

OUR COASTLINE

Official Newsletter of the Unitarian Coastal Fellowship

Morehead City, NC



November, 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.

Poem 14: The Crazy Woman by Gwendolyn Brooks (1917–2000)

*I shall not sing a May song.
A May song should be gay.
I'll wait until November
And sing a song of gray.*

*I'll wait until November
That is the time for me.
I'll go out in the frosty dark
And sing most terribly.*

*And all the little people
Will stare at me and say,
"That is the Crazy Woman
Who would not sing in May."*



Greetings Beloveds of Unitarian Coastal Fellowship!

October was a creative month with scenes of Homecoming and Ancestral remembrances. As we head deeper into the season of autumn, we move into the rituals of November. Our worship services will pull heavily from indigenous wisdom, experience and spiritual practice.

Samantha Simmons has been trained by Rebecka and will be assuming the administrative assistant role fully in November – please welcome her to the family! I look forward to working with her on our social media presence and our outreach skills.

For the month of November we will be collecting funds during the offering for our Christmas gift bag program – you have a long standing tradition of making gift bags to share with communities served by Hope Mission, Endeavor, Beach House and Carteret Long Term Recovery. It's a beautiful way that this community provides love and care to those who need it, especially during our holiday seasons.

As our national election cycle comes to a close on Nov 5, we will be holding space for all the feels on Nov 6th. We may not know the outcomes by then, but we will be ready to hold what we need to hold.

- Nov 6th the Sanctuary will be open from 8am-12pm for quiet reflection, and again from 4-8pm.
- Social Hall will be open for conversation 8am-12pm, and again from 4-8pm, maybe with a comfort food potluck.

On the horizon:

- Another **Parent's Night Out** in December, along with a child dedication service
- **Buildings & Grounds** organizing, and Happy Hammers coming in January
- **Photo opps** galore in Dec – Santa, families, Breeze – oh my!
- **Christmas Eve** Lessons and Carols

With love and gratitude for our shared ministries,
Rev. Leslie Runnels

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President's Column

November 2024 Coastline, from the President

Congratulations Rev. Leslie on your ordination in New Orleans on October 20, 2024. We are excited as a congregation to work with you to be the best we all can be.

In September your Board of Trustees, Leadership Council, Minister Leslie, and Sarah Grenier met to plan out our future work as the Unitarian Coastal Fellowship. We identified a number of areas to work on. One area was support for the Children and Family Ministry program headed up by Sarah. On October 20th, a group of 14 folks met to learn to be volunteers for the Nursery and Classroom programs. We love our children and young families, and we will support them. Another area we discussed at our Retreat was Leadership Development. It takes leadership to run the church. There are many tasks and programs that need folks to dedicate some time to keep everything running smoothly. During our services we have our Minister, Rev Leslie for 3 Sundays a month and folks doing the other jobs. We need folks to greet at the door, they make the first connection with new visitors.

We are developing a Security Team that is responsible for door control and communication with the other building. We have a tech team, working to produce a zoom service, producing and running the projected slides, and working the sound system. We have Worship Associates assisting on stage during the service. We have coffee makers, snack prep, and clean up after service. Please volunteer to help out, it is a great way to meet members of the congregation. We use the Breeze system for job sign-up, it is quick and easy. We have a number of standing committees, that meet on a regular basis. We meet to plan worship services, bring in new members and nurture existing ones, handle our finances, organize social action initiatives, care for our building and grounds, and care for our children.

See you in church,
Mark

Children & Family Ministries

From Sarah Grenier

Halloween to New Year's always seems like a whirlwind of candy, travel, and craziness. New Year's day we can finally take a breath!! To avoid burnout this holiday season as parents, I encourage you to slow down with your families. Say no to duties and gatherings that get in the way of family time. Put down the screens and enjoy connection over the table or during a family game night. Practice focusing on the little cozy things like a cup of hot chocolate, twinkling lights, a crisp breeze, etc. When we notice these little glimmers of happiness, we are much happier than when we are rushing from one place to another.

Holidays are special but also bring out family drama and the consumerist is us! Remember to take a deep breath, calmly hold your boundaries with family, and let it go. As parents, we can also model gratitude for the things we already have during "prayers" and discussions. Marketing is everywhere these days, so we must be intentional about counteracting that impulse to want everything. Your presence is the best present! One thing that is also free, calms our worries, and encourages us to slow down is nature. So bundle up and get outside these next few months while you carefully savor all the holiday magic.

Sunday, November 3rd, 10:30AM: Multigen Service

- **10:15AM:** Nursery open, no children's religious education
- **During coffee hour:** Mini Harvest Festival

Friday, November 8th, 6:30pm: Game night

Sunday, November 10th, 10:30AM: World Kindness Day Story

Sunday, November 17th, 10:30AM: Native American Story

Sunday, November 24th, 10:30AM: Harvest Story

Children & Family Ministries



Upcoming Services

November 3: Message from the Pecans: All Flourishing is Mutual

"You know me, I think there ought to be a big old tree right there. And let's give him a friend. Everybody needs a friend." — Bob Ross



November 10: The Joy of Justice

The Joy of Justice - what spiritual and justice work is calling to us now? Where are our skills needed? Who is needing what we have to offer, and how do we connect with them?

November 17: Thoughtful Gatherings on a Sunday

Join us for a "covenant group" style worship service where we each get time to respond to spiritual question prompts.



November 24: Honorable Harvest

We will explore indigenous practices around spirituality and harvest ... and wonder what it means if we hear "no" from nature.

Social Justice News

CAROLING PARTY AT EMPOWER - SAVE THE DATE

Mark your calendars for our annual Caroling Party at our neighbor, Empower, Tuesday, December 10th from 12:30 to 1:30. Empower (formerly Station Club) is a program for adults with intellectual and developmental disabilities and provides vocational training and socialization activities. Any adult in our congregation is welcome to attend. Karen Baggott will be leading the singing of simple Christmas Carols and Dan Phillips will accompany us on the accordion. We will bring drinks, cookies, and snacks to share with Empower's clients and staff after the singing. Plan to participate in this event – it will definitely put you in the holiday spirit!



RED CROSS BLOOD DRIVE—DECEMBER 4TH

Our next Red Cross Blood Drive at UCF will be held on Wednesday, December 4th from 10 AM to 3 PM in our Social Hall. If you regularly give blood or would like to donate for the first time, please mark your calendar for this event. You can go ahead and schedule your appointment [HERE](#). We would love to get 30 pints of blood, which would give us \$300 to spend on something for our church! Giving blood is easy and will allow you to possibly save a life! There is always a great need for blood donations in our area.



Social Justice News

We are so excited about our partnership with the Beaufort Picture Show, which is based out of MillSpace in Beaufort. As part of their Beaufort Film Festival, they offered to show the following Social Justice films at UCF!

We had a nice turnout on October 17 for *The Deciders*, which was very timely, considering the upcoming election. And we look forward to *Made by History* on November 21st.

**More information is included in the flyer.



Unitarian Coastal Fellowship
a liberal religious community

SOCIAL JUSTICE FILM SERIES FALL '24
IN COOPERATION WITH THE BEAUFORT FILM FESTIVAL

THE DECIDERS: Thu, October 17, 2024; 6:30PM

Working class residents in a small, Southern town get a strange offer from a group of self-proclaimed
Parsons Millionaires: we'll show you how politicians from both parties rigged the economy against you. If
you'll help us fix it! Building themselves "The Deciders," this nascent group of single mothers, military
veterans and Trump supporters finds solidarity in pursuit of a living wage, and faces astonished forces and
cynical political leaders in a heartfelt documentary that will leave you asking who really decides where the
money goes? And why not you?

MADE BY HISTORY: Thu, November 21, 2024; 6:30PM

In October 2021, students from 7 high schools in Birmingham, Alabama, took to the streets for a music and
dance performance action to commemorate the young people who demonstrated on the same streets in 1963
as part of the Children's Crusade of the Civil Rights Movement. Directed by choreographer and activist
Bernard Barnes, "Made by History" was performed for attendees of the annual conference of the Arts
Schools Network, hosted in 2022 by the Alabama School of Fine Arts. This short film documents the
patience, perseverance, and reverence involved in creating the performance and provides a template for
amplifying young voices in any city. Students in the Alabama School of Fine Arts Digital Filmmaking course
and ASFA Studio were integral to the shooting and editing of this film.

VENUE	ALL ARE WELCOME
Unitarian Coastal Fellowship	Free Admission
2900 Bridges Street	Free Parking
Morehead City, NC 28557	Free Discussions

SUBJECT TO CHANGE
CHECK ONLINE FOR LATEST INFO:
<https://ucfnc.org/>
<https://www.beaufortpictureshow.org>

SHARE THE PLATE

Our September Share the Plate was collected for Planned Parenthood South Atlantic which 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 is a non-profit which provides a range of reproductive and primary healthcare services. We are happy to report that our generous congregation donated \$1010 to help Planned Parenthood continue to do this much needed work.

November Share the Plate: Holiday Gift Bags **Holiday gift bags**

For the month of November, we will continue to collect for our annual holiday activities by sharing the plate for our 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 items and additional gifts. Many of those bags will include a Walmart gift card.

UCF News

Holiday Gift Bags – You Can Help

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. We provide handmade knitted items donated by the Twisted Sisters and additional gifts. A basket will be in the UCF social hall throughout the month of November to allow everyone to bring unisex socks and oral hygiene products for us to include.



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 November 18 at 4pm. SBW

The UCF Book Club will meet Monday Nov. 18th @ 4PM in the SBW Center. Please join us. All are welcome. For info contact Joan Burton@LDYBG223@AOL.COM.



Weekly Meditation Mondays 5:30pm-6pm

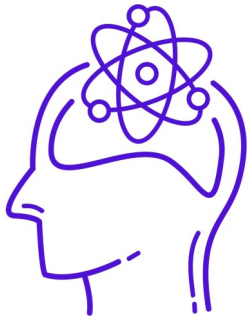


Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00.

Email Susan Roberts at landfall2@mindspring.com for more information or to be sent the Zoom link to join us!

Upcoming Events

Philosophy in the Afternoon Next Meeting November 6



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

Mental Health Wellness Support Group November 19



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)

November 13, 6pm - 8pm

(2nd Wednesday of the Month)

Contact: Jason Pesch

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



November Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 10:15am Nursery 10:30am Worship Service 11:30am First Sunday Family Fun Day 12pm UU101	4 5:30pm Meditation	5 10am Mental Health Family Support Group	6 8am After The Vote Holding Space 4pm After The Vote Holding Space 4:30pm Philosophy In The Afternoon	7 10am Leadership Council 6pm RE Meeting	8 6:30pm Game Night	9
10 9am Choir Practice 10:15am Nursery 10:30am Worship Service 12pm UU101	11 5:30pm Meditation	12 10am Mental Health Family Support Group 5:45pm Children & Family Ministries Zoom	13 2pm Finance 6pm CUUPS	14	15	16
17 TBD Choir Practice 10:15am Nursery 10:30am Worship Service 11:45am Social Justice Committee	18 4pm Book Club 5:30pm Meditation	19 10am Mental Health Family Support Group 6pm Mental Health Wellness 6pm NAACP	20	21 2pm ASE Committee 5pm Board of Trustees 6pm Film Series	22	23
24 9am Choir Practice 10:15am Nursery 10:30am Worship Service 11:30am Story Hour	25 5:30pm Meditation	26 10am Mental Health Family Support Group	27	28	29	30

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
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