



OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

July 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,

I may be on vacation, but that doesn't mean I'm not thinking about you! Actually, some of this won't be a vacation at all.

Did you know that some of a minister's "time off" is **study leave**? That's time away from the congregation so that a minister can work on other ministerial projects, such as writing a book or doing research.

In my case, I'll be researching a **strategic growth plan** for the Unitarian Coastal Fellowship. This brand new building in a very visible location won't fill up with people all by itself!

It requires a focused strategy to not only bring people in, but integrate them into the life of the congregation. I know because I've heard—and have experienced myself—how welcoming and nonjudgmental this congregation is. Now we need to tell everyone about it!

By the time you read this, General Assembly will be over, and I will have spent much of that conference talking to and learning about strategic growth plans, learning from others what has worked and what hasn't. I'm aware of UCF's specific context, and that what works in one place may not work in another.

Then, while I'm in California, I'll also be researching. I'll be reading books, talking to ministers, and constructing a plan. When I return in August, we'll start this new program year off strong with a **leadership retreat** that will tackle a strategic growth plan tailored to UCF.

Your job, in the meantime, is to rest and renew yourselves—and think about what ministerial functions are important in a congregation that's decided to grow. These ministerial functions will be different from your previous minister. There are only 24 hours in a day, and your minister can only accomplish so much in a week—and if you want to grow, much of your minister's energy will be outward focused. What skills do you want that minister to have? What are you willing to do yourselves, so that your minister can have more time for outreach?

I believe in only working as hard as the congregation does. This congregation works pretty darn hard, so I am too. I'm all in, so let's go all in together.

Faithfully,
~Rev. Micah C. Ma

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President's Column

July Coastline
From the President

The congregation's Annual Meeting is in the books! Welcome to new Board Members: Co-Secretaries Susan Roberts and Miriam Green, and Treasurer, Joan Burton. Barb Thomas was elected to the Nominating Committee. The Bylaws change was approved, simplifying the formation of Search Committees. The congregation approved adoption of the Eighth Principle. The installation of a flagpole which will fly the American flag, the Progress Flag, and third flags (consistent with UCF values) which will rotate was approved. The Board appointed the Search Committee to begin the process of hiring a full-time contract minister in 2024; the Search Committee is Tom Cullison, Miriam Green, Penny Hooper, Amy Jones, and Sarah Grenier.

As I write this, I'm getting ready to go to Pittsburgh for the General Assembly of the Unitarian Universalist Association. Along with a list of what needs to go in my carry-on and a plan for the workshops I'll attend, I'm preparing a list for security. On that list are: TSA PreCheck, masks for the plane and the convention center, some rapid COVID tests, getting a COVID booster. It's recommended that we not leave the convention center wearing our name tags, and that we walk with someone to and from the hotel. In the airports, hotel, and convention center, I'll remember to notice the location of exits and fire extinguishers and fire alarm pull stations.

The UCF Board, as the Safety Committee, is planning for safety and security of our buildings. There are policies in place for COVID and for natural disasters. In the works are policies for Fire Safety and Building Security. Scheduled for review is the Communication Policy which includes elements of a policy of Right Relations. While we have some policies for the safety of children and youth, more are needed, and there are additional opportunities for development in the areas of financial safety and social media safety.

A sanctuary is meant to be a place of safety and refuge. However, safety doesn't just happen. It takes planning, communication, and practice. Within the next few weeks, the Board will be ready to conduct a pilot study for locking doors during worship services and meetings. We are ordering some equipment so that we'll know if a latecomer needs entry and for communication between the two buildings, and we plan to have this equipment in place by July 9 so we can test the process and adjust it as needed in July. The result will be the first procedure to be included in the Building Security Plan. Other pieces of this plan will follow, and these will form a comprehensive policy/procedure.

As we move toward making UCF a safer and more secure place for all, members and friends will encounter new procedures that may seem somewhat cumbersome at first. Your Board of Trustees asks everyone to work with us in the spirit of cooperation to keep our campus both safe and accessible.

Family Ministry

**First Sunday Family Funday
July 2 at 9:30am**

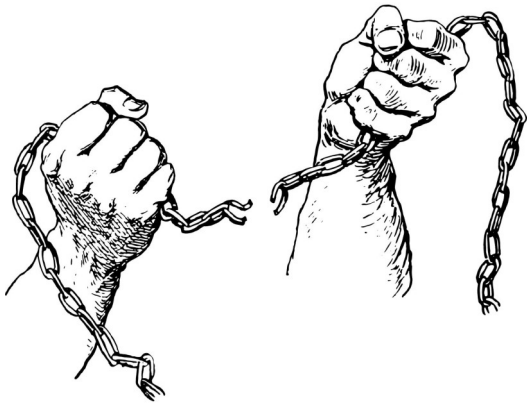
**Get ready for an UnUUusual
Obstacle Course!**

**Every one come early and have your
running shoes on for a morning of
HopScotch, Riddles, a Maze, Pictionary,
Frog Racing, Bowling and Monkey
in the Middle.**

**You can recharge your batteries with
a snack. This is the craziest obstacle
course you will ever encounter at
church!**

Choir members beware, it will get loud!

Upcoming Services



July 2: Liberty: A Touchstone Service -Marilynn Cullison

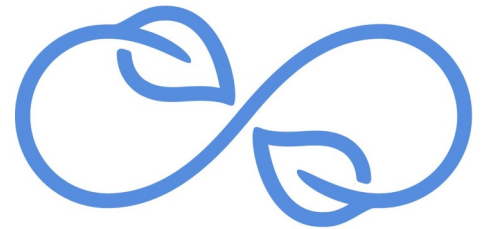
Liberty, like worth and dignity, as we refer to in our first and sixth Unitarian Universalist principles, is inherent. In the Declaration of Independence, liberty is one of three inalienable rights. In this worship service, we'll explore the human condition called liberty.

Back by popular demand, AFTERWORDS, an interactive discussion to further explore the topic, will follow this service.

July 9: Awe and Regeneration: A Touchstone Service -Marilynn Cullison

Among its meanings, regeneration includes spiritual renewal or revival, being born again, conversion, producing anew, and a "radical spiritual change in an individual accomplished by the action of God" or some other powerful force. All of these can elicit an awakening. This is awe!

We will install our new board members, say goodbye to outgoing members and give charge to our ministerial search committee during this worship service.



July 16: Just Smile -Rev. Lynn Godette

Just Smile: Rev. Godette shares: "I am really concerned about current events: what is going on-in our world, country, state and yes, our community? I have had the opportunity to talk one-on-one with the people to whom I have been assigned. With everyone, the conversations have the same theme, 'I am scared, what is going to happen?' As I sought direction on how I can encourage them, the answer I received was Just Smile. The words of encouragement, Just Smile, is the theme of my message."

Bio:

Rev. Lynn Stiles Godette is married to Gerald O. Godette. They have three children and 8 grandchildren. Rev. Godette is Ordained Elder of AME Zion Church, serves as The Pastor of Alliance Chapel AME Zion Church, and is the Beaufort District Youth Choir Director and Health Ministries Coordinator.

A graduate of West Carteret High School and Durham College with a degree in Medical Laboratory Technology, Lynn is currently pursuing a Bachelors' Degree in Religious Studies with a minor in Business at the University of Mt. Olive. Lynn has

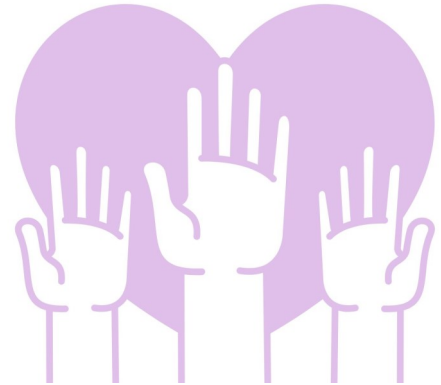
Upcoming Services

been employed by Carteret Health Care in Morehead City, NC for 39 years, and currently holds the position of Director of Compliance.

Among her many affiliations, Lynn is a member of the Carteret County Branch of the NAACP and serves as Program Committee Chair, a member and secretary of Carteret County Tri-City Ministerial Alliance, and a member of the African American Historical, Educational, and Cultural Society of Carteret County.

July 23: Covenant: A Touchstone Service -Marilynn Cullison

Touchstones COVENANCE: In our Unitarian Universalist tradition, the way we understand the process of living together in community is through covenant. We do not organize ourselves around a creed. Instead we enter into a covenant with each other. We will explore working and celebrating and covenanting together to build a community which has the power and commitment to transform ourselves and our world.



AFTERWORDS, an interactive discussion to further explore the topic, will follow this service.

July 30: Hymn and Her -Revs David and Gaye Morris

Hymn and Her: UU Hymns We Know and Love. Every UU has certain hymns that move and inspire them. Reverends David and Gaye Morris will lead us in a singalong exploration of hymns that have deep spiritual and historical roots for our faith.



Bios:

Rev. David Morris retired in June of 2022 as minister of the Unitarian Universalist Congregation of the Outer Banks in Kitty Hawk, NC. He served in UU ministry for 21 years, with congregations in North Carolina, Virginia, and Northern California. He was active in UUA anti-racism efforts from the start of his ministry and served the Association in other volunteer positions at the district and national level.

The Rev. Dr. Gaye Morris lives in Manteo NC with David, great-grandson Oliver, and three goofy hound dogs. She was ordained in 2013 and served until 2019 as the full time minister of the Unitarian Universalist Church of Augusta, GA. She is retiring this month from her role as the affiliated Community Minister of the Oak Ridge Unitarian Universalist Church, Oak Ridge Tennessee. She teaches online courses in Communication as an adjunct instructor with Augusta University, Augusta GA. She is the Secretary/Treasurer for the UU Justice Ministry of North Carolina. Revs. Gaye and David both serve as volunteer chaplains for Outer Banks Health and are the co-chairs of the North Dare Ministerial Association.

Breeze 101 and Tips

What is Breeze? Breeze is the online database software that we use to keep track of our members, friends and visitors, our events calendar, our financial contributions, attendance and so much more. In order for a member of the congregation to access Breeze, you must set up an account with a user name and password. If you haven't done that yet, or aren't sure if you have, please contact Barb Thomas (bsthomas2@gmail.com) or Jo Ellen Essex (jolnsx@yahoo.com) and we will send you a link and instructions to set up your access.

Does Breeze scare you? You are not alone! Many of us are not sure how to use it, so here are some tips from Barb and Jo Ellen.

First, you get to Breeze by using this link: [Unitarian Coastal Fellowship | Breeze](https://unitariancoastal.breezechms.com)

Or use this address: <https://unitariancoastal.breezechms.com>

Then you want to save it as a **bookmark** to get back to it easily. If you have already set up your account, your email address is already in Breeze, so if you need to reset your password, you can do that by saying you forgot your password (don't we all?). It will send an email to you which will give you your username and a link to change your password.

To make full use of Breeze, when you are in Breeze on the dashboard click on "My Profile". You can update any missing or incorrect information. If you want other people in our congregation to be able to contact you, make sure you are **opted in to the Directory**. *We ESPECIALLY want to have a picture of you for new (and old) members – it helps build our community! We have numerous wonderful photographers (Karen Baggott, Susan Roberts, etc.) who will help you with this if you need it. Or you can just send us a photo of yourself, and we will add it to your profile.*

Another very useful location while looking at your page is GIVING (on the left-hand side). When you go into this tab you can see what your donations are, as well as what you pledged for the year. The pledge tab is in the middle of the page. This is a great reminder to change your bank's automatic monthly pledge in July, when our new fiscal year begins. No one else can see your Giving page except the Treasurer/Asst. Treasurer/Bookkeeper. This is kept confidential.

If you are the head of a Committee or Task Force, we can give you Standard status, so that you can send group emails, as well as enter events on the Breeze calendar. Make sure you add your event to the "Open to All" or "Private" calendar so it will appear to everyone.

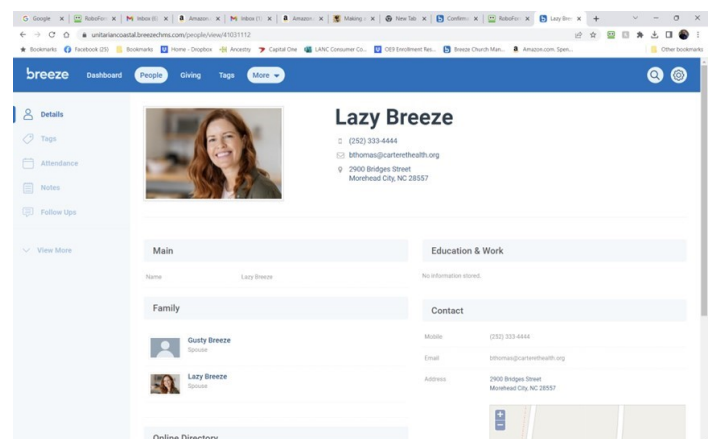
Feel free to click around in Breeze and get familiar with what it has to offer. You can't hurt anything! Breeze is a great tool for UCF and we should make good use of it. Let us know if you have additional questions.

Remember, there are NO DUMB QUESTIONS!

Much love,

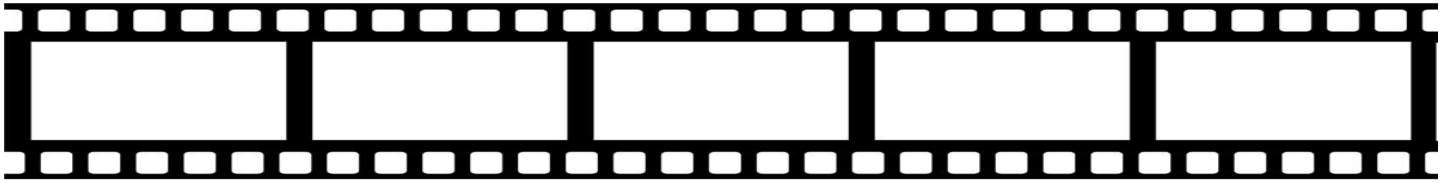
Jo Ellen Essex jolnsx@yahoo.com

Barb Thomas bsthomas2@gmail.com



Upcoming Events

Adult Spiritual Enrichment Meeting Thursday July 20 at 2pm. SBW Center
Recently, the Board and Leadership Council approved a proposal for an eight-month film series, sponsored by the ASE committee, that will cover a variety of topics meaningful to Unitarian Universalists, such as environmental issues, race and gender equality, and marginalized group rights. The meeting will only be discussing this film series; all stakeholders and interested members and friends are welcome!
Questions? Contact Holly Rogers (hollyer54@yahoo.com).



UCF Book Club July 17 at 4pm. SBW Center

Join us with UCF member and author Sue Anger as we discuss her book "Last Known Port" on July 17th at 4pm in the SBW Center. Set in the seaside town of Beaufort, N.C. at the height of Prohibition, "The Last Known Port" has all the elements of a page-turning mystery; a waterfront setting, lawless greed, foul play, and romance. Sue is also showing a PowerPoint presentation including the history of Beaufort.
For info, contact/ text Joan Burton @ 201-669-1529.

Making Refrigerator Pickles

Wednesday July 5 from 4:30pm to 5:30pm

Would you like to learn how to make refrigerator pickles? Karen Baggott and Catherine Elkins will teach a class at 4:30 -5:30 pm on Wednesday, July 5th. It's as simple as cutting up your veggies, adding herbs and spices and pouring brine into the jar. Everything will be supplied. Bring friends and family!



Please contact Karen to sign up: kbaggott47@gmail.com, text her at 252-646-1550 or sign up on the flyer in the social hall.

Upcoming Events Cont.



Buddhism Video Series: **Wednesday July 26 5:30 pm**

Join a group of curious seekers as we learn more about one of the world's largest religions! Learning is always better in company. We will watch an explanatory video and discuss it afterward. We value multiple perspectives!

Mental Health Family Support Group **Wednesdays 3:30pm-5:00pm**

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 email at: landfall2@mindspring.com.



American Red Cross

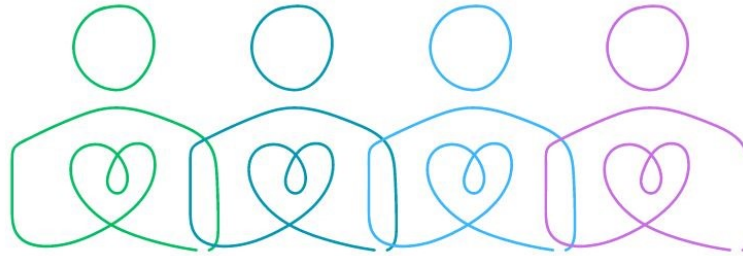
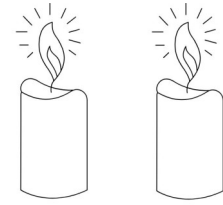
UCF's Next Blood Drive **Tuesday, July 25 from 10 am to 3 pm**

Mark your calendars! UCF will be holding a Red Cross Blood Drive on Tuesday, July 25th from 10 AM to 3 PM in our Social Hall. There is always a big need for blood in our area. A team comes all the way from Greenville to spend the day with us – let's make it worth their while. And all donors in July will get a free Shark Week T-shirt! If we get 30 units of blood, we get \$300 to spend on something we need. You can sign up for an appointment [HERE](#). Why wait?

Upcoming Events Cont.

Vespers, Wednesday July 5 and July 19 at 6 pm.

A short, contemplative worship service of singing, readings, candle lighting, and silence. Stop by for a midweek breather!



The Women's Discussion Group will be taking July and August off. We are hoping to start up again in September, but need someone to volunteer to lead this wonderful group. It's not a big job and it's very rewarding. Each month the discussion group chooses a topic for the following month. This past year we have talked about everything from favorite seasons of the year to silliest fears, ways to relieve stress and favorite movies. These discussions have proven to be a wonderful way to get to know each other better. If you might be interested in heading up Women's Discussion Group call or text Susan Roberts: 843-217-1885 or email: 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. The first Monday of each month

we will meet at UCF for a coloring meditation led by Sandra Shelp. The Zoom sessions will be guided by either Holly Rogers, Daryl Walker, Virginia Woodhead, or Susan Roberts. We enjoy experiencing a variety of meditation styles. Please contact Susan Roberts at: landfall2@mindspring.com if you would like to be added to the meditation Zoom email list. Please note* The Adult Spiritual Enrichment Committee's Monday Meditation for July 3, to be held at UCF, has been cancelled, due to the holiday weekend. See you next month, on August 7!

UCF Pride 2023 Update

UCF Pride 2023

The Welcoming Congregation Team is excited and appreciative of the congregational support to install a nautical flag pole and fly the American flag, Progress flag and a rotating third flag that represents our UU values.

Fifty-one members voted and 43 responses were either strongly agree, agree or undecided for 84% of the vote. With undecided responses removed, at total of 42 members voted with 34 of these being strongly agree or agree for 81% of the vote. We will work with the town of Morehead for approval of the placement of the flagpole and will proceed in conjunction with our safety plan.



Community Activities

UCF was also involved in many activities during the month of June to acknowledge Pride month. These activities celebrated the LGBTQ+ community and highlighted the issues and discrimination the LGBTQ+ community still faces today.

Pride in the Park

UCF participated in Crystal Coast Proud's 3rd annual Pride in the Park and handed out information about our church, UU principles and fun giveaways like temporary tattoos, bubbles, stickers, rainbow candy and small Progress flags.



UCF Pride 2023 Update

LGBTQ+ Rights Vigil

UCF hosted a LGBTQ+ rights vigil which was attended by many community members including members of the Unity Church.



Pride Worship Service

UCF capped off Pride month with a Pride Worship Service that included an entertaining runway show, poignant chalice lighting words, and a thought-provoking sermon. Meganne Smith performed an amazing rendition of "Born This Way" by Lady Gaga.





SHARE THE PLATE FOR JULY: STUFF THE BUS

This year we will be trying out a different way of collecting for local organizations. Instead of 5th Sundays, starting in July, we will be instituting "Share the Plate", a program that many other UU churches use successfully. The Social Justice Committee will select a different organization for each month, and during that month, any money in the collection plate that is not designated for pledges, will be equally divided between UCF and the selected organization. Anyone can submit suggestions for local organizations for future months by contacting Harriet Altman or Barb Thomas. You can find out what organization is receiving the Share the Plate collection each month by checking the Wave or the Coastline.

For the month of July, we will be splitting the plate with "Stuff the Bus", a program of the Carteret County Public Schools Foundation. They will be collecting money, school supplies and book bags during the month of July, loading all the supplies into the book bags and putting them all on a school bus. On August 7 th , Carteret County students and their families who are in need can come to Parkview Baptist Church in Morehead City to pick up a backpack. There will also be distributions in other parts of the county on August 11 th . July has five Sundays, with the last one on July 30 th and we will plan to get the money to the CCPS Foundation as soon as possible so they can use it to buy any school supplies that they still need.

UCF News Cont.

SEARCH COMMITTEE UPDATE



At the June 11 Annual meeting, the congregation voted on and approved five members to serve on the Search Committee for UCF's full-time contract minister. The Search Committee has started meeting and one of our first priorities is to ensure two-way communication with the congregation. We want to hear your ideas, comments, and suggestions. We are developing a survey for members and friends that will help the congregation, the Search Committee, congregational leaders, and our future minister understand UCF better. You can also expect to see updates from the Search Committee in the Coastline and at Coffee with the Board sessions.

The Search Committee thanks the congregation for your vote of confidence in us. Please do not hesitate contacting Search Committee members:

Tom Cullison

Miriam Green

Penny Hooper

Amy Jones

Sarah Grenier

NEWS FROM THE BOARD

At the June 15 meeting, the Board appointed the Search Committee—Tom Cullison, Miriam Green, Penny Hooper, Amy Jones, and Sarah Grenier. A Leadership Retreat of the Board, the Leadership Council, and the Search Committee is planned for August 19.

The Board worked on a security checklist, a fire safety checklist, and heard from the team planning policies for rental agreements so our building can be used for events such as weddings.

The next Board of Trustees meeting is scheduled for Thursday, July 20, at 5 pm. All are welcome to attend.

UCF News Cont.

UCF Members Facilitate the Relocation of Zherdetska Sisters from Ukraine

On Sunday, June 4th, we were happy to see Pat Curley and Kateryna Zherdetska come through our doors. Kateryna (Kate) had arrived the previous Friday in Jacksonville to meet Pat and his wife, Nancy, who are sponsoring Kate and her sister, Daria, who are seeking humanitarian asylum in the US since leaving Ukraine. After much difficulty in their travels, they ended up in Ireland. Daria has had to return to her parents' home in



Ukraine to be able to get an adult passport, but the sisters decided that Kate should come ahead and get situated here. Hopefully, Daria will be joining her very soon.

Kate, Daria and the Curleys met through a website called Welcome.US in a partnership with Rotary International. Pat and Nancy have made a commitment to support the young women for up to two years. Kate would like to enroll in college to pursue a career in technology. Here is a link to the GoFundMe page to support this effort:

<https://gofund.me/13732f39>

SBW Gallery

For the months of July and August, Karen Baggott is displaying her photography in the Sally B. White Center. Her subject matter is nature in all of its various shapes, colors and moods, and can include human elements. She has been 'making' photographs since 1971 when her mother gave her a Kodak Pony IV rangefinder camera. Karen learned to use a darkroom while living in Maine in the 70s, and earned an associate degree in photography from Carteret Community College in 1992.



Photo: Karen with her entries in Art From the Heart this past February.

July Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 9am Choir Practice 9am First Sunday Fun Day 10:30am Worship Service	3	4	5 3:30pm Mental Health Family Support Group 6pm Vespers	6 10am Leadership Council	7	8
9 9am Choir Practice 10:30am Worship Service 2pm Transition Team	10 12:30pm Women's Discussion Group 5:30pm Meditation	11	12 2pm Finance Committee 3:30pm Mental Health Family Support Group	13 3pm Membership meeting	14 6:30pm Game Night	15
16 9am Choir Practice 10:30am Worship Service	17 4:00pm Book Club 5:30pm Meditation	18 6pm NAACP Meeting	19 3:30pm Mental Health Family Support Group 6pm Vespers	20 2pm ASE Committee Meeting 5pm Board of Trustees	21	22
23 9am Choir Practice 10:30am Worship Service	24 5:30pm Meditation	25 10am Red Cross Blood Drive	26 3:30pm MHFS Group 5:30pm Buddhist Video Series	27	28	29
30 9am Choir Practice 10:30am Worship Service	31 5:30pm Meditation					

Tips From The Team



Green Tip

Beach season is officially here! We're all eager to enjoy the sun and sand after the winter, but it pays to make yourself and your family into eco-conscious beachgoers, if for no other reason than to preserve the beach ecosystem for future generations to enjoy. Here are some ideas for ways to change your beachgoing MO: replace single use plastic food and beverage containers with reusable ones; replace plastic beach toys with metal; refrain from flying balloons near the beach; leave only footprints, including packing out all trash and knocking down that sand castle; stay off the dunes and away from sensitive vegetation; don't discard compostables (e.g. orange peels) to keep the beach and water clean; respect the sea creatures you may find; and leave shells and sea glass where you find them – they are also part of the ecosystem.

Curious to learn more about the reasons behind these suggestions? Visit Beaches Go Green, a website for an environmental education nonprofit:

<https://www.beachesgogreen.org/>

The UFC Team

Board of Trustees

President: Susan Fetzter sgfetzer@gmail.com

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Susan Roberts landfall2@mindspring.com

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Adult Spiritual Enrichment Holly Rogers hollyer54@yahoo.com



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