

# Our Coastline

Official Newsletter of the Unitarian Coastal Fellowship  
Morehead City, NC

March, 2025



## 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.

# Minister's Column

## Rev Leslie Runnels column for Coastline March 2025

Greetings Beloveds of Unitarian Coastal Fellowship!

Worship for the month of March will have a theme of “Trust”, and our musical anthem for the month is #348 Guide My Feet. As our lives offer up change, whether that is a new family member or the loss of a family member, a new job or the loss of a new job, new governmental policies, health diagnoses .... We go through a process – we figure out how we are going to make it through ... we might think about what we need to get through, or who we need. And we figure out who we can trust and how we can trust. And what it means for us to be trustworthy in reciprocal relationships.

Our pledge drive continues through March, and we gratefully accept your gifts of abundance that continue to support our faith and this congregation.

As we all work to welcome everyone into their own authentic selves, we also need to do our own work to be our most authentic selves – which means we have to put down those old stories that were told to us about how we can and should be.

We don't usually succeed at this work on our own, though self work is always important – but we do it in community. Here at this congregation we do community a certain way. In a Unitarian Universalist way, sure ... but also in Unitarian Coastal Fellowship's kind of way – the culture you have built here ... and continue to grow and re-build when we learn more of the story of how we all can support each other on our way to collective liberation and true freedom for everyone. The Whole and the Holy.

# Minister's Column

I want to introduce some programming that your leaders and I have mapped out for us based on the big posters we had in the Social Hall that you got to vote on with your stars. We have Spring 2025 and Summer 2025 mostly complete ... and will be working on Fall and Winter once we find out if we have any kinks to work out.

I present to you, Spring 2025 programming at UCF:

## Spring Programming at UCF

### Monthly SEE - SAW

(Social Excursions & Service Actions)

Hikes/Picnics  
Bonehenge  
Visit Mosque/Temple



Trash/Beach/Hwy CleanUp  
OWLS Cleanup  
Animal Shelter

### THOUGHTFUL GATHERINGS

(Small Group Ministry)

3 regional gatherings  
Hosted by a member



UU IOI



3 sessions of UU History and Theology  
(Followed by New Member Ceremony)

### Poli-Sci & Hi-Fi (ongoing)



UUNCJM (Justice Ministries) weekly call on Fridays & specific actions  
Trip to Watch Legislature, Meet with Congress and/or Council Members  
Rallies, Marches, Letter Writing



On the left you see monthly “See Saws” – that’s shorthand for Social Excursions and Events, and Service Actions and Witness – the see saw, the teeter totter is all about balance – so this is how we practice balance here at UCF – where sometimes its about play, and sometimes it is about making play happen for other people and creatures. This will be lead by ya’ll .... More about that later.

Thoughtful Gatherings returns in March – one gathering a month hosted

# Minister's Column

in a member's home, over three months – this will be led by the Adult Spiritual Enrichment team led by Susan Roberts.

UU101 returns again in May for our newer members and visitors – all are welcome – and the Membership Team and I are leading this.

And then Poli Sci & Hi – Fi – this is how we integrate our ongoing justice initiatives into our programming led by our justice teams – poli sci helps us with political education and interacting with our elected (and unelected) officials. The Hi Fi – is for High Fidelity – some of you might remember this is how we referred to our stereos back in the day – this is where we get loud and proud!

And here is a sneak peek at Summer Programming:

## Summer Programming at UCF

### HOT ART IN COOL SPACES

Monthly Workshop (Sat or Sun after Service)



Jewelry making, Knitting, Sewing  
Collage/Vision board making

Monthly Evening Entertainment

Family Flick   
Social Justice Movie   
Concert

### FAMILY FUN SUMMER CAMP



6-8 weeks  
Every Tues night 6-8pm  
Park, movie, beach, bouncy house, etc



### UUA GENERAL ASSEMBLY



June 18-22  
Baltimore, and online




Poli-Sci & Hi-Fi (ongoing)  
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# Minister's Column

Hot Art in Cool Spaces (HACS) – the hot sun of summer sends us inside to the sweet air conditioning – and we will explore art and creativity, and also includes some time for movies and concerts. This, like the See Saws, will be lead by you .... More later

Family Fun Chalice Camp – is back by popular demand, led by Sarah Grenier and RE team

UUA General Assembly is in Baltimore and online, and is a great way for us to all work and play at understanding our faith, our justice, our authentic selves, our freedom. This is led by ... NOT US!!!! We just get to go  or watch from home.

And Poli Sci Hi Fi continues offering opportunities for us to have a greater impact on justice issues as we put our congregation beside our neighbors and in front of power.

SEESAW and HACS need your organizing! If you want to help organize a picnic or hike, we want you to! If you want to organize a class on jewelry making, we want you to! If you want to lead a beach cleanup, we want you to! We have a document of guidelines that you can use. We will have more coming about this soon – but just be thinking about what you would like to organize.

Sending you all love for another exciting month at Unitarian Coastal Fellowship – may you all be safe, may you all be happy, may you all be loved, and may you all love.

Rev Leslie

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# President's Column

## **March 2025 Coastline, from the President**

Thanks to everyone who participated in the recent Coffee with the Board. It is great to be on the journey to Call Rev Leslie to be our full-time called Minister. We have great members of a Task Force to guide us through the process. A big thanks to Susan Fetzer, Amy Jones, Sarah Sutherland, Phillip Strickland, and Devin Merkley. A part of this process is to assess our role as congregants at UCF. Rev. Leslie can't do everything, and we need your input as to what you want to see at UCF. We will be looking at things we have done well, things we need to work on, and a look ahead to a future to shape together. We are in a very good place with new members and members with children. We want to make sure everyone is finding what they need as we come together as a church. One item we will be working on is communication. Communication within the church and communication with the folks outside our close circle. This will help us grow and let the community know what we have to offer. You might want to consider being part of this group, we need young folks with good computer skills, and we want to hear from everyone. We will be holding a Coffee with the Board on a more regular basis starting in March. I look forward to having wonderful discussions with you all, I am always available for a chat. Thanks, and see you in church,

Mark Hooper

# Children & Family Ministries

## Children & Family Ministries From Sarah Grenier

It is hard to parent in times like these. Injustices are around us and overwhelming us. We are trying to keep up with the latest news while also making lunches and wiping butts. We want to set a good example for our children to be calm, to resist, and to be joyful. It's times like these that our faith and our welcoming community are so vital. Resisting is easier together. Resting is easier together. Celebrating is easier together. Let our fellowship be a beacon of light for your family in these weary times. Bring your faith into your everyday life with a few of these ideas:

- Have something in your house that says you are Unitarian Universalists: a chalice, a wall hanging, a stained glass chalice pendant.
- Light a family chalice at family meals, give thanks, and ask for support in your own lives, in helping others in your family and friendship circle and for peace in the world.
- Share joys and sorrows or highs and lows.
- At bedtime, comment on UU values in bedtime stories.
- Participate in a bedtime prayer or reflection. (One thing your thankful for, one thing you hope will happen, one thing your sorry for and would like to improve, and one person to send loving thoughts to.)



# Children & Family Ministries

- Mention the UU principles and how they relate to the way you live your life. For example, when you recycle relate it to your UU beliefs about the interdependent web.
- Develop your own spiritual beliefs and share these beliefs with your children. Talk with your children about spiritual questions and topics.
- Ask your children what they learned in RE after church
- Volunteer – Families can “do good together”. Look for service projects that the family can do together. Relate the service project to one of the UU principles. Ask afterwards: How did you make a difference? What did you learn, how have you been changed? And perhaps What can you do beyond today to continue this work?
- Tell like-minded friends about our congregation

**Sunday, March 2nd, 10:30AM:** Women’s History Month Bingo

- During coffee hour: Sunday Funday

**Sunday, March 9th, 10:30AM:** Bishop Budde Discussion

**Sunday, March 16th, 10:30AM:** Dorthea Dix Story

**Sunday, March 23rd, 10:30AM:** Spring Equinox Story

**Sunday, March 30th, 10:30AM:** Multigen Service

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

# Children & Family Ministries

## **Basic First Aid & CPR Training**

for Adults, Children & Infants

**Where:** Beaufort Fire  
Dept. 506 Live Oak St  
**Date:** March 10th 5-  
7pm  
**Fee:** \$5 cash or check  
**Limited to 10 people**  
**RSVP on signup genius**



To sign up please, visit the link below:

<https://www.signupgenius.com/go/4090E4AADA72BA7FD0-55215739-beaufort>

# Upcoming Services

## March 2: Trust in the Dirt

What exactly is "trust," anyway? Why is it important to reevaluate what we mean when we invoke this idea? Trust is another one of those messy abstractions that make us human - and it is something that humans make. How do we maintain trust in chaotic times - with so much dirtiness - or "matter out of place?"



## March 9: Fish Guts & Oranges

If we are willing to embrace the challenge of becoming whole, we cannot embrace it alone—at least, not for long: we need trustworthy relationships to sustain us, tenacious communities of support, to sustain the journey toward an undivided life.

## March 16: But What About My Trust Issues?

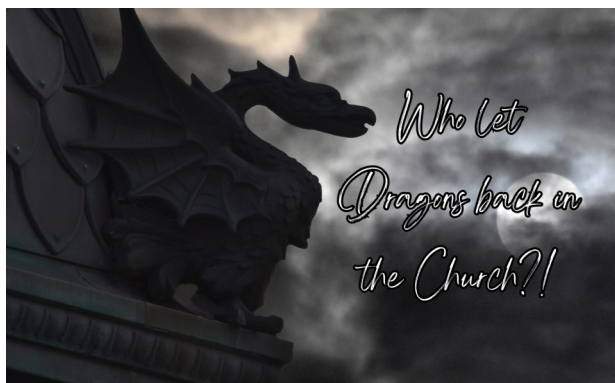
We know how important trust is in relationships, how do we move with trust when we have been harmed?



# Upcoming Services

## March 23: Trusting in Abundance & Listening to the Seeds

A bird sitting on a tree is never afraid of the branch breaking, because her trust is not in the branch but in her own wings.



## March 30: Who let Dragons back in the Church?!

What do you get when you mix collaboration, shared narrative, mutual reliance, camaraderie, teamwork, and creative expression?? A community that knows how to play and how to trust each other .... you know ... like a church!!

# Social Justice News

## SHARE THE PLATE

### January

Our January Share the Plate was for Family Promise, a program in Morehead City that helps homeless families by providing housing, food, and counseling as well as aiding in finding employment. We are a support church for Family Promise, along with 11 other churches, and provide them with \$300 a quarter to help pay for food for their guests. Our \$1200 support contribution is half covered by the Social Justice Committee budget and the other half comes from a once a year Share the Plate. This year we received \$817.40 from the congregation which will allow us to pay the \$600 support money along with providing \$217 extra for other expenses.

### **March Share the Plate to Benefit Outer Banks Wildlife Shelter (OWLS)**

Ever come across a bird that couldn't fly, a turtle knocked by a car, or any other injured wildlife? There's a place to take them for care, rehabilitation, and re-release, if possible. It's called Outer Banks Wildlife Shelter (OWLS). It is in Newport, Carteret County, on Rt. 24. They provide medical care, food and shelter for rehabilitating animals, rescue, and transport, and, when possible, release of injured wildlife. They also seek to educate our local communities by inspiring proactive engagement in wildlife conservation efforts. They are our March Share the Plate.

The center uses a variety of animal feeds, beddings, and shelters, different for each species. They have a small staff and a bit bigger

# Social Justice News

volunteer group keeping animal spaces clean, and animals well fed. They have an Amazon wish list, with a link on their website, if you would like to check it out.

Their building is also in need of repairs. They are currently working on stabilizing and replacing floor supports, subflooring and flooring in their main building.

As spring arrives OWLS becomes very busy with baby birds and other baby animals people find and bring in. Volunteers can be any age and can help feeding and caring for the animals. For adults, a volunteer transport team is trained to go out and rescue injured wildlife. In summer they look for interns that are interested in careers in veterinary medicine or biology. OWLS covers all eastern Carolina and has received animals from 20 counties.

You might see them with a booth and some education animals at the Olde Beaufort Farmers' Market. This is one of educational/fundraising things they do with the help of volunteers. On Sunday, March 16th from 12 – 4 pm, they'll be at St. Patrick's Day in the Gardens at Carolina Home and Gardens for a fundraiser. The second annual Run for the Wildlife, a Fort Macon 5K trail run at 9am on March 29th will also benefit OWLS. In early April they expect to have an open house and baby shower at the shelter. Look for it. They will offer tours by arrangement after some of the flooring work is completed. Please call to schedule.



# Social Justice News

## News From the Welcoming Congregation Renewal Team

The Welcoming Congregation Team is thrilled that we were recently notified by UUA that UCF successfully completed the Five Practices of Welcome Renewal for 2024.

Below is an excerpt of the letter from Rev. Michael J. Crumpler, UUA LGBTQ and Multicultural Director Programs Director.

“Congratulations! You have successfully completed the Five Practices of Welcome Renewal for 2024. Sincere congratulations on your ongoing commitment to LGBTQ+ welcome and inclusion in and beyond Morehead City. It was a pleasure to read about all you have accomplished and the powerful work you have done to ensure that Unitarian Coastal Fellowship is meeting the needs of queer and trans congregants and the wider community.

Thanks again for your congregation’s life-giving, essential work!”

UCF’s 2024 Welcoming Congregation Renewal certificate is framed and in the foyer.

To learn more about UUA’s LGBTQ programs and activities, please visit: [www.uua.org/lgbtq](http://www.uua.org/lgbtq) to subscribe to the quarterly UPLIFT newsletter and read the UPLIFT blog. You can also join the new Welcoming Congregations of Unitarian Universalism Facebook Group and follow UPLIFT Twitter and Instagram @uua\_lgbtq.



# Social Justice News



## **INTERNATIONAL TRANSGENDER DAY OF VISIBILITY (TDOV)**

March 31 is International Transgender Day of Visibility (TDOV) and this is a day to recognize, revere and celebrate the courage, resilience, accomplishments, and joy of the transgender and non-binary community. May we all recognize and remember that this community is under assault everyday just to be their true selves.

*“It’s brutal right now, but trans people have always existed and they will forever exist and they will never, no matter what happens, take trans joy away. I would not be here without trans girls. So just know that pop music is thinking about you and cares about you and I’m trying my best to stand up for you in every way that I can.”*

Chappell Roan  
Best New Artist  
2025 GRAMMYs

Let us be proud of the work that we do personally and as a part of UCF to celebrate and stand up for the transgender and non-binary community while also reflecting on ways that we can take further action.

UUA has resources to learn more about ways to be more welcoming and inclusive of transgender people and basic definitions about gender identity at <https://www.uua.org/lgbtq/identity/transgender>

The 2025 UUA Common Read is *Authentic Selves: Celebrating Trans and Nonbinary People and Their Families* and can be purchased at <https://www.uuabookstore.org/Search.aspx?k=Authentic+Selves>

The Human Rights Campaign is another site that has current information and resources. <https://www.hrc.org/resources/international-transgender-day-of-visibility>



# 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** March 17 at 4pm. SBW

The UCF Book Club will be meeting on Monday Mar. 17 @ 4PM in the Sally B. White Center. We will be discussing "The Mighty Red" by Lousie Erdich. In this novel, a high school jock falls in love with and proposes to the Ojibwe daughter of a woman who works for his family's sugar farm. This book deals with a question of inheritance and identity, mapping the impacts of past injustices on present – day inequalities.

Please join us to talk about this novel by award winning novelist Louise Erdich, who is also Ojibwe. Contact Joan Burton [LDYBG223@AOL.COM](mailto:LDYBG223@AOL.COM) for more information.

## **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

## March Choir Practice Schedule

**March 2** : Choir Practice 9:00am

**March 9** : Choir Practice 9:00am

**March 16** : Choir Practice 9:00am & sing in the service

**March 23** : No Choir Practice

**March 30** : No Choir Practice

## **Meatless Monday is Returning**

You are all invited to a Meatless Monday potluck supper on Monday, March 31 at 6:00 pm in the Social Hall. Bring a dish to share that doesn't involve meat and we will enjoy eating and visiting with each other.



## **Mental Health Wellness Support Group March 18**



This support group will meet March 18, 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.

# Upcoming Events



## **Red Cross Blood Drive – March 31, 2025**

Our next Red Cross Blood Drive at UCF will be held on Monday, March 31 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

<https://www.redcrossblood.org/give.html/drive-results> zipSponsor=UnitarianCoastalFellowship,

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! Giving blood is easy and will allow you to possibly save a life! Everyone who donates will get a \$10 e-gift card and an A1C test (this is a test for diabetes). Your A1C results will be sent only to you, along with information about how to interpret the results.

# March Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service <b>11:30am</b> First Sunday Family Fun Day	3 <b>5:30pm</b> Meditation	4 <b>10am</b> Mental Health Family Support Group	5	6 <b>10am</b> Leadership Council <b>6pm</b> RE Meeting	7	8
9 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service	10 <b>5:30pm</b> Meditation	11 <b>10am</b> Mental Health Family Support Group	12 <b>2pm</b> Finance Committee <b>5pm</b> Welcoming Congregation	13 <b>10am</b> Membership Committee <b>6:30pm</b> Worship Team	14	15 <b>10:30am</b> Board/LC Workshop - Risk & Resistance
16 <b>9am</b> Choir Practice <b>10:15am</b> Nursery <b>10:30am</b> Worship Service <b>11:45am</b> Coffee with the Board	17 <b>4pm</b> Book Club <b>5:30pm</b> Meditation	18 <b>10am</b> Mental Health Family Support Group <b>6pm</b> Mental Health Wellness Group <b>6pm</b> NAACP Meeting	19	20 <b>5pm</b> Board of Trustees	21	22 <b>11am</b> Worship Team Retreat
23 <b>10:15am</b> Nursery <b>10:30am</b> Worship Service	24 <b>5:30pm</b> Meditation	25 <b>10am</b> Mental Health Family Support Group	26	27	28	29
30 <b>10:15am</b> Nursery <b>10:30am</b> Worship Service	31 <b>5:30pm</b> Meditation <b>6:00pm</b> Meatless Monday Potluck Supper					

# 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** Samantha Simmons samantha@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

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Harriet Altman harrietalman@icloud.com

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