



OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

March 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,

Everyone is very eager to talk about who the new minister will be. Do we want a younger minister? Do we want a minister that has children? Do we want another minister of color?

Before we embark on that conversation—which is a very important one that we will have, no worries on that front!—we also need to be very clear on who we are. Because as the Unitarian Coastal Fellowship is searching for a minister, ministers are also searching for a particular congregation. We need to be certain of who we are and able to say who we are proudly!

And it's also critical to becoming the visible presence in the community that the Unitarian Coastal Fellowship longs to be. After all, if you want people to know who we are and that we're here, we have to BE who we are and announce that we're here! But what is it exactly that we're saying? Who are we? What do we want people to know about us?

I find it helpful when thinking about institutional identity to try to imagine that institution as a person. What clothes is that person wearing? About how old are they? What is their personality like? What's important to them? Are they a man or a woman or neither? It's a lot like those "I'm a PC" TV commercials, where PC was depicted as a stuffy businessman in a suit while Mac was a casually dressed "cool" young man. I think this is a fun exercise! You can practice with branches of the armed forces, universities, car companies, and of course, churches.

So: if UCF were a person, who would they be? I bet every person reading this would come up with a slightly different person (and that person will have many different qualities)—but there would be a lot of overlap. And that overlap is UCF’s core identity—the one that’s ready to step into their place in the Carteret County ecosystem.

Blessings,
~Rev. Micah C. Ma

Table of Contents

Page 3	President’s Column
Page 4	A Look Back at UCF
Page 5	Upcoming Sermons
Page 6-7	February UCF Events
Page 8	February Calendar
Page 9	Future UCF Events and Children’s Spiritual Exploration
Page 10	8th Principle Updates
Page 11	A Look Back at January
Page 12	The Breeze
Page 13-14	From the Treasurer
Page 14	News from the Board
Page 15	Tips from the Team
Page 16	The UCF Team



President's Column

Imagine that UCF is filling out a profile for a dating app. How will we choose to describe our church to visitors, to the community, and to potential members and potential ministers? I searched the internet, asking "What should be included in a dating profile?" These are some of the answers: Be specific. Know your background. Highlight the positive. Keep it short. Include what matters, not what you think others want. Create some intrigue and stimulate curiosity. Now, I've never created a dating profile, you understand, but I think the exercise would make me think about my identity and what I would want to present to those who may want to take a look at me.

On March 5, there will be a Coffee with the Board to discuss UCF's identity. We have a pledge goal and are making great progress toward meeting the goal. The Board wants to hear from you. What is UCF here to do? What is our work to be? What are the words we use to spread the good news about the Unitarian Coastal Fellowship and what it means and does? What would you put in our profile to describe UCF? We'll highlight the positive, include what matters, and hopefully come up with something that will create some intrigue and stimulate curiosity about UCF for those who don't know us very well.

The time and money that is given to UCF will support the answers to those identity questions by funding what is important to us. On February 12, I told you why I donate my time and money to Unitarian Coastal Fellowship. I hope you've had time to consider the reasons that you give time and money to the church and will send your pledge card to our Treasurer by March 15. We have decided to begin the search for a full-time minister to serve UCF at the end of the interim in August, 2024. Soon, we'll need that dating app profile or a resumé to put in our Congregational Profile for the search.

- Susan Fetzer, President, Board of Trustees



Upcoming Services



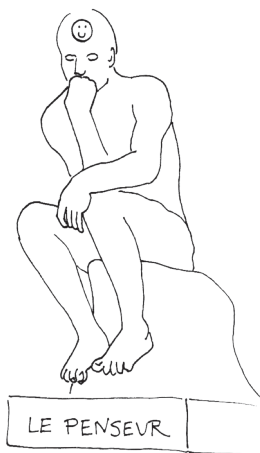
March 5: How I Learned to Stop Worrying and Embrace the Dao

- Rev Micah

Daoism is an ancient eastern religion or philosophy, whose roots predate Christ by millennia. Its core tenets of inaction, naturalness, and spontaneity might be seen as against Western ways of being--which is precisely why we can benefit from them.

March 12: Did You Know? About Unitarian Universalism - Rev Micah

The Unitarian Coastal Fellowship is part of something much larger than itself: Unitarian Universalism. We're part of a statewide justice network, a faith tradition that has not just one but TWO publishers, and an 80-year-old human rights organization--the UU Service Committee--that was founded to help refugees escape Europe. Today, we learn and celebrate about the work that Unitarian Universalists do not just here in Carteret County, but all over the United States and the world.



March 19: Being Comfortable with Discomfort

- Rev. Micah

Some of us grew up comfortable. Some of us didn't. Some of us have been comfortable our whole lives. Some of us haven't. Today, we explore noticing when we're uncomfortable and why--and what that has to do with spiritual growth.

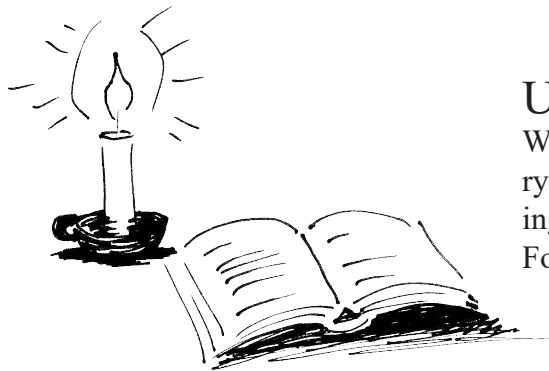
March 26: Resilience; a Touchstones Topic - Marilyn Cullison

Life is often like a wild roller coaster ride. Sometimes we can barely hang on. Fortunately, resilience helps us keep our balance, and maintain some measure of composure, despite the chaos.

March UCF Events

The Women's Discussion Group Monday, March 13 at 12:30pm in the Social Hall

Our topic for March will be: **What is the most beautiful place you've been?** And, if you'd like, bring your top three or five. I will enjoy thinking about beautiful places I've been and hope you will too. Bring your lunch and hot tea will be available. 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.



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

We will be discussing the book, "Horse" by Geraldine Brooks. 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 March 1 and 15 6pm in the Sanctuary
(March 15th Vespers will be followed by a plant based potluck.)

Game Night:

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

Potsticker Party

Join us at 4pm on March 29th for a potsticker party with Rev. Micah! We will wrap dumplings--also sometimes called potstickers--together (veggie and meat fillings will be available) and then also cook and eat them together.

March UCF Events

Welcome to UU101!

Join us on Sundays March 12th and March 19th for UU101--which isn't just for beginners! It's for anyone who wants a "crash course" on UU history and also to get to know some of our new and prospective members. We will serve a light lunch, so nobody goes hungry while we learn about the foundations of our faith and also how UCF works and how to get involved!



Greening of the Church

Sunday March 19th after worship

Please join us for the annual Greening of the Church! Your Green Sanctuary committee is excited to be able to finally schedule this event in our new church home. Please bring your own gardening gloves, hand tools, and knee pads for weeding if you have them. There will be extra gloves and equipment if needed.

If desired, don't forget to bring your lunch; we'll have coffee and cookies before the cleanup begins to fuel us up for weeding, trash removal, mulch application, and general sprucing up of our grounds.

If it rains, we'll reschedule the event. Hope to see you there!



Captain Scott Film Viewing

March 23 6:30pm

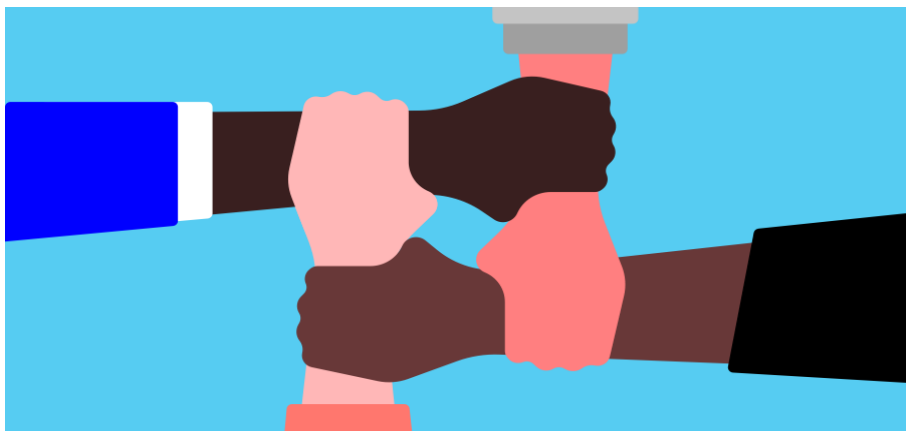
Capturing Scott B's enthusiasm for outdoor recreation and his deep connection to nature, matched with the open-hearted curiosity and resilience with which Betsy follows his trail, makes this an adventure film with a soul. North Carolina's abundant natural beauty provides a vibrant and inspiring backdrop 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.

March Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30am Building and Grounds Task Force 3pm Mental Health Family Support Group 6pm Vespers	2 10am Leadership Council	3	4
5 9am Choir Practice 9am Sundays with Sarah 10:30am Service 11:45 Coffee with the Board	6 5:30pm Meditation	7	8 3pm Mental Health Family Support Group 3pm Racial Justice Film 6:30pm Racial Justice Film and Discussion	9 3pm Membership Meeting	10 6:30pm Game Night	11
12 9am Choir Practice 10:30am Service 12pm UU 101	13 12:30 Women's Discussion Group 5:30pm Meditation	14 11:45am Art of Worship	15 10:30am Building and Grounds Task Force 3pm Mental Health Family Support Group 6pm Vespers 6:30 Plantbased Potluck	16 2pm Ase Committee Meeting 5pm Board of Trustees Meeting	17	18
19 9am Choir Practice 10:30am Service 12pm UU 101 After Worship Greening of the Church	20 5:30pm Meditation	21 6pm NAACP Meeting	22 3pm Mental Health Family Support Group 3pm Worship Committee	23 6:30pm Captain Scott Film	24 Coastline News Due	25
26 9am Choir Practice 10:30am Service	27 5:30pm Meditation	28	29 10:30am Building and Grounds Task Force 3pm Mental Health Family Support Group 4pm Potsticker Party	30 6pm Hospice Discussion		

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.”

We, at our Unitarian Coastal Fellowship are continuing our journey towards voting on adoption of the above UU 8th Principle at our Annual Meeting in June of this year. The Racial Justice Group will be presenting the second program to our congregation on March 8. And in April we hope to center our discussion around what adopting the 8th Principle would mean to us and to UCF.



Our March 8 program and discussion will be about implicit bias – those biases we all hold that we are not even aware of. We will show a twelve minute Ted Talk by Dushaw Hockett, the founder and executive director of Safe Places for the Advancement of Community Equity (SPACES), and three very short videos to help us better understand implicit bias. The videos will be followed by cookies and discussion. We hope you are able to attend one of our sessions. Bring a friend from our congregation with you.

Implicit Bias – **Wednesday, March 8, at 3:00 p.m. and 6:30 p.m.**

Children's Spiritual Exploration

Hi all,

Sundays With Sarah

We're starting a new monthly program: Sundays With Sarah! **On the first Sunday of every month, we'll meet from 9 - 10am** in the Social Hall or on the patio (weather permitting) for a family activity with Sarah Sutherland. In March we'll be learning about and practicing a traditional Japanese art form called **gyotaku**, which originated over 100 years ago as a way for fishermen to keep a record of the fish they caught. Don't worry, you don't have to catch your own fish for this one! We have shirts for you to wear that you can get messy in, and any art you don't take home will be hung on our bulletin board here at church. There will be snacks for everyone too!



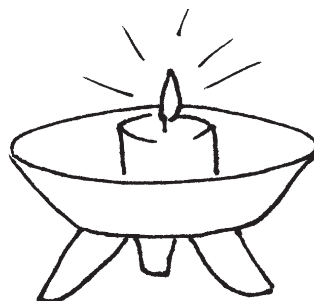
Knotted Blankets

In March we will be delivering the Knotted Blankets that we made in January to the Carteret Hospital here in Morehead City Cancer Center. The children will write a note to go along with each blanket and people that worked on the quilts will sign them. The date for delivering will be announced later and in The Wave.

That's all for this month – see you around church.

In Spirit and Love,

-Sarah Sutherland



A Look Back at February



Valentine Piano Concert

On the evening of Saturday, February 11 th , our pianist Meganne Smith, gave a Valentine's piano concert for the congregation. Meganne played love songs from all eras – everything from Chopin to Louis Armstrong to Disney to James Taylor. She also provided chocolates, cupcakes and valentines to share. Thank you, Meganne, for a lovely evening.



UCF did it! We received our 2022 renewal as a Welcoming Congregation.

Rev. Michael Crumpler, UUA LGBTQ and Multicultural Programs Director, acknowledged the powerful work UCF has done to ensure that we are meeting the needs of queer and trans congregants and in our wider community. The Welcoming Congregation team thanks UCF Members and Friends for your commitment to always SIDE WITH LOVE. If you would like to learn more about our Welcoming Congregation team, please ask Barb Thomas, Marty Newcomb, Amy Jones or Harriet Altman.

To learn more about UUA LGBTQ programs and activities, visit www.uua.org/lgbtq

January 5th Sunday Collection



5th Sunday Collection for Family Promise

Thanks to the generosity of our congregation, we were able to collect over \$1400 for Family Promise in our January 5th Sunday collection!

Family Promise of Carteret County is located in Morehead City and is a program for homeless families. They provide housing and food, counseling, help with job searches and housing applications and allow the families to save money in order to be able to return to independent living in their own home. \$1000 of the money that was collected will provide the four \$250 payments that we are committed to pay over the calendar year to help the families buy food. Other churches make four payments as well which provides money to the program every week of the year. The extra money was given to Family Promise for other expenses that come along on a daily basis.

Thank you all for your gift to Family Promise.

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.



Green Tip

Fishing in both salt- and freshwater is an important industry and pastime in coastal North Carolina. As I mentioned last month, fishers traditionally use lead sinkers, but lead has negative health effects when lost or discarded sinkers are ingested by animals. It turns out that the greatest danger of lead fishing sinkers is not to the fish, but to aquatic birds, who eat the smaller type of sinkers along with sand to use as grit in their gizzards. Unfortunately, alternatives to lead sinkers, such as those made from tin, steel, ceramic, and tungsten-nickel alloy, can cost several times as much as lead sinkers. Please consider if the extra expense might be a good investment in making our coast a healthier place for all living things. An alternative sport-fishing approach is catch-and-release angling, an increasingly common environmentally friendly practice. However, use of traditional barbed fishhooks makes it difficult, if not impossible, to release a fish without damage. Barbless fishhooks are comparable in price to barbed ones and are safer for both fish and fisherfolk, while upping the challenge of landing a catch. If you enjoy fishing, why not join the ranks of environmentally conscious fishers!

The UCF Team

Board of Trustees

President: Susan Fetzer sgfetzer@gmail.com
Vice President: Tom Wentworth tom_wentworth@ncsu.edu
Secretary: Joe Ellen Essex jolnsx@yahoo.com
Treasurer: David Hughes ucfwelcomenc@gmail.com
Leadership Trustee: Linda Rudd lerudd@ncsu.edu

Minister Rev. Micah C. Ma mma@ucfnc.org

Choir Director Tom Cullison tcullison@ucfnc.org

Office Assistant Addie Hirschten ahirschten@ucfnc.org

Facilities Sandra Shelp shelpsk@yahoo.com

Worship Marilyn Cullison mscullison@gmail.com

Finance Jo Ellen Essex ucfwelcomenc@gmail.com

Membership Nan Reed nanreed5@gmail.com and Mary Anna Newman manewman47@gmail.com

Social Justice

Harriet Altman harrietalman@icloud.com and Barb Thomas bsthomas2@gmail.com

Green Sanctuary

Lauren Donnachie lsdonnachie@twc.com and Linda Rudd lerudd@ncsu.edu

Committee on Ministry Louise Hughes lhughes2@ec.rr.com

Children's Spiritual Exploration Sarah Sutherland ssutherland@ucfnc.org

Adult Spiritual Enrichment

Holly Rogers hollyer54@yahoo.com

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



Contact us!

252-240-2283

UNITARIAN COASTAL FELLOWSHIP P. O. Box 425 Morehead City, NC 28557