



# OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC



## Reflections from Rev. Ma

I'm one of those people who has some trouble being still. Meditation did not come naturally to me. I had to learn to be silent. Given the choice, I prefer to be *doing* something rather than just *being*. But stillness is necessary sometimes—such as during a global pandemic that has forced us all into some version of isolation—and so I am still, when the situation calls for it.

In-between places, or liminal spaces if you want to use the technical term, are places of stillness. They're places of not-quite-going-anywhere. They're stairwells, doorways, airports, train platforms, doctors' waiting rooms. By their very nature, they tend to be uncomfortable. They're not places that are designed to be lived in. And yet, sometimes there are long waits. Sometimes the doctor is running behind or the flight is delayed.

In the limited time that I have been here, I sense a lot of forward energy in this congregation. A lot of big dreams, ideas, and hopes. It's part of the reason I was drawn here in the first place, was by the energy I could feel all the way in Ohio. And it's infectious: every time I hear a good idea—and I've heard a lot of them!—I want to spring forward, rally the troops, hand over whatever resources are necessary to get it done.

This kind of restlessness is often a sign of anxiety, both in individuals and in systems. It's quite normal; even aside from this transitional time in this congregation, the *world* is an anxious place right now. It would be strange if people *weren't* anxious. And when we're anxious, we tend to pace, clean, rearrange furniture, come up with contingency plans.

There's nothing wrong with that! They're great plans! I love these ideas! And: the interim period is a place for inward focus, for reflection. When you're not quite going anywhere yet is the time for the mind to wander.

*How did I get here? Why am I on this journey? What is this in service of?* It can be so easy to get caught up in the day-to-day minutiae, in the forward motion, that we can lose sight of what this is all means and what it's for. Melva, in her letter, invites us all into a wonderful moment of reflection, to remember what we're about.

To remember what matters to us.

To remember *why* we're doing the things that we're doing. I'm certainly guilty of having made some changes already, most noticeably to worship. I, too, have to take a deep breath and remember how I got here, why I'm on this journey, and what I'm supposed to be doing. My job is to assess the church as a whole, and I don't even have the full picture right now to assess.

And I'll never get the full picture, if bits and pieces of it keep changing! Waiting is an anxious time. I don't love it. But good things come out of stillness, too.

We'll get there.

~Blessings,

Rev. Michelle Ma

### 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.

# PRESIDENT'S COLUMN

Happy October my Friends:

As part of the Building Bridges Capital Campaign in the beginning of 2021, you had the opportunity to write down your hopes and dreams for UCF as part of returning your pledge card. I received your comments and shared them with the Board and the Leadership Council so they would be considered during strategic planning. At the same time, I saved the list to my files, for the sake of congregational history. Yesterday, going through my saved documents for another reason, I found that list and thought you would enjoy reading those comments now, and remembering what you said back then. Hopefully, reading them will help you remember why you decided to contribute so generously to the Campaign and also foster your continued courage as we face upcoming changes.

Common themes emerge in the list. For example, a good deal of the comments expressed your hope for growth in our numbers and in our diversity with comments like "I hope UCF will be a place where more diverse individuals will help the community grow spiritually and in number" and "I hope UCF will become a dynamic, generationally diverse congregation." Many of you voiced your hopes for a connection to children and young people with comments like "I want UCF to have a robust Children's RE program" and "I want UCF to have more young people." Some of you focused on practical matters like "I hope UCF will be financially secure." Still others hoped for more "variety in worship service topics and formats." Many responses focused on "not losing sight of our relationships with each other". You wanted "UCF to continue to be a warm, welcoming family in the larger community, inspiring us to be our best selves and reach out to each other;" and you said you wanted "UCF to be a caring community of people of all ages and backgrounds, who are accepting of all who seek connection." Finally, you expressed your hopes and dreams for UCF's presence in the larger community. Some of these comments were more general, such as "I hope UCF will continue to be a positive influence in the community" and "I hope UCF will continue to grow as a beacon of progressive thought, action, and spirituality." Others expressed their specific dreams for our new building, hoping it would be used for events in the larger community and for outreach. Still others expressed even more specific ideas, "I want UCF to have tutoring programs for the neighborhood children; a little free library; and study programs for adults and children." In summary, your hopes and dreams for UCF showed that you would find value in achieving growth in numbers and in diversity, in building greater connection between all members of the church community, and in expanding our reach into the larger community and bringing members of that community into our midst.

As our congregation faces the future, it will no doubt experience the discomfort inherent to making needed and wanted transitions. Moving into our new sanctuary building will be a really welcome transition however. We'll actually have a brick and mortar home again. Other transitions are yet to be proposed. Some will be the result of the ideas you contributed during the focus groups, still flowing through the committees to eventually materialize into initiatives, programs, and events.

Further, Rev. Michelle and the Transition Team are endeavoring to pin down our current identity and discover how best we can unify the congregation into our inherently forward-leaning personality. Getting this right will help us transition as we move into our new facilities and beyond. I know any change can be uncomfortable. Nevertheless, in the face of change, I hope you will find the courage and resilience that is part of being a UU and part of being a UCFer. It will help if you remember the hopes and dreams you voiced for UCF and that we are the only ones who can hold us back from achieving them.

All the best,  
Melva



# October 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



## **October 3: A Little Bit of UU History**

It's easier to know who we are and why we are the way we are when we know where we come from. Unitarian Universalism is, in some ways, a relatively young faith tradition--and yet, it has some very deep and long roots. Whether or not history is your jam, this sets the stage for this month's sermon series, which is all about the foundation Unitarian Universalism. If you're a longtime UU, this can be a good refresher; if you're a first-time visitor, then this is a good primer!

## **October 10: What We Talk About When We Talk About God**

Unitarian Universalists can really struggle with this word. Some UUs believe in God, or Goddess, or a Higher Power; some UUs have had quite enough of that word, thank you, and treasure a church where they don't hear that word every week. There are as many ways of talking about God as there are Unitarian Universalists. How do we talk about God? Is there any common ground?

## **October 17: What We Talk About When We Talk About Worship**

We gather for worship every Sunday morning, but what exactly is the purpose of worship? (Some UUs don't even like to call it worship, and instead use the words 'religious service' or 'assembly.') Why are we gathering? What happens when we come together?

## **October 24: What Do UUs Believe?**

Have you ever struggled to articulate what Unitarian Universalism is all about? Hopefully, by the end of this service, you'll have an "elevator pitch" that you can use to explain to people what Unitarian Universalism is all about. Hint: it's not the faith where you can believe anything you want. It's not that we don't believe in anything, either!

## **October 31: Samhain**

Samhain (pronounced Sau-ihn) is a thousand-year-old Gaelic holiday, also called the Celtic New Year. It is observed in many cultures and with a myriad of rituals. Samhain is a festival marking the end of the harvest and beginning of winter. It sometimes covers 3 days from October 31-November 2, and it may be related to All Saints Day, All Souls Day, and Halloween. We will examine several traditions honoring the dead souls as they return to bless their loved ones. Worship associates are Tom Wentworth, Linda Rudd, Mary Anna Newman, Holly Rogers, and Vicki Barrett.





# October News from your New Building Team

Lots of progress in the last month. If you have a chance to drive by the campus you'll see a beautiful blue shingled roof on the sanctuary that exactly matches the annex building. We are planning to match the siding in the three gable ends of the annex with that on the sanctuary. The 'look' of our campus will then have a unified architectural feel.

Siding and windows will be added early October, along with the exterior doors. The outside surrounding cement sidewalks will be poured and the columns on the porches installed to support the roof overhangs. So, you will soon be able to actually see what our beautiful church will look like! The New Building Team is getting excited and we hope you are too!

Inside, the FFC (Furnishing and Finishing Committee) has had several meetings with the decorator and have selected the exterior brick finish and siding colors. They have also created the pallet for the interior colors, as well as all the other items including chairs and the carpet for the stage, are nearing final approval.

The electric and audio visual system wiring, and the rough in plumbing are scheduled to be completed by the time you receive this newsletter. The HVAC duct work and insulating of walls will be starting soon.

We have reworked the design of the audio and visual system and placement of the screen. The Worship Committee and NBT has elected to put a solid, white wall with a special audio visual screen paint in the center of the sanctuary instead of hanging screens from the ceiling. This will provide for better viewing because of the increased distance between the front rows of chairs and the projected images. The FFC is working on the designs for the exterior of the bump out.

As always, construction issues turn up that are worked out between the NBT and contractor, and that's the main reason for the NBT to lead the way. Fortunately, Smithson is very cooperative, helpful and problem solving focused when issues come up. So far, this is one well-built church!

Respectfully submitted,  
New Building Team



## **Board of Trustees Business:**

Staffing Committee completed the Staff Relations Policy and it was accepted unanimously by the Board.

Staffing Committee created a Staff Manual and it was accepted unanimously by the Board.

The Board planned the parameters of the Building Safety Policy and is currently composing the particulars of that policy.

## **TRANSITION TEAM: UCF**

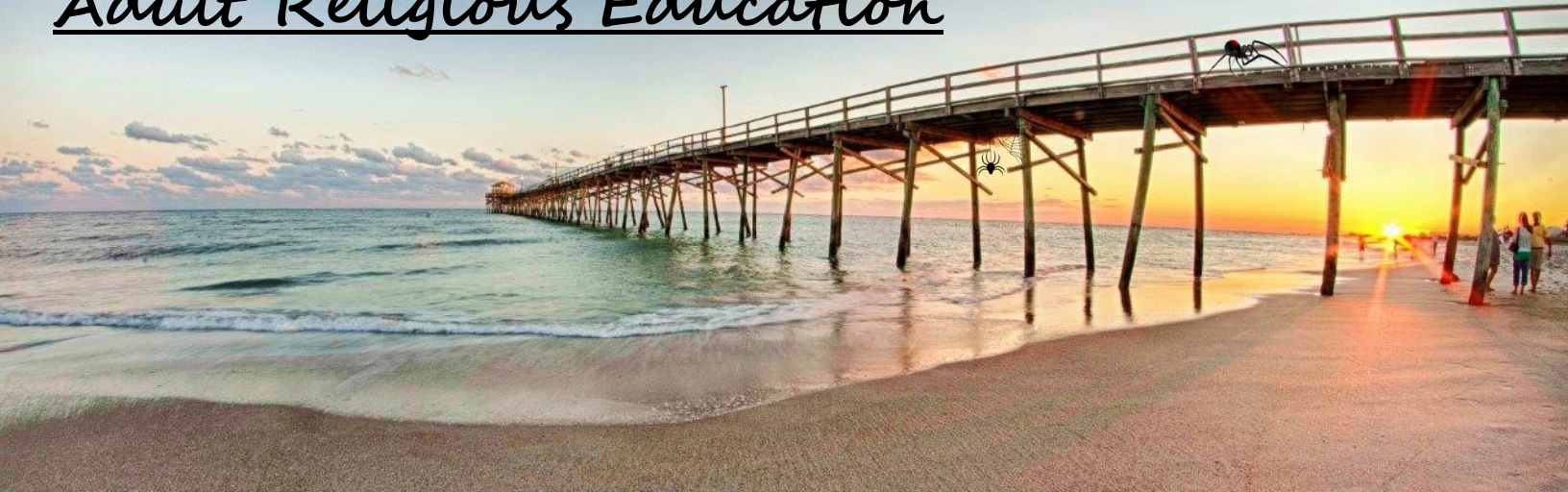
### **WEBSITE TIP OF THE MONTH**

Have you heard about our Transition Team? This group is working with Rev. Michelle to help us make a smooth transition from Rev. Sally to our interim minister to a new settled minister in two years.

Their work will be chronicled in a blog on our website.

To keep up with what they are doing and who is on the team, check out the blog here: <https://ucfnc.org/category/transition-team-news/>.

# Adult Religious Education



## The Game Changers Film Discussion

The **Adult RE Committee** is hosting a discussion of the film **The Game Changers** on Wednesday October 27, 2021. This film discusses the benefits of a plant-based diet, particularly for athletes. The movie is available for viewing on **Netflix**, and lists James Cameron, Arnold Schwarzenegger, Jackie Chan and Novak Djokovic as Executive Producers. The website [gamechangersmovie.com](http://gamechangersmovie.com) has many resources available including recipes. Check it out!

**Please view the movie before the discussion. If you do not have access to Netflix, please contact Holly Rogers at 509-607-2055.**

RSVP early for the discussion to [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com) to receive an easy plant-based breakfast recipe (or any other recipe I have!).

In June, we had a service based on the poetry project called "Where I'm From."

In this project, people write a poem modeled after George Ella Lyon's poem, and they consider images, expressions and memories from their own past. For Adult RE on October 13, we will host a time in which Meganne Smith will guide you on meditating about your own past and planning and writing your own "Where I'm From" poem.

**Yoga**

Wednesdays at 9AM

## Meditation

Adult RE is pleased to announce that the weekly meditation class began on Monday, September 20, at 6:30 pm by Zoom. The site will open at 6:15. The sessions will be guided by either Holly Rogers, Daryl Walker, Virginia Woodhead, or Vicki Barrett. Vicki was our meditation group leader for several years before she moved away. Virginia is a longtime meditation leader. Daryl and Holly are meditators from our own UCF fellowship. We are looking forward to experiencing a variety of meditation styles.

Please contact Sally Davis at [sdavis8772@gmail.com](mailto:sdavis8772@gmail.com) for more information.

Recurring Zoom link: <https://us02web.zoom.us/j/83509989761>.



# Children's Religious Education

**Hi everyone!**

We are excited to have Rev. Michelle Ma here with us at our church as our interim minister and she is excited to learn more about coastal living in North Carolina.

***An invitation to all parents and children:***

*Reverend Michelle would like to meet all of the parents and children of our fellowship*

*and say hello, so we are planning a **Meet and Greet Picnic Lunch on Sunday, October 10<sup>th</sup> at 12:30 at Shevans Park, 1501 Evans Street in Morehead City.** We will be providing a variety of subs from Jersey Mike's, chips, cookies, beverages, plates, napkins, cups and silverware. If you would like to have other picnic items for your family, please bring them along. Masks are encouraged. If it is raining, we will reschedule for a later date. If you have any questions, please email Sarah Sutherland at [ucf.re.sarah@gmail.com](mailto:ucf.re.sarah@gmail.com). We hope to see you on the 10<sup>th</sup>.*



This month is our third of a seven-part series of our UU History and how we came to be. Last month we hear about John Murray coming to America and how he decided to preach again and to let his light shine. This month we will learn about the Flower Communion that we care deeply about in our Fellowship.

## The Flower Communion – 1923

### A Plain and Simple Beauty

By: Janeen K. Grohsmeyer

In the city of Prague, in the land of Czechoslovakia, in the year nineteen hundred and twenty-three, a time between the two World Wars, there was a church, but the building did not look much like a church. Some churches have towers with bells that ring out over the land. Some churches have tall spires that reach to the sky. Some churches have massive doors of carved wood, or enormous windows of stained glass with colored light shining through. Some churches have great organs with hundreds of pipes, from small ones like drinking straws to huge ones that touch the ceiling. Some churches have statues or pictures or candles or chalices.

This church had none of those things. It had no bells, no spires, no stained-glass windows. It had no organ to make beautiful music. It didn't even have a piano. It had no carvings of wood or statues of stone. It had no candles or chalices. It had no flowers.

The church did have some things. It had four walls and a ceiling and a floor. It had a door and a few windows. It had some hard wooden chairs. But that was all, plain and simple.

Except . . . the church also had people who came to it every Sunday, and they were the most important part of the church of all. Because without people, a church-any church-is just a building, no matter how tall its spires, or how loud its bells.

"We have a plain and simple church," the people declared, "because we are plain and simple people. We need nothing more."



The church also had one other very important thing. It had a minister, and his name was Norbert Čapek (pronounced CHAH-peck). He had been the minister at the plain and simple church for two years. Every Sunday, Minister Čapek went to church, and he spoke to the people while they listened, sitting quiet and still in those hard wooden chairs. When he was done speaking, the people talked a little bit among themselves, and then they went home. And that was all-no music, no candles, no food. Not even coffee or doughnuts.

Minister Čapek had wondered, sometimes, if there might be something-perhaps just a little bit of something more. He wrote some songs, and the people sang them, but nothing else came to his mind, so the church went on, as plain and simple as before.

Springtime came to the city of Prague, in the land of Czechoslovakia, in the year nineteen hundred and twenty-three, and Norbert Čapek went for a stroll. The rains had come, the birds were singing, and flowers were blooming all over the land. The world was beautiful. Then an idea came to him, simple and clear, plain as the day. The next Sunday, he asked all the people of the church to bring a flower or a budding branch, or even a twig. Each person was to bring one.

"What kind?" they asked. "What color? What size?"

"You choose," he said. "Each of you choose what you like."

And so, on the next Sunday, which was the first day of summer, the people came with flowers of all different colors and sizes and kinds. There were yellow daisies and red roses. There were white lilies and blue asters, dark-eyed pansies and light green leaves. Pink and purple, orange and gold-there were all those colors and more. Flowers filled all the vases; the church wasn't so plain and simple anymore.

Minister Čapek spoke to the people while they listened, sitting quiet and still in those hard wooden chairs. "These flowers are like ourselves," he said. "Different colors, different shapes, and different sizes, each needing different kinds of care-but each beautiful, each important and special, in its own way."

When he was done speaking, the people talked a little bit among themselves, and then they each chose a different flower from the vases before they went home. And that was all-and it was beautiful, plain and simple as the day.



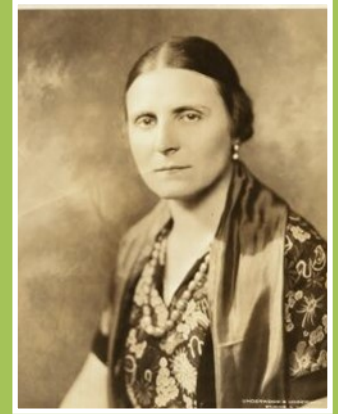
### More About the Flower Communion (adapted by Sarah Sutherland)

Norbert Čapek is featured in Sessions 28 and 29 or *Around the Church, Around the Year*. The hymnal *Singing the Living Tradition* contains three of his hymns (No. 8 "Mother Spirit, Father Spirit", No. 28, "View the Starry Realm" and No. 78, "Color and Fragrance") and two readings (No. 723, "The Flower Communion Prayer" and No. 724, "Consecration of the Flowers").

Čapek was born in 1870 in Bohemia, which was part of the Austro-Hungarian Empire. He was raised in the Roman Catholic faith but converted to the Baptist faith at the age of eighteen. He became a minister and a missionary and was very active in that religion. As World War I began, he feared arrest by the Austrian authorities for his nationalistic and anti-Catholic writings, so he moved with his wife Marie and their eight children to the United States in 1914. He continued his ministerial work as pastor of the First Slovak Baptist Church and others and was widowed soon after arriving in the U.S. In 1917 he married another Czech expatriate, Mája Oktavec in 1917. In 1919 he resigned as a Baptist minister, having decided that he could no longer in good conscience be a Baptist.

In 1921, he and his wife, Mája (left), and their children joined the First Unitarian Church of Essex County in New Jersey. Six months later the Čapek family left for their native land of Bohemia which had become a part of Czechoslovakia after the war. There they started a Unitarian church, with Norbert and, after 1926, Mája as ordained ministers. Twenty years later, it was the largest Unitarian church in the world, with over thirty-two hundred members.

However, war came once again. Norbert and his daughter were arrested in 1941 by the Gestapo and they confiscated his books and sermons. He spent a year in prison, then was sent to the concentration camp at Dachau. He died in 1942 at Hartheim Castle in Austria, poisoned by gas. Mája had gone to the United State in 1939 to help raise funds for the refugee program that was sponsored by the Unitarians and the Friends (Quakers). She learned of her husband's death after the war was over. She stayed in the United States for the duration of the war, serving as a Unitarian minister in New Bedford, Massachusetts for three years. From 1944 to 1950 she worked for the United Nations Relief and Rehabilitation Agency, helping displaced persons settle in Yugoslavia, Egypt and Palestine. She died in 1966.



The End.



## Joys & Sorrows



Dr. Ronald Verdell Harms, 91, of Morehead City, passed away on Tuesday, September 14, 2021.

A private graveside service was held on Sunday, September 19, 2021 at Greenwood Cemetery in Morehead City.

Ron was born on May 6, 1930 to Thomas and Alice Saupe Harms in Archer, Iowa. He gained a lifelong love for natural history and the outdoors growing up hunting and fishing on the Harms Family Farm. In high school he excelled at baseball and basketball, and was guard on the Archer basketball team that went to substate. He attended the University of Iowa for undergraduate and dental school, earning his DDS in 1954. In college he met his wife-to-be, Patricia Templeton, at a church group softball game and was impressed with her glove work. He got her attention by tossing a ball at her, hitting her, apologizing, and asking her

out for a date. After graduating he served 2 years in the US Navy as a Lieutenant and dentist on the USS Staten Island ice breaker on missions supplying the Distant Early Warning Line in the Arctic and the Ellsworth Station in the Antarctic. In 1956 they settled in Laurens, Iowa, where Ron practiced dentistry for nearly 40 years (he was known for giving out sugarless Trident gum for Halloween), Pat was librarian, and they raised two children. He planted trees throughout his lifetime, including many of the trees on the Laurens golf course, and planted a live oak tree in his back yard this summer, because it is never too late to plant a tree. His hobbies included fishing, hunting, canoeing, hunting Native American artifacts at the Potato Farm, birding, bird banding, lepidoptery, and prairie plants. He instilled his love of nature in his children, both of whom work in conservation-related fields. He had a passion for sharing his knowledge of wildlife with children and any willing adult listener.

Ron and Pat spent much time driving back and forth between Iowa and Norfolk, Connecticut, to spend time with their grandchildren as they grew up, and then moved to Morehead City in 2009 following retirement. They found a dream house on Calico Creek with a beautiful back yard for birding and a dock for fishing.

He is survived by his much loved, talented, and beautiful wife of 67 years, Patricia Templeton Harms; children, Shelley Harms (David Torrey) and Craig Harms; grandchildren, Daniel Torrey and Meredith Torrey; niece, Denise Swartz; and nephews, Kent, Leon, and Joel Wilkens.

Ron was preceded in death by parents, Thomas and Alice Harms, and sisters, Dorothy McIntosh and Arlin Wilkens.



## October Green Tip

### Plastic Free By The Sea

By now you're probably heard about the heartbreaking amount of plastic floating in our oceans and freshwaters. The statistics are appalling: over 100,000 sea birds and 1 million marine animals die from plastic pollution yearly. The Pacific Gyre, also known as the Great Pacific Garbage Patch, is a huge floating collection of plastic trash larger than the state of Texas (<https://www.condorferries.co.uk/plastic-in-the-ocean-statistics>).

What can we do? Many of us are trying to phase out our purchase and use of plastic packaging, but it's tough. Local organizations such as Plastic Free By The Sea are working toward addressing this problem through the **Ocean Friendly Establishment program**, which is co-sponsored by Coastal Carolina Riverwatch and Plastic Free by the Sea. You can learn more at <http://coastalcarolinariverwatch.org/ofe/>.

Image source: <https://canva-photo-of-plastic-bottles-MADyQ0vzqKo>

In the next several months, the Pastoral Care Team will be bringing you tips for **Good Brain Habits**. Here's this month's:

Thinking about grudges, resentments and negative thoughts won't just keep you feeling pessimistic; **it has been linked to a decline in cognition and memory** in people 55 and over, according to the journal of Alzheimer's and Dementia.

People who dwelled on negativity had more amyloid and tau deposits in their brain, markers for Alzheimer's disease.

The next time you're thinking negatively:

- \* List five things that you're grateful for and focus on them, write them down and read the list aloud several times a day.
- \* Take deep belly breaths, making each breath slower and longer.
- \* Shake up your usual routine by switching things around and adding something fun to your day. Or start a morning routine that keeps you feeling steady and/or good about yourself.
- \* Change your focus by noticing the environment around you. What is beautiful, peaceful or precious right in front of you?
- \* Have a negative thought? Step back from it a little, acknowledge it and tell it good-bye!





# Continuing UCF's Tradition of Holiday Giving

## October 5<sup>th</sup> Sunday Collection

The year 2021 continues to have significant challenges related to the COVID-19 pandemic. There are existing and emerging variants that may spread more easily and cause more severe symptoms particularly in those who are unvaccinated. The COVID-19 pandemic also continues to expose long-standing inequities across our country putting marginalized and vulnerable communities in extremely difficult situations.

Although we will pause our traditions of gathering in person again this year 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, 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 Justice team will work with these organizations to adopt children and families through Project Christmas Cheer and provide holiday gift bags with Wal-Mart gift certificates for the men and women at Hope Mission Recovery Homes and the Beach House, a Day Center for those with severe and persistent mental illness. We will also provide refreshments for a holiday party and gift bags for the people attending Station Club, which offers vocational programs for adults with intellectual and developmental disabilities. Thanks to the continued support of the Twisted Sisters needlework group, every holiday gift bag will have hand-knitted items for participants of each of these organizations.

In past years, Project Christmas Cheer and the Holiday Gift Bags were two different collections. Like last year, we are combining these collections and are accepting donations the entire month of October (a month with 5 Sundays) for both of these causes. If your personal situation allows, please give as generously as you can during the month of October as all non-pledge and non-capital fund offerings received during this month will be used to support these UCF traditions of Holiday giving. **During these times with so many uncertainties, one thing that is constant is the generosity of UCF members and friends.**

You can donate in the usual ways: mail a check to UCF Treasurer at PO Box 425, Morehead City, 28557 (put 5<sup>th</sup> 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 (<https://www.ucfnc.org/>) and select "5<sup>th</sup> Sunday".

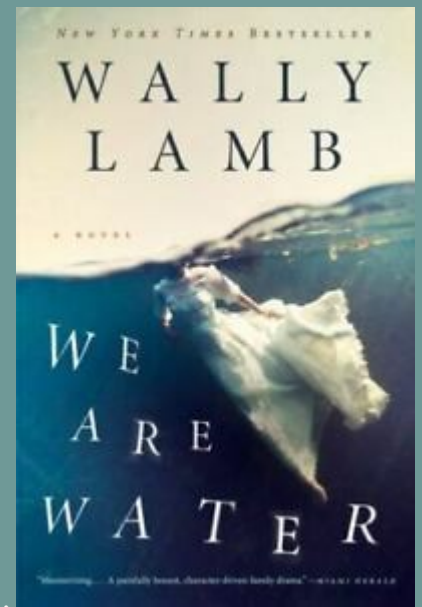
Thank you in advance for your donations.





The **UCF Book Group** has chosen We are Water by Wally Lamb for our October discussion. We are Water is described by Goodreads as "an intricate and layered portrait of marriage, family, and the inexorable need for understanding and connection." We will be meeting on Saturday, October 16 at 11:00 a.m. in Pat Harm's beautiful backyard, weather permitting. We'll have zoom as a backup.

Our November selection is The Sweetness of Water by Nathan Harris. Feel free to join us for any or all of our discussions. We would love to have you. To learn more about our UCF book group, contact Susan Roberts ([landfall2@mindspring.com](mailto:landfall2@mindspring.com) or 843-217-1885).



The **Women's Discussion Group** will now be meeting on the second Monday of each month. Our October meeting will be Monday, October 11 at 12:30. We will be getting together on zoom, so bring your lunch and fire up your computer and join us. Our discussion topic for October is What life-changing event or person have you had in your life? Definitely food for thought. I hope you can join us and I look forward to hearing your stories.

If you would like more information about the Women's Discussion Group or would like to be added to our email list, contact Susan Roberts at [landfall2@mindspring.com](mailto:landfall2@mindspring.com) or 843-217-1885.



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 being held on Zoom on Wednesday afternoons from 2:30 to 4:00. If you would like to join these meetings or would like more information, please contact Susan Roberts at 843-217-1885 or at [landfall2@mindspring.com](mailto:landfall2@mindspring.com)

## Let's Share!

Do you need to spread information on the UCF Facebook page?  
Want to get the word out about events in the area?  
Are you in need of specific services?

If you would like anything to be posted on our Facebook page, please send your information to [ucfofficeassistant@gmail.com](mailto:ucfofficeassistant@gmail.com)

Link to page: [www.facebook.com/UnitarianCoastalFellowship/](https://www.facebook.com/UnitarianCoastalFellowship/)



october



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 
3 Worship Service 10:30AM	4  Guided Meditation 6:30 PM	5 Leadership Council Meeting 10AM  Worship Committee 12PM	6 Yoga 9AM Mental Health Family Support Group 2:30PM	7  New Building Team 2PM	8	9
10 Worship Service 10:30AM  Meet & Greet Picnic 12:30PM	11 Women's Discussion Group 12:30PM  Guided Meditation 6:30 PM	12 Board of Trustees 7PM	13 Yoga 9AM Mental Health Family Support Group 2:30PM "Where I'm From" 6PM	14  New Building Team 2PM	15 Green Sanctuary 10AM	16 Book Club 11AM
17 Worship Service 10:30AM	18  Guided Meditation 6:30 PM	19 Finance Committee 9AM	20 Yoga 9AM Mental Health Family Support Group 2:30PM	21  New Building Team 2PM	22  Adult RE Committee 4PM	23
24 Worship Service 31 10:30AM  HALLOWEEN Worship Service 10:30AM	25  Guided Meditation 6:30 PM	26 Board Meeting 2PM	27 Yoga 9AM Mental Health Family Support Group 2:30PM The Game Changers discussion 6PM	28  New Building Team 2PM	29  	30



**Board of Trustees:**

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