



# OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC



September, 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.



## Greetings Beloveds of Unitarian Coastal Fellowship!

What a great month August was! I so appreciate your warm welcome, and your wealth of information your teams have shared with me. I feel as though I am now settling in fully – maybe ...

I am excited to be here – there is so much we can do together – I hope you are excited too!

Our worship services for September are full of creativity: Backpack Blessings, Water Communion, Int'l Day of Peace, then Finding Balance with the Autumnal Equinox, and last but oh not so least the Climate Change Revival! We have a lot happening, and I hope you get to attend every event that calls to you.

Your teams and committees have a lot in the works too:

- Adult Spiritual Education wants to offer up a **Parent's Night Out** every other month – so the first one might be in October. This will be a 2-3 hr opportunity for parents to leave their kids with us at the church, while they go play, have a date, take a long nap, walk on the beach, make art ... whatever parents might need to bring a little more peace and (w)holiness into their lives. Meanwhile, the volunteers will be offering the children some fun and play too – maybe a movie, puzzles, games, snacks, star gazing – whatever the children might need for a break to bring them into their (w)holiness. Still in the works ... but we hope to communicate more soon
- The **Climate Justice Revival** (REVIVAL, Y'ALL!!) is at the end of September – we will have a movie night on Thurs Sept 26, then on Sat Sept 28 we will have a full day of workshops and play – including childcare and programming for both young ones (10am-12pm) and adults (10-3) – lunch, snacks, networking, organizing, learning, growing – and celebrating! Sunday will be the last event, with a worship service dedicated to our growing needs around climate change, followed by an hour of coffee and community.
- Some of your leaders are going to be taking an online UUA curriculum called **“Tending Congregational Life”** and we hope to share more about that, including getting others to take the training too. Your Welcoming Congregation Team has some exciting things coming as well, including **Drag Story Hour!!!** I can't wait for that!
- I'm going to work on timing for when to offer a **“UU 101”** class that helps newcomers and oldcomers (!! ) understand more about this liberal faith we hold so dearly, and later a series of classes on our 8 Principles of Unitarian Universalism.
- We will have another opportunity for **Child Dedication** soon – we know some children missed the last one, and we have some new ones to bring into our hearts!
- To help with continuing to be good stewards to this faith and to this congregation right here in Morehead City/Crystal Coast, we have a team

looking at using the building for **rentals** (events, weddings, etc), and we are starting to think about **legacy giving** as a way to ensure this congregation continues to stay and grow in this area of our world, that needs our liberal religious faith. People want to find us!

- The **CUUPS group** (Covenant of UU Pagans) is continuing to grow and have written their covenant, are having monthly meetings (open to all!), and will be working with the Board to have a shared covenant – they are following the structure of the national UUA group of CUUPS.
- The new board will have their **Board of Trustees retreat**, with the Leadership Council attending – I’m looking forward to the spirit and collaboration of this group! You have amazing leaders – you are lucky. And when you are ready, you will be an amazing leader too! (or, again!)

See why I am so excited?????

I leave you with this poem by Leslie Takahashi, adapted from Rumi:

Come, come, whoever you are  
Come with your hurts, your imperfections,  
your places that feel raw and exposed.  
Come, come, whoever you are  
Come with your strengths that the world shudders to hold  
come with your wild imaginings of a better world,  
come with your hopes that it seems no one wants to hear.

Wanderer, worshiper, lover of leaving  
we will make a place for you,  
we will build a home together.  
Ours is no caravan of despair.  
We walk together;  
Come, yet again come.

May September bring all the joy and connection you crave,  
Your minister,  
Leslie Runnels

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# President's Column

## September 2024 Coastline, from the President

A story: As some of you may know, I am a commercial fisherman, and I live at the end of a dirt road in the small village of Smyrna in the Downeast area of our county. It is a tradition down this way, that when a church gets a new minister, a member of the church would drive the new person around the community and introduce the minister to community members. On this beautiful fall day, I am working with a friend on a crop of oysters, a minister and guide pull up and introduce themselves. I tell them what I do and show them around and then I picked up a beautiful oyster and said, "This is what they eat in heaven." The new minister said, "I am going there, let me have it." So, I carefully opened the raw oyster, gave it to the minister, and he slurped it down. At this point, I was thinking he might not of ever had a raw oyster, but the meeting ended well, and they went on their way. From this story I have two questions. First, why did the minister think I knew what people ate in heaven? Secondly, how are we as the UCF congregation going to meet our new minister? It is wonderful to have our new minister, Leslie, in our pulpit, in our meetings, and in our community. Over the coming years we will get to know each other, and we will work together to realize the hopes and dreams of UCF. Welcome Minister, Leslie Runnels, we look forward to getting to know you.

Thanks, and see you in church,

Mark Hooper

# Children & Family Ministries

## **Children & Family Ministries From Sarah Grenier**

August flew by!!

We had an exciting time welcoming Minister Runnels, learning a few things, and playing at the Olympic Sunday Funday. We have lots of activities coming up this month, but I'd like to discuss something that's been on our minds.

Kids are active and loud! That's how they learn, and our job, as their church community, is to keep them safe. First, we should make sure we are realistic with our expectations of littles. They need outlets for moving their bodies. We are so excited about getting the fence, so our kids can play outside safely!!! If anyone has outdoor play equipment, please let me know.

If we are upset when a child does something like run across the chairs in the sanctuary, the first step is to regulate ourselves before interacting with the child. The easiest way to get from an unregulated to a regulated state is to take a deep breath or a few!

Next, we can follow a formula for how we approach the situation.

Observe and empathize: "I see you are having so much fun running!"

Boundary: "Chairs aren't for running on. It's my job to keep you safe."

Choice: "Would you like to jump down like a frog or a kangaroo?" For an older child, you might ask, "what can you do instead that is safe?"

I hope this helps everyone in their interactions with kids or parenting! I'd be happy to elaborate in future discussions.

# Children & Family Ministries

And now, for the September schedule:

- Sunday, September 1st, 10:30AM: Blessing of the backpacks! Our story will be about generosity.

\*During coffee hour: Back to school party

- Sunday, September 8th, 10:30AM: Water communion story
- Friday, September 13th, 6:30PM: Game Night! Bring your favorite board game or play one of ours. We will celebrate all September birthdays with a cake!
- Sunday, September 15th, 10:30AM: Peace story
- Sunday, September 22nd, 10:30AM: Solstice story
- Saturday September 28th: Climate Justice Revival
- Sunday, September 29th, 10:30AM: Multigen Service

\*10:30AM: Nursery open, no children's religious education





# Upcoming Services

## September 1: How Many Blessings Can You Count?

In a season where we might be returning to school or work ... vacations come to an end, and we have many blessings to count. Bring your school bag, lunch box, backpack, notebook or even your briefcase to church, and we will have a Blessing of the Backpacks, that all return to the fall season and greet a new year of growth and transformation.



## September 8: Water Communion



Bring a small vessel of water to add to our collective communal waters - we will contemplate waters of transformation, waters of grief, waters of renewal and waters of joy.

## September 15: Int'l Day of Peace



## September 22: Finding Balance in the Autumnal Equinox and the Celebration of Mabon



A time to remember cycles, seasons, the inevitability of change. A time to make an inner turn as nature makes a turn of Her own.

## September 29: Climate Justice Revival

We are reimagining climate justice for a new era and bringing a spirit of Revival and Renewal to our collective work. Imagine that it's 2050 and we've achieved all of our wildest hopes for collective liberation. What is present in that re-imagined reality? What have our values led us to collectively abolish or move away from?



# Social Justice News

## FROM THE WELCOMING CONGREGATION TEAM: YOU BELONG HERE

Save the date: **Thursday, October 3<sup>rd</sup> at 6:30 PM.** We will be showing the film “You Belong Here”, a film produced here in eastern North Carolina. “You Belong Here” discusses what it is like to grow up as an LGBTQ+ youth in the rural south. The film was produced by Breanna Culler, who is a Suicide Prevention Counselor at ECU Health. It is about 1 hour long and we will have a 30 minute panel discussion afterwards. Please spread the word!

A celebration of LGBTQ+ resilience and the impact of allyship on inclusive belonging in the Rural South



**You  
belong  
here.**



**October 3rd at 6:30 PM**

Unitarian Coastal Fellowship  
2900 Bridges St, Morehead City

*The documentary showing will be followed by a brief panel discussion*

Topics include: Suicide, Homophobia, Self-harm, Mental Health



# Social Justice News

## VOLUNTEERS NEEDED TO REGISTER VOTERS AT CARTERET COMMUNITY COLLEGE

UCF is once again a sponsor for the annual Voter Registration drive that will be held at Carteret Community College on Monday 9/16 through Thursday, 9/19 this year. The event is organized by the League of Women Voters of Carteret County.

As a sponsor, our role is to help provide volunteers to register voters at three different locations at the college. Shifts will be available from 9 AM to 12 noon, 12 noon to 3 PM, and 5 PM to 6:30 PM. There will be a training by the staff of the Carteret County Board of Elections for all those who are volunteering to register voters on **Tuesday 9/10 from 10 to 11 AM**. **If you can't make the training, you MUST watch this training video:** <https://www.youtube.com/watch?v=ZvYUqIFgpw0>.

Here are the links to sign up for one or more shifts: **PLEASE SIGN UP IF YOU CAN!**

To sign up to register voters, click this link:

<https://www.signupgenius.com/go/20F0D4AABAF22A6F85-50647632-voter>

To sign up for the training at the Board of Elections:

<https://www.signupgenius.com/go/20F0D4AABAF22A6F85-50661257-voter>



# 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.

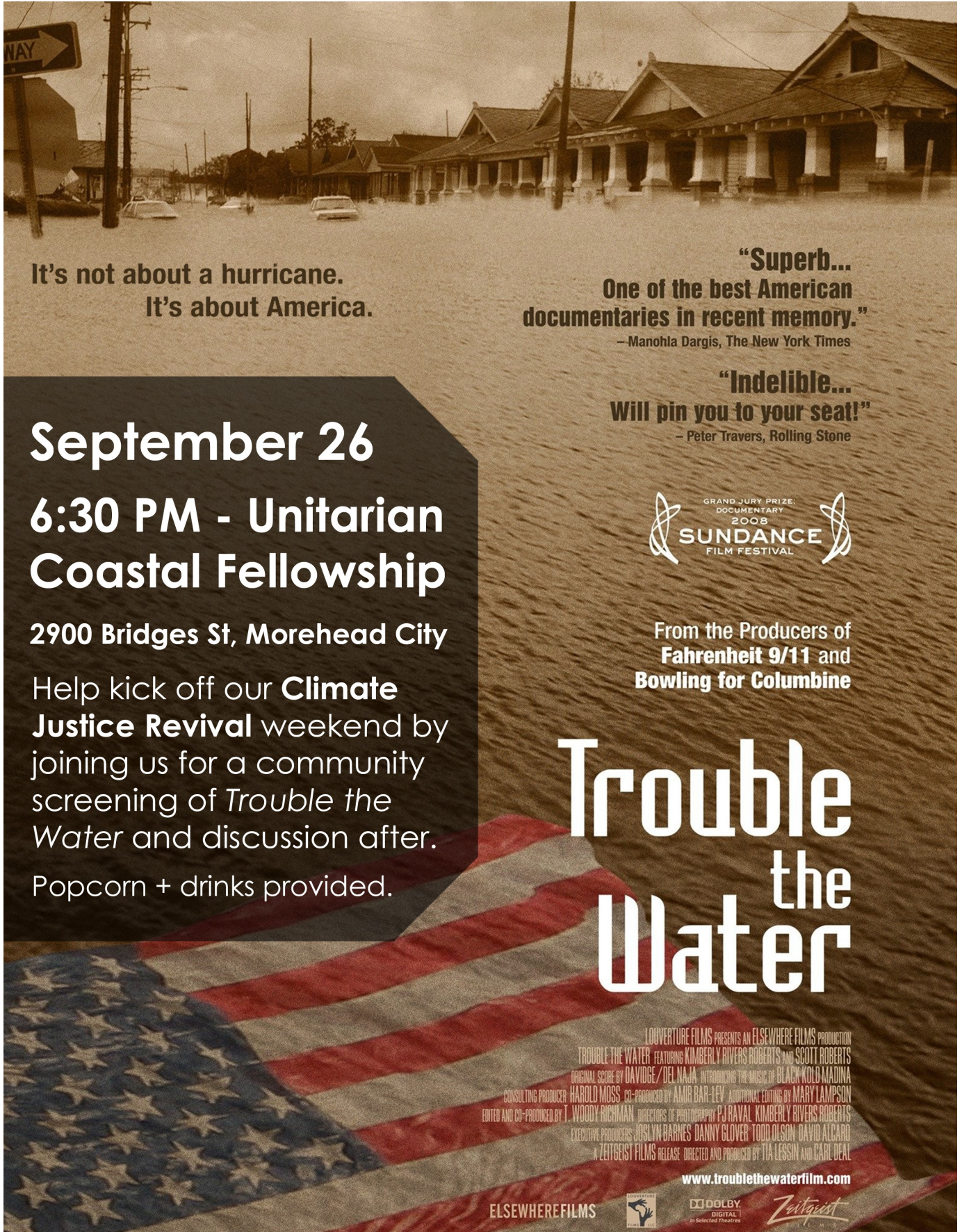
- September 28, 2024 - Interactive workshops for all ages
- September 29, 2024 - Worship followed by an advocacy hour

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.



# Social Justice News



It's not about a hurricane.  
It's about America.

**September 26**  
**6:30 PM - Unitarian**  
**Coastal Fellowship**

2900 Bridges St, Morehead City

Help kick off our **Climate Justice Revival** weekend by joining us for a community screening of *Trouble the Water* and discussion after.

Popcorn + drinks provided.

**"Superb...  
One of the best American  
documentaries in recent memory."**

— Manohla Dargis, *The New York Times*

**"Indelible...  
Will pin you to your seat!"**

— Peter Travers, *Rolling Stone*



From the Producers of  
**Fahrenheit 9/11** and  
**Bowling for Columbine**

# Trouble the Water

LOUVERTURE FILMS PRESENTS AN ELSEWHERE FILMS PRODUCTION  
TROUBLE THE WATER FEATURING KIMBERLY RIVERS ROBERTS AND SCOTT ROBERTS  
ORIGINAL SCORE BY DAVIDGE / DEL NAJA. INTRODUCING THE MUSIC OF BLACK GOLD MADINA  
CONSULTING PRODUCER HAROLD MOSS. CO-PRODUCED BY AMIR BAR-LEV. ADDITIONAL EDITING BY MARY LAMPSON  
EDITED AND CO-PRODUCED BY T. WOODY RICHMAN. DIRECTORS OF PHOTOGRAPHY P.J. RAVAL, KIMBERLY RIVERS ROBERTS  
EXECUTIVE PRODUCERS JOSLYN BARNES, DANNY GLOVER, TODD OLSON, DAVID ALCARD  
A ZETTGEIST FILMS RELEASE. DIRECTED AND PRODUCED BY TIA LESSIN AND CARL DEAL

[www.troubthewaterfilm.com](http://www.troubthewaterfilm.com)

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# Social Justice News

UUA

2024

REIMAGINE TOGETHER  
FROM AN EXTRACTIVE AGE TO A NEW ERA



WE INVITE YOU  
TO JOIN THE FREE

## CLIMATE JUSTICE *Revival*

Unitarian Coastal Fellowship - 2900 Bridges Street. Morehead City



**SEPTEMBER 28-29, 10-3PM**

We welcome those of all faiths and backgrounds to this all-ages event deepening our commitment to climate justice. Together, we'll explore new ideas at the intersection of climate and justice, work to create lasting change, and build relationships for collective impact.

### SATURDAY

**9:30 AM:** Registration

**10 AM:** Morning Workshops for all ages

**12 PM:** Lunch (provided)

**1 PM:** More Workshops & Action Planning

**3 PM:** Optional Community Organizations Tabling  
(with materials from Citizens' Climate Lobby, Sierra Club, Democracy NC, Get Out The Vote, and more)

### SUNDAY

**10:30 AM:** Multigenerational Worship Service

Join us for a special worship service led by Leslie Runnels celebrating the interconnection of climate justice and spirituality.

**11:30 AM:** Organizing + Advocacy Hour

UCF groups will focus on practical, immediate and long term climate justice actions.

Find out more at [UUClimateJustice.org](https://UUClimateJustice.org) or scan the QR code above to register.



### UCF Staff Opening

Our office administrator, Rebecka Keeter is embracing her life transitions and will be moving on from UCF to focus on family and her new career in massage therapy. The staffing team is updating the job description and will be posting it, and looking for a replacement. Rebecka has already offered to help with the training of a new office administrator, so we hope for a smooth transition.

## July's Share the Plate – Citizens for Diversity in Education

July's Share the Plate was for Citizens for Diversity in Education and we collected **\$636.80** for this organization's scholarship fund. Our own Jo Ellen Essex is Treasurer of CDE and she was thrilled with this addition to the scholarship's fund.

## September's Share the Plate Planned Parenthood South Atlantic

Reproductive justice is facing many threats and September's Share the Plate will go to the nonprofit health care provider, Planned Parenthood South Atlantic. Planned Parenthood South Atlantic serves 4 states including North Carolina. They have 14 health centers providing high-quality, affordable health care without judgement for nearly 50,000 patients a year. Planned Parenthood provides a range of reproductive and primary healthcare services, including abortion, transgender care, mental health support, vasectomies, birth control, STI testing/treatment and a host of other services. In addition, they provide age-appropriate medically accurate sexual health programs for teens.

Your donations will help them continue to provide a range of reproductive and primary healthcare services and to continue advocacy work to protect and expand access to the healthcare they provide.

Please give as you can to help support the work of Planned Parenthood South Atlantic.

Click here to learn more.

<https://www.plannedparenthood.org/planned-parenthood-south-atlantic/who-we-are>





# 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:

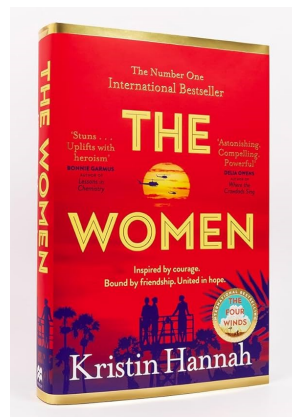
[landfall2@mindspring.com](mailto:landfall2@mindspring.com)



## **UCF Book Club September 4 at 4pm. SBW**

Join us for the UCF Book Club on Monday, September 4th @ 4pm. We will be discussing the book "The Women" by Kristin Hannah. This story is historical fiction regarding the role American military nurses played during the Vietnam War. This novel stuns with sacrifice; uplifts with heroism as the women return from war being booed by fellow Americans who feel this an unjust war. Please join us as we revisit this era or learn for the first time about the 70's and this war.

All welcome. RSVP Joan @ [ldybg223@aol.com](mailto:ldybg223@aol.com).



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

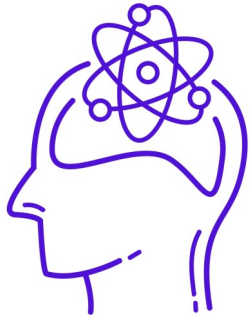
Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00. Coloring Meditation, Monday, August 5: Coloring Meditation will now be on Zoom each month led by Sandra.

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



# Upcoming Events

## **Philosophy in the Afternoon** Next Meeting September 4



Please join us on September 4, at 4:30pm. Questions? Call Holly at 509-607-2055.

Questions of not a philosophical nature? Contact Holly: [hollyer54@yahoo.com](mailto:hollyer54@yahoo.com)

## **VESPERS....Just What Is It? September 18**

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 September 17, 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)**

**September 11, 6pm - 8pm**

(2nd Wednesday of the Month)

Contact: Heather Woodward

Email: [coastalcuups@ucfnc.org](mailto:coastalcuups@ucfnc.org) if you have any questions.



# September Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <b>Pam</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service <b>11:30am</b> First Sunday Family Fun Day</p>	<p>2 <b>5:30pm</b> Meditation</p>	<p>3 <b>10am</b> Mental Health Family Support Group</p>	<p>4 <b>4:30pm</b> Philosophy In The Afternoon</p>	<p>5 <b>10am</b> Leadership Council <b>4pm</b> Rebecka's Office Hours</p>	6	7
<p>8 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service</p>	<p>9 <b>5:30pm</b> Meditation</p>	<p>10 <b>10am</b> Mental Health Family Support Group <b>5:45pm</b> Children &amp; Family Ministries Zoom</p>	<p>11 <b>6pm</b> CUUPS</p>	<p>12 <b>4pm</b> Rebecka's Office Hours</p>	<p>13 <b>6:30pm</b> Game Night</p>	14
<p>15 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service</p>	<p>16 <b>4pm</b> Book Club <b>5:30pm</b> Meditation</p>	<p>17 <b>10am</b> Mental Health Family Support Group <b>6pm</b> Mental Health Wellness <b>6pm</b> NAACP Meeting</p>	<p>18 <b>6pm</b> VESPERS with Heather</p>	<p>19 <b>2pm</b> ASE Committee <b>4pm</b> Rebecka's Office Hours <b>5pm</b> Board of Trustees</p>	20	21
<p>22 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service</p>	<p>23 <b>4pm</b> Book Club <b>5:30pm</b> Meditation</p>	<p>24 <b>10am</b> Mental Health Family Support Group <b>6pm</b> NAACP</p>	<p>25 <b>10am</b> Buildings and Grounds</p>	<p>26 <b>4pm</b> Rebecka's Office Hours <b>6pm</b> Film With William Kane</p>	27	28 Climate Justice Revival
<p>29 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service <b>11:30am</b> Climate Justice Revival</p>	<p>30 <b>5:30pm</b> Meditation</p>					

# The UCF Team

## **Board of Trustees**

President: Mark Hooper mhooper9@ec.rr.com

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Lauren Donnachie lsdonnachie1@gmail.com

Treasurer: Joan Burton ucfwelcomenc@gmail.com

Leadership Trustee: Barbara Thomas bsthomas2@gmail.com

Amy Jones amjones0912@gmail.com

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**Choir Director** Karen Baggott kbaggott47@gmail.com

**Pianist** Meganne Smith meganne.lott@gmail.com

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

**Adult Spiritual Enrichment** Holly Rogers hollyer54@yahoo.com



## Contact Us!

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