



OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

November, 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,

Who or what does your minister serve?

("Us!" you might say.)

What about when you are all gone?
Who does your minister serve, then?
Will the congregation cease to exist,
once all its current members have
moved on?

(Of course not. The Unitarian Coastal Fellowship is something bigger than its members.)

Who, then, does your minister serve?

Your minister serves the mission. Your minister serves Unitarian Universalism as a whole, and not just the individual members of this individual congregation. I will never forget what one of my trainers at the interim minister training told us about who she served: "First, I serve God. Second, I serve the church. Third, I serve the one who comes after me."

Now, as we head into the winter holiday season, we often enter into a little bit of a static period as the congregation becomes distracted by holiday travel, gift shopping, or the winter blues. It's unlikely any new "church business" will get done until January.

So, now is a good time to take stock and reflect. Now is a good time to celebrate our accomplishments (of which we have many—10 new members and their five children; a new Children & Family Ministries committee; a new Social Justice Film Series; a series of surveys and cottage meetings that have revealed an incredible spiritual depth and maturity of this congregation that's in search right now) and look toward what needs to be done next year. Now is a good time to remind yourself of the promise and potential of Unitarian Universalism and the Unitarian Coastal Fellowship. Who or what does the Unitarian Coastal Fellowship serve?

The Board is tackling how to put together a Strategic Growth Plan for the congregation to follow for the next five years or so. This plan will consist of tasks or activities to undertake, certain time periods in which those tasks are supposed to happen, and designates parties who are responsible for those tasks. This is all in service of specific goals that have to do with growth—and with mission and vision. And this is intimately connected with the Search for a new full-time contract minister who will, somehow, serve that mission and vision, and help to carry out that Strategic Growth Plan.

What is the purpose of the Unitarian Coastal Fellowship? Why must UCF exist? Who or what will the new minister serve?

~ Blessings,
Rev. Micah C. Ma

Table of Contents

Page 4	President's Column
Page 5	Children & Family Ministries
Page 6-7	Upcoming Services
Page 8	Social Justice Film Series
Page 9-12	Upcoming Events
Page 13-16	UCF News
Page 17	November Events
Page 18	Tips From The Team
Page 19	The UCF Team

President's Column

November Coastline From the President

On October 15 and 22, I participated in UU 101 here at UCF. Its purpose is to introduce both Unitarian Universalism and Unitarian Coastal Fellowship to those who are considering membership. I'm so happy to report that ten people signed the membership book on October 22!

The UCF Search Committee has been making excellent progress! The Congregational Profile that will be posted soon for potential candidates to learn about UCF is exciting. If the quality of candidates equals the UCF Profile, UCF will have an outstanding full-time contract minister in August, 2024.

It's been ten years since the congregation's mission and vision statement were adopted. Please go to <https://ucfnc.org/wp-content/uploads/2022/08/Policy-Manual-1-update-8-24-22.docx.pdf> to view the current statements. As a charter member of UCF, I've helped to develop a few mission and vision statements. I've seen guidelines change for what mission and vision statements should include, how long they should be, and what should be the recommended processes for writing them. Current trends in these statements are to have a short mission statement that expresses why UCF exists and how it changes lives, with a longer vision statement looking toward the future, providing direction for fulfilling the mission.

At the October Board of Trustees meeting, we decided to form a task group to propose revisions to the UCF mission and vision statements. Many congregations have a brief form of their mission that summarizes the mission in a few short action words, and it's my hope to develop one for UCF. As the Unitarian Universalist Association considers revisions to Article 2 of its bylaws in a vote at the 2024 General Assembly changing affirmations to words of action, it is appropriate that UCF consider changes, too. As former UUA President William Sinkford said, "Our task is to live as if Beloved Community is not just an idle dream." (<https://www.uuworld.org/articles/predicting-future>)

~ Susan Fetzer, President

Children & Family Ministries

Amazing news: we have 14 CHILDREN registered for Children & Family Ministries!!

And...we currently have only **two volunteers** and **one staff person** every Sunday who help look after the children. Parents, we know you want a break to enjoy the service without worrying about your kids. So, everyone else: we need your help playing with the children and keeping them safe! If we get enough volunteers, everyone will only need to volunteer once a month at most. Please contact Jo Ellen Essex (joelsx@yahoo.com) or Lauren Donnachie (lsdonnachie1@gmail.com) to be added to the volunteer list.

November events:

- **9:30am, Nov. 5:** First Sunday Funday! This will be educational AND fun (we promise!). We'll be repurposing egg cartons and empty juice bottles into fun & games...AND learning about what the Unitarian Coastal Fellowship does to reduce, reuse, and recycle. It's all part of living into our value of Interdependence: we're part of an interdependent web of all existence, and we covenant to cherish Earth and all beings.
- **6:30pm, Nov. 10:** Game Night! Bring your favorite board game or play one of ours; we've played everything from Sequence to Exploding Kittens. We always have a birthday cake to celebrate that month's birthdays!
- **10:30am, Nov. 19:** What Will You Bring to the Feast? A special multigenerational service. All children will stay in the sanctuary for an interactive skit about gratitude and generosity (and what can happen when we're stingy!). A canned food drive will be part of this service, as we'll be stocking our brand new Little Free Pantry...see more on page 15 about what we'll be looking for!



Upcoming Services

November 5th: "Wild Bird, Flowing Water - Celebrating Nature in Poetry".

Susan Roberts and Karen Baggott will lead this service where poems, art and music are key elements. UCF members and friends have been invited to share their favorite poems. Susan will share her nature photography and Karen, with Meganne Smith will share Karen's original composition. Come prepared to choose a word or two during coffee hour, using magnetic poetry and a cookie sheet, to create a UCF original poem!



November 12: "Take Time to be Thankful"



Sally Davis and Vilma Dominguez will lead this service, and we welcome back Reverend Gerald Godette as our guest speaker. The service will center around the fact that there is enough time in a day to slow down and be appreciative of what you have, and how you can help others. So take some time and be thankful.

BIO: Reverend Gerald Godette is married to Rev. Lynn Stiles Godette, who has also been a guest minister here. They have 3

children and 8 grandchildren and live in Morehead City. Rev. He is a 30 year retiree of Duke University Marine Lab, where he studied comparative structural properties of blood proteins of humans and animals. Rev. Godette grew up in the church where he started as a minister of music, and is now an ordained elder and pastor of Reels Chapel AME Zion Church in the Merrimon community, east of Beaufort. He loves people and has spent much time in community service, especially with children, and aspires to teach Christian Discipleship."

Upcoming Services

November 19: "What Will You Bring to the Feast?"

Rev. Micah C. Ma

We invite all ages to a multigenerational service where we will all take part in a story about gratitude and generosity! Also today we will be collecting canned and shelf-stable goods for a food pantry donation, so be sure to bring those with you so that we can bless them during the service.



November 26: "Emerson and Self-Reliance"

Holly Rogers and Helene Kelly will lead this service.



"The sky is the ultimate art gallery above us." -Emerson

Ralph Waldo Emerson was a writer, thinker and philosopher who, like his father, was an ordained Unitarian minister. He was a leading proponent of Transcendentalism, embracing idealism, focusing on nature and opposing materialism, advocating the idea of a personal knowledge of God, and believing that no intermediary was needed for spiritual insight.

Throughout history various philosophers, including Ralph Waldo Emerson, have held up self-reliance of the individual as an ideal.

UCF welcomes back guest speaker Addie Hirschten, examining Emerson's 1841 essay on the topic and exploring what it can teach us today.

BIO: Addie lives in Indianapolis, Indiana and is a contemporary painter, art teacher, author of several books, and host of the Studio Alchemy Podcast. Addie earned a Bachelor of Fine Art from Appalachian State University and a Master of Library Science from Indiana University. They work as a freelance graphic designer and illustrator. A serious master gardener who incorporates botanical images into artwork, Addie is also a blues style violinist!

[Visit My Art Website](#)

<https://www.youtube.com/@FiddlingAddie>

Social Justice Film Series

SOCIAL JUSTICE FILM SERIES

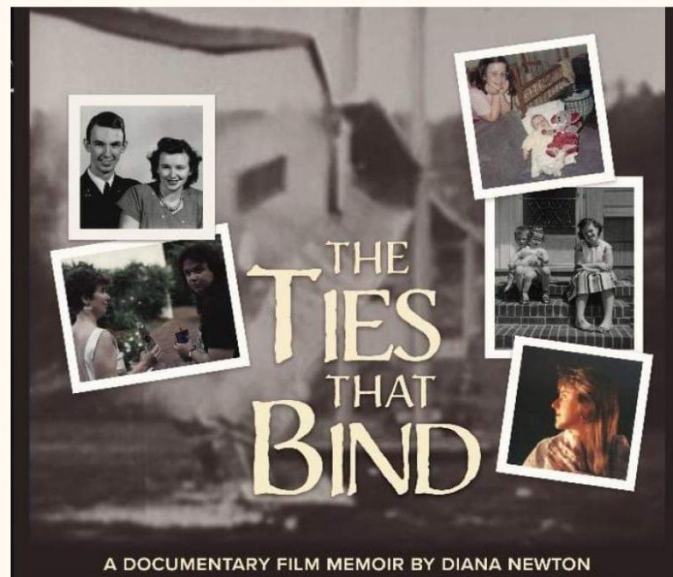
The Ties That Bind

The third film in our Social Justice film series will be The Ties that Bind. It will be shown on Thursday, November 9th at 6:30 PM in the sanctuary. As always, the film is free (donations accepted) and free popcorn will be served. This film is only an hour long so we will have time for some discussion afterward.

The Ties That Bind is a personal documentary film memoir that captures the filmmaker and her family's journey of conflict, loss, and adaptation in response to her younger sibling's transgender change. It is a searing look at a Southern family wrestling with each other and their beliefs, exposing the shadow landscape of the culture wars at play as they seek a new normal.

The film series is the work of the Adult Spiritual Enrichment committee, along with the Social Justice and Green Sanctuary committees. The film presentations have been well attended and are helping us to bring social justice advocates from our community to our church. Please come out and tell your friends about our films.

MOVIE NIGHT AT UCF!



An unexpected revelation within a Southern family prompts a poignant conspiracy of love.

Drinks & snacks provided!

November 9, 2023 at 6:30 PM

2900 Bridges St. Morehead City

3rd title in the 2023 Social Justice Film Series

Hosted by Unitarian Coastal Fellowship

FREE
Admission

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.

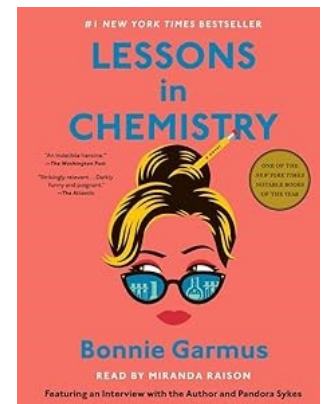


UCF Book Club November 20 at 4pm. SBW Center

The UCF Book Club will be meeting on Nov. 20, 2023 at the SBW Center to discuss the book "Lessons in Chemistry" by Bonnie Garmus.

This debut novel's main protagonist is Elizabeth, who becomes a beloved cooking show host in 1960's Southern California after being fired as a chemist a decade earlier.

Please join us in Nov. to review and discuss this novel. All welcome! For info text Joan @ 201-669-1519. Happy reading.



Weekly Meditation Mondays 5:30pm-6pm



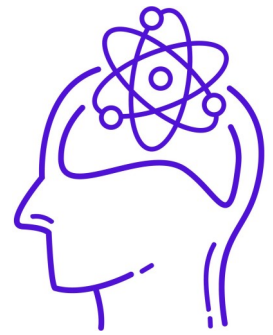
Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00. The first Monday of each month we will meet at UCF for a coloring meditation led by Sandra Shelp. The Zoom sessions will be guided by either Holly Rogers, Daryl Walker, Virginia Woodhead, or Susan Roberts. We enjoy experiencing a variety of meditation styles.

Contact Susan Roberts at landfall2@mindspring.com to be sent the Zoom link to join us!

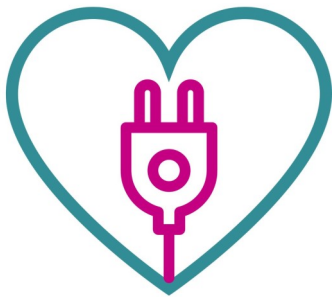
Upcoming Events Cont.

Philosophy in the Afternoon

Have you attended **Philosophy in the Afternoon**? If not, join us for answering questions with too many possible answers! We'll be in the Social Hall at **4:30 on November 1**; please come and join us! Questions of not a philosophical nature? Contact Holly at: 509-607-2055 or hollyer54@yahoo.com.



VESPERS....Just What Is It?



Vespers is a short, contemplative worship service for a mid-week spiritual refresher. Rev. Ma conducts Vespers on the first Wednesday of every month, and Caroline Dominguez has graciously consented to conduct the third-Wednesday Vespers! Join us in the Sanctuary at 6:00pm on November 1 and November 15. Come and see what a mid-week spiritual lift can do for you!

Red Cross Blood Drive

UCF will be holding our third blood drive of the year on **Wednesday, November 29th from 10 AM to 3 PM**. Just think, you can lose a pound by donating blood a week after the Thanksgiving celebration! Also, there is a national blood shortage right now and donations of all types of blood are urgently needed.

Our blood drives have done well but we still haven't been able to meet the goal of 30 successful donors, which would win us \$300 to buy something for our church!

You can make an appointment for the time of your choice by clicking [HERE](#).



Upcoming Events Cont.

Celebrate N.C. Sweetpotatoes!

presented by the Carteret Food and Health Council

Stop by for a FREE
Sweetpotato,
recipes & more!



Come see Spencer
& the Crew
Saturday, November 4, 2023
9am-1pm
Olde Beaufort Farmers Market
300 Courthouse Square, Beaufort

Drop off a
non-perishable
for donation to a
local food pantry.



N.C. is the #1 Sweetpotato producing state in the U.S.
Benefits: Vitamin A · Fiber · Potassium-rich · Complex Carbohydrates

Source: ncsweetpotatoes.com

Get your sweet potatoes and donate to the
local food pantry!

Upcoming Events Cont.

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: <https://tomneilsonmusic.com/>.

<h2 style="text-align: center;">TOM NEILSON</h2>	
<p>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</p> <p><i>Very good music & very good politics.</i> Tom Paxton</p> <p><i>A thoughtful combination of art and activism.</i> Dr. Aaron Peeks, Sociology, Elon University</p>	
<p style="text-align: center;">Saturday Dec 30</p> <p style="text-align: center;">Unitarian Coastal Fellowship</p> <p style="text-align: center;">2900 Bridges Street Morehead City</p> <p style="text-align: center;">7:00 pm</p>	<p>Satire & Social Commentary</p> <p><i>Politically cutting-edge, incisive, warm, & very funny; Raucous satire & quick wit</i> Cathy Gilbert, Miami Dade Greens</p> <p><i>Skewers the greedy & powerful in corporations, the media & government.</i> People's Voice Café Collective, NYC</p> <p><i>Marvelous wit, endlessly creative, the storyteller's storyteller.</i> Lecture Theater, Prescott, AZ</p> <p><i>Reminds people of what is really important and the power of folk music to say it.</i> Michael Stock, WLRN, Miami, FL</p> <p>Suggested donation \$15-20</p> <p>Barb Thomas – 252-422-1354 bsthomas2@gmail.com</p> <p>Harriet Altman – 910-340-9270 harrietaltman@icloud.com</p>

News from the Board

The Board and Leadership Council will be working to outline a Strategic Plan, including an examination of UCF's mission and vision.

Three members were appointed to continue on the Committee on Ministry: Louise Hughes, Leigh Harrison, and Martha Kenworthy.

The Congregational Profile as proposed by the Search Committee was approved. The next Board of Trustees meeting is Thursday, November 16 at 5 pm.

Alone for Thanksgiving?

Adult Spiritual Enrichment Committee wants to know! For those of us without family nearby, would you be interested in having Thanksgiving Dinner at UCF's Social Hall?

PLEASE RESPOND ASAP if you are interested! Contact Holly at 509-607-2055 or hollyer54@yahoo.com.

UCF Auction Postponed

The Auction Committee has reluctantly decided to postpone the UCF Goods and Services Auction originally scheduled for November 10th. We didn't feel that we had enough auction items to conduct a financially successful auction. We will reschedule the auction for some time after the first of the year. We will continue to accept auction items and services along with auction donation forms. A new auction date will be selected soon. Please contact Louise Hughes, David Hughes or Jo Ellen Essex for more information.



terpfan71@hotmail.com
jolnsx@yahoo.com

UCF News Cont.

Share the Plate for November: UUA Disaster Relief Fund

For the month of November, our Share the Plate collection will go to the Unitarian Universalist Association's Disaster Relief Fund. This organization will receive half of all offerings collected that are not designated as a pledge payment. The other half goes to UCF.

In the period after Hurricane Florence wreaked havoc on Carteret County, our member, Amy Jones, who was working with the Carteret Long Term Recovery Alliance, saw information in UU World about the UUA Disaster Relief fund and heard from fellow UCF member, Joe Naset, that the UU Fellowship of New Bern had received a disaster relief grant. Amy decided to apply for a grant for CLTRA and her grant was funded with \$50,000 that went to help those in our county to rebuild and recover. CLTRA also received another \$5000 from the Disaster Relief fund to help those with food insecurity during Covid.

From the UUA Disaster Relief Fund website: *"Disasters impact our congregations and their communities with increasing rapidity. From natural disasters like wildfires that scorch everything in their path and hurricanes that bring destruction through winds and water, to widespread human caused disasters like the collapsing infrastructure that we saw in Flint's water crisis, our congregations, our people, and our communities sustain the impact. Your donation to the UUA Disaster Relief Fund allows the UUA to respond flexibly on your behalf to tragedies that overtake us".*

We recently received an email from the UUA Disaster Relief fund stating that their funds have been greatly depleted by all the disasters that have happened in the US in the past year. They are asking for donations and the Social Justice Committee decided to make them the recipient of our November Share the Plate. Our donations will help UU congregations across the US to fund recovery work in their communities.



UCF News Cont.

What Will We Put in Our Pantry?

We have a brand new Little Free Pantry, thanks to the efforts of Daryl Walker (who got the grant for us) and Caroline Dominguez (who found our carpenter for us). Soon we'll have a priming-and-painting party, and then a digging-some-postholes party. Want to help? Contact Caroline Dominguez or Helene Kelly (contact information is in Breeze).

We'll have our official stocking on **November 19th**, with a special worship service about generosity and gratitude. Please bring your non-perishables on this day so that we can bless them during the service! We especially want:

- Cans with pop-tops, so that people without can-openers can access what's inside
- Ready-to-eat foods that can be eaten straight out of the can, such as tuna salad with crackers, Vienna sausages, and canned pas
- Canned or boxed water (preferably not plastic bottles) for those with limited access to potable water
- Diapers
- Menstrual products
- Toiletries, e.g. toothpaste, toothbrushes, bar soap, etc.

Thank you, as always, for your generosity!



UCF News Cont.

MINISTERIAL SEARCH COMMITTEE UPDATE



The Search Committee extends sincere thanks for the feedback and ideas that you all shared in the ministerial search survey, the cottage meetings, coffees with the Board and in individual conversations. We are close to completing UCF's congregational profile and finalizing the folder of required documents. These will be forwarded to the UUA Transitions Office for review and approval.

After receiving approval from the UUA Transitions Office, we anticipate posting our documents by December 1, 2023 for ministerial applicants to review and possibly apply to be our next fulltime contract minister. It appears that this will be a highly competitive year for congregations in search of new ministers. There are a large number of congregations in search including quite a few in our geographical area. The Search Committee hopes to begin receiving applications in January and interviewing top applicants with the goal of having our next fulltime contract minister begin August, 2024.

As always, please feel free to ask questions and offer feedback to any of the Search Committee members. Members are Tom Cullison, Miriam Green, Sarah Grenier, Penny Hooper, and Amy Jones. You can also email the committee at search@ucfnc.org

Thank you for your trust.

November Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am Worship Service	12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation		1 4:30 Philosophy In the Afternoon 6pm Vespers	2	3 12:30pm Rebecka Office Hours	4
5 9am Choir Practice 9:30am First Sunday Family Fun Day 10:30am Worship Service	6 12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation	7	8 2pm Finance Committee	9 3pm Membership Committee 6:30pm SJFS "The Ties That Bind"	10 12:30pm Rebecka Office Hours 6:30pm Game Night	11
12 9am Choir Practice 10:30am Worship Service 3pm Membership Meeting	13 12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation	14	15 6pm Vespers	16 2pm ASE Committee Meeting 5pm Board of Trustees	17 12:30pm Rebecka Office Hours	18 9am Children & Family Ministries
19 9am Choir Practice 10:30am Worship Service	20 12:30pm Rebecka Office Hours 3:30pm MHFS Group 4pm Book Club 5:30pm Meditation	21 6pm NAACP Meeting	22 9am Rev Ma Office Hours 3:30pm Worship Committee	23	24 12:30pm Rebecka Office Hours	25
26 9am Choir Practice 10:30am Worship Service 11:45 Coffee w/ Search Comm. & Board	27 12:30pm Rebecka Office Hours 3:30pm MHFS Group 5:30pm Meditation	28 6:30pm Social Justice Committee	29 9am Rev Ma Office Hours 10am Red Cross Blood Drive	30		

Tips From The Team

GREEN TIP

Single Use Plastics have become something of a bane on the health of the planet. Perhaps you've heard of the Great Pacific Garbage Patch, AKA the Pacific Gyre. It's a giant swirling patch of plastic debris wreaking havoc with marine ecosystems. The Gyre has been part of the impetus for communities and organizations to start banning single use plastics, but each of us can also do our part! Try to refuse to accept plastic items in all situations. If you're not already doing so, please start carrying reusable bags to every store you shop at, grocery stores and others. Use metal water bottles rather than single use plastic water bottles; not only will it help the environment, but it's also cheaper! To quote author Frank Sonnenberg: "Even though the world is large, one person can still make a world of difference."



Photo: plastic vs sustainable

The UCF Team

Board of Trustees

President: Susan Fetzter sgfetzer@gmail.com

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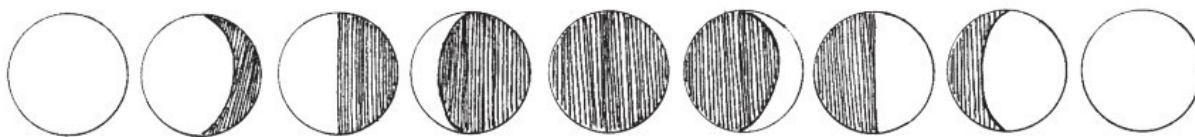
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