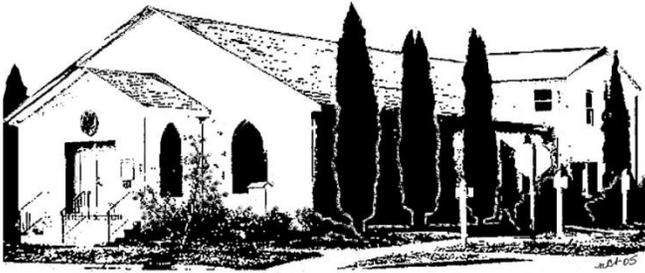


# The CoastLine



UNITARIAN COASTAL FELLOWSHIP  
*A Unitarian Universalist Church*

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 ucfminister@ucfnc.org

**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.

## October 2017

### FROM THE WORSHIP COMMITTEE

**October 1: Do You Hear?** With 24-hour news and ever-present social media, we are bombarded with information and ideas, facts and opinions. The world seems so filled with sound and fury, it sometimes seems we cannot hear ourselves think, let alone really hear, really understand anyone else's story. How can we cultivate the art of speaking and of listening—politically, socially, spiritually?

**October 8: Order and Chaos: A Holy Paradox.** Physics tells us that the amount of disorder in the universe is steadily increasing—and daily life sometimes seems to bear that out! Nevertheless, we persist in a determined effort to create and maintain order; this is a biological process as old as life, a psychological need as old as society, a spiritual need as old as religion. Our lives, lived at the intersection of order and chaos, embody a holy paradox: at the heart of tension and seeming contradictions, we discover that both are true.

**October 15: Prophetic Women and Men.** Every religious tradition looks to prophets and people of extraordinary wisdom for guidance, and inspiration. While Unitarian Universalists recognize and respect the teachings of many of these great people, we also honor the inspiration to be found in the words and deeds of ordinary women and men as they engage with real life in all its challenges and opportunities. Thus, we name "*words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love*" as the second of the sources of our living tradition. This morning, let us spend some time with some of these down-to-earth prophets.

This morning's is the third in a series of services exploring the sources of our living tradition.

**October 22: Singing for Our Lives.** As long ago as Biblical times, social activists and oppressed communities have used music to lament, to instruct, to bring people together, to organize, to energize and to encourage. This morning, in song and in words, let us experience the power of music for empowerment, for justice, and for survival.

**October 29: "You Can't Always Get What You Want"** Coleen Clark leads this service: As I return home from another Camino de Santiago, I bring the humbling lessons learned while walking with my granddaughter. What began as my spiritual journey quickly turned into a crash course on compromise, acceptance, and communication. It was the best of times, it was the worst of times, and as the Rolling Stones said, "You Get What You Need".

### OCTOBER REFLECTIONS FROM SALLY

Twenty years ago, as I was beginning the journey from Unitarian Universalist lay leader to ordained ministry, a mentor on my way asked me whether I had a "spiritual center."

After we sorted out the question, and I understood he was not asking about a sacred place, or a retreat center where I went from time to time for re-centering or renewal, I told him that the beating heart of my spiritual life lay in connectedness—that sure knowledge that I am inescapably and irrevocably woven into the interdependent web of all existence.

Now, as my life is lived in the practice of ordained Unitarian Universalist ministry, I find that my core spiritual practice is building relationships.

Planning and leading worship is an immersion in relationship with you, whom I know; whose faith and whose questions urge me on and keep me honest, and with others whom I have not yet met, but whose faith and whose questions (as yet only imagined) open and expand my mind and my spirit.

Planning and leading for health and growth in this institution which is our congregation places me in relationship with those who have come before; those who entrusted their hopes and dreams to us, their successors and heirs. With those who around us now, who need us and what we have to offer to them and to the world. With those who come after—our children and their children, whose lives will rest on the foundation we build, on the decisions and choices that we make.

Organizing for change in the world is an exercise in seeking out those who hunger for the same things I hunger for. And, in seeking out those whose lives are different from mine: those who, in ways subtle or dramatic know the world to be a different place than I have ever known. Those who have much to teach me about what it means to be human, to be faithful, to be responsible, to be compassionate.

Living a life of health and wholeness as a human being brings me into relationship with you. And I am blessed.

Wishing you blessings, too.  
Sally

## FROM JOE NASET, YOUR BOARD OF TRUSTEES PRESIDENT

I think you are all aware that your Board of Trustees (BOT) is currently spending most of its effort working on solving our church's growing pains. In order to make this process run as smoothly as possible the Board has also made itself the property search committee. However, we are simultaneously making communication with all church committees, members and friends a top priority. We need your ideas and impute and we want to keep you fully informed of our actions and decisions. In light of this we have scheduled another COFFEE WITH THE BOARD for Sunday, October 22, after the service. Please plan to be there and come with all your questions and suggestions.

The BOT has been looking at properties, some are vacant land others have existing buildings. We have eliminated some because of price; others because they do not meet all of our needs; and a couple because we thought they were available but really are not. This can happen because

of zoning, future road/highway development, the owner changing their mind, etc. The BOT is also talking to the city and meeting with them as necessary in order to discuss zoning and our special needs as they pertain to any specific property.

There are a lot of things to be worked out or accomplished before we reach the point of making an offer on a specific piece of property. One of the most important of these is the need to have a membership meeting and a vote. That meeting requires that a minimum of 50% of the members cast a ballot with at least a 70% affirmative vote. This is why it essential to keep everyone informed and answer your questions and concerns before the day of the vote. In order to work properly this must be a two-way communication. That is also why your BOT is available for questions and suggestions every Sunday when you see us in church. Also, our email addresses are on the web site and this is why we schedule open meetings like the one on October 22. However, you have a responsibility here as well. We do not want hear your concerns or your questions after the vote, so please communicate.

Thank you,  
Joe Naset

## UCF FACEBOOK PAGE

For those of you on Facebook, check out the UCF page. Just enter 'Unitarian Coastal Fellowship' in the search box at the top of your page. You can see announcements, photographs, and news of UCF. If you click 'Like' you will get the regular bulletins direct to your page. You can also post, add photographs, etc. to the UCF page.

## UCF'S WEBSITE

The Unitarian Coastal Fellowship tries to keep up with today's communication technology and reaches out to our congregation as well as the larger community in a variety of ways. Besides our Coastline newsletter which is emailed every month to those of us who are online, we also have a Facebook page (maintained by Pat Harms) as well as a very informative website: [www.ucfnc.org](http://www.ucfnc.org)

Janis Williams, Pat Harms and Barb Thomas are responsible for updating and maintaining the UCF website. On the bottom left of the home page (and all other pages) you will see a "News" section which includes the title of the upcoming Sunday service, as well as other up to the minute news about happenings at UCF. You can click on each of those links for more detail. Also, we have assigned one of the above people to maintain each page and have posted a small announcement about who the contact person is at the top of the page. If you see changes that

need to be made, please email the person responsible so they can update the page.

We have heard from many of our recent visitors and new members that they found us through our website, so we would like to be sure to keep it fresh and up to date. You can help by checking it out and letting us know what needs updating.

## UCF'S CURRENT LEADERSHIP

### Minister:

Rev. Sally B. White [ucfminister@ucfnc.org](mailto:ucfminister@ucfnc.org)

### Staff:

**Music Director:** Ann Odell [annodell56@gmail.com](mailto:annodell56@gmail.com)

**Office Assistant:** Coleen Clark [ucfoffice@ucfnc.org](mailto:ucfoffice@ucfnc.org)

**Religious Education Coordinator:** Coleen Clark  
[wyonana@hotmail.com](mailto:wyonana@hotmail.com)

### Board of Trustees:

**President:** Joe Naset [joenaset@gmail.com](mailto:joenaset@gmail.com)

**Vice President:** Tom Cullison [trcullison@gmail.com](mailto:trcullison@gmail.com)

**Secretary:** Coleen Clark [wyonana@hotmail.com](mailto:wyonana@hotmail.com)

**Treasurer:** Jo Ellen Essex [treasurer@ucfnc.org](mailto:treasurer@ucfnc.org)

**Leadership Trustee:** Melva Kearney  
[melva.kearney@gmail.com](mailto:melva.kearney@gmail.com)

### Leadership Chair and Committee Chairs

**Chair:** Melva Kearney [melva.kearney@gmail.com](mailto:melva.kearney@gmail.com)

**Facilities:** Mark Hooper [Mhooper9@ec.rr.com](mailto:Mhooper9@ec.rr.com)

**Worship:** Martha Naset [mbnaset@gmail.com](mailto:mbnaset@gmail.com)

**Finance:** Joe Naset [joenaset@gmail.com](mailto:joenaset@gmail.com)

**Membership:** Penny Hooper [pjhooper@ec.rr.com](mailto:pjhooper@ec.rr.com)

### Social Outreach:

Miriam Green [mwgreen15@gmail.com](mailto:mwgreen15@gmail.com)

Barb Thomas [bsthomas2@gmail.com](mailto:bsthomas2@gmail.com)

**Religious Education, Children:** Coleen Clark  
[wyonana@hotmail.com](mailto:wyonana@hotmail.com)

**Religious Education, Adults:** Vicki Barrett  
[brighidshammer@gmail.com](mailto:brighidshammer@gmail.com)

**Green Sanctuary:** Vacant

**Care Circle Coordinator:** Martha Naset  
[mbnaset@gmail.com](mailto:mbnaset@gmail.com)

**Newsletter Editor:** Paul Fontenoy [ucfeditor@gmail.com](mailto:ucfeditor@gmail.com)

## NEW FORM FOR JOYS & SORROWS

The Worship Committee is winding up the experimental format change for Joy and Sorrows. After months of careful conversations on the elements that make a worshipful service, the format trial change was implemented in August. A portion of the Committee

mission statement is to "ensure there is a worshipful service every Sunday and Christmas Eve".

A little background information for you may be helpful in understanding why the Committee feels a need for change. Since fall of 2016 the Committee has received lengthy emails. For example, last summer and into the fall past the election, people were using Joy and Sorrows to express their political views. Not everyone is of the same political party and some were highly offended. Some chose to talk on and on and on about movies, dogs, birds etc. Some advocated for the "don't drill" placards, alienating other members—who subsequently left. Some chose, when they got the microphone, to walk up and down the center aisle to at length to express an opinion. Frequent improper use of the microphone, by being too close or too far away, caused distortion and distracted from the sharing.

The Committee has had several different versions of introduction into Joy and Sorrows. In each successive version we repeatedly stressed that Joy and Sorrows is personal. You may remember these words:

*I urge you to set aside the business of the week and the busyness of everyday. To resist the temptation to bring the work of the world into this time of Worship, for yourself and for all who gather here. If you would like to share out loud please use the microphone, tell us your name and briefly how it is with your spirit this morning*

Unfortunately, no matter how it was worded, some chose to disregard. The Worship Committee has spent a considerable amount of time contemplating how to craft the format in a new way. This new format allows people to express themselves by writing a card, which is incorporated into the pastoral prayer by the worship leader, or to drop a stone in silence if they prefer.

Through October 1 the committee is soliciting feedback. Feedback forms were in the orders of service on September 24 and will be in those for October 1. Feedback can also be submitted online by visiting the UCF website: [www.ucfnc.org](http://www.ucfnc.org) Scroll to the bottom of the homepage and click on the "Joys and Sorrows Format" post under "UCF News". Also, please join members of the Worship Committee for coffee after the service next Sunday, October 1, to have a conversation pertaining to the format. If you have questions please ask any member of the Worship Committee: Rev.Sally White, Martha Naset (acting chair), Karen Baggott, Coleen Clark, Ann Odell, Marilynn Cullison and Deb Bragg.

I hope I've helped your understanding.

*Martha Naset*  
Acting Chair, Worship Committee

## WHAT IS THE FUNCTION OF THE LEADERSHIP COUNCIL?

The Leadership Council is made up of the Committee Chairs of each of the seven standing committees of UCF and its function is to engage in the day to day operations of the Fellowship. It meets on the 1st Thursday at 2:00pm each month and is chaired by the Leadership Council Trustee who serves as the link between the Board and the Council. Anyone from the congregation can attend the meetings and bring any ideas before this council. There is a definite effort to "cross-pollinate" between the activities of each of the committees and the LC insures that "the right hand knows what the left hand is doing"...most of the time!

## UCF GROUPS

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

Book Group: 2nd Mon. at 4:00pm—Pat Harms (764-7354)  
Buddhist Study Group: 1<sup>st</sup> & 3<sup>rd</sup> Thurs. at 7:00pm—Ann Rivers (240-1914)  
Women's Group: 1st Wed. at 12:00pm—Ann Odell (726-3648)

## BUDDHIST STUDY GROUP

A Buddhist study group meets on first and third Thursdays, at UCF at 7:00pm. There will be discussion of a chosen book and how it applies to our lives and there will be time for quiet reflection; other Buddhist materials will be shared and discussed. All interested are very welcome.

## WOMEN'S GROUP

Our UCF Women's Group will meet on Wednesday, October 4 at 12:00. Please bring your lunch and come for a discussion on dealing with events in our lives that we cannot control. Our Women's Group is for any UCF woman member, friend or guest. If you have questions contact Ann Odell at 252-726-3648 or [annodell56@gmail.com](mailto:annodell56@gmail.com).

## GREETERS

The greeting task is very important because greeters are the first people that an arriving person meets when coming to our church. We want everyone to feel that they

are very welcome and that we care about them. This is true for old and new members and friends, and it is especially true for those who have come for the first time. So give everyone a joyful welcome. If you don't recognize someone, ask them if this is the first time they have been to UCF. If so, ask them to fill in the Guest Book. We like to send a welcoming letter to newcomers, but we can't without an address. If there are children, tell their parents about our programs for the children: Sunday School or our accommodations for the youngest youth. If there is an opportunity, introduce them to another person. After the service you may be able to encourage them to go to the Social Room for coffee and conversation. You may also be able to introduce them to others at that time.

## SOCIAL TIME ROTATION SCHEDULE

Morehead City Country Club and Crab Point  
March, July and November.

Beaufort and Down East  
January, May and September.

Western Carteret and Craven Counties  
April, August and December.

Morehead City Downtown  
February, June and October.

## TRANSFORMING LIVES THROUGH RELIGIOUS EDUCATION

Visit the UCF website at [www.ucfnc.org](http://www.ucfnc.org) for updates on upcoming classes and presentations. Come join us to learn about something new, discuss important issues, and spend an enjoyable time with others in the community. As always, church members and friends, and the larger community are welcome and encouraged to participate.

## UU101 CLASS IN OCTOBER

Are you interested in knowing more about Unitarian Universalism? Want to learn about the Unitarian Coastal Fellowship and how we fit into that larger picture? Would you like a chance to retrace the spiritual journey that led you here, and to hear about the journeys of others? Then join us for a two-session UU 101 class, after church on Sundays October 8 and 15. This class is perfect for those who are considering joining our congregation—and for those who have been around a while and want to know more. Sessions will begin at noon and end around 1:30pm. Lunch and childcare will be provided for those who register in advance.

The first session will include getting acquainted with each other: who we are, what has brought us to UCF, what we are looking for in a spiritual community. We will talk a little about the history and the structure of UCF and of the larger Unitarian Universalist movement of which we are a part, and about how you might want become involved in this congregation in addition to Sunday worship.

The second session is an overview of Unitarian Universalist history, considering the perspectives of theology, polity (or governance) and social action.

Please sign up on the signup sheet in the Social Hall or by calling Rev. Sally at the church (240-2283)

## OUR UNITARIAN UNIVERSALIST STORY

...is a six-session adult religious education program to be offered On Tuesdays in November and December. Using readings, group discussions, and activities, we will explore the history and heritage of Unitarian Universalism, personal religious values, individual experience, and current theological trends and issues. The sessions will be led by Rev. Sally White and Landon Elswick (who has taught UU history at SUUSI). Two different times are being offered for our UCF class. The Tuesday morning session will meet from 10am to noon, and the Tuesday evening session will meet from 6:30 to 8:30pm on November 7, 14, 21, 28, December 5 and 12. A sign-up sheet is in the Social Hall. We need a minimum of six people for a session to run.

## LEADERSHIP & GROWTH: TWO UPCOMING CONFERENCES

**"Growing Younger"** is the theme of a day-long conference being held October 21, 2017 at Shelter Neck UU Camp and Conference Center in Burgaw, North Carolina (in nearby Pender County). The keynote speaker is Bart Frost, Director of Youth and Young Adult Ministries at the Unitarian Universalist Association. He invites participants to "join us as we explore ways to support the spiritual growth of young Unitarian Universalists (14-35) and deepen our own faith in the process." In a follow-up workshop he asks, "What is our legacy? What are our gifts to our young people? What gifts do they share with us? How do we help Unitarian Universalists of all ages live their faith loudly and proudly in the world? How do we support our young adults in their transitions and help them find or create spiritually satisfying faith homes?"

UUA Southern Region staff member Kathy McGowan will lead a workshop titled "Ships Ahoy! Sail to great adventure in Unitarian Universalism."

This conference is part of the 112<sup>th</sup> annual meeting of the Universalist Convention of North Carolina, Inc. (UCONCI), of which our congregation is a member.

Registration is free. More information and online registration are available on the UCONCI website at <http://uconci.org/meeting.html>.

The **Small and Mighty Unitarian Universalist Conference** offers an opportunity to build a strong network of support with your neighbors, the small congregations in our area. Share your congregation's story and experiences. Discover that what your congregation already has, can help build what it is missing. Explore topics of interest with congregations facing similar opportunities and challenges: growth, stewardship, communication, engagement, covenant, and more!

This conference is scheduled for Saturday November 4 at the Unitarian Universalist Peace Fellowship in Raleigh, and is specifically designed for members and friends from small Unitarian Universalist congregations in Eastern North Carolina. Southern Region staff members Kathy McGowan and Christine Purcell will help to lead the day's programming. The cost for this conference is \$25 per person, and financial assistance is available through the UCF Board.

Flyers for both conferences are posted on the Community Connections bulletin board in the Social Hall. If you have questions, please contact Rev. Sally at [ucfminister@ucfnc.org](mailto:ucfminister@ucfnc.org).

## GOODS AND SERVICES AUCTION

Please mark your calendars for an evening of fun and fundraising: the 2017 UCF Goods and Services Auction Friday, November 10. To ensure the success of our biggest fundraiser of the year, please consider what you can offer. Submit a description and photograph of the item or service for inclusion in the auction catalog using the Auction Sign Up Forms, which can be found on the church website, or on the auction bulletin board in the Social Hall. Electronic submissions should be sent to Hilary Schultz, [hildougnc@gmail.com](mailto:hildougnc@gmail.com) or Nan Reed, [nanreed5@gmail.com](mailto:nanreed5@gmail.com) prior to Friday, October 27. Paper forms can be posted on the auction bulletin board. And if you have solicited local businesses in the past for door prizes or other donations, we hope you will do so again. Please add their name or business card to the master list on the auction bulletin board. Any donations that cannot be delivered to the church the week of the auction, can be stored at Dave and Louise Hughes' home by contacting them directly: 252-728-7346. If you have any questions, please contact Louise.

## THANKSGIVING DINNER AT UCF

Plan ahead (way ahead!) and mark your calendars for Thanksgiving dinner at church on Thanksgiving Day: Thursday, November 23. We will gather about 2:30 in the afternoon and eat about 3:00. Rev. Sally will provide and cook one turkey (and find someone to cook a second if enough people sign up!). You can bring the fixin's and desserts. There will be a sign-up sheet in the Social Hall, where you can let us know who is coming and what you'll be bringing. We look forward to a festive and bounteous shared meal, and good conversation to top it off!

## SOCIAL ACTION COMMITTEE

The Social Action Committee at UCF, which incorporates the Green Sanctuary Committee, provides resources (human and financial) for those in our congregation to pursue the social justice projects about which they are passionate. Whether it is homelessness, gay rights, animal rights, the environment, or some other issue, we seek to help by connecting people with others who are passionate about the same issue and providing funds or other resources for them to achieve their goals.

As we all are aware, we are a diverse congregation and our beliefs and passions vary widely. The issues championed by our members are not necessarily embraced by our whole congregation. We would like to encourage everyone to never assume that we are all in agreement about an issue. As we drop a stone or express a view related to an issue, let us speak for ourselves only and never assume we are speaking for the congregation.

There is a policy in our Policy manual that deals with Statements of Conscience. A rigorous procedure is associated with this policy and if a member feels that there is a need for our church to take a united stand by issuing a Statement of Conscience, the Social Action Committee can initiate this process, which includes an educational forum, approval of the Leadership Council and Board of Trustees, and a vote with 75% agreement from the congregation.

If you are interested in finding out more about the Social Action Committee, please ask co-chairs Amy Jones or Barb Thomas. You can talk to us at church or email us: [amjones0912@gmail.com](mailto:amjones0912@gmail.com) or [bsthomas2@gmail.com](mailto:bsthomas2@gmail.com). And please come to a meeting and see if the Social Action Committee is a good fit for you! We meet once a quarter and the dates will be on the calendar in this newsletter and announced in the Order of Service.

## DONATIONS FOR HURRICANES HARVEY AND IRMA RELIEF

The Unitarian Universalist Association (UUA) and Unitarian Universalist Service Committee (UUSC) are collecting monetary donations for hurricane relief for those affected by Harvey and Irma.

In response to the devastation caused by Hurricane Harvey, the UUA and UUSC have established a recovery and relief fund to work with and support grassroots community partners on the ground in Texas serving at-risk populations who may not be able to access relief services and who are traditionally left out of mainstream response efforts. Funds will also support UU congregations and members most affected by the storm. Additional information is posted in the Social Hall. We collected donations for this cause on September 3 and were able to send a check for \$1001 to the UUSC from our congregation. If you would like to donate, the website for this effort is [www.uusc.org](http://www.uusc.org).

The UUA also is collecting donations for relief of those affected by Hurricane Irma. Its website says, "The UUA stands with its congregations which have been impacted by these natural disasters and has established a Hurricane Irma Recovery Fund to assist congregations in repairing any damage, and to respond to the needs of their members and their community's efforts to get back on its feet. UUA staff is working closely with leaders in the Association's Southern Region, to ascertain where the need is greatest and distribute funds efficiently." If you would like to donate to this effort, go to [www.uua.org](http://www.uua.org). There is a link on the home page.

## OCTOBER FIFTH SUNDAY COLLECTION: PROJECT CHRISTMAS CHEER

As is our UCF tradition, whenever there is a fifth Sunday in the month, all non-pledge offerings in the collection plate go to a charity/cause that is chosen by the Social Action Committee. October has five Sundays so, on October 29, our non-pledge contributions will go to Project Christmas Cheer. Project Christmas Cheer is a county-wide effort that allows parents to apply for assistance when they can't afford to provide a real Christmas for their family. Each year, we pick a family or families in need to sponsor and collect money to provide them with much needed clothes, games and toys to put under their tree. Our UCF youth will take the money we contribute and do the shopping and wrapping of the presents. For those of us who have so much, this is an opportunity to provide a very special Christmas for those who have not been as lucky.

## FAMILY PROMISE OF CARTERET COUNTY

Family Promise of Carteret County is our local program for homeless women and families in Carteret County. Local churches provide dinner and overnight lodging and the guests go to a Day Center during the day where they receive intensive counseling services to help them learn how to manage on their own, find jobs and locate housing. Family Promise needs Day Center volunteers. These volunteers work three or four-hour shifts at the Day Center—7:00am to 10:00am, 10:00am to 1:00pm, or 1:00pm to 5:00pm. Tasks include answering the phone, greeting visitors and guests, and helping the Director with various special projects. If you would like more information or would like to volunteer, call the Day Center at 252-222-0019.

## MARTHA'S MISSION CUPBOARD

We continue to support the work of Martha's Mission, through the generosity of our congregation. At any time, non-perishable food items may be brought in and left in the corner of the Social Hall (near the kitchen). They will be delivered to Martha's Mission and to Family Promise of Carteret County. Martha's Mission also accepts pet food for their clients with pets. Non-perishable breakfast items like granola bars, cereal and fruit juice are especially needed for supplying our Family Promise host churches.

## CARE CIRCLES

The UCF Care Circles are geographically located groups of members and friends of UCF. The Care Circles are responsible for coffee hour in each of their respective months and as a helping hand to others in their circle when a need arises such as a natural disaster or sickness.

There are four Care Circle groups; Beaufort/Downeast chaired by Penny and Mark Hooper, Morehead City Downtown chaired by Beth Baugham, Morehead City/Country Club/Crab Point chaired by Martha Naset and Western Carteret/Craven County chaired by Sandi Sox. The most current lists are posted in the social hall. Please check the lists and if you have any questions or changes please contact Martha Naset, Care Circle Coordinator, Penny Hooper or Barb Thomas. Hope to see you soon in the kitchen for a cup of coffee!

## SIMPLY CIRCLES

Are you looking for "something more" from your association with our Fellowship? Are you hungry for deeper connections with the people you meet here? Are you

yearning for a sense of intimacy and trust with others? Searching for ways of feeling more integrated into this liberal religious community? Are you looking for the opportunity to engage in in-depth conversations about our faith and its influence in everyday life? Many of us are in search of just this kind of depth and connection. Simply Circles offers an opportunity to find it.

Simply Circles is a network of small groups at UCF. These groups meet monthly from October through May for a time of casual socializing (often over a shared meal) followed by a focused, facilitated conversation on a monthly theme.

The six to eight members in each group will be drawn from among those UCF members and friends ages 16 and older who have signed up to participate. Each group will be convened by a facilitator, and members will covenant to participate for the whole eight months, so that there is enough time to develop trust, depth, and intimacy.

Do these small groups sound intriguing to you? Sign-up sheets will be posted in the Social Hall by the second week in September and the groups will begin meeting in October. If you are out of town in September and can't sign up, just email Rev. Sally, [ucfminister@ucfn.org](mailto:ucfminister@ucfn.org)

The planning group includes Ann Odell, Marilynn Cullison, Penny Hooper, Barb Thomas and Rev. Sally—and we welcome your questions, comments, or suggestions. Email us, call us, or grab us at coffee hour—we want to include you in Simply Circles!

## THE RECOVERY CORNER

Addiction is more common than many realize. There were approximately 20.6 million people in the United States over the age of 12 struggling with an addiction in 2011. It is estimated that an additional 20 million Americans were also in long-term recovery during that same time period. 100 people die every day from drug overdoses. This rate has tripled in the past 20 years. It is estimated that at least one-third of all families have been affected by addiction. It is definitely a "family disease", and a societal disease. We are all affected.

Addiction has been defined as a "chronic brain disease" by the US Surgeon General. It is nothing to be ashamed of and there is help and hope. In an effort to educate and create a more supportive environment in our UCF community, we have established a Recovery Corner in the Social Hall (in the far right corner by the art display), where you will find great resources—books, magazines, local agencies, meeting schedules, etc.—for individuals or family members struggling with addiction and mental health issues, or for anyone that would like to learn more about this. These books, etc. are available for you to borrow on the honor system. We only ask that you return them when

you are no longer using them. In addition, if you'd like to lend any books or material to the Recovery Corner, feel free to do so. Please call or email Harriet Altman at 910-340-9270 or [harriettaltman@icloud.com](mailto:harriettaltman@icloud.com). if you would like further information or have any suggestions or contributions you would like to make to this effort.

## SUICIDE PREVENTION PRESENTATION

Suicide is the second leading cause of death for adolescents between the ages of 15 and 19, [according to the American Academy of Pediatrics](#).

A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. People who take their lives don't want to die—they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.

Join us on Wednesday, November 1, at 6:30pm to learn from Trey Wright and Stephanie Stevenson from the Health Department as they share with us some ideas on this very sensitive subject.

Contact Harriet Altman: [harriettaltman@icloud.com](mailto:harriettaltman@icloud.com) if you have questions.

## CARING CONNECTIONS

...is our directory of standing offers for help, from members and friends of UCF, to members and friends of UCF. Need minor repairs on your house or car? Need a visit, a meal delivered, or a ride to the doctor's office? Short-term care for a child or an adult? Yard clean up, light hauling? Call or email a person in our caring connections network. Every time someone in the community calls someone on the list, a connection is made, and with each connection another strand is woven into the fabric of the UCF community—intentionally, openly, willingly, inclusively. To offer services, or request help, check the list posted in the social hall.

## UCF FACEBOOK PAGE

For those of you on Facebook, check out the UCF page. Just enter 'Unitarian Coastal Fellowship' in the search box at the top of your page. You can see announcements, photographs, and news of UCF. If you click 'Like' you will get the regular bulletins direct to your page. You can also post, add photographs, etc. to the UCF page.

## MEET SANDRA SHELP



Although Sandra Shelp is a new member to our congregation she has been a UU since 1973 and she was actively involved in her East Lansing, Michigan, UU Fellowship from 1973 to 2010. During that period, she witnessed tremendous growth in her changing congregation and helped them with the fundraising efforts and pledge drives which led to their expansion into an old school property. As she said, "Change for UUs is never easy", as we tend to be both educated and slightly opinionated, but the move and the expansion worked out great in the end because everyone's point of view, including the youth of the congregation, was taken into consideration.

Sandra moved here from Michigan last November to be closer to her daughter and son-in-law. Her son-in-law's family is from this area and they have nieces and nephews who they wanted to be closer to, so they had relocated here a few years ago from Colorado. When they were trying to convince her to move here, Sandra said she thought change is "good for the brain" and meeting new people, having a new congregation, and a new Yoga

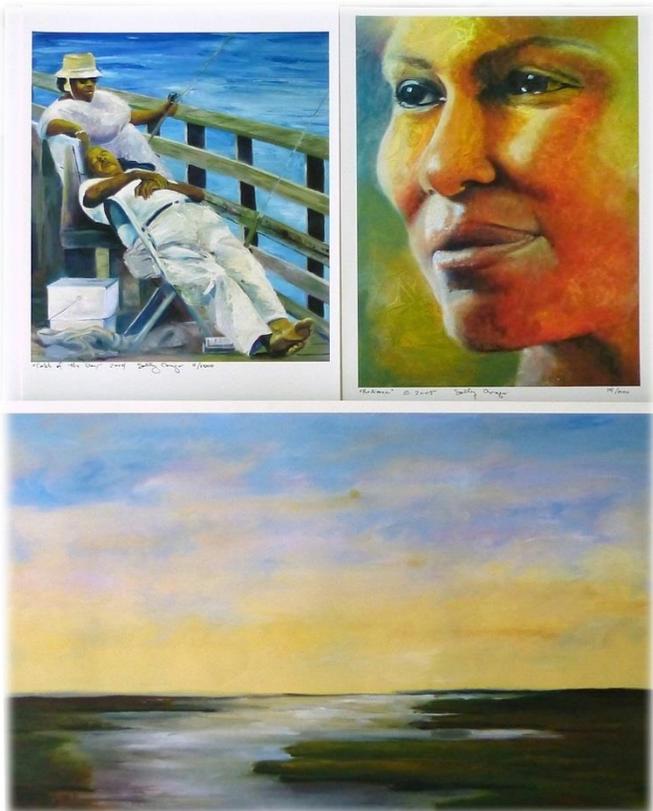
Instructor as well as the proximity of her daughter, were all positive reasons to make the move.

Sandra arrived in Morehead City last November in time for the elections and she admits that she was a little apprehensive about being a gay, progressive woman coming to the very different culture of the rural South. She is getting accustomed to living here, even though she was very surprised by the overwhelming number of Trump signs she saw in November when she first arrived in her neighborhood! She said the open and accepting folks at UCF have been very helpful in her transition.

Sandra stays physically fit in her retirement by doing Yoga and Zumba classes and she has two cats who made the move with her. For the last ten years or so, she has identified with the Buddhist traditions.

Sandra is very friendly and easy to talk to and we hope each of you will also get to know her better and make her feel welcome at the Unitarian Coastal Fellowship!

## THE ARTWALL IN THE SOCIAL HALL



Artworks by Sally Anger will be on display in the Social Hall during the months of September and October. This is how one patron describes her art: "The paintings of Sally Anger offer a glimpse into a realm where the prosaic images of life are transformed into the exotic and the extraordinary."

Her canvases are a mystical amalgam of visual sorcery forged in realism and tempered with impressionistic and abstract elements, all subtly alloyed to present a compelling and intelligent look at her subjects. In this realm a simple portrait becomes a window, a portal into a human universe captured in an expression or a tilt of the head, light of the eyes, the anticipation of imminent movement. These are real people, candid and vulnerable, frankly captured between heartbeats in an unguarded moment when secrets are divulged. They cipher your emotions back to you with ironic and intelligent redirection." (Gary Goldstein, 2006)

Sally is a member of the Carteret County Arts and Crafts Coalition and the Arts Council of Carteret County.

All prints created of Sally Anger's artwork are high quality, Giclee prints. Each is printed on Epson archival paper, using the highest quality pigments inks, are signed by the artist and assigned a unique number in the series of the edition. These prints normally sold for \$75.00. Sally Anger is donating them as a fundraiser for the church. We have been given permission to sell them for \$25.00 and \$10.00.

If you would like to display your artwork in the Social Hall, please contact Vicki Barrett: [brighidshammer@gmail.com](mailto:brighidshammer@gmail.com)

## SAN RAMON, NICARAGUA, ECOTOUR 2018

You are invited to enjoy an exciting cultural immersion experience in San Ramon, Nicaragua.

UCF is one of the Sister Communities of San Ramon, Nicaragua (SCSRN), which partners with San Ramon to support education and community development initiatives that build friendship, understanding, environmental preservation, and respect for human rights.

One of SCSRN's initiatives includes leading ecotours to that region. Lonna Harkrader, SCSRN founder, is organizing an ecotour for February 4, 2018 through February 11, 2018. Reservations are required by June 30, 2017. UCF members who have traveled there include Penny and Mark Hooper and Ann Rivers.

Additional information is posted in the UCF social hall. You can also learn more from the web site: [www.sanramon.org](http://www.sanramon.org)

## NEWS OF UUs

Our member, Pat Osborne, died on September 11 at the age of 92, and her memorial service was September 15. We hold her family in our thoughts and prayers.

Please keep the Burger family in your thoughts and prayers. Eric Burger was hospitalized in Sept and treated for blood clots in his lungs and kidneys and is now at home. Jo was clipped by a pick-up truck and her hand was broken. She has a cast and is no longer hurting. Timothy Titus Berger, due to be born early in October, has a congenital heart defect and will have surgery as soon as he is born. They send thanks to those who have brought food. It has been a Godsend.

Susan Johnson has finished chemo for breast cancer and will soon be starting radiation. Please send prayers for smooth and effective treatment.

Christoph Hintze was recently in the ER with a massive kidney infection. He is being treated and was able to be in church.

Kathie Ellers asks for prayers and wishes for healing for a dear friend, Charles Skinner.

Coleen Clark, who is walking the Camino de Santiago, is asking for prayers as she journeys on.

Terry Shertzer sends love to her friends at UCF and said she was battenning down for hurricane Irma at The Villages, a retirement community in central Florida. She feels well protected and cared for but misses UCF. Several folks expressed concern for friends and family in Florida as Irma came smashing through. Word has come from Joe Naset's brother in Key West that he is okay and from Ann Odell's son in Ft. Myers that he is fine.

Karen Baggott had a wonderful time with friends and family in Michigan. She brings greetings from her sister, Kristen, and from former members Mardi Barber and Sandy and George Kunkle.

We have received wonderful news from our member, Debra Guthrie, who met with the UUA's Ministerial Fellowship Committee and, after hearing her sermon and reviewing her packet, passed with flying colors. She sends heartfelt thanks for all the love and support from UCF over the years and said she couldn't have done it without that love and support. She also said UCF is part of the ground of her ministerial authority and will always be and that she is proud to share this victory with us. UCF will ordain her at a service on Sunday, January 28, and more details will be shared as we get closer to that date.



Do you enjoy intriguing conversation combined with great food?  
Would you like to learn about sustainable food practices and  
eating local and healthy? Come join us!



## **Meatless Monday**

### **Potluck & Presentation**

**Monday, Oct 16<sup>th</sup>**

**Dinner at 6pm**

**Discussion at 7pm**

**Unitarian Coastal Fellowship Hall  
1300 Evans St., Morehead City NC**

**Guest Speaker: Susan Fetzer, Registered Dietitian/Nutritionist**

Susan has over 30 years experience at Carteret Health Care guiding those who want to eat healthier. She will lead a discussion about moving to a plant-based diet, its benefits, deficiencies, and safety.



**EVERYONE is Welcome!**  
**Please bring a meatless dish to share**



Sponsored by:  
*Unitarian Coastal Fellowship  
Green Sanctuary Committee*

in collaboration  
with



## CALENDAR FOR OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:15 Choir Practice 10:30 Service & Children's RE 11:45 Coffee with Worship Committees	<b>2</b>	<b>3</b> 1:15 Ordination Committee 2:00 Worship Committee	<b>4</b> 12:00 Women's Group 2:00 Auction Planning Group	<b>5</b> 10:00 Finance Committee 2:00 Leadership Council 7:00 Buddhist Study Group	<b>6</b>	<b>7</b>
<b>8</b> 9:15 Choir Practice 10:30 Service & Children's RE 12:00 UU101	<b>9</b> 4:00 Book Group	<b>10</b>	<b>11</b>	<b>12</b> 6:30 Third Reconstruction	<b>13</b>	<b>14</b>
<b>15</b> 9:15 Choir Practice 10:30 Service & Children's RE 12:00 UU101	<b>16</b> 6:00 Green Sanctuary Meatless Monday	<b>17</b>	<b>18</b> 10:00 Board of Trustees	<b>19</b> 6:30 Third Reconstruction 7:00 Buddhist Study Group	<b>20</b>	<b>21</b>
<b>22</b> 9:15 Choir Practice 10:30 Service & Children's RE 12:00 Coffee with the Board	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> 6:30 Wicca 101	<b>27</b>	<b>28</b>
<b>29</b> 9:15 Choir Practice 10:30 Service & Children's RE	<b>30</b>	<b>31</b>				

**Unitarian Coastal Fellowship**

1300 Evans Street  
Morehead City, NC 28557

**OFFICERS AND TRUSTEES**

**Officers**

President: Joe Naset	252-631-2091
Vice-President: Tom Cullison	808-228-0246
Secretary: Coleen Clark	850-602-1758
Treasurer: Jo Ellen Essex	252-777-4012

**Trustee**

Melva Kearney	252-732-0727
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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 6:00pm of the fourth Sunday of each month, unless specifically designated otherwise. Submissions, preferably in MS Word, may be made by email: [ucfeditor@gmail.com](mailto:ucfeditor@gmail.com). The editor has the prerogative of accepting material based on appropriateness and space.