



# OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC

September, 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 another fall approaches (and with it the promise of cooler weather), we prepare ourselves for another program year here at the Unitarian Coastal Fellowship. As Board President Susan Fetzner reports in her letter to the congregation this month, We are



we are preparing for quite a journey this year! The journey toward a bigger, bolder UCF—and a new minister to go with it.

We'll be trying many new things in the coming year, such as hosting a Social Justice Film Series and trying out the revisions to Article II of the Unitarian Universalist Association by-laws. We'll be experimenting with different styles of worship and music and trying some new things in our Children and Family Ministries program. We're installing a flagpole to fly flags that reflect our values, and we'll be out in the community more than ever before.

Of course, there will be some old favorites, too. Meatless Mondays will at last be making a return, as will the small ministry groups that we call Thoughtful Gatherings. We'll be bringing back our Nature Walks and holiday potlucks.

As your interim minister, my job is to prepare the congregation for change. Of course, there have already been many changes, not least of which is the new building! And with those changes can often come a sense of loss. But there are things that don't change as well, and sometimes we find ways to marry old and new.

The best example of this is perhaps our Ingathering 2023 service on Sept. 10. In the past, we've also called this the "Water Communion" service or "Merging of the Waters." It still is the water service, and it's also being combined with what may well be a new tradition: our Homecoming service and potluck. In this service, we will celebrate the beginning of another program year—and welcome some guests and visitors. Guests and visitors that we built this new building for. Others who don't yet know that we're here, waiting to welcome them home.

~Blessings,  
Rev. Micah C. Ma



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# President's Column

## September Coastline From the President

I'm writing this on August 20, the day after the Unitarian Coastal Fellowship Leadership Retreat, and five days before I leave town on an almost 3 weeks trip and five days before the deadline for submissions to the Coastline.

I'm one of those who makes a list of what I'm going to pack, does all the laundry in the house, cleans out the refrigerator, and tries to finish all my projects before leaving town. I've been planning what to pack, making mental and physical lists for months now.

The Leadership Retreat was a lot like planning to go on a trip. We met at Miriam Green's home on Bogue Sound. The Board of Trustees met in the morning, and we were joined by the Leadership Council and the Search Committee for lunch and for the afternoon. Rev. Ma was our travel guide, using a roadmap they had prepared for the day.

The day started with the questions, "What's something you're looking forward to about this coming church year? What's something you're anxious about?" It didn't surprise me that the things we're anticipating are our Search for a full-time minister when Rev. Ma's interim ends next summer, and discussions of UCF identity. Neither did the things we are anxious about—a successful Search Process, developing volunteers, and church finances. Do you have anything to add to this list? Our next stop on the roadmap, was a discussion of growth—what ways do we want to grow UCF and why do we want growth?

Why do we want more people to be Unitarian Universalist? We imagined UCF in five years using our five senses of seeing, hearing, smelling, tasting and touching. Board members saw and heard more families and children, we heard music, smelled and tasted food and coffee, sat in a meditation garden and smelled flowers. We discussed the possibilities, but also the obstacles to our success.

# President's Column

The Leadership Council and Search Committee joined the Board for the afternoon and Rev. Ma led us to the next stage of the day's journey: outlining the beginnings of a Strategic Growth Plan which includes Outreach, a Welcome/Path to Membership, and Leadership Development. As we go back to our Board and Committee meetings after the retreat, we were charged with making goals for the next year, the next three years, and the next five years.

The last stop on our roadmap was a discussion of how we can support the Search Committee. The members of the UCF Search Committee are: Tom Cullison, Miriam Green, Sarah Grenier, Penny Hooper, and Amy Jones. It is meeting weekly and is going far beyond the minimum requirements outlined by the Unitarian Universalist Association in its search for a full-time contract minister. I hope you all have taken a few minutes to complete the Search Survey, and have indicated which cottage meeting you will attend.

Look for frequent Search Committee reports in the weekly email, The Wave. The committee is planning monthly Coastline articles, and reports to the congregation at Coffees with the Board and Search Committee on the fourth Sunday monthly. Check out the Search bulletin board in the Social Hall. Talk to a Search Committee member at coffee hour or call them on the phone. Volunteer to help the Search Committee by taking notes at a cottage meeting, for example. The goal of the Search Committee is to find the best minister for our congregation, but we all have to let them know what we are thinking!

I'll see you all soon and tell you about my trip! I am having some FOMO (Fear Of Missing Out) knowing that I'll miss the Search Committee Coffee on August 27 and the Ingathering with Water Communion and homecoming potluck on September 10. So many great things are happening at UCF!

~ Susan Fetzer



# Announcements

## NEWS FROM THE BOARD OF TRUSTEES

Treasurer, Joan Burton, reported that \$701 was donated to Stuff the Bus for back to school supplies for Carteret County students. This was the first month of the Share the Plate program. UCF earned \$1315 in its first year from the electric vehicle chargers in the parking lot and \$337 from Harvest Host donations from those who stayed overnight in recreational vehicles in the parking lot.

Monthly coffees will be held on the fourth Sunday monthly and will include news from the Search Committee.

After a successful trial of locking doors during services, the Board will continue with more steps in developing safety procedures.

## CHILDREN & FAMILY MINISTRIES

Another month means another First Sunday Funday! This month we're having a pancake breakfast. We'll be making fun pancake shapes, and yes, there will be both regular and gluten-free batter! Bring your favorite pancake topping and join us at 9:30am on Sunday, Sept. 3!

Also in September, we're inviting all families to join us for a multigenerational worship service on Sept. 10, our annual Water Communion and Ingathering service. This ritual is celebrated by Unitarian Universalists all over the world. All attendees are invited to bring water that is special to them, whether it's from the creek outside your home or somewhere you visited on summer vacation, and we merge those waters with Communion's past. Also, there will be a potluck after the service!



# Upcoming Services

## September 3: Caring for the Self

On a three-day weekend brought to us by and intended to recognize the labor movement, let's also talk about the things that prevent us from resting: capitalism and the Protestant work ethic. In a world where even the concept of "self-care" has been monetized, what does it mean to truly care for ourselves?



## September 10: Healing Waters



It is time for a Unitarian Universalist tradition: Water Communion, when we mark the beginning of another year of church programming and remind ourselves that we are a community. This year, we combine it with another, regional tradition:

Homecoming! Join us for our special Water Communion ritual (and bring some water of your own, if you'd like) and stay for a potluck afterward.

# Upcoming Services

## September 17 : What All of Church Teaches

A lot of Unitarian Universalists love to go to church to learn something, whether it's a new science fact or a new spiritual practice. But church is actually teaching us all the time, not just in sermons or classes. What else do we learn at church, besides what the preacher preaches?



## September 24: What the Moon Taught Me

As Unitarian Universalists, we belong to a vibrant state-wide movement for justice, united by the belief that a new North Carolina is possible. Our state currently faces an onslaught of attacks to our democracy, LGBTQ rights, abortion access, public education and more. This Sunday, we will explore how the moon offers us wisdom into the courage, faith, and joy that we are called to in this moment.





# Upcoming Events

## Ingathering 2023!

On Sunday, September 10th, at 10:30am, Unitarian Coastal Fellowship will celebrate the beginning of another church year with combined Water Communion and Homecoming Services. We're calling it Ingathering 2023! For our members and friends, old and new, we remind you that the Water Communion Service is a time when we bring together life-giving water from places meaningful to us, merge them together in a vessel, and tell us why you shared it with us. We will have water at the church for you to share in case you don't bring water you collected. As we combine these waters in our chalice, we create a symbol of our combined intent to join in fellowship for the year ahead.

We also extend a special welcome to those who have never been through our doors, to those who have not been to UCF in a long while (we miss you!), and to our regular churchgoers. All are welcome for a special day of singing, reminiscing about our UCF past, looking forward to the future, and a potluck lunch afterward! Bring your most famous and most delicious dish and come spend some time with friends - new and old. Bring a friend, invite a neighbor, contact someone who used to attend UCF, invite your extended family, and come on over to celebrate!

## UCF is hosting our first Social Justice Film Series!

The Social Justice Committee, the Welcoming Congregation Team, the Green Sanctuary Team, The Anti-Racist Team and the

Adult Spiritual Enrichment Committee will be teaming up in the next months to bring you a series of documentaries concerning several areas of Social Justice. Our very first film will be shown on **September 14 at 6:30pm** in the UCF

Sanctuary! The documentary "**Wilmington on**

**Fire,**" directed by Christopher Everett, documents the 1898 Wilmington massacre, when a group of white supremacists violently overthrew the legitimately elected biracial government of Wilmington, NC. Popcorn and drinks will be provided. There is no charge for attending but donations will be welcome. Please plan to join us! Questions? Contact Holly at 509-607-2055 or [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com).



# Upcoming Events Cont.

## **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. The Mental Health Family Support Group will be meeting on Mondays on Zoom from 3:30 to 5:00 beginning on September 11. 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](mailto:landfall2@mindspring.com).



## **Welcome back Meatless Mondays!**

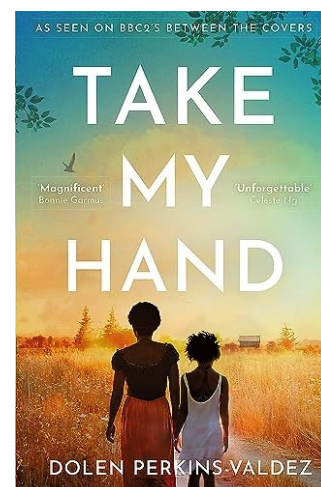
The Green Sanctuary Team and the Adult Enrichment Committee will be hosting Meatless Monday Dinners in the Social Hall on the fifth Mondays of the upcoming months, beginning with October 30, 2023. We will be inviting local farmers to join us, with other fun surprises as well. Please plan to join us as we welcome back a beloved pre-COVID favorite!

## **UCF Book Club September 18th at 4pm. SBW Center**

The Book Club will meet in September to discuss the book "Take My Hand" by Dolen Perkins-Valdez.

A haunting tale about how the actions of government agencies aren't innocent of racism, injustice or abuse, emotional and physical, of black people in America.

Please join us in September to discuss this tale of two sisters and a young nurse who is helping them (based on a true story). All are welcome. Any questions contact Joan Burton @ 201-669-1529.





# Upcoming Events Cont.

## Night Skies

Please join the Adult Spiritual Enrichment Committee and the Green Sanctuary Team in the UCF Social Hall on **September 13, at 6:00 pm** for: ***Preserving Our Night Skies***, a program on the effects of light pollution and ways to reduce it. It is presented by Crystal Coast Stargazers member Vermadel

Nienstedt. Crystal Coast Stargazers is a local astronomy club that partnered with Cape Lookout National Seashore in their effort to become a certified International Dark Sky Park. The park was certified in December 2021 and is the only IDS Park on the eastern seaboard. There will be a discussion after the presentation. Please RSVP to [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com), [lsdonnachie1@gmail.com](mailto:lsdonnachie1@gmail.com) or [lerudd@ncsu.edu](mailto:lerudd@ncsu.edu) so there will be enough cookies, hummus and handouts!



## 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](mailto:landfall2@mindspring.com) if you would like to be added to the meditation Zoom email list.

## Adult Spiritual Enrichment

September 6 - 4:30 pm Philosophy in the Afternoon

September 6 - 6:00 pm Vespers with Reverend Micah

September 8 - 6:30 Game Night

September 14 - 6:15 pm First Film in Social Justice Film Series

September 20 - 6:00 pm Vespers, lay-led, leader TBA



## Share the Plate for September and October

### *Holiday Gift Giving*

Our Share the Plate collections in September and October will be for our Holiday Giving projects. For many years now, Unitarian Coastal Fellowship has given generously at holiday time to those in our community who are often left out at this season. Any money in the collection plate that is not designated for pledges will be equally divided between UCF and Holiday Gift Giving. There are three holiday traditions that we have established:

We put together Holiday Gift Bags containing gift cards (\$20 or \$25) and items hand-made by the Twisted Sisters needlecraft group and give them to those at Hope Mission's Homeless Shelter and Recovery Homes and to clients of Beach House, a program for adults with severe and persistent mental illness. Last year we also put toothpaste and toothbrushes in the bags.

We also adopt children from the Angel Tree through Project Christmas Cheer. These are children whose parents can't afford to give them much for the holidays. Those selected are vetted by Carteret County Social Services. Our children and youth shop for these Angel children, wrap the presents and have a pizza party.

And, we bring gift bags with handmade hats, scarves, etc. to the clients of Empower (formerly Station Club) – our neighbors on Church Street. Empower is a program that provides vocational training for adults with intellectual and developmental disabilities. Now that Covid is not as much of a threat, we have resumed holding an annual Caroling Party for Empower.

Please give generously during the months of September and October to help us fund our holiday giving. You can write a check to UCF and put Share the Plate in the memo line. You can either put that check in the collection plate or mail it to Joan Burton, Treasurer, UCF, PO Box 425, Morehead City 28557. You can also donate through your Breeze account or on Paypal on the UCF website: <https://ucfnc.org/>. Again, be sure to select Share the Plate if you give online. Each Sunday in September and October all cash donations in the collection plate that are not marked as a pledge, will also go to the Share the Plate collection for Holiday Giving.



*Left:* Beach House Clients posing with their holiday gift bags.

*Right:* Miriam posing with some of the many handmade items donated by the Twisted Sister4.





# UCF News Cont.

## MINISTERIAL SEARCH COMMITTEE UPDATE



As we work to find the very best fulltime contract minister for UCF, one of the highest priorities for the Ministerial Search Committee is to ensure two-way communication with the congregation. The Search Committee wants to make sure there are multiple opportunities to hear your ideas, suggestions, and questions.

During August, we conducted:

- A **congregational survey** from August 18-31. Thank you for completing it. The insights gained from your feedback are valuable for the ministerial search and will also help guide the "Cottage Meetings" being held in September.
- A **conversation with the Search committee** on August 27 after the Worship Service. Your ideas, suggestions and questions helped further our two-way understanding.

In September, we are excited to host "**Cottage Meetings.**"

**Cottage meetings** are similar to discussion groups and are intended to help us gain an even deeper understanding of the needs of the UCF congregation. Your feedback will also help enrich the UCF congregational profile that will be posted for ministerial applicants.

**Please make plans to attend one of the "Cottage Meetings." These are scheduled for:**

- **September 12 from 4:30 pm–6:30 pm**
- **September 17 from 11:45 am-1:45 pm**
- **September 22 from 10:00 am-12:00 pm ZOOM ONLY**
- **September 28 from 4:30 pm-6:30 pm**
- **September 28 from 7:00 pm-9:00 pm**

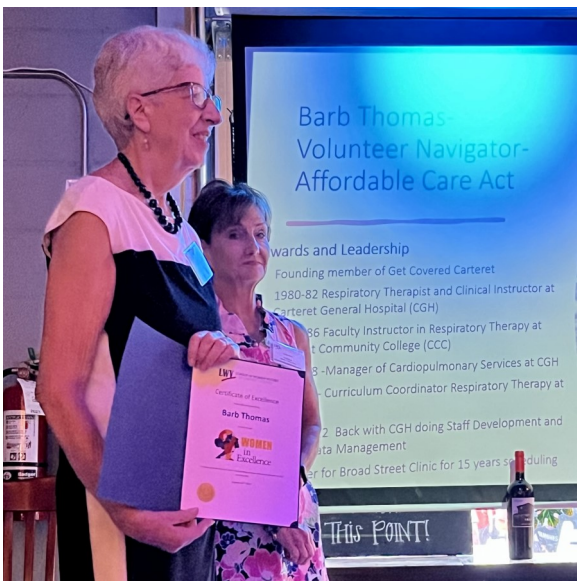
**If you did not select a date and time in the survey or if your schedule has changed, please plan to attend any session that works best for you.**

# UCF News Cont.

## (MINISTERIAL SEARCH COMMITTEE UPDATE CONT)

**We want to hear from you.** Search committee members are Tom Cullison, Miriam Green, Sarah Grenier, Penny Hooper, and Amy Jones. The Search Committee will keep information posted on the bulletin board in the Social Hall. You can email the committee at [search@ucfnc.org](mailto:search@ucfnc.org) and always feel free to ask questions and offer suggestions and feedback as we search for our fulltime contract minister.

**Watch for more information** in the weekly **WAVE**, monthly **Coastline**, and social hall **bulletin board**.



## Congratulations, Barb Thomas!

On Thursday evening, August 24th, UCF member Barb Thomas was honored by the League of Women Voters of Carteret County as a Woman of Excellence. In addition to her professional accomplishments as a respiratory therapist and instructor, Barb has volunteered as a navigator for the Affordable Care Act, as a volunteer coordinator for Broad Street Clinic and is a long-standing member and leader of UCF's Social Action committee. She also initiated projects to update UCF's website and database. She has also learned, and trained others, on our

new sound and camera systems. We are proud of you, Barb, and appreciate all that you do for UCF and the larger community.

## Coffee, anyone?

We are fortunate at UCF to be able to serve organic, fair-trade coffee after our Sunday service. You, too, can enjoy this coffee and many additional coffees from Café Capesino, [cafecapesino.com](http://cafecapesino.com).

We order coffee every 2 months on the 2<sup>nd</sup> Sunday of the month, and it arrives within a week. There is a signup sheet on the bulletin board in the Social Hall. Make your selections there and add new orders to the list. The price is \$13 per pound. When you make your selections, put cash or a check made out to Miriam Green in the envelope. The next order will be made on October 8, 2023.

You'll be helping coffee farmers around the world; you'll be helping UCF; and you'll enjoy excellent coffee!





# UCF News Cont.

## Oh, no! Not again!

Despite the dedicated efforts of many, we found a door at UCF unsecure, leaving our place of worship exposed. This door was the door between the Sally B White Center and the patio. The door was technically locked, but it was not pulled tight to the frame. All you had to do was pull on the door and it would open. Continued diligence is very important. Many of our doors have idiosyncrasies, so do not hesitate to ask Dan Phillips, [danphillips@email.com](mailto:danphillips@email.com) or Jo Ellen Essex, [jolnsx@yahoo.com](mailto:jolnsx@yahoo.com) for a tour around our buildings.



John Brobst has agreed to keep track of these incidents so we can take additional precautions where needed. If you ever find a door unsecure, let John know. Include which building (sanctuary or Sally B White Center), which door was unsecure (Bridges Street, Church Street, patio, emergency exit on West side of sanctuary, or door next to the nursery), and the date and time of day. John is at [brobstjohn@gmail.com](mailto:brobstjohn@gmail.com) or [\(724\) 759-1672](tel:7247591672). Thank you from the Building and Grounds Task Force.



## 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!

# Social Justice News

## SOCIAL JUSTICE NEWS

September 2023

- UCF held a blood drive on July 25<sup>th</sup> and collected 22 units of blood
- A subcommittee is working on constructing a small food pantry to be installed on our property. In the meantime, we are still collecting food in the Social Hall and delivering it to local food pantries
- The Welcoming Congregation Renewal Team has ordered our 25 foot nautical flagpole which will be installed this month
- We will be helping to serve lunch at Hope Mission on the second Tuesday of every other month. Our first date is September 12<sup>th</sup> from 10:50 AM to 12:30 PM. We will need 4 to 6 volunteers. If you would like to volunteer, email Harriet [harrietaltman@icloud.com](mailto:harrietaltman@icloud.com).
- Our Share the Plate collection for July netted \$702 for the "Stuff the Bus" effort through the Carteret County Schools Foundation. August collection was for Carteret Long Term Recovery Alliance. For September and October we will be collecting for our Holiday Giving projects.
- We are once again co-sponsoring the League of Women Voters' Voter Registration Drive at Carteret Community College from September 18<sup>th</sup> through 21<sup>st</sup>. We will need many volunteers. Check the Wave in September for information on how to volunteer.
- On August 23<sup>rd</sup>, members and friends of UCF joined with other UU churches and organizations all over North Carolina to participate in a "Medicaid Expansion Phone Blitz" calling NC Speaker Moore and NC Senate President Berger to ask them to pass Medicaid Expansion before the end of August.



*Left:* UCF Blood Drive, July 25th

*Right:* The Hope Mission Crew



## *Five Years Post Florence, 20 Years Post Isabel*

**An Opportunity for Community Members, Local Leaders, Agencies, Researchers and Teachers to Share and Learn Together**

### **Tuesday, September 12 – The Road Down East**

Join Community Members “On the Road” to See, Hear and Learn More  
“Flooding, Forests and the Future”

\*Gather at noon for bus trip through Down East communities with community members and researchers to see projects planned and underway, the wide expanse of ghost forests, on-going road issues and other environmental changes of the past 5/20 years.

12 noon - 4 pm / Transportation Provided

### **Tuesday Evening, September 12 - Community Night**

Lessons Learned from Florence and Isabel, Concerns for What Comes Next  
“Where are we now? Where do we need to be?”

Beginning around 5 pm: Informal Visits (Q&A) with state and local officials

Displays/Tables: Data on frequent flooding (including flood maps)

Guidance/Resources for elevating homes and businesses

Regional planning efforts for community resilience

Community Supper at 6 (*All are welcome, please RSVP*)

Community Member Panel Discussion begins at 7

*Are we ready for the next storm? What needs to be done to prepare?*

Storm preparation/readiness/communications

*What is happening every day? What are the threats/risks/needs?*

Flooding - Roads – Ditches – Groundwater Levels

### **Wednesday, September 13 - Community Conversation**

Another Look at Our Changing Landscape

“What does it mean? What can we do?”

Panel discussions and presentations from the fishing community, other rural communities, researchers, local officials and state leaders on these topics:



**Change: BY THE NUMBERS**

*Isabel 2003 / Florence 2018 / Today*

**Change: IN THE WATER**

*Fishermen's Panel: Who's Catching What, Where, Why?*

**Change: ON THE LAND**

*Presentation: "Ghost Forests ~ Change We Can See Now"*

**Change: FROM OUR CHILDREN**

*Panel: "What are the kids saying about their future?"*

**DOWN EAST IN 20 YEARS**

**"Where will we be?"**

***An Afternoon of Questions & Answers***

Tracking Year-Round Flooding – What's different now?

Plans for Ditching & Drainage – Will it help?

The Road – What's the plan for the future?

House Raising – Is that our best option?

Flood Insurance – Do we need it? How long will it be available?

Property Insurance – Are we next to be left uninsurable?

**DOWN EAST NOW**

**"What do we need?"**

**State and local agencies will be here to listen.**

**Attn: Community Members, Local Leaders, Agencies,  
Researchers, Teachers, Students**

Would you like to be part of this conversation?

This gathering is for all of us.

**Register here: [CoreSound.com/dern-week](https://www.CoreSound.com/dern-week)**

# September Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>12:30pm</b> Rebecka Office Hours	2
3 <b>9am</b> Choir Practice <b>9:30am</b> First Sunday Family Fun Day <b>10:30am</b> Worship Service	4 <b>5:30pm</b> Meditation	5	6 <b>9am</b> Rev Ma Office Hours <b>3:30pm</b> MHFS Group <b>4:30</b> Philosophy In the Afternoon <b>6pm</b> Vespers	7	8 <b>12:30pm</b> Rebecka Office Hours <b>6:30pm</b> Game Night	9
10 <b>9am</b> Choir Practice <b>10:30am</b> Worship Service	11 <b>12:30pm</b> Rebecka Office Hours <b>5:30pm</b> Meditation	12 <b>6pm</b> NAACP Meeting	13 <b>9am</b> Rev Ma Office Hours <b>2pm</b> Finance Committee <b>3:30pm</b> MHFS Group <b>5pm</b> Board of Trustees	14 <b>3pm</b> Membership Meeting <b>6:15pm</b> Film Series	15 <b>12:30pm</b> Rebecka Office Hours	16
17 <b>9am</b> Choir Practice <b>10:30am</b> Worship Service	18 <b>12:30pm</b> Rebecka Office Hours <b>4pm</b> Book Club <b>5:30pm</b> Meditation	19	20 <b>9am</b> Rev Ma Office Hours <b>3:30pm</b> MHFS Group <b>6pm</b> Vespers	21 <b>2pm</b> ASE Committee Meeting	22 <b>12:30pm</b> Rebecka Office Hours	23 <b>3:30pm</b> Worship Committee
24 <b>9am</b> Choir Practice <b>10:30am</b> Worship Service <b>11:45</b> Coffee w/ Search Comm. & Board	25 <b>12:30pm</b> Rebecka Office Hours <b>5:30pm</b> Meditation	26	27 <b>9am</b> Rev Ma Office Hours <b>3:30pm</b> MHFS Group <b>3:30pm</b> Worship Committee	28	29 <b>12:30pm</b> Rebecka Office Hours	30 <b>9:30am</b> Growing Our Congregation

# Tips From The Team

## PCT HOT TIPS

One is never too old to learn something new. There is always something to learn, to broaden your skills and knowledge. There are numerous websites online to teach a skill or topic that you are interested in. The sheer volume of knowledge and skills is testimony to the fact that one cannot learn everything. Look into a class or tutorial of something that you were always interested in. Choose something that you would not only enjoy but would love to know more about.



## GREEN TIP

Most of us have already replaced our incandescent light bulbs when they burn out with more energy efficient ones – especially since incandescent bulbs are no longer being sold for standard use in the US – but which of the energy efficient bulbs are best? Compact fluorescent lamps (CFLs) and light-emitting diodes (LEDs) are the two choices commonly available. CFLs are the curly bulbs that were the first energy efficient ones introduced. LEDs look more like the old light bulbs but are very different in the way they create light. LEDs are 75% more efficient than incandescents, while CFLs are only 25% more efficient. Issues when comparing the two include longevity, cost, light quality, health concerns, and environmental impact. LEDs are the clear winner in every category; they last much longer, are much more efficient, and don't contain the toxins mercury and phosphorus that CFLs do. If you'd like to learn more, visit: <https://www.perchenergy.com/blog/energy/led-vs-cfl>.





# The UCF Team

## Board of Trustees

President: Susan Fetzter [sgfetzer@gmail.com](mailto:sgfetzer@gmail.com)

Vice President: Tom Wentworth [tom\\_wentworth@ncsu.edu](mailto:tom_wentworth@ncsu.edu)

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Susan Roberts [landfall2@mindspring.com](mailto:landfall2@mindspring.com)

Treasurer: Joan Burton [ucfwelcomenc@gmail.com](mailto:ucfwelcomenc@gmail.com)

Leadership Trustee: Linda Rudd [lerudd@ncsu.edu](mailto:lerudd@ncsu.edu)

**Minister** Rev. Micah C. Ma [mma@ucfnc.org](mailto:mma@ucfnc.org)

**Choir Director** Tom Cullison [tcullison@ucfnc.org](mailto:tcullison@ucfnc.org)

**Pianist** Meganne Smith [meganne.lott@gmail.com](mailto:meganne.lott@gmail.com)

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