



OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

August, 2024



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.



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President's Column

August 2024 Coastline, from the President

It is with great pleasure I write this President's column. We start August with our new Minister, Leslie Runnels, and we are ready. Your new Board of Trustees is excited for this next chapter in the UCF story. We are building on great energy, with new folks and new ideas. Our Sanctuary and the Sally B. White center are functioning beautifully. There will always be some issues, but we can deal with those. We welcome the changes that will surely come, be in services or programs. The Board of Trustees defines procedures, sets policy, and is responsible for the budgetary and fiduciary affairs. It is also body that develops and monitors long-range plans for the church.

On the procedure end of things, we are looking to form a Security Team for the church. Contact any Board member if you are interested. In the near term we have to be ready for the potential next hurricane. We are looking for folks to help with that. Looking at long-range plans we try to put in place those things that will help us achieve our true potential as the UCF community. Both Rev. Sally White and Rev. Ma spoke of the influence of UCF outside the walls of the church, that is our community. It would be great to put on the magic glasses and look into the future to see what successes or failures might lie ahead, but we will have to wait and see and do our best to realize our full potential.

Again, I am honored to be your Board President, and I hope to see you in church.

Thanks,

Mark Hooper.

Children & Family Ministries

Children & Family Ministries From Sarah Grenier

July has been packed with learning and fun! Youth group has been a blast every week from playing on the bounce house to movie night. The parents get to discuss both our struggles and successes together!

In the RE classroom, we've discussed the origins of Unitarian Universalism and the chalice symbol. Learning our collective UU history is helpful to ground our kids in our religion.

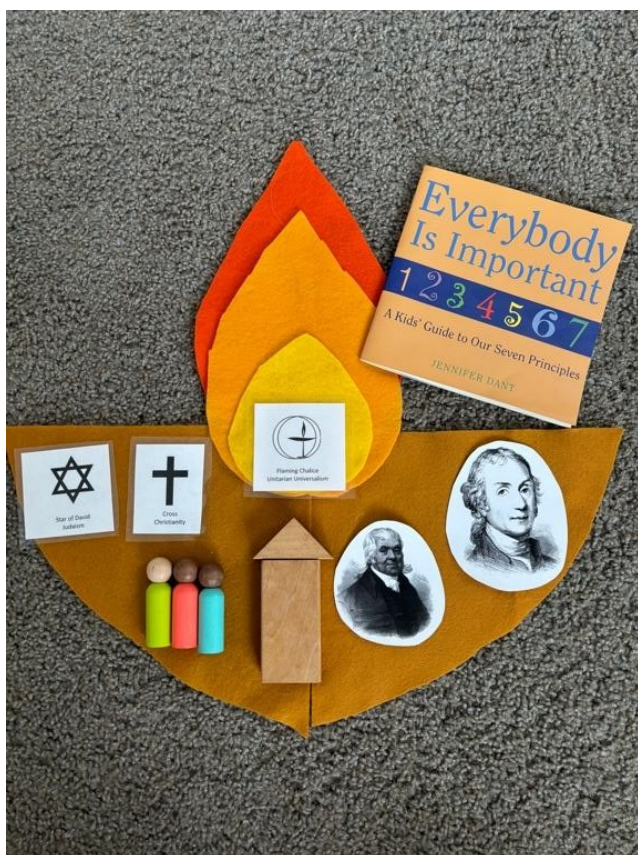
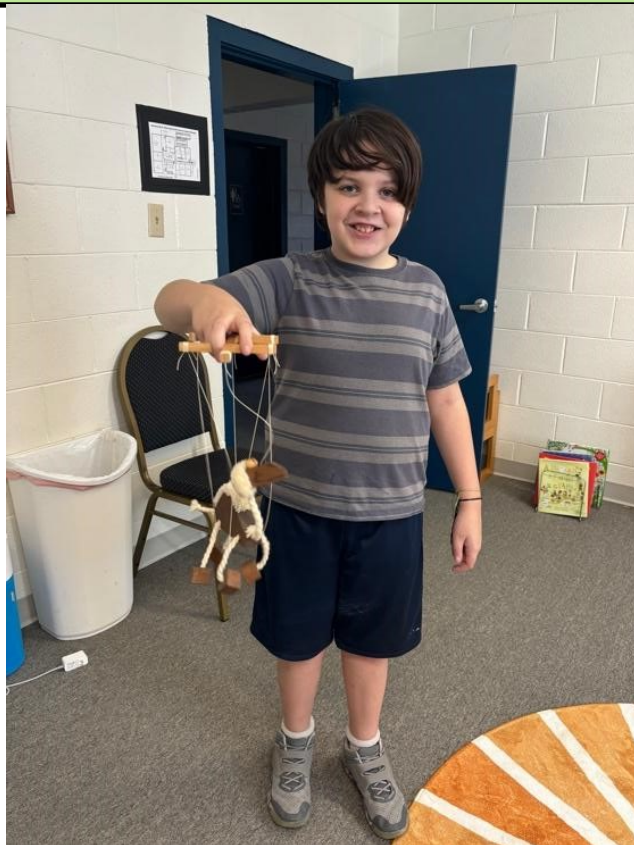
The AC is back on and all is going well in the nursery! Summer and Bry drew adorable chalices. Come check them out in the Sally B. White Center. We need nursery volunteers for ALL Sundays in August. Tell me if you want to help out, and sign up in Breeze if you are already on the volunteer list.

August brings lots of changes. We will welcome Minister Runnels and the kids will head back to school. Don't worry, there will still be lots of fun, and we can get through any change together with the strength of our community!

And now, for the August schedule:

- Sunday, August 4th, 10:30AM:** Our lesson will discuss Muhammad and Islam (pluralism)
- During coffee hour:** Olympic Sunday Funday
- Friday, August 9th, 6:30PM:** Game Night! Bring your favorite board game or play one of ours. We will celebrate all August birthdays with a cake!
- Sunday, August 11th, 10:30AM: Multigen Service**
- 10:30AM:** Nursery open, no children's religious education
- Sunday, August 18th, 10:30AM:** Children's RE will talk about "Passing it on" (generosity)
- Sunday, August 25th, 10:30AM:** Our lesson will discuss the principles of Unitarian Universalism.

Children & Family Ministries



Upcoming Services

August 4: The Words We Speak Become the House we live in.

Hafiz, or Hafez, was a Persian poet in the 1300's who was very famous in his own day and who is still a noted figure in present-day Iran and beyond. He studied and memorized the Quran, earning him the title "protector," or "hafez"; and his poetry often expresses "the divine inspiration of the mystical." Today, we will consider his statement: "The words we speak become the house we live in." What are the "words," what is the "house," and what does it mean to "live" in those?



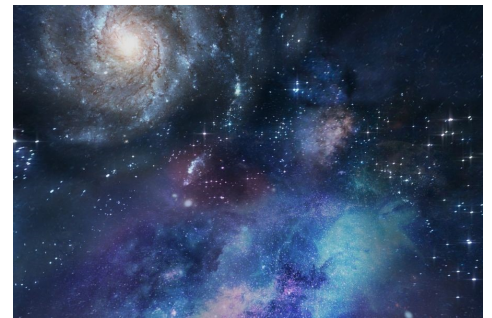
August 11: In the Beginning There Was



Our minister Leslie Runnels will join us for her first day in the pulpit - come for a deepening awareness around beginnings, as we unfold our ministries together.

August 18: Pluralism Embrace of the Mystery

Our faith thrives when we embrace pluralism, and we do it all the time, in so many ways. Let us embark on a journey of deep reflection and celebration as we explore the rich tapestry of religious pluralism within our Unitarian Universalist tradition. Our spiritual path invites us to discover and ground ourselves in the core truths that resonate most profoundly with our souls.



August 25: After the Liberation the Dishes

Enlightenment is not a panacea
It is a pathway.

Search Committee Update



MINISTERIAL SEARCH COMMITTEE UPDATE

**IT IS OFFICIAL!!!
OUR NEW MINISTER, LESLIE RUNNELS, IS HERE!**

Minister Leslie is nicely settled into her home in Carteret County and she officially starts as UCF's new contract minister on August 1! Leslie plans to begin her ministry by connecting with UCF's committees to learn when they meet and what type of ministry needs they may have. She is looking forward to meeting each of you.

Leslie plans to attend the August 4 worship service and her first Sunday service will be August 11. Welcome to our new minister, Leslie!

Minister Leslie Runnels



Social Justice News

GENERAL ANNOUNCEMENT

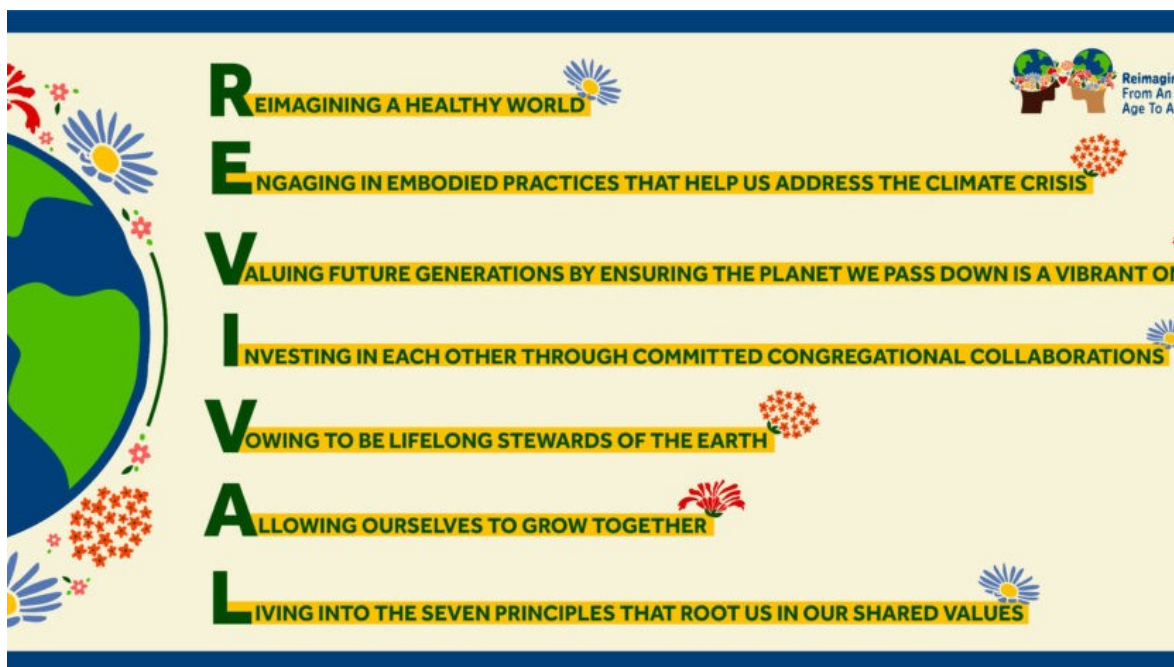
UU Climate Justice Revival – Save the Date

Our congregation is joining UUs across the land to revive our commitment to climate justice.

- September 28, 2024 - Interactive workshops for all ages
- September 29, 2024 - Worship followed by an advocacy hour

This is an all-church and all-ages event. All of us will learn new frameworks at the intersection of climate and justice and have the chance to weave together the threads that have always linked our deepest commitments. The [UU Climate Revival](#) will equip UU congregations to enter into a new era of climate action—one that intentionally and faithfully breaks down silos and cultivates relationships that lead to flourishing collaborations that transform our congregations through climate justice. See more details at the UU Climate Justice Revival [website](#) and [FAQs](#).

If you are interested in attending this event, click on [this link](#) and we will keep you updated as the Climate Change Revival gets closer. There is also a sign-up sheet in the Fellowship Hall.



August Share the Plate

For the month of August, UCF will Share the Plate with the Carteret Literacy Council. The Council provides volunteer tutors to help students improve their level of reading, writing, speaking, and understanding English. This leads to better jobs, promotions, higher education, citizenship, starting a business, helping children with homework. It empowers students to become more productive members of our communities.

This 501(c)3 was established in 1984 and has just one paid part-time staff member. Volunteers fill all the other roles. They do not receive any state or federal monies. Funding comes from direct donations, council memberships, sponsorships and grants, and fundraising activities like the annual Literacy Bee. These provide the learning materials given to their adult students and cover office overhead costs.

On August 4th, Debbie Dillon, Literacy Activities Director at the Council, will speak to us about their work.

June Share the Plate Results

In June, our Share the Plate recipient was the Sexuality and Gender Alliance at Carteret Community College. We collected \$657 for this very worthy organization. Brooklyn Rawlins, sponsor of the SAGA group was thrilled with this money to support their activities.

UCF Hurricane Preparations August 2024

While no one wants to think about it, it is here. Peak storm season lasts until November with most storms forming in August, September, and October. UCF is seeking volunteers to help with storm preparation and cleaning up. Please contact Mark Hooper, Board President, at mhooper9@ec.rr.com or text at (252)725-2211 if you are able to help to secure the fellowship's outdoor items, doors, and windows before a storm hits and/or if you are able to help with organizing communications and cleaning up after a storm. Volunteers can find UCF storm supplies including clean up kits and water barriers in the storeroom of the Sally B. White Building.

- Are you willing to be on a damage assessment team?
- Can you help clean up? Do you have tools—such as building or garden tools, tarps, ladders?
- Do you have a pickup truck?
- Do you have a shop vac, a dehumidifier?
- Can you help coordinate communications with clean up crews and UCF members and friends?

The Natural Disaster Safety Policy can be found on the UCF website if you want more information. Here's the link to the policy which is pages 22-24: <https://ucfnc.org/wp-content/uploads/2024/07/Policy-Manual-2-update-7-20-24.pdf>

Volunteers Needed

We have a need for a couple more people who are willing to be trained to run the Sound System and/or the Zoom/Camera for Sunday morning services. If you are good with computers and other tech, please contact Barb Thomas at bsthomas2@gmail.com to find out more. We will provide training and have detailed written instructions as well. Tech Team members usually do tech once or twice a month and the schedule is made according to your availability.

Design and Décor at UCF

Are you someone who creates interesting 2–D works of art, but has limited places to share them? Please consider bringing a piece or two to UCF to be displayed on the gallery wall in the Sally B White Center or on the walls of our social hall. They can be simply matted or also framed. The Design and Decor Team will hang the artwork and rotate in new pieces every few months. If you are interested, please contact (If you are interested, contact Susan Roberts at landfall2@mindspring.com or Karen Baggott at kbaggott47@gmail.com).

Do you enjoy decorating a room? Choosing artwork for the walls? The Design and Decor Team is searching for a few people to join us to oversee and continue this process at UCF. We plan to meet every couple of months. If you are interested, contact Susan Roberts at landfall2@mindspring.com or Karen Baggott at kbaggott47@gmail.com.

Keeping Us Safe at Church

Various UCF Committees have been working on safety procedures and a Safety Policy that will need our attention. Safety on our campus cannot be just the responsibility of a few volunteers, it must be the responsibility of every single one of us. In uncertain political times, with Hurricane season upon us, with a worldwide pandemic in our memories, it is important to gather our ideas for protecting all – from the very young to our elders – especially as we gather in worship and fellowship.

The Children and Family Ministry committee, headed by Laura Prestwich and with Sarah Grenier as Program Administrator, has come up with a list of areas to keep our young families safe. These will include some fences, learning Heimlich maneuver and CPR/First Aid, how to use fire extinguishers, how to use the Fire Blankets in both buildings, use of the walkie talkies, and locking and unlocking our doors properly. They will be meeting with all parents, volunteers, and interested members to make sure that everyone knows how to handle crucial situations. When our kids are involved, there can be no excuse for not knowing how to do all these important procedures.

The Building and Grounds Committee, headed by Sandra Shelp and Miriam Green, has purchased three Fire Blankets – one for the Pantry, one for the Kitchen, and one for the Spirit Play Room (Room 5) in the Sally B. White Building. In case of a fire, pull the blanket down out of the red bag and cover the fire to extinguish it, or cover yourself to escape past a fire. The committee is also seeking a grant to purchase AEDs (defibrillators) to be placed in each building.

The Membership Committee, under Penny Hooper and Martha Kenworthy, trains all greeters in the proper way to lock our doors, communicate with the Nursery, coordinate fire drills, and to keep a look out for suspicious behavior outside. Most importantly, they are the smiling faces that welcome new people, give them a name tag and information about us.

Last, but certainly not least, the UCF Board of Trustees, under the leadership of Susan Fetzer, and soon Mark Hooper, have been diligent in writing up the UCF Safety Policy for us, starting during the pandemic and health policies, as well as what to do for hurricanes, medical emergencies, fires, or intruders. It is a living document, growing with us and as the need arises.

Now we place the ball in your court! What can YOU do to help any of these groups, and make our new, beautiful campus as safe as possible? What safety ideas do you have to add to any of these? Bring your ideas to the attention of any of these leaders and join the committee meetings to learn more. Safety is everyone's responsibility.

Thank you,

Jo Ellen Essex

Member of Children and Family Ministry Committee and the Building and Grounds Committee

Upcoming Events

Mental Health Family Support Group Tuesdays, 10am (Zoom)

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 Tuesday mornings on Zoom from 10:00 to 11:30. If you would like to join these meetings or would like more information, please email:

landfall2@mindspring.com



UCF Book Club August 19 at 4pm. SBW

Join us for the UCF Book Club on Monday, August 19@ 4pm.

All welcome.

RSVP Joan @ ldybg223@aol.com .



Weekly Meditation Mondays 5:30pm-6pm

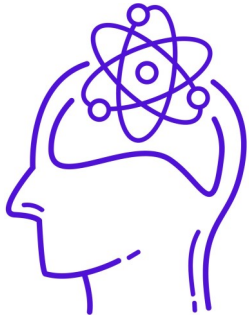
Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00. Coloring Meditation, Monday, August 5: Coloring Meditation will now be on Zoom each month led by Sandra.

Email landfall2@mindspring.com to be sent the Zoom link to join us!



Upcoming Events

Philosophy in the Afternoon Next Meeting September 4



Philosophy in the Afternoon is cancelled on August 7, 2024. Please join us on September 4, at 4:30pm instead. Questions? Call Holly at 509-607-2055. Questions of not a philosophical nature? Contact Holly: hollyer54@yahoo.com

VESPERS....Just What Is It? August 21

VESPERS....HAVE YOU TRIED IT? Maybe you would like it... Vespers is a short, contemplative worship service for a mid-week spiritual refresher. Join us in the Sanctuary at 6:00pm. Philosophy in the Afternoon and Vespers is a great combination for balancing the spirit. Hope to see you then!



Mental Health Wellness Support Group August 20



This support group will meet August 20, 2024 (3rd Tuesday of the month) - at 7:00pm in the Sally B. White Building. This mental health wellness support group is for people with significant mental health challenges and/or struggles with substance abuse, to facilitate self-empowerment and recovery.

Covenant of Unitarian Universalists Pagans (CUUPS)

August 14, 6pm - 8pm

(2nd Wednesday of the Month)

Contact: Heather Woodward

Email: coastalcuups@ucfnc.org if you have any questions.



August Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--------------------------------------|----------|
| | | | | 1 10am Leadership Council 4pm Rebecka's Office Hours | 2 | 3 |
| 4 10:15am Nursery 10:30am Worship Service 11:30am First Sunday Family Fun Day | 5 5:30pm Meditation | 6 10am Mental Health Family Support Group | 7 | 8 4pm Rebecka's Office Hours 6:30pm SJFS "Cooked" | 9 6:30pm Game Night | 10 |
| 11 10:15am Nursery 10:30am Worship Service 12pm UCF Annual Meeting | 12 5:30pm Meditation | 13 10am Mental Health Family Support Group 5:45pm Children & Family Ministries Zoom 6pm Mental Health Wellness | 14 2pm Finance Committee 6pm CUUPS | 15 2pm ASE Committee 4pm Rebecka's Office Hours 5pm Board of Trustees | 16 | 17 |
| 18 10:15am Nursery 10:30am Worship Service | 19 4pm Book Club 5:30pm Meditation | 20 10am Mental Health Family Support Group 6pm NAACP | 21 6pm VESPERS with Heather | 22 4pm Rebecka's Office Hours 6:30pm Social Justice | 23 | 24 |
| 25 10:15am Nursery 10:30am Worship Service | 26 5:30pm Meditation | 27 10am Mental Health Family Support Group | 28 10am Buildings and Grounds 3:30pm Worship Committee | 29 4pm Rebecka's Office Hours | 30 | 31 |
| | | | | | | |

The UCF Team

Board of Trustees

President: Mark Hooper mhooper9@ec.rr.com

Vice President: Susan Roberts landfall2@mindspring.com

Secretaries: Miriam Green mwgreen15@gmail.com and
Lauren Donnachie lsdonnachie1@gmail.com

Treasurer: Joan Burton ucfwelcomenc@gmail.com

Leadership Trustee: Barbara Thomas bsthomas2@gmail.com

Amy Jones amjones0912@gmail.com

Minister Leslie Runnels lrunnels@ucfnc.org

Choir Director Tom Cullison tcullison@ucfnc.org

Pianist Meganne Smith meganne.lott@gmail.com

Children & Family Ministries Committee

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Facilities Sandra Shelp shelpsk@yahoo.com

Worship Laura Prestwich laura.prestwich@gmail.com

Finance Jo Ellen Essex jolnsx@yahoo.com

Membership Penny Hooper pjhooper@ec.rr.com and

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Social Justice Harriet Altman harrietalman@icloud.com and

Barb Thomas bsthomas2@gmail.com

Green Sanctuary Penny Hooper pjhooper@ec.rr.com

Harriet Altman harrietalman@icloud.com

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

Adult Spiritual Enrichment Holly Rogers hollyer54@yahoo.com



Contact Us!

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