

# OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC



MARCH 2022

Dear friends,

The world seems plunged into madness. There is war in Ukraine; we lost eight lives in a tragic plane accident off of our coast; trans children and their parents in Texas are terrified; inflation keeps rising; and that is all alongside the small, personal tragedies of our lives: the health problems, the family squabbles, the loss of loved ones.

It is tempting to give in to despair. After all, what can I do?

What can any of us do?

I do the most any of us can do: I can do the next right thing.

In a world that seems determined to spin into chaos and destruction, it is more important than ever before to keep that candle of reason and creation burning bright. To choose love and to choose kindness, in no matter how small a way, because love begets love. Kindness begets kindness. As the Rev. Dr. Martin Luther King, Jr. put it: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

So: I return my grocery store cart to the cart corral. I am kind to customer service representatives. I tip generously. I pay my taxes. I smile at strangers. I devote my life to the creation of generous, kind, compassionate, inclusive, loving communities, because it is *community* that does great things. It is community that looks out for one another after devastating disasters; it is community that pushes legislation; it is community that changes lives. It is community that will long outlast me, and bring that generous, kind, compassionate, loving spirit to the next generation and to the world.

Better to add love to the world than hate. Better to add kindness to the world than cruelty. Opportunities for that can always be found in community. And the more we can grow that community, the more generous, kind, compassionate, inclusive, and loving we can become—well, those are all qualities we certainly want to see more of in the world. More of those UU values.

Love: 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.

**OUR COASTLINE**  
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# MARCH WORSHIP SERVICES

Sundays at 10:30AM on Zoom

Zoom link is provided in each Friday version of *The Wave*

## **March 6: What's the Rush?**

-Rev Ma.

It always seems like there's so much going on. So much news to pay attention to, an ever-growing to-do list, and so many problems that need our attention. It's easy to drive yourself crazy. Is there anything that can be done? How do we tell the difference between what's truly urgent and what isn't?

## **March 13: On Apologies**

-Rev. Ma

Saying "Sorry" is something we teach children when they're little. It's something that becomes more complicated as we become adults, and our mistakes become more costly. In this service, we will examine the elements of a good apology and learn about apology as a spiritual practice.

## **March 20: A Springtime Anniversary**

-Rev. Ma

It's been two years of the pandemic. Two years since the Unitarian Coastal Fellowship closed its doors at 1300 Evans...and we are looking, at last, at reopening at 2900 Bridges...soon. We mark this sad and yet also hopeful anniversary on the day of the Spring Equinox, as we celebrate the balance of day and night and the coming of spring.

## **March 27: Theological Reflection**

-Worship Committee, from *Touchstones*

Theological reflection is a life-long endeavor, an essential process to identify principles, clarify values, take seriously that which we do not believe, explore those ideas that make us uncomfortable and/or challenge us, and ensure that our beliefs are life enhancing. Please join us for theological reflection.



# VICE PRESIDENT'S COLUMN



I'm trying to fill Melva Kearney's shoes this month while she is taking some time to recover from shoulder replacement revision surgery and to deal with other medical issues. Best wishes for a speedy recovery, Melva! Be assured that we miss you, and we are doing the best we can as the congregation starts the move into the new building so everything will be ready for you to retake the reins when you are better!

I know that we have all been thinking of the families of the 8 victims of the February 13 plane crash near our coastline. Before retiring in 2018, I worked at the hospital with Noah's grandmother, Jake's mother, and

Kole's aunt. We have all had a reminder this week of what is really important in life—and it's not material things or what we are going to do on vacation—it is our families, our neighbors, our community, and our church. In tragedy and destruction like a plane crash or a hurricane, we often see the best in people as they support each other and remember the important things in life. If only we could do that every day—but for now, let's all be Down East Strong!

I am a founding member of the Unitarian Coastal Fellowship. In 1980, I went to a meeting at a condo in Atlantic Beach after seeing a Classified Ad in the Carteret News Times asking if any Unitarian Universalists were interested in getting together. Thinking about our new building at 2900 Bridges Street nearing its opening hopefully in late March, I have been reflecting on the past.

I've been thinking about those early days of meeting monthly at first in homes, and then in rented space. I'm thankful for all those who have been members, leaders, and ministers of this Fellowship over the past 42 years—those who envisioned a Unitarian Coastal Fellowship with a building, a full-time minister, making a difference in the lives of our members, friends, and our community.

This Fellowship reached out to me, to my 14 year old son, and to my 12 year old daughter in 1998 after the sudden death of my husband, and has done the same for others in our community in times of need. I'm grateful for their vision and leadership, establishing an Endowment Fund, donating money for the future of the Fellowship, and volunteering in so many ways to do the work. And I'm determined to do what it takes to keep building this Fellowship into the future—with my time and my money. Are you ready?





# WE NEED YOU

## TO HELP WITH WORSHIP!

Can you:

- Use a touch screen?
- See and/or hear reasonably well?
- Learn something new?
- ...or know someone who can do any of the above???

Then **YOU** can help with worship!



Our new sanctuary will have many more possibilities than before to really add to the worship experience...and we need *you* to make it happen! We're looking for a pool of around 10 volunteers who work well as part of a team, are willing to learn, and love showing up on Sunday mornings. These people will help with:

- Setup and take down of candles, decorations, and other worship accoutrements
- Working the sound system
- Operating a video camera
- Monitoring Zoom
- Projecting video and hymn lyrics onto the wall

**WE** provide the technology **AND** the training: all *you* (or your friend, your cousin, or your grandchild) have to do is show up and be willing to help! And you don't have to be trained on anything you're not comfortable with. If we get enough volunteers, then everyone has the opportunity to only volunteer once a month and also be able to sing in the choir, enjoy chatting with friends, and just enjoy Sunday mornings.

Interested parties, please contact Marilyn Cullison at [mscullison@gmail.com](mailto:mscullison@gmail.com).



# March News from your New Building Team

Hello again for maybe the last time. March is looking good to be a wrap-up for construction. The new electric poles are in place and wired into the Sanctuary. The old poles removed and we're waiting for all the electric devices in the building to be checked for proper voltage / operation. About half of the parking lot is mostly completed – that part is Ecoraster. Ecoraster acts as a permeable surface where the rain will soak into the ground. The driveways and handicapped parking will be asphalt, and will be completed when the temperature is more often over 60 degrees. Water running over the asphalt will be directed to the Ecoraster parking area where the runoff will soak into the ground. (That's the plan, anyway).

## COMING SOON!

The kitchen is completed and built to ADA specs. We have a portable stage and ramp in the Sanctuary. All of the appliances have been or will be installed shortly. The interior of the building is pretty much complete. Our contractor is completing some loose ends and the NBT will be on the lookout for items to add to a punch list that we'll be handing to our contractor.

Our audio / visual equipment contractor will be instructing several people on using / adjusting the equipment. There are sound amplifiers and mixers, wired and wireless mics, as well as how to control the video projector for our Sunday services.

Spectrum will install internet and phone service the early part of March. Some other items that were listed as 'ironclad' were not completed, so that statement is being revised to say 'by the end of March'. (Ironclad).

The landscaping will be going in earnest with the Lawn Barber and our landscape committee. We're planning shrubs, small trees and large trees in accordance with the Morehead City Ordinances. We have to have this completed along with the new sign for the brick columns which will be stuccoed to freshen the look.

The Finishing and Furnishing (FF) and Landscape Committees are continuing to work with our Contractors to make our campus safe, interesting to look at, and by example, environmentally friendly for planet Earth. We've done our research, got advice from professionals and made the best decisions we could, balancing the needs and wants of UCF with the laws and good practices of our town, state, country and the world in general.

Last item is our new chairs. This is a huge milestone showing the near completion of our three years of planning and building. The chairs will be delivered in boxes, 3 or 4 chairs per box. Chairs will be stored in the boxes inside the Sanctuary, most probably on the stage, until we can unpack them when the workmen are done and the floors are polished. Oh, when the announcement is made that the delivery day for chairs is set don't be shy about coming down here and giving a helping hand (and remember your masks)!

We continue to move ahead, and we're getting closer every day to completing our new home.

Respectfully submitted,  
Dan Phillips





# Welcoming Congregation Renewal Process Begins

In an 18 month period between 2004 and 2006, Unitarian Coastal Fellowship completed the rigorous UUA requirements to become a Welcoming Congregation and created the Welcoming Congregation statement that can be found on the first page of this newsletter. In 2018, the UUA recommended that all Welcoming Congregations complete an annual renewal process to ensure that their congregation is continuing to uphold the promise that is made in our statement.

In February, a subcommittee of the Social Action Committee began working toward that renewal process. They recognized that the information on gender preference and identity has exploded in recent years and that, as a congregation, we need a lot of education to understand exactly what we are committing to and how to best express our welcoming of all.

At the first meeting they reviewed the requirements for renewing our status – which must be done within one year of starting the process.



You will be seeing evidence of the work towards this Welcoming Congregation renewal in the near future. We invite your questions, comments or suggestions. Contact Amy Jones ([amjones0912@gmail.com](mailto:amjones0912@gmail.com)) or Barb Thomas ([bsthomas2@gmail.com](mailto:bsthomas2@gmail.com)).

By February 2023, the following requirements must be met:

- **Become A Welcoming Congregation** – This was done in 2006
- **Welcoming Worship Services** – We must hold at least two per year; LGBTQ+ marriages, naming ceremonies or Remembrance Services may also count for this requirement
- **Welcoming Days of Observance** – at least 6/year – There are many ways to fulfill this requirement by recognizing specific days in LGBTQ+ history during a service, in our newsletter or in the Wave
- **Welcoming Religious Education** – at least one module per year – this requirement can be filled by a class, documentary film with discussion, common read, etc.
- **Support a Welcoming Project** – we are already doing this and will continue both by financial contributions to state LGBTQ+ supporting organizations, and support for local LGBTQ+ organizations like Crystal Coast Proud

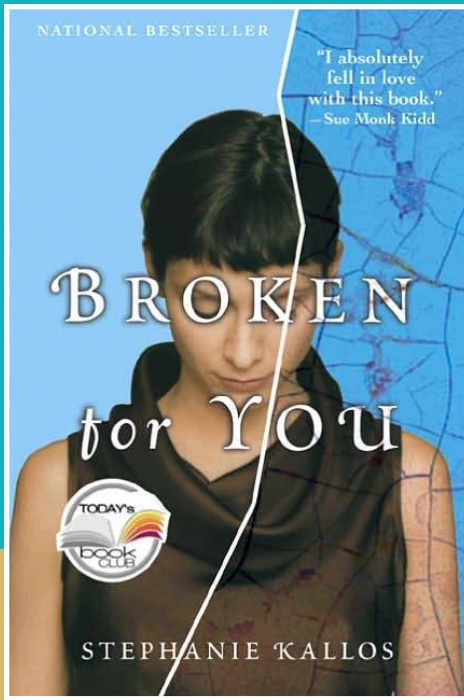
## International Transgender Day of Visibility (TDOV)

Annually since 2009, March 31 has been recognized as International Transgender Day of Visibility (TDOV). This is a day to recognize, revere and celebrate the resilience and accomplishments of the transgender community.

UUA has great resources to learn more about ways to be more welcoming and inclusive of transgender people and basic definitions about gender identity at <https://www.uua.org/lgbtq/identity/transgender>



# UCF Book Club



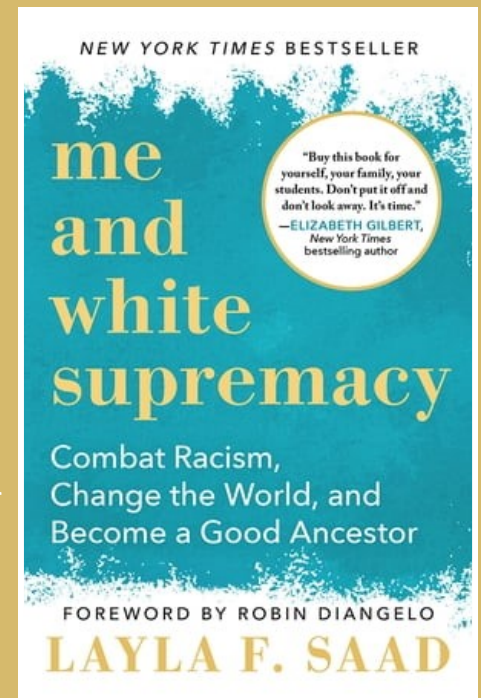
The book for March is Broken For You, a debut novel by Stephanie Kallos. On a path to healing, two unlikely women meet and share broken hearts and broken promises that blossom into something much greater than themselves.

Please join us on Saturday March 26th@ 11:00 AM outside, if weather permits, or by Zoom.

## AARG

The Anti-Racist Book Group will meet March 17 at 7 p.m. on zoom. The book to be discussed is Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla F. Saad. This book was introduced during our Martin Luther King, Jr. Sunday service in January and includes daily prompts to guide the reader in keeping a 28-day journal of personal reflections. It also is a timely follow up of our recent sermon as we consider, "what kind of ancestors will we be?"

Reverend Ma and Liz Morningstar will lead the book discussion. We hope that many of you will participate! Even if you haven't finished the book or journal entries, the reflections and discussion should be good groundwork as our congregation examines the UUA proposed 8<sup>th</sup> Principle in the coming year.



## 2022 Joys & Concerns

Our Board President, Melva Kearney, is currently experiencing multiple medical problems that require surgery and more. She is taking medical leave during the months of February and March to give her health her full attention. Susan Fetzer will be stepping into Melva's role during that time. Still, you may see Melva on Zoom for Sunday Services while she is on leave.

Susan also shares that she is on the mend with a breakthrough case of COVID, along with her pregnant daughter and 2 year old granddaughter who was exposed in daycare. All of them have had mild cases so far and are on the mend!

Corinna sends greetings from the Lairds. She shares, "We are doing very well out here in Fallbrook, CA. Please tell folks at church that we wish them well and think of them often and still feel like part of the UCF family even over time and distance."



# Children's Religious Education

Hi everyone,

Here we are in March already and it looks like we will be painting the Nursery Mural on March 10th and 11th at 9 a.m. Please wear masks and if you don't have one, there are some in the Sunday School Building. If you would like to help paint, no matter your age, please email Sarah at [ucf.re.sarah@gmail.com](mailto:ucf.re.sarah@gmail.com).

## Kid's Principle #2

### We treat one another with respect

#### Story #1

Ginny's stomach aches terribly. She had a fight with her friend Lewis this afternoon, and now she doesn't want to eat dinner or talk to anybody. Ginny doesn't remember who got made first, but she remembers that her face got hot and her voice got really loud. Remembering the mean and unfair things Lewis said makes her mad all over again. She thinks of what she wishes she'd said to him and writes it down in capital letters in her diary.

But while she's writing, she starts to think of what she did say, and that makes her stomach hurt even more. She said things she didn't mean.



**Question #1:** How could Ginny show Lewis that she didn't mean what she said?

**Question #2:** What could Lewis do in return?

Dear Diary,  
YOU ARE STUPID.  
I DON'T WANT TO PLAY  
WITH YOU EVER AGAIN.  
YOU ARE NOT MY  
FRIEND ANYMORE.

Inez, Tony, and Sandy are looking through Sandy's video games on a rainy Saturday afternoon. Tony sees a game he wants to play. Sandy tells Tony that her dad won't let her play that games until she's older. Inez makes a joke about playing 'baby games' and Tony laughs. Sandy wishes that her friends would talk about something else or go home and leave her alone. She's not having fun anymore.

#### Story #2



**Question #1:** Do you think Sandy's friends are treating her with respect?

**Question #2:** What could Sandy say to them about how she feels?

Sandy, "Come on guys, let's play something together that we can all play. You are leaving me out."  
"We don't play baby games."

**I am sure in your time you have heard children being mean to other children and how it must feel to be on the receiving end of some mean words you hear others say. It doesn't feel good no matter who those words are said to, everyone is important.**



## YOUR Pastoral Care Team

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

## Women's Discussion Group

In March, the Women's Discussion Group will be meeting on the third Monday, March 21, at 12:30 on Zoom.

This will be a chance for us to use both our thinking caps and our imaginations:

**You're sitting on a bench by a pond. You can choose one person, living or deceased, to join you for a few hours of meaningful conversation. Who would you choose and what would you like to discuss? (And feel free to bring a second choice also to share if time allows.)**

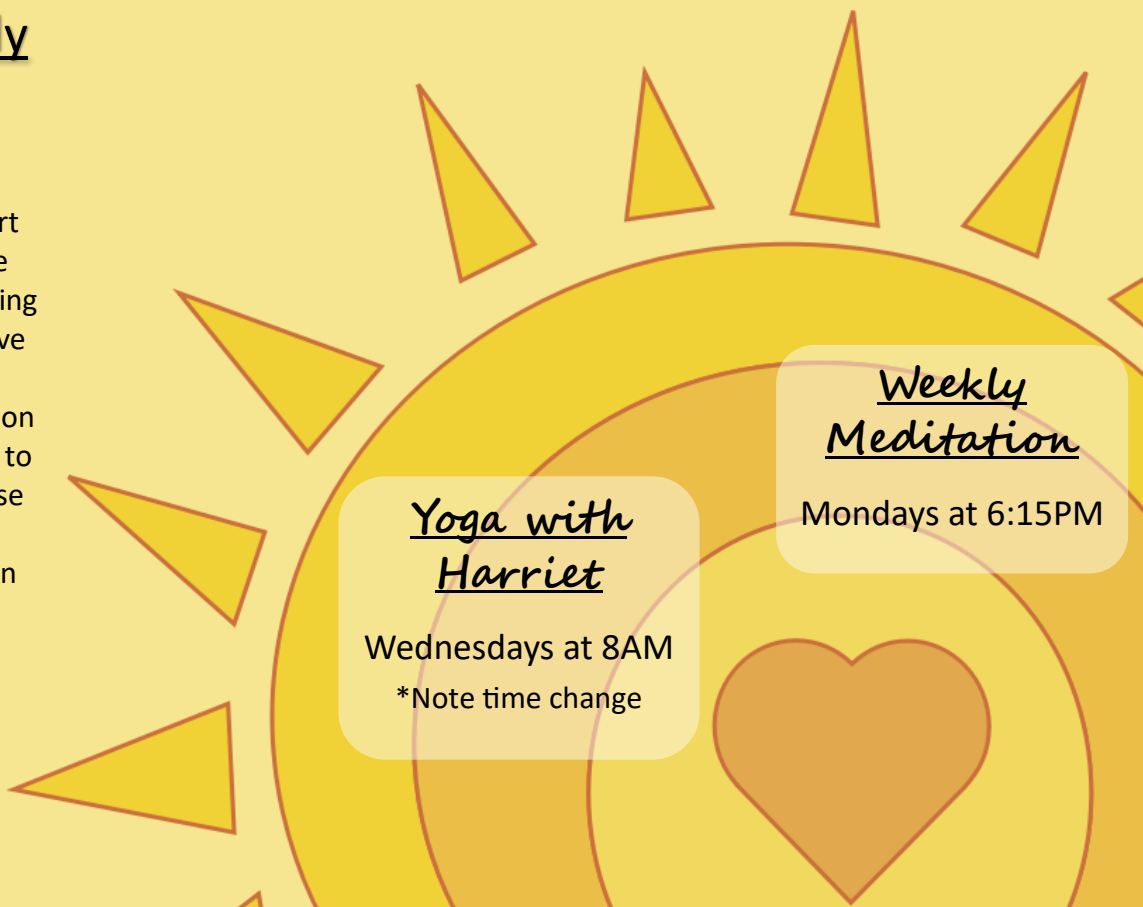
If you would like more information about the Women's Discussion Group or would like to be added to our email list, contact Susan Roberts at [landfall2@mindspring.com](mailto:landfall2@mindspring.com) or 843-217-1885.

## 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 being held on Zoom on Wednesday afternoons from 2:00 to 3:30. 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).



Yoga with  
Harriet

Wednesdays at 8AM

\*Note time change

Weekly  
Meditation

Mondays at 6:15PM



# Set Up Your Account In Breeze—

## It's A Breeze!

You probably have heard talk and seen several emails about the Breeze Church Management system that we joined a year ago to help us manage a multitude of church functions, including maintaining members' and friends' contact information, our church calendar, donations and pledges, a Church Directory and so much more.

Many of you are not that familiar with computers, or are really busy, or just kept putting off setting up your Breeze account and now can't find the instructions – or for some other reason, you have not yet set up your account in Breeze. We understand all that, but...

**NOW THAT WE ARE GETTING READY TO MOVE INTO THE NEW CHURCH, IT IS TIME TO DO IT.**



It is so easy and once you have set up your account, you will be able to do all of the following (and more):

- ◇ Keep your address, phone number(s) and email address updated in our church records so they are current and accurate
- ◇ Check out the UCF calendar for upcoming events and access the details about those events, including the Zoom link if applicable
- ◇ Access a UCF Directory where you can find the contact information for anyone in our congregation who has “Opted In” to the Online Directory – and Opt-in or Opt-out yourself.
- ◇ Volunteer to be a greeter, bring flowers for a service, join a work party, etc. This function is not being used yet but we plan to use it once we move in to the new sanctuary
- ◇ Check your own donations to UCF to see where you are on your pledge and other donations

### **HOW DO I SET UP MY ACCOUNT IN BREEZE?**

If you are not sure whether you have set up your User Name and Password in Breeze yet, email Barb Thomas ([bsthomas2@gmail.com](mailto:bsthomas2@gmail.com)). She can let you know and also send you instructions to reset your password or set up a new account if you haven't already done it.

If you have not set up your account, follow the instructions on the following page!



# Breeze Instructions:

STEP 1

Click on this link: <https://unitariancoastal.breezechms.com/login>.

STEP 2

STEP 3

STEP 4

Check your email account for an email from “Breeze Church Management” and click on “Create Your Login” at the bottom

## You're invited!

Cold Breeze,

You may have heard that UCF has subscribed to the Breeze Church Management system, a database that helps us keep up to date with our Member and Friend contact information, has a calendar of UCF events, and also allows our Treasurer and Finance chair to track contributions. There are several other functions, including a Member/Friend Directory that we have now implemented.

This email contains an invitation to set up your own account in Breeze.

Unitarian Coastal Fellowship has invited you to create your own member account. You may click the button below to create your username and password to log into the system.

STEP 5

STEP 6

STEP 7

STEP 8

Click to edit your profile page and enter your contact information. You can also click “Online Directory” to Opt in or Opt out of sharing your contact information with other UCF members and friends.

If you have any trouble with this, Barb Thomas ([bsthomas2@gmail.com](mailto:bsthomas2@gmail.com)), Karen Baggott ([kbaggott47@gmail.com](mailto:kbaggott47@gmail.com)), or Jo Ellen Essex ([joelnsx@yahoo.com](mailto:joelnsx@yahoo.com)) can help you.

*UCF is paying a monthly fee to subscribe to Breeze. It will be so much more useful and cost effective if you all log in and get familiar with all it has to offer!*





# EASTER FOOD DRIVE

The Food Waste and Recovery Program (FWR) of Carteret's Food and Health Council is holding its Easter Food Drive to support our county food pantries.

Buy or bring a can or box of food or clean out your pantry.

Fourteen county businesses will keep a Donation Box to which shoppers may donate food. Please find one near you:

<b>BEAUFORT</b>	Piggly Wiggly	Beaufort Drug Store	Coastal Community Market
	Salty Catch Seafood	Dollar General	Broad Street French Bakery
<b>SEA LEVEL</b>	Dollar General		
<b>OTWAY</b>	Dollar General		
<b>NEWPORT</b>	IGA (Hwy 24)	Stable Grounds Coffee Shop (Chatham Street)	Shortway Brewing (Chatham Street)
<b>MOREHEAD CITY</b>	Morehead City Drug	Sweet Beans Coffee Shop	Starbucks

*Collecting Donations March 11—April 1*

Persons wanting to donate but unable to shop may contact us and we will do the shopping for you. For more information, to offer food, or to volunteer time, please call or text (919) 219-9840 or (904) 955-6714.

## Give Your Winter Clothes a New Life!

Visit our donation box locations:

### BEAUFORT:

- ◇ **Coastal Community Market**  
606 Broad Street
- ◇ **Brasserie Café**  
823 W Beaufort Road

### MOREHEAD CITY:

- ◇ **Tienda Mexicana**  
3011 Bridges Street, Suite A
- ◇ **NCSU/CMAST Building Lobby**  
303 College Circle

The Food Waste & Recovery Program is collecting gently used or new winter clothes (hats, gloves, scarves, long sleeve shirts, jeans and boots) for NC Farmworkers who grow and harvest **OUR food!**

Clothing gathered will be distributed to help provide much needed layering in the cold and offer sun and pesticide exposure cover. Your donations will help increase the well-being of hardworking farmworkers throughout the state.



**DROP OFF  
BY APRIL 1**



# Thank you

January 2022

## 5th Sunday Collection

In months with 5 Sundays, UCF collects money for a non-profit organization (usually local) that is chosen by the Social Action Committee. The month of January had five Sundays and you all donated an amazing **\$1,540.08** for local food pantries!

This donation is being split across eight Carteret County food pantries and comes at a time when resources are stretched to help those living with food insecurity and hunger. Our UCF donation to 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.

Thank you for your incredible generosity and for your continued commitment to living UCF's vision "to be a visible presence in the community, growing a just world through spiritual enrichment, compassionate action, and free religious inquiry."

## Board

## Business

**The Board of Trustees met on Thursday, February 10, and had a special meeting on February 24.**

- Adopted recommended name for our new building to house offices, Sunday school classes, and meeting spaces—Reverend Sally B. White Center.
- Worked on a policy for building use and COVID.
- Heard report from the New Building Team on change orders and a possible UV sanitizing system for the HVAC units.
- Received update on Interim Ministry
- Next regular meeting will be 7 pm on Thursday, March 10.



## Green Tip

Does it feel as if you're constantly pumping fuel into your car or truck? Not surprisingly, American drivers on average use 656 gallons of gas per person per year! Perhaps it's time to make better choices about how we get around, but it's difficult when you live out in the country, as many of us in Carteret County do. I feel fortunate to live in Beaufort, where we can walk or bike to so many destinations. If you're more car dependent, consider carpooling and consolidating trips as much as possible. I've also seen small busses around Beaufort and Morehead City; that's another good option for some trips. With thoughtful planning, many of us can reduce the number of times we hop in the car, and our planet will be the beneficiary!



## Drop-In Spiritual Nourishment

Has COVID left you running on empty spiritually and emotionally? Join Reverend Michelle for a time of "Drop-In Spiritual Nourishment" on Wednesday, March 2, at 7 pm. This will be a midweek pause to catch your breath and rejuvenate your spirit through quiet time, poems and readings, and facilitated discussion.

Click this link on March 2nd to join the meeting:

[March 2 - Drop-In Spiritual Nourishment](#)

## Planting for Wildlife

The UCF Green Sanctuary and Adult RE Committees invite you to Planting for Wildlife, a talk that will focus on how we can better use our home landscaping and gardens to attract and benefit wildlife, with a focus on birds and insect pollinators. We will cover how to ensure that you are providing the four essentials that all wild animals need: appropriate food, clean water, cover, and places to raise young. We will also cover the benefits of using native plants and some hazards to avoid, such as the use of toxic substances. In addition, we will cover some of the available certifications you can obtain in recognition of your conservation efforts. Please join Tom Wentworth, your presenter, using the Zoom link below and in weekly updates in The Wave. The presentation will begin at 7:00 PM on Monday, March 21, 2022. No signup is required.

Click this link on March 21 to join the meeting: [Planting for Wildlife](#)



# Prayer For Peace

This is one of Rev. Michelle's favorite poems. She hopes it brings to you what it brings to her: just a little bit of peace.

## ***Pray for Peace***

**By Ellen Bass**

Pray to whomever you kneel down to:  
Jesus nailed to his wooden or plastic cross,  
his suffering face bent to kiss you,  
Buddha still under the bo tree in scorching heat,  
Adonai, Allah. Raise your arms to Mary  
that she may lay her palm on our brows,  
to Shekhina, Queen of Heaven and Earth,  
to Inanna in her stripped descent.

Then pray to the bus driver who takes you to work.  
On the bus, pray for everyone riding that bus,  
for everyone riding buses all over the world.  
Drop some silver and pray.

Waiting in line for the movies, for the ATM,  
for your latte and croissant, offer your plea.  
Make your eating and drinking a supplication.  
Make your slicing of carrots a holy act,  
each translucent layer of the onion, a deeper  
prayer.

To Hawk or Wolf, or the Great Whale, pray.  
Bow down to terriers and shepherds and Siamese  
cats.  
Fields of artichokes and elegant strawberries.

Make the brushing of your hair  
a prayer, every strand its own voice,  
singing in the choir on your head.  
As you wash your face, the water slipping  
through your fingers, a prayer: Water,  
softest thing on earth, gentleness  
that wears away rock.

Making love, of course, is already prayer.  
Skin, and open mouths worshipping that skin,  
the fragile cases we are poured into.

If you're hungry, pray. If you're tired.  
Pray to Gandhi and Dorothy Day.  
Shakespeare. Sappho. Sojourner Truth.

When you walk to your car, to the mailbox,  
to the video store, let each step  
be a prayer that we all keep our legs,  
that we do not blow off anyone else's legs.  
Or crush their skulls.  
And if you are riding on a bicycle  
or a skateboard, in a wheelchair, each revolution  
of the wheels a prayer as the earth revolves:  
*less harm, less harm, less harm.*

And as you work, typing with a new manicure,  
a tiny palm tree painted on one pearlescent nail,  
or delivering soda or drawing good blood  
into rubber-capped vials, twirling pizzas—

With each breath in, take in the faith of those  
who have believed when belief seemed foolish,  
who persevered. With each breath out, cherish.

Pull weeds for peace, turn over in your sleep for  
peace,  
feed the birds, each shiny seed  
that spills onto the earth, another second of  
peace.

Wash your dishes, call your mother, drink wine.

Shovel leaves or snow or trash from your sidewalk.  
Make a path. Fold a photo of a dead child  
around your Visa card. Scoop your holy water  
from the gutter. Gnaw your crust.  
Mumble along like a crazy person, stumbling  
your prayer through the streets.



# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Worship Committee 12PM Mardis Gras	2 Yoga 9AM Mental Health Family Support Group 2:30PM Drop-In Spiritual Nourishment 7PM Ash Weds.	3 Leadership Council 9:30AM	4	5
6 Worship Service 10:30AM	7 Meditation 6:15PM	8 International Women's Day	9 Yoga 9AM Mental Health Family Support Group 2:30PM	10 Nursery Mural Painting 9AM Board of Trustees 7PM AARG 7PM	11 Nursery Mural Painting 9AM	12
13 Worship Service 10:30AM Daylight Savings Begins	14 Meditation 6:15PM	15 Finance Committee 9AM	16 Yoga 9AM Mental Health Family Support Group 2:30PM	17 St. Patrick's Day	18	19
20 Worship Service 10:30AM Spring Equinox	21 Women's Discussion Group 12:30PM Meditation 6:15PM Planting for Wildlife 7PM	22	23 Yoga 9AM Mental Health Family Support Group 2:30PM ARE Committee 3PM	24	25 April Newsletter Deadline	26 UCF Book Club 11AM
27 Worship Service 10:30AM	28 Meditation 6:15PM	29	30 Yoga 9AM Mental Health Family Support Group 2:30PM	31 International Transgender Day of Visibility		

## **Board of Trustees:**

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