



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,

The 2023-2024 program year is beginning! I know UCF has been busy over the summer already, figuring out security processes and procedures to keep everyone safe even as we shine our beacon more brightly than ever before on the Crystal Coast.

The Search Committee has been hard at work gathering materials and getting ready to survey the congregation, and the Board and leadership will be readying and implementing the strategic growth plan that we will put together at this month's Leadership Retreat.

One presentation from the Unitarian Universalist Ministers' Association that I attended, about trends in congregational ministry, presented one graph that was surprising to me: that many congregations say they are interested in growth, and yet when asked whether or not they are engaged in the surrounding community, it turns out that they're not "walking their talk." This is certainly not my experience with the Unitarian Coastal Fellowship, which donates regularly to local nonprofits and participates in community activities such as Project Christmas Cheer and GospelFest.

As we gather ourselves to focus on growth, let us think about other ways we can show up in the community. What about staffing a water station during local races and triathlons? Marching in the Veterans Day parade? Are there more local festivals, such as Family Pride in the Park, that we can participate in?

What are some taglines we can use to describe the Unitarian Coastal Fellowship? Maybe something like "UCF: Where There's More Than One Right Answer to Every Question" or "UCF: Building an Intentionally Diverse Beloved Community" or even "UCF: We Reduce, Reuse, Recycle."

And then once we are successfully bringing in a regular stream of visitors, some of which decide to stick around, how do we intentionally integrate them into the community? How do they learn how to get involved and how to become a member? How do we learn who they are and their gifts, so that we can invite them to contribute in ways that make them come alive and grow spiritually?

These are some of the questions we'll be tackling at the upcoming Leadership Retreat. We won't answer all of those questions this year—and indeed, they have more than one right answer!—but we will craft a roadmap for tackling these issues. This roadmap will also tell us more about what we're looking for in our next minister, and how that minister sees themselves in relationship to this map. Are they the navigator or the driver? Are they the steering wheel or the gas pedal or the brake? Or...?

Blessings,
~Rev. Micah C. Ma

I Want to Do Something!

You don't need to be in leadership to help this congregation grow! There are many ways you can be part of the life of this congregation without committing to regular meetings or making high-level decisions. You can:

- Volunteer for a shift or two at the Seafood Festival (if we win the lottery to sell drinks again this year); it's fun to see and talk to visitors, and a great way to get to know fellow UCFers!
- Keep an eye out for food that's been in the fridge way too long
- Help clean windows and sweep the floors, so that we can keep our building in good condition and looking beautiful for visitors
- Take photos at church events and upload them to Google Drive, so that we can update our Facebook and Instagram and maintain a regular social media presence
- Do a reading or play a musical instrument for a Sunday morning service
- Volunteer to play with the little ones in the nursery
- Help with setting up Coffee Hour and cleaning up afterward
- Let us know about festivals and parades that we can participate in (like the June Family Pride in the Park festival or the Veterans Day parade), and volunteer for those events
- Unload the dishwasher
- Teach us new games at Game Nights
- Tell others about this wonderful community!

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President's Column

August Coastline From the President

The Back to School advertisements are here! It's time for families to buy back packs, pencils, crayons, and new clothes. While UCF meets year-round, it's also the beginning of a new church year, and I'm making plans just like I used to make plans for the school year when I was a student.

I was inspired at General Assembly in Pittsburgh by being with thousands of Unitarian Universalists. Jo Ellen Essex, Rev. Ma, and I went to Pittsburgh while Holly Rogers attended virtually. The worship services and workshops were meaningful, and there is a lot of information to share with you. The new President of the UUA is Rev. Dr. Sophia Betancourt. She spoke to General Assembly about the need for communal care, serving one another, organizing for justice, and widening the circle of concern. I'm looking forward to the next six years of her leadership of the UUA.

Amendments to Article II, the Purposes and Covenant, of the UUA Bylaws were approved by the General Assembly delegates and the amended Article II was approved preliminarily. It will be presented for final approval at the 2024 General Assembly. I'm looking forward to learning more about the proposed amended Article II during the next year.

At UCF, a retreat has been planned on August 19 for the new UCF Board of Trustees, Leadership Council and Search Committee. Goals for the retreat include team building, reviewing covenants, and setting goals.

The door locking trial has been completed for three weeks during worship services as I write this. There have been some kinks to work out in the process, but I'm confident that we will be able to find a process that works. Thank you for your cooperation and participation in the silent doorbell demonstration on July 23; it will take some practice to get used to the new system to allow safe entry to those who want to worship.

Upcoming Services

August 6: What is Spirituality?

"I'm spiritual, not religious," say many Unitarian Universalists. So what IS the difference between spirituality and religion? What exactly does it mean to be spiritual? How do we define such a broad term? What does it mean

to be journeying together, when our spiritual journeys may be so different?



August 13: Shifting Baselines

In 1886, William Temple Hornaday traveled to Montana to kill as many bison as he could. He believed, then, that that was the only



way to save the bison: by preserving their hides in the Smithsonian. But something changed, and Hornaday went on to become one of the founders of the American conservation movement. What lessons can we learn from Hornaday's change of heart?

Upcoming Services

August 20: Saving the Babies in the River

A parable that has been attributed to community organizer Saul Alinsky tells the story of a village that's being overwhelmed by a constant stream of babies that mysteriously keep ending up in their nearby river. In that story, we learn that we all have a role in solving the problems that threaten to overwhelm us, not just as individuals but as institutions --and one of those roles is to get to the source of the issue.



August 27: Play (A Touchstones Service)



Do you have memories of childhood summers? In play we lose ourselves, honor imagination and enter a kind of time out of time---like summers. UU minister Max Coots wrote, "August made the Summer seem

forever." Play is a form of Unitarian Universalist transcendence that takes us into the world in a way that honors imagination and the power of the moment to reveal new and unexpected things. It connects us with what is and what might or could be. Marilyn Cullison will explore play in this Touchstones-inspired worship service on this last Sunday in August.

Upcoming Events

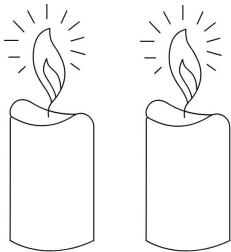


Buddhism Video Series: **Wednesday August 23 5:30 pm**

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.



Vespers, **Wednesday August 2 and 16 at 6 pm.**

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

UCF Book Club **August 21 at 4pm.** SBW Center

Please join us Monday August 21 at 4pm in the SBW Center to discuss the book "Daisy Jones and the Six" by Taylor Perkins-Reid.

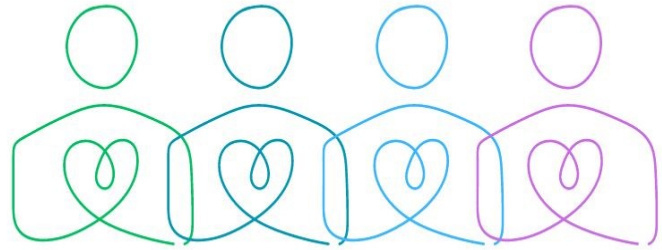
This is a gripping novel about the rise of an iconic 1970's rock band and their beautiful lead singer. It is now an Emmy award nominated series streaming and produced by Reese Witherspoon. For info, contact Joan Burton at 201-669-1519. All members are welcome!



Upcoming Events Cont.

The Women's Discussion Group

will be taking the month of 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.

Adult Spiritual Enrichment Meeting

Thursday August 17 at 2pm. SBW Center

Adult Spiritual Enrichment Committee will meet on August 17 at 2:00, which will be a Zoom meeting only.



SHARE THE PLATE FOR AUGUST: CARTERET LONG TERM RECOVERY ALLIANCE



This year we are trying a different way of collecting for local organizations. Instead of 5th Sundays, in July, we started "Share the Plate." The Social Justice Committee selects a different organization each month, and during that month, any money in the collection plate that is not designated for pledges, is 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 August, we are sharing the plate with **Carteret Long Term Recovery Alliance**, a nonprofit, totally volunteered organization that helps people who sustain damages due to natural disasters. CLTRA formed in 2018 after Hurricane Florence and almost five years later, close to 400 families have been helped yet over 150 are still in need of assistance. CLTRA is committed to remain an active presence in our community until the last home is completed and will be here to serve should another disaster impact our community. To learn more about CLTRA, please visit carteretltra.org.

UCF News Cont.

MINISTERIAL SEARCH COMMITTEE UPDATE



At the July 9 Worship Service, Tom Cullison, Miriam Green, Penny Hooper, Amy Jones and Sarah Grenier accepted the charge to serve on the Ministerial Search Committee for UCF's next fulltime contract minister. The committee members' response to the congregation was "We hear your charge and set it upon our hearts. We covenant to listen well, bear in mind the congregation's vision and mission, and always remember that we are seeking to fulfill the needs of the larger congregation. Thank you for your trust."

The Search Committee's Congregational Covenant is:

As a Search Committee representing our congregation, we covenant with our congregation to:

- A. Serve our congregation to the best of our ability, realizing, both as a group and individually, we represent the face of our congregation and community in the ministerial search process. We will represent our congregation with forthright honesty, care, compassion, and respect.
- B. Follow the rules and timelines within the Transitional Ministry Handbook.
- C. Honor a minister's needs to follow the Guidelines for the UUMA.
- D. Listen to, inform and work with our congregation, the Transitions Office, Regional Staff, and Regional Transitions Coaches throughout the transitional process.
- E. Understand the need for fairness and confidentiality throughout the search process.

UCF News Cont.

(MINISTERIAL SEARCH COMMITTEE UPDATE CONT.)

One of the Search Committee's highest priorities is two-way communication with the congregation. We want to hear your ideas, comments, and suggestions. In addition to receiving feedback through individual conversations with members and friends, the Search Committee is developing a congregational survey that you will receive August 18 and we are planning "Cottage Meetings" during September-October.

The congregational survey will help UCF and our future minister understand our congregation better and will help guide us through - out the application and interview process to select our next fulltime contract minister. You will receive a link to this survey in the August 18 Wave and the survey will conclude on August 31.

The timing of the survey will allow us to analyze your feedback and will help guide the "Cottage Meetings" that we plan to hold in September and October. "Cottage Meetings" are similar to focus groups and will help us gain an even deeper understanding of the needs of the larger congregation. The information and feedback we receive from the survey and the "Cottage Meetings" will help enrich the UCF congregational profile that we will share with ministerial applicants. When the UCF congregational profile is complete, we will also post this on our website.

Last and not least, please make plans to stay after the worship service on August 27th to hear more about the Search Committee and to provide your feedback and ideas.

Thank you for your trust.

UCF News Cont.

NEWS FROM THE BOARD

There will be a Coffee with the Search Committee and the Board on Sunday, August 27, after the service.

The Board is continuing Safety work on the door locking procedures for the Building Security Plan, developing a Fire Safety Plan, and the Natural Disaster Plan.

The Board will attend training with the Southern Region of the UUA on August 5 and the local retreat with the Leadership Council and Search Committee on August 19.

GREEN SANCTUARY

Your Green Sanctuary co-chairs recently discovered a wonderful e-newsletter put out by the NC Coastal Federation. It's chock full of stories and articles about issues relating to preserving our precious North Carolina coastline ecosystems. Go to <https://coastalreview.org> to check it out! You can also sign up to receive daily email links to their newsletter articles.

GOING ONCE! GOING TWICE! SOLD!

The UCF Goods and Services Auction is finally being held again in November. Louise and Dave Hughes will co-chair our biggest fundraiser of the year, and once again, Mark Hooper, in his pink boots, will be the Auctioneer. This is the best and most fun event of the year, with chances to bid on exceptional meals, art, decor, and one of a kind activities. You might also win money! It is really a hoot to attend, so mark your calendars for Friday, November 10.

We will be gathering soon to plan the event and hope you can meet with us to be a part of it. We need plenty of input, as well as items for the auction, which you have had locked away during the pandemic. Time to set them free! We will have copies of prior year auction catalogs posted in the Social Hall to see some of the past items that have been donated. Contact Louise or Dave Hughes to be part of the fun!

August Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 9am Rev Ma Office Hours 3:30pm Mental Health Family Support 3:30pm Worship Comm. 6pm Vespers	3	4	5
6 9:30am First Sunday Family Fun Day 10:30am Worship Service	7 5:30pm Meditation	8	9 9am Rev Ma Office Hours 2pm Finance Comm. 2pm Transition Team 3:30pm Mental Health Family Support	10	11 6:30pm Game Night	12
13 10:30am Worship Service	14 5:30pm Meditation	15 6pm NAACP Meeting	16 9am Rev Ma Office Hours 3:30pm Mental Health Family Support 6pm Vespers	17 2pm ASE Comm. 4pm Book Club 5pm Board of Trustees	18	19
20 9am Choir Practice 10:30am Worship Service 11:45 Social Justice Committee	21 5:30pm Meditation	22	23 9am Rev Ma Office Hours 3:30pm Mental Health Family Support 3:30pm Worship Comm.	24	25	26
27 9am Choir Practice 10:30am Worship Service 11:45 Coffee w/ Search Comm. & Board	28 5:30pm Meditation	29	30 9am Rev Ma Office Hours 3:30pm MHFS Group 5:30pm Buddhist Video Series	31		

Tips From The Team

PCT HOT TIPS

As we approach the hottest month of the year here are some tips for staying cool and avoiding heat related illnesses.



- Stay hydrated— Drink more fluids, regardless of how active you are.
- Pace yourself especially if you are outdoors in the heat.
- Wear sunscreen.
- Avoid alcohol— This increases your body fluid loss.
- Stay away from hot and heavy meals.

Always check the elderly, infants and pets who are more susceptible to the heat, especially in non-airconditioned areas and closed cars.

GREEN TIP

Going electric is not just for automobiles. You may wish to consider an electric propulsion system for your boat as a positive contribution to a greener environment. The advantages of electric motors for boats are like those for automobiles. These include zero emissions from the motor and the ability to use clean energy, especially solar, for recharging batteries. Because petroleum-based fuels and lubricants are not needed, the risk of spills of these contaminants in aquatic ecosystems is eliminated. Electric motors require less routine maintenance than their petroleum-powered counterparts. Electric boat motors do share some limitations shared with their automotive cousins, and these should be evaluated when considering repowering. The power and range of electric-powered boats are limited by battery size. Batteries and other equipment can be expensive, and there are environmental costs associated with manufacture and disposal of batteries. However, electric propulsion options for boats are entering the mainstream, and electric power may be an attractive option for smaller boats and those used infrequently.



The UCF Team

Board of Trustees

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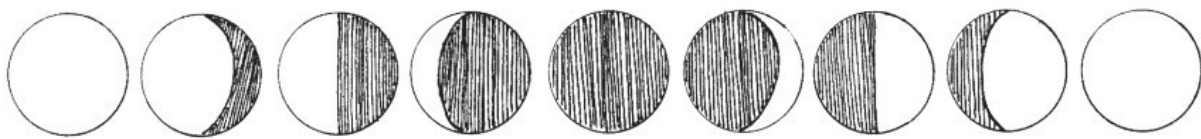
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