



# OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC

December, 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,

Welcome back to the cold times.

Night comes early. We try to avoid the news, because the news seems to be filled with nothing but sad stories of war and disaster. Social media, rather than bringing us together, seems to split us apart. Nothing seems to be able to halt climate disaster, or gun

violence. We worry about living and growing up in an increasingly uncertain and unsafe world.

And yet...

And yet, we continue with our holiday traditions. We'll stuff gift bags for the residents of Beach House and Hope Mission on Dec. 3. We'll meet at Wal-Mart for Project Christmas Cheer on Dec. 9, and our children will assure of us what the children on the Angel Tree would like to receive from us. We'll have a cookie exchange. We'll sing Christmas carols at Empower and bring them trays of goodies. We will be beacons of hope and generosity. We will bring back the light.

The world has always been uncertain and unsafe. It was uncertain and unsafe when we lived in tribes, in caves, in fear of menacing giant cats; it was uncertain and unsafe when emperors ruled the land and we could die of an infected cut; it was uncertain and unsafe when the USSR and the USA were in an arms race and children practiced "duck and cover" drills in case of nuclear attack.

And in those uncertain and unsafe times, there have always been people who made the world a little more certain and a little more safe. These were the people who built the hearthfires; who were always there with a smile and a hug; who always found a little extra to give away; who always had a listening ear and a word of sage advice; who were always ready to lend a hand.

That's us. That's who we are. We are a role model to this community of inclusion and pluralism; of generosity and goodwill; of reason and democracy. We are spiritual seekers and workers for justice. We are beacons of faith, hope, and love. We are bringers of light.

A new year is right around the corner. With that new year will come a new sense of purpose and mission—and news of a new minister. Spring somehow always follows winter. Soon, it will be time to plant flowers.

~ Faithfully,  
Rev. Micah C. Ma

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# President's Column

## December Coastline From the President

The holidays have many meanings to many people. I am writing this on the day after the holiday most of us call Thanksgiving, but many indigenous Americans recognize the day as a Day of Mourning, marking the loss of people to war and disease and the loss of native lands. There are many holidays celebrated in many world traditions during this darkest time of year in the Northern Hemisphere. It's a time for many to be with family and friends, to anticipate the return of longer days. As a Unitarian Universalist, I recognize that people have long sought to understand the universe and its seasons, creating stories and celebrations to explain and to celebrate the shortening days followed by a birth of life in the spring. I am grateful for my faith family which recognizes that holidays can be stressful and lonely times, too, and reaches out to those in need with efforts like the Little Free Pantry, Project Christmas Cheer, gift bags for those in recovery and support clubs, Thanksgiving dinners at the church, bringing some light to those both outside and inside our Fellowship, bringing some light to the dark days of need.

Thank you to all who participated in the successful first Fire Drill at Unitarian Coastal Fellowship on November 5. The buildings were evacuated quickly, families reunited in the Salvation Army parking lot. Volunteers checked bathrooms, counted people, directed safe street crossings. There will be more Fire Drills in the future, and the next one will be unannounced. Please notice the locations of exits (which open even when doors are locked to entry to the buildings during meetings), fire extinguishers, and how to assist anyone who may need help exiting the buildings, and standing on the grass across the street at the Salvation Army parking lot. Please see a Board member if you have any questions or want to contribute to the development of the UCF Safety Plan.

~ Susan Fetzer, President

# Children & Family Ministries

Wow! What a November! We had an awesome First Sunday Funday teaching the kids about recycling (and playing fun games with recyclables), yet another Game Night, and an AWESOME skit on Nov. 19 where the kids helped us tell a story about generosity and greed. They were the first ones to load the results of our canned food drive into our brand new Little Free Pantry, too! (See elsewhere in this newsletter for that report, plus photos.)

There's EVEN MORE happening in December, so mark your calendars for:

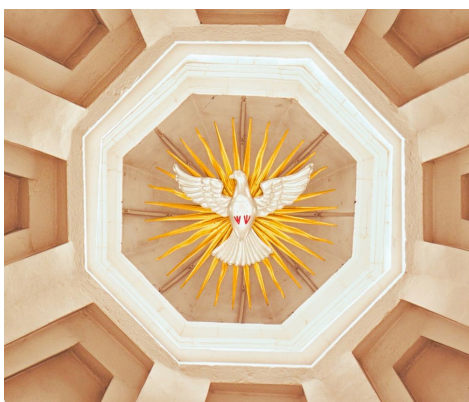
- Sunday, Dec. 3, 9:30AM: **First Sunday Funday!** We'll be helping stuff gift bags of toiletries, socks, and holiday cards for the residents of Hope Mission, Beach House, and Empower.
- Saturday, Dec. 9, 9:30AM: **Project Christmas Cheer!** We especially need the children's help with this one as we shop for families from the Angel Tree. Who better to tell us what kids want and need than other kids?! We'll meet at Wal-Mart, then take a trip over to the church to wrap the gifts and have a pizza party lunch. Feel free to drop off your teenagers and collect them later, but anyone under the age of 12 must be accompanied by an adult.
- Sunday, Dec. 17, 10:30AM: **Solstice Pageant!** We celebrate the return of the light and sing the sun back in this adaptation of Star hawk's story. Does your kid want to be in the pageant? There are both speaking and non-speaking roles for everybody! Also, this service will be followed by our annual **Cookie Exchange**, so bring a container of your favorite cookies (homemade or storebought) and be prepared to bring that container home with lots of different cookies!
- Sunday, Dec. 24, 4:30PM: **Christmas Eve!** This is a traditional Lessons & Carols service, honoring our Christian roots with the story of Jesus' birth and old Christmas carols. Cookies and cider follow the service.



# Upcoming Services

## December 3: Growing Old's Not For The Faint Of Heart

As people are living longer, we as individuals and as a society are learning to contend with caring for our elders--and learning how to be an elder, and thus be cared for. In this service, we honor our elders as we discover how we can age gracefully--and create a society in which we treat our elders with grace.

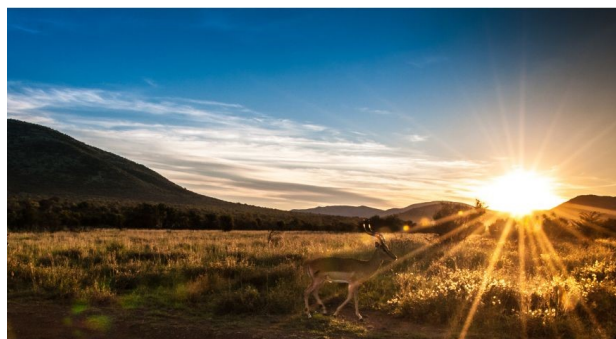


## December 10: Care For The Spirit

The holidays are often a busy time, and not always joyous; this time of year can be stressful and even grief-stricken. As the nights grow longer and we look forward to a season of turning inward, let us attend to caring for our spirits.

## Dec. 17: The Return of the Sun

The Solstice is nearly upon us! As the Earth performs its annual miracle of tilting on its axis and bringing the return of longer days, we celebrate with a multigenerational earth-centered Solstice Pageant based on a story by Starhawk. Let's bring back the light with song and story!

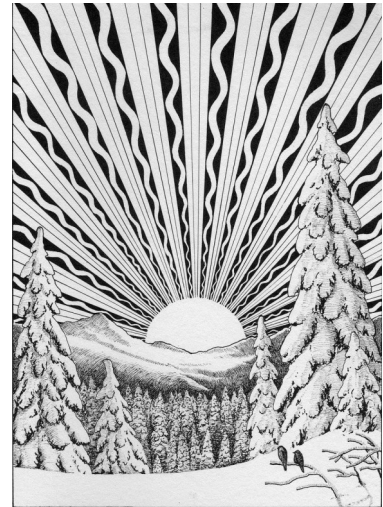


**\*\*This service will be followed by our annual Cookie Exchange, so be prepared to bring a container of your favorite cookies to share--and fill that container with many, many other cookies!**

# Upcoming Services

## **Dec. 20, 6:00PM: Winter Solstice Service**

This special Vespers service honors the Longest Night and the return of the light, a festival that appears in many cultures all over the world. In a nod to the pagan sources of our faith, we will light candles, sing songs, and send our energy to the earth to give her—and us—strength to get through the winter.



## **Dec. 24: Lessons & Carols**

10:30 AM: Join us for an “unplugged” time of spirituality and song. No piano accompaniment, no amplified sound. We’ll turn off our phones, talk to one another about what this season means to us, and maybe do some acapella singing—however the spirit moves us. If we don’t see you in the morning, then maybe we’ll see you in the evening...

4:30 PM: At this service, Unitarian Universalism honors its Christian roots with a traditional service of "lessons and carols," or readings and hymns. Many of these readings and songs may be familiar to those who grew up Christian. For those who didn't, come experience a fresh look at one of the world's most enduring tales of miracles in the midst of despair.



# Upcoming Services

## **Dec. 31: Forks in the Road**

Largely autobiographical, Tom Neilson's talk is about choices and milestones in our lives. This will be a very musical service, so come ready to jam!

BIO: **Tom Neilson** combines art with activism. Performing since the age of 3, he has received over two dozen awards, including two song of the year awards from Independent Musicians and two CD of the year awards from Just Plain Folks International. In 2017, he received the Arab-American Women Association Award for human rights work for Palestine. In 2015, he was nominated for the United Nations Nelson Mandela Award for Lifetime Achievement in Peace and Justice. Says Michael Stock of WLRN, Miami, FL, "Tom does a great job of reminding people of what is really important, and the power of folk music to say it." Tom will tell you he's just a farm boy with a guitar who likes a good ballgame and human rights. He is a member of The American Federation of Musicians Local 1000. **Lynn Waldron**, Tom's wife, joins him this weekend. Her activist work includes working with the Wendell State Forest Alliance to prevent logging in public forests in Massachusetts. She historically joined Tom as actress and singer in the Jobs With Justice annual "Voices of Labor History" production to celebrate and honor May Day. She also sings in a hospice choir where small groups sing at bedside for the critically ill and dying. They live in Greenfield, MA.





# Social Justice News

## ROADSIDE FOOD PANTRY OPENS AT UCF



On Sunday, November 19<sup>th</sup> after the service, UCF celebrated the opening of a new Roadside Food Pantry to help those with food insecurity in our community, especially at times when other food pantries are closed. The food pantry was the brainchild of our member, Daryl Walker. She applied for a \$500 grant and was awarded the money.

Members Helene Kelly and Caroline Dominguez headed up the effort. We want to thank Bill Douglass, a friend of Caroline's, who did a great job building the pantry for free. Members donated materials and their time to paint the pantry after it was delivered to the church. Helene's son, Adam Greico, installed it.

The November 19<sup>th</sup> worship service was called "What Do You Bring to the Feast" and the congregation brought non-perishable food to fill the pantry. After the service, the children and youth placed all the food into the pantry and Riley Prestwich cut the ribbon.

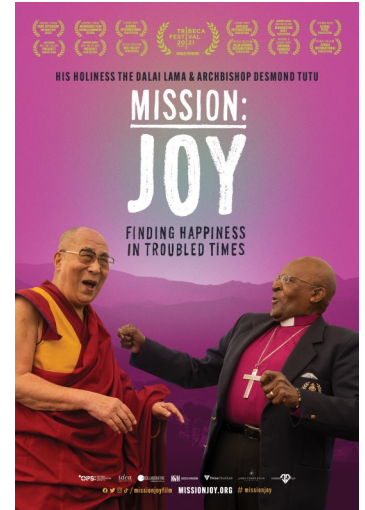
We also want to thank the Food Waste and Recovery group of the Carteret Food and Health Council, who co-sponsored this grant and are helping us to get the word out in the community.



# Social Justice News

## SOCIAL JUSTICE FILM SERIES

Join us on Thursday, December 14 at 6:30 in the sanctuary for some holiday inspiration. **Mission: JOY** is a film that shares the humor and wisdom of two of the world's most beloved icons, His Holiness the Dalai Lama and Archbishop Desmond Tutu. These two Nobel Peace Prize Laureates united for one final mission: to show the world how to live with JOY, even in troubled times. And they know what they are talking about. They both lived through extreme hardship, and continued to live with JOY despite their circumstances.



## Racial Justice Group Review and Preview

Wednesday, December 6 at 12:30 on Zoom

Thanks to everyone's hard work and input, we at UCF have made important progress in our racial justice journey in 2023 and we have adopted the Eighth Principle:

*"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."*

But, of course, this is just the beginning and now is the time to review 2023 and to begin to contemplate how we might best continue to live the Eighth Principle in 2024. Please join us on December 6 to briefly review 2023 and to share ideas for 2024. We've come up with some exciting possibilities and would love to have your ideas and input.

Any questions, contact Penny Hooper at [pjhooper@ec.rr.com](mailto:pjhooper@ec.rr.com) or Susan Roberts at [landfall2@mindspring.com](mailto:landfall2@mindspring.com). To join the Zoom meeting on December -

<https://zoom.us/j/93339746745?pwd=Y28zM0JtNSs0a1dtN1hBNWpjQysrQT09>

## NEWS FROM THE BOARD

- Doorbells have been permanently mounted to the buildings, and door locking procedures are working well during services. Training of greeters continues.
- Fire Drill was reviewed and procedures will continue to be refined.
- The Search Committee reported its amazing progress.
- The next Board meeting is December 21 at 5 pm.

## SHARE THE PLATE: STOCKING OUR LOCAL FOOD PANTRIES

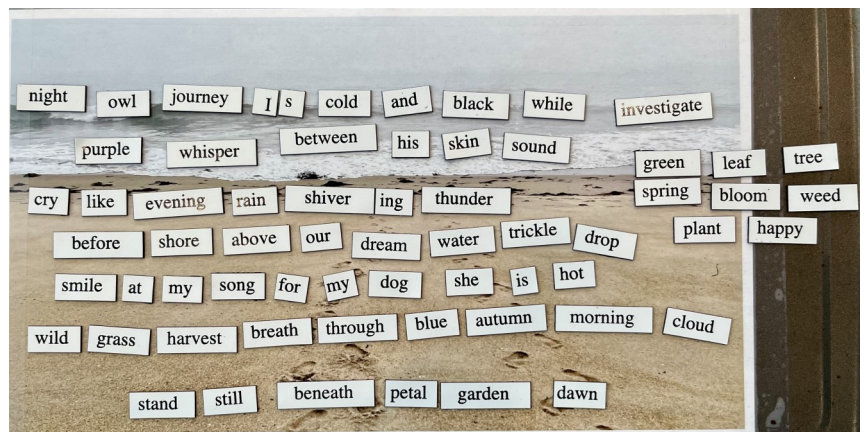
Did you know that according to a 2021-2022 Carteret County Profile, there are approximately 8700 people that are food insecure, including 1,740 children – 13% of our population?

For the month of December, our **Share the Plate** collection will go to the following pantries – Lighthouse Pantry in Stacy, Martha's Mission in Morehead City, and our very own Little Free Pantry. These organizations will receive half of all offerings collected that are not designated as a pledge payment. The other half goes to UCF.

On December 3, Terrie Hostmark, from the Food Waste and Recovery organization, will share some information about this with our congregation about this very important cause!

## UCF Creates Poetry

You may recall that after our poetry service on November 5 we were asked to help create a poem by adding a word or two. Below is the wonderful poem we created together. We are definitely a poetic congregation!





# UCF News Cont.



## Holiday Gift Bags



It is our tradition at UCF to give holiday gift bags to people in our community who are dealing with serious issues and who are often forgotten at this time of year. These are primarily adults participating in the homelessness and recovery programs of Hope Mission; clients of Beach House, providing services for adults with severe and persistent mental illness; Empower, the organization close to UCF on Church Street providing services for adults with developmental disabilities; and Carteret Long Term Recovery Alliance, helping families recover from disasters. Jointly with the Twisted Sisters, we provide handmade gift bags or stockings and additional gifts. Many of those bags will include a \$25 Walmart gift card. This year we will be giving over 120 bags.



A basket is in the UCF social hall to allow everyone to bring unisex socks and oral hygiene products for us to include. There will also be an opportunity to donate during the Dec 3<sup>rd</sup> service.



**\*Before the service on Dec 3<sup>rd</sup>, UCF families will stuff bags for Beach House** Contact Jo Ellen Essex to participate.

**\*Save time after the Dec 3<sup>rd</sup> service to help stuff the bags for clients of Empower.**

To learn more, contact Susan Roberts or Miriam Green.





# UCF News Cont.

## MINISTERIAL SEARCH COMMITTEE UPDATE



The Search Committee is consolidating your feedback and ideas and working with UUA to post UCF's congregational profile for ministerial applicants to review. Your input is guiding the search process and is invaluable in helping develop our profile which provides a first impression of UCF for ministerial applicants. The Search Committee is preparing for applicants by developing interview questions and planning for interviews. We will let you know when we begin receiving applicants after the first of the year.

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](mailto:search@ucfnc.org)

Thank you for your trust.

## THANKSGIVING DAY POTLUCK AT UCF

Thank you to Holly Rogers and Marty Newcomb for hosting a potluck dinner at UCF for a small group on Thanksgiving Day. In addition to sharing traditional and non-traditional dishes, and way too many desserts, we continue to share our stories with each other.



# 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](mailto:landfall2@mindspring.com).



## **UCF Book Club December 18 at 3pm.**

The UCF Book Club and Woman's discussion group will meet Monday December 18, 2023 at 3 pm at Joan Burton's house for a holiday get together and discussion. No book this month- just chat and wine. Please RSVP TO Joan @ 201-669-1519.



## **XMAS DINNER AT UCF**

Join us at UCF at 3:00pm December 25 for ho ho ho laughter with other UU's! Hope to see you then! Thanksgiving dinner at UCF was awesome, so please join us on December 25. Questions? Call Holly at 509-607-2055.

## **Weekly Meditation Mondays 5:30pm-6pm**



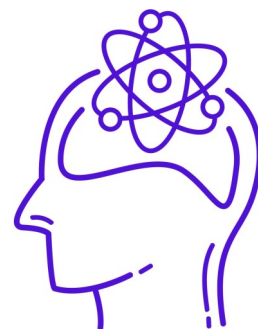
Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00. The first Monday of each month we will meet at UCF for a coloring meditation led by Sandra Shelp. The Zoom sessions will be guided by either Holly Rogers, Daryl Walker,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

Contact Susan Roberts at [landfall2@mindspring.com](mailto:landfall2@mindspring.com) to be sent the Zoom link to join us!

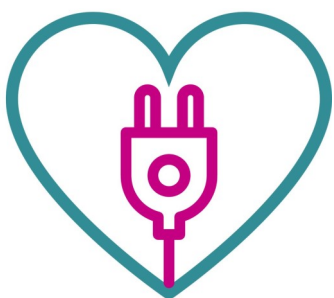
# Upcoming Events Cont.

## 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 December 6**; please come and join us! Questions of not a philosophical nature? Contact Holly: 509-607-2055 or [hollyer54@yahoo.com](mailto: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 December 6 and December 20. Come and see what a mid-week spiritual lift can do for you!

## COME TO THE CAROLING PARTY

On Tuesday, December 12<sup>th</sup> from 12:45 to 1:45, we will be having our annual Caroling party at Empower (formerly Station Club) just down the road on Church Street. Empower is a program for adults with intellectual and developmental disabilities. Anyone in our congregation is welcome to come and join in the singing and/or to bring a snack (cookies, chips, pretzels, etc) and help with the serving. This is a really enjoyable activity and will definitely get you in the holiday spirit. Please email Barb Thomas: [bsthomas2@gmail.com](mailto:bsthomas2@gmail.com) if you are planning to come so we can have an approximate count of attendees.





# Upcoming Events Cont.

## Got Cookies?

Welcome to our annual Cookie Exchange! Bring a container of your favorite cookies (homemade or storebought), empty them into a plate, and fill your container with other cookies. Or, if you don't really care for sweets, bring a veggie plate or cheese board, so we can have a little variety.

The Cookie Exchange was started by the Hoopers fifty years ago, when they would get together with friends in their kitchen and bake cookies. Over the years, the Exchange evolved to include beer and volleyball and an oyster roast. Then, last year, it entered into a new chapter: it was hosted for the first time in the Unitarian Coastal Fellowship's brand new building. (Cookies only...we'll work our way up to the oysters!)

"We've had our fifty years of the Cookie Exchange; UCF can have the next fifty years!" says Penny Hooper.

And in another fifty years, who knows? Maybe it'll move to the Civic Center!





# Upcoming Events Cont.

## COME TO TOM NEILSON CONCERT

On December 30<sup>th</sup>, UCF will have the pleasure of presenting a concert with husband and wife team Tom Neilson and Lynn Waldron. Tom plays his own songs which are fun, witty and address Social Justice issues. So mark your calendars for a very fun evening on **Saturday, December 30<sup>th</sup> at 7:00 PM**. To learn more about Tom, here is his website: <https://tomneilsonmusic.com/>.

Tom provides a voice for those who believe in the power of folk music to effect change. He began performing at the age of three and has worked and traveled around the world. Tom's award-winning songs of humor and compassion have been performed in 21 countries on five continents. His lyrics are celebrated for their sophistication, political astuteness, and wit.

You can purchase a ticket from Karen Baggott, Harriet Altman, or Barb Thomas or you can pay at the door. The suggested donation for the concert is \$15 - \$20. This is a fundraiser for UCF and any money over expenses will go to our newly formed Children and Family Ministries program.

## TOM NEILSON

with Lynn Waldron

<p>2009 Winner, Kerrville Folk Festival</p> <p>2007 Winner, South FL Folk Festival</p> <p>2015 UN Nelson Mandela Award for Lifetime Achievement in Peace &amp; Justice, nomination</p> <p>2018, 15, 11, Great Labor Arts Award</p> <p>2019 IMA, Song of the Year</p> <p>2021 JPF Int'l, CD of the Year</p>	 <p>Satire and Social Commentary</p>	<p><i>Marvelous wit, endlessly creative, the storyteller's storyteller GPUU, Prescott, AZ</i></p> <p><i>If you haven't heard Tom's slant on social justice and current events, you are missing a treat! Amarillo UU</i></p> <p><i>Does a great job of reminding people of what is really important, &amp; the power of folk music to say it. WLRN, Miami, FL</i></p>
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**Saturday, December 30**

**7:00 pm** (Doors open 6:30)

Unitarian Coastal Fellowship

2900 Bridges St, Morehead City

Suggestion Donation \$15-20

Contact [bsthomas2@gmail.com](mailto:bsthomas2@gmail.com)

# December Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>12:30pm</b> Rebecka Office Hours	2
3 <b>9:30am</b> First Sunday Family Fun Day <b>10:30am</b> Worship Service	4 <b>12:30pm</b> Rebecka Office Hours <b>3:30pm</b> MHFS Group <b>5:30pm</b> Meditation	5	6 <b>9am</b> Rev Ma Office Hours <b>12:30pm</b> Racial Justice Committee <b>4:30</b> Philosophy In The Afternoon <b>6pm</b> Vespers	7 <b>10am</b> Leadership Council	8 <b>6:30pm</b> Game Night	9 <b>11:30am</b> Project Christmas Cheer *Meet at Walmart at 9:30am
10 <b>9am</b> Choir Practice <b>10:30am</b> Worship Service	11 <b>12:30pm</b> Rebecka Office Hours <b>3:30pm</b> MHFS Group <b>5:30pm</b> Meditation	12 <b>12:45pm</b> Caroling Party at Empower	13 <b>9am</b> Rev Ma Office Hours <b>2pm</b> Finance Meeting <b>5:45pm</b> Children and Family Ministries	14 <b>6:30pm</b> Social Justice Film Series Mission: Joy	15 <b>12:30pm</b> Rebecka Office Hours	16
17 <b>9am</b> Choir Practice <b>10:30am</b> Worship Service <b>11:30am</b> Cookie Exchange	18 <b>12:30pm</b> Rebecka Office Hours <b>3:30pm</b> MHFS Group <b>4pm</b> Book Club <b>5:30pm</b> Meditation	19	20 <b>9am</b> Rev Ma Office Hours <b>6pm</b> Vespers	21 <b>2pm</b> ASE Meeting <b>5pm</b> Board of Trustees	22 <b>12:30pm</b> Rebecka Office Hours	23
24 <b>10:30am</b> Worship Service <b>4:30pm</b> Worship Service	25 <b>3pm</b> UCF Potluck <b>3:30pm</b> MHFS Group <b>5:30pm</b> Meditation	26	27 <b>9am</b> Rev Ma Office Hours <b>3:30pm</b> Worship Committee	28	29 <b>12:30pm</b> Rebecka's Office Hours	30 <b>7pm</b> Tom Neilson Concert
31 <b>9am</b> Choir Practice <b>10:30am</b> Worship Service						

# Tips From The Team

## GREEN TIP

Do you ever feel as if you're drowning in paper? I sure do! I can remember when I was in college (quite a few years ago now!) the prediction was for "the paperless society." We imagined a computer based world without paper, but it hasn't exactly worked out that way. We recycle our junk mail and other paper, but I always wonder if it's **really** getting recycled. I've



been trying to give some thought to ways to reduce our paper use. I read somewhere years ago that we should "fully use both sides of every piece of paper." I'm trying lately to do that – using paper I used to recycle for my to-do or grocery lists and thinking about reuse before throwing any paper in the recycling. For example, if you have a woodstove, empty toilet paper rolls make great fire starters! In addition, to reduce your junk mail, try these suggestions from the Federal Trade Commission: <https://consumer.ftc.gov/articles/how-stop-junk-mail>.

## PCT TIP

Reminder: Don't forget to get your seasonal vaccines. The flu shot and Covid 19 booster may be taken at the same time with RSV vaccine about a week later.

Help keep yourself and others protected against these viruses this winter.



# 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)

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**Green Sanctuary** Lauren Donnachie [lsdonnachie1@gmail.com](mailto:lsdonnachie1@gmail.com) and  
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**Committee on Ministry** Louise Hughes [lhughes2@ec.rr.com](mailto:lhughes2@ec.rr.com)

**Adult Spiritual Enrichment** Holly Rogers [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com)



**Contact Us!**

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