



UNITARIAN COASTAL FELLOWSHIP
A Unitarian Universalist Church

The CoastLine

Unitarian Coastal Fellowship
Member of the Unitarian Universalist Association
1300 Evans Street, Morehead City, NC 28557
www.ucfnc.org
252-240-2283
Minister: The Reverend Sally White
252-726-4863

OUR MISSION STATEMENT: The Unitarian Coastal Fellowship: building a community that fosters free religious inquiry and universal social justice.

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.

March 2010

FROM THE WORSHIP COMMITTEE

February 7: **Integration.** In his memoir, *In Between*, the Rev. Mark Morrison-Reed tells the story of being raised as one of a few Afro-Americans in the two most important institutions of his childhood, his Unitarian Universalist church and his school. Focusing on his lifelong "spiritual quest for integration," he writes openly about his struggle to find his calling as his world came apart in the "either-or era of Black Power." Morrison-Reed uses story and an open heart to help find integration in our communities, in our denomination, and within ourselves. "Integration is inevitable," he writes. "There is no other way. Never was and never will be."

Mark Morrison-Reed will be the keynote speaker at our Eastern North Carolina UU Congregations cluster meeting in Greenville, NC on March 20. This morning I will introduce you to his book, and encourage you to join me in hearing him speak at the cluster meeting.

February 14: **Gratitude.** Encompassing awareness, interconnection, appreciation, humility and relationship, the cultivation of gratitude is a spiritual practice, and the expression of gratitude is a spiritual discipline. On this closing day of this year's annual canvass, let us pause for a time, let us consider the spiritual power of gratitude, and let us say "thank you," each in our own ways.

March 21: **The Four Directions.** Taking from Native American and Pagan traditions, we'll move "outside of the box" and around the circle, looking at the four directions, the four elements, and animal totems.

February 28: **Passover.** The great Jewish springtime celebration of liberation from slavery in Egypt and freedom from oppression begins at sundown on Monday, March 29. This morning we, too, will consider the price and the blessings of freedom and the ways in which ritual and storytelling keep ancient lessons alive in our hearts and minds. Our service will prepare us for the Passover Seder meal and service that we will celebrate here on Monday evening (see article elsewhere in this issue).

FEBRUARY GREETERS

Greeters are now being assigned. In an effort to simplify the greeter process, as well as to involve as many of our members as possible in being greeters, a list for March, April, and May is posted in the Social Hall. If your name is on the list you should have received an e-mail. Several slots in May and all of June still remain open so please do sign up and help out if you are able. Being a greeter is an important function at UCF. In addition to greeting and handing out programs, greeters are responsible for inviting visitors to sign in and fill out a name tag. Greeters are encouraged to introduce a visitor to someone already in the sanctuary to ensure that visitors feel welcomed. In addition, greeters are asked to fill out a quick form for attendance and leave it in the brown envelope under the guest book, as well as to take the offering during the service. If you are unable to greet when scheduled, please contact someone else and arrange to swap. Many thanks. Please contact Brenda Brown with any questions: 808-7216 or gbrown25@ec.rr.Com.

MARCH REFLECTIONS FROM SALLY

Let me begin and end with “thank you.”

Every morning I take a few moments, before even getting out of bed, to consider the simplest blessings of my life: a warm bed, a new day beginning, a roof over my head and food in the cupboard; my health and my life and fulfilling, rewarding work to do. I try not to take these things for granted. I say “thank you.”

Every day I try to be intentional about thanking people who touch my life in some way—with a thought-provoking question or conversation, with a thoughtful gesture, with a shared interest, with the willingness to work or play, laugh or cry with me, or with a thank you. I try not to take these people for granted. I say “thank you.”

Let me on this day say “thank you” to **you**. Thank you for your participation in this beloved Unitarian Coastal Fellowship community. Thank you for brownies, and sandwiches, for stories and songs, for e-mails and Valentine cards. Thank you for working on the Sanctuary, for engaging in Canvass conversations, for making a pledge, for coming to a meeting, for leading a meeting or an interest group or a class. Thank you for your questions and your ideas. Thank you for your trust and your caring. Thank you for all the ways you, being you, enrich our life, and my life.

When I take the time to pay attention to my blessings, there are more and ever more of them. When I take the time to pay attention to the people around me, both you and I are somehow enhanced and enlarged by the noticing. Gratitude is contagious, and it makes the world better.

Let me begin and end with “thank you.”

Thanks and blessings to you,

Sally

PRESIDENT’S COLUMN

Your Board of Trustees meets on the third Wednesday of each month. We met on February 17 and will next meet on March 17. All members of the congregation are welcome to our meetings. If you have something that you want the Board to discuss, just let any of the Board of Trustee members know and we’ll get it on the agenda for a meeting. Below is a brief overview of what the Board does each month.

At each board meeting the Trustees review the minutes of the Leadership Council. The Leadership Council is

comprised of the chairs of all the working committees within UCF. The Leadership Council handles the day-to-day workings of the committees within the budgets that have been approved by the membership at the Annual Meeting in June. If there are action items that the Leadership Council cannot move forward with (i.e., budget requests outside a committee’s current budget or a policy issue) these items are referred to the Board for approval.

Also the Trustees receive from Reverend Sally each month a report of her various activities during the month.

Each month the Trustees review the current budget as presented by the Treasurer to make sure that we are staying within the guidelines of the budget that is approved by the members at the Annual Meeting.

Specifically for February, these are the items that your Board of Trustees worked on for you:

1. Approved the expenditure of \$1,000 by the facilities committee to continue the renovations in the sanctuary—look up and see the “new” ceiling. This work was accomplished by a lot of volunteer labor and the expenditure of funds from the Facilities Committee budget and additional funds from the Social Outreach/Green Sanctuary Committee.
2. The UCF Policy manual has been re-written and will be approved at the March meeting.
3. The Board and the Leadership Council continue to refine our “new” governance structure which most agree is working well.

Karen Rettie, President Board of Trustees

LEADERSHIP COUNCIL NEWS

UCF's Leadership Council (LC) meets at 7 PM on the second Thursday of every month. Members include the chairs of all UCF's committees, as well as UCF staff. Any interested member or friend is more than welcome to attend. The LC'S functions include coordinating the UCF calendar and committee activities, and discussing proposals or ideas brought to the meeting. Last month the LC reviewed the calendar. The UCF calendar for the next six months is posted on the Social Hall Bulletin Board. Any meetings or events being planned should be written on the calendar. Ted Odell will be updating and entering the calendar information on the church computer. The Building and Grounds committee presented its revised budget for replacing the outdated lighting fixtures in the sanctuary. The LC unanimously approved a request for \$1,000 from the building improvement line item in the multi-purpose fund. This request will go to the Board for its approval. The

insulation of the attic will need to wait until more funds are available. The UCF brochure is being updated and reprinted. Any final changes are to be sent to Janis Williams, who is undertaking this job. LC members are asked to reread the Long Range Plan before next month's meeting, at which time the Council will discuss "what has fallen through the cracks" in the transition to the new governance model.

PASSOVER SEDER

Sign up now for our Passover Seder—an authentic (though not necessarily Kosher) Passover dinner on Monday evening, March 29, from 5:00 to 7:30pm. Using a Unitarian Universalist Hagaddah, or order of worship, we will tell the stories, sing the songs, and recite the blessings of Passover. This is an opportunity to deepen our sense of community and strengthen our ties to our Jewish forbears and neighbors. Cost for the dinner is \$7:50 for adults and \$5.00 for children. Reservations are required; we can only accommodate 40 people. Please sign up by noon on Thursday March 25.

UCF'S TOP TEN

On May 2 our service will feature our UCF congregation's top ten hymns and I need you to tell me your favorites. You may make your choices on an insert that will be in the order of service the first three Sundays in March. Write down as many as you'd like. They do need to be in one of our UU hymnals, either *Singing the Living Tradition* or *Singing the Journey*. If you do not know the title, write some phrases and I'll try to figure it out. Please only fill out the insert once, not all three Sundays. Would "Amazing Grace" be on your list? How about "Kum ba yah"? Maybe you prefer "Shall We Gather at the River," an old hymn from the mid 1800s. Whatever your favorites, please write them down or the service will have to be Ann Odell's favorites.

UCF WORSHIP COMMITTEE

Once a month a small group of UCF members gets together to review the past month's worship services, to see what needs to be done to produce a smooth flow of the next month's services, to brainstorm ideas for future services and to come up with names of people to invite as guest ministers and lay-led speakers. That group is your Worship Committee. We are responsible, along with Rev. Sally, for all of the Sunday morning services. We are solely responsible for approximately twenty services a year and we serve as Worship Associates for Rev Sally's services. A Worship Associate may take part in a service or may do planning with Rev Sally. We have a budget to cover the cost of guest ministers and

speakers and supplies that are occasionally needed. Services are planned several months in advance and right now we have them planned through the end of July. The Committee's membership is diverse, as is our congregation. We have persons with a broad spectrum of beliefs, life-long UU's, people who have come to UCF from other denominations, long time UCF members and some relatively new to UCF. One sentence that is repeated at almost every meeting is, "The service may not have spoken to you but may have spoken to the person sitting next to you." This helps remind us that we don't all think alike and is one reason we have such an interesting mix of people at UCF. We welcome input from the congregation about our worship services and encourage you to fill out one of the blue cards on the back of the pews. Visitors are always welcome at our Committee meetings and you might decide you would like to join the Committee! We meet on the first Tuesday of every month at 5:30. Current members are Karen Baggott, Claire Doyle, David Evans, Happy Ewbank, Ann Odell, Karen Rettie, Barb Thomas and Rev Sally White.

MARCH QUIET TIME

At the request of a UCF member, the Worship Committee is asking you, our members and friends, to share in a time of quiet before the four Sunday worship services in March. This will be a time for contemplation and meditation in the sanctuary with the Social Room being the place for those of you wanting to visit with each other. The quiet time will begin immediately following choir practice (about 10:15) and continue until the service begins at 10:30. There will be reminder notices on all of the doors leading into the sanctuary. On the last Sunday in March, the 28th, you will find an evaluation form in the order of service and we invite you to give us your thoughts on this experiment. After reading the evaluation comments the decision will be made by the Worship Committee to give up the idea entirely or to occasionally have a quiet time preceding the worship service. The Worship Committee thanks you for your cooperation.

A NOTE-WRITER IS NEEDED

Every week brief welcoming notes are written to any visitors to UCF who have signed in and left their addresses. Charlotte Harris was writing these until tax season came upon her. Pat White has been writing them for the past several months, but she will be returning to her "summer" home in Boone in April. If there is anyone out there who might be willing to do this, please call Brenda Brown at 808-7216 or e-mail her at gbrown25@ec.rr.com. The note cards and stamps are provided.

MOVIE NIGHT FOR MARCH

NOTE: movie night is being moved permanently from the second Friday to the first Friday each month. The starting time remains 7:30.

The March movie, on Friday March 5 at 7:30 p.m., will be *The Great Train Robbery*, starring Sean Connery and Donald Sutherland, both a bit younger in this 1979 British film. Written and directed by Michael Crichton (*Jurassic Park*, *The Andromeda Strain*, and others), the story is based on a real incident in the mid-1800s in which an enterprising collection of characters schemes to rob a moving train of millions in gold. Clever and suspenseful, with good train stuff, the story unfolds in colorful Victorian London. Matlin rates it *** stars. The movie runs 111 min. and is rated PG. Closed captioned.

YOUTH MOVIE

Rev. Sally will host lunch and a movie for youth (ages 12-16, more or less) on Sunday, March 7 after church from 12:30 until about 3:00. We'll have pizza at 12:30, and the youth will vote to choose which of two movies we'll watch. The two possibilities for March are *The Golden Compass* and *Up*. If you're planning to come, please call Rev. Sally at the church (240-2283) or e-mail (ucfminister@starfishnet.com) so we can be sure to have enough pizza!

CAREGIVERS' GROUP

The Pastoral Care team is sponsoring a monthly Caregivers' Group for members and friends of our congregation who are caring for loved ones in times of chronic or acute illness or injury. The monthly meetings offer Caregivers an opportunity to share questions, worries, frustrations and triumphs. Each month we address the concerns that Caregivers bring and share mutual support, caring and resources. If you are caring for a loved one, please join us. The group will meet on Wednesday March 24, 3 - 4:30pm at the church.

GRIEF GROUP

Has someone died who was an important part of your life? Whether the death was weeks or months or even years ago, you may have found that sadness and loneliness consume much of your energy. Many people have discovered the healing power of a group in which to share information on the grieving process and stories of their own experiences.

Ann Rivers and Rev. Sally White will facilitate a six-week grief group on Tuesday afternoons in March and April.

We will meet March 2, 9, 16, 23, and 30, and April 6 from 4:00 to 5:30pm. There is no cost for participation in the group, but registration is required. For more information or to sign up, please call and leave a message at the church office at 240-2283, or e-mail Rev. Sally at ucfminister@starfishnet.com

UCF WOMEN'S GROUP

March 10 at 12:30 at UCF. Everyone's welcome! Bring a bag lunch. Drinks and dessert will be provided. This month's topic (borrowed from George Kunkle) is "positioning ourselves for old age: what do we feel we need, what things are important, and are we there yet?"

UCF GROUPS

These UCF Groups meet regularly and are open to any one interested, All meet at UCF unless otherwise noted. Suggestions for new groups are always welcomed

Womens' Group: 2nd Wed. at 12:30 — Ann Odell (726-3648)
Book Group: 2nd Mon. at 5:00 — Ted Odell (726-3648)
Meditation: Every Wed. at 5:00 — Happy Ewbank (727-4233) or Ann Rivers (240-1914)
Caregivers Support Group: 4th Wed. at 3:00 — Rev. Sally White (240-2283)
PFLAG: 2nd Wed. at 7:00 — Ann Rivers (240-1914)
Spanish Conversation: Every Tues. at 11:30 — Lee Miller (240-1280)
Movie Night: 2nd Fri. at 7:30 — Dwight Rettie (247-7156)
Drum Group: 4th Mon. at 7 00 — Ann Odell (726-3648)
Lunch Bunch: Every Sun. at 12:00ish — Brenda Brown (808-7216)

CANVASS IS HERE

The 2010 canvass is here! Between January 31 and March 14, every member and friend of UCF will be contacted by a canvasser to discuss our thoughts about UCF. You will hear a lot during the canvass about our vision and goals about growth, programs, outreach all of which are very important and vital to the continued existence of UCF.

However, how important UCF is to you and your life? This is the core question when contemplating raising your pledge. UCF is a sanctuary for many of us in this community; a place where we can go and be freely heard, and listen with open minds. We need this sanctuary.

There are vast needs around the world; but there is also a vast need at UCF for increased financial support. It's important that we focus on good works, spirituality, friends and family; all of which can be found at UCF where we can help one another and assist the larger community. The most selfish thing we can do is to help other people. Generosity feels good. Helping others and helping your Church through generous donations will generate a basic human pleasure and we all want to feel good and happy. Giving to grow will make you happy!

RELIGIOUS EDUCATION

Well, things have been a little slow around the RE classroom lately. Where have Y'all been? I guess everyone is busy and tired and snowed in and iced up. But spring is fast approaching (dang I told myself I wouldn't talk about the weather or seasons in this column-boring!!!) and the plants in the RE room are really taking off. Thanks to the kids planting and David's watchful eye looks like a good crop. But, I don't know diddly about gardening.

I took a little field trip down to Wilmington this weekend to check out their church. They have over three times the number of members as we do. But, I saw something neat that we might try. If it all pans out I will let you know.

The *Creating Homes* Curriculum is moving right along and we have some interesting projects coming up that the children will like. We will be walking around the neighborhood, making a recipe and maybe a field trip to the farm. Great fun!!!

The RE committee and the kids would like to thank Joe Nasset for our wonderful new bench seat. It looks great!! The facilities people don't mess around, I am telling you. I went to the church this week and they had the whole place turned upside down.

Thanks also to Claire BT for the Afghanistan project that she did with the children. The children seemed to like it and I know I did. Seems like all you parents are raising a great bunch of UU's, they are always enthusiastic about helping others. If anyone is interested in donating pencils or paper to send to the children in Afghanistan there is a box in the social hall.

Last month I failed to thank Christine Miller for her work with the children on the paper flowers. Thank you Christine, it was good to see you and Max.

Julianne has agreed to relieve Doug as RE committee chair temporarily, thank you Julianne. We really need new people in our committee. If you think you would like to work with us the meetings are on the second Sunday at noon. Don't be skerd, I will protect you.

Debra Guthrie

"WEAVING THE FABRIC OF DIVERSITY"

A seven session adult RE program offered in March and April. This is a highly participatory, anti-bias, pro-diversity program that involves participants in examining and challenging some of our "-isms"—ableism, racism, heterosexism, and classism—in the caring and respectful environment of religious community. These sessions will be lead by Rev. Sally White and Brenda Brown. Two different times are being offered. If you are able to do either time please indicate this when you sign up. We need a minimum of eight people for a session to run. Session I will start on Tuesday evening, March 9, 7 - 8:30 PM and run through April 20. Session II will meet on Thursday mornings starting March 11, 10:30 - 12 noon, and run through April 22. Sign up sheets are in the Social hall.

CARE CIRCLES

Revised lists are posted on the bulletin board outside the bathroom in the social hall. The revised lists of Care Circles are also available on the UCF website.

Help is needed for Care Circle co-chairs. Many thanks to our care circle co-chairs who have served, in many cases, for a very long time and most faithfully. Ann Rivers and John had asked several months ago if anyone in the Western Carteret Circle would step up and take their places. Richard and Carol Kidd have generously offered to do this and will now be the co-chairs for Western Carteret. We still need co-chairs for Morehead City/Downtown as Happy Ewbank and Ann Willis have stepped down. HELP PLEASE! Contact Beth Baugham if you are willing to take this on.

FUN FUNDRAISING GROUP

Don't forget our UCF rummage sale on April 24! Rummage out all that "stuff" you really don't need anymore and donate it to the sale. Then you can come to the sale and buy other people's rummage! Items to be donated will need to be priced and brought to the church on the afternoon of April 23. We'll also be looking for volunteers to help set on Friday and sell on Saturday. Any questions? Call Brenda Brown at 808-7216 or [e-mail- gbrown25@ec.rr.com](mailto:gbrown25@ec.rr.com).

Save the date for a gala Chili Fest at Ann Fiske and Wes Long's on May 15. Put that one in your new 2010 calendar!

TJD EASTERN CLUSTER MEETING

The 2010 gathering of our eastern Carolina congregations is scheduled for March 20 from 9 AM to 4 PM at the UU Congregation of Greenville. The dynamic keynote speaker, Rev. Mark Morrison-Reed, will speak on "The Perversity of Diversity." There will be breakout sessions (workshops) on Religious Education for Children and Youth, Intergenerational Worship, Membership and Growth, and our own Miriam Green is leading a breakout session on Social Outreach. There will be activities for children onsite, and chaperoned activities for youth (7th grade and up) offsite. (Rumor has it that the youth may go bowling or ice-skating!) We hope that many of you will consider attending. Cost is \$20 for adults and \$15 for children under 13. Scholarships are available. You can see the program in more detail on the TJD website, www.tjdistrict.org. You are encouraged to register before March 6, especially if children or youth are coming with you.

FINANCIAL SUMMARY, JANUARY 31, 2010

OPERATIONAL BUDGET FLOWS

Pledge and Donation Income this month	\$5201.00
Expenditures this month	\$11,122.32
Total Income to date as a percentage of annual budget	63%
Total Expenditures to date as a percentage of annual budget	57%

MONETARY ASSETS

Multipurpose Fund Balance (\$24,585 is committed to Circle Associate's Fund, current year operating budget, and property acquisition gift. Other funds need to be retained for monthly checking account fluctuations and possible shortfall in the forthcoming year's budget)	\$37,997.17
Endowment Fund Balance (Principal protected; income available for operating budget use)	\$179,427.04
Checking Account Balance	\$5,405.00

As part of an effort to inform the congregation of our financial status, we will be providing monthly updates on our income, expenditures, and monetary assets.

January saw larger than normal expenditures as we paid the annual insurance premium, installments on UUA dues, and staff tax withholding. We were about 60% of the way through the Church year, and so our income and expenditures are about on track, and I expect we will operate within the budget approved at June's annual meeting.

David Evans, Treasurer

DINNERS WITH FRIENDS

Sign up sheets for Saturday night, March 27, are hanging in the social hall. Please sign up as guests and/or as hosts. This is a great way for us to get to know each other in informal and fun get-togethers. Hosts provide the entree and guests will be asked to bring the rest. Call Membership co-chairs, Beth Baugham or Brenda Brown if you have questions.

HAITIAN RELIEF

Plans are still pending, but there will be an effort to facilitate and track financial donations given for Haitian relief by the Unitarian Coastal Fellowship. We also hope to offer methods of evaluating the effectiveness of charitable organizations involved in Haiti and perhaps ways to make it easier to contribute. In the meantime, it would be helpful if members would keep a record of amounts already given for this cause. Watch for additional information on the Social Outreach bulletin board in the Social Hall.

5th SUNDAY COLLECTION PLATE DONATIONS

5th Sunday non pledge collection plate donations are specified to go to a social outreach effort.

The 5th Sunday collection in January, 2010 was \$362. Sherry Peel, executive director of Carteret County Partnership for Children, spoke at UCF in November, 2009. She was delighted to receive the check and said she will highlight this contribution at their next board meeting.

Below is the status of all donations for the 2009 – 2010 fiscal year. If you have suggestions for future donations, talk with Jane Hines or Miriam Green.

Complete:

July 2009: \$255 to Friends of Atlantic House
November 2009: \$615 to Project Christmas Cheer
January 2010: \$362 to Carteret County Partnership for Children

Planned:

May 2010: 1) Pennies for Peace, and 2) Initiative to Educate Afghan Women (IEAW)

To be Determined:

Fiscal year July 2010 – June 2011

SOCIAL OUTREACH ACTION

Hope Mission residents were provided a hot meal by our church on Saturday, February 27, thanks to Tracy and Brooke Rogers, Karen Baggott, Barb Thomas, Terri Thomas, and Claire and Brinkley Brothers.

CALENDAR IN SOCIAL HALL

Starting soon, there will be six individual monthly calendars hanging in the Social Hall. There will be no one person specifically responsible for maintaining the events on the calendar. If you have an event or meeting to post, please write it clearly on the calendar and put your name with it so that people will know who to ask if they have questions.

MARCH'S SILENT AUCTION

During March we have the opportunity to bid on two wonderful paintings generously donated by artist, Donna Robertson, a friend of UCF's. The opening bid on her large watercolor is \$125.00. The starting bid on her smaller acrylic is \$95. Both of these are being offered far below the prices they would fetch in a gallery, so spread the word among your friends and neighbors! Go to her website at www.drobertsonfineart.com to learn—and see—more about this wonderful artist.

HELPING HANDS

Helping Hands is a new effort sponsored by your Membership Committee. This is an effort to share among ourselves as well as our friends, neighbors—and even that stranger you may meet in the super market line—the many skills and services we each have to offer. If you have a skill or service to add to our sharing, please let Beth Baugham (247-2218) or Brenda Brown (808-7216) know.

To avail yourself of a service, just contact the person listed directly. You may simply accept the skill or service in good grace. Or you make a donation to UCF or offer a different service or skill in exchange. That's completely up to you!

So far this is what we have to offer:

- Home Handymen: light carpentry, minor plumbing or electrical fixes, yard work, transportation of goods or people. You need to provide the materials needed. Call Ted Odell, 726-3648 or Geoff Brown, 247-2638.
- Some one to stay with an ailing spouse so you can get out for part of a day. Members of the

UCF "Caregivers Support Group" are available. Call Rev. Sally.

- Blood pressures: Lee Miller is ready and willing to help with blood pressures.
- Pet Walking or short term pet care? Give Brenda Brown a call (808-7216). She loves animals and will happily help out.
- Need a grocery fetcher or help with light housework or a meal? Members of the UCF Women's Group are available. Call Brenda Brown (808-7216).
- Richard Kidd is available for tutoring in ESL or writing (444-2654).

KNITTING LESSONS AT BOYS & GIRLS CLUB

The knitting program at the Boys & Girls Club in Morehead City could use a few more helpers. Please contact Lees at 241-8420 for more information.

We meet weekly (probably on Wednesdays in 2010) from 3:30 to 4:30, and have about nine students right now, with more to come in the new year.

Thank You!

MARTHA'S MISSION NEWS

Miriam Green delivered 8 bags of non-perishable food items to Martha's Mission Cupboard in February. They are most grateful for all of the different kinds of items provided by UCF. Congratulations and thank you.

The need continues to be great in Carteret County. Martha's Mission Cupboard provides food to an average of 300 to 350 families every month. In particular, Martha's Mission likes to collect canned vegetables, canned fruits, peanut butter, jam & jellies, cooking oil, cereal, flour and rice. Given a preference, the 15oz. or 16 oz. cans of fruits and vegetables are best for them. However, do not feel restricted to this particular list. This is an opportunity to clean out our cupboards and do a little extra shopping. There is a box in the social hall designated for non-perishable foods.

ECO TOUR TO SAN RAMON, NICARAGUA

Sister Communities of San Ramon, Nicaragua, of which UCF is a part, is offering a tour this June to Finca Esperanza Verde Ecolodge, Organic Coffee Farmand Private Forest Reserve—a cool, green and tranquil paradise located in the lush mountains of central Nicaragua (1,200 m/ 4000 feet elevation). You will find

beautiful sunsets, peaceful moments, delicious food, as well as educational and recreational activities. The farm, ecolodge and nature reserve run by local staff offers comfortable lodging for 26 guests, shade-grown organic coffee, rainforest walks over well marked trails and other natural wonders. Finca Esperanza Verde is a sustainable tourism project owned by Sister Communities of San Ramón, Nicaragua, a non-profit 501 (c) 3 organization run by volunteers in the U.S. All income stays in San Ramón, providing an environmentally-friendly source of income for local people and financial resources for community projects.

While supporting a rural Nicaraguan community, you can enjoy:

- A butterfly house & breeding project
- Organic shade-grown coffee cultivation
- Solar-electricity and hot water
- Waterfalls and interpretive hiking trails
- Over 150 species of birds, numerous orchids and medicinal plants
- Jungle treks to see howler monkeys
- Majestic 100 km. mountain views
- Spring-fed, certified, potable water supply

The tour will be either June 20 – 27 or June 27 – July 4. To learn more, talk to Ann Rivers at 252-240-1914 or look for information on the Social Outreach bulletin board in the social hall. The tour guide will be Paulette Sokolow falconer8@gmail.com.

UCF has formed Sister Communities of San Ramón, Nicaragua – Morehead City and Beaufort. San Ramón is a municipality located 90 miles north of Managua in the mountainous Matagalpa region of Nicaragua. Of its 36,000 residents, 30,000 live in remote hamlets and 6,000 live in San Ramón, a town with a health clinic, library, school, and municipal offices. People live largely by cultivating cash crops such as coffee, corn and beans, raising cattle, and practicing subsistence agriculture. Unemployment and malnutrition are widespread, and only 20% of school-aged children attend school.

The farm and reserve project has received international recognition as a model of poverty alleviation through sustainable tourism. It provides jobs and income for the people of San Ramón. It offers tourists an authentic cultural immersion experience with the people of San Ramón and an opportunity to support the community through an economic model that is self-sustaining and reduces paternalism. The farm/reserve is self-sustaining through revenue from tourism and coffee sales, and all income from these enterprises stays in the community. To learn more, including how to join a cultural immersion ecotour to San Ramón, visit www.san-ramon.org and www.fincaesperanzaverde.org. To become involved, contact Ann Rivers, (252) 240-1914. Arrangements can be made for a short presentation for your organization.

UCF's B&B REQUESTS

Need a volunteer to take over handling requests for UCF's B&B program. UCF has several members who generously open their homes and spare bedrooms for out of towners. This is a rewarding experience for everyone involved. Your job is simply to match request dates and needs with one of our UCF hosts. I am unable to continue this after June of this year. Please contact me at 808-7216 or a gbrown25@ec.rr.com if you are interested. Thanks, Brenda Brown

NEWS OF UU'S FOR FEBRUARY 2010

Karen Baggott asked we send her friend Chris in Maine healing thoughts.

Ann River dropped a stone for Sandra Johnson who is back home again.

Claire Brothers-Thorne asked us to keep the company that her son Jay is with in our prayers—they lost two members in recent maneuvers. Claire is collecting pencils, pens and paper for the solders to give the Afghan children.

Rev. Sally thanked the anonymous donors of her ventines' flowers.

Penny Hooper was happy with all the activities that the Interfaith Power and Light group did at their weekend retreat at the Trinity Center

Ann Odell's daughter Christie is in the midst of her cancer treatments and has been dropped by her insurance company.

Frank Pizzardi is preparing the take the North Carolina state board exams in alcohol and substance abuse.

Ron White traveled to Arizona for his annual sojourn.

February birthdays were celebrated by Debra Guthrie, Jesse McElhaney and Joe Naset. While Barb and Bob Thomas celebrated their 42nd wedding anniversary

Got news of UU's? Please call or email me with the news—504-3689 mnaset@ec.rr.com

Thanks- Martha Naset

CALENDAR FOR MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 11:30 Spanish Conversation 4:00 Grief Group 5:30 Worship Committee	3 5:00 Meditation	4 5:30 Finance Committee	5 7:30 Movie Night: <i>The Great Train Robbery</i>	6
7 9:15 Choir Practice 10:30 Service 11:50 Children's Choir Practice 12:30 Youth Movie	8 5:00 Book Group	9 11:30 Spanish Conversation 4:00 Grief Group 7:00 Weaving the Fabric of Diversity	10 12:30 Women's Group 5:00 Meditation 7:00 PFLAG	11 10:30 Weaving the Fabric of Diversity 7:00 Leadership Council	12	13
14 9:15 Choir Practice 10:30 Service 11:50 Children's Choir Practice 12:00 RE Committee	15	16 11:30 Spanish Conversation 4:00 Grief Group 7:00 Weaving the Fabric of Diversity	17 5:00 Meditation 6:30 Board of Trustees	18 10:30 Weaving the Fabric of Diversity	19	20
21 9:15 Choir Practice 10:30 Service 11:50 Children's Choir Practice 12:00 Green Sanctuary	22	23 11:30 Spanish Conversation 4:00 Grief Group 7:00 Weaving the Fabric of Diversity	24 3:00 Caregivers' Support Group 5:00 Meditation	25 10:30 Weaving the Fabric of Diversity	26	27 Men's Shelter Dinner – deliver to Social Hall by 5:30
28 9:15 Choir Practice 11:50 Children's Choir Practice 10:30 Service	29 5:00 Passover Seder	30 11:30 Spanish Conversation 4:00 Grief Group 7:00 Weaving the Fabric of Diversity	31 5:00 Meditation			

Unitarian Coastal Fellowship

1300 Evans Street

Morehead City, NC 28557

OFFICERS AND TRUSTEES

Officers

President: Karen Rettie	247-7156
Secretary: Barb Thomas	222-0740
Treasurer: David Evans	247-2812

Trustees

Claire Doyle	726-6997
John Farmer	622-3323
Ted Odell	726-3648

This newsletter is published once a month for members and friends of the Unitarian Coastal Fellowship. The newsletter is distributed by email. Those not having email can pick up a copy in the lobby of the church, usually by the first Sunday of each month.

The deadline to submit material for the newsletter is by midnight of the fourth Sunday of each month, unless specifically designated otherwise. Submissions, preferably in MS Word, may be made by email: fontenoy@embarqmail.com or ucfeditor@gmail.com . The editor has the prerogative of accepting material based on appropriateness and space.