

## **OUR COASTLINE**

Official Newsletter of the Unitarian Coastal Fellowship

Morehead City, NC

October, 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,

Here we are, in an in-between time. A liminal time. An interim time! And it seems to have gone on forever.

First, there was a year where we were on Zoom longer than we expected. Every month we thought the building would be finished, and every month it was delayed. We saw other churches—even other UU churches—begin meeting again in person while we waited patiently, faithfully, for our day to come.

Then there was a year where we were, at last, in our new building! And that year we spent relearning who we are, while also learning how to use our new kitchen, lock our new doors, and operate our new sound system. We had to fundraise so that we could continue with full-time ministry.

And now, at last, we're looking at the last year of this interim period. We've had some successes: a fantastic start to our Social Justice Film Series, and a new Children & Family Ministries Committee to oversee the rejuvenation of our children's program. The Board is working hard on a long-term strategic growth plan as well as developing policies and procedures around safety and security. We're installing a flagpole and will soon—this month—be flying flags that demonstrate our values. We are growing into being the beacon of inclusivity, justice, equity, and love that the Crystal Coast so desperately needs.

And there are and will be bumps on the road ahead. We still need to grow our financial capacity in order to ensure the sustainability of full-time ministry, especially as there continues to be a "minister shortage." We still need leaders to serve on the Board, the Membership Committee, the Worship Committee, the Committee on Ministry, and the new Children & Family Ministries Committee. And we know that many of our current leaders are very, very tired.

To those current leaders: We see you. We acknowledge you. And if you need to take a break, if you are questioning your commitments, if you would like to actually enjoy your retirement, do so. Life is too short to dedicate yourself to things that aren't enriching your life.

And to those who have newly joined or who are considering joining: Let us know your gifts and talents. Tell us what you are passionate about. Together, we can make something beautiful. We can create a faith community that enriches your life and the life of those around you. No, we *will* create that faith community. That's what we're here for.

~Blessings, Rev. Micah C. Ma

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

~ Rev. Dr. Howard Thurman

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## President's Column

# October Coastline From the President

I am so excited about UCF's Search for a full-time contract minister! Our Search Committee has been meeting weekly since the end of June and has accomplished a large amount of work. At the September 24 Coffee with the Board and the Search Committee, Miriam Green reported on the committee's schedule and we heard from Sarah Grenier about the results of the Congregational Survey. Penny Hooper reported on the Cottage Meetings and how the Search Committee will use the information. In the Congregational Profile report, Tom Cullison described the Congregation Profile; the ministers in search will read the UCF profile and decide if they want to apply for our position. Information from the survey and from the cottage meetings will be included in the profile, in interview questions, and help the Search Committee find the best person for our job. Amy Jones reported the many ways the Search Committee communicates with the congregation; look for information in the Wave, the Coastline, and in Sunday morning announcements.

I share the optimism of the Search Committee that UCF will be able to attract applicants and that our new minister will be hired to start in August, 2024, at the end of Rev. Ma's interim. The Board is working on a proposed ministerial contract and has been given a draft of the unfinished Profile. The Profile will be available for the congregation to see when it is completed. I'm looking forward to the next Coffee with the Board and the Search Committee on October 29!

## President's Column

The Board of Trustees is the Safety Committee of UCF. There are a few remaining details to iron out, but the locking doors during worship services has been successful and will continue. Next, will be discussions of locking doors for other meetings and continued training on building and congregation safety.

October is Fire Prevention Month. The Board is planning a Fire Drill sometime this month. If there is a fire during a service, would you know what to do? As you attend services and meetings this month, please notice the location of our lighted exits in both buildings. If there is a fire, please assist others to exits and go across Church Street to the Salvation Army parking lot. If your children are in activities in the Rev. Sally B. White Building, please meet them in the Salvation Army parking lot; their teachers and the staff will be responsible for evacuating them to the parking lot. There are maps in each meeting room in the Rev. Sally B. White Center showing the way to the nearest exits and the locations of fire extinguishers. Notice the fire alarm pulls in the Rev. Sally B. White building. Look for the fire extinguishers. Do you want to be trained to use the fire extinguishers? All staff and those who volunteer with children will be trained.

Your UCF Board and Search Committee value your input on the Ministerial Search, on church safety, and want to hear from you on these and other topics. Let us know your thoughts in person, by phone, or by email on these and other topics whether you've been a member for years or have visited only a few times.

~ Susan Fetzer, President

# **Upcoming Services**

### **October 1: The Loneliest Generation**

Gen Z has been called "the loneliest generation," but all Americans are lonelier than ever before. Even before the pandemic, polls and studies showed that Americans have fewer close friends, are more likely to live alone, and less likely to join voluntary organizations. This has consequences for not only our mental health but our physical health, and can well be called a public health crisis. What's causing this, and what can we do about it?



### **October 8: Celebrating Differences**



When creating peace, we tend to look for common ground between us. We talk about ourselves as "one human race" and look for similarities in our traditions and foods, rather than focusing on the things that are different. However, our differences are also something to be celebrated! In this service, we celebrate our differing hair textures, skin colors, languages,

cultures, classes, abilities, gender expressions, sexual orientations, and so much more that make us a vibrant, rich community.

### October 15: Needs Are Not A Hierarchy

Abraham Maslow's "hierarchy of needs," often presented in the form of a pyramid, depict a highly isolated and individualized path toward self-actualization. Maslow's intentions may have been misunderstood—but also the Blackfoot Nation, with whom he spent six weeks, have been left out of the story entirely. How can the Blackfoot way of life guide us today?



# **Upcoming Services**

### **October 22: Seeing Colors**



Many people—especially white people—like to say "I don't see color" when it comes to race. People talk about how "we all bleed the same" or "we're all part of the same human family." As well-intentioned as this is, these words erase important parts of people's identities. As we quest to expand our ability to love and be compassionate toward one another, part of that is learning to see color—and celebrate it.

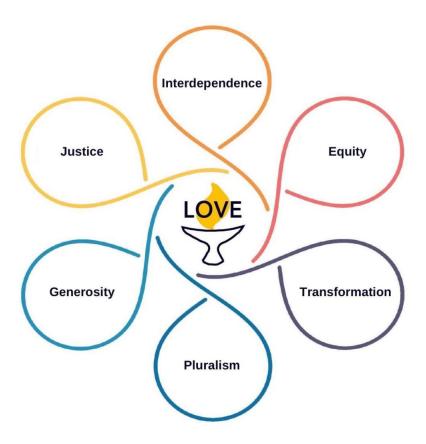
### Oct. 29: Celebrating Samhain

We're celebrating this traditional Gaelic festival a few days early! Join us for a special multigenerational service where we open the circle, invoke the spirits and presence of our ancestors and deceased loved ones, and celebrate their lives and the lessons they taught us. Bring a photo or memento of your loved ones for the altar!



# **UUA** Update

#### **Have You Seen This Before?**



You might have seen it at General Assembly or in an email or newsletter from the Unitarian Universalist Association.

For the past two years, the UUA has been engaged in studying a possible revision to Article II of the UUA by-laws. These by-laws contain the purpose of the UUA as well as the Seven Principles. The Study Commission has proposed a draft of the new Article II, which eliminates the current Seven Principles and replaces them instead with Seven Values, with Love at the Center. You can read the draft of the proposed new Article II in their report.

This draft was voted on at General Assembly in June, and there will be one more year of study and amendments. It will be voted on again at General Assembly in 2024, and at that point it will become part of the by-laws or not.

You'll be hearing more about Article II and these values in the coming year!

# Children & Family Ministries

We had a FABULOUS pancake breakfast at our September First Sunday Funday! Thanks to Wendy Pesch for these fabulous photos. Riley, Ayden, and Bryden helped make THREE kinds of pancakes—and waffles!—for everyone. They did everything from flipping to serving. Everyone had a great time.

In October, we'll be doing more food-related service! We'll be helping set up for Coffee Hour and making Coffee Hour snacks, including: rice krispies treats, mini zucchini pizzas, muddy buddies, and ants on a log. (Don't know what some of those treats are? Join us and you'll learn how to make them!)

Also in October, our multigenerational service will be on Oct. 29: our annual Samhain service! On that day, we invite families to stay together through the entire service as we open the circle, call our ancestors and deceased loved ones to join us, and celebrate their lives and the lessons that they taught us. This will be an interactive service, with busy bags and games available to help little ones who have trouble sitting still. (And if they make some noise, that's okay! We love hearing them!)







# **Upcoming Events**

### Mental Health Family Support Group Mondays 3:30pm-5:00pm

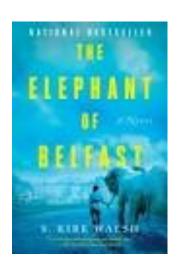
The Mental Health Family Support Group is an opportunity to share experiences and challenges of having family members or friends who live with mental illness. The Mental Health Family Support Group will be meeting on Mondays on Zoom from 3:30 to 5:00. If you would like to join these meetings or would like more information, please contact Susan Roberts at 843-217-1885 or email at:



landfall2@mindspring.com.

**UCF Book Club October 16th at 4pm.** SBW Center Join us on Monday October 16 th @ 4:00 pm to discuss the book "The Elephant of Belfast" by Kirk Walsh at the Sally B White Center.

Based on a true story of a young zookeeper who hid an elephant at her house during the German Belfast blitz of WWII. All are welcome to attend. For info contact Joan Burton. 201-669-1519



### 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.

Contact Susan Roberts at <a href="mailto:landfall2@mindspring.com">landfall2@mindspring.com</a> to be sent the Zoom link to join us!

# Upcoming Events Cont.

#### **SOCIAL JUSTICE FILM SERIES**

The Adult Spiritual Education Committee and the Green Sanctuary Committee will be hosting the second in our Social Action Film Series called "The Letter". It will be on the second TH in October, October 12, at 6:30 PM, in the UCF Sanctuary. "The Letter" is a new documentary about how spiritual values call us to take action on the planetary crisis

of global warming. It focuses on a small group of people from around the world who have an encounter with Pope Francis that gives them new hope. After we watch the movie, we'll reflect, talk, and think about how we can take action locally. This event is free and open to the community, so plan to bring a friend and share the information widely!

Of course, we will have free popcorn!



#### **THANK YOU**

I want to thank all the UCF Members, Friends and allies who were present for the showing of the film Wilmington on Fire. If you weren't there and haven't heard, it was a roaring success! Over forty people attended, some from as far as Wilmington. There were so many people who contributed to the success we had, starting with Rev. Ma who kept telling us we could do it, and did all the great PR we had. My thanks also to Barb Thomas, Susan Roberts, Harriet Altman, Penny Hooper, Helene Kelly, and Karen Baggott (who brought the divine Donation "Basket", which was a kitchen strainer)!

I also want to mention William Kane, the founder of the Beaufort Film Festival, who gave us great advice, cheered us on and gave us great publicity on his own website. As a wonderful ally for UCF, I hope some of us will attend the BFF as well, as a definite thank you.

We have nine more months of great documentaries, with *The Letter* showing next on **Thursday October 12 at 6:30pm.** This film is about support for saving the environment from an unexpected source: The Pope. Please join us!

Thank you for supporting the Film Series. Mark your calendars for the second Thursday of each month, at 6:30.

Holly Rogers, Chair, Adult Spiritual Enrichment

# Upcoming Events Cont.

**MEATLESS MONDAY:** The Adult Spiritual Enrichment Committee and the Green Sanctuary Team are co-sponsoring a return of our beloved potluck. Please join us in the Social Hall on **October 30** at 6:00pm. Bring a meatless dish to share with others! We hope to have local growers join us. Questions? Contact Holly at <a href="hollyer54@yahoo.com">hollyer54@yahoo.com</a> or Lauren at <a href="hollyer54@gmail.com">lsdonnachie1@gmail.com</a>.



## 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!

# **Upcoming Events**

#### **SAVE THE DATE!**

Some of you may remember that we had Tom Neilson present a concert at the Beaufort Picture Show theater back in 2019 (before COVID!). Tom plays his own songs which are fun, witty and address Social Justice issues. We are lucky enough to have Tom coming back to Morehead City on December 30th and we will be the first live show he is doing on his tour – and the first since COVID hit. So mark your calendars for a very fun evening on December 30th. Tom will also do our Sunday service on December 31st. To learn more about Tom, here is his website: <a href="https://tomneilsonmusic.com/">https://tomneilsonmusic.com/</a>.

## TOM NEILSON

2021 JPF Int'l CD of the Year Award 2017 Arab American Women Award 2009 Winner - Kerrville Folk Festival 2007 Winner - South Fl Folk Festival 2011 & 2015 IMA Song of the Year Awards 2015 UN Nelson Mandela Lifetime Achievement Award for Peace & Justice, Nomination

Very good music & very good politics. Tom Paxton

A thoughtful combination of art and activism. Dr. Aaron Peeks, Sociology, Elon University



#### Satire & Social Commentary

Politically cutting-edge, incisive, warm, & very funny; Raucous satire & quick wit Cathy Gilbert, Miami Dade Greens

Skewers the greedy & powerful in corporations, the media & government.

People's Voice Café Collective, NYC

Marvelous wit, endlessly creative, the storyteller's storyteller. Lecture Theater, Prescott, AZ

Reminds people of what is really important and the power of folk music to say it. Michael Stock, WLRN, Miami, FL

> Suggested donation \$15-20

Barb Thomas - 252-422-1354 <u>bsthomas2@gmail.com</u> Harriet Altman - 910-340-9270 harrietaltman@icloud.com

## Saturday Dec 30

Unitarian Coastal Fellowship

2900 Bridges Street Morehead City

7:00 pm

## **UCF News**

### 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: <a href="https://ucfnc.org/">https://ucfnc.org/</a>. 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



The Search Committee wants to express our sincere thanks to all the UCF members, friends and visitors who participated in the UCF Ministerial search survey and cottage meetings. Also, thank you for continuing to share your individual ideas, suggestions and questions with us. Your feedback is helping the Search Committee gain an even deeper understanding of the needs of the UCF congregation and you are enriching the UCF congregational profile that will be posted for ministerial applicants.

Search committee members are Tom Cullison, Miriam Green, Sarah Grenier, Penny Hooper, and Amy Jones. You can email the committee at <a href="mailto:search@ucfnc.org">search@ucfnc.org</a> and always feel free to ask questions and offer feedback as we search for our fulltime contract minister.

Thank you for your trust.



## UCF News Cont.

#### **UCF ONLINE DIRECTORY THROUGH BREEZE**

On November 1, all official Members of UCF will be "opted in" to the Online Directory in Breeze, unless they have "opted out" in Breeze or notify us that they wish to be opted out. The Online Directory is one of the many benefits of our subscription to the Breeze software.

- It allows you to see other members' contact information (email, phone, address) in case you need to contact them or send them something in the mail
- It does NOT allow anyone to see your monetary contributions. Only our Treasurer and Finance Chair can access that information. You can access your own contributions on your profile page but not anyone else's.
- Anyone may "Opt-Out" of the Directory which makes your profile unavailable to members of the congregation, except those in leadership positions who can access all profiles

Breeze is an online "Church Management System" which is a database which allows our leaders and congregation to:

- Keep our own contact information up to date
- Manage and track your donations and pledge
- Organize group and committee communications
- Keep an up to date church calendar which is shared on our website
- Make registration forms for church events

Right now, we have 43 people in our congregation who have opted-in to our online directory. The Membership Committee has decided that to make the Directory more useful, we will add all official members to the Online Directory, unless they opt out. We hope all "friends" will also opt in to the Directory. PLEASE KEEP IN MIND THAT ONLY MEMBERS OF OUR CONGREGATION CAN ACCESS THE UCF BREEZE ACCOUNT AND SEE THE DIRECTORY.

So, what does that mean for you?

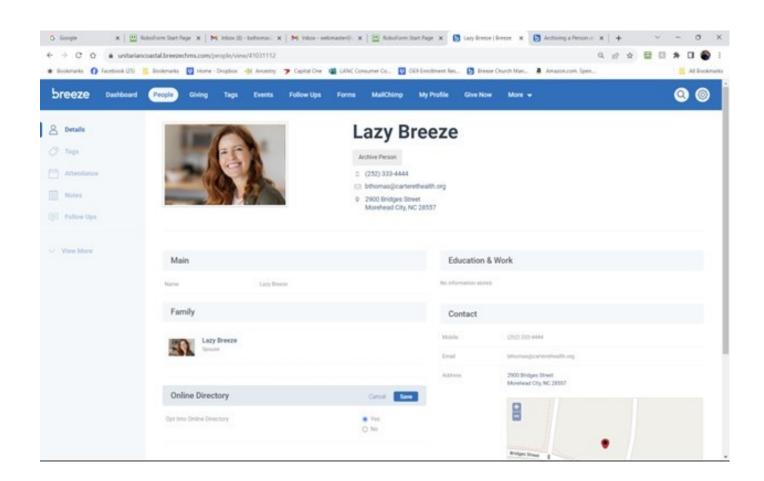
- If you already have set up your Breeze access and have Opted In or Out of the Directory, you don't need to do anything.
- If you have already set up your access to Breeze by creating a user-name and password, you can log in, go to your profile page and check to see that your contact info is correct. On the lower left side of the profile page, you will see the gray bar that says "online directory". Click on the "Click to edit" prompt and choose "yes" to opt into the directory and "no" to opt out. Both members and friends can do this.

## UCF News Cont.

- If you are an official "Member" of UCF and don't want to be listed in the online Directory, email Barb Thomas and let her know. We will Opt you out of the directory.
- If you have not yet set up your access to Breeze, email Barb Thomas and she will send you an invitation to set up your access along with instructions on how to do it. Once you have access to Breeze you can go to your profile and decide whether to Opt-in or out of the Directory.
- Barb Thomas email: webmaster@ucfnc.org You can email her with any questions about Breeze

Finally, if you are an official Member, you will receive an email a week or so before November 1<sup>st</sup>, reminding you that you will be Opted-In to the Directory if you have not already set your preference.

\* We also hope to have a picture on every profile so those looking at the Directory can put a face to the name. Look for more information about this in the Wave.



# October Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am First Sunday Family Fun Day 10:30am Worship Service	2 12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation	3	4 9am Rev Ma Office Hours 4:30 Philosophy In the Afternoon 6pm Vespers	5 10am Leadership Council	6 <b>12:30pm</b> Rebecka Office Hours	7
8 9am Choir Practice 10:30am Worship Service	9 12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation	10	11 9am Rev Ma Office Hours 2pm Finance Committee 5:45pm Children & Family Ministries	12 6:30pm SJFS "The Letter"	13 12:30pm Rebecka Office Hours 6:30pm Game Night	14
15 9am Choir Practice 10:30am Worship Service 11:30am UU101 New Member Classes	16 12:30pm Rebecka Office Hours 3:30pm MHFS Group 4pm Book Club 5:30pm Meditation	17 6pm NAACP Meeting	18 9am Rev Ma Office Hours 6pm Vespers	19 2pm ASE Committee Meeting 5pm Board of Trustees	20 12:30pm Rebecka Office Hours	21
22 9am Choir Practice 10:30am Worship Service 11:30am UU101 New Member Classes	23 12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation	24	25 9am Rev Ma Office Hours 3:30pm Worship Committee	26	27 12:30pm Rebecka Office Hours	28
29 9am Choir Practice 10:30am Worship Service 11:45 Coffee w/ Search Comm. & Board	30 12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation 6:30pm Meatless Monday Dinner	31				

# Tips From The Team

#### **PCT HOT TIPS**

### Triple Vax coming this Fall

Many older adults will be encouraged to get three vaccines as the weather turns colder this year. The Covid-19 booster (to be updated this fall) and the flu vaccines can be taken together.

The third and newest of the vaccines is for RSV, respiratory syncytial virus, which probably causes as much illness as the flu according to the National Foundation for



Infectious Diseases. RSV hit the US especially hard last year and the FDA approved two versions of the RSV vaccine in May. Unlike the Covid booster and flu vaccines, RSV vaccine should be taken separately.

Excerpt taken from the AARP Bulletin Sept. 2023

#### **GREEN TIP**

Have you heard about citizen science? There are a number of organizations that sponsor ways for ordinary citizens to gather crucial data that help biologists understand our natural world better.

One of these is Project Feederwatch from the Cornell Lab of Ornithology. I've been participating in this program for 30 years, and it's a fun



and rewarding way to put my love of birdwatching to good use. From November through April, you simply document the birds you see at your feeders for a couple of days every week or two. Intrigued? Find out more or sign up for the program by visiting https://feederwatch.org/.

## The UCF Team

#### **Board of Trustees**

President: Susan Fetzer sgfetzer@gmail.com

Vice President: Tom Wentworth tom\_wentworth@ncsu.edu

Secretaries: Miriam Green mwgreen15@gmail.com and

Susan Roberts landfall2@mindspring.com

Treasurer: Joan Burton 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

Pianist Meganne Smith meganne.lott@gmail.com

Office Assistant Rebecka Keeter rkeeter@ucfnc.org

Facilities Sandra Shelp shelpsk@yahoo.com

Worship Marilynn Cullison mscullison@gmail.com

Finance Jo Ellen Essex jolnsx@yahoo.com

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

**Social Justice** Harriet Altman harrietaltman@icloud.com and Barb Thomas bsthomas2@gmail.com

**Green Sanctuary** Lauren Donnachie Isdonnachie1@gmail.com and Linda Rudd lerudd@ncsu.edu

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

Adult Spiritual Enrichment Holly Rogers hollyer54@yahoo.com



Contact Us!

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