

OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC



2021
2022

Dear Beloveds,

Happy New Year!

A new year promises renewal, fresh starts, new beginnings. It's the time of year that many people resolve: *this year* will be different. *This year*, I'll finally lose weight. *This year*, I'll do a better job of keeping in touch with loved ones. *This year*, I'll tackle that project I've been putting off.

This year, I'll...

There's nothing wrong with New Year's resolutions, just as there is nothing wrong with *not* having New Year's resolutions. It's about whatever works for you. I would just like to take this opportunity to remind you that Unitarian Universalism is a faith that originated as a reaction to Calvinism. You could say that Unitarian Universalists believe not in Original Sin, but rather in Original Blessing.

In other words, there is nothing wrong with you the way you are. You were perfect when you entered this world, you are perfect now, and you will be perfect whenever you depart.



That doesn't mean there's no room for improvement! Few of us can look back on our younger selves without cringing: *did I really think that haircut was a good idea?* Or *Wow, I can't believe I held that opinion back then.*

We're all on a continuous journey of growth, whether that means learning a new skill, striving to be a better parent, or simply learning to accept things as they are.

Therein lies the tension that Unitarian Universalists must live in: how to see ourselves and each other as perfect blessings, while still acknowledging that there is room to grow. We must love each other and ourselves as we are, while also saying, *yeah, but we could all use a little work.*

So it is with the church as a whole, as well. There is nothing wrong with the Unitarian Coastal Fellowship as it is. It's as perfectly blessed as any other. And yet: does our faith not call us into a spiritual journey? Does our faith not call us to change the world? Does that not start with changing ourselves?

May the turning of this new year give us the space to contemplate the nature of that change—and of the work to come.

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.

January Worship Services

Sundays at 10:30AM on Zoom

Zoom link is provided in each UCF Saturday update

January 2: “Renewing the Covenant” - Rev. Michelle

The last line of our covenant exhorts us to “forgive each ourselves and each other, and begin again in love.” As we look at a new year, brimming with new possibilities, let’s examine how we begin again in love.

January 9: “Teaching and Learning” - Rev. Michelle

Unitarian Universalists love learning new things and many of us also love to teach and even worked as teachers. What does learning have to do with spirituality? What can church teach us about ourselves and how to be with each other?

January 16: “The Eighth Principle” - Rev. Michelle

Justice is a journey, and we’re not always sure how we’re going to get there or whether we’ll get there at all. In this service, members of the Unitarian Coastal Fellowship will reflect on their personal journeys with racial justice and anti-oppression work, and also on the journey of the Fellowship as a whole—and look toward the next phase of the journey, the proposed Eighth Principle of Unitarian Universalism.

January 23: “Me and We: The Individual and the Collective” - Rev. Michelle

Rev. Michelle reflects on the individualist culture of the United States and Unitarian Universalism and how that has clashed at times with the collectivist culture of her upbringing. We all have a lot to learn from each other: how might Unitarian Universalism benefit from collectivism? What does this have to do with our Principles?

January 30: “Renewal and Repair” - A Touchstones message by Marilyn Cullison and the Worship Committee.

Renewal is a necessity built into the fabric of life. It is one aspect of the repair of the world. Winter fallowness is a process of renewal giving birth to another springtime. Whether we relax, rest, or sleep, renewal should be the result. When it is not, more is needed physically, mentally, emotionally, and/or spiritually to return us to wholeness. Things fall apart and must be put back together again.



OK – 2022!

The outside of the sanctuary is nearly completely sided and enclosed. Last month I thought all the exterior doors would be installed in the sanctuary. Supply issues now have the last two exterior doors delivered and installed early in January along with final siding and trim around these doors.

The finishing carpentry crew started the siding last month and will be with us for most of January to complete not only the remaining siding and trim, they will also complete the interior trim and wood ceiling. The sheetrock in the sanctuary has been primed and will be painted according to the Furnishing and Finishing Committee's color scheme.

The measurements for the custom kitchen cabinetry were made in mid December. The cabinet company started building our cabinets in their shop and will install the cabinets before the end of January. The kitchen appliances were purchased and are waiting in the Lowe's warehouse for delivery after the custom cabinets are installed.



Contractors will be installing the fixtures for the electric and plumbing in January. January will also see the new three phase electric service installed by Duke Energy. It will be a giant leap to have the building running on its own electric power. This service will feed power to the Annex circuit box and the meter on the Annex will be removed.

It's safe to say that contractor activity will ebb and flow during January as so many different fast and slow dances at a wedding. By the end of January we hope to have the final toast! Except for some ending touchups, possibly landscape and parking lot details, our new church home will be complete.

Somewhere in this time frame we'll also get the electric vehicle charging station installed, the sound system will be wired and lots of small but necessary things will be completed. The last threshold will be final inspection and issue of a Certificate of Occupancy by Morehead City officials. The steps we and the contractor must take for this final inspection will be the subject of the February newsletter.

Always just one more something. Go ahead, smile. We've not got long now.

Respectfully submitted,
-Dan Phillips



As we prepare to move onto our new campus, I think of all the small and large contributions it's taken to accomplish this goal. Huge investments of time, talent, and treasure have poured from our community. I couldn't be prouder to be part of it. At the same time, I wonder if there are any lessons to learn from this success that can improve my own ability to reach personal goals in the upcoming year.

Every New Year, I definitely start thinking about the past year and contemplate my personal plans for the future. I know making resolutions is useless; they're like dandelion fluff that floats on the air.

A week later, recalling them only causes me to kick myself for not following through. As is my way, rather than stewing in my juices, I sought perspective on how to be more successful *this year* and skip all the negative self-talk. Perhaps, my search will also inspire you.

Here's something interesting: Our level of ambition and our method for setting goals is a massive part of who we are as human beings; they predict how we navigate our lives.

Self-examination, in this regard, provides a prophetic snapshot of how likely we are to reach the goals we set. Still, it's certainly encouraging that we have the power to actually change that prophecy.

Ambition comes from within. In fact, increasing one's ambition level is key to self-care. How could that be true? If I'm enjoying a rerun of the British Baking Show, rather than keeping a promise I made to myself to get something done, am I neglecting my own self-care? Maybe I am. Because then I become overwhelmed with things and I'm kicking myself again. In the end, it sounds like having more ambition would be the key to treating myself better.

Then I see the actual shape of my goals is important. I learned that I must couple my personal ambition with the nature of our goals.

Goals shouldn't be ethereal or adopted because others are doing it. Goals must be personal and inspire us. If a goal is going to keep my attention, it must promise me that I can better myself, or somehow fulfill my purpose.

Also, if we limit ourselves to goals that we hope to reach "one day", those goals will never keep us interested.

Having benchmarks is helpful to reaching goals too; they help us stay proactive. A timetable laying out the steps to reach a goal would help me stay organized and create a visual reminder of my progress. It would prevent me from saying that I'll "never be able to do it". Even breaking down the steps into miniscule pieces sometimes is advised. Attaining tiny pieces, one at a time, is better than throwing in the towel. It's not failure. It's just slow and steady.



In the end though, goal setting and working towards our goals is not a solitary sport. As a congregation, we have definitely learned to work together to reach our goals at UCF. It makes me wonder if depending on the support of my community would also help me accomplish more of my personal goals. Would their feedback and support bolster my success? I suppose if I shared my progress, I'm bound to feel more motivated. At the very least, it will teach me how to ask for help when I need it.

Thank you for the support you've given me in 2021 and thank for taking this little personal journey with me. I learned some helpful ideas. I hope you did too.

All the best! - Melva

New Year
-
New YOU!

Chakra Meditation Notice:

Starting on the first Monday evening in January, Vicki Barrett will do a Chakra study as part of her monthly meditation session. She'll be focusing on one of the 7 main Chakras each month, starting with the Root Chakra. Each following month, she will focus on a different Chakra. Prior to each session she will send out written information about the Chakra that will be emphasized in the upcoming session. The first 15 minutes of each session will be devoted to discussing the reading. Then she will move on to the meditation which will be specifically for that Chakra. Interested?

Questions? Please contact Vicki at brighidshammer@gmail.com for details.

Women's Discussion Group

The Women's Discussion Group will be meeting on Monday, January 10 at 12:30 on Zoom. We will be discussing a topic that you may have been thinking about recently - **New Year's Resolutions!** Do you make a New Year's Resolution? Why or why not? Have you ever had a successful New Year's Resolution? What was your least successful resolution? If you made one for 2021 or for 2022, would you like to share it?

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 or 843-217-1885.

YOGA

Wednesdays—9AM

MEDITATION

Mondays—6:15PM

UCF Book Club

The UCF book group has chosen The Personal Librarian by Marie Benedict and Victoria Christopher Murray for our January discussion. This book is based on the life of J. P. Morgan's personal librarian, Bella da Costa Greene. Greene was a light-skinned black woman whose mother insisted they pass as white. This lifestyle often forced Greene to not only ignore some of her relatives but to often walk a tightrope. We will be meeting on Saturday, January 15 at 1:00 p.m. at the Democratic Party Headquarters at 700 Arendell St.

Our February selection is Salt Houses by Hala Alyan. 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 Joan Burton (ldybg223@aol.com or 201-669-1519)

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

5th Sunday Collection for January 2022: Carteret County Food Pantries

As is our UCF tradition, whenever there are five Sundays in a month, the Social Action Committee selects a local charity to receive all non-pledge offerings for the month. The Committee selected local food pantries across our county as recipients of our January 2022 collection. During these uncertain and challenging times and especially after the holiday season, resources in our county's food banks are stretched to help those living with food insecurity and hunger. Providing monetary donations to our local food pantries allows them to determine their most immediate needs including food, toiletries, paper goods and the purchase of food through the Food Bank of Central & Eastern NC at \$0.19 per pound.

Our January 5th Sunday collection will be split between the following eight Carteret County food pantries:

Bethlehem UMC Food Pantry at 728 Bogue Loop Road, Newport
Loaves & Fishes at 1700 Live Oak St. in Beaufort
Lighthouse Community Church at 2015 Hwy 70 E in Stacy
Martha's Mission at 901 Bay St. in Morehead City
North River Food Pantry at 951 Merrimon Road in Beaufort
Saint James UMC at 1007 Orange St. in Newport
Storehouse Food Pantry at 3114 Bridges St. in Morehead City
Wildwood Presbyterian at 276 Wildwood Road in Newport

During the month of January, please donate as your personal situation allows to help support these organizations that are feeding hundreds of people in our county. 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; use the "Donate" button on the bottom of the pages of our website (<https://www.ucfnc.org/>) and select "5th Sunday"; or text your donation to (252) 565-1868 and include in the text a dollar amount, then a space, then fifth.

Thank you in advance for your donations.

January Green Tip:



You may recall that last April's Green Tip encouraged you to consider Arcadia for your home energy needs. In our area, that means wind power. Many of us have questions about the environmental impacts of wind turbines – they can have a negative effect on birds, bats, and whales. I came across some good news recently, though.

According to a December 16, 2021, professional journal article in *Oceanography*, oceanic wind turbines have become a substrate for coral reefs, positively affecting biodiversity and fish populations in the area. If you'd like to read an abstract of the article, visit <https://tos.org/oceanography/article/offshore-wind-farm-artificial-reefs-affect-ecosystem-structure-and-functioning-a-synthesis>. The photo is of a reef on a wind turbine support off the coast of Belgium.

Photo credit: Royal Belgian Institute of Natural Sciences, Alain Norro.

RECAP: SOCIAL ACTION COMMITTEE'S HOLIDAY GIVING

In October 2021, the 5th Sunday collection was for our holiday giving activities – Project Christmas Cheer and Holiday Gift Bags.

This year through the enormous generosity of our congregation, we raised \$2926 for those activities!

Many of you also volunteered your time to make these events happen!

**THANK YOU UCF
CONGREGATION!!**



CRE's Christmas Angel Tree Project

Once again, we were able to have the opportunity to purchase gifts for children in need this year through the Christmas Tree Project in Morehead City. There were more families this year that signed up to receive gifts than last year and they all got adopted with over 200 children just at the Sports Center. We adopted nine children, ages two through 16 that we were able to shop for this year. Rev. Michelle, Roann Simons, Penny and Mark Hooper, Sarah and Jill Sutherland shopping this year along with Xander, Emily, Owen, Orion, Addie, Ella and Halle. Everyone came back to the Sunday School Building and had pizza and cookies and wrapped all the gifts. There were hats, Afghans, and animal critters from the Twisted Sisters and also a \$25 gift card were included in the gift bags. Thank you so much to the Fellowship for contributing to such a worthy cause. I know it was appreciated by the families and our Angels put a lot of thought into what they purchased.



Halle and Emma



Roann Simons, Penny Hooper, Orion, Owen and Xander

SOCIAL ACTION COMMITTEE'S HOLIDAY GIVING

Holiday Gift Bags

Our 2021 Holiday Gift Bag season began with a very generous donation from you, the UCF congregation. Then, The Twisted Sisters, members of a knitting and crocheting group who meet at the Senior Center each week, donated an amazing and wonderful assortment of handmade scarves, hats, afghans and bags that they had been working on for the past year. Each bag they made contained an adorable stuffed animal.



On Saturday afternoon, December 11 volunteers from UCF gathered at Miriam Green's house, formed an assembly line and filled 108 bags! We also very much enjoyed visiting with each other and sharing the yummy treats we brought.

Each handmade bag contained a small stuffed animal, a knitted or crocheted hat or scarf and a holiday card. Except for Station Club (which is now called Empower), each bag also contained a \$25 Walmart gift card. 42 bags were delivered to Hope Mission, 30 bags were delivered to Beach House, 7 bags were provided for Christmas Cheer families and 9 bags went to Carteret Long Term Recovery



families in need. Thirty gift bags were delivered to our neighbors at Empower (formerly Station Club) along with drinks, snacks, and paper products for them to hold a holiday party. We hope to be able to join them in person next year to revive our caroling party tradition.

Just before Christmas, we took the remaining scarves and hats made by the Twisted Sisters to the Morehead City Police Station. The hats and scarves will be delivered to people in need.



Officer Bostian, Deputy Chief Dixon, and Chief David Kelly receive scarves and hats made by the Twisted Sisters and delivered by Miriam Green.

Children's Religious Education - January 2022

Hi everyone,

Another year has gone down in the history books and now for a new year is upon us. What will we see happening in the New Year of 2022? Our church will be finished and a beautiful church it will be. It will be filled with stories, singing, sermons, adults and children laughing, many conversations occurring in the social hour over coffee and tea. I just can't wait to be in our home once again. The Sunday School building will be ready for the children and youth of our fellowship with meeting spaces too.



OUR UU HISTORY

This month is our last of a seven-part series of our UU History and how we came to be. Last month you heard about the Consolidation 1961 of the Unitarian and the Universalist. This month I am talking about The Water Ritual of 1980.

A Lamp in Every Corner, Our Unitarian Universalist Storybook

by Janeen K. Grohsmeyer

The Water Ritual 1980

The Long, Slow Swell of the Sea

I speak now of a time of great changes, of the ebb and the flow of an ever-advancing tide, and of a long, slow swell of the sea.

The women were rising.

The women had always been there, of course, from the beginning. Across the globe, down through the ages, in the homes of their families, the women fetched the water, gathered and prepared the food, made the clothes, tended the fires, and cared for the children, the sick, and the old. In this country, through the centuries, in the sacred places of their communities, the women cleaned the buildings, decorate the altars, brought the food, sang in the choir, helped the poor and the needy, and listened from the pews. From the beginning, the women had been there.

But mostly, they had been silent, and mostly, they had held no power in their hands. Mostly, the decisions had been made by the men.

No more. The women were rising, with the long, slow swell of the sea.

In the year 1977, a group of women gathered around a butcher block in the kitchen of the Unitarian Universalist Church in Lexington, Massachusetts. They decided that the women should be-and would be-heard. That summer, the Unitarian Universalist General Assembly agreed to their proposal, and the "Women and Religion Resolution" was formed. Our bylaws were updated, our songs were revised our principles reframed -so that the word "he" became "he and she" and "man" became "people." A seventh principle was added respect for the interdependent web of all life, man and woman, female and male, and stones and butterflies and trees. The words weren't the only things to change, people's ideas were changing, too.



The women were rising, and the tide was flowing over the land.

In 1980, a great gathering was held, a "Convocation on Feminist Theology," and people came from all over the land. To honor their journeys, journeys through space and time, journeys with joy and pain, journeys completed, journeys ongoing, and also journeys no yet begun, two women, Lucile Longview and Carolyn McDade, created a ceremony of water-sharing from them all.



For the women were rising and water had carried them there.

From the mouth of the Mississippi River, from the Atlantic and Pacific . . . the women and the waters came. From the mountains and the deserts, from rivers and streams from drops of rain. . . the women and the

waters came. From the oceans of the ages, from the ancient womb of life that created us all . . . the women and the waters came.

In the circle of hundreds, they gathered. In a circle of hundreds, they sang. In a circle of unbroken they listened to each other's stories, and they listened to the waters as they fell. For the women came forth with their water, those waters from all over the land, and they mingled the waters in a great earthen bowl.

Then, as each had given to the waters, each took from the waters. In this taking, they reclaimed the water. In this taking, they reclaimed the Earth. The reclaimed their history. The laid claim to their future, and the future of all living things. A vow and a promise, to each other and to themselves.

Then in their circle of hundreds they sang "We're coming Home."

For the women were rising, and the waters were rising, and great changes were sweeping over the land, with the long, slow swell of the sea.

And the women and the men-were all coming home.

The End

In Spirit and Love,
Sarah

BOARD
BUSINESS

Our Vision Statement is:

The Safety Ministry's vision is to identify needs, to develop policies, and to communicate the policies to maintain the security of the congregation and staff in order to foster spiritual, emotional, financial, and physical safety and security in relationships and in the spaces of the Unitarian Coastal Fellowship.

Our Mission Statement is:

The Safety Ministry will develop and promote UCF safety and security in its relationships, facilities, and finances.

To begin our service as the Safe Congregation Ministry Committee, we composed a Mission and Vision Statement.

Honor Someone You Love Or Admire

To Our Unitarian Coastal Fellowship Members and Friends,

We have ordered beautiful, safe, comfortable, and long-lasting chairs to use in our new sanctuary. The chairs are manufactured in Ohio. 75% of the power required to run the production line is from the burning of sawdust created in the process of manufacturing the wood for the chairs. The weaving of the fabric is powered by the wind.

We each have the opportunity to donate one or more chairs with an optional plaque with the name of the honored person(s) and the name of the donor. The plaque will be professionally placed on the back of the chair.

This is a very exciting program. We have already had interest from non-members from Asheville, Durham, Pennsylvania, and Morehead City.

Each chair is \$235. For more information, contact Miriam Green at mwgreen15@gmail.com or 252-726-3583. See your options to pay on page 2, along with a form (required) for your plaque and contact information.

Please respond by January 31, 2022 so we can order plaques in early February

PLEASE NOTE: THE ORDER FORM TO USE AND INSTRUCTIONS ARE IN A PDF ATTACHMENT TO THIS NEWSLETTER EMAIL

Thank you for your participation!

Your UCF Furnishings/Finishings Committee

Karen Baggott, Miriam Green, JoEllen Essex, Susan Roberts, Sarah Sutherland, Tom Willis and Sandra Shelp



ORDER FORM IS ATTACHED TO THIS NEWSLETTER'S EMAIL

Your Pastoral Care Team is here for YOU!

YOUR Pastoral Care Team

Rev Michelle Ma	revmichellema@gmail.com	252-499-0836
Joan Burton	ldybg223@aol.com	201-669-1519
Miriam Green	mwgreen15@gmail.com	919-906-9996
Helene Kelly	helenekelly1@gmail.com	252-269-0775
Liz Morningstar	lizmorningstar@gmail.com	720-215-5681
Holly Rogers	hollyer54@yahoo.com	509-607-2055
Terri Thomas	terriethomas00@gmail.com	252-314-4110

2021
Memories



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Nature Hike at Fort Macon 1PM
2 Worship Service 10:30AM	3 Meditation 6:15PM	4 Worship Committee 12PM	5 Yoga 9AM Mental Health Family Support Group 2:30PM	6 Leadership Council 10AM	7	8
9 Worship Service 10:30AM	10 Women's Discussion Group 12:30PM Meditation 6:15PM	11	12 Yoga 9AM Mental Health Family Support Group 2:30PM	13 AARG 7PM	14	15 UCF Book Club 1PM
16 Worship Service 10:30AM	17 Meditation 6:15PM  MLK Jr. Day	18	19 Yoga 9AM Mental Health Family Support Group 2:30PM	20	21 ARE Committee 3PM	22
23 Worship Service 10:30AM	24 Meditation 6:15PM	25	26 Yoga 9AM Mental Health Family Support Group 2:30PM	27	28	29
30 Worship Service 10:30AM	31 Meditation 6:15PM					

Board of Trustees:

President: Melva Kearney melva.kearney@gmail.com

Vice President: Susan Fetzter sgfetzer@gmail.com

Secretary: Joe Ellen Essex jolnsx@yahoo.com

Treasurer: David Hughes ucfwelcomenc@gmail.com

Leadership Trustee: Mary Anna Newman manewman47@gmail.com

Leadership Chair: Mary Anna Newman manewman47@gmail.com

Minister: Michelle Ma revmichellema@gmail.com

Choir Director: Tom Cullison trcullison@gmail.com

Office Assistant: Jamie DeRose ucfofficeassistant@gmail.com

Facilities: Sandra Shelp shelpsk@yahoo.com

Worship: Marilyn Cullison mscullison@gmail.com

Finance: Jo Ellen Essex ucfwelcomenc@gmail.com

Membership: Nan Reed nanreed5@gmail.com

Social Action: Amy Jones amjones0912@gmail.com

And Barb Thomas bsthomas2@gmail.com

Green Sanctuary: Lauren Donnachie lsdonnachie@twc.com

And Linda Rudd lerudd@ncsu.edu

Committee on Ministry: Holly Rogers hollyer54@yahoo.com

RE, Children: Sarah Sutherland UCF.RE.Sarah@gmail.com

RE, Adults: Sally Davis sdavis8772@gmail.com

Music Committee: Tom Cullison trcullison@gmail.com

Care Circle Coordinator: Pam Holliday pamelalaholliday@gmail.com

Newsletter: Jamie DeRose ucfofficeassistant@gmail.com



Contact us!

252-240-2283

UNITARIAN COASTAL FELLOWSHIP

P. O. Box 425

Morehead City, NC 28557