

# OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC



## Reflections from Rev. Ma

NOVEMBER 2021

Dear beloveds,

Many of us have been socialized to keep a stiff upper lip, carry on, don't let them see you're afraid. Keep your chin up. Fake it 'til you make it.

There is nothing inherently wrong with fear. Fear keeps us safe. Fear keeps us from going down dark alleyways at night; fear makes sure we check the that the doors are locked and the stove is off before going to bed at night; fear keeps us from jumping off of high places without security devices. Fear is as much a part of life as sunsets and moon phases and seasons.

And there is much to fear, these days. Gun violence. Climate change. COVID-19 and its many variants. Those are some big fears, and there are also the smaller, day-to-day fears. Fear of rejection. Fear of spiders. Fear of burning your mouth on food that is too hot. Life is full of fears, and many of them are reasonable.

### AND:

I believe that fear is the opposite of love. I can't love what I fear, and I can't fear what I love. Fear keeps me from taking risks, and love demands risks. Love is not safe. Love sends us into dangerous situations. Love is what propels us to reach out to strangers. Love compels us to climb trees—and save them. Love encourages us to hold hands and skip across a theme park, no matter how silly it looks to others. Love sent me up to the locked in-patient mental health unit in the Cleveland VA hospital during a deadly pandemic, day after day.

**Love has erected a new church building on 2900 Bridges Street in Morehead City.**

Yes, there is a lot to fear, and perhaps some fears that you have not spoken aloud, not even to yourself. Fears like, "Are we going to be able to pay for the new building?" "What's going to happen in the next election?" "How are we going to find new members?" "What if the community changes in a way that I don't like? Am I going to be left behind?" "What are we going to do about climate change?"

We can't help fearing, and we can always choose love. Love is a choice. We can choose to be vulnerable. We can choose to be silly. We can choose to be gracious. We can choose to hold hands. We can choose to create resilient, compassionate community. We can choose to build bridges.

We can choose to be brave.

~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.



# November

## Worship

## Services

10:30am Sunday mornings by Zoom

Log-in information is in each week's UCF Update

### **November 7: What Veterans Know**

Please join us again at Fort Macon for another outdoor service, this time commemorating Veterans Day. We'll hear from some of the many Veterans in our congregation what they learned from their service and how that has informed their experience of Unitarian Universalism.

(Zoom option will still be available, don't worry!)

### **November 14: Come, Come, Whoever You Are**

We welcome our new members with a special recognition ceremony—and reflect on the challenges and blessings of being a welcoming and inclusive faith.

### **November 21: A Story of Thanks Giving**

In this special multigenerational service, all ages can join in celebrating and reflecting on a holiday that encourages us to give thanks, be grateful, and remember what is truly important to us...while also making room for the many complicated stories that surround this time of year.

### **November 28: Getting What You Don't Deserve: Grace as a theological, relational, and personal practice for Unitarian Universalists. – Pastor Emma Peterson**

Bio: Pastor Emma Peterson is the minister at the Cedar Valley Unitarian Universalist association in Cedar Falls, Iowa. She earned her Master of Divinity from Yale Divinity School, and worked as a hospital chaplain before finally accepting the call to parish ministry. Pastor Emma grew up in the green mountains of Vermont, and has called Iowa home for six years now. She loves nature, trash television, good food, and fellowship of all kinds. When she isn't attending to church business, Pastor Emma can be found with her partner Skylar, walking their elderly bulldog, Susan Brie Anthony, very slowly around the block.





On **November 7th**, we will hold our Veterans Day worship service outdoors, followed by a pot luck meal.

The picnic pavilions at **Fort Macon** offer ample space for us to gather, so please join us to see old friends face to face. Attendees are asked to bring one dish to share, and supply their own place settings, beverages and any other additions (grills are available). Once again, this will be a hybrid in-person-Zoom service but will be at the Beach Access picnic shelters instead of the visitor center.

## November News from your New Building Team

Taking shape at 2900 has a whole new meaning. Inside the sanctuary we have the HVAC, plumbing and electric rough-in done and inspected. Next will come insulation and then sheetrock. There was a supply chain issue with the windows, so for now the window framing will be boarded up so the contractor can continue working on the interior. The siding could be put on but the proper way is to install the windows, then put the siding on the building. That's why you see the window positions boarded up.

Most of the outside cement has been poured. We have a wonderful patio between the annex and sanctuary. We decided to make the patio flat from the sanctuary to the annex instead of sloped as suggested by ADA. We opted instead to put the ramp inside the annex, to make the sanctuary and annex conform to ADA specs.

The FFC (Furnishings/Finishings Committee) has been busy getting our color palette together. The theme is 'beachy' water colors. Some of the items the FFC has completed are colors and fabric for the sanctuary chairs. The FFC has chosen colors for countertop in the kitchen, and paint colors for walls and interior doors. They are figuratively putting the icing on the cake.

We hope you had a drive-by of the site to see the exterior being readied for the parking lot and the border of shrubs and trees. Most of the grading was done around Oct 21 and the paving might even be completed by the time you read this. We have been moving towards the project completion and now we can see the light at the end of the tunnel.

Just about all of the appliances have been purchased and are waiting in the vendor warehouse for release when we need the items, or the items are on order. Even with the manufacturing and shipping delays, the NBT and Smithson have found a way to stay on our aggressive timeline.

We expect a really big announcement in the December Newsletter.

Respectfully submitted,

## **A Note From the Transition Team**

You may not have heard much from the Transition Team yet, but rest assured we are hard at work! After spending some time helping Rev. Michelle get settled and learn the ins and outs of how the church works, we are finally embarking on the first task of interim ministry: history!

For the next few months we will be hard at work creating a timeline for this church, beginning with its founding in 1980 and continuing on to the present day, with the dedication of the new building. YOU all will have a role in this, because YOU all carry the memories of this church—yes, even those of you who have only been part of this church for a little while!

So if you haven't heard from us yet, just sit tight: we'll get to you.





# NOVEMBER NATURE WALK

## NOVEMBER 13



UCF's Green Sanctuary and Adult RE Committees are pleased to announce a third 2021 nature hike, led by botanist and UCF member Tom Wentworth on Saturday, November 13, 2021. We'll hike the Tideland National Recreation Trail from the Cedar Point Campground in the Croatan National Forest. This is about a 45-minute drive from either Jacksonville or the MHC/Beaufort area, but quite close to Cedar Point, Swansboro, Cape Carteret, and Emerald Isle. The hike will begin at 2:00 PM and take about 2 hours, depending on how often we stop. The easy 1.4 mi loop trail traverses salt marshes (on elevated boardwalks) and forested areas, skirting the edge of the White Oak River Estuary. 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 are likely to encounter people of unknown vaccination status on this popular hike.

**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](mailto:tom_wentworth@ncsu.edu) ([twentwo@ncsu.edu](mailto:twentwo@ncsu.edu) also works). 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!**



## November Green Tip

The autumn and winter holidays are a joyful time of year for many of us. It's a great time to gather with family and friends to celebrate! But the holidays can be a challenging time for the environment and for social justice. Bright foil wrapping paper, purchase of items with excessive packaging and made in sweatshops, food waste from parties and gatherings – the list goes on. Why not focus this year on making or purchasing locally handmade gift items? Reusable cardboard gift boxes are just as colorful as all that paper. Unopened party food containers may be able to be donated to local food banks or reused for another gathering. Consider asking the caterer at the end of your next holiday party if they would donate such food; Daryl Walker (919-219-9840) can help direct the food to where it's needed. If we approach the holidays with sustainability in mind, we can be just as festive while giving a thought to living more lightly on our precious earth.





## BOARD OF TRUSTEES BUSINESS

- The Board has changed our monthly meeting time to the second Tuesday of every month at 7:00 PM. Our purpose for doing this is to accommodate those who work during the day to visit our meetings if they desire. For now, we are still meeting on Zoom. If you wish to visit a Board meeting, please ask any Board member for the Zoom link.
- The Board has been working on the Building Safety policy and has created documents for review on the Pandemic Policy and the Major Storm policy. These documents will be sent for review to the relevant parties.
- The Board has been working closely with the New Building Team as we finalize the schedule, the particulars of the design, and necessary votes on budget items.

**Conversation on Policing and Racial Equity in our Criminal Justice System**  
**November 9 from 7:00-8:30 p.m.**

### ***Racially Charged: America's Misdemeanor Problem***

Click this [link](#) to register for this event and please feel free to share this information with members of the community.



If you have questions or issues registering, please email Barb Thomas at [bsthomas2@gmail.com](mailto:bsthomas2@gmail.com) and/or Amy Jones at [amjones0912@gmail.com](mailto:amjones0912@gmail.com). We will send registrants the Zoom link closer to the November 9th event.

The Social Justice and Adult Religious Education Committees will hold a Zoom viewing of the documentary, ***Racially Charged: America's Misdemeanor Problem***, on November 9 from 7:00-8:30 p.m. followed by discussion and Q&A with Lisa A. "L.A." Jones, a retired Warden of the Federal Prison System. The documentary is produced by Brave New Films, the film company that produced the video "Suppressed: The Fight to Vote" that many UCF members and friends viewed last year. As noted by Brave New Films, ***Racially Charged: America's Misdemeanor Problem***, covers the racial inequality inherent in our criminal justice system, stretching back to post reconstruction, which charges 13 million Americans a year, mostly poor, Black and Brown people, with misdemeanors. You can view the trailer and see more about the film [here](#).

We are honored to have Lisa with us to lead the discussion and Q & A session following the documentary. Lisa is a retired Warden of the Federal Prison System and an activist with a focus on uniting criminal and social justice. She is a member of Eno River UU Fellowship and is currently in seminary to become a UU minister.

# PRESIDENT'S COLUMN

## Happy November, My Friends:

I recently felt the need to learn whether a GOOD leader feels fear when faced with upcoming transitions in their organization. I wanted to know whether a really good leader is just oblivious to this kind of fear. Do they see every transition as a landscape to courageously explore? Do they see every change as an adventure in leadership? Well, according to everything I read, it appears not. My search showed me that leaders who don't feel fear are just plain oblivious to the challenges of leadership and the needs of the people they lead. In fact, I learned that we should be afraid of leaders who don't feel fear. The key to GOOD leadership of any consequence, it appears, is facing one's fear and choosing courage.

Sometimes it may not feel like it, but your leaders face the same fears you do about the upcoming transitions at UCF.

To be honest, every single time we meet, we must sideline our own fears of change and instead choose to be courageous or we could never move forward fulfilling your hopes and dreams for UCF's future. We freely acknowledge our fear of the changes UCF faces. Heck yeah! Acknowledging our fear pulls it out of the shadows and opens the window to our ability to lead. And YOU deserve GOOD leaders.

UCF's leaders are members of this congregation, just like you. Because we are all interdependent, we share and acknowledge the congregation's feelings. As your leaders, we hope acknowledging our fears will inspire your courage so it flows through the congregation we love. Courage will not eliminate our fears, but it will be a solid step toward putting them in their proper place.

One way to make courage easier is by creating points of certainty. Uncertainty evokes fear in all of us. Let's think about and highlight things that aren't changing at UCF. For example, changes do occur in the building project every day at the Bridges Street campus, but we can feel courage and comfort in that change. We can know that

we will soon have a physical home where we will all be able to join in community. We know that we have raised the money to pay for it. We know it will accommodate us and be our home for many, many, many years. Knowing this certainty brings peace and opens the way to embrace courage in things that don't have as much certainty.

Another way to transform fear into courage is through establishing a purpose and preparing for it. Facing uncertainty without purpose makes chickens of us all. For a long time, we have certainly been focusing on UCF's purpose by establishing powerful reasons for moving forward. We have decided to create a stronger presence in the larger community by offering a meeting place for like-minded groups. We have decided to create a more multigenerational and multicultural congregation and the programs that support that change. We want to live our values of harmony with the earth and be an example of those values to the larger community. We want to be an even more prominent beacon of progressive thinking and action inside and outside our new facility by partnering with others to achieve our goals. Our congregation definitely has a purpose and powerful reasons for moving forward. This is a wonderful reason to transform fear into courage.

**Please join with me and your other leaders in acknowledging your fears about upcoming transitions at UCF and find your courage in UCF's purpose. Let's take each other's hands and keep stepping toward our future.**

**All the best to you!**

**~Melva**





# Children's Religious Education

Hi everyone!

**I hope this message find you all well and enjoying this wonderful fall weather.**

This month is our fifth of a seven-part series of our UU History and how we came to be. Last month you heard about The Flower Communion of 1923 where Minister Čapek's (pronounced CHAH-peck) church was so plain and he asked his congregants to bring flowers and branches with buds and they made a beautiful bouquet to bring life to their church. "These flowers are like ourselves, different colors, different shapes, and different sizes, each needing different kinds of care – but each beautiful, each important and special, in its own way." They then chose a different flower to take home, and this tradition continues to this day in many if not all UU churches.



This month we will learn about the Flaming Chalice. Do you remember the children making their chalices with Pam Holliday way back in 2019 before the pandemic hit us, as she shared her own clay with the children to shape and make their own designs on their own chalices to take home? Pam fired them and the children painted them and shared them at the end of one of our services.

The children also spoke in the service about all the different part of the chalice and what it means. The base is for the stories that we share, the stem is for all the Unitarian Universalists in the world, the bowl is for our Unitarian Coastal Fellowship, the fuel that keeps us going is goodness, freedom, and action, and the flame that burns is the flame of hope and truth. Ella and Halle's chalices sit proudly on our mantel to this day and are used when we share Sunday services together.

Today, here is the story behind the flaming chalice.



## **Circles of Light – The Flaming Chalice - 1941**

**By Janeen K. Grohsmeyer**

In the dark nights and darker days of World War II, when guns blazed all over Europe and airplanes dropped death from the sky, some Unitarians in the United States decided to help the refugees, the people who were trying to escape from the war. So, the Unitarian Service Committee was formed. The committee members went to Europe to try to bring the refugees safely out of the war.

But some of those refugees spoke German, some spoke French, some spoke Italian or Yiddish or some other language. Dr. Charles Joy, who was in charge of the committee, knew that the Unitarians needed a symbol that everyone could recognize, no matter what language they spoke or what country they were from.

In 1941, in the city of Lisbon, Dr. Joy asked the artist Hans Deutsch for help. Hans Deutsch was a refugee himself. In fact, he'd been a refugee more than once. He had been born in Austria, but when the Nazis invaded his country, he fled to Paris. Then, the Nazis invaded Paris! So, Hans Deutsch fled to Portugal, where he met Dr. Joy.

"Draw us a symbol, Dr. Joy asked. "Make it look important and official, so it will impress the officials of different countries, yet have it show the spirit of our work, which is to help and to serve."

And so, with pencil and with ink, Hans Deutsch drew a chalice with a flame, surround by a circle of protection and love. Refugees all over Europe came to know and trust that sign, and the flaming chalice became a symbol of freedom and hope during the dark nights and darker days of that war.

Over thirty years later, in 1976, after the Unitarians and the Universalists had joined to form the Unitarian Universalist Association, that one circle drawn around the flaming chalice became two. (That's the symbol on the hymnbooks.) One circle is for Unitarians, one circle is for Universalists. The circles aren't one inside the other, they're intertwined. They're connected, just as all of us are connected to each other and to everything in the world.

The chalice isn't in the middle of the circles, it's a little off to one side, to leave space for other ideas and other ways. There's always room for more in Unitarian Universalism.

That picture of the chalice in the double circle has been used officially since 1976. Real flaming chalices have been used in some of our churches for over fifty years. In 1981, Reverend David Poul lit a chalice at a General Assembly meeting during the Service of the Living Tradition, which is held to celebrate the lives of UU ministers. Many of the ministers who were there that day went home to their churches and fellowships, and they decided to get chalices of their own.

Today, all over the world, Unitarian Universalists light the Flaming Chalice. We light one every Sunday when we gather for worship. Some of us have a smaller chalice in our houses, and we light a chalice before every meal, or at other special times.

We have all kinds of chalices. Chalices are carved out of wood, shaped out of glass, or molded out of clay. We even wear them as jewelry or as pictures on our clothes. Chalices come in lots of different shapes and sizes and colors, just like Unitarian Universalists.

The Flaming Chalice was drawn more than sixty years ago, and it is still a symbol of freedom, and hope, and light. It's a symbol of learning and caring and love. It's our symbol, the symbol of Unitarian Universalism. The End.

On this page is our Unitarian Coastal Fellowship chalice designed by our past member Ann Fiske, a teacher and artist.

Next Week: In one of our recent services, I read the story about the Consolidation of the Unitarians and Universalists in 1961 on how we became one church. For those who were not able to attend you can read the story next month. This will be our sixth of seven UU history stories.

In spirit and love,

Sarah





The **UCF Adult Religious Education Committee** is pleased to announce a book group to discuss the UUA Common Read 2021 book: *Breathe: A Letter to my Sons* by Imani Perry. *Good Reads* describes the story as follows: "Emotionally raw and deeply reflective, Imani Perry issues an unflinching challenge to society to see Black children as deserving of humanity. She admits fear and frustration for her African American sons in a society that is increasingly racist and at times seems irredeemable. However, as a mother, feminist, writer, and intellectual, Perry offers an unfettered expression of love--finding beauty and possibility in life--and she exhorts her children and their peers to find the courage to chart their own paths and find steady footing and inspiration in Black tradition."

The discussion will take place on Wednesday, November 17 at 7:30 pm, probably on Zoom. If you would like a hard copy of the book, The Book Shop in the K-Mart Plaza in Morehead City is ordering some copies for us; they are expected to be in the middle of the week of October 25. The cost is \$19.30 including tax. You may pick up your book or Sally Davis can get it for you. For information and discussion questions about the book, visit [uua.org/read/breathe](http://uua.org/read/breathe); to learn more about our event, contact Sally Davis at [sdavis8772@gmail.com](mailto:sdavis8772@gmail.com).

### Pastoral Care Tip:

With the unpredictability of the Delta variant of COVID-19 circulating, decrease possible impacts on your respiratory system by having the flu vaccine this year. The vaccine not only reduces your risk of illness but can prevent hospitalizations and deaths.

Getting a flu shot also helps conserve health care resources. For example, if you aren't in the hospital fighting the flu, there are more resources, like beds, for those who are hospitalized with other illnesses.

*The flu vaccine will not help you avoid infection with COVID-19, because they are different viruses – one that we know a lot about (the flu) and one that is still very new (the virus that causes COVID-19).*

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)

### Women's Discussion Group

The Women's Discussion Group will now be meeting on the second Monday of each month. Our November meeting will be on Monday, November 8 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 November should get our creative juices flowing! And, there are choices: **If you had introductory music, what song would it be?** or **What music would you choose for your entrance and for your exit?** If you are able, have the music with you to play for us.

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.



## YOGA

Wednesdays—9AM



## MEDITATION

Mondays—6:15PM



# November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Meditation 6:15PM	<b>2</b> Worship Committee 12PM	<b>3</b> Yoga 9AM Mental Health Family Support Group 2:30PM	<b>4</b> Leadership Council 10AM New Building Team 2PM	<b>5</b>	<b>6</b>
<b>7</b> Worship Service 10:30AM  Veteran's Day Potluck 11:30AM	<b>8</b> Women's Discussion 12:30PM  Meditation 6:15PM	<b>9</b> Board of Trustees 7PM Social Action Film Discussion 7PM	<b>10</b> Yoga 9AM Mental Health Family Support Group 2:30PM	<b>11</b>  New Building Team 2PM	<b>12</b>	<b>13</b>  Nature Hike 2PM
<b>14</b> Worship Service 10:30AM	<b>15</b> Meditation 6:15PM	<b>16</b> Finance Committee 9AM	<b>17</b> Yoga 9AM Mental Health Family Support Group 2:30PM  '20-'21 Common Read 7:30PM	<b>18</b>  New Building Team 2PM	<b>19</b>	<b>20</b>  Book Group 11AM
<b>21</b> Worship Service 10:30AM	<b>22</b> Adult RE 4PM  Meditation 6:15PM	<b>23</b>	<b>24</b> Yoga 9AM  Mental Health Family Support Group 2:30PM	<b>25</b>  New Building Team 2PM	<b>26</b>	<b>27</b>
<b>28</b> Worship Service 10:30AM	<b>29</b> Meditation 6:15PM	<b>30</b>				



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