



## 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.

## Rev Leslie Runnels' column for Coastline Dec 2024

Greetings Beloveds of Unitarian Coastal Fellowship!

What a wonderful holiday season we had! Extra worship services, child dedication, candles, spiced cider, potluck, pageant, costumes, caroling, gift bags, cookies, cookies, cookies, ocean ritual and a hike!

January is not scared of following that act – we have a look cooking for you:

- New member Maria Lundgren is offering her first worship service for us
- We will be having a ceremony to welcome in our new members (I think there are 6 new members joining!)
- We will be honoring Rev Dr Martin Luther King Jr in worship service
- UCF also volunteers for the MLK celebration at Morehead City Civic Center – and we want you to join us! Many hands ...
- Hiroya Tsukamoto will be holding a concert Sat 1/25 – he is a fingerstyle guitarist and a storyteller, graduate of Berklee school of music, who will provide “immersive experiences that weave lyrical narratives with intricate melodies”
- One of the worship services will include an art project
- Lynn Burnett is offering an online workshop: White Antiracist Spirituality in U.S. History. Here's the workshop link to sign up

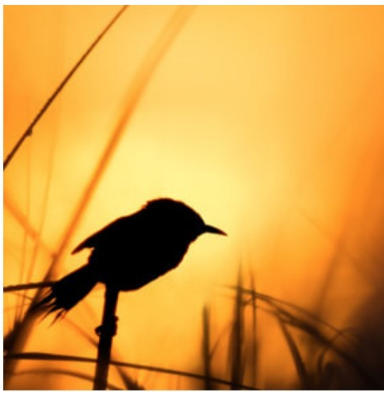
([White Antiracist Spirituality: Grounding Ourselves in the Historical Legacy Tickets, Multiple Dates | Eventbrite](https://www.eventbrite.com/e/white-antiracist-spirituality-grounding-ourselves-in-the-historical-legacy-tickets-1094804512769?aff=oddtcreator&fbclid=IwY2xjawG2z_pleHRuA2FlbQlxMAABHTSwmZdgBVDe6qi8AjM1onAhzAoOiFHLpkx6wOzZxh5X0oB00UeTsSqVgw_aem_JR7ubjNcymTgUNXm7nRpwQ) ).

[https://www.eventbrite.com/e/white-antiracist-spirituality-grounding-ourselves-in-the-historical-legacy-tickets-1094804512769?](https://www.eventbrite.com/e/white-antiracist-spirituality-grounding-ourselves-in-the-historical-legacy-tickets-1094804512769?aff=oddtcreator&fbclid=IwY2xjawG2z_pleHRuA2FlbQlxMAABHTSwmZdgBVDe6qi8AjM1onAhzAoOiFHLpkx6wOzZxh5X0oB00UeTsSqVgw_aem_JR7ubjNcymTgUNXm7nRpwQ)

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- Not yet confirmed, but perhaps the CUUPS group (Covenant of UU Pagans) will be offering a burning ritual coinciding with the presidential inauguration.
- Worship Associates training – if you'd like to join the worship team, let me know! LRunnels@ucfnc.org

The worship team has purchased a subscription to Soul Matters – which is a UU collection of worship themes and resources. This allows us to follow a monthly theme in our worship services and in our small group gatherings (“Thoughtful Gatherings”). It provides readings, chalice lightings, hymn selections, sermon prompts or full sermons to use. If you have wanted to offer a worship service to the congregation, but haven't known how to get started, this could make it easier for you! The Soul Matters theme for January is Story, and as you can see from the list above, we have some stories in the making.



On the radar:

-Thoughtful Gatherings return in the Spring! These are small group meetings that take place in a home, where each person is given time to respond to spiritual questions and prompts. Ministry happens in relationships, and **small group ministry** like this deepens and expands the shared ministry of a congregation by offering a process for deepening relationships and spiritual journeys.

In closing, I am offering this poem from Barbara Rohde:

### **For the New Year**

*We gather together at the beginning of a new time.*

*We stand at the edge of a true wilderness. No one has entered it, nor worn a path for us. There are no maps.*

*We look toward that great openness in awe of the freedom and possibility before us. Yet there is also something in us that causes us to face the unknown territory cautiously and anxiously.*

*Now, in this place, we take time out of time to look back, to see where we have been and what we have been, to reflect on what we have learned thus far on our journey.*

*We gather together to remind each other to see our True North, and to encourage—to place courage in—one another.*

*When we leave this place, we must each find our true path. We must walk alone. But now and then we may meet.*

*When we meet, may we offer each other the bread of our being.*

*And oh, my siblings, and oh, my cousins, if you hear me plunging wildly, despairingly, through the thicket, call out to me. Calm me.*

*And if you find me sleeping in the snow, awaken me, lest my heart turn to ice.*

*And if you hear my music, praising the mornings of the world, then in that other time, in the blackness of my night, sing it back to me.*

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# Children & Family Ministries

## Children & Family Ministries From Sarah Grenier

December was such a joy. From our child dedication to our Christmas pageant to lots of COOKIES, we truly celebrated the holiday season with love and peace in our hearts. The New Year is upon us and may our commitment to our community and justice be refreshed and rejuvenated. I look forward to what 2025 holds for our RE program, and I would like to thank you all for letting me and the RE committee organize this program for almost a whole year now. It has given me so much happiness to get to know our kids and to teach our UU values. This year we've had two RE classrooms, started a summer youth group, participated in the Climate Justice Revival, dedicated many children, done monthly Sunday Fundays, and more! I can't wait to see what we have in store for 2025! Now for the January schedule:

- Sunday, January 5 th , 10:30AM: God is like the Dark Story  
- During coffee hour: Sunday Funday
- Friday, January 10th, 6:30pm: Game Night
- Sunday, January 12th, 10:30AM: Our Church Home Story
- Sunday, January 19th, 10:30AM: James Reeb and MLK Jr. Story
- Sunday, January 26th, 10:30AM: Multigen Service  
- 10:15AM: Nursery open, no children's religious education



# Children & Family Ministries



# Upcoming Services

## January 5: Being the Light in Chaotic Times

An exploration of how we can be like a lighthouse in chaotic times: maintaining a firm foundation, clear boundaries, and keeping our light shining.



## January 12: With Open Hands and Open Hearts

Join our joy as we welcome in new members to our growing congregation with a ritual of belonging, and our story of membership broadens and deepens.

## January 19: Connecting the Story of Love with the Story of Power

The Rev. Dr. Martin Luther King Jr. called us to understand the connection between our power and our need for justice. Join us as we deepen into the story and meaning of his quote: "Power without love is reckless and abusive, and love without power is sentimental and anemic."



## January 26: The Songs that Bind Our Stories Together

Each piece of music tells us a story and adds depth to the story of our own lives. We will explore some of our popular songs, along with a special guest! Will there be an interactive art project? Of course there will be!

# Social Justice News

## November Share the Plate:

November's Share the Plate was used for our Holiday Giving programs (as was October's). We raised \$868 in October and \$889.50 in November for a total of \$1757.50. That money was used to purchase Christmas gifts for six local children in two families, and to purchase 66 \$20 Walmart gift cards that were placed in gift bags for people in Hope Mission's Homeless and Recovery programs, as well as the clients of Beach House, a program for adults with severe and persistent mental illness. PLEASE SEE OUR HOLIDAY GIVING ARTICLES IN THIS ISSUE OF THE COASTLINE.

## January Share the Plate:

January's Share the Plate will go to Family Promise of Carteret County. UCF has helped support this nonprofit with funding and volunteer work since it began in 2011. Family Promise is a program for homeless families with children, whether they have one or two parents. The program provides meals and shelter, counseling, assistance in accessing local resources, including SNAP, Medicaid, subsidized housing, jobs, and whatever else is needed. The program is supported by local donations, including 12 local "Support" churches which provide funding, on a rotating basis, to pay for groceries for those in the program. Guests are housed at their building at 1500 Arendell Street – at last check, there were 14 guests staying there. Each Support Church is asked to give \$300 to the program four times a year. Here at UCF, we budget annually for half of that \$1200 and use Share the Plate to provide the other half. Any money that is collected over the \$600 will also go to Family Promise to provide for the many other financial needs of the program.





# Social Justice News

## CAROLING PARTY AT EMPOWER

On Tuesday, December 10th a group of members and friends from UCF brought a Holiday Caroling party to our neighbors at Empower. Empower (formerly Station Club) is a program for adults with intellectual and developmental disabilities and provides vocational training and socialization activities. Karen Baggott led the singing of simple Christmas Carols and Dan Phillips accompanied us on the accordion.

The members and staff of Empower sang along with us. We brought drinks, cookies, and snacks to share after the singing. Everyone had a great time – this is an event we look forward to every year!



# Social Justice News

## Holiday Gift Bags

As is our tradition, UCF reached out to over 100 adults in Carteret County who are dealing with serious problems, including homelessness, severe and persistent mental illness, developmental disabilities, natural disasters, and addiction recovery. These adults are served by 4 local organizations: Hope Mission, Beach House, Empower, and Carteret Long Term Recovery Alliance. Each adult received a gift bag from UCF.

The gift bags included one or more handmade items from the Twisted Sisters, a Carteret County group that meets weekly at the Leon Mann Senior Center to knit and crochet. Personal toiletries and a greeting card were also included. Lastly, many of the gift bags included a Walmart \$20 gift card.

All of these adults are most grateful to receive these gifts, and most grateful to be remembered during this holiday season.



# Social Justice News



## White Antiracist Spirituality Grounding Ourselves in the Historical Legacy

An event by [CrossCulturalSolidarity.com](http://CrossCulturalSolidarity.com)

There are two session times to choose from:

**Tuesdays throughout January at 4PM Pacific / 7PM Eastern, OR  
Thursdays throughout January at 6PM Pacific / 9PM Eastern**

These times call on us to deepen our White antiracist path and practice... and to ground ourselves in sources of antiracist wisdom and inspiration. Join us throughout January, to learn together from the legacy of White antiracist spirituality in US history.

Email [Burnett.Lynn@gmail.com](mailto:Burnett.Lynn@gmail.com) for the event link.

# Social Justice News

## Rev. Martin Luther King Jr. Birthday Celebration

Members and friends of UCF will be helping to prepare and serve the lunch for over 200 people who attend the Rev. Martin Luther King Jr. Birthday Celebration on Monday, January 20th . UCF has been doing this for over 25 years and it is always a good time. We will be arriving around 9:30 AM (we will send you the exact time to arrive when it gets closer) and will start preparing the plates. After watching the ceremony, which begins about 11:00 AM and includes music and a keynote speaker, we will serve the lunch. We can leave as soon as the lunch is served and cleaned up – usually about 1:30 to 2:00 PM. If you would like to help, please contact Barbara Thomas ([bthomas2@gmail.com](mailto:bthomas2@gmail.com)) so we can be sure we have enough people.



# 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** January 20 at 4pm. SBW

The UCF Book Club will meet Monday Jan. 20 @ 4PM in the SBW Center. Please join us. All are welcome. For info contact Joan Burton@[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.

Email Susan Roberts at [landfall2@mindspring.com](mailto: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 January 21



This support group will meet January 21, 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)

**January 14, 6pm - 8pm**

(2nd Wednesday of the Month)

Contact: Jason Pesch

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



# Upcoming Events



## HIROYA TSUKAMOTO CONCERT

JANUARY 21, 2025

6:30PM

UNITARIAN COASTAL FELLOWSHIP  
MOREHEAD CITY, NC

SLIDING SCALE TICKETS RANGE FROM \$15-25

### "A Journey Through Strings and Stories"

Tsukamoto brings a blend of masterful fingerstyle guitar and evocative storytelling that transcends cultural barriers. His artistry, honed at the prestigious Berklee College of Music, has been celebrated on renowned stages like the Blue Note in NYC and the United Nations, and lauded for its "delicate, fluid, and beautifully detailed" style by Acoustic Guitar magazine.

Tsukamoto's concerts are not just musical events; they are immersive experiences that weave lyrical narratives with intricate melodies. Recognized for his soulful performances that create an orchestra at his fingertips, he invites audiences into his world of musical exploration and emotional expression. This is a rare opportunity to witness a performer who has been celebrated for his ability to take listeners on an "impressionistic journey" (Boston Herald). Enchanting music that promises to resonate long after the final note is played.

### The Green Bottle

Where you fall on the sliding scale

FINANCIAL PRIVILEGE

I am comfortably able to meet all of my basic\*\* needs

I may have some debt but it does not prohibit attainment of basic needs

I own my home or property OR I rent a higher-end property

I own or lease a car

I am employed or do not need to work to meet my needs

I have regular access to health care

I have access to financial savings

I have an expendable\*\*\* income

I can always buy new items

I can afford an annual vacation or take time off

I may stress about meeting my basic needs but still regularly achieve them

I may have some debt but it does not prohibit attainment of basic needs

I own or lease a car

I am employed

I have access to health care

I have access to financial savings

I have some expendable income

I am able to buy new items & I thrift others

I can take a vacation annually or every few years without financial burden

I frequently stress about meeting basic needs & don't always achieve them

I have debt and it sometimes prohibits me from meeting my basic needs

I rent lower-end properties or have unstable housing

I do not have a car and/or have limited access to a car but I am not always able to afford gas

I am unemployed or underemployed

I qualify for government assistance including food stamps & health care

I have no access to savings

I have no or very limited expendable income

I rarely buy new items because I am unable to afford them

I cannot afford a vacation or have the ability to take time off without financial burden

PERSONAL FINANCIAL EXPERIENCE

\*\*BASIC NEEDS include food, housing and transportation.  
\*\*\*EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books and similar items each month, etc.

designed by Alexis J. Cunningham | www.worshipcounseling.com

# Upcoming Events



## OWL Facilitator Training March 2025

OWL (Our Whole Lives) helps participants make informed and responsible decisions about their relationships, sexual health and behavior. With a holistic approach ([PDF](#)), Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity and expression, sexual orientation, sexual health, and cultural influences on sexuality.

UCF hopes to train facilitators in March at the Southern Region training in Memphis March 26, 27 and 28. Please speak to Rev Leslie or Sarah Grenier if you are interested in becoming a facilitator for OWL classes.





# January Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <b>6pm</b> RE Meeting	3 <b>9am</b> LC Tending Cong Life Module Review	4
5 <b>10:15am</b> Nursery <b>10:30am</b> Worship Service <b>11:30am</b> First Sunday Family Fun Day	6 <b>5:30pm</b> Meditation	7 <b>10am</b> Mental Health Family Support Group	8 <b>2pm</b> Finance Committee <b>6pm</b> CUUPS	9	10 <b>6:30pm</b> Game Night	11
12 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service <b>12pm</b> Worship Team Training	13 <b>5:30pm</b> Meditation	14 <b>10am</b> Mental Health Family Support Group <b>6pm</b> CUUPS	15	16 <b>5pm</b> Board of Trustees <b>6:30pm</b> Worship Team	17	18
19 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service	20 <b>4pm</b> Book Club <b>5:30pm</b> Meditation	21 <b>10am</b> Mental Health Family Support Group <b>6pm</b> Mental Health Wellness Group <b>6pm</b> NAACP Meeting	22	23	24	25 <b>6:30pm</b> Hiroya Tsukamoto Concert
26 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service	27 <b>5:30pm</b> Meditation	28 <b>10am</b> Mental Health Family Support Group	29	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  
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## Contact Us!

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