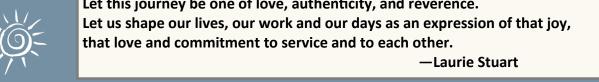


A Prayer of New Beginning

In the spirit of community and a sense of purpose in our ministry:
Let us commence the discovery of our strengths, our concerns, our grief and our joy.
Let this journey be one of love, authenticity, and reverence.
Let us shape our lives, our work and our days as an expression of that joy,

I'm looking forward to the next



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 and 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.

two years as the President of the Fellowship, serving with new Board members Tom Wentworth as Vice President and Linda Rudd as Leadership Council Trustee. We will be joining Jo Ellen Essex, Secretary, and David Hughes, Treasurer, in their second year on the Board. Thank you to UCF for your confidence in electing us at the June 10th Annual Meeting to serve as your Board of Trustees. Thank you, Melva Kearney, for your service as President of the Board. Thank you, Mary Anna Newman, for your work as Leadership Council Trustee. Outgoing Board President Melva Kearney and Mark Hooper were elected to join the Nominating Committee. I'm also pleased that the bylaws change passed to remove the names of standing committees from the bylaws, allowing committees to rename themselves without requiring a change in the bylaws.

When I was a student, I always liked the beginning of the school year. I liked making a list of what I needed to start the year, including new pencils, notebooks and paper, and a box of 64 crayons. My parents never let me get the box of 64 crayons; 24 crayons were enough, they said. Starting my term as President of the UCF Board is exciting, too. I've made a list of all that I want for the congregation. It's a long list and we won't finish it all, but with the help of the Board and the congregation, progress will be made toward examining why Unitarian Coastal Fellowship exists, what we want for our future, and how we will fulfill our dreams. Just like at school, I want you to share your lists, your gifts, and together we will color our dreams, sharing our crayons to make all the colors in the 64-crayon box and more!

-Susan Fetzer, President

-UNE	_
OUR COASTLINE Table of Contents July Worship Services	
Table July Worship Services	Page 3
Rev. Ma Announcement New Member Spotlight	Page 4
San Ramon, Nicaragua	Page 5
July Green Tip AARG UCF Book Club	Page 6
July 5th Sunday Collection	Page 7
Red Cross Blood Drive	Page 8
Women's Discussion Group	
Pastoral Care	Page 9
Mental Health Family Support Group	. 486 3
Volunteer Posting	
Thank You to Volunteers	Page 10
Twisted Sisters Tea Party Recap	
Board News	Page 11
Yoga & Meditation	
Children's Spiritual Enrichment	Page 12
July Calendar of Events	Page 13
Personnel	Page 14



Sundays at 10:30AM on Zoom AND in-person

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

July 3—Faith

"Most of the founding fathers were Deists, Unitarians or similar faiths that believed that God does not directly influence the world or order its events. They believed in rational thought, in personal responsibility for actions, and the need to protect the innocent."

On the anniversary eve of our Declaration of Independence, we explore the faith of our founding fathers.

July 10—Courage

"The root of courage is corage, the Old French word for heart (as the seat of emotions). In middle English, uses included bold corage meaning "brave heart." As Aristotle said, "Courage is the first of human virtues because it makes all others possible." Courage is essential to wield power non-violently in opposition to all that diminishes or negates life. Courage makes repair of the world possible."

July 17—Blessings

Rev.(ret.) David Morris, guest minister

The Irish cleric and poet John O'Donohue wrote dozens of blessings for many occasions, and contemporary writer and minister Jan Richardson has done the same. This Sunday we explore some of Rev. David's favorites from their offerings, and consider: What does it mean to "bless," or to offer a blessing?

How do we "bless the space between us," to use O'Donohue's phrase?

BIO: Rev. David Morris recently retired as minister of the Unitarian Universalist Congregation of the Outer Banks in Kitty Hawk, NC. He has served in UU ministry for 21 years, at congregations in North Carolina, Virginia, and Northern California. He has been active in UUA anti-racism efforts since the start of his ministry, and was on the-Moderator Gini Courter's Council on Cross-Cultural Engagement. He also served the Association in other volunteer positions at the district and national level. Rev. David lives in the historic town of Manteo with his wife, the Rev. Dr. Gaye Morris, their great-grandson Oliver, and three big hound dogs.

July 24—Skin: The Intersectionality of Race and Gender

Rev. Charlie and Gail Davis, a musical service

How are UUs holding themselves accountable on issues of Race in Gender? How do we create a beloved community? This service features songs from SKIN a CD by Gail and Charlie Davis. https://youtu.be/FBtDUcvWgXU
BIO: Gail Davis Began singing in the gospel Church at the Age of three. Her mother sang with Thomas Dorsey the father of Gospel Music. Her mother then directed Gail and other children in the Crescendo Choral Club which sang gospel and art songs throughout the diverse neighborhoods of Chicago. In her teens Gail began enjoying the rock music of the Rolling Stones and Foghat. In quieter moments she listened to singer songwriters such as James Taylor, Cat Stevens and Dan Folgelberg. As an adult she sang backup vocals with the reggae band "Ekklus" and the punk band "Ash Can School"

Charlie Davis Grew up as a child of the 60s. He saw the Beatles when He was six. Other influences include Billy Preston, Elvis Costello and Neil Young. He built his first dulcimer in 1980 and soon began playing in Chicago folk music clubs. As a winner of a Chicago Park District contest, He played in the Petrillo Bandshell of Grant Park.

Gail and Charlie started performing together in 1986 and were married in 1988. As an interracial couple, there is political content inherent in some of their music. Yet they strive to express a wide variety of emotions and incorporate a diverse array of musical styles. Charlie was ordained as a UU minister in 1995 and has served congregations in North Carolina, Maryland and Indiana. He currently serves in New Bern, NC

July 31— Power

In 1857, Frederick Douglass said, "Power concedes nothing without a demand. It never did and it never will." Thus, a struggle will be required by each generation to renew, repair, and/or reclaim things like democracy, equality, liberty, freedom, and other rights that can be denied or undermined. Our tools of power include reason, non-violence, and courage to oppose hatred, violence, deceit, and more.

Rev. Ma is on vacation!

She is in California, catching up with family and friends and also herself. Here's who to contact if you need something while she's gone:

For worship needs, please contact Marilynn Cullison at mscullison@gmail.com For pastoral care needs, please contact Helene Kelly at helenekelly1@gmail.com For office needs, please contact Jo Ellen Essex at jolnsx@yahoo.com For facilities needs, please contact Sandra Shelp at shelpsk@yahoo.com For the Board President, please contact Susan Fetzer at sgfetzer@gmail.com

Rev. Ma looks forward to being back with everyone on August 2nd!



New Member Spotlight: Carol Sue Burton-Gorman



Carol Sue was born and raised in New Jersey. She has one son, Bob, who is married to Joan Burton, and both are members of UCF. Carol Sue became a UU member in 1968 in Ridgewood N.J.

She had always dreamed of becoming an actress, training with Lee Strasberg, then working on the soap opera "The Doctors."

As a member of the Camerata Singers, she performed chorale music with the NY Philharmonic under the baton of Leonard Bernstein.

Carol Sue and her husband lived in Pakistan and Chile as part of the U.S. Foreign Service during the 1970's. While there, she acted in the Tennessee Williams' play "Summer and Smoke" and enjoyed reading her glowing fan mail.

Returning to the States in the 1980's, Carol Sue attended Juilliard to study music therapy. She then attended Ramapo College at age 44 and received her BA degree in phycology. Certified in social work, she worked as a medical social worker during the AIDS crisis.

Carol Sue married Rob Gorman in 1991 and retired to Cape Cod in 2001. Following Rob's death, she moved to Morehead City to be near her "kids".

She is a voracious reader and is happiest in her kitchen listening to classical PRE radio while singing and cooking. She has joined the UCF book club, discussion group and choir as a soprano (under the baton of Tom Cullison!) and green sanctuary.

Welcome, Carol Sue!







Eco-Cultural Tour, San Ramón, Nicaragua (February 2023)

For more than 20 years, groups of UUs from North Carolina (and beyond) have participated in an eco-cultural tour sponsored by Sister Communities of San Ramon, Nicaragua (founded by two members of the Eno River UU Fellowship in Durham).

Participants stay in the homes of local folks in San Ramon; enjoy the natural beauty of mountains, forests, waterfalls, birds, and animals; meet local farmers, artisans, and students; learn about coffee and cacao farming; see how SCSCRN's work (rural schools, water and sanitation, and economic development) benefits the lives and welfare of the local community, and spend time in the colonial city of Granada.

The photo to the left is the school that UCF is supporting through the organization Sister Communities of San Ramon Nicaragua (SCSRN). The name of the school is Maria Jesus Olivas and the writing on the wall says "Our School is Safe". Recently our donations bought traditional dance costumes for the school (Nicaraguan dance is part of the national curriculum) and some teaching materials. Next year our donation will be used to repair the school's latrine. The school decides how to use the money we donate.

We have supported Sister Communities of San Ramon for many years through our Social Action Committee budget. Many of our members have gone on their annual Ecotours and our late member Ann Rivers was a frequent visitor to Nicaragua and often worked with the children in Los Popitos, a clinic/rehab for children with disabilities that is supported by SCSRN.



For more information, please contact Rev. John L. Saxon (<u>johnlsaxon@gmail.com</u>), watch this video (<u>https://www.youtube.com/watch?v=6XX1JkLfEn0&feature=emb_title</u>), and visit the SCSRN website (<u>https://san-ramon.org/ecotour/uu-and-friends-ecotour-2023/</u>).



July Green Tip

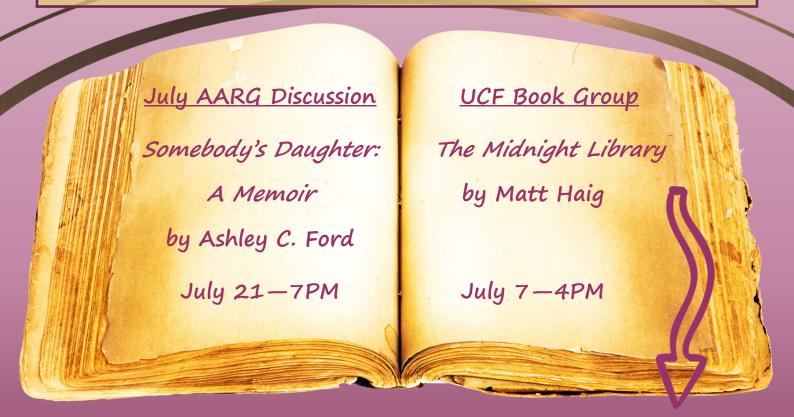


Laundry. It's a mundane topic, but one all of us deal with on an almost daily basis. There are many environmental impacts of washing and drying our clothing and linens.

impacts of washing and drying our clothing and linens.

Traditional laundry detergents contain chemical surfactants and carcinogens, which are toxic to aquatic life; many containers for detergents also create microplastics and, for larger containers, the usual plastics disposal problem. (https://www.greenmatters.com/p/detergent-environmental-effects). Typical clothes dryers use 3,000 watts of energy per hour; they're one of the most energy hungry appliances. Better choices exist: make your own soap using 1 cup each Borax and Arm & Hammer super washing soda, plus 1 bar finely shredded Fels-Naptha Soap (available at hardware stores). Dry your clothes outside; in our climate there are many days with wind plus sun — the perfect drying combination, and your sheets will smell wonderful!

"There is no friend as loyal as a book." - Ernest Hemingway



The UCF Book Club will be discussing *The Midnight Library* by Matt Haig on July 7 at 4PM.

This well written and thought provoking novel tells the tale of a very special library where one can read a story about a life that could have been.

Ever dreamed of a different maybe better life?

Go to the midnight library and find out!

Hope to see you in Pat Harms's lovely backyard on Calico Creek.

For information, text or call Joan Burton at 201-669-1519 or email Ldybg223@AOL.COM

JULY'S 5TH SUNDAY COLLECTION:

CAROLINA ABORTION FUND

When the Social Action Committee met on May 15th, the leak of the Supreme Court decision that was likely to reverse Roe v. Wade had just hit the news. Those at the meeting discussed their feelings about this decision and wanted to take action to help women keep their reproductive rights. We felt that taking away reproductive rights violates our first and second UU Principles: "The inherent worth and dignity of every person" and "Justice, equity and compassion in human relations", and we wanted to do something to help.

There are many organizations that are working on the legal and political side of this issue: ACLU, NARAL, and Planned Parenthood to name a few. However, we have always made an effort to select 5th Sunday recipients that directly help people in need. After researching, we found that there is a nationwide network of Abortion Fund organizations. The one that serves our area is Carolina Abortion Fund, which is located in Durham and serves North and South Carolina.

Carolina Abortion Fund (CAF) is a pro-abortion and pro-choice 501-c3 nonprofit founded in 2011 by a group of clinic defenders who were tired of seeing patients delaying or cancelling their appointments just because they couldn't afford the full cost out of pocket. They believe that abortion is healthcare, and healthcare should be well resourced and accessible to all.

CAF operates a confidential, toll-free helpline that provides financial, practical, and emotional support to callers in North and South Carolina trying to access abortion care. They serve all who call their helpline, regardless of race, gender identity, gender preference, age, citizenship, or any other socio-economic factors.

CAF works directly with clinics to provide grants that fill the gap between what patients can afford and the full cost of the procedure.



The Social Action team felt that by selecting the Carolina Abortion Fund for our July 5th Sunday collection, we would be helping women in North and South Carolina to have access to a full range of options if they should become pregnant.

During the month of July, you can write a check to UCF and put 5th Sunday in the memo line. You can either put that check in the collection plate or mail it to David Hughes, Treasurer, UCF, PO Box 425, Morehead City 28557. You can also donate through your Breeze account or on Paypal on the UCF website, https://ucfnc.org/. Again, be sure to select 5th Sunday if you give online. On July 31st (the 5th Sunday in July) all cash donations in the collection plate that are not designated for a pledge, will also go to the 5th Sunday collection for Carolina Abortion Fund.

Thank you in advance for all you can give to this organization which is reaching out to give women control of their reproductive choices.

HELP US MAKE UCF'S FIRST RED CROSS BLOOD DRIVE A HUGE SUCCESS!

The American Red Cross Blood Drive unit from Greenville has approved our Fellowship Hall as a site for blood drives in Carteret County. This is an incredible opportunity for us to give life saving blood to those who need it and also to increase the visibility of our church and our congregation in the community.

Our first blood drive will be on Thursday, July 28th from 10 AM to 3 PM. If we collect at least 30 units of blood, our church will receive \$10 per donation in credit towards purchasing a needed item for our church. So please sign up to give (if you are able) and spread the word to your neighbors and friends.

How do you make an appointment to give blood at our blood drive?





Go to https://www.redcrossblood.org/

At the top right, where it says "Find a Blood Drive" (in red), type "unitariancoastalfellowship" in the box. If there is a zip code number in that box, delete it before typing.

Hit enter and it should take you to the page for our drive

Click on "See Times" and you can pick a time to give blood. Click on the time you want, and you will be directed to a page where you can either "Sign In" (if you already have a blood donor account) or "Create an account"

Creating an account is easy – fill in the fields (note that Donor ID is optional) and you will be all set and your appointment reserved. If you need to change the time later, you can do that.

IF YOU NEED HELP MAKING YOUR APPOINTMENT, ARE NOT READY TO MAKE AN APPOINTMENT BUT ARE INTERESTED, OR HAVE ANY QUESTIONS, EMAIL BARB THOMAS AT <u>bsthomas2@gmail.com</u>. Also give that email address to your friends or family who are interested.

Our turnout for this first blood drive will determine whether we will be able to have future blood drives at UCF. It is a lot of work for the team from Greenville to come down here with their truck and set everything up to collect the donations, so they need to collect enough blood to make it worth their while.

Thanks in advance for your life-saving blood donation!



Community of Giving

American

Women's Discussion Group

In July, the Women's Discussion Group will be meeting on the second Monday, July 11 at 12:30PM. We hope to meet in person, so stay tuned for the details.

July's topic is certainly one to get us thinking:

What would you like to keep from this Coronavirus time?

Have there been upsides for you?

Have you learned anything about how you might like to change your daily activities or future goals?

I look forward to hearing your thoughts and insights.

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.

Service Helpers Needed!

People are needed to help set up and close the sanctuary on Sundays before and after service.

Duties include unlocking the front door, putting lights on, filling joys and concerns chalice with water, and general help to

Rev. Ma / guest host or ministry staff.

Please contact Joan Burton at Idybg223@aol.com for information and to sign up.





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

Pastoral Care Tip:

Mindfulness is achieved when one pays attention to the present moment rather than rehashing the past or imagining the future.

The "five, five ,five technique" can help one to stay mindful.

If you find yourself caught up in your thoughts or feelings, stop and notice five things you can see, five things you can hear and five things you can feel or touch.

This makes you aware of your surroundings.

YOUR Pastoral Care Team:

252-499-0836

201-669-1519

919-906-9996

252-269-0775

720-215-5681 509-607-2055 252-314-4110

CONTRACTOR OF THE PARTY OF THE	
Rev Michelle Ma	revmichellema@gmail.com
Joan Burton	ldybg223@aol.com
Miriam Green	mwgreen15@gmail.com
Helene Kelly	helenekelly1@gmail.com
Liz Morningstar	lizmorningstar@gmail.com
Holly Rogers	hollyer54@yahoo.com
Terri Thomas	territhomas00@gmail.com

Thank you, Volunteers!!!

By Karen Baggott

It is an understatement to say that our new

The ad hoc Art Committee has met several times to building efforts have required the help of many, many volunteers on many occasions!

The ad hoc Art Committee has met several times to hang artwork in the Center and in the Sanctuary and Social Hall. The phrase 'measure twice, nail once'

One good example is our new chairs that required choosing, ordering, unloading boxes of chairs, moving the boxes several times, taking chairs out of the boxes, and placing them in the sanctuary and social hall. Then recycling the cardboard and plastic.

All of this in addition of running a chair donation campaign and ordering plaques for the chairs!



The Move Team is another example of many volunteers meeting on many occasions. Did you place matching colored dots on designated rooms and furniture? Did you help sort items into 'toss', 'donate' and 'keep' piles? Or maybe you were part of a crew that picked up donated furniture, most of it quite heavy, and delivered it to the Sally B. White Center?

Our new Audio-visual system has also needed many volunteer s. They selected components, and chose a location for the AV equipment and learned the new system including a device for zooming, a laptop for slides, and a laptop for hosting zoom - in addition to keeping an 'ear' on microphones etc.

In the kitchen, a small team has worked on many occasions to unpack boxes in which our kitchen items had been stored, and place them in our new cupboards and pantry. They measured for organizers; hung grips for brooms and mops; labeled drawers, cupboards and baskets; super-cleaned the Bunn coffee maker (and tested it); and gave our new dishwashers a test run or two or three.

The ad hoc Art Committee has met several times to hang artwork in the Center and in the Sanctuary and Social Hall. The phrase 'measure twice, nail once' comes to mind but I think the numbers are a bit higher than that. Volunteers continue to work on a Gallery Wall and a Memory Wall, both in the Center, and help place bulletin boards etc. The foyer is also a work in progress with an eye to welcoming members and friends, old and new.

We've also had a small group of committed people who are taking good care of our new landscaping with watering and weeding after making our initial selection of plants within Town parameters. Very early on, volunteers painted the interior of The Sally B. White Center which is now getting a new coat of paint on the outside with the help of one dedicated volunteer. Our nursery has a beautiful sea -themed mural as well. Green Sanctuary Committee and others have helped us obtain a grant for an Electric Vehicle charging station.

With so many projects and so many helpers, I apologize if I have forgotten anything. Needless to say, the New Building Team and the Furnishings/ Finishings Committee, along with Landscaping (now Common Grounds) and Facilities volunteers have been busy for many moons. They plan to host a Volunteer Dinner in the fall to show their appreciation for everyone who helped make this dream of a new building come true.



Thank you all!!



A Tea Party for the Twisted Sisters



The Social Action Committee hosted the very first event in our beautiful new social hall on Tuesday, June 14. We held a tea party, complete with myriad varieties of tea and a table full of homemade treats including scones, cookies, meat and veggie rollups, to thank the wonderful women who every year knit and crochet many, many hats, scarves, bags, and other lovely items for us to include in our holiday gift bag giving.

The talented Twisted Sisters meet at the Senior Center once a week. It was a delight to sit and visit with them, learn more about their many creative projects and get to know them better. The tea party makes them feel appreciated and acknowledges their major contribution to our community.







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- The revised COVID policy was approved is to be published on the website.
- There is a vacancy on the Committee on Ministry that needs to be filled.
- ♦ A short-term (event) rental policy will be developed.
- 4. A planning team for the dedication of the Sally B. White Center will be formed.
- 5. The Board approved formation of the Common Grounds Task Force.
- 6. The July meeting will be Thursday, July 14, at 7 pm.
 Zoom link is on the church calendar in Breeze. Meetings are open to all.

News from the Board of Trustees June 9 Meeting

inhale

YOGA

exhale

Mondays-6:15PM

MEDITATION

Wednesdays - 8AM

OUR COASTLINE—July 2022

Children's Spiritual Enrichment

Hello everyone,

I am hoping all of you are having a great summer so far with lots of adventures ahead of you.

Our adventure is that my family is taking a vacation from July 9 through the 25 to New Hampshire to see family and friends. Jo Ellen Essex will be the contact person for the nursery.

Her phone number is 252-777-4012 and her email is jolnsx@yahoo.com.

VOLUNTEERS NEEDED: The nursery is in need of additional volunteers starting in August. If you are willing to play with the little ones, ages 6 months to 3 years of age, please let me know.

Last month you learned that the 5th UU Kids Principle was "Everyone has the right to use their voice and be heard", with Kristen and Kamryn understanding how their voices can be heard by others and how they might say it differently to be more kind. This month our 6th Principle is:

Kid's Principle #6

Together we work to create a world that is peaceful and fair for everyone.

Story #1

Andy's little brother Teddy loves singing. He sings in the shower, when he's walking to school, and sometimes even softly in bed before he goes to sleep. And when he sings in the school concerts, he has a big smile on his face. Andy's friends call Teddy a "sissy" and say it's "weird" that he would rather sing in the choir than play baseball or build forts after school. One day, Teddy cries and says, "Maybe I should just quit choir. Maybe then they'd stop teasing me!"

Q1: Is it fair that Teddy is teased for liking to sing?

Q2: Can you think of a way for Andy to help his little brother?





Story #2

John has three dollars in his pocket. He's on his way to buy trading cards with it. As he walks, he keeps checking to make sure the money is still there. John earned the three dollars by helping his mom wash her car. He passes the church and remembers what the minister said last Sunday about the family whose house burned down on Spruce Street. The minister said that people could give money to help that family. John doesn't know the family, but he remembers seeing a picture of two kids standing in front of their ruined house.

Q1: What do you think John should do with his three dollars?

Q2: How do you think it would make the kids who lost their house feel to know that people want to help them?

Next month will be Principle #7:

OUR COASTLINE—July 2022 Page 12

We respect our earth and all living things.



Board of Trustees:

President: Melva Kearney <u>melva.kearney@gmail.com</u>

Vice President: Susan Fetzer sgfetzer@gmail.com

Secretary: Joe Ellen Essex jolnsx@yahoo.com

Treasurer: David Hughes <u>ucfwelcomenc@gmail.com</u>

Leadership Trustee: Mary Anna Newman manewman47@gmail.com

Leadership Chair: Mary Anna Newman manewman47@gmail.com

Minister: Michelle Ma <u>revmichellema@gmail.com</u>

Choir Director: Tom Cullison trcullison@gmail.com

Office Assistant: Jamie DeRose ucfofficeassistant@gmail.com

Facilities: Sandra Shelp shelpsk@yahoo.com

Worship: Marilynn Cullison <u>mscullison@gmail.com</u>

Finance: Jo Ellen Essex <u>ucfwelcomenc@gmail.com</u>

Membership: Nan Reed <u>nanreed5@gmail.com</u>

Social Action: Amy Jones <u>amjones0912@gmail.com</u>

And Barb Thomas <u>bsthomas2@gmail.com</u>

Green Sanctuary: Lauren Donnachie Isdonnachie@twc.com

And Linda Rudd <u>lerudd@ncsu.edu</u>

Committee on Ministry: Holly Rogers hollyer54@yahoo.com

RE, Children: Sarah Sutherland <u>UCF.RE.Sarah@gmail.com</u>

RE, Adults: Sally Davis <u>sdavis8772@gmail.com</u>

Music Committee: Tom Cullison trcullison@gmail.com

Care Circle Coordinator: Martha Kenworthy <u>martha.kenworthy@gmail.com</u>

Newsletter: Jamie DeRose <u>ucfofficeassistant@gmail.com</u>

Contact us!

252-240-2283

UNITARIAN COASTAL FELLOWSHIP

P. O. Box 425

Morehead City, NC 28557

