

OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC



Dear Beloveds,

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.

Blessings,

~Rev. Micah C. Ma

I'm back!

Yes, I had a wonderful time at General Assembly—even with the news about Roe v. Wade that occurred that Friday. It was good to be in the company of other Unitarian Universalists as we affirmed our dedication to autonomy and sacred choice. We have seen this moment coming for years and have been working in the background to see how we can be helpful. There is certainly a place for churches and congregations in this fight, as moral compasses and confidential sanctuaries.

Afterward, I was glad to spend some time in California with family and friends—and also with myself, as I alluded to in my previous letter (see: June Coastline). The process of gender transition means getting to know myself again and separating what I know about myself to be true from what society has told me is true. I'm grateful to have been able to do some of that in the place where I was born and raised, with family and friends to help me along (and give me space when I needed space). That allows me, now, to reintroduce myself to you:

Hello! I'm Rev. Micah C. Ma, and I'm so very glad to be here. I use they/them/their pronouns, though he/him/his pronouns are also okay. (Ex: "This is their office!" or "They're in Jacksonville for an appointment this afternoon.")

You may worry about getting it wrong. That's okay! I still get it wrong on occasion. I spent almost four decades giving a certain name when I ordered coffee, and sometimes it still slips out. If you get my name or pronouns wrong, just apologize and move on. (Ex: "She is—I'm sorry, I mean they are my minister.") Nobody needs to beat themselves up about any mistakes. We have more important things to focus on.

And we *do* have so many important things to talk about! Now that we've had a few months to settle into our new building: who are we, now that we're no longer in limbo? What are our plans, now that we're starting this new chapter in the life of the congregation? Who do we want to lead us there? This is such an exciting, liminal time for the Unitarian Coastal Fellowship, and I'm so happy and grateful to be part of it.

There's so much we can do together, and I can't wait to get started.

OUR COASTLINE

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August

Worship Services

Sundays at 10:30AM on Zoom AND in-person
Zoom link is provided in each Friday edition of *The Wave*

August 7: **Welcome to the Interim**

The Unitarian Coastal Fellowship has gone through one transition: moving from one building to another larger facility, one built to fulfill dreams of growth and visibility in the community. Now, it is time to undergo another transition: discerning a new direction, and calling a new minister to help lead in that direction. What will the next year or two look like for the Unitarian Coastal Fellowship, and how will interim minister Rev. Ma guide that transition?

August 14: **Potential Futures**

Phillip Strickland was a high school student when he first came to the Unitarian Coastal Fellowship, and now that he is departing for graduate school he has some ideas about the role that UCF can play in the community. Today, we explore the many futures that could be ahead for UCF.

August 21: **One Water**

Water Communion is a uniquely Unitarian Universalist tradition where we recognize our many sources and origin stories and also that we all flow together into one community. What wisdom can we learn from water?

August 28: **Circle of Life**

As Chief Black Elk said, “Everything the Power of the World does is done in a circle.” Yin and yang, these complementary opposites are expressed in a circle. We live in circles within circles. The rotation of the Milky Way, the solar year, the seasons, solstice and equinox, the waxing and waning of the moon, the rotation of earth that gives us night and day, and birth and death. The circle of life, our life.



I love going to the new buildings at 2900 Bridges Street every week for worship services and meetings. There's always something new to see—the little things that will make these buildings our comfortable place are appearing. What have you noticed? I have seen a board for our name tags, a beautiful table with drawers in the foyer, new racks to hang things in the pantry, the hearing assistance devices, the new bulletin boards. Outside the building I see the native plants, the gravel parking that allows water to drain away, the charging stations—all tell the community who we are and what we care about.

I am looking forward to more changes soon. On August 14, there will be a dedication of the Sally B. White Center and then a Ribbon Cutting for the new sanctuary building in September.



In the next year, UCF will continue our work. As UCF starts the second year of the Interim Ministry with Reverend Ma, I look forward to re-certifying as a Welcoming Congregation, to discussions of the Eighth Principle, to preparing for the search for a settled minister. After more than 2 years meeting virtually, we will find ways to be together again, to nourish our spirits, to listen to and to be heard in our community, to minister to a diverse community, to establish social justice, to protect the environment, and to have some fun while doing it.

We have built the building, now we have the space to build the future.

-Susan Fetzer

UCF Board of Trustees Profiles

Susan Fetzer, President

I am asking each Board member to write a short profile for the newsletter. There will be Board Profile in each newsletter for a few months with the purpose of giving some information that will help members and friends get to know the members of the Board better.

My childhood was spent on a wheat farm in the Panhandle of Texas. I graduated with a degree in biology from Grinnell College in Iowa, and a master's degree in Nutrition from University of Nebraska. My husband John and I moved to Morehead City in 1978 after his family bought Spooners Creek Yacht Harbor. Being the director of the Onslow County Women, Infants, and Children program was my first job, followed by private practice before starting at Carteret Health Care. I've lived in Beaufort for 9 years, and I retired in 2018 after 31 years as a hospital clinical dietitian. I am widowed and have a son and a daughter and 2 grandchildren in the Triangle area. That's why I have a townhouse near them!



I am a charter member of Unitarian Coastal Fellowship. I grew up in the Methodist Church but my dad and grandmother were Universalists in Everett, Massachusetts, before moving to Texas. I attended a UU church in Lincoln, Nebraska, so I was excited to see that there were some UUs in Carteret County. I was the first Secretary of the congregation in 1980, and I have been Vice President, President, and Leadership Council Trustee. I've been on several committees—Children's Religious Education, Finance, a Search Committee, and Committee on Ministry. The fellowship has met in homes, in rented space, at the Galley Stack Restaurant at Spooners Creek, at 1300 Evans Street, and now at 2900 Bridges. I am committed to UCF, and with the help of its members and friends, to do the work of the congregation.

**YOU ARE
CORDIALLY INVITED**

to join us for the dedication of the

**Reverend
Sally B. White
Center
Dedication**

Reverend Sally B. White Center

WHEN: Sunday, August 14—12PM Noon

WHERE: 2900 Bridges Street

Morehead City, NC 28557

Program will include a few words from Reverend Sally and others, tours of the center, and light refreshments.

COVID SAFETY WILL BE OBSERVED.

We look forward to seeing you at this event honoring Reverend Sally!



The formal ribbon cutting for our new facility will take place in September



COMING SOON



“TRANS INCLUSION IN CONGREGATIONS” CLASS

A subcommittee of the Social Justice Committee has been working on renewing our Welcoming Congregation status with the UUA and expects to accomplish that goal by February 2023. However, our goals are much larger than just achieving the UUA Welcoming Congregation status – we want to be sure our congregation understands what it means to be a Welcoming Congregation. That means that we not only welcome people of all gender identities and sexual preferences but that we recognize how we can all grow and learn from everyone who brings a different experience and background to our community and that we open ourselves to what they bring.

In support of this goal, we are very excited to offer a class called **“Trans Inclusion in Congregations”** to UCF starting in early September. Along with the Adult Spiritual Enrichment Committee, this class will be presented in six weekly sessions on Wednesday evenings at 7:00 PM at UCF, starting on September 7th. There will be a Zoom option but attending in person is preferred because there will be a lot of discussion in the class. Each session will begin with a 45-to-55-minute video by course leaders Rev. Mykal Slack and Zr. Alex Kapitan, followed by a guided discussion. Sessions will end by 8:30 PM. The class covers much more than information on transgender people and really talks about how to work toward the goal of becoming a “Beloved Community” that celebrates our diversity and all the benefits that diversity brings.

The course will be facilitated by Amy Jones, Marty Newcomb, Harriet Altman and Barb Thomas. To learn more about this course, please watch this 14 minute introductory video by the creators of the course: <https://www.youtube.com/watch?v=tEU5Ri8lxQ4&t=4s>

Anyone in our congregation is encouraged and welcome to sign up for this class. We will be sending out a sign-up sheet in mid-August.





Martha Naset would very deeply like to thank her UCF family for the many ways support has been shown over the difficult past year. A year which culminated in June with my 92 year old mothers' unexpected stroke and resulting death, and the final transition my little brother made from his valent fight with brain cancer. It's been a long, hard time for me and my family. The planter, the flowers, the cards have all been uplifting to me. I have taken pictures of the planter and flowers to share with my siblings and taken the cards with me to Virginia and shared them. I'd forgotten how many congregants knew my mother and what sweet memories were conveyed.

One of my personal favorites was a handwritten card with this quote from Thich Nhat Hanh:

"Birth and death are only doors through which we pass, sacred thresholds on our journey."

Thank you all for accompanying me on the journey.
Namaste.

-Martha



We would like to have the option in the future to use cloth cocktail napkins at UCF social events. If you have any white, cotton, linen, or cotton linen blend cocktail napkins you'd like to donate to UCF, please drop them off in the kitchen or give them to Miriam Green, Susan Roberts, Sandra Shelp, or Jo Ellen Essex. Thank you!



Green Sanctuary Green Tip:

Water conservation issues are often in the news. Some modern human activities use copious amounts of precious water. Agriculture and irrigation account for 70% of fresh water withdrawal worldwide; industry accounts for 19%, and municipal, including household use, 11%. So what can we as consumers do to help reduce water use? Given that agriculture represents such a large chunk, it pays to research ways we can contribute, such as buying from local farmers using conservation methods such as no-till and drip irrigation. Eating more vegetarian meals can also help, since, for example, 1,847 gallons of water are needed to produce 1 pound of beef (<https://www.denverwater.org/tap/whats-beef-water>). In contrast, one pound of corn or potatoes requires about 100 gallons of water. For more stats and some suggestions, visit <https://foodprint.org/issues/the-water-footprint-of-food/#>.

Adult Religious Education

MEDITATION

Mondays—6:15PM

YOGA

Wednesdays—8AM

Anti-Racist Reading Group News

On July 21, Barb Thomas led our Anti-Racist Reading Group in discussion of Somebody's Daughter: A Memoir by Ashley C. Ford. It was a very thought-provoking book and the discussion was excellent. Thank you, Barb.

The James Baldwin classic, The Fire Next Time, is the September 15 read. The book is two essays that were written in the 1960s, during a time of segregation between white and Black Americans. It explores how race, identity, and power helped Baldwin shape his perspective on race. Mary Anna Newman will lead the discussion.

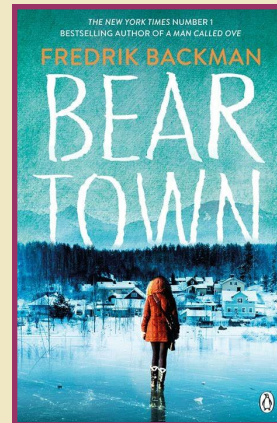
The Fire This Time by Jesmyn Ward will be the book for discussion on November 17. It is an anthology of essays and poetry in the format used by Baldwin. It was inspired by the killing of unarmed teenager Trevon Martin in 2012. While seeking to understand and deal with her own anger, the author found solace in James Baldwin's works, especially The Fire Next Time. It led her to compile an anthology of accomplished authors of the time, to reflect on the racial landscape after the first decade of the twenty first century.

Comparison of the two books should give the reader insight into the progress (or lack thereof) of the racial climate in the United States over fifty or more years.

Please join us on the dates above for an evening of thoughtful discussion. You will receive information later as to whether the meetings will be in person or via zoom.

UCF Book Club

Please join the UCF Book Club on August 15th at 4PM to discuss the book Bear Town by Frederik Backman.



Please join us!
For information,
contact Joan Burton at
201-669-1519.

Happy reading!

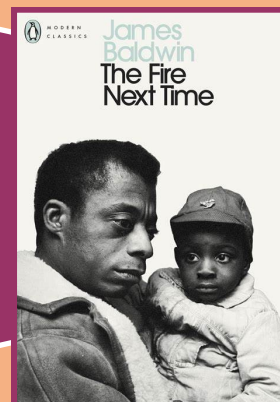
Women's Discussion Group

In August, the Women's Discussion Group will be on vacation. Our next meeting will be Monday, September 12 at 12:30. If the weather cooperates, we hope to meet in Pat Harms' beautiful backyard by Calico Creek. And here is a sneak peak at our September topic which will be quite timely as we move from August into September:

What is your favorite season? Why?

I look forward to hearing your choices.

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.



The Value of Volunteerism

Does it feel to you as if you're gently and gradually rejoining society after almost 3 years of COVID quarantine? Sure seems that way to me! Much is the same out there in the world, but much is also different. One thing that's different for many of us is the activities we used to enjoy. For me, most of those are gone, but new (and often better) ones have been substituted. One of these for you may have been your volunteer activities.

Now's the time to think about new ways to contribute your gifts and talents to the big world out there!

As you journey back, please consider UCF as a volunteer opportunity. Our Fellowship can use your skills across a wide range of contributions, and volunteering is a great way to make new friends or get to know people you've met better.

Volunteering opportunities

include:

- worship associate
- music
- greeters for Sunday services
- setting up for services
- nursery helper
- religious education (adult & children)
- social justice activities
- coffee hour & food service
- writing and editing for our newsletters
- serving on committees
- cleaning
- organizing & maintaining our new space
- painting
- garden design
- grounds maintenance

.....the list is almost endless!

We have many wonderful UCF volunteers, but we can definitely use many more!

Contact Barb Thomas (bsthomas2@gmail.com) or Linda Rudd (linda_rudd@ncsu.edu) if you're interested in volunteering – it could be one of the most rewarding new activities you've embraced.

By the way, all UCF committee meetings are open to all members.

If you'd like to learn about the possibilities, check the monthly calendar in the *Coastline* or in Breeze for dates and times.



Children's Spiritual Enrichment

Hello everyone,

It doesn't seem possible that summer is coming to a close and school will be starting up for quite a few children with renewing old friendships and meeting new classmates that have either moved here from far away places or just from the next town. I wish you all a new experience this fall if you are going to school. Make new friends but remember to keep the old ones too. Some are graduating from high school and starting a new journey into adulthood.

Good luck to you all!

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. You might have some 4- and 5-year-olds too, as they love playing in the nursery.

Last month you learned that the 6th UU Kid's Principle, "Together we work to create a world that is peaceful and fair for everyone," where Andy's little brother Teddy loved to sing and was made fun of and called a sissy. What were your answers to the questions asked? The second story saw John earning \$3.00 from washing his mom's car and what should he do with it? Last Sunday the minister said that people could give money to help the family whose house burned down on Spruce Street. He remembered seeing a picture of two kids standing in front of their ruined house. What do you think John did?

This month we are reading about our 7th Principle .

Kid's Principle #7: We respect our earth and all living things.

Story #1

Anna and Riley have had a great day at the beach. They showed each other cool seashells, made a sandcastle, and stuck their feet in the cool clear water. "Time to go guys!" Anna's dad calls out. Anna and Riley begin picking up their beach toys and towels and chairs. Riley kicks over the castle. The soda can and old plastic fork they used for a tower and a flagpole are lying in the sand.

"Grab that trash," says Anna.

"Why?" asks Riley.

"It was here when we got here."

Q1: Why do you think Anna wants to pick up the trash?

Q2: Does it matter that someone else left the trash in the first place?



Story #2

Tyler has been spending the summer on his Uncle Derek's farm. He has been helping his uncle to gather eggs from the chickens and feed the pig.

His uncle takes very good care of the animals, feeding them food that they like and making sure they are healthy and comfortable. One day, Derek tells Tyler that he will eventually kill the pig for his family to eat. Tyler feels a little confused.

"So why," he asks, "are you so nice to the pig now?"

Q1: Why do you think Uncle Derek takes good care of the pig?

Q2: Does it matter if a pig is healthy and comfortable?

Stay tuned for what is happening in September in our Children's Spiritual Exploration Activity Room!



Pastoral Care Tip

Writing a note, calling, texting, or emailing a friend or acquaintance just to say “hello” might seem like an insignificant gesture, but new research suggests the opposite.

During a study, people who connected with others were found to have a better sense of purposefulness and achieved a positive impact on their wellbeing.

This study also encouraged people to see friendship as an important component of personal health, even if reaching out sometimes feels awkward or time consuming.

To be functioning at our best, we need to be in a connected state with others.

988 UPDATE



(Source: [NPR](#))

People experiencing a mental health crisis have a new way to reach out for help in the U.S. As of July, they can simply call or text the numbers **9-8-8**.

Modeled after 911, the new three-digit [988 Suicide & Crisis Lifeline](#) is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

"If you are willing to turn to someone in your moment of crisis, 988 will be there," said Xavier Becerra, the secretary of the federal Department of Health and Human Services, at a recent press briefing. "988 won't be a busy signal, and 988 won't put you on hold. You will get help."

The primary goal of the new number is to make it easier for people to call for help. Lawmakers and mental health advocates also see this launch as an opportunity to transform the mental health care system and make care easily accessible everywhere in the United States.

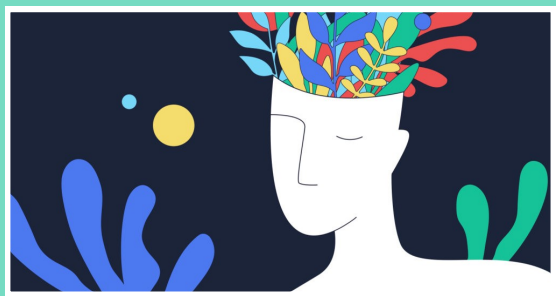


Mental Health Family Support Group

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

YOUR Pastoral Care Team:

Rev Michelle Ma	revmichellema@gmail.com	252-499-0836
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Terri Thomas	territhomas00@gmail.com	252-314-4110
Susan Roberts	landfall2@mindspring.com	843-217-1885



COME JOIN OR REJOIN OUR SOCIAL JUSTICE COMMITTEE!!!

As we approach this new season in our new building and have more space and visibility, we have an opportunity to really make a difference as we

“advocate for social and environmental justice within our community”.

We hope to get more folks joining us as we do more outreach in our community, more education, more call-to-action opportunities, etc.! There is something for everyone to follow their passion!

Just a FEW of examples include:

- ♦ Transforming Hearts – Transgender Inclusion in Congregations course – coming in September
- ♦ Racial Justice reading group and action group
- ♦ Service days, such as serving meals at Hope Mission, picking up trash with Green Sanctuary, etc.
- ♦ Contributing and possibly volunteering at Food Banks
- ♦ Red Cross Blood Drives
- ♦ UU the Vote and volunteering at the Voter Registration Drive at CCC in September
- ♦ Meatless Mondays
- ♦ Participate in holiday gift bags and Project Christmas Cheer work



Our next meeting (in person) will be **Sunday, August 28**, following our service. We hope you'll join us! We'd love to hear your ideas too! Together, we CAN make a difference!

-Harriet Altman and Barb Thomas, Co-Chairs



AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Meditation 6:15PM	2 Worship Committee 12:00PM Staff Meeting 4:30PM	3 Yoga 8:00AM Mental Health Family Support Group 2:00PM	4 Leadership Council 10:00AM	5	6
7 Worship Service 10:30AM	8 Meditation 6:15PM	9	10 Yoga 8:00AM Mental Health Family Support Group 2:00PM	11 Board of Trustees 7:00PM	12	13
14 Worship Service 10:30AM Rev. Sally B. White Building Dedication 12:00PM	15 UCF Book Club 4:00PM Meditation 6:15PM	16 Finance Committee 9:00AM	17 Yoga 8:00AM Mental Health Family Support Group 2:00PM	18	19	20
21 Worship Service 10:30AM	22 Meditation 6:15PM	23 Communications Team 11:30AM	24 Yoga 8:00AM Mental Health Family Support Group 2:00PM	25 Deadline for September Newsletter	26	27
28 Choir Rehearsal 9:15AM Worship Service 10:30AM Social Justice 11:45AM	29 Meditation 6:15PM	30	31 Yoga 8:00AM Mental Health Family Support Group 2:00PM			

Board of Trustees:

President: Susan Fetzer sgfetzer@gmail.com

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Social Justice: Harriet Altman harrietaltman@icloud.com

And Barb Thomas bsthomas2@gmail.com

Green Sanctuary: Lauren Donnachie lsdonnachie@twc.com

And Linda Rudd lerudd@ncsu.edu

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RE, Adults: Sally Davis sdavis8772@gmail.com

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Care Circle Coordinator: Martha Kenworthy martha.kenworthy@gmail.com

Newsletter: Jamie DeRose ucfofficeassistant@gmail.com



Contact us!

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UNITARIAN COASTAL FELLOWSHIP

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