



Dear Beloveds,

It seems that every year, we hope for a better year than the one before; every year, we are disappointed. Every year brings with it new conflicts, new crises, new losses, new griefs. The memory of peaceful, happy times recedes into the distance.

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.

But of course, it's not as if the past was without conflict or crisis. There were pain and loss and grief in the past. As humans, we can be peculiarly good at forgetting the pain and remembering only the good times. It's part of how we survive. If we remembered everything about the pain of childbirth, we might never bear any more children.

That said, it is, at last, time for us to turn our attention to what we can control: the search for a new minister here at the Unitarian Coastal Fellowship.

"Well, it's about time!" you might say. "We've dawdled long enough!" And I quite agree; everyone has been very patient over the last year and a half, as the building construction ran far longer than anyone anticipated and we had to spend a good long time settling into the new building, remembering half-forgotten old procedures and developing new ones. Now, we've finally developed a routine of sorts. We've blessed our new building with potlucks, a wedding, a coat drive, and our first Christmas Eve service. We are finally—finally!—really ready to start talking about, thinking about, and envisioning a future beyond the next couple of months.

Board President Susan Fetzer has summarized in her letter some of the tasks that face the Board in the coming year, and how the Board plans to bring in the congregation on the work that lies ahead. In the following pages, you'll have the opportunity to familiarize yourself with the timeline for Search, the interim developmental tasks, and some frequently asked questions.

It's an exciting time to be part of this congregation. There's so much going on, and there's an incredible amount of potential here.

I'm not sure y'all even know what a miracle this community is.

I believe the future is bright. I really do.

*Blessings,
~Rev. Micah C. Ma*

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President's Column

As we enter the New Year, it is traditional to review the past year and to make plans for the new year. I'm including UCF in my review and plans. In 2022, UCF finished construction of the new sanctuary and social hall, began meeting in person again, had a successful pledge campaign to fund its largest budget ever, dedicated the Rev. Sally B. White Building and the new sanctuary building. The calendar is filled with activities and meetings. I have been starting our Board meetings with a chalice lighting written by Rev. Erik Walker Wikstrom—"As we approach our agenda let us remember that we are doing the work of the congregation. When we do the work of the congregation, we touch lives. When we touch lives, we change the world. May this chalice flame we now kindle remind us throughout our meeting of our ministry and our mission."

Thank you to the 41 respondents of the questionnaire about the future of ministry at UCF. Your Board of Trustees has used the responses to plan for a busy 2023. I am including a summary table of the results in this newsletter and the results will also be discussed at a Coffee with the Board following the service on Sunday, January 8. It is apparent to the Board that: (1) the contract with Interim Minister Rev. Ma should be extended until Summer 2024, (2) a full-time contract minister should be sought to serve UCF beginning in the Fall of 2024, and (3) many are willing to increase pledges by 1/3 in 2023-2024.

After reviewing the survey results (see page 5), the Board of Trustees reached a consensus to extend Rev. Ma's contract for another year at a mutually agreed upon salary. The Board also decided to start the process of searching to hire a contract minister to start at the end of the interim in 2024. Now, we need to start discussions and take steps to achieve these goals.

There will be monthly Coffees with the Board for the next few months to discuss these topics and the developmental work toward completing the 5 major goals that should be explored before search. The survey indicates that the most work is needed to renew our vision, to strengthen stewardship, and to prepare for new professional leadership. The next most needed goal identified is to illuminate UCF's identity, strengths, weaknesses and challenges. This was followed by clarifying leadership and navigating shifts in leadership during transition.

There is a lot of work to be done in the next few months and I'm looking forward to working with all of you. I'm reminded of the words of Rev. Krista Taves that I've been reading at the end of recent Board meetings: "It is our work, shared with each other in covenant, that creates and sustains this beloved community. We extinguish this chalice, but its light lives on in the directions we have chosen today. The light of this faith lives on in us, together, in our hearts, minds, bodies and spirits. Amen and Blessed Be."

Happy New Year!

~Susan Fetzer



January

Worship Services

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



January 1: Beginning Again

Another year has come and gone, and we find ourselves again at a turning. It's a time of new resolutions, letting go of the past year and trying something new. Today, we will participate in a ritual of letting go—and learn what Unitarian Universalism as a whole is thinking about letting go.



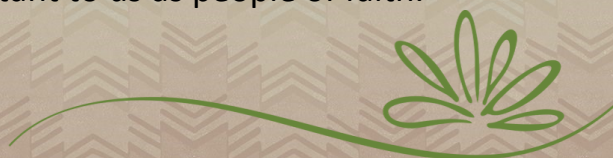
January 8: Tolling of the Bells

Winter is a time of rest, renewal, turning inward, and also of remembering the ones we have lost. As winter continues, we commemorate those loved ones we lost last year. Bring the names of your loved ones to this service, and we will remember them together.



January 15: Let's Talk About Race

It's Racial Justice Sunday! On this Sunday, we'll learn how to talk about one of the most taboo subjects in this country and explore why that's important to us as people of faith. What does race have to do with spirituality?



January 22: PMS Care While Travelling (Coleen Clark, Guest Speaker)

Self care is important, especially when you're not sure where you'll wake up the next day. The most important elements of my self care were focusing on Physical, Mental, and Spiritual health. How do you exercise, stay positive, and feed your spirituality while on the move? I'll share how I did, by trial and error, as I traveled from country to country and discovered the wonders out in our world.



January 27: Universal Symbolism (Addie Hirschten, Guest Speaker)

Symbols have been used by people throughout human history to communicate and celebrate the sacred. In her upcoming book, *The Alchemy of Symbols*, artist Addie Hirschten explores the meaning and history of symbolism. In this service we will consider ways that symbols motivate and unite people.

SURVEY RESULTS



UCF Congregational Survey - December 2022

distn. of responses

question	brief summary	% resp ¹	wtd avg ²	std dev ³	str. disagree 1	disagree 2	neutral 3	agree 4	str. agree 5
1	Search for part-time minister when prepared...	100	2.1	6.3	18	10	7	4	2
2	Search for full-time minister when prepared...	76	4.2	6.3	1	2	3	9	16
3	If minister full-time, prefer contract minister...	98	4.0	7.0	3	3	4	11	19
4	If minister full-time, prefer settled minister...	98	2.9	4.6	3	14	11	8	4
5	Extend Rev. Ma's contract 1 year, hire new minister 24-25...	98	3.7	5.5	0	9	10	6	15
6	Search immediately for full-time contract minister 23-24...	100	2.9	2.2	8	8	9	11	5
7	Search immediately for full-time settled minister 23-24...	95	2.2	5.9	14	14	6	1	4
8	Increase 22-23 pledge by 1/3 in 23-24...	95	3.8	5.4	1	3	12	10	13
9	Goal 1 (honor UCF's past) is important...	95	3.9	9.2	1	0	8	23	7
10	Goal 1 (honor UCF's past) is adequately addressed...	90	3.5	5.9	2	3	11	16	5
11	Goal 1 (honor UCF's past) coffee with Board...	88	3.2	4.3	3	7	14	4	8
12	Goal 2 (UCF's identity) is important...	100	4.4	10.8	0	1	0	20	20
13	Goal 2 (UCF's identity) is adequately addressed...	95	3.0	6.4	1	13	10	14	1
14	Goal 2 (UCF's identity) coffee with Board...	93	3.6	3.8	2	6	8	11	11
15	Goal 3 (internal leadership) is important...	100	4.2	8.7	1	0	5	17	18
16	Goal 3 (internal leadership) is adequately addressed...	95	3.0	6.2	2	9	17	9	2
17	Goal 3 (internal leadership) coffee with Board...	90	3.6	3.8	2	5	9	11	10
18	Goal 4 (external connections) is important...	90	3.9	9.7	1	0	6	24	6
19	Goal 4 (external connections) is adequately addressed...	90	3.2	7.5	2	3	17	14	1
20	Goal 4 (external connections) coffee with Board...	85	3.2	4.6	2	8	14	4	7
21	Goal 5 (new ministerial leadership) is important...	98	4.5	10.4	1	0	1	15	23
22	Goal 5 (new ministerial leadership) is adequately addressed...	95	2.7	5.4	6	9	15	9	0
23	Goal 5 (new ministerial leadership) coffee with Board...	88	3.9	5.4	3	3	6	8	16

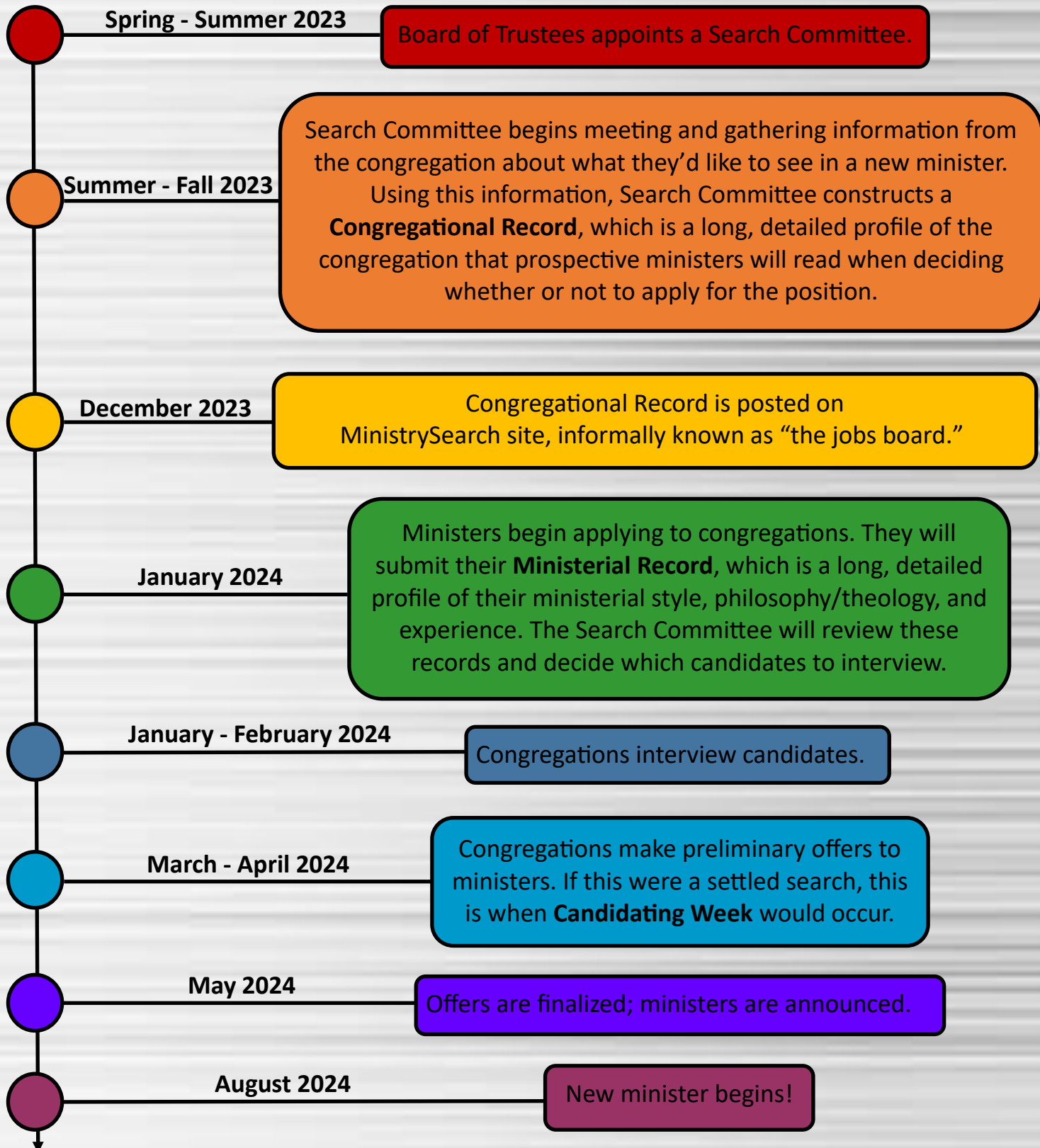
¹percentage responding out of 41 respondents

²average of response ranks (1 to 5, for strongly disagree to strongly agree) for each question, weighted by number of respondents selecting each response

³standard deviation is **lower** if choices are spread evenly and **higher** if choices are concentrated anywhere

Timeline For Search

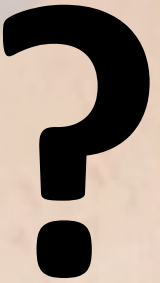
Note: This timeline presumes a search for a contract minister as opposed to a settled minister. All dates and times given are changeable; there are no hard and fast rules for Search.



Frequently Asked Questions About Search

Q: How many ministers are in Search every year?

A: It's really hard to say, because that information is not very well tracked by anyone and the pool changes from year to year. And of course, each minister has their own needs, wants, and desires. Some ministers are not able or willing to relocate; some are only looking in a certain geographical area; while others are willing to go anywhere in the country.



Q: If we hire a contract minister, does that mean they won't stay as long?

A: That depends! If it's a good fit for both parties...why not keep it going? There is also something called a **contract-to-call**, wherein after a certain number of years of contract ministry (usually one or two years), the congregation votes to call that minister. If the vote is successful, the minister then enters into covenant with the congregation and becomes that congregation's settled minister.



Q: Will we get a chance to meet these prospective ministers in person?

A: Probably not. This is a significant difference between the contract search process and the settled search process, and part of what makes it more flexible and less expensive: interviews are conducted via Zoom, and there is no Candidating Week. That means no flights or hotel rooms or rental cars to pay for!



Q: Do ministers really want the salary put forth in the UUA guidelines?

A: They're just that: guidelines. It's still up to congregations to know what they can offer, and ministers need to know what they will accept. That said, let's also be realistic about what ministers need: these are people with master's degrees and who have often accrued significant student debt. People don't get into ministry because they want to make big bucks, but like anyone else they want to be able to pay their bills and own a home. And, like any other job listing, positions that offer a more competitive salary get more applications.



During the Interim

By Rev. Micah C. Ma

So while the Board is busy appointing Search Committee members—and while those Committee members are busy with Search—what will the congregation be doing? The congregation's job, at that point, is to be quite certain they know where they come from, who they are, and where they're going. This is so that we can find the best possible minister for that congregation's needs and wants.

There are five interim developmental tasks, as set forth by the Alban Institute out of Duke Divinity School, that a congregation is expected to tackle during an interim period:

1. History: Just like pets and people, congregations are shaped by their past.

We tell stories about ourselves. A congregation with a history of conflict will have low trust in each other and tell a story that says, "We fight with each other all the time; that's just how it is."

A congregation that's been through a series of short ministries may tell a story that says "we are unlovable; that's why no one ever stays." What story does the Unitarian Coastal Fellowship have about itself? Is that the whole story?

2. Identity: Related to the above, sometimes the story we tell about ourselves, based on our history, is not the whole story. How we see ourselves may not be how others see us. That's why it's important to bring in an interim minister, who can observe the congregation with fresh eyes and act as a mirror that reflects the congregation back to themselves. This can reframe a congregation's story and encourage a new way of thinking about themselves.

3. Leadership: Congregations have lots of leaders. The minister is a leader, but there are also many lay leaders, from the Board of Trustees to the various Committee Chairs to all the other leaders who help a congregation function. As the congregation transitions its ministerial leadership, there may be other leadership transitions as some longtime committee chairs decide to take this opportunity to step down, or other staff decide to take this opportunity to retire. The minister helps to shepherd these transitions. It's also a time for the congregation to reflect on the minister's leadership role and how that differs from lay leadership. Should the minister be a fundraiser? Should the minister be involved in the day-to-day administration of the church?

Should the minister determine all programming?

4. Connections: It's easy for a congregation to fall into a pattern of attending only to their own needs and community—and the interim is a good time to reawaken the congregation to the fact that it is not the entire world. There are regional and national resources that the congregation can take advantage of, and a larger denomination that they belong to. The congregation is not in this struggle alone; many others are part of the struggle. And just as many individuals together become something greater than the sum of their parts, so it is with congregations.

One congregation can accomplish a great deal—but what about three or four, working together?

5. Vision: Now that the congregation knows their history, their identity, their connections, and their leadership—who do they want to be in the future? Who do they want to lead them into that future? Who do they want to be their representative in the world?

Over the next few months, keep an eye out for the "In the Interim" column penned by not only yours truly, but your Transition Team! As members of this congregation, they have particular insight into the history, identity, leadership, connections, and vision of this place and its people.

Children's Spiritual Exploration

Hi Everyone,

This month has been very busy with Faith in Action projects.

On December 10th and 11th children and youth bought presents for 14 children in four families this year from the generosity of this congregation and Laura Ward who celebrated her sister's birthday, our own Miriam Green, with a special gift to the fellowship. Hearing back from the adults on how thoughtful the children were in selecting the gifts for their families were so heartfelt and sincere. Thank you to the Simons, Davis, Sutherland, Hughes families for bringing their children/grandchildren to purchase the gifts. Shopping was at three different times, and we don't have pictures from everyone when we went to print. We were also thinking of the Hooper's as we were shopping and hope they will rejoin us next year. We had pizza lunch and wrapped all the presents and delivered them back to the Sports Center and Methodist Church for them to deliver to the families to make Christmas a little more special for those in need. Missing in pictures are David and Louise Hughes with Darby and Noble and Jill Sutherland and Ella Hunter.

Our multigenerational pageant called "Rebirth of the Sun" written by Rev. Ma and acted out by children and adults in a wonderfully funny pageant on December 18th followed by a cookie exchange and cookie decorating by the children. A fun day was had by all.



UPCOMING EVENTS: January 2023

The Blankets of Love that we made in November will be delivered to the Carteret Hospital in Morehead City in January with a date to be determined.

Our Whole Lives UUA Training - January 24, 25, 26, 2023



The Unitarian Coastal Fellowship (UCF) and the Unitarian Universalist Fellowship of New Bern, (UUFNB) will be co-hosting a south-eastern regional training for the program Our Whole Lives. We will be offering the junior/senior high curricula at this training and Sarah Sutherland and Jo Ellen Essex will be participating in this facilitator training. Junior/Senior High youth from our church as well as the community-at-large will be able to participate in the OWL Program when one is scheduled in the late winter/early spring. This is based on if there are enough facilitators participating in the January facilitator training. A little bit about the program follows:

Our Whole Lives (OWL) is an excellent, comprehensive sexuality education program that offers our young people the opportunity to explore their values, gain accurate information about topics that are often not easily accessible. The overall goal of the Our Whole Lives program is to help participants gain the knowledge, values, and skills they need to lead sexually healthy, responsible lives. We are proud that our congregations recognize that for young people to grow into spiritually whole, mature individuals we need to address the topic of sexuality. The material on Sexuality and Our Faith connects our religious beliefs with sexuality, spirituality, and issues on justice.

UCF Board of Trustees Profiles – David Hughes, Treasurer

I was born in Washington, DC and raised by a loving and hardworking single mom. We moved to Hillcrest Heights, in the Maryland suburbs when I was seven and I lived there until college.

When my sister Mel and I were young, we had several live-in housekeepers/cooks. One of those, Mrs. Keelin, took me under her wing when I was 8 or 9 and instilled in me a lifelong love of cooking. So much so that I strongly considered culinary school after HS. The war in Vietnam, however, convinced me that college was a safer and more prudent option.

I met Louise Barnes my senior year in HS and she has been my loving life partner ever since. We have been together for 56 years and married for 51. After HS Louise went off to the University of Maryland to study Physical Education and later Parks and Recreation while I attended the College of William and Mary on a track scholarship. Louise will tell you that I missed her so much that I gave up my scholarship and transferred to the University of Maryland. And while that is substantially true, I was burnt out after many years of year-round training and racing. We were married during semester break in 1972 and I graduated with a degree in Fisheries Biology the following May.

After a ten-year career with the Maryland Department of Natural Resources, studying striped bass in the Chesapeake Bay and inventorying trout streams in central and western Maryland, Louise and I decided to move to Carteret County. I had spent many summer vacations throughout my childhood with my older half-brother in

Downeast, NC and Louise and I had vacationed in Emerald Isle many times. This was where we wanted to raise our daughter. Louise landed a job as Morehead City's Director of Parks and Recreation (which she held for 30 years). While I had all intentions of staying in the fisheries field, things did not work out that way. Two years in the wholesale wine business and a couple more years owning a restaurant and French bakery franchise satisfied my cooking itch.

Then it was on to Cherry Point Marine Corps Air Station. First as a water quality chemist and then a 25-year career in IT. I retired in 2011 as the Director of Computer Operations for the Fleet Readiness Center-East.

My spiritual journey seems similar to many UUs. I grew up in a Southern Baptist church and later a United Methodist church (to get away from the hell fire and brimstone). We rarely attended church after college. Just the occasional Christmas or Easter service with Louise's parents. Penny Hooper invited Louise to UCF six or seven years ago and after several visits, Louise convinced me to attend. I was hooked after the first Sunday. We had found an oasis in a desert of conservatism.

While the job of treasurer has been a little more than I bargained for (did not see the million-dollar building project coming), it has been very rewarding. Due primarily to the incredible generosity of this congregation. I look forward to the continued growth and wellbeing of this congregation and will help in any way I can.



Staff Updates



Rev. Ma is going on vacation!

Rev. Ma is visiting family in Malaysia for Lunar New Year—their first time back since 2019!

They are departing on **Monday, January 16** and will return to work on **Tuesday, February 7.**

While they're gone:

Worship concerns should be directed to Marilyn Cullison, mscullison@gmail.com

Administrative concerns should be directed to Jo Ellen Essex, joelsx@yahoo.com

Pastoral care concerns should be directed to Helene Kelly, helenekelly1@gmail.com

Jamie's workload with FEMA is increasing and unfortunately will be stepping down from the UCF Office Assistant position.

She has loved her work with UCF and, while she may be biased, thinks the congregation is the most caring group of people in Carteret County! She thanks you all for all the support you've given her and wishes UCF success and happiness in the future!



Good-bye, Jamie! We will miss you!

Thank you, Jamie DeRose, for providing your expertise and efficiency to Unitarian Coastal Fellowship as our Office Assistant! You helped the members and friends of UCF stay connected during the pandemic and when we had no building during our construction, using your skills and dedication to our written publications and in scheduling all those Zoom meetings. The *Coastline* Newsletter, the weekly *Wave*, and our Orders of Service have flourished under your direction.

Best wishes in your new position and come to see us when you visit Carteret County!



Board News

At the December meetings, the Board:

- Put the finishing touches on the UCF Congregational Future Survey, then reviewed the results.
- Decided to extend Rev. Ma's contract for another year until Summer 2024 as Interim Minister at a mutually agreed upon salary.
- Decided to search for a full-time contract minister to begin in 2024 at the end of the interim ministry, realizing that this means big increases in the budget and pledges.
- Committed to monthly Coffees with the Board for the next few months with topics of the survey and ministry at UCF, Mission and Vision, and Stewardship.

IN CASE YOU

The Minister's Discretionary Fund!

We have a new Minister's Discretionary Fund, funded by donations, which helps people in need. If you are in need (behind on bills, need a car repair), please see Rev. Ma for financial assistance.

If you'd like to make a donation, you can donate through the usual channels: online, via check, or via your Breeze account!

MISSED IT:



JANUARY EVENTS

Weekly Meditation

Mondays at 6:15PM

Vespers

January 4 & 18 at 6:00PM
in the sanctuary

Family Games Night

January 13 at 6:30
in the social hall

Women's Discussion Group & UCF Book Club

Since our Christmas tea had to be canceled due to Covid, we have decided to have a New Year's Tea instead.

The Women's Discussion Group will be meeting on Monday, January 16 at 2 PM at Joan Burton's house. Our topic for January should be a lot of fun: If you could change your name, what would you change it to and why? All in the Women's Discussion Group are invited to stay for the UCF Book Club's first annual New Year's Tea at 3:00 which will be followed by a discussion of *The Sentence* by Louise Erdrich. The New York Times describes this novel by Pulitzer Prize and National Book Award winner Erdrich as "a wickedly funny ghost story, a tale of passion, of a complex marriage, and of a woman's relentless errors." If you are able, bring something small and sweet for the tea table.

Please RSVP - Text or call Joan at 201-669-1519

AARG

The Anti-Racist Reading Group met on November 17 to discuss *The Fire This Time*, by Jesmyn Ward. The anthology by African American authors was in response to James Baldwin's classic, *The Fire Next Time*. Mary Anna Newman led the discussion. AARG will be working with the Racial Justice Group as they work towards adopting the 8th Principle and will postpone book discussions until later.

Adult SE

The Green Sanctuary and Adult RE Committees will be hosting the documentary film *Tidal Alert*, about the need for protection of our coastal waters, on Saturday, January 28, from 11:30 to 2:00 in the Social Hall. The event will start with a seafood potluck lunch, followed by the movie and a panel discussion. Invited panelists include Riley Lewis (NC Coastal Waterkeepers), Keith Ridmaster (Bonehenge Whale Center), and Mark Hooper, (UCF member and professional fisherman). Please join us for this delicious, fun, and informative event!

Energy series video/discussions; January 4, 11, 18, and 25, at 6:30 pm in the Social Hall.

Award-winning professor and expert geophysicist Michael E. Wyssession has developed *The Science of Energy: Resources and Power Explained*, which presents an unbiased investigation into the energy sources that power our world. This film visualizes that make scientific and mathematical concepts approachable and understandable and is a marvelous window into the inner workings of energy that will keep you constantly engaged. Landon Elswick will present this 6-session program, a continuation of the presentation he began prior to the COVID pandemic.

The Progress Flag

Over the past several months, the Welcoming Congregation Committee has shared Coastline articles on the meanings and significance of the Progress Flag and on October 9, a Congregational Conversation was held after the Worship service to discuss displaying the Progress Flag on the UCF campus.



The Welcoming Congregation Committee wants to make sure all members, friends and visitors have opportunities to learn more about the Progress Flag and to provide feedback and ideas on the exterior placement of the flag on UCF's campus. We will temporarily display the flag inside the lobby of UCF beginning the week of January 2, 2023. There will be a handout in the lobby to provide information on the significance of this flag and the impact that displaying this can have for the LGBTQ+ community and our community at large. Please feel free to take this handout and to also share with your neighbors and friends.

The Welcoming Congregation Committee looks forward to hearing your feedback, concerns, and suggestions.

Members are:

Barb Thomas
Harriet Altman
Marty Newcomb
Amy Jones

bsthomas2@gmail.com
harrietaaltman@icloud.com
mnewcm@yahoo.com
amjones0912@gmail.com

Martin Luther King, Jr. Birthday Celebration

UCF is resuming its annual participation in the Martin Luther King Birthday Celebration at the Civic Center on January 16th. As we have for many years, we will help to prepare the lunch for approximately 300 guests who attend. There is no cooking involved – just arranging the food on the plates. After the plates are ready, we will be able to attend the ceremony and hear the speakers. Sharon Harker, Mayor of Beaufort is the keynote speaker this year. After the ceremony, the Boys and Girls Club will serve the lunch (with our help).

Both the lunch preparations and the celebration itself are fun and rewarding. The event starts at 11:00 AM but we have been asked to arrive between 9:30 and 10:00 AM. The event is usually over a little after 1:00 PM.

If you would like to help, sign up by [clicking here](#).





Let's start 2023 right, gathering with family and friends for a stroll on the beach! UCF's Green Sanctuary and Adult SE Committees are pleased to announce a New Year's Day ceremony and hike at Fort Macon State Park. We will meet promptly at 2 PM on Sunday, January 1, 2023, in the Beach Access area, which is reached by taking the first right off the main park road immediately after entering the park (do not drive to the fort). A short access road takes you to the Beach Access parking area; once there, turn left immediately and drive past the concessions/bathhouse building (it will be to your right) to the far northeast corner of the parking area. There are numerous picnic shelters in that area with plenty of parking, and we will meet at one of these shelters.

Before our short hike, we will hold a special New Year's Day ceremony. Our goals will be to banish those negative things from 2022 that may be holding us back and to plan for the positive things we wish to accomplish in the year ahead. Details of how you can participate in the ceremony and hike will be provided in The Wave.

GREEN Tip

Happy New Year! I have lots of ideas for Green Tips for 2023, but I'd also like to hear your thoughts. What daily activities and situations would you like to make more earth friendly?

What "unfriendly" products would you like me to research, to see if we can find better alternatives? Here are a few of my ideas for the coming year: forest-friendly toilet paper; nontoxic weed killers; best light bulbs – CF, LED, or incandescent; the eco-conscious beachgoer; electric boat motors; and environmentally friendly hunting and fishing.

Now it's your turn! Email me with your ideas – and thanks! lerudd@ncsu.edu.



Pastoral Care Team:

Rev. Micah C. Ma

([mma@ucfnc.org](mailto:mmma@ucfnc.org))

Joan Burton

(ldybg223@aol.com)

Miriam Green

(mwgreen15@gmail.com)

Helene Kelly

(helenekelly1@gmail.com)

Susan Roberts

(landfall2@mindspring.com)

Pastoral Care Tip:

If you or someone you know is experiencing suicidal thoughts, call 911, or call the National Suicide Prevention Lifeline at 988 or 1-800-273-8255 or text HOME to the Crisis Text Line at 741741.

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."

-Maya Angelou

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 3:00 to 4:30.

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

Fifth Sunday Collection: Family Promise

January is a month with five Sundays, and the Social Justice Committee has selected Family Promise of Carteret County as our 5th Sunday recipient for this month.

Family Promise was started in 2011 as a program for homeless families in Carteret County and surrounding areas. From the beginning, Family Promise was much more than a “homeless shelter”, providing these families with counseling, computers they could use to search for work or affordable housing, and classes in things like family budgeting and parenting. The program also provided free housing and food, allowing parents to save money to help them get a new start.

UCF has been a supporter of Family Promise since it was first established. Originally larger churches in the area provided overnight housing, as well as dinners and breakfasts for the guests, a week at a time on a rotating schedule. During the day, the guests went to a Day Center where they could get counseling and use computers. Children were picked up for school at the Day Center and returned there after school until time to go to the church for dinner. In our Evans Street Church, UCF did not have room to house the families, but we contributed financially every year and many of our members volunteered there, including Miriam Green, who was on their Board for several years.

In the last few years (with COVID), the current Day Center at 1500 Arendell Street in Morehead City was converted to provide housing for several families. Now there are “support churches” who provide \$250 four times a year to pay for one week of food for the families and we are one of those support churches. With our tight budget this year, the Social Justice Committee could only budget for \$500 for this line item, so we hope this 5th Sunday collection will provide the other \$500, with any extra being donated to help meet the many other expenses involved in running Family Promise.

Family Promise also provides outreach to individuals who are homeless but don’t meet the criteria to enter their program (they only accept families with children). Outreach includes a place to take a shower, providing toiletries and food, a place to pick up mail, and use of the computers to look for work or housing.

Family Promise Executive Director, Sandy Hewitt, recently released the following data:

“So far in 2022, Family Promise has:

Served 24 families through their in-house program

Helped 54 individuals through their Outreach Assisting Program

Assisted 8 children with tutoring, remediation, and homework assistance.”

In January, you can donate to our 5th Sunday organization, Family Promise, any time during the month by writing a check to UCF with “5th Sunday” in the Memo line, or by donating through Breeze or PayPal on our website, picking the “5th Sunday” as the fund. On January 29th, all money in the collection plate that is not designated as a pledge, will go to Family Promise as well.



REMEMBERING DECEMBER

Christmas Caroling at Empower

A wonderful and festive time was had by all, when on Friday, December 9, a group of us were able to take gift bags, sing Christmas Carols, and host a little reception for the folks that participate in the Empower program - an Easter Seals Wellness and Recreation program for adults with intellectual and developmental disabilities. Tom Cullison, our choir director, led us in many of our favorite carols and it was quite lively with participation by all! The gift bags included a beautiful knitted item from the Twisted Sisters group, and a holiday card from UCF. We were so happy to be able to bring this tradition back after having to skip last year due to Covid! Now that we are in our new building, they are literally down the street!



Christmas Eve 2022



venite,
venite,
venite,

REMEMBERING DECEMBER

Holiday Gift Bags

This year we continued our tradition of giving holiday gift bags to clients of Beach House, a program for adults with severe and persistent mental illness, and to residents of Hope Mission's Homeless Shelters and Recovery Programs. The bags contained a \$25 Walmart gift card, a handmade (knitted or crocheted) item from the Twisted Sisters, a holiday greeting card, socks, and small oral care items.



This was possible due to the generosity of the Twisted Sisters; our congregation where about \$4,000 was contributed in addition to socks and oral care items; and the many volunteers who shopped, organized, stuffed, and delivered bags.

Hope Mission received 59 holiday gift bags. Beach House received 21.

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. This holiday gift bag tradition is a perfect match for that vision.

If you have ideas for next year, contact
Susan Roberts,
landfall2@mindspring.com
or Miriam Green,
mwgreen15@gmail.com.





JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Worship Service 10:30AM New Year's Day Hike 2:00PM	2 Meditation 6:15PM	3 Worship Committee 12:00PM	4 Building & Grounds Task Force 10:30AM Mental Health Family Support Group 3:00PM Vespers 6:00PM Energy Series 6:30PM	5 Leadership Council 10:00AM Thoughtful Gatherings 2:00PM	6	7
8 Worship Service 10:30AM	9 Women's Discussion Group 12:30PM Meditation 6:15PM	10	11 Mental Health Family Support Group 3:00PM Energy Series 6:30PM	12 Board of Trustees 7:00PM	13 Game Night 6:30PM	14
15 Worship Service 10:30AM	16 MLK Birthday Celebration 9:30AM Book Club 4:00PM Meditation 6:15PM	17 NAACP Meeting 6:00PM	18 Building & Grounds Task Force 10:30AM Mental Health Family Support Group 3:00PM Vespers 6:00PM Plant Potluck 6:30PM Energy Series 6:30PM	19 Finance Committee 3:00PM	20	21
22 Worship Service 10:30AM	23 Meditation 6:15PM	24	25 Mental Health Family Support Group 3:00PM Energy Series 6:30PM	26	27	28 Lunch & Movie 11:30AM
29 Worship Service 10:30AM	30 Meditation 6:15PM	31				

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