamp, little one," her father explained. "Each family lights its own way here."

"Where is our family's lamp?"

"Your mother is carrying it. She will be here soon."

The many lights moved closer together, gathering into one moving stream, all headed the same way, growing larger and brighter all the time. Zora's mother arrived, bearing a burning oil lamp in her hands. The father lifted Zora so she could see their family's lamp high in its tall iron stand. All around the church, other families were doing the same. Soon the church was ablaze with light in every corner, for all the people of the village had gathered to pray and to sing.

All through the worship service, Zora watched the lights flicker and glow. She watched her family's lamp most of all. When the service was over, her father lifted her high. She took the shining bronze lamp from the lamp stand. Its curve sides were warm and smooth in her hands. Her mother carried the lamp home, with the flame lighting the way.

The lamp flame lit their house when they returned home. Zora washed her face and got ready for bed by the light of that flame. "Mother", Zora began, as she climbed into bed and lay down.

"Yes, little one?" her mother asked, tucking the red wool blanket around Zora's shoulders.

"Father said the light of the church comes from its people."

"Yes."

"But also, the people take their light from the church!" Over on the table by the fireplace, the shiny bronze lamp was still burning. "And we have that light every day."

"Yes, indeed," said her mother. "And even when we are not in church, even when the lamp is not lit, we carry the light of truth in our minds and the flame of love in our hearts to show us the right way to be. That light-the light from truth and love-will never go out."

"Never?" asked Zora.

"Never," said her mother. "And this bronze lamp will last for many, many years. When you are grown, we will give the bronze lamp to you, and when your children are grown, you will give the lamp to them, and all of you will carry it back and forth to church every time."

"But there is only one lamp," Zora said.

"So make another, and let the light grow. And someday, tell your children to make more lamps, too. And now goodnight," her mother said and kissed Zora once on this cheek and once on that cheek and once on the forehead. Zora closed her eyes and drifted into dreams, while her mother looked down upon her sleeping child.

The years passed; Zora grew. The bronze lamp came into her care. She kept it polished and clean, and when the bell rang out across the valley to call the people to worship, she carried the lamp back and forth to the church on the hillside, the flame always lighting her way. When the time came, she made more lamps and gave them to her children, who made more lamps and gave them to their children, and so it went on through the years, even until today.

And always, the light of truth and the flame of love from the Unitarian church on the hillside continued to grow and show them-and us-the way.

The End.

As our new church will be built this summer and fall, let us always carry the light of truth and the flame of love from our Unitarian Coastal Fellowship. Let us grow and find our way together through our words and action into the communities we live in and world around us.

Be well and have a wonderful start to your summer.

Women's Discussion Group

We have a special treat in store for our June Women's Discussion Group! Pat Harms has invited us to meet in person in her beautiful backyard next to Calico Creek, weather permitting. Bring your lunch, a folding chair if you have one and we will get together at 12:30 on Wednesday, June 2. (If the weather doesn't cooperate we will meet via zoom.) We have an interesting and perhaps challenging discussion question for June: **What do you have a special knack for?** Definitely food for thought. I can think of many things that I don't have a knack for! 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.

Pastoral Care Tip for June:

Even though COVID-19 is not a life-or-death threat now, since most of us have been vaccinated, it's still a good idea to strengthen your immune system to reinforce your body's defenses. You can make several lifestyle and dietary changes that will help your immune system, including:

- * Reduce your sugar intake; opt for fresh fruit which has phytonutrients,
- * Stay hydrated with 8-10 glasses of water daily,
- * Exercise regularly,
- * Get adequate sleep, consistently,
- * Manage your stress levels with journaling, meditation, yoga or whatever works for you.
- * Stay positive!

As always, the Pastoral Care Team is here if you need us



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.

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 Susan Roberts at 843-217-1885 or at landfall2@mindspring.com.



June 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Worship Committee 12PM	2 Yoga 9AM Women's Discussion Group 12:30PM Mental Health Family Support Group 2:30PM	3 Leadership Council 10AM	4	5 Ft. Macon Beach Cleanup 9AM Carteret County Hurricane Preparedness Expo 9AM
6 Worship Service 10:30AM	7 Guided Meditation 6:15PM	8 ARRG—The Three Mothers 12:30PM	9 Yoga 9AM	10 Anti-Racist Reading Group 12:30PM	11	12 Anti-Racism Discussion 9AM
13 Worship Service 10:30AM	14 Guided Meditation 6:15PM	15	16 Yoga 9AM	17	18 Nature Hike 9AM	19 Book Club 11AM  Juneteenth
20  Summer Solstice Worship Service 10:30AM  Father's Day	21 Guided Meditation 6:15PM	22	23 Yoga 9AM	24 Adult RE Committee 4PM	25	26
27 Worship Service 10:30AM	28 Guided Meditation 6:15PM	29	30 Yoga 9AM			

Board of Trustees:

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Newsletter: Jamie DeRose ucfofficeassistant@gmail.com



Contact us!

252-240-2283

UNITARIAN COASTAL FELLOWSHIP

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