



OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

February 2023

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.

Dear Beloveds,

As we embark on our journey into a brave new future, in a brave new building, it behooves us to look back into our past. As I have listened to your stories and your memories, I want to lift up a few threads that I have heard repeatedly. Are these the threads that will be woven into the tapestry of this community? That's for the congregation to decide!

The first thread I want to lift up is generosity. This has been, since the beginning, one of the most unimaginably generous congregations I have ever encountered, not just with money but also with time and talent. In the early days of the Fellowship, members of the congregation carried equipment up and down the stairs to set up and break down after Sunday morning worship services and were responsible for all the day to day operations. It was a Partnership of members who pooled their money that allowed the congregation to purchase their first piece of real estate—the little white church at 1300 Evans Street. Members put not only their money, but their labor, time, and skill into renovating that sanctuary and shaping that church according to their vision. There is furniture in the sanctuary today that was built by members at 1300 Evans! And that generosity has continued up until today, with the construction of a new sanctuary funded not only by member donations but also the Endowment—money that was left for us by people who came before. Construction was led and overseen by a group of volunteers who met once a week for over two years. Wow.

The second thread I will lift up is service. Since the beginning, this congregation has been about helping others. Members of this congregation are overwhelmingly people who have lived lives of service: nurses, teachers, veterans. This congregation has participated in Operation Christmas Cheer going back decades. That thread is vibrant now, with members of this congregation founding the Carteret Long-Term Recovery Alliance to help people recover from Hurricane Florence; working with the Citizens for Diversity in Education to encourage and retain more teachers and students of color; volunteering as Navigators to help people find affordable health care; and participating in UU the Vote to register voters and remind people to vote. Wow.

And finally, the third thread I'm going to lift up is, perhaps, several threads tangled together. This complicated, knotty thread could be called growth. This congregation has wanted to grow for years, from what I can tell. The original decision to call a full-time minister, back in the early 2000s, was a multifaceted one—but one of those facets was a desire to grow, and there was a belief that full-time ministry would help the congregation grow. That desire to grow has now resulted in a new campus, one that the congregation can grow into. But what does it mean to grow? What does it look like to grow? Has this congregation ever put together a strategic growth plan? Is that something the congregation is ready for now? Because with growth comes discomfort: if you've ever transitioned into a new job that you weren't quite ready for yet, or added a new member to your family, you know that growth is uncomfortable and carries risk! And with growth also comes loss: as with the new job or the new family member, you leave something behind in order to embrace the new. Is it worth it?

There is a wonderful, remarkable history here, made up of wonderful, remarkable people. Their furniture is up on the chancel; their quilts hang in the halls; their names adorn the backs of the chairs. We honor them, and we move forward with the legacy that they left behind, growing the Unitarian Coastal Fellowship into something that we hope they'll be proud of.

Blessings,

~Rev. Micah C. Ma

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President's Column

You have let the Board of Trustees know that your priority for professional ministry of this congregation is to continue the interim ministry for another year and then to enter search for a full-time minister who will begin in the fall of 2024. To achieve this vision, UCF must soon fund its largest budget ever and begin the work of searching for and selecting our next minister. The members and friends of UCF have already demonstrated that they need UCF. Now, let our annual pledges support our needs so that UCF can thrive and grow in spirit and service.

You will soon be asked to give generously to UCF as part of our annual pledge campaign. If you have pledged before, you will be asked to increase your pledge for the coming year. I choose to give to UCF, and I will be increasing my pledge this year. Why? I need UCF to be here because...

- Unitarian Universalist principles are values that I share.
- I am grateful for UCF: for spiritual nourishment, for the people, for the help I've received when I needed it, for being a safe place to ask questions and seek answers, for people who do good work in the world.

I want to be sure that UCF is here to provide these things for others, to be a place where I and others can discuss the big questions and the little ones, to be a place where children and families can be supported. As Rev. Ma states in their article this month, the generosity of those who supported UCF before us is one big reason that we are in a new building at 2900 Bridges Street. Our bold vision for the future will require more money and more energy. I hope you will examine your giving to UCF, reprioritize your charitable efforts, and find both the time and the money to help UCF realize its dreams.

One of my favorite UU hymns was written by Holly Near, soon after the Harvey Milk assassination, and I think it describes what I value at UCF and some of my hopes for the world...

We are a gentle, angry people,
and we are singing, singing for our lives.
We are a gentle, angry people,
and we are singing, singing for our lives.

We are a justice-seeking people...
We are young and old together...
We are a land of many colors...
We are gay and straight together...
We are a gentle, loving people...

These are just some of the reasons I am grateful for UCF and some of the reasons I will increase my pledge to support the future of this Fellowship. Please join me and the Board of Trustees on February 12 after the service for a Coffee with the Board as we discuss the upcoming stewardship campaign. In the next few months, we will take steps together to begin the search process by appointing a Search Committee. We will have additional monthly Coffees with the Board as we continue the Interim Ministry and get ready to search for a full-time minister. There's a lot of work to do—selecting a Search Committee, identifying what is desired/needed in our next minister, and clarifying the mission and vision of UCF. I'm confident that, together, supporting each other, UCF will build a bridge to the next shoreline.

- Susan Fetzer, President, Board of Trustees

A Look Back at UCF

As we look forward to settling into our new home at 2900 Bridges Street, and as we transition to a new minister, it is interesting to look back at things that have changed and things that have stayed the same.

What has changed? A lot.

We have grown from 20 charter members in 1980 when UCF was formed to around 85 members today. We started meeting at the Webb library; moved to the Galley Stack restaurant; then to our own building at 1300 Evans Street; and now to our beautiful new campus at 2900 Bridges Street. None of those meeting place changes were arbitrary. Each move was made to address the growing wants and needs of our congregation. We've had several part time ministers and two full time ministers. Rev. Sally White was our full-time minister for 18 years until her retirement in 2021. Rev. Micah Ma is our current full-time, interim minister. In 2006 our social justice budget increased from \$360 to \$3600, evidence that our congregation was making a major transition from focusing inward to focusing inward and outward to the larger community. In 2006 UCF became a Welcoming Congregation, a recognition that we are an intentionally diverse congregation. Major enhancements have been made to our music, worship, and education programs.

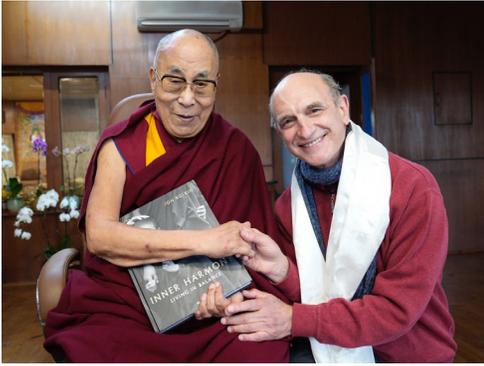
What has stayed the same? A lot.

The theme that has remained constant and strong is love. There is love for each other, love of our congregation, which many of us consider family, and love for the greater community. If someone needs help, that person only needs to make that need known.

Our love of the earth was clear in the earliest days of our creation, almost from the very first meeting. Love and demand for social justice remain strong. This is evidenced by the growing number of programs in place to help people in the larger community. The generosity of our congregation is unmatched. Our current location enables us to better address our congregation's vision to be a visible presence in the community, growing a just world through spiritual enrichment, compassionate action, and free religious inquiry.

- Miriam Green, Member, UCF Transition Team

Upcoming Sermons



Feb. 5: Living in Balance- Guided by Compassion and Wisdom Guest speaker Dr. Jon Kolkin

Jon Kolkin is a photographer and physician who uses contemplative reflection to infuse true happiness into a meaningful life. His book, "Inner Harmony: Living in Balance," includes forewords by the 14th Dalai Lama and Queen Mother of Bhutan and has received three international book awards. In this service Dr. Kolkin will discuss how compassion and wisdom can bring balance to our lives. After the service we will have a light snack and Dr. Kolkin will share more ideas on how to bring inner harmony to daily living.

Feb 12: A Miracle at 2900 Bridges Street- Rev. Micah

As the Unitarian Coastal Fellowship moves into a new chapter in its life, in a new building at a new address, with a new minister, we contemplate how UCF's legacy will continue. Unitarian Universalism has a life-saving, life-changing message—how are we a part of that? How do we sustain it, and tell others about it?



Feb 19: Siding With Love- Rev. Micah

As Unitarian Universalists, love is at the center of everything we do: love of our fellow humans, love of the earth, love of liberty and justice...we side with love! And on this day, we celebrate the diversity of humanity and the many different faces that love can take, whether it's parents and their children, same-sex couples, or loving yourself just the way you are.

Feb 26: Ambiguity/Paradox- Marilyn Cullison and UCF Worship Committee

"Uncertainty is the only certainty there is," wrote mathematician John Allen Paulos. "Knowing how to live with insecurity is the only security." Though evolution might have rigged our brains to resist uncertainty, we can never really know what the future will bring. In improbable situations like the pandemic, which has massively disrupted our routines and utterly destroyed our best-laid plans, is it possible to learn to live with ambiguity?

February UCF Events

The Women's Discussion Group Monday, February 13 at 12:30pm

Our topic for February is: **What do you do to get rid of stress?** Let's share our strategies and ideas! You are welcome to bring your lunch with you. 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 Art of Worship Feb. 19 after the Worship Service

Have you ever wondered what goes on before we gather to worship? Are you interested in contributing to our worship services? Come enjoy a delicious light lunch and join Rev. Micah and the Worship Committee to learn more about creating a worship service.



UCF Bookclub February 20 4pm at the Sally B. White Center.

We will be discussing the book, "A Field of Fireflies," by Joey Jones. This is a story of family, love, loss and an old baseball field where magic occurs, including the grace of forgiveness and second chances. Please join us, all invited. For info please contact Joan Burton @LDYBG223@AOL.COM.

Mental Health Family Support Group Wednesdays 3pm-4:30pm

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. 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

Weekly Meditation Mondays 5:30pm-6pm

Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00. Each Monday of the month it will be led by a different person. For more information and/or to be added to the UCF Meditation emails and receive the Zoom links contact Susan Roberts at landfall2@mindspring.com or 843-217-1885.

Vespers:

Wednesday February 1 and 15 6pm in the Sanctuary

Game Night:

Friday February 10, 6:30pm in the Social Hall



February UCF Events



Adult Spiritual Enrichment

Energy Series video/discussion, following vespers. February 1st 6:30pm

Energy Series video/discussion. no vespers. February 8th 6:30pm

8th Principle Gathering video/discussion, following vespers. February 15th 3pm and 6:30pm

Robin DiAngelo Video “Who We Are: A Chronicle of Racism in America – Deconstructing White Privilege”



Valentine Concert Saturday February 11th 5-6pm

Valentine’s Day is a day for celebrating Love. And what better way to express Love than through Music? Join us for a concert of love songs--old and new. Meganne Smith will play piano tunes, and she may even be accompanied by a special musical guest or two. There will be light refreshments, reminiscing, and, possibly, dancing for those who are willing and able. Bring a loved one!



We’re Co-Hosting an O.W.L. Training!!! Feb. 24-26

UUA Our Whole Lives “OWL” Facilitator Training grades 7-9, 10-12



Our Whole Lives is a holistic, inclusive, comprehensive lifespan sexuality education curriculum developed and shared by the Unitarian Universalist Association and the United Church of Christ.

We are very excited that we are close to hosting this southern regional OWL Facilitator Training. We have people coming from many different NC towns and cities and states to get this important training for our youth at the church. We will be having a minimum of 16 people plus 2 trainers and we if we could reach 20 participants, that would be wonderful.

We will be hosting the training on Sunday, the 26th, here at our church and will need help in providing a light breakfast (finger food) like bagels and cream cheese, fruit, etc., and then a (soup)er luncheon with crusty bread/non gluten crackers and some yummy desserts.

I am reaching out to the congregation to make some soups that are vegetarian, regular, non-dairy.

More to come on all the food stipulations for our participants when we receive all registrations. Stay tuned....and a thank you to all of you to help us host. This is an exciting time for our fellowship and that of the UU Church in New Bern who will be hosting Friday and Saturday.

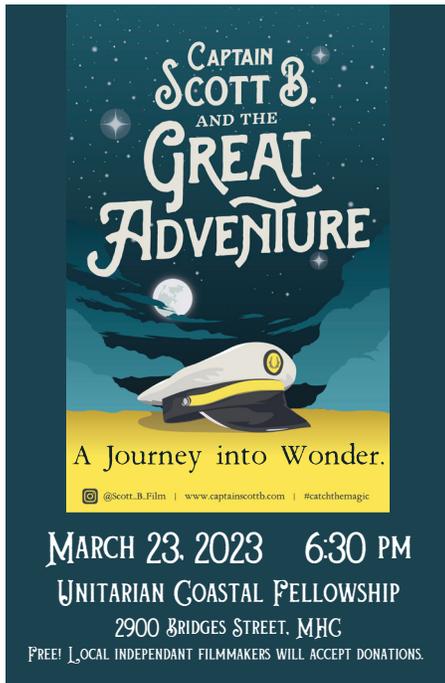
There will be three of us trained from our fellowship: Jo Ellen Essex, Rev. Micah Ma, and myself.

-Sarah Sutherland

February Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 10:30am Building and Grounds Task Force</p> <p>3pm Mental Health Family Support Group</p> <p>6pm Vespers</p> <p>6:30 Energy Series</p>	<p>2 10am Leadership Council</p>	3	4
<p>5 9am Choir Practice</p> <p>10:30am Service</p>	<p>6 5:30pm Meditation</p>	7	<p>8 3pm Mental Health Family Support Group</p> <p>6:30pm Energy Series</p>	<p>9 7pm Board of Trustees Meeting</p>	<p>10 6:30pm Game Night</p>	<p>11 5pm Valentine Concert</p>
<p>12 9am Choir Practice</p> <p>10:30am Service</p>	<p>13 12:30 Women's Discussion Group</p> <p>5:30pm Meditation</p>	14	<p>15 10:30am Building and Grounds Task Force</p> <p>3pm Mental Health Family Support Group</p> <p>6pm Vespers</p> <p>6:30 Racial Justice Film</p>	16	17	18
<p>19 9am Choir Practice</p> <p>10:30am Service</p> <p>11:45 Art of Worship</p>	<p>20 5:30pm Meditation</p>	<p>21 6pm NAACP Meeting</p>	<p>22 3pm Mental Health Family Support Group</p> <p>3pm Worship Committee</p>	23	24	25
<p>26 9am Choir Practice</p> <p>10:30am Service</p>	<p>27 5:30pm Meditation</p>	28				

Future UCF Events



Captain Scott Film Viewing

March 23 6:30pm

Capturing Scott B's enthusiasm for outdoor recreation and his deep connection to nature, matched with the open-hearted curiosity and resilience with which Betsy follows his trail, makes this an adventure film with a soul. North Carolina's abundant natural beauty provides a vibrant and inspiring backdrop as Betsy's journey takes her down back roads and trails to some of the best kept secrets of the South, including Blue Ridge mountain hikes, a paddling trip through the world's oldest Cypress Swamp, and a return to her dad's favorite kiteboarding spots along the Crystal Coast.

This story will speak across cultures and generations to anyone who has lost someone they love, and touch the hearts of all those seeking to live their best, most-meaningful life. At a time when the entire world is dealing with loss and searching for meaning, understanding grief and loss are more important than ever. The film provides an entry point to discuss these issues in a way that creates space for hope and healing. Betsy Bertram, a Beaufort resident, is already a recognized voice in the outdoors industry. This story, and Betsy's courageous path through the wilderness of loss towards the light of hope and healing, will be especially inspiring for young women who see too few role models across all media.

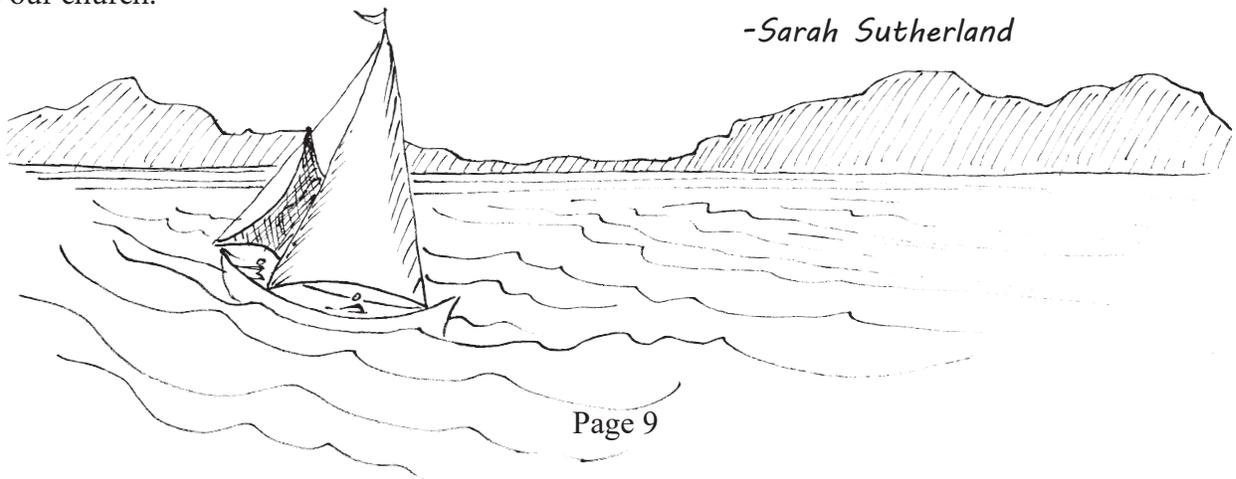
Children's Spiritual Exploration

Hi all,

It has been a quiet month in the children's room and nursery. Recovering from Christmas and school vacations then trying to get back into our routines of coming to church on Sunday, it was wonderful to see Brittany, Charlie and Calista again in the nursery after their trip to Italy and hearing their stories.

Children that are new to our fellowship will be learning about the Chalice and all the parts and what each part symbolizes to our church.

-Sarah Sutherland



8th Principle Update



Update on the 8th Principle from the Racial Justice Group

“We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

If you attended the January 17th worship service on Martin Luther King Sunday, you know that the Unitarian Coastal Fellowship is moving towards voting on adoption of the above UU 8th Principle at our Annual Meeting in June of 2023. The Racial Justice Group has met twice in January and decided on a monthly short film followed by a discussion to raise awareness about Systemic Racism and our part in it. We hope these educational opportunities will be well attended by our congregation, so that any questions you may have about the 8th Principle can be answered. If you have a friend or neighbor who may be interested in this topic, from the UU perspective, they would also be most welcome to come.



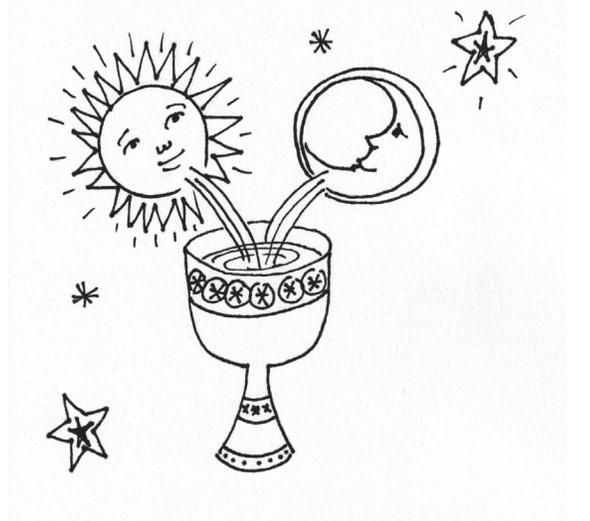
Wednesday, February 15 at 3pm and again at 6:30pm, following the Vesper Service will be our first film with Robin DiAngelo, author of the book, *White Fragility*. This TED talk is titled “*Who We Are: A Chronicle of Racism in America-Deconstructing White Privilege.*” The Racial Justice Group has previewed this documentary and feels it is a good place to begin our discussion. DiAngelo’s book, *White Fragility*, was one of the first books we read in our Anti-Racism Reading Group. It is in our UCF Library if you would like to check it out, although reading it is not necessary to attend this program. If you would like to preview the 22 minute film you can find it on U-Tube at <https://www.youtube.com/watch?v=DwIx3KQer54>

A Look Back at January



UCF PREPARED LUNCH FOR MLK JR BIRTHDAY CELEBRATION

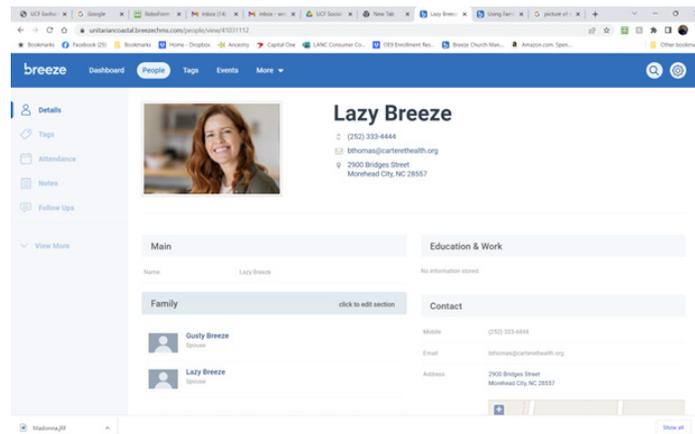
On January 16th, members and friends of UCF continued a tradition that was begun many years ago by our former member Ann Rivers. We helped to prepare bagged lunches for over 200 attendees at the annual Rev. Martin Luther King Jr. Birthday Celebration. This was the first time the event was held since 2020 due to COVID. Mayor of Beaufort Sharon Harker gave the keynote address and the event was enjoyed by all. Thanks to all our members and friends who gave up their time on this holiday to provide this service.



The Breeze: Our UCF Directory

Did you hear that someone you know (or don't) in the congregation is sick and you want to send them a card... but you don't know their address? Or you saw someone you met before but they aren't wearing a nametag and you can't remember their name? The Breeze UCF Directory can help!

“Breeze” is an online program that UCF uses to manage many things, including keeping a database of the contact information of our members, friends, and visitors; our Events calendar, including meetings, services, social events, educational opportunities, etc; creating forms and sign-up sheets; and tracking contributions and pledges. Please know that no one can see your contributions in Breeze except you, our Treasurer, and the Chair of our Finance Committee.



One very big benefit of the Breeze app is that we can maintain an Online Directory of our members and friends. Each person must “opt in” to the Directory in order for other people on Breeze to be able to see their contact information. Those who have opted in to the Directory give access to others in the congregation to see their name, email address, phone number and physical address – if those are filled out in your profile. Only members of our congregation can see the Directory because you have to log in with a user name and password and logins are by invitation only.

In order to improve communications within the congregation, in the next couple of months **we would like to encourage people in our congregation to set up their Breeze access**, update their profile information, **ADD A PICTURE TO THEIR PROFILE**, and **Opt-In** to the UCF Online Directory.

To find out more about how to do these things, **you can email:**

Barb Thomas – bsthomas2@gmail.com

Karen Baggott – kbaggott47@gmail.com

Jo Ellen Essex – jolnsx@yahoo.com

These folks can help you set up your account, reset your password if you forgot it, and give you a tour of the Breeze site via Zoom if you would like. And if you send them a picture of your face, they can upload it to your profile if you need help with that, OR, after church some Sunday in March, Karen Baggott and Susan Roberts will be available to take your picture and then (with your permission) upload it to your Breeze profile! Watch the WAVE for an exact date.

The UCF Breeze website can be found at <https://unitariancoastal.breezechms.com>. You will only be able to access it if you have already set up a User Name and Password. If you haven't, just email one of the people listed above.

From the Treasurer

Tax Strategies for Charitable Giving

In our recent congregational survey, a majority of respondents said they agreed or agreed strongly with the goal of increasing this year's pledge by 1/3 over last year's. While this enthusiasm is encouraging, the reality is that this is a big increase. For many of us, it may be time to explore more efficient ways of increasing our charitable giving. This is especially true for folks who, in the past, may have made donations by cash or check with after-tax dollars. For many, this is the worst way to support your charitable efforts. For some, it may be possible to increase your pledge to UCF by 15% or more while leaving the same amount in your pocket. Interested? Please read on...

How does the Tax Cuts and Jobs Act (TCJA) affect the benefits of charitable giving?

Here's what you need to know. The tax law preserves the deduction for charitable contributions and even increases the cash contribution limit. However, it also reduces or eliminates many other itemized deductions and increases the standard deduction, which could have an indirect effect on your ability to claim a charitable deduction. You still get a tax break for charitable donations if you itemize deductions on your tax return. But the new tax law nearly doubled the standard deduction, meaning fewer people will itemize. You'll come out ahead by itemizing if your charitable gifts plus other deductions total more than the standard deduction, which in 2022 is \$12,950 (+\$1750 for over 65) for individuals, \$19,400 (+\$1750 for over 65) for head of household or \$25,900 (+\$2800 for over 65) for married couples filing jointly. Listed below are several strategies that may provide significant tax advantages for gifts to both the Endowment Fund and/or the Annual Pledge Campaign. As with any tax advice, please consult your accountant or financial advisor.

Qualified Charitable Distributions (QCDs)

This strategy is effective if you are 72 or older and subject to required minimum distributions (RMD) from your IRA. To complete a QCD, you take an amount up to \$100,000 from your IRA and send it directly to a charity. This will count for your required minimum distribution and will not count toward your taxable income. It may also allow you to qualify for certain tax benefits that a required minimum distribution may push you above the income thresholds for (such as taxable social security and higher Medicare premiums). The use of QCDs does not require itemizing deductions. Remember, it's important to work with your financial advisor and tax advisor to ensure that you follow the IRS rules, as there are many nuances that they can help you navigate. For instance, you become ineligible for QCD treatment if the funds ever come directly to you or if they don't end up with a qualified charity. Additionally, the reporting from your IRA custodian will typically not show that a QCD was completed. Your tax advisor must manually add this to line 15 of your 1040 tax form. As a note, a QCD may not go to a donor-advised fund.

Long-term capital-gain assets

You can usually deduct the full fair market value of appreciated long-term assets you've held for more than one year, such as stocks, bonds or mutual funds. In addition, if you donate stocks or other investments, you pay no capital gains tax. Donating investments—especially highly appreciated securities—instead of cash can be a very effective and tax-efficient way to support a charity. Generally, if your assets have appreciated in value, it's best not to sell securities to generate the cash you need for a donation. Contributing the securities directly to the charity increases the amount of your gift as well as your deduction. One rule to remember here is that the deduction is limited to 30% of your adjusted gross income (AGI). This differs from a 60% limit for donations of cash, but you can still carry forward unused deductions for five years. If you're planning a large contribution that's close to or exceeds these AGI limits, first talk with a tax professional.

Tax Strategies for Charitable Giving continued...

Use of “bunching” to receive tax deductions for donations

Many taxpayers are turning to “bunching,” a strategy that helps exceed standard deduction thresholds with charitable giving. With bunching, you save the deductions you would have made over several years and then group them together to exceed the standard deduction amount in a single tax year. The strategy allows you to take a charitable tax deduction every few years, as opposed to making charitable contributions year after year with no tax advantage at all. Keep in mind that when you itemize, you can now deduct a greater portion of your income than in past years. Because you can deduct up to 60% of your adjusted gross income for cash contributions, many taxpayers are increasing their donations during the years in which they itemize. This helps the donor exceed the standard deduction, as well as provides valuable funding to charitable organizations.

Use of a donor-advised fund to achieve both tax deduction and giving goals.

A donor-advised fund is a charitable investment vehicle that allows you to make contributions and receive an immediate tax deduction, while directing grants from the fund annually over time. It’s a perfect option for those who want to use the bunching strategy and maintain their giving habits each year. Simply make your gift to the donor-advised fund during the year in which you plan to itemize your deductions, enjoying the immediate tax break for your contribution. Then you can make grant recommendations to any IRS-qualified public charity, even during the years when you’re not contributing to the donor-advised fund. This type of fund allows gifts of cash through a check or wire transfer, but also offers a big tax advantage for gifts of non-cash assets. By contributing long-term appreciated assets such as bonds, stocks or real estate, fund donors can avoid the 15% capital gains tax they would have incurred by selling the assets. This allows them to give 15% more through the fund to their charities of choice, while also receiving a charitable deduction for the full fair market value of the donated assets.

- David Hughes, Treasurer

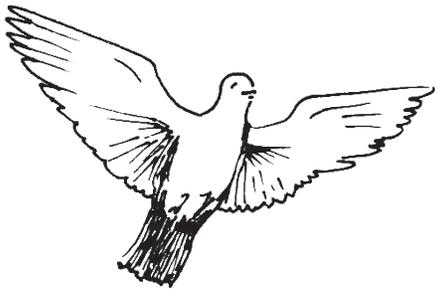
News from the Board

1. February 9, 7 pm—Board meeting.
2. February 12 after the worship service--Coffee with the Board.
3. Here is the link to the January revision of the UCF COVID Policy:
<https://ucfnc.org/board-of-trustees-revises-ucf-covid-policy/>

Tips from the Team

Notes from Building and Grounds

*****Doors are still being left unlocked!***** Everyone is responsible for securing our buildings. Any questions? Ask Dan. Take notice of new security signs around the property. Any suggestions about security should be addressed to Sandra. All doors and the sliding wall should be kept closed in the sanctuary when not in use to help with the ac.



Pastoral Care Tip

Just because the pandemic is over doesn't mean we should forget about hand hygiene. Remember how we scrubbed and washed hands (and other items!) after being in the outside germ world? Well, we should still be washing our hands regularly with soap and water as our best defense against infection. Use warm water and soap to wash (use singing happy birthday twice as the length of time) and don't forget thumbs, wrists, backs of hands, and in between fingers.



Green Tip

Traditionally, hunters have used lead shot and fishers lead sinkers, but, as we already know, lead has been shown to have negative health effects on most living things. According to a 2007 journal article in Summaries of Wildlife Research Findings 2007 for the Minnesota Department of Natural Resources, "The impacts of lead shot on wildlife include decreased survival, poor body condition, behavioral changes, and impaired reproduction." The health of deer can be similarly affected by lead poisoning, but of greater concern to many people is the impact of lead-contaminated venison consumption by people, who can develop a wide range of negative health effects. Denmark, The Netherlands, Australia, and the state of California (in 2013) have banned the use of lead shot. In the US, use of lead shot in hunting waterfowl was banned in 1987, but lead fishing sinkers and lead bullets are still used in other applications. Recent attempts to ban lead ammunition on federal lands nationwide have been unsuccessful. It's not such a simple problem; use of alternative ammunition, such as steel and copper bullets, can damage gun barrels, and alternatives are more expensive than lead. If you're a hunter or fishing enthusiast, it pays to do your research and try to find alternatives to lead, for yourself and for the animals and birds who share our planet.

The UCF Team

Board of Trustees

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