



Our Coastline

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

December, 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!

November greeted spiritual traditions, election results, deepening into indigenous wisdom, and a Drag Story Hour! What a textured month!

December is not holding anything back, either – There are 5 Sundays in Dec, so 5 worship services, plus a Winter Solstice/Yule Sabbat, and, a special Christmas Eve service of Lessons & Carols, and a New Years service with an optional trip to Fort Macon for an ocean release – oh my!

Lots of opportunities to participate in volunteer and justice work – the Christmas gift bags need building and delivering (**including a caroling party to deliver bags to Empower Tuesday 12/10 at 12pm!!!**) (*see below for more opportunities)

As we move into the deep holiday season of traditions, of Christmas, Kwanzaa, Hannukah, Yule, we are invited to deepen into the spiritual needs of these holy



days. Whatever tradition you practice, that tradition serves a spiritual purpose – what is purposeful for you in this season? What is meaningful for you around these holy days? What joy do you spread? What sadness do you carry? Are you taking time to rest???

(Remember: Rest is Resistance!!!)

Holiday seasons can be hard on those of us who are distanced (emotionally or physically) from our families, and seeing other people embracing the joy can feel like a deeper wounding. I'm here for you if you need to talk, as is the Pastoral Care Team. Remember to reach out – isolation is its own wound. You have community; you have Family here. You are not alone, and you are loved.

Don't forget to sign up for coffee hour!

*Here's the list of gift bag building needs:

- HOLIDAY GIFT BAGS: Contact Miriam Green or Susan Roberts to volunteer:

Miriam: mwgreen15@gmail.com Susan: landfall2@mindspring.com
landfall2@mindspring.com

- Continue to bring in socks and oral hygiene items and put them in the basket in the social hall
- 11/23 1:00 pm – need 2 people to help Susan and Miriam organize donated items for the gift bags
- Before 12/7 – need 2 or 3 people to sign greeting cards (can be done at home). Get the cards from Miriam at church or arrange to pick up elsewhere
- 12/8 during coffee hour – need 3 people to watch over gift items as kids are stuffing bags for Empower
- 12/14 – 1:00 PM - need 2 people to help set up for bag stuffing on the 15
- 12/15 after the service – need 5 volunteers for stuffing the bags for Beach House, Hope Mission, and CLTRA

On the horizon:

- New Member service in January
- Buildings & Grounds organizing, and Happy Hammers
- Special CUUPS ritual for ripping and burning any discriminatory bills that need it (ala [Hana-Rawhiti Maipi-Clarke, the MP for Hauraki Waikato, began the haka after physically tearing up the bill in New Zealand Parliament](#))

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

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President's Column

December 2024 Coastline, from the President

President's Column

We woke this morning to the commotion of thousands of birds in the creek in front of our house. There were probably 60 White Pelicans and thousands of Cormorants as well as sea gulls. White Pelicans are a rare sight, they are almost twice the size of our common Brown Pelicans. After breakfast I walked down the shore and found some beautiful oysters in a small creek, at some point the birds were in the creek with me. The oysters will go into oyster stuffing for Thanksgiving, we will gather with family and friends for the traditional holiday feast. A perfect morning.

As we gather in church over the next couple of months to celebrate the holidays, I am thankful for each of you and all things we are able to do as a church. Our church is growing, new folks are coming through the doors, we have the energy of young folks energizing us. Thank you all.

See you in church,

Mark

Children & Family Ministries

Children & Family Ministries From Sarah Grenier

The December schedule is absolutely PACKED! Be sure to take advantage of Parent's Night Out to get your last-minute shopping done or to just breath during this hectic time of year! Show up for the fun and easy Christmas Pageant to take pictures for your family, and then come to sing your heart out at Christmas Eve carols! We have opportunities to teach our kids about generosity and taking care of others with the Angel Tree shopping and bag stuffing too. This month is going to be magical as we honor both the son and the sun.

Please bring prepackaged food donations to Sarah Grenier on December 8th to send to Xander while he is in military training! We want to send him some Christmas cheer! If you'd like to directly send him items, his mailing address is as follows:

SR Xander S. Simons

USS Cole, BEQ 6301

330 Nimitz Ave.

Great Lakes, IL 60088-3024

Sunday, December 1 st , 10:30AM: Big Bang Story

Saturday, December 7 th , 10AM: Angel Tree Shopping and Pizza Party

Sunday, December 8th, 10:30AM: Multigen Service

- **10:15AM:** Nursery open, no children's religious education
- **During coffee hour:** Christmas party and bag stuffing

Friday, December 13th, 5:30-8pm: Parent's Night out

Sunday, December 15th, 10:30AM: Baby Jesus Story

Sunday, December 22nd, 10:30AM: Multigen Spontaneous Christmas Pageant

- 10:15AM: Nursery open, no children's religious education

Tuesday, December 24th, 5pm: Multigen Christmas Eve Carols

Sunday, December 29th, 10:30AM: Welcoming Change Story

Children & Family Ministries



Upcoming Services

December 1: Caring for Community

The purpose of the UCF Pastoral Care Team is to extend care to the congregation through one-to-one caring and helping activities by lay members of the congregation to those who are in special need. Activities vary depending on the needs of the individual. Learn how you may benefit from this effort.

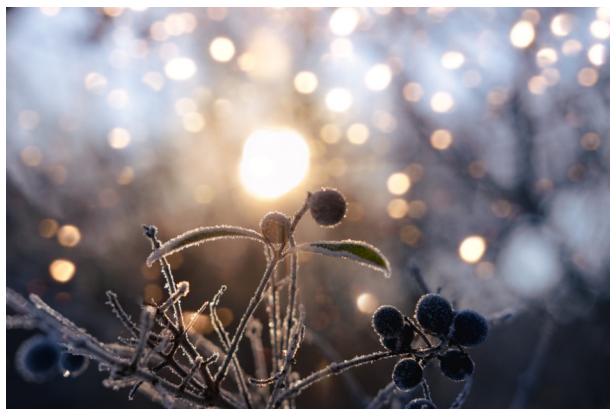
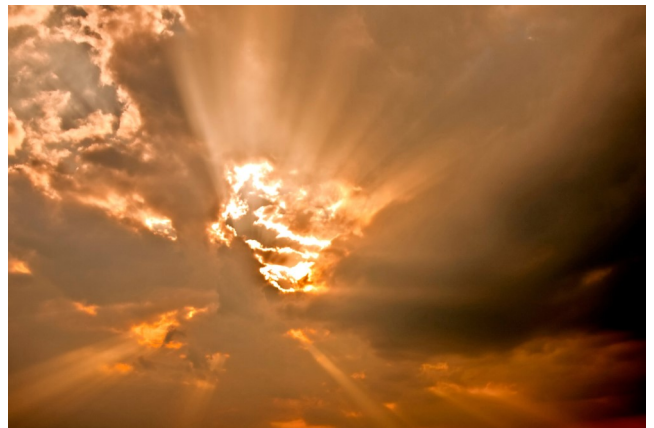


December 8: The Child in All of Us

Join Rev Leslie and Sarah Grenier, our Religious Education coordinator, in a special ceremony of child dedication. As a congregation centered on love we support the spiritual growth of our youngest ones. What does it mean to you to support a child's spiritual journey? What skills and beliefs do you have that will enrich their lives?

December 15: Spiritual Tradition Reflections from 3 Unitarian Universalist

In this service, three UCF congregants will share Spiritual Traditions they enjoy and honor this time of the year. Our lay-led services give us an opportunity to learn more about each other.



December 18: Celebrate the Winter Solstice with a Yule Sabbat

On Dec 18 and at 6pm - 7:30 in the UCF Sanctuary there will be a Yule Sabbat celebration! Together, we will honor the Winter Solstice, a time to reflect on the year past, embrace the present moment, and set intentions for the year ahead. This kid-friendly event will include the lighting of a traditional Yule log,

guided meditations, and opportunities to connect with the themes of renewal, gratitude, and

Upcoming Services

guided meditations, and opportunities to connect with the themes of renewal, gratitude, and community. Decorated with local winter flora, our altar will symbolize the enduring promise of life and light in the darkest days of the year. Whether you are familiar with Pagan traditions or simply wish to experience the beauty of the solstice season, all are welcome in this inclusive and sacred space. Please feel free to bring a small natural item (such as a pinecone or ever-green sprig) to add to the altar or a seasonal treat to share afterward. Let's kindle the flame of hope and joy together! For more details, contact Jason Pesch or Rev Leslie Runnels

December 22: Nativity: An Intergenerational Participatory Re-living of the Christmas Story

Join us as we tell the story of Jesus's birth in a no-rehearsal pageant - the Christmas season thrives on family gatherings, so come join this family story. There will be costumes, audience participation, young thespians, old thespians, and a miracle or two.

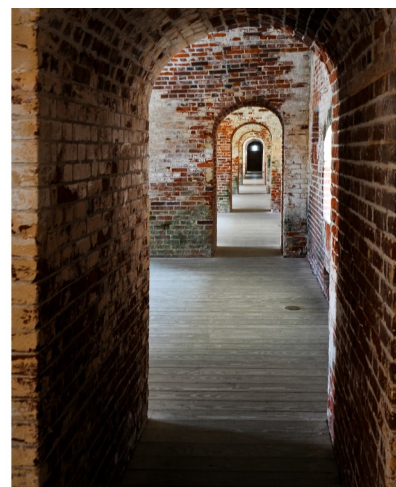


December 24: Christmas Eve Lessons and Carols 5pm

Come sing a song with us ... your favorite carols are accompanied with bible verse and modern reflection. How the story of Jesus' birth impacts our daily lives. We will end holding candles and singing Silent Night to each other.

December 29: Out with the Old, In with the New

Spiritual practice requires letting go to make space to welcome in the new. We will have a paper and water ritual for each of us to let go of that which doesn't serve us for the new year. Optional gathering at Fort Macon after service to take papers to the ocean for a big release. (Rest assured: we are using 100% plant-based and eco-friendly paper is safe for pets, fish, and wildlife)



Social Justice News

CAROLING PARTY AT EMPOWER - SAVE THE DATE

Our annual Caroling Party at our neighbor, Empower, will be on 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! SO WE KNOW HOW MANY PEOPLE WILL BE COMING, PLEASE EMAIL bsthomas2@gmail.com



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 at www.redcrossblood.org, or see Barb Thomas or Harriet Altman with questions or signup issues. We would love to get 30 pints of blood, which would give us \$300 to spend on something for our church!



American Red Cross
BLOOD DRIVE
DECEMBER 4TH
10AM-3PM UCF SOCIAL HALL



Social Justice News

October Share the Plate:

In the month of October, our Share the Plate collection was for our holiday giving programs: Project Christmas Cheer, Holiday Gift Bags and Caroling Party at Empower. The first Sunday of October, the entire collection (\$1755) went to help UU churches in western NC that had damage in the storm. During the rest of October, our share of the plate collection was \$868 for holiday giving. The plate share for November will add to this total.

December Share the Plate:

For the month of December our Share the Plate collection will be for the Bridge Down East. The Bridge Down East is a non-profit organization that seeks to have a positive impact on the Down East Community in Carteret County NC by offering a variety of programs throughout the year. As a youth center, we promote a community approach to enrichment, offering support, hope and inspiration for our youth as well as families in the community. The Bridge provides academic enrichment for children during Afterschool and Summer time. During their time with us we help students meet or exceed state/local standards in core academic subjects, offer cultural and life enrichment activities to complement academic programs, and provide free meals/snacks, and transportation to and from the program. We currently have 99 students enrolled between two sites, one at our facility location on Harker's Island and one at Atlantic Elementary School.

Current adult programs include a partnership with Carteret Community College which includes the housing of a USDA Grant technology equipped classroom which is utilized for Adult High School Education, Life Enrichment Classes, and Small Business and Career Counseling Services for all the communities in the Down East region.

Please give generously this month to support this wonderful organization which is doing so much for the Down East community.

Social Justice News

The Bridge Downeast: December Share the Plate



www.thebridgedowneast.org

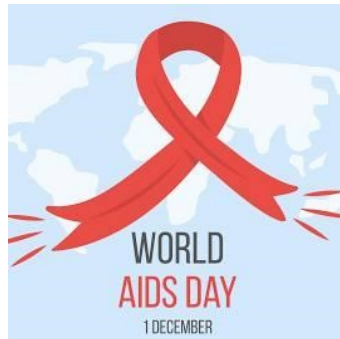


A rising tide lifts all boats!

**Thank you for your generous
support of this ministry!**

Social Justice News

Article from the Welcoming Congregation



On World AIDS Day, we remember...

The vibrancy of life — so much life — extinguished.

Death measured in the tens of millions worldwide.

A new disease, surging from the unknown, leaving unimaginable heartache in its wake.

We remember...

The stigma, the sadness, and the scapegoating.

The alienation, acrimony, and abandonment.

The pain and suffering, all too often, alone.

We remember...

The fear and the fearmongering.

The othering and oppression.

The stoking of hate when love was needed most.

We remember...

The silence of our leaders.

The courage of the activists.

The compassion of health care workers and the tenacity of scientists.

There are many alive today who are too young to remember. That AIDS is no longer a death sentence is a

testimony to all who fought for life.

But we must always remember those who are not here, lives cut short, a generation of loss.

You are not forgotten. You are missed and loved.

You are remembered.

By Dan Rather and Elliot Kirschner

Steady Newsletter, Dec. 1, 2023



MEMBERSHIP NEWS=UU 101!

About 15 Friends and 5 or 6 Members gathered to eat lunch and learn more about each other, our church and our faith, on Nov 27, Dec 3, and Dec 10. This was a wonderful opportunity to get to know each other better.

A good time, plus interesting discussions, were held over these three weeks of UU 101. Many Thanks to the Members for providing the light lunches and to the Friends who came to learn more and ask questions. A very special Thanks to Rev. Leslie for leading the very interesting UU 101 classes.

We will have a Welcoming Service for New Members on January 12th! We already have four Friends who have "signed the book" and will be welcomed in as Members on that day. Anyone interested in joining should see Martha Kenworthy, Penny Hooper, or Rev. Leslie.

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 into the month of December 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 December 16 at 4pm. SBW

The UCF Book Club will meet Monday Dec. 16 @ 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

UCF Pastoral Care Team

The purpose of the UCF Pastoral Care Team is to extend care to the congregation through one-to-one caring and helping activities by lay members of the congregation to those who are in special need. Activities vary depending on the needs of the individual. Learn how you may benefit from this effort.

Mental Health Wellness Support Group December 17



This support group will meet December 17, 2024 (3rd Tuesday of the month) - at 6:00pm 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)

December 11, 6pm - 8pm

(2nd Wednesday of the Month)

Contact: Jason Pesch

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



Upcoming Events



Angel Tree Gifting
MEET AT MHC WALMART 10AM
FOR SHOPPING
PIZZA AND WRAPPING GIFTS
AT UCF APPROX 12PM
DECEMBER 7TH



CHILD DEDICATION DECEMBER 8TH



SUNDAY FUNDAY
COOKIES • HOT CHOCOLATE • STUFFING BAGS
DECEMBER 8TH

CHILDREN & FAMILY MINISTRIES



Christmas Pageant
JOIN US FOR A SPONTANEOUS CHRISTMAS
PAGEANT ON DECEMBER 22ND DURING SERVICE



UCF PARENTS NIGHT OUT
FRIDAY, DECEMBER 13TH
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

December Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15am Nursery 10:30am Worship Service 11:30am First Sunday Family Fun Day	2 5:30pm Meditation	3 10am Mental Health Family Support Group	4 10am-3pm Red Cross Blood Drive	5 10am Leadership Council 6pm RE Meeting	6 9am LC Tending Cong Life Module Review	7 12pm Gift Bag Setup
8 9am Choir Practice 10:15am Nursery 10:30am Worship Service 11:30am Gift Bag Stuff Empower/Kids	9 5:30pm Meditation	10 10am Mental Health Family Support Group 12:30pm Caroling Party 5:45pm Children & Family Ministries Zoom	11 2pm Finance Committee 6pm CUUPS	12 6pm Film Series	13 6:30pm Game Night	14 12pm Gift Bag Setup
15 9am Choir Practice 10:15am Nursery 10:30am Worship Service	16 4pm Book Club 5:30pm Meditation	17 10am Mental Health Family Support Group 6pm Mental Health Wellness 6pm NAACP	18 6pm Winter Solstice / Yule Sabbat	19 5pm Board of Trustees	20	21
22 9am Choir Practice 10:15am Nursery 10:30am Worship Service	23 5:30pm Meditation	24 10am Mental Health Family Support Group 5pm Christmas Eve Lessons & Carols	25 Merry Christmas	26	27	28
29 9am Choir Practice 10:15am Nursery 10:30am Worship Service 12:30pm Fort Macon Ocean Release	30 5:30pm Meditation	31 10am Mental Health Family Support Group				

The UCF Team

Board of Trustees

President: Mark Hooper mhooper9@ec.rr.com

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Secretaries: Miriam Green mwgreen15@gmail.com
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Choir Director Karen Baggott kbaggott47@gmail.com

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Harriet Altman harrietalman@icloud.com

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Contact Us!

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