



OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

October, 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!

September seemed to fly by! We have had pretty consistent attendance at worship services and our events. The Climate Justice Revival movie kickoff was the most attended movie yet. That tells me: we are serving the community. That's great news!

October has plenty to play with, but we've been pretty busy, so we are going to open October with a sermon on rest , and then it's Homecoming! This is when you someone you haven't seen in awhile to join you for worship service on Sunday – so that's Oct 13th – I want to meet whomever it is you invite to join you!

I'll be ordained in New Orleans on Oct 20th, at my home congregaton First UU Church of New Orleans – it's a big deal, and I'm looking forward to this next step in the formation of becoming a minister. It's after that that you can call me "Rev" Leslie. Not much else will change though – just an official title, and the next brave steps we take together. While I'm gone that week, Revs Gaye and David Morris will be leading worship service,

about Fuller and Emerson of the Transcendentalist movement – sounds like an interesting service!

And then comes Halloween, Samhain, All Hallows Eve, All Saints Day, Dia de los Muertos – when the veil is thin, and we can connect most easily with our ancestors.

We have also found a new office administrator so that Rebecka can shift her focus to family and her new career. Samantha Simmons will start in October, and I'm sure you will give her a beautiful welcome, like you gave me. Samantha has a lot of communication and social media strategies, has rental management background, and has worked with small and big churches – I think she is going to be wonderful for helping us move forward together.

On the horizon:

- For November, I'm thinking about a sermon on Perfection. Or Imperfection. I'd love to include your thoughts – your stories, your images, your favorite quotes – **please send anything along these lines to irunnels@ucfnc.org** – I can't wait to see what you send
- Your Welcoming Congregation Team has some exciting things coming as well, including **Drag Story Hour** – we are just trying to firm up a date, that includes some UUA security training for our own education, as well as for the event
- Another **Parent's Night Out** in December, along with a child dedication service
- 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.

I leave you with this poem by Anne Hillman:

“We Look with Uncertainty”

We look with uncertainty
Beyond the old choices for
Clear-cut answers
To a softer, more permeable aliveness
Which is every moment
At the brink of death;
For something new is being born in us

If we but let it.
We stand at a new doorway,
Awaiting that which comes...
Daring to be human creatures,
Vulnerable to the beauty of existence.
Learning to love.

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



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President's Column

October 2024 Coastline, from the President

We had a beautifully busy and productive September, thanks to everyone. Early in the month the Board of Trustees and the Leadership Council held a retreat at Miriam's house. We had twelve leaders planning for the upcoming year; wonderful discussion, spectacular lunch, all in a beautiful home surrounded with wonderful artwork. Thank you.

We built 3 fences to have a safe place for young folks to play, run, and have fun. I feel we created some nice spaces for adults as well, go down by the Live Oak tree. When we designed the fences, we wanted to be able to place our cup of coffee on the fence, lean on it, and connect with someone. Seven men worked on this project and Marty Newcomb called the "before you dig" folks, brilliant. Thank you.

We held a Climate Justice Revival, starting with a film on Thursday evening, workshops on Saturday, and Worship on Sunday. We connected with many UU's from around the nation. Thank you. Sunday services were exciting, thoughtful, energetic, meaningful, and soothing. Young folks are learning, playing, and enjoying.

Thank you.

See you in church,

Mark Hooper

Children & Family Ministries

Children & Family Ministries From Sarah Grenier

[https://drive.google.com/file/d/1HAXT-83YkHAzsRpGeWeWtfnfgzIBjyTL/view?usp=drive link](https://drive.google.com/file/d/1HAXT-83YkHAzsRpGeWeWtfnfgzIBjyTL/view?usp=drive_link)

Sunday, October 6th, 10:30AM: Celebrating Samhain Story

- **During coffee hour:** Halloween dress up and treat trail!

Friday, October 11th, 5:30-8PM: Parent's Night out!
Signup here: <https://www.signupgenius.com/go/4090E4AADA72BA7FD0-51474939-october>

Sunday, October 13th, 10:30AM: Multigen Homecoming Service

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

Sunday, October 20th, 10:30AM: All People Need a Vote Story

- RE Volunteer training with childcare 12-1:30pm

Sunday, October 27th, 10:30AM: El Día de los Muertos Story

RE Wishlist with updated items: [https://www.amazon.com/hz/wishlist/ls/H6ISHNXX5C3H?ref=wl share](https://www.amazon.com/hz/wishlist/ls/H6ISHNXX5C3H?ref=wl_share)

Mark your calendars for a child dedication ceremony on December 8th! Contact Sarah or Leslie if your family is interested in participating.

Children & Family Ministries



**Sunday Funday
During Coffee Hour**

Children & Family Ministries



UCF PARENTS NIGHT OUT

FRIDAY, OCTOBER 11TH

5:30-8:00PM



Drop Off

**All ages.
Dinner provided.
Bring a change of
clothes and a water
bottle.**

We're excited to invite you to our exclusive Parents' Night Out event! Leave the kids with us for a fun-filled evening while you enjoy a well-deserved break

Unitarian Coastal Fellowship

Contact Sarah Grenier for
more information

Children & Family Ministries



Presented
by
CFMC

Children's

RE TRAINING SESSION

FOR ALL VOLUNTEERS IN CHILDREN'S RE

**AFTER SERVICE
OCTOBER 20TH 12PM-1:30PM
CHILDCARE PROVIDED**

Upcoming Services

October 6: Rest Well, Dear One

In a world that makes us feel we must rush, and do, and hurry, and be perfect - what help you find rest in your day, in your week?



October 13: Coming Home From The Journey



A journey into what home means - why we stay, why we leave, why we come back. We will work with some spiritual practices related to feeling home, and listen to some wisdom from the sages. (Bring a friend to church! Someone who hasn't been here in awhile - call them, collect them, and welcome them to our home, or our shared home.)

October 20: "Distant Relations: a dramatic dialogue between Margaret Fuller and Ralph Waldo Emerson"

"Revs. Gaye and David Morris will help us to learn more about the unique friendship between two brilliant but willful leaders of the Transcendentalist movement, Margaret Fuller and Ralph Waldo Emerson. They both enjoyed great success as thinkers, writers, and lecturers. An imagined vignette of their friendship, played out in the Emerson home parlor in the 1840s, lays out the challenge of cultivating an inward life of the soul while maintaining a meaningful outward life of relationships and struggles for freedom in society."



October 27: The Thinning of the Veil

Join us for a time to remember our loved ones who have passed on and transitioned - what messages do we have for them, and what messages do they have for us? We will work at mutual healing of these relationships. (Bring photos of your loved ones to build a community altar)

Social Justice News

FROM THE WELCOMING CONGREGATION TEAM: YOU BELONG HERE

Save the date: **Thursday, October 3rd 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



SHARE THE PLATE

Our **August** Share the Plate was collected for the Carteret Literacy Council which 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. In August we collected \$748 for this organization! The Director of the Literacy Council was thrilled.

Our **October** Share the Plate will mark the beginning of our Holiday Giving funding efforts. We will collect this month for Project Christmas Cheer. As we have done for many years, the Hoopers and the Children and Family Ministries staff will select children in our community to adopt for Christmas. The UCF children will go shopping for gifts for these "Angel Tree" children and then will wrap them while having a pizza lunch. November's collection will be for gift bags for adults with special needs.

Pastoral Care Team Announcement

The lay members of the Pastoral Care Team assist the minister to offer support, compassion and "helping hands" when people have special needs arise.

Contact the members..... Helene Kelly, Miriam Green, Joan Burton, Cari Mathisen if in need.

October 11, 2024—National Coming Out Day

In your time.
On your terms.
You are loved and supported.
You are born to shine.



UCF recognizes that awareness, acknowledgment, and representation matter. We will work tirelessly to build a world that is free from hate and discrimination. No matter where you are on this journey, UCF stands with and celebrates you.

To learn more about National Coming Out Day and to access resources, visit the Human Rights Campaign at <https://www.hrc.org/resources/national-coming-out-day>

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 October 14 at 4pm. SBW

The UCF Book Club will meet Monday Oct. 14th @ 4PM in the SBW Center.

The book to discuss is "Mrs. Fletcher" by Tom Perrotta. This story is about a single Mom whose son has moved out for college and she begins a new life of her own. This is also a tv series on Prime.

Please join us. All are welcome. For info contact Joan Burton@ LDYBG223@AOL.COM.



Weekly Meditation Mondays 5:30pm-6pm

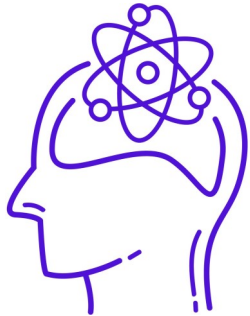


Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00. Coloring Meditation will now be on Zoom each month led by Sandra.

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

Upcoming Events

Philosophy in the Afternoon Next Meeting October 2



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

VESPERS....Just What Is It? October 16

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 October 15



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)

October 9, 6pm - 8pm

(2nd Wednesday of the Month)

Contact: Heather Woodward

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



October Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am Mental Health Family Support Group	2 4:30pm Philosophy In The Afternoon	3 10am Leadership Council 6pm RE Meeting 6:30pm You Belong Here Film and Discussion	4	5
6 9am Choir Practice 10:15am Nursery 10:30am Worship Service 11:30am First Sunday Family Fun Day	7 5:30pm Meditation	8 10am Mental Health Family Support Group 5:45pm Children & Family Ministries Zoom	9 2pm Finance 6pm CUUPS	10	11 6:30pm Game Night	12
13 9am Choir Practice 10:15am Nursery 10:30am Worship Service	14 5:30pm Meditation	15 10am Mental Health Family Support Group 6pm Mental Health Wellness 6pm NAACP Meeting	16 6pm VESPERS with Heather	17 2pm ASE Committee 5pm Board of Trustees	18	19
20 TBD Choir Practice 10:15am Nursery 10:30am Worship Service	21 4pm Book Club 5:30pm Meditation	22 10am Mental Health Family Support Group	23 10am Buildings and Grounds	24 6pm Film Series	25	26
27 TBD Choir Practice 10:15am Nursery 10:30am Worship Service	28 5:30pm Meditation	29 10am Mental Health Family Support Group	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
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 Karen Baggott kbaggott47@gmail.com

Pianist Meganne Smith meganne.lott@gmail.com

Children & Family Ministries Committee

Sarah Grenier sgrenier@ucfnc.org

Laura Prestwich laura.prestwich@gmail.com

Office Assistant Rebecka Keeter rkeeter@ucfnc.org

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

Martha Kenworthy martha.kenworthy@gmail.com

Social Justice Harriet Altman harrietalman@icloud.com

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!

252.240.2283

UNITARIAN COASTAL FELLOWSHIP P. O. Box 425 Morehead City, NC 28557